



**GREECE**

Ελλάδα Elláda

(Hellenic Republic - Ελληνική  
Δημοκρατία Ellinikí Dimokratía)

# Emblem of Greece

**The Coat of Arms of Greece features a shield with a blue background and a white cross in the center, representing the country's religious significance and connection to Orthodoxy. Two laurel branches surround the shield, symbolizing victory and the nation's achievements.**

**The coat of arms of Greece (Greek: Εθνόσημο) or national seal of Greece, military version on the right.**



# Greek political system

**Greece is a parliamentary representative democratic republic, where the President of Greece is the head of state and the Prime Minister of Greece is the head of government within a multi-party system. Legislative power is vested in both the government and the Hellenic Parliament.**

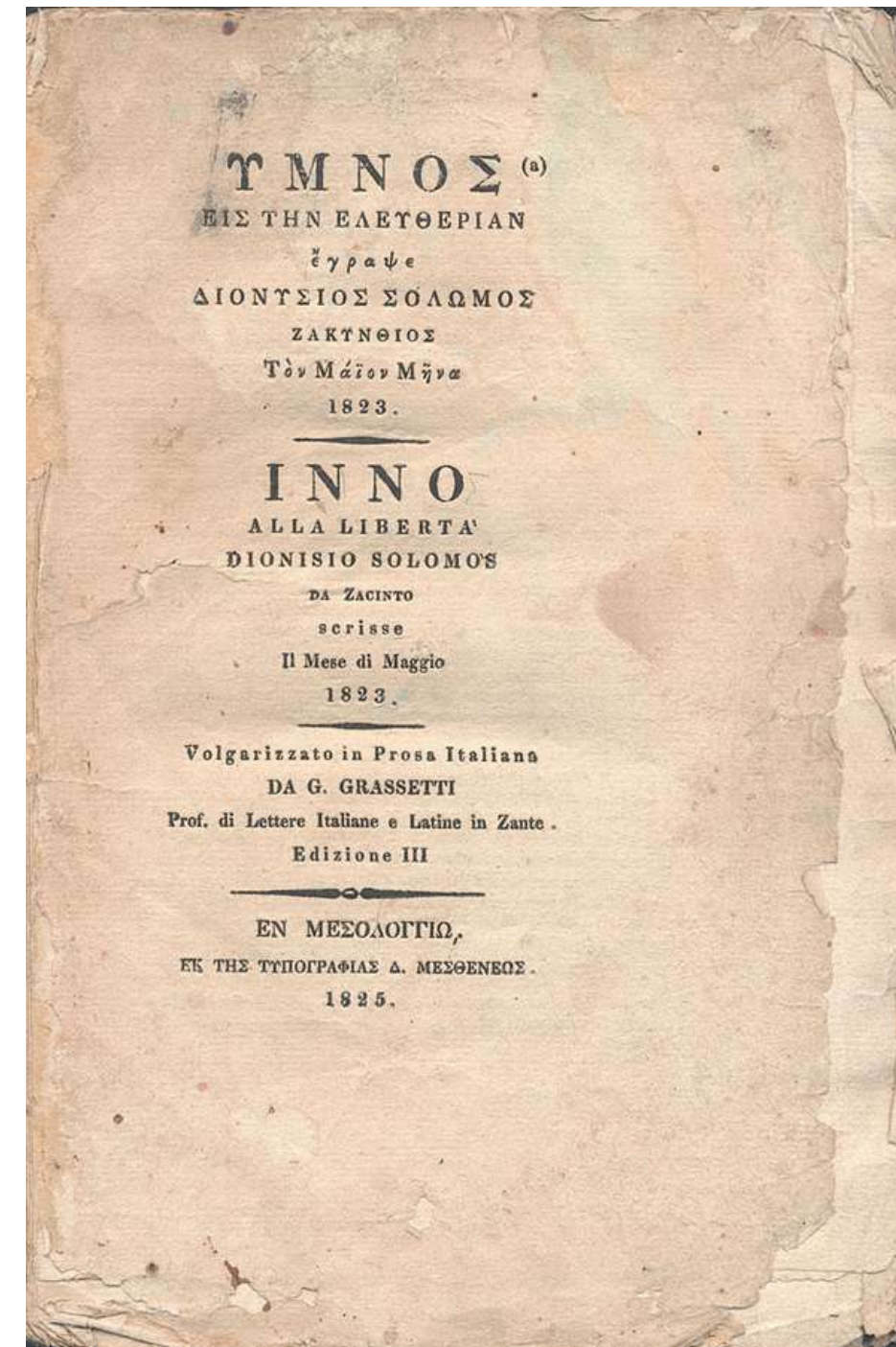
**The Constitution of Greece, which describes Greece as a "presidential parliamentary republic", includes extensive specific guarantees of civil liberties and vests the powers of the head of state in a president elected by parliament. The Greek governmental structure is similar to that found in many other Western democracies, and has been described as a compromise between the French and German models. The prime minister and cabinet play the central role in the political process, while the president performs some executive and legislative functions in addition to ceremonial duties. Voting in Greece is officially compulsory, but this is not enforced.**

