



Lifelong Learning Programme

LET'S FIRST UNDERSTAND OUR

NATIONAL HERITAGE IN ORDER TO

DEFINE AND BUILD OUR

EUROPEAN IDENTITY

OUR PROJECT

TOURIST GUIDE

OUR PROJECT BRAND



Grow your European identity
out of your national heritage

CO¹ENIUS

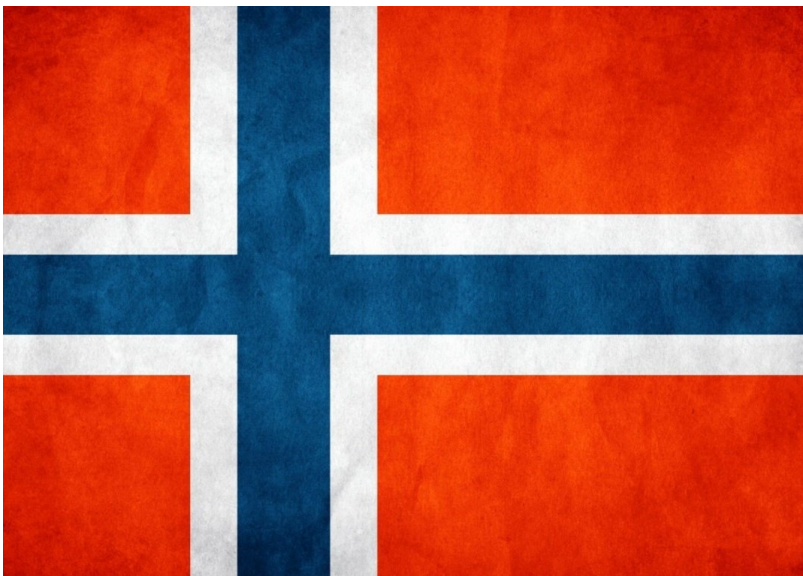


2013-14



The wonderful country in north

- * AREA:
385 178 KM²
- * POPULATION:
5 096 300
- * OFFICIAL WRIT-
TEN LANGUAGES:
«BOKMÅL» AND
«NYNORSK»
- * HUGE SEASONAL
VARIATIONS IN
DAYLIGHT
- * GREAT VARIATI-
ONS IN CLIMATE



***Y**es, we love this country
as it rises forth,
rugged, weathered, above the sea,
with the thousands of homes.
Love, love it and think
of our father and mother
and the saga night that sends
dreams to our earth.
And the saga night that sends,
dreams to our earth.*

FIRST VERSE OF THE NATIONAL ANTHEM
«JA, VI ELSKER» TRANSLATED INTO ENGLISH

Bergen is a city in Hordaland on the west coast of Norway. The city is surrounded by the seven mountains, and Bergen is often called the capital of Vestlandet. As of 12th February 2014, the county had a population of 271,800, and the Greater Bergen Region had a population of 399,400, and this making Bergen to the second- largest city in Norway. The county covers an area of 465 square kilometers and is the peninsula of Bergenshalvøya. The trading in Bergen may have started as early as 1020's.

Bergen is an international Centre for aquaculture and shipping, and also a nation Centre for higher education, tourism and finance. The city's main football team is SK Brann, and the city's unique tradition is the buekorps. Natives speak the Bergensk dialect.

The city features Bergen Airport, Flesland, and the Bergen Light Rail. The Bergen Light rail is the terminus of the Bergen Line. The Bergen Port is the largest in Norway, and four large bridges connect Bergen to its suburban county.



Activities in winter-Trysil

Trysil does not only offer our excellent skiing possibilities in the winter season, but much more. If you are tired of just skiing on your vacation we have something different for you.

Here in Trysil we have different activities that does not only involve skiing. If you like to go swimming, the Radisson Blu hotel offers a big pool including sauna and a Jacuzzi. It is open for everyone who want to swim, and not only hotel guests. The pool have also a "flowrider" where you can simulate surfing. You will have an instructor to help you in the beginning.

If you are not the swimming type of people, Trysil offers a couple of pub and bars where you can go clubbing if you'd like to. "Laaven", "skipuben" or "Sagbruket is some good examples of pubs, clubs and bars you can

go to. Each of these are located at the south of the mountain, near the ski-rent.

We have also a free rent for kick sledges at different locations around Trysil. You can rent one for free, and the only thing you have to do is to return in. This offer is pretty new, and the locals think this is a good idea, and many people have used the kick sledges so far.

We also have a cinema down town, where the most recent movies are showed. It is a very good cinema, with new technology and surround. It is not so expensive for the tickets either.

Trysil does not only offer skiing activities, but something for everyone. You can go to the sauna after a long day on the mountain, or watch a movie on the cine-

ma, or go on a ride with the kick sledge.



"If you are tired of just skiing on your vacation we have something different for you."

TRYSILFJELLET

Trysilfjellet (1132) is a mountain in Trysil county. Trysilfjellet I Norways biggest ski resort with 31 ski lifts and 65 slopes for a total of 70 km. at 1100 m. is the resorts highest slope. At 1125 is the mountain top lift Toppekspressen = Top Express. This is also where the local radio in Trysil and Engerdal, Trysil radio has its main transmitter on FM 103.7 MHz. The resort's vertical drop is 685 meters.



If you have never been skiing before, there is always the opportunity to try it out in Trysilfjellet. You can either learn to ski by yourself or you could rent the skiguide to give you lessons. There is a colour system from easy to advanced in the slopes. The rank goes from green—

blue—red and black. There is always a sign in the top of the slopes wich signals the difficulty of the slope.

But if you are going to Trysilfjellet you must except to meet other tourists. In 2011 there were 600 000 visitors, during the winter season.

Trysilfjellet has options for everyone, there are to slopes that is estimated for kids. Trysilfjellet has three snowpark with jumps and rails, and the most advanced is also the best I Norway.

Trysilfjelllet has two different “sides” the biggest and

most popular part is the south side of the mountain. The other side is the north side and is called Fageråsen . In Fageråsen you also have a lot of slopes and the most recent hotels a located in Fageråsen. The only different from the south and the

You do not have to worry about food when you are skiing. There are a handful of cafes and resturants that you can visit will you are skiing. Either you want to eat a hot meal or just drink a cup of coffee.



north side is that there are no snowparks in the north side and there is not very many slopes for kids there. But the difficulty of the slopes are not the most advanced in Fageråsen.

Oslo

Oslo is the capital of Norway, and with a number of 632 990 inhabitants the city is the largest one in the whole country. The city is also one of Norway's biggest and most popular student towns. But in addition to this you can also find a lot of tourists in Oslo—both Norwegians and from abroad. The city has a lot of attractions worth seeing.



Oslo is a city suitable for a family vacation with a lot of exciting experiences such as a weekend with museums and historical events. Do you want to visit the city with your family, there are a lot of opportunities. Are you visiting Oslo in the summer you can for instance take a bath at "Frognerbadet", ride with horse and wagon at "The Norwegian Folkmuseum", or try out the climbing— or bike park in "Oslo Summer park". Or maybe you want to ride extreme rollercoasters at one of Norway's largest amusement park, Tysenfryd, only 20 kilometers from Oslo centre.

Are you visiting the capital in the winter, there are also

a lot of activities to do. The city has a big ski resort with slopes for both children, beginners and more experienced skiers.

If you are looking for a more relaxed visit there are no need to worry. Oslo has also alternatives for you! The city has a lot of museums, both military, movie and historical. You can also visit some of the most famous attractions, like Akershus fort, the opera og Holmenkollen ski jump, as you can see in the pictures below.



As you can see the capital of Norway has a lot to offer no matter what you want to experience or who you want to experience it with.

So if you haven't been to Oslo yet—drop by, you will not regret it!

Hamar

Hamar is a beautiful town that is located on the shores of Lake Mjøsa Norway's largest lake. And with 29,331 inhabitants Hamar is Hedmark county's largest town. Hamar has a rich history and there were already a power center near the location of today's Hamar at Aker farm between 500 and 1000 AD. In the middle ages somewhere between 1030 and 1152 the center was moved from Aker farm to Domkirkeodden. In today's Hamar you can still visit the ruins of the old middle age town at Domkirkeodden, this is one of Hamar's largest tourist attractions.



The church ruins at Domkirkeodden are protected by a glass house.

Hamar has a broad variety of sights to visit and things to do for the people who decide to visit this beautiful town. You can visit the famous Domkirkeodden or you can go shopping at local mall. If you are in the mood for a more active activity you can go swimming in Lake Mjøsa in the summer or you can go cross-country skiing at Gåsbu ski center in the winter.



In lake Mjøsa there is an old steamship that brings the passengers from one town to another. It goes between the three towns Hamar, Gjøvik and Lillehammer.



In 1994 the Winter Olympics was held in Lillehammer a town one hour from Hamar. Because of this they built a large indoor speed skating arena to be used during the Olympics in Hamar. The arena is still in use and is a popular tourist attraction due to its shape it is shaped as a Viking ship.

FINNMARK

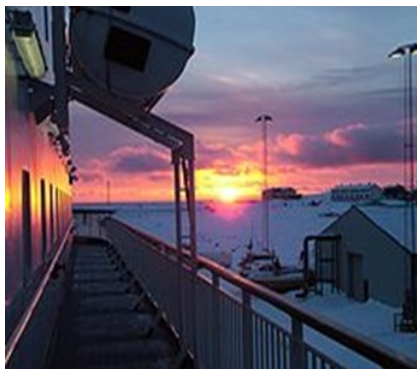


Finnmark is a country in the extreme part of Norway. By land, it borders Troms county to the west, Finland to the south, and Russia to the east. Finnmark is a part of the Sápmi region. It's the largest and least populated county of Norway.

Situated at the northernmost part of continental Europe, where the Norwegian coastline swings eastward, Finnmark has always been an area where East meets West, in culture as well as in nature and geography. The nature varies from barren coastal areas facing the Barents Sea, to more sheltered fjord areas and river valleys with gullies and tree vegetation. About half of the county is above the tree line, and large parts of the other half is covered with small Downy birch.

The most lush areas are the Alta area and the Tana valleys, and in the east is the lowland area in the Pasvik valley in Sør-Varanger, where the pine and Siberian spruce forest is considered part of the Russian taiga vegetation. This valley has the highest density of Brown bears in Norway, and is the only location in the country with a population of musk-rats. Lynx and moose are common in large parts of Finnmark, but rare on the coast.

Midnight sun



Sunrise at 07:33 in February; Vadso.

Situated far north of the Arctic Circle, Finnmark has midnight sun from the middle of May until late July. Conversely, in two months of the winter, from late

November to late January, the county experiences polar nights where the sun is always below the horizon. As a consequence, there is continuous daylight from early

May to early August. At midwinter, there is only a bluish twilight for a couple of hours around noon, which can almost reach full daylight if there are clear skies to

Hardanger is a district in the county of Hordaland in vest-Norway. The Hardanger landscape is one of the most famous landscapes in all of Norway. There are glaciers, waterfalls and dramatic, steep mountains along the Norwegian fjords. This scenery has caused visitors from famous artist and curious tourists all over the world. The wide landscape offers many outdoor sports activities all year round. Skiing, snowboarding, mountain hiking, cross country skiing, dog racing, glacier hiking and so on. The opportunities are endless.



Hardanger is also known for the cultivating of fruit. Apples, plums, cherries and pears grow here. 40 % of the norwegian fruit comes from Hardanger. The earth is especially fertile because of the rock combination, also glacial water makes the fruit nutritious.



In Norway all the different districts have their own national costume. Hardanger has "Hardangerbunad". It is a traditional costume that is used only a few times: at the independence day, at confirmations, baptisms etc. The costumes are mostly worn by girls and women, but there are also men who tend to use the national costume.





The wooden church of Urnes stands in the natural setting of Sogn og Fjordane. Sogn og Fjordane is a county in the western part of Norway. It was built in the 12th and 13th centuries and is an outstanding example of traditional Scandinavian wooden architecture. Urnes is one of the oldest stave churches and is an outstanding representative of the stave churches.

It brings together traces of Celtic art, Viking traditions and Romanesque spatial structures. Urnes Stave Church was in 1979 included on the UNESCO's World Heritage List. Ownership of Urnes stave church was transferred to the Society for the Preservation of Norwegian Ancient Monuments in 1880. The society's logo is taken from the carved capitals inside the church.



Archaeological investigations have discovered the remains of one, or possibly two, churches on the site prior to the current building. In the 17th century the nave of the church, which is a raised central room surrounded by an aisle, was extended southwards. Other elements were also added to the church, including a baptismal front (1640), a wooden canopy above the altar (1665) and a pulpit (1693–1695). The church has not been in ordinary use since 1881, when the parish of Urnes was abolished, and became a part of the parish of Solvorn (as it still is). I highly recommend everyone to visit this beautiful church, if you are interested in architecture or not.



Svalbard is located in an arctic climate zone with Longyearbyen only 12 degrees from the North Pole. Svalbard is a unique part of Norway, and the Northern Lights are very popular.

Svalbard is an archipelago and is among the most northern lands in the world, and because it is so remote, the area has been little affected by humans. Most of it is still unspoiled nature without roads and other development. The landscape is characterized by weathered mountain peaks, dressed in blue-green glacier that plunge straight into the Arctic Ocean and 2/3 is covered by ice. There is an abundance of wildlife and a unique fauna that characterize the islands. There are over 160 plant species, a 100-odd guest-birds and polar bears, walrus, caribou, seal, arctic fox and the little polar cod.

Norway's largest glacier "Austfonna" is located on Svalbard. Austfonna is the world's third largest icecap after Antarctic and Greenland, the glacier front is over 200 kilometers.

Svalbard is defined as the land area between 74 and 81 degrees north and, 10 and 35 degrees east. The archipelago consists of many large and small islands, the largest is Spitsbergen, Nordaustlandet, Edge Island, Barents Island and Prins Karls Forland. The largest of them is Spitsbergen where also all permanent settlements and human activities are located. Newtontoppen northeast of Spitsbergen is the highest mountain and it is 1,713 meters above the sea level.

Longyearbyen is Svalbard's administrative center. The town was founded in 1906.



Longyearbyen was created in 1906 by John Munroe Longyear. He was the largest owner of the mining company Arctic Coal Company, with the headquarter in Boston, USA. The mines and the town was in 1916 bought by **Great Norwegian Spitsbergen Coal Company (Store norske Spitsbergen kulkompani)**. Longyearbyen was burned and destroyed by German forces 8th September 1943 and rebuilt after World War II. Longyearbyen, Svalbard's administration center is located on the island Spitsbergen. The place has just over 2000 inhabitants and is one of the world's most northern settlements. Most inhabitants are Norwegians, but almost 40 nationalities are represented. There is freedom to settle in Longyearbyen for citizens of all states that have signed the "Svalbard Treaty". There are just over 300 inhabitants of the population in Longyearbyen who are foreign nationals. The three largest foreign groups are Thailand, Sweden and Russia/Ukraine.

The magical Northern Lights

Northern Lights, also called winter heaven light organ. Is one of nature's most magnificent phenomena. The northern lights is a luminous phenomenon in the upper atmosphere that occurs in the polar regions. The light in the north are fascinating, beautiful and dramatic. It is shimmering green veil, blush pink winter or cold blue light. There are celestial events, which have created legends, myths and stories. Tourists from all over the world visits Svalbard to see the northern lights. This is a very popular natural phenomenon, that occurs by atoms and molecules in the atmosphere.





Hurtigruten— the pearl at sea

Hurtigruten is a ship who offers you memorable moments along the Norwegian coastline. The ship had its first trip in 1893, and has since that year transported tourists from all over the world through the beauty of Norway.

The ship starts from Bergen and sails all the way to Kirkenes, which borders to Russia. If you choose to travel from Bergen to Kirkenes, you travel from the west of Norway to the northeast of Norway. The boat stops at many towns, so if you want to explore one of them you can jump off easily and spend the night at a hotel nearby. The boat will return, so you can simply enter Hurtigruten again.

Hurtigruten is known for showing the most beautiful sides of Norway. You can see the wild animal life, extraordinary sunsets, fjords and northern lights. You can choose to travel in winter or summer, the choice is yours! There are opportunities to do varied activities on the ship. You can choose to shop, bathe in the swimming pool, etc..



Southern Norway

Southern Norway is the name of the geographical region in the south of Norway. It consists of the two counties Aust-Agder and Vest-Agder with a population of approximately 290 000. But as a tourist, what should you experience when you are in Southern Norway?



Southern Norway is most famous in the summer. People enjoy the little things such as the beaches by the coast, shrimps on the dock, shopping and island life. But the region is perhaps the children's region rather than other. Here it is a short distance between zoo, water park, amusement park and beaches.

But the most famous place in this area is Kristiansand Zoo. This is for many families number one tourist attraction in Southern Norway. The zoo has a wide and varied specter of activities,

which is popular along most people. Besides meeting both exotic and non-exotic animals, you can ride carousels, visit the water park, and meet the man which is a hero for many children; Captain Sabeltann. The best part is: the zoo is open every day. You can even visit the zoo in the winter!



However, if you want to visit Southern Norway in the winter, it is a number of other activities you can do. Everything from skiing to visiting museums to ice climbing. The possibilities are many! So if you want a different experience of Norway, go to Southern Norway. It is pretty unique.



Røros is a beautiful place in Hedmark, Norway. The municipality is known for cold winter, and their old church.

Femundløpet is a sled dog race. It goes from Røros, and takes a round, and the participants cross the finish line back in Røros again. It is 647 kilometers or 397 kilometers long. The toughest ones take the longest race. The conditions are tough, and it can be up to minus 40 degrees Celsius. The audience comes from all over Norway, and also from other country's. There is often music and entertainment at the checkpoints.



Rørosmartnan

Rørosmartnan is an old tradition. It is a market where you can buy old things and listen to old music. The atmosphere is good, and people are having fun.

Tromsø is a city and a municipality located in Troms County in Northern Norway. It's the largest city in Northern Norway, and the ninth largest in Norway. The municipality has 70,000 inhabitants and about 58,000 of them lives in the city.

Tromsø is also known for their university. The city has approx. 10,000 students each year, which helps to maintain the city's status as "the Paris of the North".



There is plenty to do in Tromsø, the city has good nightlife, culture, restaurants, beautiful nature, etc. The Northern light is also important to include when we talk about Tromsø, the city is in fact the middle of the Northern lights zone. A part of what makes Tromsø special is that they have the urban center, while they also have the beautiful nature.

One of the attractions we can find in Tromsø, is the Arctic Cathedral. There is a church built in 1965 and has become landmark in the city. The church has a special form, which is inspired by the landscapes of the north. And the altar of the church glows a colorful, distinctive glass mosaic.

Lillehammer



Lillehammer is a municipality located in Oppland at the north end of Mjøsa, Norway's largest lake. This modern city has a population of over 27.000 inhabitants and an area of 477 km².

Norges Toppidrettsgymnas



Lillehammer is a popular city among students, especially among athletes because of the private school 'Norges Toppidrettsgymnas'.

NTG Lillehammer offers programs in general studies combined with elite sports.

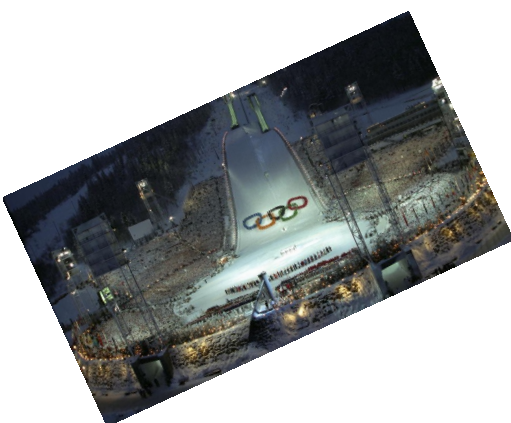
Some of the sports you can choose are alpine, cross-country skiing, handball,

mountain biking and basic training. The students also have two different program areas, and they have to choose one: There is a program area for language and social studies where you learn about legislation and community economy. The other program area, scientific subject, you have mathematics and physics. All teachers are well qualified in their fields and

greet you with enthusiasm and understanding for your efforts in elite sports.

NTG also has a close relationship with the university college in Lillehammer, so that those who wish to study further in Lillehammer are contacted early and informed about their further school career.

Winter Olympics



In 1994, there was Winter Olympics in Norway and it took place in Lillehammer 12. – 27. February. This was the second time Winter Olympics were held in Norway; 42 years earlier it took place in Oslo. The jumping area was built because of the Olym-

pics in Lillehammer and this jumping area is the hallmark in Lillehammer. From a long distance you can see the magnificent ski jump and during the summer you can see the Olympic rings in the landing slope. The Olympic Flame will also be lit

when opening and the closing sermonizes take place in other parts of the world.



Lofoten is an archipelago in Nordland county in Northern Norway, north of the Arctic Circle. Lofoten is known for the unique natural and cultural landscape. There are mountains and peaks, open sea and sheltered bays, beaches and unspoilt nature. Lofoten is known for sports, including surfing and mountain climbing are the most popular, also internationally. Fishing is the main industrial.

There where the waves of the Atlantic hits the beach on Unstad is the place to be for those who want to surf in Lofoten. Surfing in Lofoten has been mentioned by professional surfers and the surf waves in Lofoten are the northernmost quality waves. For beginners, summer is the best time for surfing at Unstad, however, the period from August to November is the best for the experienced surfer.



Have you ever seen the northern lights outdoor on a cold winter night? Well, then you probably have witnessed one of the most beautiful phenomena the nature has to offer. Lofoten is located under the auroral oval and therefore there is a great chance to see the colorful northern lights there. There are several activities that helps to maximize the experience of the northern lights. Lofoten has also its own Polarlightcenter. The northern lights can be seen in the period from September to April.



When you are in Lofoten you will always experience the flavor of the region. You will get well prepared food at one of the many restaurants in Lofoten. Stockfish is something Lofoten is known for, and because of the good quality, it has got territorial protection in Norway. It actually comes in the same class as champagne and Parma ham!



Why go to Lofoten?

If you want to experience Norwegian culture and nature fills Lofoten these requirements in a convincing manner. The Norwegian culture is shining through Lofoten with fishing, food, Viking museums and performances, churches and monasteries. The nature in Lofoten is for instance the northern lights, mountains, ocean and the Norwegian fjords. Whatever you decide to do, you will get to feel, hear, see, smell or taste Lofoten.