## Greek flag



# Greek anthem

**The Greek national anthem is called "Hymn to Liberty" or "Hymn to Freedom" (Ὕμνος εἰς τὴν Ἐλευθερίαν - Ὕμνος εἰς τὴν Ἐλευθερίαν). The lyrics were written by Dionysios Solomos in 1823 and later set to music by Nikolaos Mantzaros in 1865. The anthem commemorates Greece's struggle for independence from the Ottoman Empire and celebrates the idea of freedom. It's a powerful and evocative song that remains a significant symbol of Greek history and the fight for liberty.**



# MAIN CITIES IN GREECE

In Greece, the major cities showcase a blend of ancient history, modernity, and distinctive characteristics that have inspired stories, poems, and songs. Athens stands as the colossal metropolis, bearing the weight of millennia of civilization. It's renowned not only for its ancient landmarks like the Acropolis but also for its bustling contemporary life.

Thessaloniki, the second-largest city, resonates with historical significance as a hub of Byzantine and Ottoman heritage. Its White Tower stands as an emblem, while the city's vibrant culture and waterfront add to its allure.

Other historic towns like Delphi, Olympia, and Mycenae carry sentimental charm, adorned with remnants of ancient civilizations and mythological significance. Villages like Oia in Santorini and Nafplio, the former capital of Greece, captivate with their picturesque settings and romantic ambiance, inspiring poets and artists alike.

Greece boasts a variety of towns and cities, each with its unique allure, from the ancient to the contemporary, inviting exploration and appreciation.



# Currency

## Euro - €

Greece is a member of the Euro currency system.

## Before Euro - GRD $\text{₯}$ also $\text{₯χ.}$ or $\text{₯ρ.}$

The drachma (Greek: δραχμή, [ðrax'mi]) was the official currency of modern Greece from 1832 until the launch of the euro in 2001.

The drachma was subdivided into 100 lepta.



# "Kaliméra!" PHRASES YOU WILL FIND USEFUL IN GREECE



## 1. Yes – Neh – Ναι

The Greek word for 'Yes' is 'Neh'. We also use Neh when we answer the phone – though there are many other ways to respond to a phone call.

## 2. No – Óchi – Όχι

'Óchi' or 'Óhi', the Greek word for 'No', is a short word which, nevertheless, many English speakers find difficult to pronounce. You can read it out as 'oh-hee', introducing a harsh 'h' sound.

## 3. Good morning – Kaliméra – Καλημέρα

'Kalimera' is one of the most popular words in Greece. It is a composite word, where 'kali' means 'good', and 'imera' means 'day'.

## 4. Good evening – Kalispéra – Καλησπέρα

'Kalispéra' translates to 'good evening' in Greek. You can use it when you think that it's too late for 'kaliméra', perhaps after 4-5 pm.

## 5. Good night – Kaliníhta – Καληνύχτα

'Kaliníhta' is used when you are wishing someone a good night, i.e. when you won't see them again on that evening.

# "Kaliméra!" PHRASES YOU WILL FIND USEFUL IN GREECE



**6. Hello / Goodbye – Yιά, yíássou, yíássas – Γεια, γεια σου, γεια σας**

If **kaliméra**, **kalispéra** and **kalinihta** are too confusing, there's another standard greeting you can use: **yíássou**, or **yíássas**. This literally means 'to your health', and can be used both as 'hello' and 'goodbye'.

'**Yíássou**', pronounced 'yah soo', is used when you are talking to one person. '**Yíássas**', often written as 'geia sas', is appropriate if you are talking to two or more people, but also if you are talking to an older person and want to show some good manners. Do you want something even easier? You can always just use the short, informal '**yιά**'! This is the easiest of all the Greece greetings.

**7. Thank you – Efharistó – Ευχαριστώ**

'**Efharistó**' is the first word any polite tourist will want to learn, and it will bring a smile to people's faces. In fact, I'd say that Greeks don't use 'thank you' as often as other people!

**8. Please / You are welcome – Parakaló – Παρακαλώ**  
Unlike '**efharistó**', the Greek word for 'you are welcome' is relatively easy to pronounce: '**pa-ra-ka-lo**'. We use the exact same word to say 'please' – not that you will hear this word all too often here!