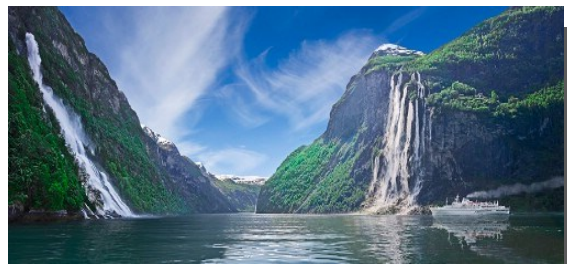
Geiranger

The beauty of Norway

Snowy cast peaks, beautiful and wild waterfalls, lush mountainsides and deep blue fjords. This makes Geiranger to one of the most beautiful places in Norway, a fairytale you never gonna forget.

Geirangerfjorden is 15 km long and is an arm of Storfjorden. The fjord is one of Norway's most visited tourist destination and was 14th of July in 2005 inscribed on UESCO's list of World Heritage. In Geiranger you can experience cruice among the fjords. You can admire the famous waterfalls Bridal Veil and the Seven Sisters while you are on the boat trip among the Geirangerfjord. *Trollstigen*, *Dalsnibba* and *Flydalsjuvet* are also very popular attractions.

**«Can not be described,
must be experienced»**



There are many other popular activities in Geiranger like fishing, canoeing, kayaking, rafting, hiking, horseback riding and summer skiing in Stryn.

Are you interested in experiencing Norway's beautiful scenery, deep fjords and clear water? Visit Geiranger! A place you will never forget.

THE PRØYSEN HOUSE

The Prøysen House is a national and cultural museum in memory of the famous Norwegian author Alf Prøysen. The museum is placed in Rudshøgda, which is about 112 kilometres away from Trysil. Inside the Prøysen House there is a display that leads you through the life and authorship of Alf Prøysen. The display gives you the opportunity to meet several famous fantasy characters and illustrations made by Alf Prøysen. There is also a theatre, a gallery and a shop inside the building. The Prøysen House lies close to Alf Prøysen's childhood home, which also is allowed to visit. About 20 000 people are visiting this cozy place each year.



THE NORWEGIAN FOREST MUSEUM

The Norwegian Forest Museum is a museum in Elverum, which is a town 50 kilometers away from Trysil. The museum has national responsibility for the development of hunting, fishing, forestry and timber processing. The entire museum contains typical Norwegian animals, images, objects, artefact and sounds. It is a very informative, interesting and impressing museum. The museum arranges several theme days with different photo exhibitions, displays and activities during a year. The Nordic Hunt and Fishing Fair is a famous arrangement arranged by The Norwegian Forest Museum. Over 110 000 people are visiting the museum each year, which is



"Let's First Understand Our National Heritage in order to Define and Build Our European Identity"



REBUPLIC OF TURKEY

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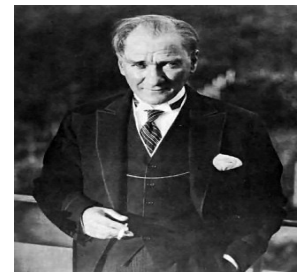
Turkey, officially the **Republic of Turkey**, is a contiguous transcontinental country, located mostly on Anatolia in Western Asia, and on East Thrace in Southeastern Europe.



Turkey is bordered by eight countries: Bulgaria to the northwest; Greece to the west; Georgia to the North-east; Armenia, Iran and the Azerbaijani exclave of

Nakhchivan to the east; and Iraq and Syria to the southeast.

The Mediterranean Sea is to the south; the Aegean Sea is to the west; and the Black Sea is to the north. The Sea of Marmara, the Bosphorus and the Dardanelles (which together form the Turkish Straits) demarcate the boundary between Thrace and Anatolia; they also separate Europe and Asia. Turkey's location at the crossroads of Europe and Asia makes it a country of significant geostrategic importance.



The occupation of Constantinople and Smyrna by the Allies in the aftermath of World War I prompted the establishment of the Turkish National Movement. Under the leadership of Mustafa Kemal Pasha, a military commander who had distinguished himself during the Battle of Gallipoli, the Turkish War of Independence was waged with the aim of revoking the terms of the Treaty of Sèvres.



Our District : Çatalca

Çatalca is a city and a rural district in Istanbul, Turkey. It is in East Thrace, on the ridge between the Marmara and the Black Sea. Most people living in Çatalca are either farmers or those visiting vacation homes. Many families from Istanbul come to Çatalca during

weekends to hike in the forests or have picnics.



Location of Çatalca in İstanbul

As of a November 22, 2000 census, the population of Çatalca district was 81,589, while the city of Çatalca had a population of 36,544 in 2009. The population growth rate was 0.66%. The literacy rate was 99%



Marmara Region

CULTURES

The most developed region in Turkey is Marmara Region. It has many different historical buildings, various activities, many places to sight seeing and many people from different cultures. The bosphorus connecting the Asian continent to European continent is located in this region. The wheather is colder in the

west parts of the region.

The cities which are located in Marmara Region:

İstanbul Sakarya Bursa
Yalova Edirne Balıkesir
Kocaeli Bilecik Çanakkale
Kırklareli Tekirdağ

EDİRNE

The cheese of Edirne is popular which is made from milk of sheep.



Ciğer Tava



Mamzana



Ciğer Sarması

And there are also good traditional meals which are special to this city of Turkey.

The meals that you should try when you go to Edirne



Rumeli Beğendisi



Elbasan Tava

SIGHT-

Edirne is one of the city that has many historical and touristic places to go. Some of these:

Süleymaniye Camii- this is a really old building which is designed by a quite famous architect: Mimar Sinan

Alipaşa Çarşısı: This is an old big building that you can find various things in it to buy.

Edirne Museum: A museum which has historical things in it from the wars made in the area close to Edirne.

KIRKLARELİ



Tas Kebabı



Papaz Yahnisi



Borani

SIGHT-



Aşağıpınar Höyüğü

A place where you can see the ancient structures of the people that lived there before.



Beğendik köyü

A small village that you can have a relaxing holiday there.



Pınarhisar Kalesi

An old building located in a important touristic village, İğneada.



Kaçamak



Damat Paçası



Tekirdağ Köftesi

TEKİRDAĞ

SIGHT-

Tekirdağ Arkeoloji ve Etnografya Müzesi (museum)

Namık Kemal Evi (museum)

Rakoczi Müzesi (museum)

Hora Feneri (an historical light house)

Şarköy, (a village which is preferred quite much by tourist owing to its natural beauties and relaxing environment)

Kumbağ, (a village)

Eriklice (a village)



İSTANBU

Istanbul is the most developed city in Turkey. It has almost every kind of different foods from different cities of Turkey and also it has different countries' cuisine in many shopping centers.

It proves us to see how our ancients were living when they were living here. There are many historical buildings, houses and many structure.

Bosphorus Bridge has a really big importance for Istanbul and also for many Turkish people.

During the morning, you can travel to many museums, natural parks historical places or do shopping in big shopping malls, in big historical Turkish Bazaars or have a tour on the Marmarian sea above which the bosphorus bridge is settled.

At nights, You can feel the great feeling of the lights lightining the streets, the sea and the city.

There are many pubs if you like to dance, or many elegant restaurants if you want to have a wonderful meal.

ÇANAKKALE

The city which has a well known sentence about it: "Çanakkale can't be got through"

We say this sentence because of the quite much efford of the Turkish soldiers in the world war I. Even they hadn't got enough good to win the war, and every other countries think that they couldn't won towards their powerful enemies, they won it and it was kind of seeming impossible event when we compare the conditions they and their enemies had at that time. In this city, you can see cemeteries of the death soldiers not only from Turkey but also from the countries they fought with. You can feel the soul of the old times. Also, natural beauty of this city is one other factor that effect many people. The wheather is quite hot in summer and quite cold in winter.



TRADITIONAL



Peynir Helvası



Sardalye Balığı



Truva Atı

SIGHT-

In old times, The enemies of the empire which were living there, hide in this big wooden horse and tried to cheat the empire by sending it to Troy as a present. When the present arrived at Troy they went out at night and tried to occupy the city.



Aynalı Çarşı

Aynalı çarşı is an old structure where you can buy some tradional, special or hand made things suitable for present.

Bursa

It is the fourth most developed city. There are many shopping centers in Bursa.

SIGHT-



İskender Kebab



Ciğer Sarma



Ulu Camii



Uludağ

A really important ski center. Every year hundreds of tourists come to Uludağ to have a great holiday skiing on this mountain.



AYVALIK

Ayvalık is located in the Western part of the city of Balıkesir. It is one of the most important tourism centers of Turkey with its well-protected nature and historic buildings.

Ege Region

Tourism and Handicrafts

Traditional Meals

CAR-



This handicraft has a great history and is a great success for Turkey. Turkish carpets are prestigious all over the world.



Çöktürme Kebabı

It is a kind of a very famous and delicious Turkish kebab. It contains beef tenderloin, potatoes, hot pepper and yogurt.



BERGAMA

Bergama was a culture and art center in the Archaic Age. It is an important place to visit in the city of Izmir.

Felt is a fabric that is made of animal fibre helped by heat,moisture,soap,oil,acid. Felting, which is one of the oldest techniques of Turkish handcrafts, was brought from the Middle Asia with other techniques

Izmir Lokması

This dish is widely common in Izmir Province. Its main ingredients are flour,yeast and some sugar



BODRUM

HARNESSING

Bodrum is a district and a port city in Mugla Province whose name was Halicarnassus in ancient times.

Bodrum was famous for housing Mausoleum of Mausolus. Now it is widely known in terms of tourism not only in Turkey but also in the whole World.

It's an handcraft that dates back to very old times. Harnessing is an art that forms the needed things to attach the horse-drawn carriage to the horse. The demand and the interest for harnessing is rather poor nowadays

Ekmek Dolması

A special kind of bread is used fort this dish. It is made of some minced beef, tomato paste,butter,black pepper.





Library of Celsus

It is an ancient Roman building in Ephesus. It is thought to have had 140.000 books in due time. It was built in honor of the Senator Tiberius Julius Celsus Polemaeanus by Celsus' son.



Knitting

Knitting is very common among people in this region. They turn sheep's wool into socks, gloves, sweaters and etc. Using lots of different techniques.



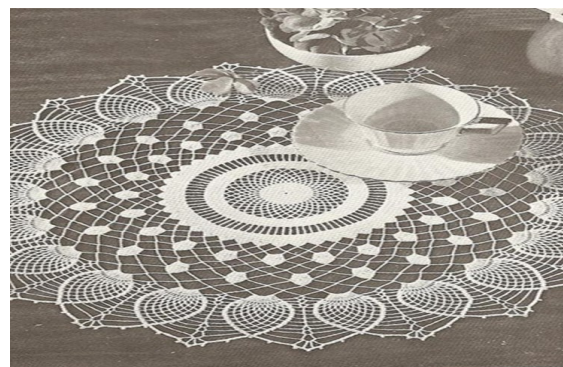
Kırım Helvası

It is a popular dessert in Mugla Province. It contains sesame and honey



Ephesus

It was an ancient Greek city on the coast of Ionia. The city developed after it came under the control of the Roman Republic. It is estimated that Ephesus had a population of 33,600 to 56,000 people in the Roman period



Lace

It's a handcraft that women are interested in. They enjoy producing something in their spare time. Lace products are generally used at home to cover something. Such ornamental things are widely popular among Turkish women.

Katmer

It is made of paste. Its main ingredients are some flour, olive oil, and tahina



House of Mary

It is the church in which Mary lived her last years with St. Jean. It's a sacred place for the Christian. The house of Mary is visited by popes. It was built in Selcuk, Izmir,



Marble

Marble artists make lots of souvenirs using various techniques on marbles. They also produce very useful things that can be used at home



Pamukkale

Pamukkale, which means "cotton castle" in Turkish, is a natural site in Denizli Province. The city has hot springs and travertines, terraces of carbonate minerals left by the flowing water. It is in the World Heritage List which is declared by UNESCO.



Smithery and Coppering

It's an handcraft that has lost its importance over the years. Industry affected it seriously. Smithery and copper artists make various things like buckle, door chain, button, pot and etc.



Mediterranean Region

CULTURES

Mediterranean Region is one of the region of Turkey. The name of its comes from the sea which takes place in south of Turkey. In Mediterranean Region tourism develops because of climate. In winter the weather is warm and wet, in summer the weather is hot and sunny. Therefore in summer a lot of tourists come from different countries to Mediterranean Region. Especially Antalya and Alanya are the most attractive cities for tourism in this region.

Mediterranean Region is a carstic region so there are a lot of caves. These caves are important for region because tourists come to see them.

ANTALYA

ASPENDOS THEATRE

Aspendos Theatre, which is an amphitheatre and an ancient city, takes place in Antalya in Belkis. The city was founded in B.C. 10th century by Achaeans and it was one of the rich city in this period. Aspendos Theatre was built by Romans in A.D. 2nd century.

This theatre is the most important for Aspendos. It survived until today without damage. It is the most scatheles open air theatre.

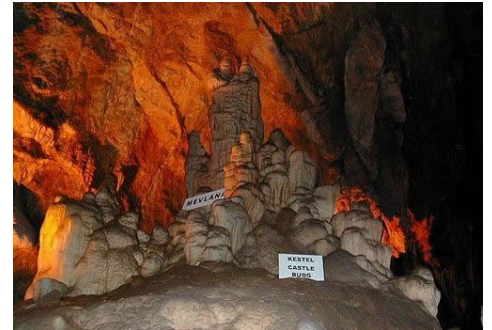


MAVANGAT FALLS

Manavgat Falls locates in Antalya and a lot of tourists come to see it from different countries.

CAVE OF

Cave of Damlatas locates in Alanya in Antalya. It is a natural place. It was found when some workers exploded dynamite to built a building.



ISPARTA

Isparta is famous for rose. People live in Isparta create something with rose. They make rosewater, rosecream and create parfüm with rose.



CARPET

In Isparta women weave carpets. So Isparta is famous for carpet. These carpets are worth because they are handmade.





MERSİN

TEMPLE OF ROMAN

Temple of Roman locates in Mersin. It is a historical place.

ADANA

KEBAB OF ADANA

Adana is famous for kebab. People come from both Turkey and different countries to eat this delicious food. People can eat the most delicious kebab in Adana.



HATAY

MEETBALLS STUFFED WITH

Hatay is famous for meetballs stuffed with cracked wheat. In Turkey we say it içli köfte.

KAHRAMANMARAS

ICE CREAM OF MARAS

Kahramanmaras is famous for its ice cream. There are just two countries which are famous for ice cream around the World. One of which is Kahramanmaras. When people serve it they wear a special cloth and they make jokes.



Black Sea Region

ATATURK MANSION TRAB-



It is located in the Soguksu region in Trabzon Province. It was built in the very early of the 20th century. Ataturk was hosted in this mansion during his visits between 1934-1937. After his death the mansion was turned into a museum .

AKÇAABAT KÖFTE



It is a kind of meatball that has some special minced meat in it. Some tomatoes and peppers can be added to make it more delicious.

COPPERING IN TRABZON



The Trabzon region is very rich in copper. The workshops in this province have been kept since the middle ages. Because Trabzon is a port city, it is easy to trade the productions.

HAGIA SOPHIA TRABZON

It was built in Trebizond during the reign of Manuel I between 1238-1263. After Mehmed II conquered the city in 1461 the church was converted into a mosque. During World War I, the city was occupied by the Russian military and used as a hospital. Then, in 1964 it was turned into a museum.



CUTLERY



There are various types of knives and we know that the knife has been used in Anatolia since the prehistoric times. People in this area are capable of producing any type of knives and they trade them.

BALIK



It is a great fish meal whose main ingredients are gray mullet or sea bass fillets, olive oil, onion, clove of garlic, tomatoes, flour, and lemon.

ISHAN MONASTERY



It was built in Artvin Province. It's believed to have been built between 641-661. Short after it was built, it was destroyed by the Arabian. At the beginning of the 9th century it was turned into a monastery by a priest.

JEWELRY



In this region, both gold and silver bracelets and necklaces are produced and sent to every spot of the country. People in this area also produce lots of souvenirs using different techniques on gold and silver.

FINDIKLI UN HELVASI



It's a delicious dessert that contains nut, flour, margarine, milk and sugar.

LAKE ABANT NATURE



Lake Abant is a freshwater lake in Bolu Province. It's a favorite vacation spot for both Turkish and foreign travellers thanks to its natural beauty.

MASONRY



Since the Seljuk Dynasty, masonry has had an important point in Turkish people's lives. The Turkish pay importance to producing something using stone. There are lots of splendid examples of it.

HAMSİLİ EKMEK



It contains anchovy, leek, oil and some folium menthae

SUMELA MONASTERY

The Sumela Monastery is a Greek Orthodox Monastery dedicated to the Virgin Mary. It's believed to have been built in 386 AD. During its long history the monastery fell into ruin several times and was restored by various emperors.



WATTLING



This is a real handcraft. This kind of baskets are made of hazel sticks. People in this area have developed various types of baskets through centuries. They use a lot of techniques to make them look nice.



WEAVING



It's a method of fabric production. The clothes are usually woven on a loom, a device that holds the warp threads in place while filling threads are woven through them

LAZ BÖREĞİ



It contains egg, milk, flour, sugar and baking powder.

TATLICA FALLS

They are the waterfalls near Sinop Province. Tatlica falls consist of 28 waterfalls. Sports such as climbing and trekking can be done here.

PAŞA PİLAVI

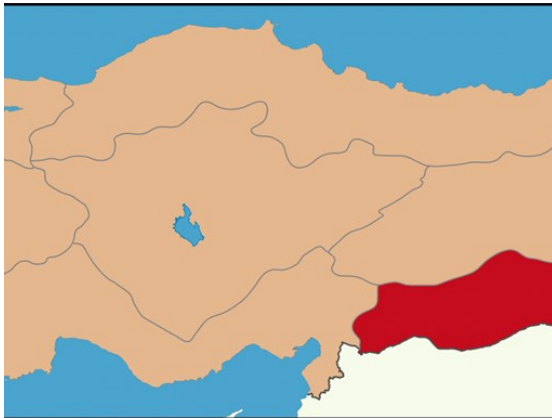


It contains meat cubes, margarine and rice

UZUN GÖL



It attracts many tourists with its natural beauty. It's situated to the South of the city of Trabzon. Uzungöl is also the name of the village on the lake's coast



South East Anatolia Region

South east anatolia region is neighbor to Iraq and Iran. Stone houses, rich cuisine with spiced foods and by its history it has an important part in our country. The most important element about southeast anatolia is its history.



İçli Köfte



Muhammara



Etlü Buhara Pülavı

Traditional instruments that played on special days has an importance in southeast anatolia;



DAVUL : made from walnut tree and then covered with the skin of sheep or goat.

ZURNA :it's made from plum and beech trees.It's not so big or so small and it has 8 hole to make 8 different sounds.

KEMENÇE: made from calabash.Then covered with the skin of fish.the fiddle stick is made from the tail of horse, it has 3 strings.

DÜZ SAZ : made from trees of mulberry, beech or leaf.it has 6 or 7 strings

DARBUKA :made from a pot which is covered with the skin of sheep or goat

KAVAL :made from plum tree or beech tree, it has 8 holes to make 8 different kind of sounds.

DEF :made from walnut tree. covered with skin of goat and adorned with silver jeweleries.

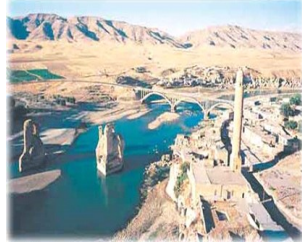
One else of it's specialities is its crafts. the crafts which are on sale on the arcades are one of the important symbols of southeast anatolia. some of those crafts;



Southeast anatolia region is the region which has the smallest area. The cities which are located in it are: Adıyaman, Batman, Diyarbakır, Gaziantep, Mardin, Siirt, Şanlıurfa.



Adıyaman: Adıyaman is one of the tourism cities owing to Nemrut mountain.



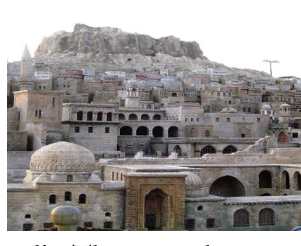
Batman: Batman is famous for its Hasankeyf Mausoleum and Castle.



Diyarbakır: The rivers, watermelons of Diyarbakır, and Malabadi Bridge are a few of the symbols of Diyarbakır.



Gaziantep: Pistachio nut and baklava is the first things to think when it's come to Gaziantep.



Mardin: The stone houses which are a way to flee from the parching hot weather are the symbol of Mardin.



Şanlıurfa: The traditional song nights of Şanlıurfa are famous.



Siirt: Siirt is famous for its cuisine, some of these foods are: Büryan kebabı and perde pilavı.

East Anatolia Region

Ağrı, Ardahan, Bingöl, Bitlis, Elazığ, Erzincan, Erzurum, Hakkari, Iğdır, Kars, Malatya, Muş, Tunceli, Van, Şırnak is located in this region. Generally the weather of this region is really cold.

Just like the other regions, this region has its own symbols, too. One of our writers have written a book about one of the cities located in this region, the name of book is Ağrı Dağı and the saga of it..



Van Lake, the biggest lake of the Turkey exist in this region

When it comes to cuisine, it includes quite various tastes. Some of the most loved foods in this region:

-Kayganak:

Kayganak, It is made from egg and butter. In our east cities, especially in Bitlis and Van this food is common.



-KASEFE

Apricots are cleaned with water. Using a pot, it is boiled in enough amount of water. When it is softened, the water is filtered and the apricots are ranked on the plate. Butter which is melted are poured on it and then some walnut are poured on it.

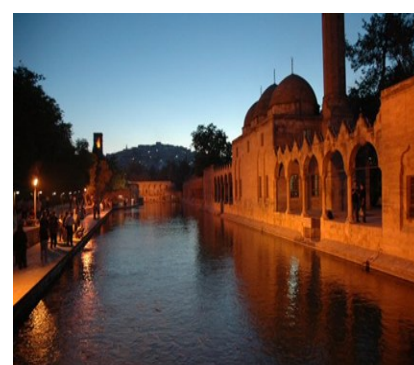


-BABUKO (Tunceli)

Babuko is made from dough and garlic. It's a kind of manti that doesn't include any meat in it.

In this region crafts are also famous .

Due to the fact that animal husbandry is the mainstay, carpet is the most important craft. Rug, pullover, felt and socks are also made in there. A kind of craft "Ahlat bastonu" is famous. World-known carpets of Van and crafts with silver embroideries are related to this region.



A legend in the Eastern Anatolia Region: 'Balıklı Göl', the lake located in the southwest of the city center of Şanlıurfa, is the story of events happening between Hz. İbrahim, who was accepted by the people of three main religions and Nemrut who had suffered people in their time. According to popular belief Nemrut had launched Hz. İbrahim on a fire burning in the bottom of the hill with his catapult built by Nemrut on a small hill. The prophet had fallen on the fire which turned into lake and the woods burning fire also turned into fish.

The lake where the prophet had fallen into is called "Halil-ür Rahman"

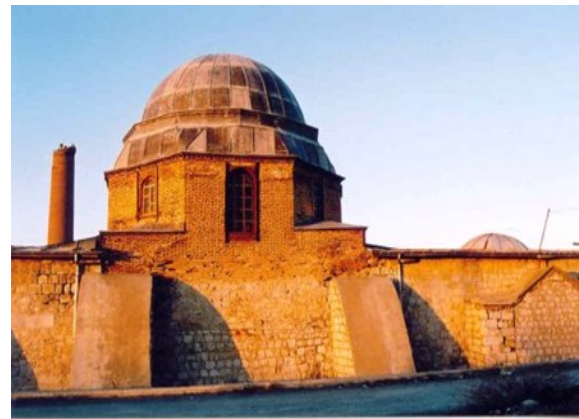
Nemrut's daughter Zeliha who had seen the falling of Hz.İbrahim and had a belief in him,also throws herself on fire but it doesn't burn Zeliha as well.It formed lake where Zeliha had fallen into,and the lake named "Ayn Zeliha Gölü"

Some of the historical places of the eastern anatolia region;

GRAND MOSQUE:

The Grand Mosque which is located in the northern part of Malatya was constructed by the Arabian.Then it was destroyed and as far as we learn from its tablet;it was rebuilt by order of Mansur bin Yaqup in Kayqubad I's time in 1224.

It changed remarkably when it was rebuilt.The parts which are made of brick are from it's earlier times and the Stone parts show the changes and additions



THE AHLAT GRAVEYARD:

The Ahlat Graveyard which is the most impressive islamic graveyard in Turkey seems stunning with thousands of obelisks most of which are higher than 2 metres.The oldest and the most beautiful ones belong to the 17th and the 18.centuries.Some are the tombs of the local governors that reigned under the domination of the Mongolian in the 13th century and the others are from the White Sheeps Turkmans' and the Black Sheep Turkomans' periods.

There are also room like underground tombs which have the Middle Asia Turkish tombs' style apart from cists.

We can say that the tombshere are the islamic forms of the Orkhan inscriptions.The Seljuk cemetery is the largest cemetary and it's 210 decars.The most important tombstones and the most famous artists' Works are in this cemetary.





Central Anatolia Region

Touristic Placaes

Anatolia Region's touristic places are Ihlara valley, Capadocia, Fairy chimney... Also in this region are protected in terms of historical and natural attractions are the following Bogazköy Alacahoyuk National Park, Yozgat Pine Grove National Historical Park Goreme National Park.

Central Anatolian region is the political center of our country today. Tourism is a highly in demand. In Ankara, Ankara Castle, the Mausoleum, Anatolian Civilizations Museum, the Ethnographic Museum, Ataturk Museum, Phrygia was once the capital city of Gordion, in Nevsehir, Avanos, Goreme, Urgup, Cappadocia, Konya, Nasreddin Hodja Tomb, such as Rumi places continuously throughout the year tourists welcomes.

A medical tourism in the Central Anatolia region are rich places. Among these, Konya, Nigde, Kayseri, Eskişehir, Ankara located in cities such as spa revenue. Welcomes tourists all year around here.



Central Anatolia Region Crafts

Sivas has a rich culture. Original music for local dances and hand crafts are quite advanced in the city. Weaving (carpets and rugs felt) mesh, silverware and cutlery are among the city's most important cultural reflections.

Konya Crafts; Carpeting, felt, Crochet and embroidery Works.

Due to the structure and location in Ankara has been one of the major centers. Carpets, rugs, quilts, pillows, silver jewelry are most popular.

Eskişehir meerschaum carving, weaving, pottery is made.



Central Anatolia Region's Local Dishes



Çiğ Börek

Ingredients: Oil, vinegar, flour, salt, lean ground beef, onion, pepper



Etlı Ekmek

Ingredients: ground beef, flour, eggs, onions, bell peppers, parsley, butter, salt, pepper



Hoşmerim

Ingredients: milk, butter, eggs, sugar, oil, flour, walnuts, sugar



Kayseri Mantısı

Ingredients: onions, ground beef, black pepper, salt, garlic yoghurt, butter, red pepper flakes



Keşkek

Ingredients: wheat, chickpeas, meat, margarine, salt, pepper, paprika



Tatar Böreği

Ingredients: meat, pastry, meat juice, parsley, eggs, butter, paprika, black



İrmik Halva

Ingredients: Semolina, flour, milk, sugar, edible oils., Peanuts



Haşhaşlı Çörek

Ingredients: flour, sugar, salt, dry yeast, crushed poppy seeds, chopped walnuts

Enjoy Spain

Interesting visiting places



Spanish name comes from

Hispania, it was the name used by Romans to designating the geography territory occupied in the Iberian Peninsula, it was used alternatively to Iberia. This term was preferred by Grecian authors. The name derives from Hispania, the name by which the Romans designated geographically entire Iberian peninsula. Moreover, Hispania is not a latin Word, for this reason, different hipothisis have been created about the origin. However, the fact that the word Hispania is not of Latin origin has led to the formulation of several theories about its origin, some of them controversial.



Climate

Spanish weather is different according to the latitudinal position, situation and the different relief. The varied Spanish oreography, the geography situation, in the middle latitudes of warmly zones of North hemispheres, makes that Spain has got a notable climatic variety.

The varied topography of Spain and its geographical location in the middle latitudes of the temperate zone of the northern hemisphere, the country has made considerable climatic diversity.

Spain has points with mild temperatures around 15 ° C, other exceeding 40 His landscapes have an extraordinary range, going from desert areas to more green fields, where mountains, valleys, rivers and beaches give rise to a wide variety of climates



Datos

Population

47,27 millions

Provinces

51 Provinces

Limits

It borders France to the north and east by Portugal

Gastronomía

It is a wide concept, some authors describe it in a plural way "Cocinas de España". Spanish gastronomy life between two different realities: classical and popular gastronomy based on tradition and the modern gastronomy that uses new techniques of chefs who have reach an important role in an internacional level. The so varied cuisine concept makes some authors denominated in the plural, as "Cuisines of Spain." The current Spanish cuisine coexist two realities: the classical and popular cuisine based on tradition and modern cuisine that uses the newest techniques and ingenious cuisine, with chefs who have achieved international renown.



Spanish Food

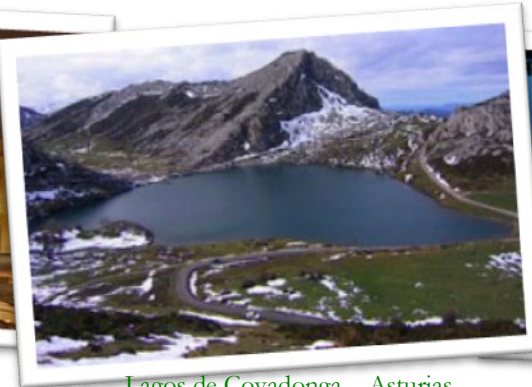


North Zone

The north of Spain is formed by the regions of Galicia, Asturias, Cantabria and the País Vasco.



Guggenheim—Bilbao



Lagos de Covadonga—Asturias



Catedral Santiago de Compostela

Catedral de Santiago Compostela

The cathedral of Santiago de Compostela is a temple of Catholic worship in the eponymous town located in the center of the province of La Coruna in Galicia (Spain). According to tradition, here is located the tomb of St. James, which turned the temple into one of the main pilgrimage destinations in Europe during the Middle Ages through the so-called Camino de Santiago, an initiatory path where it was the wake of the Milky Way communicating the Iberian Peninsula with the rest of continent. This was decisive for the kingdoms participate in medieval Hispanic cultural movements; currently remains an important pilgrimage destination. A privilege granted in 1122 by Pope Callistus II

who stated that it would be "Holy Year" or "Jubilee Year" in Compostela every year in the 25th July (Sunday), and this privilege was confirmed by Pope Alexander III 1179. It was declared Cultural Interest in 1896. The old town of Santiago de Compostela, which is concentrated around the cathedral was declared a Cultural Heritage of Humanity by UNESCO in 1985.



Torre de Hercules



La Torre de Hércules is a tower and lighthouse located on the peninsula of the city of Coruña, on Galicia (España). Its total height is 57 m and dates from the first century. It has the privilege of be the only Roman lighthouse and the oldest in the world that still works. It is the third lighthouse highest of Spain, behind the Faro de Maspalomas and the Lighthouse of Chipiona (62 m). 27th June 2009 was declared World Heritage

East Zone

Ciudad de las Ciencias

Cataluña, Aragón y Levante

The eastern area of Spain is a large area of Spain which includes the regions of Cataluña, Aragón, Valencia and Murcia.



El Monasterio de Montserrat



Located 50 km from Barcelona, visiting the Monastery of Montserrat will not leave anyone indifferent. Founded in 1025, this impressive monastery is built on the wall of a mountain. If you wish to visit the monastery even more shocking can take the cable car that starts from the Montserrat Aeri station. You can also upload by the funicular railway, better known as 'Zipper', which allows you to enjoy the mountain environment exceeding a height of over 600 meters.

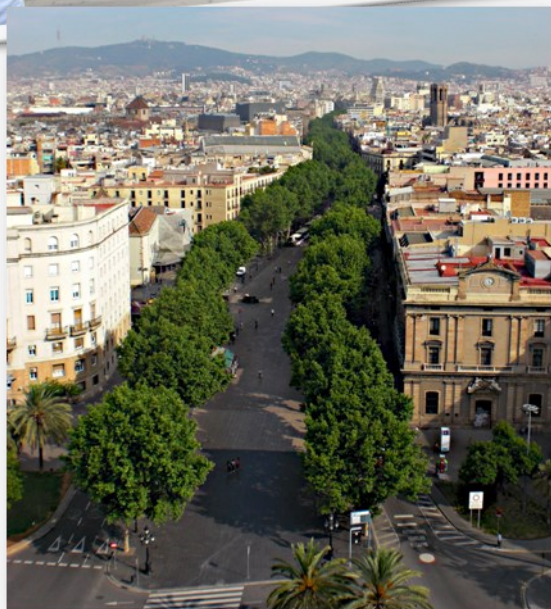
El templo de la Sagrada Fa-

It is the last unfinished work of Gaudí and has become the symbol of Barcelona. La Sagrada Familia has always been built with donations and today are the revenues that allow visitors to continue the works. So, still to build the four towers of the facade of Gloria; most probably this modern cathedral is not finished until 2020. Once inside, the entrance to the temple sacrificial allowed to visit the crypt where Gaudí rests. Must see the towers, which can take the lift or walk up the 426 steps of the spiral staircase that runs inside. Anyway, the truth is that the view of Barcelona offering is unmatched.



El Monasterio de Poblet

This spectacular monastery is secluded in a valley in the province of Tarragona. It was founded in the twelfth century and highlights his masterful altarpiece, carved in alabaster, which is a masterpiece of Catalan Renaissance. Another place of interest is the cloister, consisting of spacious galleries with carved capitals embossed scroll motif. Since 1940 the Monastery of Poblet is inhabited by a community of Cistercian monks.



La Rambla de Barcelona

La Rambla , also called The Ramblas (Les Rambles) is the name of a landmark tour of the city of Barcelona which runs between Plaza Catalunya (Catalan , Plaça de Catalunya) , the heart of the city, and the old port. The walk is crowded day and late into the night. It is dotted with newsagents, flowers and birds, street performers, cafes , restaurants and shops. Near the port tend to settle markets , as well as painters and artists . Strolling down La Rambla can be several buildings such as the Palace of the Vice-Queen , as well as La Boqueria market and the famous Lyceum Theatre (in Catalan , El Liceu) , which are represented operas and ballets. One of the side streets, a few meters in length, leading to the Royal Square (Plaça Reial) , there is a square with palm trees and arcaded buildings that host many pubs and restaurants , and on the weekends that meet collectors stamps and coins.

The story goes that the Monastery of Montserrat rose to commemorate the appearance Virgin of Montserrat on top of the mountain. Its basilica holds the statue of the Moreneta, A Virgin in black dating from s.XII and is the patron saint of Cataluña.

You can get to Montserrat by public transport or by car. Trains depart from Barcelona and Manresa every hour and that link to the 'zipper' and the cable car up to the monastery. Browse more than five kilometers and joins the railway.

Madrid y downtown area

Formada por la Comunidad de Madrid, las dos Castillas y Extremadura

San Lorenzo de El Escorial



El Escorial, world heritage monument, was the political center of the empire of Philip II, where he organized his palace and library and its pantheon of his parents, Charles I and Isabella of Portugal, and his family and successors, where he built a large basilica and founded a monastery.

Set the location of the assembly at the end of 1562, the last stone was standing in 1584, according to draft Juan Bautista de Toledo and Juan de Herrera. The latter also built the two houses Crafts, off the north facade of the Monastery, and his successor, Francisco de Mora, the House of Compañía.



La Puerta de Alcalá



LA Puerta de Alcalá is one of the most representative monuments of Madrid. It is located at the beginning of Alcalá, in Independence Square.

La Puerta de Alcalá was opened in 1778 by Francisco Sabatini, an Italian architect who worked most of his life in Spain. Previously there was another brick Puerta de Alcalá, but Carlos III ordered its demolition and reconstruction. The name of the Puerta de Alcalá, like the street of the same name, are located on the road that was to go to Alcalá de Henares.

Plaza Mayor

The Plaza Mayor is located in the heart Madrid a few meters from the Puerta del Sol and the Royal Palace. The square is 129 meters long by 94 meters wide and is surrounded by arcades and three-storey buildings .

Square building involved several architects, among them Juan de Herrera and Juan Gomez de Mora, as they were the real creators. With the passage of time and the different fire history, the Plaza Mayor has been rebuilt and renovated several times.

Toledo, Segovia, Ávila y Salamanca

Toledo



The city was built on a promontory of granite rocks, about 732 m above sea level, bordered on three sides by the Tagus and the land side protected by an inner and outer wall. The most famous industry is manufacturing the world famous sword Toledo steel, by both private and state companies. It also occurs in beer, church ornaments, textiles and garments, bricks and City fans.

Murallas de Ávila



Ávila

Capital of the province of Ávila, located in the autonomous community of Castile and León, next to the river Adaja. Depending on the provincial capital, include administrative activities and commercial and industrial center of the province, an important cattle area, highlights its tourist activity because of its artistic richness.

It has the oldest medieval walled town (XII century) and most complete of Spain (2,500 m) built of black granite, which stand imposing gates (such as the Puerta de San Vicente) and magnificent towers, inside, the stand (the oldest in Spain, XIII-XIV centuries) and Gothic cathedral square where it is located, several Renaissance palaces and religious convents, which are constant allusions to the Spanish mystic St. Teresa of Avila and John of Cross, natives of the province. Occupied by the Arabs in the eighth century, it was conquered by the Castilian king Alfonso VI in 1088.

Segovia



The third landmark of the city is the Roman aqueduct, built under Emperor Trajan (the largest existing Roman monument in Spain, 728 m in length).

Situated on the Eresma river and close to Madrid.

The old town is surrounded by a wall with 86 towers, dating from the eleventh and twelfth centuries.

Is the famous Alcázar, an impressive fortress begun in the eleventh century within the walls.

In the old part is also the cathedral with a Gothic chapel dating from 1525, the central nave is quadrangular, measuring more than 105 meters high and is surmounted by a dome, there are numerous Romanesque churches, such as San Martín and San Esteban, and has a prominent square.

Salamanca

In the banks of the Tormes River, lies the city of Salamanca, capital of the province of the same name.



The nerve center of the city is the Plaza Mayor, designed by Alberto Churriguera and built between 1729-1733. Its university (founded in 1218) is one of the first academic centers in Europe, it is also headquarters of the Pontifical University (1134).

It has one of the most important monuments in Spain, among his most prominent buildings (along with those already mentioned) is a sixteenth-century palace, the old Romanesque cathedral (begun in 1140), the new cathedral (begun in 1513 and completed in 1733), the church of San Esteban, whose altarpiece (1693-1700) One of the bridges crossing the Tormes is Romanesque, the other was built in 1912.

The Historical Archive in Salamanca is the main center for information about the Spanish Civil

Enjoy Sevilla

Sevilla Tourist Guide



El Clima

El Mediterranean climate of Seville is slightly continentalizado with variable rainfall, dry summers and very mild winters warm and rainy and often account for more than half of the annual rainfall. The average annual temperature is 19.2 ° C, one of the largest in Europe and the highest in the mainland capitals.

January is coldest with an average minimum temperature of 5.7 ° C month, and July is the hottest month, with an average daily maximum temperatures 36.0 ° C.

Datos históricos

Many different cultures have been present in the history of Sevilla. His legacy has shaped over centuries the cultural, monumental and artistic heritage that can be admired in its streets and museums.

Dark origins have led to the legends attributed to Hercules founded Sevilla. If we approach the Ancient History of Sevilla we move to the Archaeological Museum located in an old flag of the Ibero-American Exposition of 1929, building by itself worth the visit.

There we will find the remains of peoples across the Mediterranean, the representation of its distant gods and Treasury Caram-



Information

Population

700.169 inhabitants

Extensión

140 Km²

Distances

541 km a Madrid

998 km a Barcelona

659 km a Valencia

852 km a Zaragoza



La Catedral

The history of the Cathedral of Santa María de Sevilla runs over six centuries, from the beginning of the Almohad factory in 1172. The temple became, thanks to successive additions, the world's largest Gothic cathedral. Grand Almohad mosque, opened in 1182, the Giralda, the Patio de los Naranjos and the Door of Forgiveness, which gave access to recinto.¹ preserved

Fernando III of Castile conquered the city on November 23, 1248 and thus began a new chapter in the history of the temple. The mosque became the cathedral of the city and the king ordered that he added a Royal Chapel, where they were buried Alfonso X, Beatrice of Swabia and King Ferdinand himself.

Plaza de España



The Plaza of Spain in Seville was made by the architect Aníbal moral in 1929, on the occasion of the Ibero-American Exposition of the same year, it worked to build a total of 1000 people. It is considered one of the most spectacular venues in the city, representing the architecture of the region of Seville. The square has an area of 50,000 square meters.

Torre del Oro

It was built in 1221 by the last Almohad ruler Abu-l-Ula. His defensive because from his foot and to the other side of the river a chain that closed the entrance to the port was available.

Presents three bodies, the lower floor dodecagonal, hexagonal and circular intermediate top was added by Sebastian Vander Borch in 1760. In its gateway barreled bronze.

Its name comes from the golden cladding tiles had either storing riches that were kept inside by ships returning from America.



Gastronomy



It is characterized by the abundance of culinary resources around them, either in: olive groves, vineyards, orange groves, almond trees. But also to livestock grazing in the pastures.

Papas aliñás

A dish of boiled potatoes and boiled egg that is accompanied with onions, peppers and tuna. Served with a vinaigrette of olive oil, sherry vinegar and salt.



Cerámica Sevillana

The Seville ceramics had an important influence in the sixteenth century Seville's trade relations with the West Indies and the rest of Europe, especially in Italy, having been established in sevilla Genoese banking offices.

The immense wealth came from overseas trade attracted merchants Flemish, German, Genoese, Venetians, etc., Increasing the demand for works of art and decorative items, including high quality ceramic.



Vive Córdoba

Principales Ciudades y pueblos a visitar



Interesting Facts

The municipality of Córdoba occupies 1245 km², approximately 9% of the province.

Being the main center of population the most populated area there are six districts, El Higuerón, Alcolea, Santa Cruz, Cerro Muriano, Villarrubia and Santa María de Trassierra and a Smaller Local, Encina-rejo. Córdoba born well as agricultural or settlements as residential areas.

population
328 704 hab. (2013)

Origins

The origins of Córdoba are lost in time. Its near the river and the wealth of the land in the countryside situation configured as an ideal place for the first prehistoric occupations.

But it is not until the Late Bronze Age (VIII and IX centuries BC) when the first settlement itself is created. With the arrival of the Phoenicians and Greeks to the peninsula, the city is reaffirmed as an important mining and commercial center thanks to the navigability of the Guadalquivir.

This favored relationships and artistic and commercial delivery, integrating this town with the main cities of the time.





La Mezquita

The Mosque of Cordoba (World Heritage Site since 1984) is the most important monument of the Islamic West and one of the most amazing in the world. In its history the complete evolution of the Umayyad style is summarized in Spain, in addition to the Gothic, Renaissance and Baroque styles of Christian construction.

The site now occupied by our Mosque, Cathedral seems to have been from old, dedicated to the worship of different deities. Under Visigoths built on this same site the Basilica of San Vicente, on which he built, after the payment of part of the site, the primitive mosque.



El Alcázar

The Alcázar de los Reyes Cristianos, a fortress and palace of solid walls, encloses much of the architectural evolution of Córdoba.

Roman remains and Visigoths coexist with those of Arab origin in this solar majestic as it was a favorite of the various rulers of the city. When in 1236 Córdoba was conquered by Ferdinand III, the building, which was part of the old Caliphate palace, was completely devastated.

Alfonso X the Wise begins its restoration, completed during the reign of Alfonso XI.

Throughout history it has been given multiple uses such as Head of the Holy Office (Inquisition) or prison (in the first half of the nineteenth century).



TOURIST GUIDE

Enjoy Granada

Granada Tourist Guide



La Ciudad

It is a city located in southern Spain, with the Sierra Nevada, the highest mountain range in the Iberian peninsula, about 50 km from the highest peak, Mulhacén (3.483m.) And about 60 km from the Mediterranean coast .

It is surrounded by the mountains east and north, while the south and west opens the "vega" agricultural plain of fertile land.

El Clima

Climate of Granada Capital is dry, clear skies and high winds are rare, mists and snows.

The maximum rainfall is in November, March and April. Granada Capital in receipt of a mean annual temperatures around 19 C, with values ranging from about 40 C in summer maximum at 4 C minimum in January and February.