# "Kaliméra!" PHRASES YOU WILL FIND USEFUL IN GREECE



**9. I am sorry / Excuse me – Siggnómi – Συγγνώμη**  
The Greek word for 'I am sorry' and 'Excuse me' is another difficult one to pronounce. It is best described as 'see-ghno-mee', with a soft 'g' sound. But don't worry – it's very common for Greeks to use the English word 'sorry' instead.

**10. Cheers – Yía mas – Γεια μας**  
Let's say you have ordered some food and drinks at a Greek taverna, and it's now time to raise your glasses and say 'cheers'. The word for that is 'yíamas', or 'yía mas', which means 'to our health'.

**11. Water – Neró – Νερό**  
Given that Greece is a warm country, at least in summer, 'water' might be the most useful Greek word you will learn. If you are want to buy a bottle of water, try to remember the words 'mikró' (small), and 'megálo' (big).

**12. OK – Endáxi – Εντάξει**  
If you spend a few days in Greece, you may think that everyone is always looking for a taxi. In reality, the word that everyone uses is 'endáxi', which is often cut down to 'daxi'. And what is the 'daxi' Greek meaning I hear you ask? Well, it's Greek for 'OK'!



**Drobin**

**<2000Km**

**Katerini**



Capital: Athens

Population: 10,678,632

Surface Area: 131,960 km<sup>2</sup>

Currency: Euros

Religion: Mostly Christianity



Capital: Warsaw

Population: 37,840,001

Surface Area: 312,690 km<sup>2</sup>

Currency: Polish zlotys (1 EUR=4.6478 PLN)

Religion: Mostly Christianity

# MACEDONIA

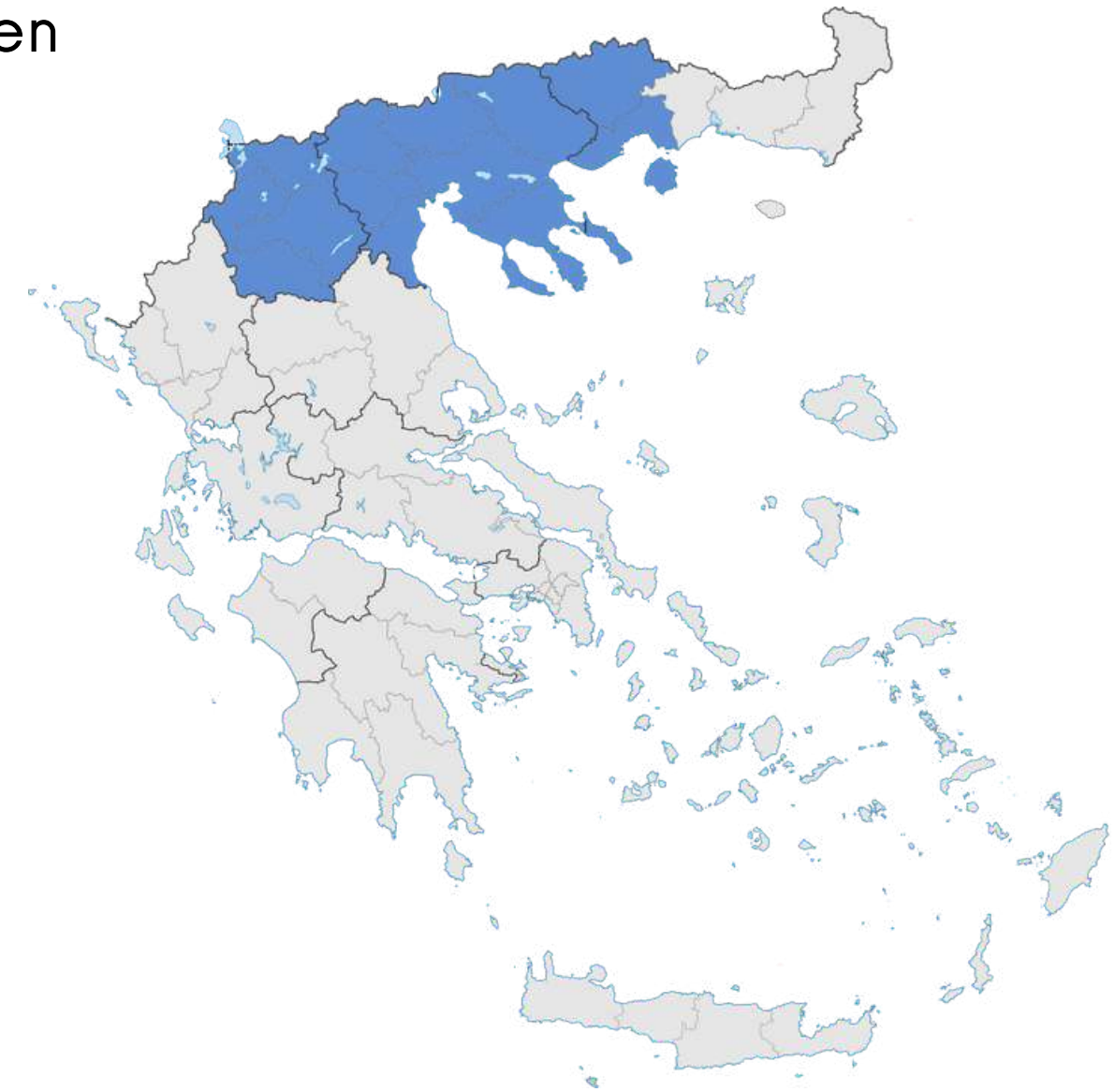
## THE LARGEST REGION IN GREECE

Greek Macedonia, situated in northern Greece, is a region steeped in history, rich cultural heritage, and diverse landscapes. Thessaloniki, its largest city and the second-largest in Greece, serves as its vibrant urban center. The region is known for its blend of influences, having been shaped by ancient Macedonian, Byzantine, Ottoman, and modern Greek cultures.

Macedonia boasts stunning natural beauty, with towering mountain ranges like Mount Olympus, known in Greek mythology as the home of the gods. It also houses beautiful lakes like Lake Kerkini and Prespa, offering breathtaking scenery.

Historically, Macedonia holds significance as the birthplace of Alexander the Great, whose legacy is still palpable in the region. There are archaeological sites like Vergina, Pella, and Amphipolis that showcase remnants of ancient Macedonian civilization.

Culturally, Macedonia is diverse, with various traditions, folk music, and local cuisine adding to its charm. The region's distinctiveness lies in its ability to blend ancient history with modern vibrancy, making it a captivating destination for travelers seeking both heritage and contemporary experiences.



# EMBLEM



**The Vergina Sun, also called the Star of Vergina or Argead Star, is a radiant solar emblem that emerged in ancient Greek art from the 6th to the 2nd century BC. This symbol, characterized by sixteen triangular rays, represents a significant motif from that era. Similar symbols from that time exhibit variations in the number of rays, ranging from sixteen to as few as six, showcasing diverse interpretations across different artifacts.**

# GREEK MACEDONIA FLAG

The flag of Macedonia, known as the Σημαία της Μακεδονίας in Greek, prominently features the Vergina Sun with its distinct 16 rays set against a blue backdrop. While not an official symbol, this flag, along with the Vergina Sun, holds significant cultural and regional importance, particularly in representing the Greek area of Macedonia and its local divisions. Beyond its regional ties, it's also embraced by Greek Macedonian diaspora organizations like the Pan-Macedonian Association chapters in the United States and Australia, as well as by numerous businesses, and individuals as a symbol of heritage and identity.



# THESSALONIKI

## THE SECOND CITY OF GREECE

Thessaloniki, unlike many other European cities, stands as a testament to resilience rather than just size or age. Throughout its history, it faced adversities, yet its spirit endured. In 1917, a catastrophic fire ravaged much of the city, destroying countless buildings and landmarks. Additionally, the devastating Great Thessaloniki Fire of 1917 burned for two days, causing widespread destruction and altering the city's landscape.

Despite these significant challenges, the people of Thessaloniki showcased incredible determination and resilience. They embarked on a monumental rebuilding effort, reconstructing the city with remarkable speed and imbuing it with a renewed vibrancy. The cityscape that emerged from the ashes was a testament to the unwavering spirit of its citizens, showcasing a blend of modernity while preserving its rich historical heritage.

Thessaloniki's ability to rise from adversity and restore its charm speaks volumes about the resilience and fortitude of its inhabitants.