Dates

Population

237.818 inhabitants

Extensión

88 Km²

Distances

434 km a Madrid
868 km a Barcelona
519 km a Valencia
251 km a Sevilla
126 km a Málaga





La Alhambra

The Alhambra represents the splendor and power of the Nasrid dynasty. His decision came on January 2, 1492 with the entry of the Catholic Monarchs in the city after a war of 10 years.

The first sultan of the Alhambra was Muhammad Al-Ahmar or I, the founder of the Nasrid dynasty, and the last Muhammad XII, known as Boabdil.



Sierra Nevada



The ski resort is located in the National Park, which in turn is Nature Park and Biosphere Reserve. Its mountains are the highest peaks of the peninsula, with Mulhacén with 3.478m the highest peak.

In addition, Sierra Nevada in Granada is considered the season with more nightlife in Europe. Sport in Sierra Nevada is combined with fun.

In summer also the Grenadian massif is a great incentive for visitors. In addition to its unique flora and fauna, Sierra Nevada has many routes high and low mountains, and a landscape of immense beauty

Gastronomy



Tortilla Sacro-monte (also referred to as tortilla sacro-monte) is an omelette made with sheep brains (or calf), truffles and other offal. It is a very popular cuisine tortilla Granadina. The tortilla is usually also carry small portions of nuts, peas and breadcrumbs. Some recipes include pieces Trevélez ham, potatoes and chorizo. This dish has been assigned to the gypsy community of Granada, in particular those living in the neighborhood of Sacromonte.



Alfareros y ceramistas

Granada expresses in his craft trades assimilation bequeathed by the different cultures that have settled in it. From the Iberians and Phoenicians or the Greco-Roman world to the Muslims, undisputed protagonists of the history of this Andalusia.

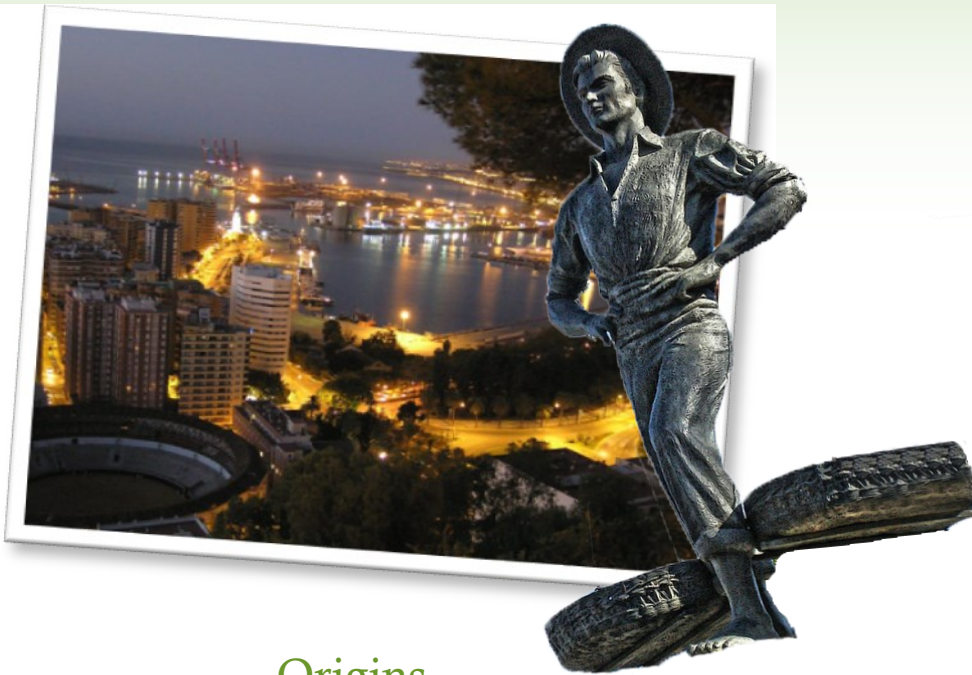


The inlay was introduced in **La taracea** Spain by Muslims. They had

their homework in Córdoba by the s. XII. Diverted the art and decorative items to the Nasrid Granada, in the Christian era this office would continue its splendor

Enjoy Málaga

City and Towns



Origins

Málaga ancient and cosmopolitan in the past, preserved intact its historical roots . If in ancient times witnessed human origins and of Mediterranean culture , now a first power of the Andalusian tourism industry , via maintains its tradition of welcoming and creative land.

Málaga in his seafaring coast where it is never winter, the mountain vocation inland where nature is at its best . White villages of beautiful architecture in romantic legends put their point of light in the remote valleys where life runs quietly . And from the High Country covers the horizon looked away into the vast blue sea.

The province of Malaga has more than 160 kilometers of coastline. The Mediterranean sea is a total of 14 municipalities directly Malaga . You may go to hidden enclaves where the purest nature surrounding the environment, or more articles and consolidated spaces.

Climate

The climate is subtropical-Mediterranean. The average annual temperature is 18 ° C, and its average high of 25.4 ° C in August and the average minimum of 11.9 ° C in January.

The softness dominates winter weather, frost being practically nonexistent, although these have been given to the sixties and seventies of the last century.

Summers are hot, often humid except when the land breeze blows, dry wind that fires the internal temperatures. In these situations Malaga has reached 44 ° C (1978 and 1994).



Interesting Places



Cathedral

The Cathedral was begun in 1528, according to the guidelines of the prestigious architects of Siloam Diego and Enrique Egas. Its plant was designed and began building a few years earlier, in style Catholic Monarchs (late Gothic) but his elevation was resolved, according to the architects profiled in classical language.

The influx of Siloam is found in the header and the main altar, very similar to those of the Cathedral of Granada. Door call Chain is another great example of siloesco model.

La Alcazaba y Gibralfaro

Ronda is situated in the northwestern part of the province of Málaga (Andalusia - Spain) in a basin surrounded by mountains of great continuity and altitude, giving a magical carácter.



El Centro histórico

The natural characteristics of Antequera have made it a transit and settlement of different communities settled since the Palaeolithic in the Iberian Peninsula.

The Bronze Age, however, is what has made us the most important pre-historic remains such as the Joint dolmens of Menga, Viera and El Romeral, dated between 2500 and 2000 years BC



Towns in the coast

Marbella, Benalmádena, Casares, Estepona, Fuengirola, Mijas, Marbella, Mijas and Torremolinos are the municipalities of the region of the Costa del Sol.

A region that offers sun and the beach, golf courses, marinas and protected areas.



The Axarquía region, located in the eastern part of the province of Málaga, is composed of a total of 31 municipalities that combine perfectly mountains, valleys, cliffs or coast. Its coastal municipalities make up the Costa del Sol.

Ronda

Ronda is situated in the northwestern part of the province of Málaga (Andalusia - Spain) in a basin surrounded by mountains of great continuity and altitude, giving a magical character, with its climatic, hydrological, vegetation and soil, determined along its rich and diverse history.



Antequera

The natural characteristics of Antequera have made it a transit and settlement of different communities settled since the Palaeolithic in the Iberian Peninsula.

The Bronze Age, however, is what has made us the most important prehistoric remains such as the Joint dolmens of Menga, Viera and El Romeral, dated between 2500 and 2000 years BC





Gastronomy

Vegetables, fruits, fish and olive oil has become a major attraction in the Andalusian cuisine.

Dishes based on raw materials from their region and can taste dishes of fish in coastal provinces and meat dishes in the interior. The huge variety of fruits will be present in all of them, perhaps the only difference is the personal touch that each people gives their dishes

Andalusian cuisine has deep traces of Arabic cuisine al-Andalus. Its refinement transformed many customs. The stews of beans and vegetables and stews, along with ways to prepare fish are the essence of this cuisine.



In the Málaga coast visitors will find an endless cuisine. The smaller fish (anchovies, mullet, mackerel, squid and baby squid) presented in frying, is the symbol of exquisite cuisine simple palate development. A special flavor offered by Bay prawns, mussels and crayfish (boiled or grilled).

Crafts

Malaga called sludge, representing figures and typical characters of the city, are one of the most rooted handicrafts of this province. They say that the tradition of working with clay in Malaga is as old as the origin of the city itself.

Today, this heritage is combined with the creativity of new artisans have adapted to new market demands. Along with the mud, we find vases, planters, bowls, murals on tiles.



The woodwork as well as made from natural fibers such as esparto or pleita also have an important place in the world of crafts in Malaga: potters, saddlers, harness makers and esparteros.



Tourist Guide



Latvia - our home,
our life, our future.



Latvia's capital is Riga and the total population is slightly above 2 million . The national language is Latvian, currency – euro (before 2014 – lats) The total area of Latvia, which includes sea territory, is 64,6 square kilometers.

RIGA

Latvian Ethnographic Open-Air Mu



Latvian Ethnographic Open-Air Museum is a place where you can go for a leisurely walk and see the history and development of ancient Latvian crafts, technologies and traditions. Visitors can observe the old crafts and try them out themselves, as well as taste traditional Latvian food. The nearby lake shore with a pine forest is beautiful in all seasons, including winter, when the museum has a skiing area. There is also an annual applied folk art fair on the first weekend of June.

Kalnciems Quarter



Kalnciems Quarter in Riga is a part of unique European wooden architecture heritage. It is a bustling center of social life, which regularly hosts series of cultural and business events, such as farmers' markets, artisan goods sales, artist galleries, concerts and other similar events.

Riga Festival



Riga Festival is an annual musical event organised in June. The festival programme is expanded every year and currently includes various theatrical performances, art exhibitions, multimedia and open-air events, as well as events for children.

It is also common that during the festival the restaurants and cafes in Old Riga participate in the making of various cultural activities.

Festival of Light “Staro Riga”



Festival of Light “Staro Riga” is the largest festival of lights in Northern Europe. It has gained huge popularity among Riga residents and visitors alike. “Staro Riga” was first organised in 2008 and has since become an annual traditional festival. The event usually lasts 4-5 days, and the timing coincides with the Latvian Independence anniversary celebrations.

The festival allows city residents and visitors to have a look at unique light art objects. Just for a few nights in the streets, parks, squares and especially the illuminated façades people can view different techniques, art objects and light shows encouraging to sightsee around the city of Riga in a new light.

Latvian Song and Dance Festival



Latvian Song and Dance Festival is a traditional cultural event in Latvia. This festival is part of Latvian national identity and it usually takes place every 5 years. This festival has happened 25 times since 1873. Usually, on the last day of the festival, in the morning all participants go on a festive procession, while in the evening the final concert is held on the Mežaparks large stage.

Usually approximately 30,000 members participate, including choirs, dance groups, brass bands, folk groups, folk dancers, traditional music ensembles, harpist ensembles, decorative and fine arts studios, vocal ensembles, amateur theater and foreign groups. The festival was included in the UNESCO Intangible Cultural

11th November Quay



11th November Quay is the main street of Riga near the Old Town and Central neighborhoods. The total street length is 1,185 meters and it consists of 4-6 lanes. There is Waterfront promenade, the view of the Old Town and the Latvia's longest river Daugava, which splits Riga into two parts. On the waterfront is a venue for events such as the Riga Festival, Independence Day military parade, motorcycle season opening and "Staro Riga" light festival.

November 18



In November 18, 1918, Latvia's independence was proclaimed at the Latvian National Theatre. This day is a holiday in Latvia for those employed in the government institutions and most private companies. Different activities take place throughout the day. The celebration begins in the morning with a ceremonial procession and laying of flowers at the Freedom Monument, in which the president and other top state officials participate. In the afternoon the National Armed Forces march on the 11th November waterfront, and in the evening there is a torch parade. The holiday ends with a magnificent firework display over the Daugava river.

1991 Barricades Museum



The 1991 Barricades Museum was established in 2001 on the basis of historical items collected by the association of participants of the barricades of 1991. The museum is located in the heart of Riga's Old Town, on Kramu Street, where those participating in the barricades used to eat and relax. Its mission is to realize, preserve, study and communicate the spirit and the material evidence about the events of January and August 1991 in Latvia and hold dear the memory of the victims.

Art Museum “Riga Bourse”



The museum was opened in 2011 and is located in the historical centre of Riga. It represents a new type of museums. The museum offers to experience interrelation between East and West, as well as a dialogue between the classics and modernity. An important aspect of the new museum is harmony between the acquisition of knowledge and recreation, as well as the breaking down of barriers between various forms of culture.

The Latvian National Museum of Art



The Latvian National Museum of Art is the largest collection of national art in Latvia. The museum building on K. Valdemara iela, designed by German architect Wilhelm Neumann and built in 1905, is one of the most impressive historicism buildings in the Park and Boulevard Circle area of Riga. It was the first building in the Baltics to be built for the purpose of being a museum.

Museum of Ancient Baltic Jewellery



The Museum of Ancient Baltic Jewellery was established by two well-known Latvian jewellers - Inita and Vitauts Straupe, who have been studying Baltic and Scandinavian jewellery for more than 20 years, making copies and using traditional motifs and symbols for their up-to-date designs that have already travelled to all continents. The jewellers want to share their enthusiasm for the magnificent jewellery of 2nd – 12th centuries.

Riga Motor Museum



The Riga Motor Museum is the biggest antique vehicle museum in the Baltic countries. It was founded in 1989 on an initiative from Latvia Antique Automobile club. The list of exhibits includes cars, motorcycles and bicycles made from the last decade of the 19th century up to the second half of the 20th century. There are over 200 exhibits, which include not only civilian vehicles, but also racing cars, firefighter cars, army vehicles etc.

Pauls Stradiņš museum of the history of medicine



The visitors can see the development of medical history from the times of ethno medicine till the mid 20th century in thematic or overview excursions, as well as enjoy a unique exhibition concerning outer biology and medicine. The main exhibition spans 4 loors, covering ancient medicine (basement), middle ages and renaissance (1st floor), 18th- 20th century with all the great discoveries of that period (2nd floor), and the history of medicine in Latvia (3rd floor).

Natural History Museum



There is enough in the museum to see, study and learn for days without end, because one tour will only cover but a part of what there is in the museum.. Human evolution, mounted animals, and birds from all over the world,, collections of insects, plants and minerals, a journey into the history of Earth, recreation of volcanic eruptions,, study of the sky, multiple exhibitions,, modern and interactive displays, quizzes and stories– a visit to the museum will be fondly remembered by small and adult visitors alike

Romania



*A spellbound territory whose traditions
have stood the test of time*



Romania is located at the crossroads of Central and South-eastern Europe, in the northern part of the Balkans, bordering on Hungary, Serbia, Bulgaria, The Black Sea, The Republic of Moldavia and Ukraine. It has numerous forms of relief such as mountains, hills, plateaux,

plains, meadows and delta. Its area is of 238,391 square kilometres and its population is of 20,121,641 people. The official language is Romanian but there are minorities who speak Hungarian, German, Turkish. There are four sea-

sons and the climate is temperate and continental.



Romania, this spellbound territory, is a place of myths and legends, of reality and action, of traditions and customs that are unique throughout the world. It is a mixture of past and present as for the Romanians their national heritage in terms of culture, customs, traditions is of utmost importance. They know exactly who they are as they are deeply rooted in this millenary land.



We have cherished our traditions, lifestyles and customs that's why a visit here to this wonderful country will represent an experience which can't be lived anywhere else in the world. It is the perfect place to be if you appreciate traditions, culture, unspoilt landscape, deliciously-mouthwatering food and hospitable people ready to make the visit to their beloved country the most extraordinary experience one has ever had.



A country which has the Danube Delta, the Carpathians Mountains, Transylvania's high plateaus full of fortified churches and medieval towns, Moldavia's monasteries, Maramures' s and Bucovina's traditions held in scenic landscape will be forever blessed and its inhabitants live up to the this beauty which surrounds them as they are hardworking and honourable people.



Bucharest is the capital of Romania and it lies in its southern part. It was once known as "Little Paris" due to its Belle Époque buildings and the high life. It has a population of 2,2 million inhabitants who fully benefit from the opportunities that this bustling city provides. Both Bucharest's inhabitants and its visitors are pleased to see its impressive edifices such as The Arch of Triumph, The House of the Free Press, Cantacuzino Palace, The

Royal Palace, The Romanian Athenaeum, Kretzulescu Church. For those who want to experience a moment of the past, a stroll in Bucharest's Old Historical Center is the answer. Here there are the remains of the Old Princely Court, a district made of twisted cobbled streets called Lipscani in which there are antique shops, art galleries and cafes.



Years of communism marked the city's architecture through the blocks of flats which were built then

and through the Civic Centre and The Palace of Parliament.



There is also a large variety of museums one can find instructive: National Art Museum, Grigore Antipa Natural History Museum, Art Collections Museum, Bucharest History & Art Museum, Cotroceni Palace & Museum, George Enescu Museum,

Museum of the Romanian Peasant, Village Museum. Bucharest is also famous for its entertainment as there are numerous theatres, cinemas, clubs, and restaurants, something to cater for each taste.



The Palace of Parliament or The People's House is situated in Bucharest and it is both the largest civilian building and the most expensive administrative building in the world. Not only is it the place where The Romanian Parliament has its headquarters and the location of Romania's *Museum of Contemporary Art* but it is the sight that people throughout the world come to visit.

It has 12 floors above the ground, 1,100 rooms, four underground levels and it dis-

plays the Romanian craftsmanship in its halls, galleries and marble stairs through magnificent sculptures, golden plaster, laced ceilings, brocherts, tapes-

tries, exquisite carpets and crystal chandeliers.



The Danube Delta is a UNESCO Natural World Heritage Site and its largest part of it lies in Romania just before this river flows into the Black Sea. The Delta has been formed along The Danube's three main channels: Chilia, Sulina and Sfântu Gheorghe. It has over 5,500 flora and fauna species making it the third Biosphere Reserve in the world and it can be considered the ideal place for those interested in wildlife and unspoiled scenery.

It is an area of waterways and lakes which form a complex network between the three main Danube's

channels. There is a territory which covers 3,000 square miles and it is comprised of floating reed islands, pastures, forests and sand dunes.

There are quaint fishing villages where accommodation is provided and

tourists can explore remote areas on a fishing boat, kayak or rowboat enjoying the delta's wilderness.



The Black Sea borders Romania to the south – eastern part. Its resorts represent a perfect summer holiday destination owing to its sandy beaches, modern hotels, entertainment opportunities, warm temperatures and last but not least to delicious food and good wine.

The main seaside resorts are Mamaia, Neptun, Eforie, Venus, Jupiter, Saturn and people come here not only for sunbathing and entertainment but also for medical purposes as

here there are treated those who suffer from arthritic and rheumatic illnesses as the mud from the area's salty lakes works wonders on people's health.



The Transfagarasan is a paved road which has 27 bridges and viaducts and Romania's longest road tunnel of 887 m. It reaches the altitude of **2042 meters** and it was built in order to connect Walachia and Transylvania through the Fagaras Mountains that are Romania's highest mountains. It is a route of 90 km whose twists and turns attract hikers, cyclists, drivers and motorcycles.

The Transfagarasan is an attraction due to its fantastic landscape and hikers, cyclists, drivers and motorcyclists have a unique experi-

ence. The road is not opened all year round because of heavy snow but when it is not closed, it is worth seeing it especially as there can be seen Vidraru Lake, Vidraru Dam, Poenari Fortress (built

during Vlad the Implaler), Balea Glacial Lake and Balea Waterfall.



Transalpina also known as the King's Road is situated in the Parâng Mountains, in the Carpathians. It's the highest road from Romania as its highest altitude is 2145 m. . The stunning landscape that it crosses through maintained intact its natural beauty and wilderness and it can be said that while travelling on this road you are literally amongst clouds. As this road is an alpine one, it is partly closed during the winter season .



The Chindia Tower is a part of the buildings which once formed the Royal Court in Targoviste. It was built in 15th century as its construction was begun during Prince Vlad the Impaler's reign but it was only in the 19th century that it received its final form. It served many purposes throughout history: defense, watchtower and for the storage of treasury.

After an ascent of 122 steps, at a height of 27 m, The Chindia Tower pleases its visitors with an extraordinary view of Targoviste and its surroundings, . Nowadays this monument displays Vlad the Impaler's documents and objects.



Transylvania

Transylvania is situated in central Romania and the Carpathians form a guarding arch around it. Here there are many well-maintained former medieval places such as **Brasov** which has Old Saxon architecture, **Sibiu** which has pastel-colored houses and winding cobblestone streets, **Sighisoara** which exhibits a citadel, a clock tower from the 14th century and secret passages. In Transylvania there are The Bran Castle, the **Harman and Prejmer** fortified churches whose towers were built in 13th century, one of the most beautiful castles in Europe which is Corvinesti Castle, **Bran Castle** (famous for its

Brasov is located in the central part of the country, surrounded by the Southern Carpathians, at about 166 kilometres (103 miles) north of Bucharest. In the past it was an important centre of trade which made it one of the wealthiest cities in the country. In medieval times, each guild was responsible for keeping different defensive towers which were parts of the fortifications that surrounded the city.

Visitors can enjoy the view of baroque, gothic and renaissance buildings and see **The Black Church** which is

connection with Bram Stoker's famous fictional character, Count Dracula), Cluj, Sebes, **Sibiu**, **Sighisoara**, Bistrita.

It is the place in which people of German and Hungarian origin have had a great influence on architecture, folk costumes, food and customs.

In the western part of the Carpathians there are **The Apuseni Mountains** which is a place of most extraordinary beauty and charm, the home of rare wildlife species.



a cathedral built by the German community, building which is the main Gothic monument in the country. They can stroll on the European narrowest street which is called The Rope Street (4 feet wide) or have a rest in **Town Hall Square**.

In Brasov's neighbourhood, there are charming villages with fortified churches, dense forests and impressive mountains making this region one of the most visited places in Romania.



Banat & Crisana

Throughout the centuries, the Romanians, Germans (Swabs), Serbians and Magyars have lived on this land and this can be seen on the influence that these nations have had on its architecture, culture, traditions and food.

Timisoara is known as “Little Vienna” whose Secessionist architecture displays elegant

buildings, open squares, parks and gardens, charming cafes and restaurants. People enjoy visiting Huniade Castle, the Ruins of Timisoara Fortress, the Banat Museum, the

Village Museum, the Botanical Garden, the Timisoara

Arad was founded in the 12th century. The architecture encompasses these centuries and there are churches, buildings and cathedrals whose styles vary from baroque to neoclassic. Visitors should not miss the City Hall, Cenad Palace., the Palace of Culture, the State Philharmonic House and the Turkish fortress .