1. White Tower
2. Aristotelous Square
3. Rotunda
4. Ano Poli (Upper Town)
5. Church of Saint Demetrius
6. Museums: Archaeological Museum, Museum of Byzantine Culture, Macedonian Museum of Contemporary Art

### Most iconic places in Thessaloniki:



# Katerini

## Emblem of Katerini



**ΔΗΜΟΣ ΚΑΤΕΡΙΝΗΣ**

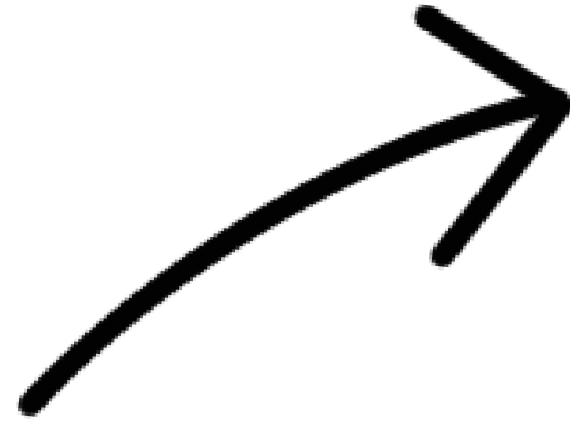
**Dimos Katerinis, also known as the Municipality of Katerini, is a local government administrative division in Greece, situated in the Pieria regional unit**







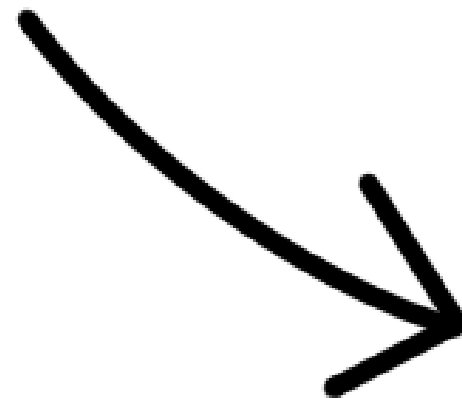
**Orthodox Church**



**City and village  
Council**



**Square next to  
a beach**



**Places in Katerini**



# Best Greek food



# Moussaka

Moussaka is a quintessential dish in Greek cuisine, celebrated for its comforting layers of flavors and textures. This hearty casserole-like dish comprises several key ingredients and a unique blend of spices, resulting in a symphony of tastes.

At its core, moussaka is composed of layered ingredients: slices of eggplant (aubergine) fried until golden, a flavorful meat sauce typically made with minced beef or lamb, onions, garlic, tomatoes, and aromatic spices like cinnamon, allspice, and nutmeg. These layers are bound together with a rich and creamy béchamel sauce made from butter, flour, milk, and eggs.

The preparation involves frying or baking the eggplant slices until they achieve a golden hue, allowing them to add a slightly smoky flavor and a creamy texture to the dish. The meat sauce, cooked separately, is seasoned generously with herbs and spices, infusing the dish with a delightful aroma.

Once the components are ready, the assembly begins by layering the eggplant slices at the bottom of a baking dish, followed by a layer of the meat sauce. This process is repeated to create multiple layers until the top, where the creamy béchamel sauce is generously spread over the final layer. The moussaka is then baked until the top turns golden brown, creating a delectable crust.

Served piping hot, moussaka embodies a harmony of flavors - the savory meat sauce, the creamy béchamel, the tender eggplant, and the aromatic spices. Each forkful offers a delightful combination of textures and tastes, making it a beloved and comforting dish enjoyed by many, both in Greece and around the world.



# Souvlaki

Souvlaki, a cherished Greek dish, is a flavorful street food known for its simplicity yet incredible taste. This dish typically consists of small pieces of marinated and skewered meat, grilled to perfection and often served with accompaniments.

The meat used in souvlaki is traditionally pork, although variations with chicken, lamb, or beef are also popular. Before grilling, the meat is marinated in a mixture of olive oil, lemon juice, garlic, oregano, and various Greek herbs, infusing it with a zesty and aromatic flavor.

Once marinated, the meat is skewered onto metal or wooden sticks and grilled over an open flame or on a barbecue until it's beautifully charred on the outside and tender and juicy on the inside.

Souvlaki is often served as an on-the-go meal, especially wrapped in a pita bread along with accompaniments like tomatoes, onions, lettuce, and a generous dollop of creamy tzatziki sauce. Tzatziki, made from yogurt, cucumbers, garlic, and dill, complements the smoky flavors of the grilled meat perfectly, adding a refreshing and tangy element to the dish.

It's not uncommon to find souvlaki served on its own as well, accompanied by a side of fries or a simple Greek salad. Whether enjoyed as a quick street food snack or a complete meal, souvlaki encapsulates the essence of Greek cuisine - simple, delicious, and bursting with Mediterranean flavors. Its popularity both in Greece and internationally has made it a beloved and iconic dish cherished by food enthusiasts worldwide.