Philharmonic and the Opera House.



Oradea is a quaint town which possesses an architectural style called “Sezession,” in which the facades of the buildings are decorated in pale pink, green, blue and white. A walk in the Old Centre is a unique experience which brings back the past. The Museum of the Cris Rivers is opened to the public in a baroque palace which was built in 1770.



The Olt Valley is a spectacular area in Romania which has maintained its natural beauty and looks amazing in each season. The Olt river stretches for 496 km from the eastern part of Transylvania and flows into The Danube passing through the southern Carpathian Mountains. Apart from this natural beauty there are several places of interest such as Cozia Monastery – Calimanesti, Sfantu Gheorghe, Cozia National Park, Ramnicu Valcea.



Poiana Braşov is the most popular Romanian ski resort and an important tourist centre preferred by many tourists not only from Romania,

Bran Castle is one of the most famous landmarks in Romania and it is known all over the world as “Dracula’s Castle” as it is said that this castle was Dracula’s. It was built in the 13th century near Brasov in Transylvania with the purpose of defense but later it was used as a customs post and a royal residence . It has been wonderfully preserved and it is an impressive steep building located in a pleasant park . Its winding staircases connect the rooms full of carved furni-

Peles Castle is a very beautiful castles in the Carpathian Mountains, near Sinaia surrounded by scenic mountainous beauty. Its construction began in 1873 and the castle was inaugurated in 1883. It was the place where several Romanian kings spent much time as it was the royal family’s summer residence.

The style the castle was built in was Neo – Renaissance but there are also features of Italian Renaissance, Gothic, German Baroque and French Rococo. It is a building made of

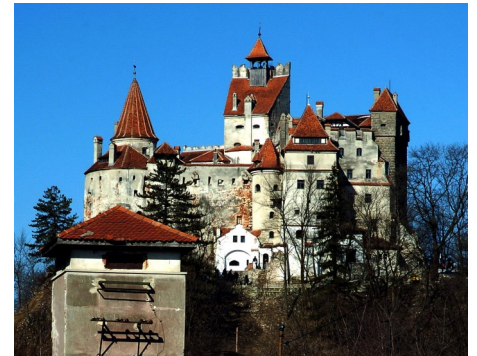
but also from all over Europe.

ture, statues painted icons ,ceramics and silverware.

Bran Castle is the place which embodies the Gothic fairy-tale image and in which the tourists can experience the magic of history and myth..

wood, stone, bricks and marble.

Now Peles castle is a museum which attracts thousands of visitors each year as they enjoy seeing the German stained-glass windows, , the sculptures made of ebony and ivory, Cordoba leather which covers the walls , Sevres porcelain, the Murano crystal chandeliers, statues ,ceramics and an invaluable exquisite painting collection .



Sibiu is located in Transylvania at 215 km north-west from Bucharest. It was in the past the centre of the Transylvanian Saxons and it has been seen by Forbes as the "Europe's 8th most idyllic place to live". In 2007, it was the European Capital of Culture together with Luxembourg. It is a very important cultural centre and it can be perceived as a medieval sonnet with modern accents.

The places that are nearby Sibiu are a reservoir of well-preserved ethnography, villages with an extraordinary richness of Saxon and Romanian traditions which keep alive the customs, celebrations

Sighisoara is situated in Central Romania and it was established in the 12th century by Transylvanian Saxons. UNESCO named it a World Heritage Site due to its perfect preservation of its medieval atmosphere which is rendered by medieval towers, turrets, ornate churches, cobbled streets, steep stairs, charming squares, burgher houses. Here there can be visited The Church on the Hill, The Venetian House (built in the 13th century), The Church

Here people enjoy visiting Sibiu's Towers which were built in the 15th century: Harquebusiers' Tower, Carpenters' Tower, Potters' Tower and the Great Tower, built in the 16th century. The place displays Brukenthal Museum, The Liars Bridge, The Stairs Passage, Great Square, Little Square, Huet Square, Goldsmiths' Square, Roman-Catholic Church or Haller Bastion.

and occupations that have been inherited from its inhabitants' forerunners. Here there is **Marginimea Sibiului** (a cluster of 18 villages)

of the Dominican Monastery and the house where the ruler of Wallachia, Vlad the Impaler (Vlad Tepes) was born, known as having been the inspirational figure for Bram Stokers' Dracula.

An important trade centre in the medieval epoch made that the urge for building defense fortifications be imperative so there are 14 towers and bastions which still guard the citadel of Sighisoara.



Maramures is in the north-western part of Romania, a magical place where people can participate in a variety of activities such : mountain trips, cultural and religious events, extreme sports as this region caters for all tastes.

Above all, Maramures is a place where traditions and crafts are cherished and passed down to the next generation as they value the simplicity of life in the countryside. The traditional village is still alive through its hard-working people's handiwork : hand- made embroidery and

It is the territory of unspoiled landscape and it is fabulous in each season. People can explore the amazing forms of relief: evergreen forests, lakes, meadows, waterfalls, caves and breathtaking mountains and valleys which are mirrored in the crystal river water. People enjoy going hiking, trekking, camping, hunting and fishing as this variety of

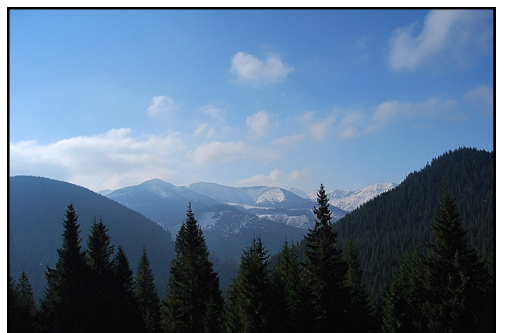
The Rodna Mountains National Park is famous for its fauna and flora especially chamois and marmots, and it is in the ranks of UNESCO's Man and the Biosphere Programme. There are alpine peaks, glacial lakes and wild

carpets, carved wooden gates and wooden churches.

There is a rich folklore which is displayed in many folk events and there can be said that in Maramures, people have a sense of the past and their spirit has not been changed by the modern society. These people are as elsewhere in Romania very hospitable and they are ready to welcome you with their home-made food and beverages which are all produced from their crops.

scenery offers a large choice of outdoor activities.

valleys.



The Merry Cemetery of Sapanta is a unique place in the world in which death is met with humour as on each cross there are satirical epitaphs which depict and mock at the vices the dead person used to have when he/she was alive or praises the virtues the person had. They also show what the person's

main job was such as ploughing, weaving, spinning, rearing animals. The crosses are painted in blue and there are brightly floral patterns at the margins of the carved cross



Moldova

Moldova is situated in the northeastern part of Romania and it is a place of rich cultural heritage in which traditions, history, architecture, religion and culture itself blend together

to form a place of utmost beauty.



Iasi is the most important city of this historical region and can be named its economic, administrative and cultural capital. Here there can be seen exquisite buildings such as Church of the Three Hierarchs, Princely Saint Nicholas Church, St. Paraschiva Metropolitan Cathedral, Palace of Culture, Roznoveanu Palace/ City Hall, Old University Pal

ace, spread over 100 hectares, features which make Iași Botanical Garden one of the largest in the world.



ace, University on Copou Hill.

A visit to Iasi should include the Botanical Gardens which are the largest in Romania. Nowadays, there are more than 10,000 species of plants



Copou Park or Copou Gardens is a historic landmark of Iași, with centuries old trees ,being one of the first Romanian coordinated public parks. The park has an area of over 10 hectares and includes

the Obelisk of Lions (1834) which is 13.5 metre tall and many other statues and bronze busts.



Varatec Monastery is located in north-eastern Romania, in Agapia commune, Neamț county. The Varatec Monastery is the largest orthodox nun monastery in our country. The monastery was founded in 1785. A museum was set up in a few rooms during 1960-1961, where the

collection of religious objects is exposed - embroidery, icons, liturgical vessel, manuscripts, crosses etc. - with historical and artistic value. Over the years, many theologians and men of culture lived here..



The **Agapia Monastery** is an orthodox monastery located 9 kilometres west of Târgu Neamț, in Agapia Commune, Neamț County. It was built between 1642 and 1647 by Vasile Lupu, a Romanian voivode. The church, restored

and modified several times during the centuries was painted by Nicolae Grigorescu (one of the founders of modern Romanian painting).



Slănic Moldova is a town and a spa resort in Bacău County, located in the eastern part of the country. Here, the air is pure, it doesn't contain dust or any particles which may cause allergies or illnesses. Slanic Moldova is known for its springs, which were discovered in 1801. Through the years, the

benefits of the mineral waters discovered here were confirmed through the medals obtained at the international exhibitions from Paris, Vienna and Frankfurt. This town is also called the pearl of the region.



The **Bicaz Canyon** is located in the north-east part of the country, in Neamț and Harghita counties. Dug by the waters of Bicaz River, it serves as a passageway between the Romanian provinces of Moldavia and Transylvania. Cheile Bicazului is one of the main rock climbing sites in Romania. Measuring 8 kilome-

tres, the road, often in serpentine, is one of the most spectacular drives in the country.



The **Ceahlău Massif** is one of the most notorious mountains of Romania. It is part of the Eastern Carpathians division, in Neamț County. The two most important peaks are Toaca (1904 m altitude) and Ocolașul Mare (1907 m altitude). There are many legends about this place, regarding its possible

reverence for the ancient Dacians, therefore it is often called "The Romanian Olympus." In the Ceahlău National Park you can find a large variety of flora and fauna, some of the species being rarely seen elsewhere in Romania, for example, the edelweiss.



Neamț Citadel is a medieval fortress located in north-eastern Romania, near Târgu Neamț, Neamț County. It was built in the 14th century and expanded in the 15th century. The citadel played a key role in Stephen the Great's defense system, along with other areas of the country. Since the middle of the nineteenth centu-

ry, Neamț citadel becomes a symbol of our national history. Costache Negruzzi has described the besiege of the citadel by the army of Sobieski in "Sobieski și românii" (1845) (Sobieski and the Romanians),.



Situated in the in the Berca commune in the Buzău County, **The Berca Mud Volcanoes** are a geological and botanical reservation. Here, you can find small volcano-shaped structures a few metres high, caused by the eruption of mud and natural gases. They create

a strange, lunar landscape, due to the absence of vegetation around the cones. Even if the salty soil is not advantageous for vegetation, it represents a favourable environment for some rare species of plants. Also, this reservation is unique in Romania



Bucovina is situated in the northern part of Moldova and its famous for its painted monasteries which are amongst UNESCO World heritage sites and for its well- preserved traditions taking place in idyllic scenery. The monasteries have been commissioned by Moldavian rulers and aristocrats and

each of them has a different colour : Voronet(blue), Humour (red), Sucevita (verde), Moldovita(yellow)and Arbore (a mixture of colours)



“The Sistine Chapel of the East” is **Voronet Monastery** which was erected by Stefan the Great in 1438. Its main characteristic is the blue paint that has maintained its colour throughout the centuries and has come to be known as

‘Voronet blue’ and this colour is used to depict Last Judgment .



The Moldovița Monastery is an Orthodox monastery situated in the commune of Vatra Moldoviței, Suceava County. It was built in 1532 by Petru Rareș (Stefan the Great's illegitimate son), as a protective barrier against the Muslim Ottoman conquerors from the East. The predominantly gold

and deep blue paintings on the exterior walls were completed in 1537. Another interesting representation depicts the *Tree of Jesse*, representing Christ's genealogy.



The Putna Monastery is an orthodox monastery, built by Stephen the Great, representing one of the most important cultural, religious and artistic centres established in medieval Moldavia. Mihai Eminescu also named it „The Jerusalem of the Romanian people/nation”. The Putna Monastery houses the tombs of Stephen and it represents nowadays a place of pilgrimage. The monastery was built right after the mo-

ment Stephen won the battle in which he conquered the Kilia citadel, as a sign of gratitude to God, in 1466. The present church was practically rebuilt between 1653 and 1662 because the old one was destroyed by army of Timuș Hmelnițki. The oldest embroidery of the monastery, dated at the end of the 14th century, is an epitaphion made with silk and gold thread.



Suceava is situated in Bucovina and it was from 1388 until 1565 the capital of Moldova. It is the starting point from which travellers set off visiting the Painted Monasteries. It has a multitude of places of interest whether they be about culture, history or nature.

In Suceava there are the ruins of former Moldova's **Princely Court.**, a UNESCO World Heritage site which is **Saint**

George's Church,, Mirauti Church which was built in the 14th century, a display of the regions' ethnography, woodcraft and history which can be seen at the Bucovina Village Museum and also historic armours,, documents, weapons which are exhibited at the. Bucovina History Museum.



Romanian crafts are the embodiment of the inhabitants' vivid spirit. There are painted eggs, Romanian pottery, woodwork, textile weaving, embroidery on folk costumes, glass, rugs and masks.



The local **Romanian cuisine** is something that should not be missed. The food is delicious and characterizes the inhabitants who really enjoy tasty food. The fruits and vegetables are grown ecologically and this only adds up to the mouthwatering quality of numerous original dishes. The Romanians eat pork, veal, chicken and fish which are preferred on the grill if the meal is to be taken outside, in

the open air, breathing the fresh air that our forests, mountains, plains and hills possess.



At lunch, people usually eat as a first course the sour soup - "ciorba" – which is made of vegetables, pork, veal or chicken and fermented bran. The Romanians enjoy eating a kind of steak which is called "Tochitura" that is served with maize porridge.

or ordinary weekend and they are called "mici" or "mititei", requiring for good digestion, some good beer intake.



Another traditional food is "Sarmale" which is a dish made of cabbage leaves filled with minced meat, onion and rice. Small spicy sausages made from minced pork, beef and mutton are grilled on each occasion whether celebration

The weather and the good soil made it possible that good wine should be made in Romania as there are important vineyards in Murfatlar, Cotnari, Jidvei, Dealu Mare, Odobesti, Valea Calugareasca. Another traditional alcoholic beverage is the plum brandy called "tuica" which is generally served before the main course.



UNESCO World Heritage Sites

The Monastery of Horezu

It is located in the southern part of Romania and it was built in 1690 in the 'Brancovenesti' style. It is famous for decorative detailed artistry and displays old frescos and icons



The Medieval Fortified Churches of Transylvania

These fortified churches can be found in almost 200 villages in Transylvania. They were built between 13th - 14th century by the Saxons as a means of defense. They used to house many people when the villages were attacked by invaders.



The Wooden Churches in Transylvania

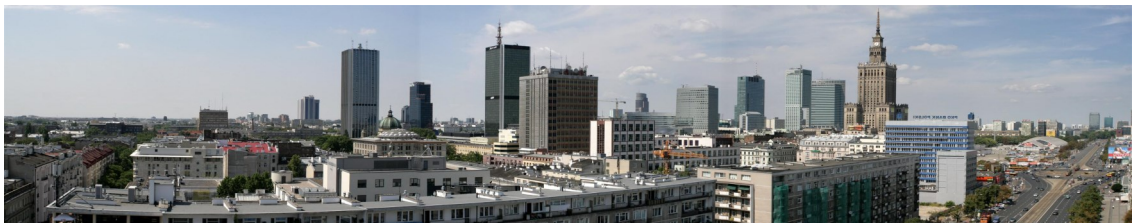
They were seen as '*the Gothic style of Maramures*' and are considered by UNESCO important in terms of world heritage as it included eight carved wooden churches on their list. Although centuries have passed since their building, there are still religious ceremonies carried out here.

The place they are located in is one of unspoiled landscape and it is fabulous in each sea-

son. People can explore the amazing forms of relief: evergreen forests, lakes, meadows, waterfalls, caves and breathtaking mountains and valleys which are mirrored in the crystal river water. People enjoy going hiking, trekking, camping, hunting and fishing as this variety of scenery offers a large choice of outdoor activities



Poland





Let's First Understand Our National Heritage in order to Define and Build Our European Identity



POLAND HAVE
SURVIVED CENTURIES



- Capital: Warsaw
- Population: 38,2 million
- Currency: PLN (1 Euro = 4,17 PLN)
- Economic growth (Q1 2013): 0,5%
- Inflation (May 2013): 0,5%

Geography:

Poland lies in the central part of the European continent, the geometrical centre of which is near Warsaw. This is where the lines from Nordkyn in Norway to Matapan in Greece, and from Cabo da Roca in Portugal to the central Urals intersect. The boundary between the East and West European continental masses also runs through Poland.

Breakdown of border lengths per entity:

- Czech Republic
- Slovakia
- Ukraine
- Germany
- Belarus

Poles speak Polish classified as a family of Slavic languages. For a part of the Polish language is closely related to the Kashubian language. Polish language is the official language of the Republic, although the law provides for national minorities to use their own language, especially in areas where there are higher concentrations of them. In 21 municipalities as auxiliary official languages are used in the German language, the language Kashubian, Lithuanian and Belarusian.

Climat:

The climate is mostly temperate throughout the country. The climate is oceanic in the north and west and becomes gradually warmer and continental towards the south and east. Summers are generally warm, with average temperatures between 18 °C (64 °F) and 30 °C (86.0 °F) depending on a region. Winters are rather cold, with average temperatures around 3 °C (37.4 °F) in the northwest and -6 °C (21 °F) in the northeast. Precipitation falls throughout the year, although, especially in the east; winter is drier than summer. The warmest region in Poland is Lower Silesia located in south-western Poland where temperatures in the summer average between 24 °C (75.2 °F) and 32 °C (90 °F) but can go as high as 34 °C (93.2 °F) to 39 °C (102.2 °F) on some days in the warmest month of July and August.

Basilica of Mother of Sorrows.



Jana Pawła II 1
34-600 Limanowa
(0-18) 337-22-64
bazylika-limanowa.pl

The basilica is situated in the centre of the town.

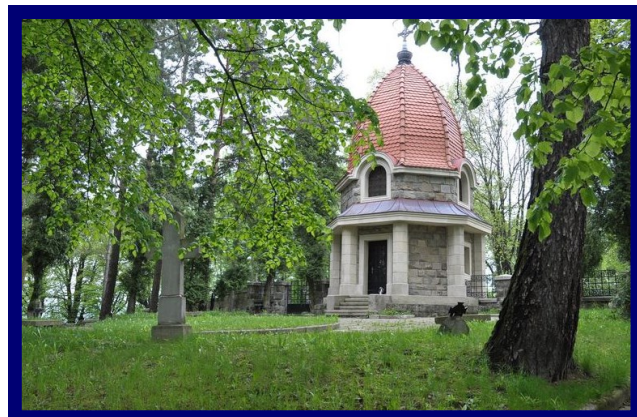
The church was built in the years 1911-1918, as a monument to the 100th anniversary of the Constitution of May 3, 1793, the first European constitution. The church is modeled on the shape of the old, wooden temples with a 60-metre tower covered with a Baroque dome. Inside, a Gothic 14th century pieta crowned by Polish Pope John Paul II, a wooden baptismal font from 1527 and monumental stained-glass windows designed by the artist of the Young Poland movement.



Jabłonec Cemetery



Jabłoniecka Street
34-600 Limanowa



The military cemeteries from World War I. It is one of the most interesting architectural war cemeteries throughout Western Galicia.

During World War I, in December 1914, on the hill there was a large and bloody battle between the forces of the Austro-Hungarian and Russian as a result of the Russian offensive was halted on the west.

On the hill there are the graves of soldiers, chapel-mausoleum and monument commemorating the death of at Jabłonec Commander of Hungarian hussars Colonel Othmar Muhr.



Wawel Royal Castle Cracow



Wawel 5

31-001 Cracow

12 422 51 55

www.wawel.krakow.pl

The Gothic Wawel Castle in Kraków in Poland was built at the behest of Casimir III the Great, who reigned from 1333 to 1370, and consists of a number of structures situated around the central courtyard. The Wawel Royal Castle and the Wawel Hill constitute the most historically and culturally important site in Poland. For centuries the residence of the kings of Poland and the symbol of Polish statehood, the Castle is now one of the country's premier art museums.



Old Town Market Place Cracow



Rynek Główny

30-062 Cracow

12 616 18 86

www.krakow.pl



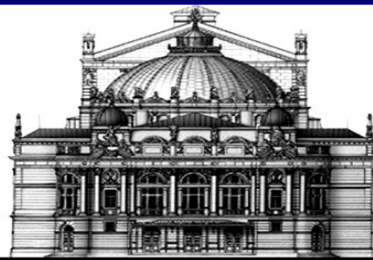
The huge, main square of the city was laid out in accordance with the City Charter, which awarded it rights under the Law of Magdeburg in 1257. It was situated at the crossing of former trade routes forming in plan a square with each side slightly exceeding 200 m (665 ft). The name market square – in Polish *Rynek*, and originally *Ring* – was used for the first time around the year 1300. Yet it was only in 1882, when the naming conventions for the city's streets and squares were standardised, that it received its official name: Rynek Główny, that is the Main Square.

Juliusz Słowacki Theatre



●●●● Plac Świętego Ducha
●●●● 31-023 Cracow
●●●● 12 424 45 00
●●●●

Juliusz Słowacki Theatre in Kraków, Poland, erected in 1893, was modeled after some of the best European Baroque theatres, and named after Polish poet Juliusz Słowacki in 1909. Designed by Jan Zawiejski, the theatre was erected on Holy Ghost Square (*Plac Św. Ducha*) in place of the former 14th century church and monastery of religious order 'Duchacy' or Order of the Holy Ghost (hence the name of the square). The church had been converted into a residential building due to secularization of the Polish male branch of the cloister in 1783. The city council of Kraków decided to demolish it in 1886 in order to make room for a new theatre. The church was dismantled in May 1892 – an event which caused much controversy, notably the emotive declaration of Polish painter Jan Matejko, that he would never exhibit his paintings in Kraków again.



TEATR im. Juliusza Słowackiego w Krakowie



Basztowa Street
30-547 Cracow
12 422 98 77



The Cracow Barbican is a barbican – a fortified outpost once connected to the city walls. It is a historic gateway leading into the Old Town of Kraków, Poland. The barbican is one of the few remaining relics of the complex network of fortifications and defensive barriers that once encircled the royal city of Kraków in the south of Poland. It currently serves as a tourist attraction and venue for a variety of exhibitions.

St. Mary's Basilica



Plac Mariacki 5

31-042 Cracow

12 422 05 21

www.mariacki.com

Brick Gothic church re-built in the 14th century (originally built in the early 13th century), adjacent to the Main Market Square in Kraków, Poland. Standing 80 m (262 ft) tall, it is particularly famous for its wooden altarpiece carved by Veit Stoss (*Wit Stwoss*). On every hour, a trumpet signal—called the Hejnal mariacki—is played from the top of the taller of St. Mary's two towers. The plaintive tune breaks off in mid-stream, to commemorate the famous 13th century trumpeter, who was shot in the throat while sounding the alarm before the Mongol attack on the city. The noon-time *hejnal* is heard across Poland and abroad broadcast live by the Polish national Radio 1 Station. St. Mary's Basilica also served as an architectural model for many of the churches that were built by the Polish diaspora abroad, particularly those like St. Michael's and St. John Cantius in Chicago, designed in the so-called Polish Cathedral style.



Cracow Cloth Hall



Rynek Główny

30-062 Cracow

12 433 54 00

www.muzeum.krakow.pl



The Cloth Hall (Polish: *Sukiennice*) in Cracow, Lesser Poland, dates to the Renaissance and is one of the city's most recognizable icons. It is the central feature of the main market square in the Kraków Old Town (listed as a UNESCO World Heritage Site since 1978).

Wieliczka Salt Mine



Daniłowicza 10 Street

32-020 Wieliczka

12 278 73 02

www.kopalnia.pl

Salt Mine located in the town of Wieliczka in southern Poland, lies within the Kraków metropolitan area. The mine, built in the 13th century, produced table salt continuously until 2007, as one of the world's oldest salt mines still in operation. From its beginning and throughout its existence, the Royal mine was run by the Żupy krakowskie Salt Mines. Commercial mining was discontinued in 1996 due to low salt prices and mine flooding.



Bochnia Salt Mine

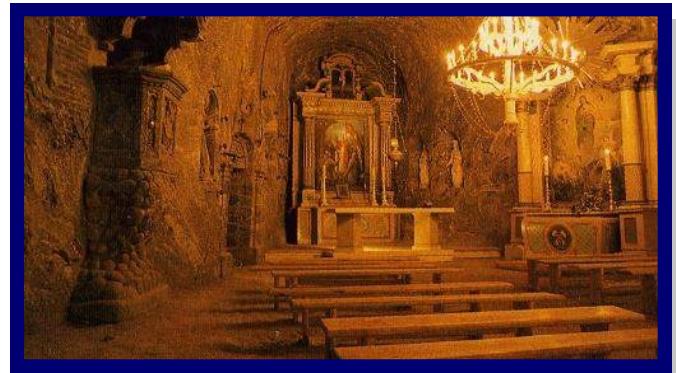


Solna 2

32-700 Bochnia

14 615 36 00

kopalniasoli.pl



The Bochnia Salt Mine in Bochnia, Poland is one of the oldest salt mines in the world and the oldest one in Poland.[1] The mine was established between the 12th and 13th centuries after salt was first discovered in Bochnia, and became part of the Royal mining company żupy krakowskie. The mine was closed some time after World War I. In 1981 it was declared a heritage monument. The site is one of the Polish National Historic Monuments, as designated October 6, 2000, and tracked by the National Heritage Board of Poland.

The mine shafts measure 4.5 kilometres in length at about 330–468 metres in depth below the surface, at 16 different levels. The August Passage is the main communication and transportation route in the mine. It runs from the east to the west of mine, connecting in a straight line the bottom ends of the Campi and Sutoris shafts. It is situated at a depth of 176m - from the top of the Sutoris shaft and the depth of 212m counting from the top of the Campi shaft. The August Passage was initially called the Long Stove

Royal Castle in Warsaw



●●●● Plac Zamkowy 4
●●●● 00-277 Warsaw
●●●● 22 355 51 70
●●●● www.zamek-krolewski.com.pl

Built in the 15th century, this castle served as residence of Mazovian princes. Once the capital was moved to Warsaw from Kraków, the castle served as seat of the king and the government. The castle has been renovated repeatedly and destroyed completely during World War II. It was rebuilt between 1971-1988 using castle remains and rubble. Today, the segment with the clock tower opens the way to the Old Town. Museum attractions include two original Rembrandt paintings as well as works by Bernardo Bellotto, aka Canaletto, court painter to Polish King Stanisław August Poniatowski. Canaletto's paintings were vital during Warsaw's post-war reconstruction.



Old Town Market Place Warsaw

●●●● Stare Miasto
●●●● 00-277 Warsaw
●●●● 608 599 999
●●●● um.warszawa.pl



Founded in the late 13th and early 14th centuries, this is one of the most picturesque corners of the city. It was once the main square of Warsaw: celebrations and markets were organised here, and legal judgements were passed on the condemned. The central part of the market was originally occupied by the town hall which was demolished in 1817, and in 1944, the Old Town was completely destroyed. All its buildings were reconstructed after World War II and their appearance is a perfect match to the Square's original look in the 17th and 18th centuries.

Warsaw Rising Museum



Grzybowska 79

00-844 Warsaw

www.1944.pl

The Warsaw Rising Museum was opened on the 60th anniversary of the outbreak of fighting in Warsaw. The Museum is Warsaw residents' tribute to those who fought and died for independent Poland and its free capital. It is located in a former tram power station, a 20th century landmark of industrial architecture. For the five years of its activity, the Museum received almost 2 700 000 visitors; more than 100 000 students from all school profiles took part in museum workshops. The Museum gathered over 30 000 exhibits, of which nearly 1000 are presented on the exhibition area of 3000 km². The Museum Library's collection consists of over 11 000 volumes. We have already issued over 170 000 own publications. The Museum was covered in over 10 000 press articles. By the present date, over 2000 interviews with the Insurgents were carried out and recorded as a part of the Oral History Archive. We cooperate with almost 200 volunteers.

Auschwitz Concentration Camp



Więźniów Oświęcimia 20

32-603 Oświęcim

33 844 81 00

www.auschwitz.org.pl



It was a network of concentration and extermination camps built and operated by the Third Reich in Polish areas annexed by Nazi Germany during World War II. It consisted of Auschwitz I (the base camp); Auschwitz II-Birkenau (the extermination camp); Auschwitz III-Monowitz (a labor camp to staff an IG Farben factory), and 45 satellite camps.

Łazienki Królewskie Museum



Agrykoli 1 Street

00-277 Warsaw

504 243 783

www.lazienki-krolewskie.pl

Łazienki Królewskie Museum is a Palace-Garden complex which includes a park (76 hectares of nature, right in the city center) and numerous historical objects. The park was created using the formerly wildly growing forest, allowing the animals to be 'detained' under natural conditions. In the 18th century it became the most beautiful planned area in Warsaw and one of the most beautiful in Europe, equally stunning in terms of its greenery and architecture.

Copernicus Science Centre



Wybrzeże Kościuszkowskie 20
Street

00-277 Warsaw

22 596 41 00

www.kopernik.org.pl



**CENTRUM NAUKI
KOPERNIK**



We do not only look here, we experiment. On 22.000 m² one can carry out experiments, which make complicated natural phenomena understandable – and have great fun at the same time. The experiments are so exciting that several hours should be planned for them. There is no prescribed visiting route, the visitors themselves decide, what they want to see and when. In the exhibition „The World on the Move”, for example, one can experience for oneself, how the astronaut Neil Armstrong must have felt, when he was standing on the moon. The exhibition „Re:Generation” makes us aware, what we are afraid of and why. The exhibition „Lightzone” is a perfect place for people who like crime mysteries and in the exhibition „Humans and the Environment” the visitor himself becomes the most important exhibit. Here we get to know the limits of our possibilities, the secrets of our senses and our body.

Smaller Basilica of the Holy Cross



Krakowskie Przedmieście 3

00-277 Warsaw

www.swkrzyz.pl

One of the most important monuments in Warsaw. It was here that in 1683, King Jan III Sobieski announced his trust in God, himself and the motherland before the Turkish siege on Vienna. In the pillars of the temple, there are urns containing the hearts of composer Fryderyk Chopin and Nobel prize-winning writer Władysław Reymont. Built at the end of the 17th century, the baroque church is one of the most important monuments in Warsaw. It was designed by outstanding architects: the designer was royal court architect Józef Bellotti, and the front and towers are the work of Jakub Fontana. It was here that in 1683, King Jan III Sobieski announced his trust in God, himself and the motherland before the Turkish siege on Vienna.

Church of St. Anne



Krakowskie Przedmieście 68

00-277 Warsaw

www.swanna.waw.pl



The church plays an important academic role. The current Neoclassical façade hides a rich baroque interior. One of the oldest churches in Warsaw. Completed in the second half of the 15th century, this Gothic church was a gift for the Order of St. Bernardine, it has been destroyed many times, and rebuilt in different styles each time.



Little Insurgent Monument

Śródmieście

00-277 Warsaw

Little Insurgent Monument - touching sculpture of a boy with a helmet much too large for him, which commemorates the heroic children who fought against the Germans during the Warsaw Uprising.

Jasna Góra – sanctuary and Pauline Monastery in Częstochowa



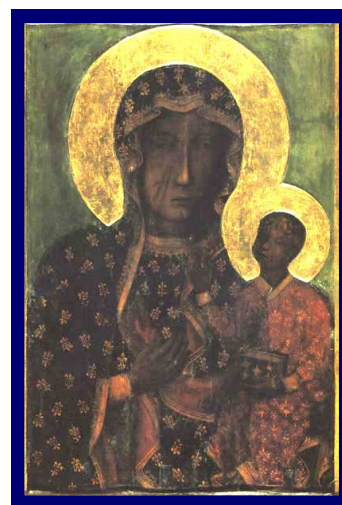
Krakowska 15/17
42-400 Częstochowa
34 377 72 07

The complex is one of the most important sites of the worship of Our Lady and has for centuries been the heart of pilgrimage in Poland. It is home to the Icon of the Black Madonna of Częstochowa, as well as a collection of many other pieces of art, mostly sacral, presented as thanksgiving offerings by believers

The Icon of the Black Madonna of Częstochowa

The Holy Icon of the Black Madonna is a particular focus of worship for Roman Catholics and Orthodox Christians and is considered miraculous.

Today, it is one of the most recognizable symbols of the Roman Catholic Church in Poland.



Wooden Churches in Małopolska



Małopolska
drewniana.malopolska.pl



Wooden churches in the southern Małopolska show tradition of building a medieval Roman Catholic churches, which consists of horizontal installation logs. This technique was widespread from the Middle Ages in Northern and Eastern Europe. Unique churches, the treasures of ancient paintings and sculptures created by foundations noble families: Binarowa (c.1500), Blizne (mid-fifteenth century), Debno (1335), Haczów (XIV / XV century), Lipnica Murowana (end of the fifteenth century), Sękowa

Church of Peace in Swidnica



●●●● Plac Pokoju 6
●●●● 58-100 Świdnica
●●●● 74 852 28 14
●●●● kosciolpokoju.pl

Church of Peace Church. Trinity Swidnica - historic sacred building built under agreements Treaty of Westphalia, concluded in 1648 and ending the Thirty Years War. It belongs to the parish of Swidnica the Evangelical Church of the Augsburg Confession in Poland.

Świdnicki Church of Peace was one of three churches in the room on the premises Glogow and Jawor, which allowed the construction of Emperor Ferdinand III Habsburg hereditary principalities in Silesia. In these principalities all the churches built by Catholics and Protestants over by returning to the Catholic Church. The principalities being owned by the Silesian Piast Dynasty, mostly evangelicals, all the churches may remain Protestant. Church of Peace Silesian Protestants built - thanks to the intercession of the Swedish monarchy, the Catholic Emperor (Roman and King of Germany), Ferdinand, for the sake of peace, allowed the country to build their Catholic Silesia three Protestant churches. It was to be a gesture of tolerance, but it established the difficulties for evangelicals.

Church of Peace in Jawor

●●●● Park Pokoju 2
●●●● 59-400 Jawor
●●●● 76 870 32 73



Church of Peace in Jawor (German Friedenskirche) - Evangelical church located in Sycamore, is a historic sacred building built under the Peace of Westphalia agreements concluded in 1648 and ending the Thirty Years War. It was built in 1654-1655, designed by Albrecht von Sabisch with half-timbered construction. The building was unstable materials: wood, straw and clay. Noteworthy baroque interior altar, pulpit and baptismal font. After the north and south was erected after the four floors of the tribunes, whose sills are decorated with paintings illustrating the Old and New Testaments and the landscapes of castles and heraldic shields. This property stands out from the history of European art second half of the seventeenth century because of its uniqueness and high artistic value. It is one of three so-called. Peace churches built after the Thirty Years War and one of the two surviving to this day.

The Crane



Szeroka 67/68 Street

80-803 Gdansk

58 301 69 38

www.cmm.pl

The Crane over the Motława River is the most characteristic and unmistakable symbol of Gdańsk. Back in the Middle Ages it was the largest port crane in Europe handling cargo and putting up ship masts. It also served as an uncommon city gate. The reconstructed driving mechanism inside, still in working condition, is an immense wooden wheel originally propelled by men literally walking in it. Today the majestic Crane, a fine specimen of the historic port facilities, sets an excellent background for the rich collection of the National Maritime Museum.

The Church of the Blessed Virgin Mary



Podkramarska Street

80-834 Gdansk

58 301 39 82

www.bazylikamariacka.pl



The Church of the Blessed Virgin Mary, the largest brick church in the world, went through several stages of development over the period from 1343 to 1502. Its interior displays many exquisite pieces of Medieval and Baroque art, including the stone Pieta from about 1410, a copy of the Last Judgement by Hans Memling, the original canvas dating back to 1472, the astronomical clock built by Hans Düringer between 1464 and 1470 and the main altar put up between 1510 and 1517. The church is 105 m long, including the tower battlements, and the vaults soar 29m above floor level. The solid main tower is 77.6m high and it is crowned with a viewing gallery which enables visitors to enjoy a panoramic view of the city. In order to get there it is necessary to climb almost 400 steps!

The Neptune Fountain



Długi Targ

80-803 Gdansk

www.pomorskie.eu

The Neptune Fountain has stood in front of the Artus Court since 1633 and is a symbol of Gdańsk. It was built on the initiative of the Mayor of Gdańsk, Bartłomiej Schachmann. The model was prepared by Peter Husen and Johann Rogge, and it was cast in 1615 in Augsburg. The design of the whole fountain was prepared by Abraham van den Blocke. The ornamented grill surrounding the fountain dates back to 1634. In the years 1757-1761 Johann Karl Stender redecorated the basin and the base of the fountain in the Rococo style, by adding a large array of sea creatures. According to one of the Gdańsk legends it was Neptune himself who contributed to the creation of the famous Gdańsk liqueur called Goldwasser. He got angry at people throwing golden coins into the fountain and hit the water with his trident so hard that the gold fell to pieces, forming small golden flakes which now shine in the tasty herbal liqueur.

The Golden Gate



Targ Węglowy 27

80-001 Gdansk



Built in the years 1612-1614 according to a design drafted by Abraham van den Blocke, in the Renaissance style. Stone sculptures adorning the attic date back to 1648 and they were carved by Piotr Ringering. They present an allegory of citizen's virtues: Prudence, Justice, Piety and Harmony. The building adjacent to the Golden Gate is the Manor of the St. George's Guild, erected by J. Glotau in the years 1487-1494, in the late-Gothic style.

Town Hall Poznan



Stary Rynek 1

61-772 Poznan

www.poznan.pl

61 646 33 44



Poznań Town Hall is a building in the city of Poznań in western Poland, located in the Old Market Square (*Stary Rynek*) in the centre of the Old Town neighbourhood. It served as the city's administrative building until 1939, and now houses a museum. The town hall was originally built in the late 13th century following the founding of the medieval city in 1253; it was rebuilt in roughly its present-day form, in mannerist style, with an ornate loggia, by Giovanni Battista di Quadroin 1550–1560. The display of mechanical fighting goats, played out daily at noon above the clock on the front wall of the building, is one of the city's main tourist attractions.

POZnań*

*Miasto know-how



Białowieża Forest



Park Pałacowy 11

17-230 Białowieża

85 682-97-00

bpn.com.pl



Białowieża Forest is one of the last and largest remaining parts of the immense primeval forest that once stretched across the European Plain. The forest is home to 800 European bison, Europe's heaviest land animal. The forest has been designated a UNESCO World Heritage Site, a UNESCO Biosphere Reserve, and an EU Natura 2000 Special Area of Conservation. It straddles the border between Belarus and Poland (Podlaskie Voivodeship), and is located 70 km (43 mi) north of Brest, Belarus and 62 km southeast of Białystok, Poland. Since the border between the two countries runs through the forest, there is a border crossing available for hikers and cyclists.

Imperial Castle in Poznań



Święty Marcin 80/82

61-772 Poznan

www.zamek.poznan.pl

61 646 52 00

The Imperial Castle in Poznań, popularly called Zamek is a palace in Poznań, in Poland — formerly Posen, Germany. It was constructed in 1910 by Franz Schwechten for William II, German Emperor, with significant input from William himself. Since its completion, the building has housed government offices of Germany (to 1918 and during the Second World War) and Poland (1918–1939, 1945–present).



Poznan Old Town



Stary Rynek

61-772 Poznan



Poznań Old Town is a central neighbourhood of the city of Poznań in western Poland, covering the area of the walled medieval city of Poznań. It is called *Stare Miasto* in Polish (although that name may also refer to the wider administrative district of Stare Miasto, which extends to most of the city centre and northern parts of the city).

Centennial Hall



Wystawowa 1

51-618 Wrocław

www.halastulecia.pl

71 347 51 50

The Centennial Hall is a historic building in Wrocław, Poland. It was constructed according to the plans of architect Max Berg in 1911–1913, when the city was part of the German Empire. As an early landmark of reinforced concrete architecture, it was listed as a UNESCO World Heritage Site in 2006. The building is frequently visited by tourists and the local populace. It lies close to other popular tourist attractions, such as the Wrocław Zoo, the Japanese Garden, and the Pergola with its Multimedia Fountain.



Town Hall Wrocław



Rynek

50-996 Wrocław

www.wroclaw.pl



Wrocław City Hall - late-Gothic building in Wrocław's Market, one of the best preserved historical town halls in Poland, at the same time one of the major architectural monuments of Wrocław. City Hall is located in the south-east corner of the block śródrynkowego (tretu). The two-storey, basement, trójtraktowy building on a rectangular plan with a tower and several outbuildings built in several stages of construction on the space of about 250 years (since the late thirteenth century to the sixteenth century). City Hall owes its present shape to restaurants conducted from the nineteenth to the twenty-first century.

Wooden Tserkvas of Carpathian Region



Tserkva of St. Michael the Archangel, Brunary



Wooden Tserkvas of Carpathian Region in Poland and Ukraine are a group of wooden Eastern Catholic / Orthodox churches located in Poland and Ukraine which were inscribed on the UNESCO World Heritage List in 2013.

The Wooden Tserkvas of the Carpathian Region in Poland and Ukraine comprises 16 wooden churches built by horizontal log construction. They are located in isolated parts of the Carpathian Mountains. They were built by communities of the Eastern Orthodox and Greek Catholic faiths in the 16th-19th centuries

The 16 churches can be divided into four groups of different ethnographic architectural traditions

The Muskau Park



68-208 Łęknica

68 362 41 82

park-muzakowski.pl

The Muskau Park is the largest and one of the most famous English gardens of Germany and Poland. Situated in the historic Upper Lusatia region, it covers 3.5 square kilometers of land in Poland and 2.1 km² in Germany. The park extends on both sides of the Lusatian Neisse, which constitutes the border between the countries. The 17.9 km² buffer zone around the park encompassed the German town Bad Muskau in the West and Polish Łęknica in the East. While Muskau Castle is situated west of the river, the heart of the park is the partially wooded raised areas on the east bank called The Park on Terraces. In 2003 a pedestrian bridge spanning the Neisse was rebuilt to connect both parts. On July 2, 2004, UNESCO added the park to its World Heritage List, as an exemplary example of cross-border cultural collaboration between Poland and Germany. It was added to the list on two criteria: for breaking new ground in terms of development towards the ideal man-made landscape, and for its influence on the development of landscape architecture as a discipline.

Castle in Malbork



Starościńska 1 Street

82-200 Malbork

55 647 08 00

The Castle of the Teutonic Order in Malbork is the largest castle in the world by surface area, and the largest brick building in Europe. It was built in Prussia by the Teutonic Knights, a German Roman Catholic religious order of crusaders, in a form of an Ordensburg fortress. The Order named it Marienburg (Mary's Castle). The town which grew around it was also named Marienburg. The castle is a classic example of a medieval fortress and, on its completion in 1406, was the world's largest brick castle. UNESCO designated the "Castle of the Teutonic Order in Malbork" and the Malbork Castle Museum as the World Heritage Site in December 1997. It is one of two World Heritage Sites in the region with origins in the Teutonic Order. The other is the "Medieval Town of Toruń", founded in 1231 as the site of the castle Thorn (Toruń).



Old Town Torun



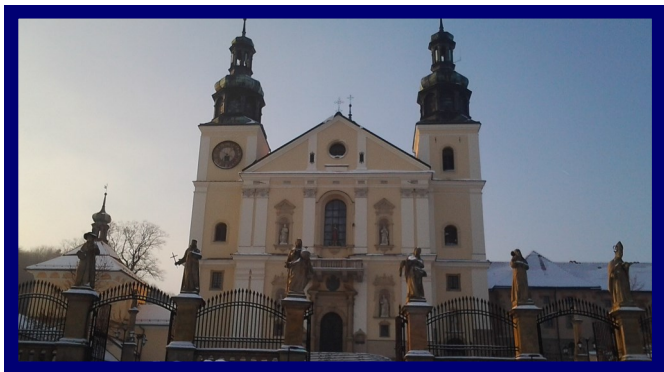
Rynek Staromiejski

87-100 Toruń



The oldest part of the old town was laid out after 1236 in its current southern part, in the medieval sources called the island - werder, the square on which the church was built later - St. Johns. It was expanded to its current size between the years 1252 and 1259. Center is the Old Town Square with the Town Hall. In the north-western corner of the square is the site of the former Franciscan monastery, the church of St. Mary, the southern part of the western block przyrynkowego is occupied by the late Baroque church of the Holy Spirit. The system of streets in the southern part of the Old Town is a regular, divided into rectangular blocks building, with wide streets leading to the waterfront Vistula.