CANVA STORIES

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CANVA STORIES

# Spanakopita

**Spanakopita is a classic Greek pastry filled with a mix of spinach, feta cheese, onions, and herbs. Layers of flaky phyllo dough wrap around this savory filling, creating a crispy crust when baked. The earthy spinach, tangy feta, and fragrant herbs make it a beloved dish, perfect as an appetizer or main course in Greek cuisine.**



# Greek Salad (Horiatiki)

**Horiatiki, commonly known as Greek Salad, is a refreshing and iconic dish in Greek cuisine. It's a simple yet flavorful salad made with fresh ingredients like tomatoes, cucumbers, red onions, bell peppers, Kalamata olives, and chunks of creamy feta cheese. The salad is dressed with extra virgin olive oil, sprinkled with dried oregano, and often served with a wedge of lemon. Its vibrant colors and combination of crisp vegetables, briny olives, and tangy feta create a delightful medley of flavors that embodies the essence of Mediterranean cuisine.**



# Greek dances

1. **Sirtaki:** Though not an ancient traditional dance, Sirtaki gained fame after its inclusion in the film "Zorba the Greek." It's a circle dance that combines elements of the faster Hasapiko and the slower Hasaposerviko.
2. **Kalamatianos:** Originating from Kalamata in southern Greece, this is a joyful line dance often performed at weddings and celebrations. Dancers form a line, holding hands, and move in a circle with lively steps.
3. **Syrtos:** This is a collective name for various regional dances found throughout Greece, characterized by circular or line formations, often danced at festivals or social gatherings.
4. **Zeibekiko:** A solo improvised dance, often performed by men, showcasing individual expression and movements to the rhythm of the music. It's known for its passionate and intense nature.
5. **Tsifteteli:** Derived from Middle Eastern influences, this dance involves hip movements and expressive gestures, usually performed solo or by couples.



These dances are deeply rooted in Greek culture and history, often accompanied by traditional music played on instruments like the bouzouki, lyre, or clarinet. They reflect the diverse regional traditions and are performed at various cultural events, festivals, weddings, and gatherings, keeping the spirit of Greek heritage alive.