Kalwaria Zebrzydowska



Bernardyńska 46



www.kalwaria.eu

(033) 876-63-04

www.kalwaria.eu

Shrine of Kalwaria was founded in the early seventeenth century and was created on the model of the Cross in Jerusalem. The originator of its construction was the Voivode of Cracow Nicholas Zebrzydowski. There is a Baroque Basilica of the miraculous image of Our Lady of Kalwaria, a monastery, a baroque and mannerist churches and chapels. All objects and symbolic of the Passion of Christ and the life of the Virgin Mary, are beautifully integrated into the landscape of the Beskids. The sanctuary constantly visited by thousands of pilgrims, especially during the Holy Week before Easter and August.



Old Town Zamość

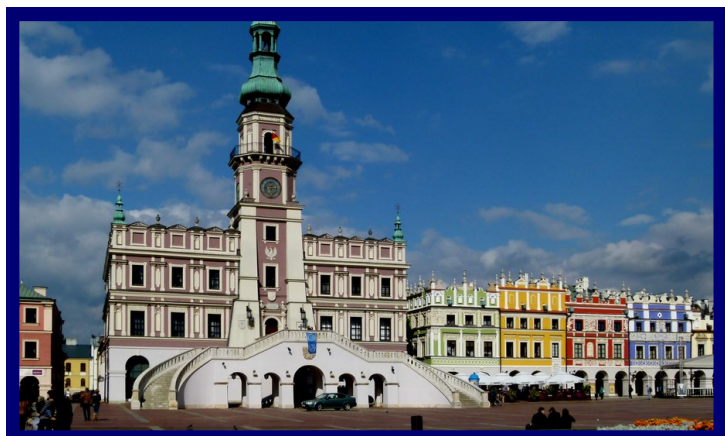


Rynek Wielki 13

22-400 Zamość

639 20 84

zamosc.pl



The city was founded in the sixteenth century by the chancellor Jan Zamoyski on the trade route connecting Western Europe and North Black Sea. They were built in the middle of the field, according to Italian models of the ideal city, according to the urban and architectural plan Bernardo Morando of Padua. Perfectly preserved original plan of building, fortifications and numerous buildings that combine Italian and central European architectural traditions. The symbol of the "Pearl of the Renaissance", as defined Zamosc, is crowned by an attic with fan Town Hall stairs and high clock tower, which at 12 noon hear the solemn bugle call.



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Greece is a country in the south-east of Europe, occupying the southeast part of the Balkan Peninsula. It is surrounded by sea, which has played a very important role not only in Greek history, but also in the financial development of the country. In the East there is the Aegean Sea ,in the West the Ionian Sea and the Mediterranean Sea in the South. Greece is 131.944 sq.km , of which 25.166 sq.km are islandic area. The country's population is about 11.000.000 people, of which almost 4.000.000 live in Athens , which is the country's capital city. 4/5 of the country's surface is mountainous, Olympus being its highest mountain (2.917m) and the residence of the Greek gods, according to the Greek mythology.

Greece has about 16.000 km of coastline. The Greek Archipelago takes up 7.500 km of the country's coastline, offering a highly diversified landscape: beaches stretching over many kilometers , small picturesque bays, sandy beaches, pebbly beaches, sea caves, sheltered coves, volcanic sand, all

combined with crystal clear waters , which attract thousands of tourists every year. Greece has 6.000 islands and islets but only 227 are inhabited. The biggest Greek island is Crete.

The climate in Greece is Mediterranean with mild winters and cool summers. In the inner mainland, where sea breeze cannot reach, it can get a bit colder in winter and quite hot (even 40 degrees) in summer.

The country's economy is based mainly on agriculture. It produces wheat, cotton, olive oil, oranges, apples etc.



The country's language is Greek, one of the oldest languages in the world and definitely the oldest living language in Europe. Greek presents a non-stop continuation, since it has been spoken at least since the 15th century BC.

Athens



Goddess Athena

Athens is the capital and largest city of Greece. Athens dominates the Attica region and is one of the world's oldest_cities, with its recorded history spanning around 3,400 years. Classical Athens, as a landlocked location was a powerful city_state that emerged in conjunction with the seagoing development of the port of Piraeus. A centre for the arts, learning and philosophy, home of Plato's Academy and Aristotle's Lyceum, it is widely referred to as the cradle of Western civilization and the birthplace of democracy, largely due to the impact of its cultural and political achievements during the 5th and 4th centuries BC, and in later centuries, on the rest of the then known European_continent. Today a cosmopolitan metropolis, modern Athens is the centre of economic, financial, industrial, political and cultural life in Greece.



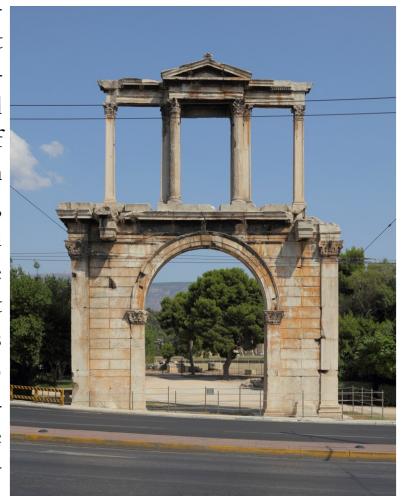
A Brief Reference to the History of Athens

According to the Greek_mythology, Athens was named from competition that the goddess Athena had with Poseidon about who will become protector of the city. The myth says that Poseidon gave a spring with sea water whilst Athena offered an olive tree as she touched the ground of the sacred rock of the Acropolis. The people of Athens chose Athena as their protector and so the city



TEMPLE OF OLYMPIAN ZEUS

was named after the goddess of wisdom. The myth is symbolic but the two Gods symbolised the strength of Athens as a city of wisdom and as a sea power. The first settlement of Athens in 3000 BC was situated on the rock of the Acropolis. According to the tradition, Athens was founded when king Theseus united in a state several settlements of Attica. Later came to power the nobles (wealthy landowners). The nobles ruled Athens by their consul, the Supreme Court (Arios Pagos), from which the 9 rulers of Athens were elected. During this time the assembly of the Athenian citizens (Ecclesia of Demos) existed but during this period it did not have the power that it had later with the laws of Solon. After the period of colonisation and expansion of trade, many citizens of Athens became rich and wealthy from



HANDRIAN'S ARCH

the trade and shipping, and they wished to participate in the administration of the state, while on the other hand the lower classes of the city were facing poverty. This fact resulted in riots between the poor who wanted land and new laws with more social justice and the nobles that wanted to keep their power and authority. Ambitious Kylon tried to exploit those riots aiming to become a tyrant, but he failed. His movement stayed in history as 'Kylonion Agos'. After this, the nobles tasked Drakon to write new laws in response to public demand. But the laws of Drakon were too hard and peremptory and thus disappointed the Athenians. As the laws of Drakon did not meet the expectations of the people of Athens, they tasked Solon, who was considered to be a very wise man, to write new laws. Solon gave back the debts of the citizens and freed all those who had been slaves from their debts. Solon split the Athenians into four classes, depending on their income.

Only the rich had the right to become Archons (rulers). But Solon strengthened politically the poor, because he gave the great strength to the Ecclesia of Demos, namely, the assembly of citizens. The assembly decided on all major issues and was voting for

the laws prepared by the House of the four hundred. Solon founded the large peoples court, the *Iliaia*. Those were the first steps towards democracy. But not even the laws of Solon reassured the Athenians. The poor wanted re-framing, namely re-division of the land. During this period the nobility lost much of their old power and Peisistratos managed to gain the support of many people and become a tyrant.

Peisistratos supported the farmers and produced numerous projects in Athens. His sons and successors, however, Hippias and Hipparchos, were hard to the Athenians and had no happy ending. Hippias escaped to Persia, where he died in exile and Hipparchos was killed by the Athenians. With the end of the Tyranny, the Athenians start to organize democracy. The main creator was **Kleisthenes**, who radically reformed the constitution. Kleisthenes divided the Athenians into 10 races with ten municipalities each. In each race belonged citizens from various areas of Attica and thus the rich ceased to be a noble themselves and a strong class as they mixed with other fellow citizens.

Kleisthenes gave all the power to the **Ecclesia of Demos**. From that assembly the 10 generals who governed not only the military, but the state itself were elected. The parliament of 400 of Solon was replaced by a new parliament with 500 deputies. The members of the new parliament were 50 Athenians from each race, selected annually by draw. With this system all the citizens of Athens were likely to be some day members of the parliament. The task of the parliament was to prepare the topics to be discussed by the Ecclesia of Demos.



Kleisthenes in order to secure the new constitution, introduced the ostracism. Every citizen was writing on a piece of broken vase (shell) the name of a politician who could have been dangerous for the democracy, after that they counted the oysters and sent to exile for 10 years the ones who had

gathered 6 thousand shells with their name.

Thus, democracy was born in Athens, the constitution that gives all citizens the right and duty to participate in the governance of the state. Democracy was one of the most significant achievements of the ancient Greeks. Athens lived its most glorious times during the 5th century BC under the reign of **Pericles**. During this period the Golden Age of Athens, the Parthenon was built. Arts, Philosophy, Drama, developed to their highest point. Unfortunately the Peloponnesian war between the Athenians and Sparta gave an end to this glory.

But Athens continued to be a centre of culture and intellectual importance even during the Roman times. On his journeys to Greece St Paul spoke to the Athenians from the rock of Arios Pagos in 44 AD. During the reign of the Roman Emperor Hadrian, Athens became his beloved city. Hadrian built and decorated Athens with magnificent monuments like the Hadrian's Library. He used to say 'to the south of Acropolis is Theseus' Athens and to the north of Acropolis is Hadrian's Athens'. With the fall of the Roman Empire Athens' importance declined as well. During the Byzantine times Athens was a provincial town of the Byzantine Empire. But even during this times many Byzantine churches were built in Athens. The Crusaders invaded the city in the 13th century until the 15th century when the city was occupied by the Turks. After the Greek war of Independence Athens became the capital of Greece in 1833. Under the reign of the first king of Greece, Otto the city extended to the north and many buildings were built by German and Greek Architects.

Monuments of Athens

The Acropolis is probably the most famous and most visited ancient monument in the world. It is the symbol of Athens and its most famous landmark. Every year thousands of visitors from all over the world come to admire this symbol of the Ancient Greek civilization. On the rock of the Acropolis there are several monuments from the Greek Antiquity, most of which were built on the Prehistoric temples of the Sacred rock during the Golden Age of Pericles of Athens during the 5th century BC. Among those monuments of the Acropolis, Parthenon is the most magnificent. The temple of the



The Parthenon

Parthenon was dedicated to the goddess Athena, protector of the Ancient city of Athens. The Parthenon is one of the most famous buildings in the world. Its unique architecture inspired the architectural style of the western world. Universities, Public buildings, Palaces, Parliaments, libraries have been built inspired from the Dorian style and the Architecture of the Parthenon, which was built during the Golden Era of Athens by the architects Iktinos and Kalikrates. For its construction they used marble from the mount of Penteli. The Magnificent statue of Athena was made by Phidias, one of the most famous sculptors of this time. He used wood, ivory and gold for the statue which was unfortunately disappeared during the middle ages. The most amazing architectural achievement of the Parthenon is the harmony of this massive building with the Attica landscape. The external pillars are not exactly straight, they are slightly curved so

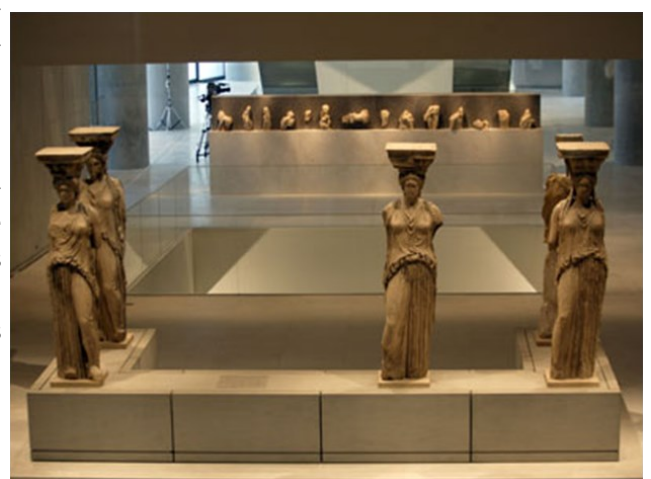
they give an optical illusion that they are straight, from every angle you look. The Parthenon was kept as it was in the Antiquity until 1687 when it was almost destroyed by a bomb that came from the fleet of admiral Morozini during a siege of Athens by the Venetians. The bomb aimed inside the temple which the Turks used as a gun powder store. The most important remains of the Parthenon freeze are today on display at the British museum.



are today on display at the new Acropolis Museum.

Another monument on the sacred rock of the Acropolis is the Propylea built by Mnesicles during Pericles' administration. Nearby is the Temple of Athena Nike that was built on the same period by Kalikrates. The temple was dedicated to the victory of the Athenians during the Persian wars and especially during the battle of Marathon and the sea battle of Salamis.

The Erechtheion temple was also built during the Golden Age in the area where the olive tree that Athena offered to the Athenians used to be. The most famous statues of Erechtheion are the Caryatides. The statues



The Acropolis Museum

An archaeological museum focused on the findings of the archaeological site of the Acropolis of Athens. The museum was built to house every artifact found on the rock and on its feet, from the Greek Bronze Age to Roman and Byzantine Greece. It also lies on the archaeological site of Makrygianni and the ruins of a part of Roman and early Byzantine Athens.

The museum was founded in 2003, while the Organisation of the Museum was established in 2008. It opened to the public on June 20, 2009. Nearly 4,000 objects are exhibited over an area of 14,000 square metres.



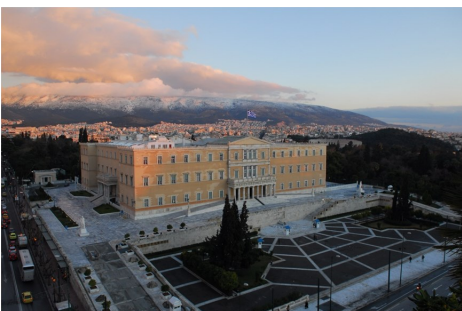
Neighbourhoods

Omonoia

Omonoia Square is the oldest square in Athens. It is surrounded by hotels and fast food outlets. The square is a meeting point for celebration of sporting victories.

Syntagma

It is the capital's central and largest square, lying adjacent to the Greek Parliament (the former Royal Palace) and the city's most notable hotels. Ermou Street, a long pedestrian road connecting Syntagma Square to Monastiraki, is a consumer paradise for both Athenians and tourists.



Complete with fashion shops and shopping centres promoting most international brands, it now finds itself in the top five most expensive shopping streets in Europe, and the tenth most expensive retail street in the world. Nearby, the renovated Army Fund building in Panepistimiou Street includes the "Attica" department store and several upmarket designer stores.

Monastiraki

Known for its string of small shops and markets, as well as its crowded flea market and tavernas specialising in souvlaki.

Plaka

Everyone's favorite neighborhood in Athens, in the shadow of the Acropolis, the Plaka is like a village within the city, an island for those who don't have the time to visit the Greek Islands. The Plaka is the oldest section of Athens. Most of the streets have been closed to automobile traffic. At one time it was the nightclub district. Now it is an area of restaurants, jewellery stores, tourist shops, and cafes.



Though it is quite commercialized it is still a neighborhood and arguably the nicest neighborhood in central Athens. Most of the restaurants are typical tourist places and serve traditional Greek dishes.



National Archaeological Museum of Athens

One of the world's most important museums, the National Archaeological Museum houses the world's finest collection of Greek antiquities. Treasures offering a view of Greek art and history, dating from the Neolithic era to classical periods, include exquisite sculptures, pottery, jewellery, frescoes and artifacts found throughout Greece. The exhibits are displayed the-



matically and are beautifully presented.

The museum also has a superb pottery collection on its upper floor, which traces the development of pottery from the Bronze Age through Attic red-figured pottery (late 5th to early 4th centuries BC). Among the treasures, see six Panathenaic amphorae, presented to the winners of the Panathenaic Games. They contained oil from the sacred olive trees of Athens.

Allow plenty of time to view the vast and spectacular collections (over 11,000 items) housed in this enormous (8000-sq-metre) 19th-century neoclassical building. It could take several visits to appreciate the museum's vast holdings, but it's possible to see the highlights in half a day. The museum also hosts world-class temporary exhibitions.

Macedonia—Thessaloniki



Alexander the Great

The history of Macedonia.

Ancient times

The **history of Macedonia** has its roots in the ancient times. It begins from antiquity and travels throughout the centuries, full of glorious stories of battles, heroisms, culture, activity, catastrophes and victories. The name Macedonia derives from the Dorian word *makos*, mikos in modern Greek (meaning length), and stated that the people of Macedonia are tall. According to the Greek mythology, Macedonia took its name from Makedona, who was considered the patriarch of Macedonian people. Some say that he was the son of Zeus. Herodotus believed that Macedonians are descendants of Timenidon from Argos who left and settled down in northern Greece, but historians are also aware that Greeks moved from north to the south in around 12th century BC. A part of the Dorians stayed in Macedonia and kept for a long time their Greek origin, while Greeks who arrived from the north created a new civilization which was quite common in language and traditions with the Greeks of south. This could have been a similarity which contributed to the creation of the myth on Tymenidon.

Kingdom of Macedonia

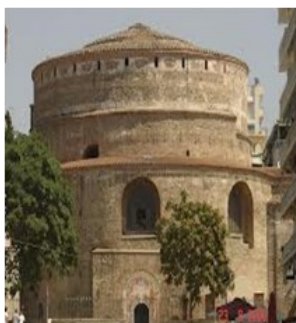
Macedonia becomes part of the Greek history with the son of Amynta, Alexander I, a clever and hard-working man who established the military and political foundation of the Macedonia state. In the Median wars, he fought with the Athenians. The other kings that followed contributed to the development of their country, but Macedonia met its prime with **King Alexander I**. However, Phillip II (357-336 BC) introduced Macedonia as a newly established monarchic state which played a major role in the Greek land. The king managed to unite with the rest of the states and all the Greeks in becoming one. Phillip ordered his son Alexander the Great into forming a restrained army to take over the entire Persian Empire. Macedonia became the heart and mind of the Hellenistic times.

Roman and Byzantine Times

The Macedonian kingdom soon lost control, after the defeat by the Romans in the Macedonian Wars, but it preserved its leadership. During the Roman occupation, Macedonia faces a dark period and the following years shares the same luck with the **Byzantine Empire**. During that time, around 6th -7th century, Macedonia attracts many conquerors, among them are the Slavic people, Visigoths and Huns. The next two centuries are quite peaceful and the country continues the strong efforts for economic development and rising of political power. In 1082, **Normans** occupy Macedonia and after many invasions they take over Thessaloniki but soon they



The White Tower



The Rotonda Church

abandon the town. In 13th century, Macedonia is under the **Frankish rule** and the battle against them ends with their defeat. The next century is the golden era of Thessaloniki. The Byzantine Empire spends its last moments and Thessaloniki becomes a pole of national development.

Ottoman occupation and liberation

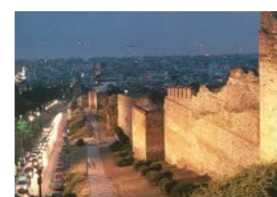
During the **Turkish domination**, the Greek-Macedonian people succeeded in winning against the Turks twice, in 1371 and 1403 but despite the huge efforts, Turks refused to give up the territory. After the fall of Constantinople, Turks settled in the entire Macedonia. From 16th to 19th century, there are many battles and revolutionary outbreaks where Macedonians fight against the Ottomans. They are beaten to death but they withstand their attacks with great heroism. In 1826, with the foundation of the independent Greek State, Macedonia was still an outsider, and remained under the Turkish rule for the next few years. Finally in 1913 and after many

years of battles against the Ottomans and the Bulgarians, the southern part of Macedonia united with the rest of Greece. Today, the economy of Macedonia is based on agriculture, cattle-breeding and tourism. The largest town is Thessaloniki, which serves as an important trading center in the Balkans.

The Capital of Macedonia is Thessaloniki.



A sculpture by the beach



The castles



St Dimitrios Church



Galerius Arch (Kamara)

Museums

The history of Macedonia has been extremely preserved in its museums which adorn Thessaloniki and Halkidiki. The Archaeological Museum of Thessaloniki takes you on a long journey through the ages with an interesting art collection from the Archaic and Classical period as well as several discoveries from the tombs of the Macedonian kings, precious relics and treasures of Vergina. The Byzantine Museum of Thessaloniki brings visitors in front of the life and culture of the Byzantine Empire with much insight into the architecture and decoration of the Christian churches. Its permanent exhibition focuses on the paintings, Byzantine items and icons. Thessaloniki is also home to a nice museum related to the Balkan Wars and the Museum of Contemporary Art housed in a modern building.



The National Archaeological Museum of Thessaloniki

Macedonia—Halkidiki



Mythological background

According to mythology, Halkidiki was the place where a huge battle took place, opposing Zeus and the other Olympian Gods to the Giants, children of Gaea (Mother Earth) and Uranus. Enceladus, the leader of the Giants, was buried alive in Cassandra. Since he sometimes tries to get free from his tomb, he is the source of earthquakes in the whole region. The peninsula of Cassandra took its name from Cassandros, the king of Macedonia. Sithonia was named after Sithon, the son of the god of the sea, Poseidon, and Mount Athos owes its name to the giant Athos, who threw an enormous rock at Zeus but missed him.



Ancient times

The excavations at the Petralona Cave have proved that human life existed in Halkidiki even 700,000 years ago. Its oldest inhabitants in the **history of Halkidiki** were the Thracians and the Pelasgoi. Organized societies, such as Olynthos, Acanthus and the ancient city of Stagira, near Olympiada, flourished in west and central Halkidiki around the 4th century BC. Nice temples were also built, such as the sanctuary of Ammon Zeus. During the 5th century, Halkidiki took part in the Persian Wars which resulted in the terrible siege of ancient Olynthos. After the victory of the Greeks in Salamina (in 480 BC) and the original defeat of the Persians from central Greece, the inhabitants of the two big cities of Olynthos and Potidea revolted too against the enemy and drove them out of their land. After the Persian Wars, the big cities of Halkidiki became members of the Athenian Alliance and participated in the Peloponnesian Wars (431-404 BC), which led to the destruction of a powerful town of Halkidiki, **ancient Mende**. In 348 BC, Halkidiki became a part of the Macedonian kingdom, under Philip's control. With Alexander the Great, the cities of Halkidiki increased in number. Among the new cities was Thessaloniki, Cassandria, Uranoupolis and Antigonía, north of modern Nea Kallikrateia. In 168 BC, Halkidiki came under the Roman domination.