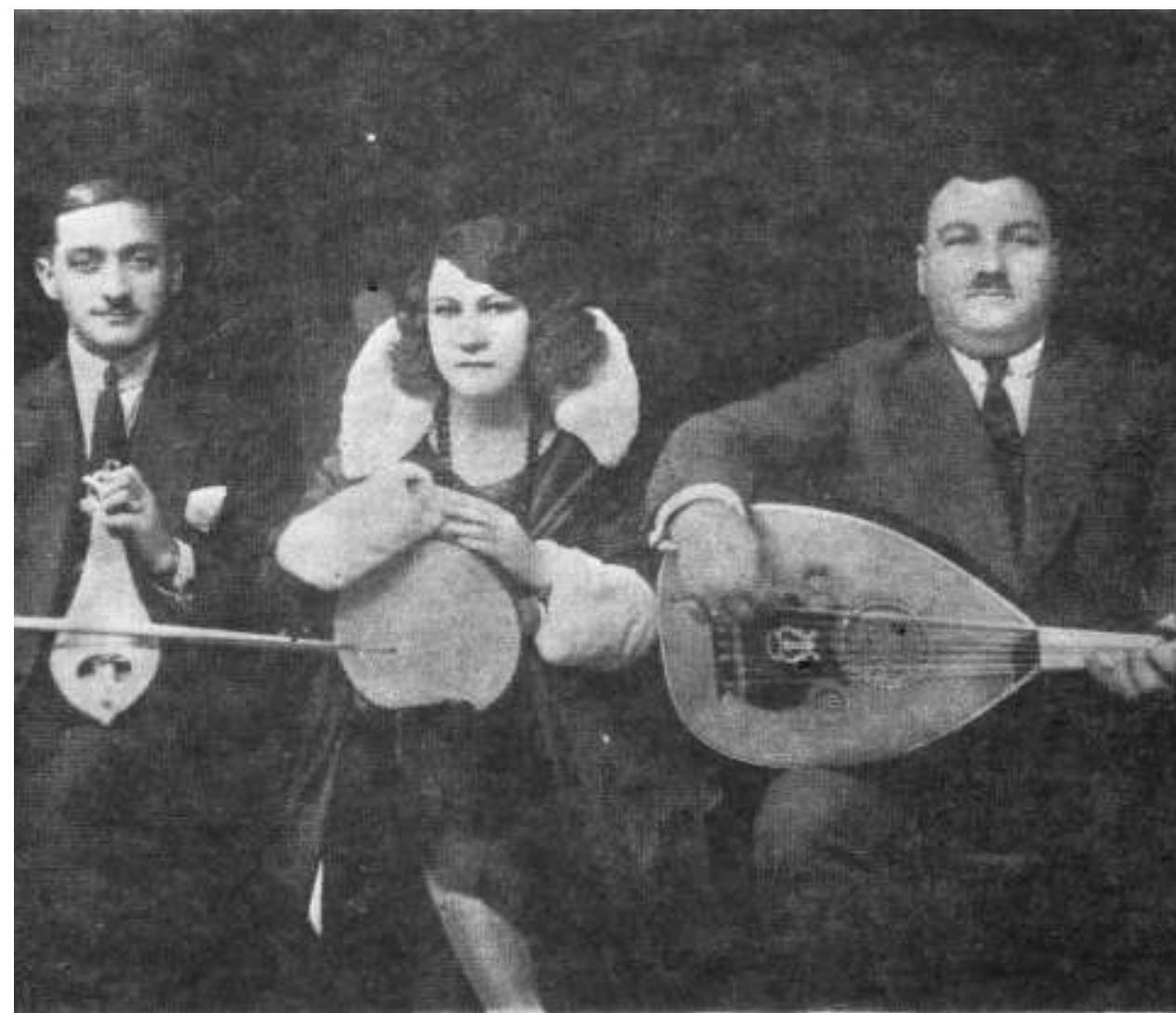
# Greek music





# Greek music Traditional

- **Diverse Regional Influences:** Greece's diverse regions have contributed to a wide array of traditional music styles. From the island of Crete to the mainland and the Aegean islands, each area has its unique musical traditions.
- **Genres:** Traditional Greek music includes genres like Rebetiko, a style born in the urban centers reflecting the struggles and joys of everyday life, and Dimotika, folk music celebrating rural traditions.
- **Instruments:** Instruments like the bouzouki, baglama, lyre, and tzouras are integral to traditional Greek music, creating distinctive sounds that evoke emotions and cultural heritage.
- **Themes:** The lyrics often revolve around themes of love, sorrow, history, and national pride, reflecting the sentiments of Greek society.



# Greek music Modern

- Evolution: Modern Greek music has evolved over time, integrating elements from various genres such as pop, rock, hip-hop, and electronic music while preserving its traditional essence.
- Popular Artists: Contemporary Greek music is characterized by artists like Giannis Ploutarhos, Sakis Rouvas, Elena Papparizou, and others who blend traditional elements with modern sounds.
- Global Influence: Greek music has gained international recognition, with modern Greek pop and dance music being played in clubs and festivals worldwide.
- Diverse Styles: From traditional folk-inspired melodies to modern dance beats, Greek music embraces a wide spectrum of styles catering to different tastes and generations.



# Greek Folk Costume



# Elements of Greek Folk Costume

- **Women's Attire:** Traditional women's clothing often includes a long, flowing dress called a "foustanela" or "poukamiso," adorned with vibrant embroidery, intricate patterns, and rich colors specific to each region. Accessories like aprons, headscarves, and shawls complement the attire.
- **Men's Clothing:** Men's costumes typically consist of a kilt-like garment known as a "fustanella" paired with a shirt, vest, and distinctive headwear, such as a fez or a tasseled cap. The fustanella, consisting of pleated white fabric, is a symbol of Greek identity and is often seen in ceremonial events.
- **Influence of Regions:** The designs and details of the costumes vary based on the region. For instance, the island of Crete is known for its colorful and intricate embroidery, while regions like Macedonia or the islands of the Aegean have their distinct styles.
- **Occasions and Celebrations:** These traditional costumes are commonly worn during festivals, cultural events, weddings, and other celebratory occasions, where they play a significant role in preserving and showcasing Greece's cultural heritage.

# Greek army traditional uniform



CNVFILLM FF1

ΡΕΙΤΑΙ ΕΞΙ ΤΗ  
ΤΩΝ ΑΦΑΝΩΝ

ΠΙΝΔΟΣ  
ΜΟΡΟΒΑ=ΚΟΡΥΤΣΑ=ΚΑΛΑ  
ΤΟΜΟΡΟΣ=ΤΡΕΜΠΕΣΙ  
ΧΕΙΜΑΡΡΑ=ΑΡΓΥΡΟΚΑ  
731=ΜΠΟΥΜΠΕΣ  
ΜΕΣΟΓΕΙΟΣ=ΑΤΛΑ

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CNVFILLM FF1

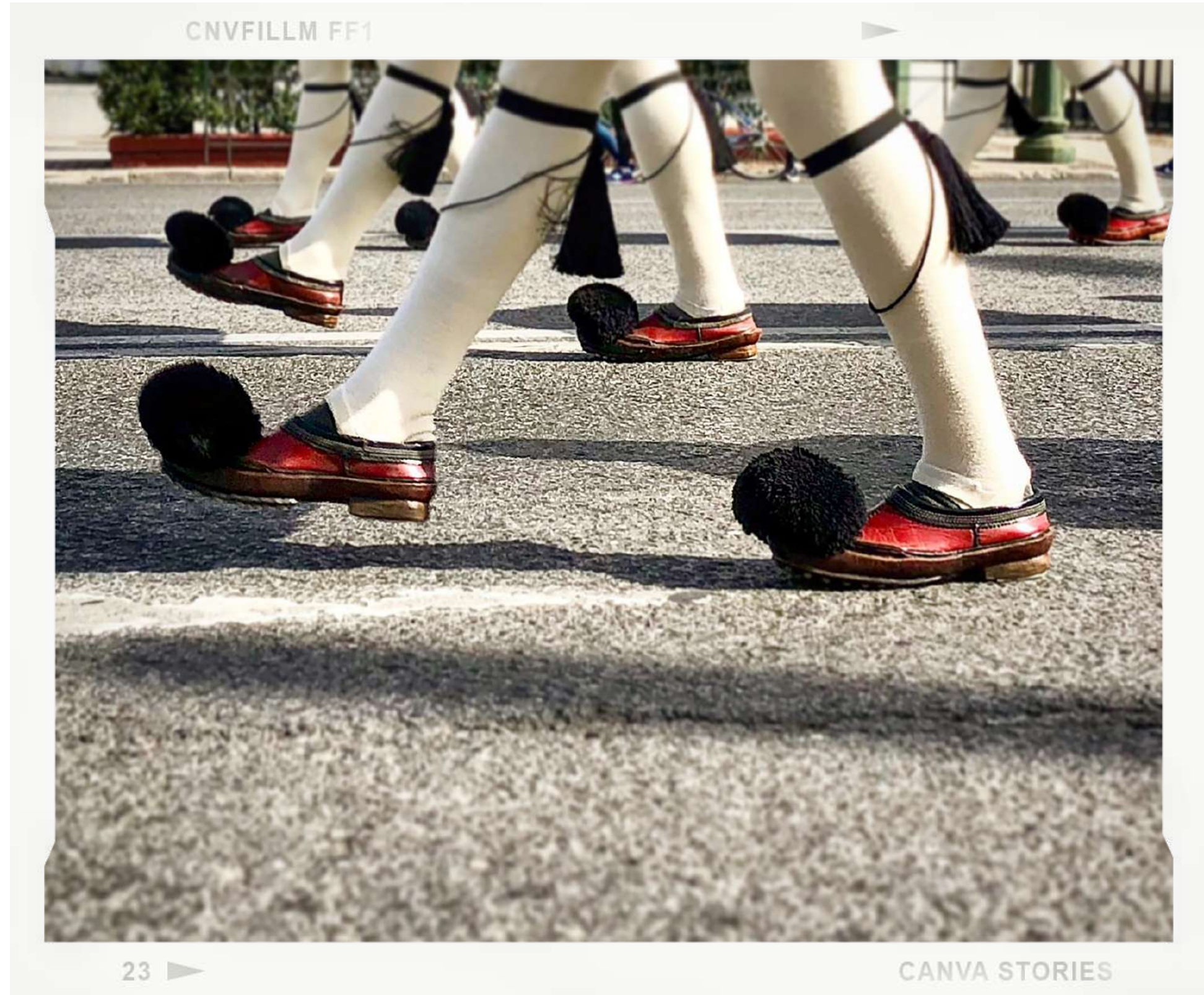


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# Fustanella – Balkan skirt

**Flat shoes,  
called  
Tsarouchi,  
with large  
black  
pompoms.**



# Vraka – Dodecanese Islands costume



**This costume, which is worn in some variation on all the Aegean islands, is the classical type of male dress. This consists of a white shirt, the black baggy trousers (vraka), a red sash (zonari) and a sleeveless-crossed waistcoat (yileki). This costume is usually completed with a pair of black leather boots.**





**Karagouna -  
a traditional women's  
outfit in central Greece,  
originating from  
Thessaly, very decorative  
and, together with the  
complementing jewelry,  
quite heavy.**

**To właściwie dawny strój ślubny, na który składała się biała sukienka zakończona rzędem czarnych frędzelków, wełniana narzutka z frędzlami na końcu rękawów, długi biały bezrękawnik ze zdobionymi wykończeniami i krótka czerwona kamizelka. Kobiety przewiązywały się w pasie czerwonym fartuchem, haftowanym w złote wzory, na głowach zaś nosiły czarne chusty ze zwisającymi na czole ozdobnymi monetami.**



**Desfina costume is a faithful replica of the traditional dress that women wore in the region of Phocis and particularly the town of Desfina.**

**Thanks for attention!**