Sani beach



Kriopiği beach

Medieval times

In the 9th century AD, the first monastery was built on the peninsula of Athos. In the 11th century, the peninsula of Athos was

given the name of "Holy Mountain" by a decree of a Byzantine emperor. The Byzantines also built many castles and fortresses to protect the area from invasions. Such an architectural example is the Prosforio Tower in Ouranoupolis. However, in 1430, the Turks took Halkidiki



from the Venetians. The first call for freedom was made in May 1821 at Polygyros, Karyes and Cassandra. Some attempts of revolution took place in various parts

of Halkidiki but they were stopped by the Turks.

Recent years

In the early 20th century, many of the inhabitants of Halkidiki joined the forces of Pavlos Melas and other fighters for freedom. Finally, Halkidiki was set free in 1912 and became part of the Greek province of Macedonia. In 1921, Greek refugees from Asia Minor (after the Asia Minor catastrophe), Eastern Thrace and Bulgaria moved to Halkidiki, bringing a new economic and political strength. They founded about 30 new villages and small towns, such as Nea Fokea, Nea Skioni and Nea Moudiana. Today, Halkidiki is a vivid area that keeps its history alive, in the memory of its people and the historical monuments that you will find spread along its countryside. The recorded history of Halkidiki is traced back thousands of years ago leaving a great number of treasures.

Today it is one of the most popular holiday destinations, offering crystal clear waters, wonderful beaches and traditional dishes.

Thessaly-Trikala

Trikala is a city in northwestern Thessaly, Greece. It is the capital of the Trikala prefecture, and is located northwest of Athens, southwest of Thessaloniki and near Meteora. The city is straddled by Lithaios River, which is a tributary of Pincios River.

History

The region of Trikala has been inhabited since prehistoric times. The first indications of permanent settlement have been uncovered in cave of Theopetra, and date back to approximately 49,000 BC.

The city of Trikala is built on the ancient city Triikka or Trikke, which was founded around the 3rd millennium BC and took its name by the nymph Trikke, daughter of Penaeus, or according to others, daughter of Asopus River. The ancient city was built at a defensive location in between the local hill and the river Lithaios. The city became an important centre in Antiquity and it was considered to be the birthplace and main residence of the Healing God Asclepius. The ancient ruins of his surgery can be seen near the town's center. The city is mentioned in Homer's *Iliadas* having participated in the Trojan War with thirty ships under Asclepius' sons Machaon and Podalirius. In the Mycenaean period, the city was the capital of a kingdom, and later it constituted the main centre of

the Thessalian region of Estaiotis, which occupied roughly the territory of the modern Trikala Prefecture.

In historical times, the city of Trikke and the surrounding area of the river experienced prosperity. It fell to the Achaemenid Persians in 480 BC, while ten years later it joined the Thessalian monetary union. In 352 BC it was united with the Macedonia of Philip II.

The city and the surrounding area became a part of the Ottoman Empire in 1393, and after an extended period of decline it became an important center of cottage industry, with famed woollen textiles and leather products. The city also became an important intellectual centre during 1543-1854 with the Trikke School (and later Greek School), where famous intellectuals of the time, such as Dionysios the Philosopher, taught.

On 23 August 1881 with the Treaty of Constantinople between the Ottoman Empire and the Kingdom of Greece, the city passed in Greek sovereignty, along with the rest of Thessaly. In the years that followed, Trikala played a fundamental role in the rural workers' mobilizations, in the early 20th century, against the Thessalian landlords. Trikala eventually became the city where the



Manavika



Varousi

Sights

The Old City of Trikala, which consists of the districts **Varousi** and **Manavika**. **Varousi** was the Christian district of Trikala during the Turkish rule and is located at the foot of the fortress. Until 1930, this part of the city was considered as the noble district of Trikala and is now preserved in its entirety, with a

large number of old buildings, built between 17th and 19th century, preserved until today. In this part the oldest churches of the city are located. Following the district Varousi up to the central square is the part of the city called **Manavika**, a neighborhood of the old city with a uniform architecture. Here some of the best restaurants and coffee bars in town are located.



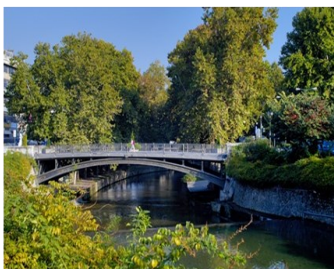
Asklepieion of Trikke,

The archaeological site of Asklepieion of Trikke, the most significant and the most ancient of Greece, according to Strabo.

The Byzantine Castle, built by Justinian onto the acropolis of ancient Trikke in the 6th century. In the 17th century a huge clock tower, which was accompanied by a bell weighing 650 kg were placed. In 1936, another clock tower was placed and today remains the trademark of the city, while it offers a panoramic view to the city.



The Byzantine Castle



The Central Bridge

The Mosque of Osman Shah (16th century), building designed by Mimar Sinan. Behind the mosque stands the mausoleum of Osman Shah, nephew of Sultan Sulayman the Magnificent. The mosque is now a monument protected by UNESCO and serves as a museum.

The hill of Prophitis Ilias, a park with a nice view of the city and within walking distance from the city center. On this hill is situated the church of the Prophet Elijah and the zoo.



The Mosque of Osman Shah

Lithaios river and the Central Bridge, built in 1886, which connects the central square with the Asclepius pedestrian zone.



The Mill of Matsopoulos

The Mill of Matsopoulos, which was constructed in 1884 and today is a historical-industrial building and cultural center. During the Christmas period, the stone-built Matsopoulos Mill transforms into the “Mill of Elves”, a famous Christmas park.

Trikala Train Station, built in 1886.



Meteora



Metéora, is one of the largest and most important complexes of Orthodox monasteries in Greece, second only to Mount Athos. The six monasteries are built on natural sandstone rock pillars, at the northwestern edge of the Plain of Thessaly near the Pineios river and Pindus Mountains, in central Greece. Metéora is included on the UNESCO World Heritage List.

In the 9th century, an ascetic group of hermit monks moved up to the ancient pinnacles. They were the first people to inhabit Metéora. They lived in hollows and fissures in the rock towers, some of which reach 550m above the plain. This great height, combined with the sheerness of the cliff walls, kept away all but the most determined visitors. Initially the

hermits led a life of solitude, meeting only on Sundays and special days to worship and pray in a chapel built at the foot of a rock known as Dhoupiani. As early as the 11th century AD hermit monks were believed to be living among the caves and cutouts in the rocks.

The exact date of the establishment of the monasteries is unknown. By the late 11th and early 12th centuries, a rudimentary monastic state had been formed called the Skete of Stagoi and was centered around the still-standing church of Theotokos (mother of God). By the end of the 12th century, an ascetic community had flocked to Metéora. In 1344, Athanasios Koinovitis from Mount Athos brought a group of followers to Metéora. From 1356 to 1372, he founded the Great Meteoron monastery on Broad Rock, which were perfect for the monks; they were safe

from political upheaval and had complete control of the entry to the monastery. The only means of reaching it was by climbing a long ladder, which was drawn up whenever the monks felt threatened.

At the end of the 14th century, the Byzantine Empire's 800-year reign over northern Greece was being increasingly threatened by Turkish raiders who wanted control over the fertile plain of Thessaly. The hermit monks, seeking a retreat from the expanding Turkish occupation, found the inaccessible rock pillars of Meteora to be an ideal refuge. More than 20 monasteries were built. Six remain today. There is a common belief that Athanasios (founder of the first monastery) did not scale the rock, but was carried there by an eagle. In 1517, Nectarios and Theophanes built the monastery of Varlaám, which was reputed to house the finger of St John and the shoulder blade of St Andrew.



The Great Meteoron Monastery

Until the 17th century, the primary means of



The monastery of Varlaám

conveying goods and people from these monasteries was by means of baskets and ropes.

Access to the monasteries was originally (and deliberately) difficult, requiring either long ladders lashed together or large nets used to haul up both goods and people. This required quite a leap of faith – the ropes were replaced, so the story goes, only "when the Lord let them break". In the words of UNESCO, "The net in which intrepid pilgrims were hoisted up vertically alongside the 373 metres cliff where the Varlaam monastery dominates the valley symbolizes the fragility of a traditional way of life that is threatened with extinction". In the 1920s there was an improvement in the arrangements. Steps were cut into the rock, making the complex accessible via a bridge from the nearby plateau. During World War II the site was bombed and many art treasures were stolen.

Six of the monasteries remain today. Of these six, four were inhabited by monks, and two by nuns.

Magnisia—Volos

Volos is the 5th biggest city (and 3d largest port) in Greece, situated in Thessaly, almost in the middle of the distance between Athens (326 km) and Thessaloniki (219 km). It is the capital of the Magnesia regional unit. Volos is the only outlet to the sea from Thessaly, the country's largest agricultural region. With a population of 144,449 (2011), it is an important industrial centre, while its port provides a bridge between Europe, the Middle East and Asia.

Volos is the newest of the Greek port cities, with a large proportion of modern buildings erected following the catastrophic earthquakes of 1955. The economy of the city is based on manufacturing, trade, services and tourism. Home to the University of Thessaly, the city also offers facilities for conferences, exhibitions and major sporting, cultural and scientific events. Volos participated in the 2004 Olympic

Games, and the city has since played host to other athletic events, such as the European Athletic Championships.

Places to visit

- Archaeological site of Ancient Dimini
- Archaeological site of Ancient Sesklo
- The Athanasakeion Archaeological Museum of Volos
- Alykes municipal beach



Magnisia—Makrinitza



Makrinitza, nicknamed "balcony of Mt. Pelion," is a village and a former community in Magnesia, Thessaly, Greece. Since the 2011 it is part of the municipality Volos. It is situated in the northwestern part of the Pelion mountains, 6 km northeast of Volos. One of the most characteristic traditional settlements, full of mansions and houses that look like hanging ornaments on the green mountain side. One of the traditional coffee houses is decorated with a fresco by the famous Greek painter Theofil-

os. The picturesque cobbled paths of Makrinitza are scattered with traditional water fountains. Makrinitza is a popular tourist destination, especially during the winter.



Magnisia—Tsagarada



If you are visiting Pelion, Tsagarada is the place to stay! Famous for its rich heritage and historical architecture, it boasts the oldest and largest plane tree in Europe in Agia Paraskevi square, the deepest gorge in Pelion, the amazing beaches of Milopotamos, Fakistra and Karavostasi Bay. It has four squares, Agios Taxiarchis, Agia Paraskevi, Agios

Stefanos and Agia Kiriaki, all joined by a network of stone paths offering you countless walking opportunities. All the locals are warm and friendly. In Tsagarada you can discover the most amazing nature that combines lush forests, mountain and the clear waters of the Aegean sea. Tsagarada is like a "paradise island" on mainland Greece! You will come back again and again!

Epirus—Dodona

Dodona in Epirus in north-western Greece, was an oracle devoted to a Mother Goddess identified at other sites with Rhea or Gaia, but here called Dionne, who was joined and partly supplanted in historical times by the Greek god Zeus.

The shrine of Dodona was regarded as the oldest Hellenic oracle, possibly dating to the second millennium BC according to Herodotus. Situated in a remote region away from the main Greek poleis, it was considered second only to the oracle of Delphi in prestige.

The ancient theatre of Dodona was built in the 3rd century BC reign of Pyrrhus and follow the plan that all Greek theatres have. With a capacity of 18,000 spectators ,it was the largest of its time.



Epirus—Ioannina

Ioannina is the capital and largest city of the prefecture of Ioannina and Epirus. Ioannina is located in the north-western part of the mainland, in the centre of the homonymous basin. It is one of the largest cities in Greece with rich culture and modern development companies. The opening of the Via Egnatia road linking the west with the northern and eastern Greece . Worth mentioning is the island of the lake (island of Ioannina), which is a small settlement and various monuments and attractions, such as the final resting place of Ali Pasha .

Founded by the Byzantine Emperor Justinian in the 6th century AD, Ioannina flourished following the Fourth Crusade, when many wealthy Byzantine families fled there in the early 13th century following the fall of Constantinople. It was

the capital of the Despotate of Epirus from 1358 to 1416, before surrendering to the Ottomans in 1430. Between 1430 and 1868 the city was the administrative cen-

tre of the Pashalik of Yanina. In the period between the 16th and 19th centuries, the city was a major centre of the Modern Greek Enlightenment. Ioannina joined Greece in 1913 after the Balkan Wars.

Ioannina has wealth of attractions and museums. The most notable attractions are :

- Archaeological Museum of Ioannina ,
- Kale Castle
- The Byzantine Museum
- Aslan Pasha Mosque
- The Fotiou Rapakousis Museum
- Ottoman Library
- House Hussein Matei
- Veli Pasha Ottoman Mosque



Epirus—Preveza



Preveza is a town in the region of Epirus, north-western Greece, located at the mouth of the Ambracian Gulf. It is the capital of the regional unit of Preveza, which is part of the region of Epirus. The Aktio-Preveza Immersed Tunnel, the first and so far only undersea tunnel in Greece, was completed in 2002 and connects Preveza to Aktio in western Acarnania in the region of



Aetolia-Acarnania. The ruins of the ancient city of Nicopolis lie 7 kilometres north of the city.

The area was first settled by the Greek tribe of the Thesprotians and subsequently formed part of the Kingdom of Epirus and later the Roman Empire. The Battle of Actium took place in the area in 31 BC, following which the city of Nicopolis ("city of victory") was built by Augustus. The area became part of the Byzantine Empire, and following the Fourth Crusade, split off along with the rest of Epirus to form the Despotate of Epirus. The area passed to Ottoman rule in the 14th century, which lasted until 1913. Following the Balkan Wars, the area was awarded to Greece in 1913, at which point the prefecture was created.

Notable sights in Preveza are the

- Zalongo monument
- Odysseus Androutsos' marble statue
- *Madonna Church of Foreigners (Panagia ton Xenon)*
- State Archaeological Museum of Nikopolis



Monolithi—Preveza

Ionian Islands



Corfu

The Ionian Islands are a group of islands in Greece. They are traditionally called the Heptanese, i.e. "the Seven Islands" but the group includes many smaller islands as well as the seven principal ones. The seven are, from north to south, Kerkira, Paxi, Lefkada, Ithaca, Kefalonia, Zakynthos and Kithira. The six northern islands are off the west coast of Greece, in the Ionian Sea. The seventh island, Kithira, is off the southern tip of the Peloponnese, the southern part of the Greek mainland.

Ionian Islands—Corfu

Corfu is a Greek island in the Ionian Sea. It is the second largest of the Ionian Islands, and, including its small satellite islands, forms the edge of the north-western frontier of Greece. The island is part of the Corfu regional unit, and is administered as a single municipality. The history of Corfu starts 3000 years ago. Corfu is the northernmost island of the Ionian Sea, the incomparable natural beauty, the enormous cultural heritage and the turbulent and fascinating history have made it one of the most beautiful and most important sites in Greece. The ensemble of the fortifications and the Old Town of Corfu is located in a strategic location at the entrance to the Adriatic Sea. Historically, its roots go back to the 8th century BC and to the Byzantine period. It has thus been subject to various influences and a mix of different peoples. From the 15th century, Corfu was under Venetian rule for some four centuries, then passing to French, British and Greek governments. At various occasions, it had to defend the Venetian maritime empire against the Ottoman army.



"Dying Achilles"



Pontikonisi

Corfu was a well- thought example of fortification engineering, designed by the architect Sanmicheli, and it proved its worth through practical warfare. Out of town one can encounter great locations. Among the attractions of the area belongs the Achillion , the palace of Queen Elisabeth (Sissi), the famous sculpture "Dying Achilles" and the fabulous works of art, such as murals and paintings. The region is famous for Pelekas and the sunset views it offers, and in Paleokastritsa

Ionian Islands—Zakynthos





Navagio Beach



Zakynthos, internationally known by the name " Zante ", or Flower of Levante (= Flower of the East), is one of the Ionian Islands .

In 1809 the British settled in Zakynthos with a big army and made it the capital of the Ionian State. The first advantages from the British were public assistance and the institution of the first typography of the island. All those benefits vanished with the arrival of T. Maitland, the new governor of Zakynthos. He was an authoritative tyrant up to the extent that the population, after some protests towards the British government, founded a secret patriotic society named "Filiki Eteria". The society was behind the Greek national insurrection and in Zakynthos there is a stele commemorating the patriots.

The most famous landmark of the island is the Navagio beach. It is a cove on the southwest (northwest near village of Anafonitiria) shore, isolated by high cliffs and accessible only by boat. The beach and sea floor are made of white pebbles, and surrounded by turquoise waters. Northern and eastern shores contain numerous wide sandy beaches, many of which are packed with tourists in summer months. The largest

Ionian Islands-Kefalonia

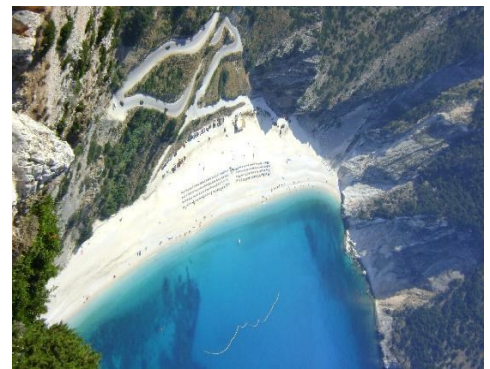
Kefalonia is the largest of the Ionian Islands in western Greece. The capital of Kefalonia is Argostoli.



Myrtos beach

In antiquity flourished four cities, which were independent states. The island was conquered by the Romans and during the Middle Ages became part of the Byzantine Empire. It was conquered by the Normans, the Venetians and for a few years by the Ottomans . It was returned to the sovereignty of Venice

until 1797, when it was conquered by the French . During the brief French occupation, the people of the island revolted, influenced by the French Revolution and overthrew the feudal system, which was restored with the Ionic State , which was under the influence of various forces, including the British influence brought the biggest reactions . The British invested in the infrastructure of the island, roads, bridges and ports, while they did drastic cuts in democracy that were implemented by the French with the constitution and the Ionian repealing *Libro de Oro* . In 1864 , the Ionian Islands were united with the Kingdom of Greece



Myrtos beach



Ionian Islands-Lefkada



Lefkada is an island in the Ionian Sea.

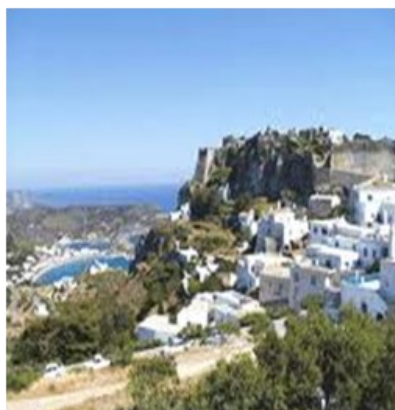
In 1864 the Venetians conquered Lefkada and the Treaty of Karlowitz in 1699, possession gained official status. Just outside of town and just across the floating bridge (the opening is about 40m.) there is the Venetian castle of Santa Maura. The castle is a fortification art. Inside the city's archaeological museum, which houses works of art, and finds from the Stone Age to the Roman period. At the entrance of the city, next to the harbor is the famous park of poets (The locals call it Bosketo), which houses the busts of important personalities of the island (Valaoritis, Sikelianos, Lafcadio Hearn, Dimitrios Golemis) who made history with

Ionian Islands-Cythera

Kythira, also known by the older name Venetian Tsirigo (Cerigo), is an island situated in southern Greece, south of the Peloponnese and south of Elafonisos and Cape Malea. According to mythology, it is the island of goddess Aphrodite and Eros.

Upon the dissolution of the Byzantine Empire in 1204, the island was conquered by the Venetians. Initially the island fell in Venetian Crete, but he followed the common history with the other Ionian Islands. During the Venetian rule the island suffered many refugees from the Peloponnese and Crete and suffered a lot from the Turkish raids. In 1537 the terrible pirate Barbarossa invaded the island. On 21 May 1800, signed in Istanbul treaty which recognized the independence of the Ionian Islands, with the name "Republic of the Seven United Islands", which was the suzerain Turkey. This is the first independent Greek state in the modern era, with its own constitution and laws. In May 1864 Kythera united with Greece.

There are many Byzantine and Venetian monuments. The main attractions are: the island's Chora with its traditional architecture and narrow alleys, the castle, the waterfalls, the Mon-



Ionian Islands-Paxos



Paxos is a small island characterized by dense vegetation and mostly famous for the endless vineyards, dating hundreds of years ago. Paxos is an island with many caves and sulfur springs. Since the 1960s, the inhabitants of Paxos have been dealing with tourism, fishing and the production of olive oil and wine. The oil of Paxos is of very high quality.

Although it was possibly inhabited from prehistoric times, the Phoenicians are traditionally said to have been the first settlers on Paxos. The name is believed to be derived from Pax, which meant trapezoidal in their language. The Romans ruled the island from the 2nd century BC, and during the Byzantine period and Middle Ages it was constantly attacked by pirates. After various rulers and Crusaders had passed through, the island was taken by the Venetians at the end of the 14th century. During the Napoleonic wars, the Ionian Islands were taken by the French. In 1815, the United Kingdom established the Ionian Union. In 1864, together with the rest of the Heptanese, Paxos was ceded to Greece.



Ionian Islands-Ithaca

Ithaca is an island located in the Ionian Sea, in Greece. Home of Odysseus, this tiny island attracts sailors and holidaymakers from all over the world. It is very beautiful, and is surrounded by some of the clearest waters in Greece. Because it is small and a bit difficult to reach, it does not get the mass tourism that the neighbouring islands do.



Even though Odysseus is the best known name of Ithaca, it was not named after him. According to mythology, Ithacos was the son of a Kephalonian king who settled here, and who along with his brother built a fountain that provided the whole island with water. The island has probably been inhabited since the 2nd Millennium BC, and there is evidence it was the capital of Kephallonia during the Mycenaean period (around 1500BC). This coincides with the Trojan war, and if Odysseus really existed, now is when he would have been king. The Romans occupied the island in the 2nd century BC, and later it became part of the Byzantine empire. It was constantly attacked by pirates, and made an alliance with Kephallonia in AD800. The Normands and the Franks ruled Ithaca in the 12th and 13th century, and after a 30-year Turkish rule (1479-1499) it fell into Venetian hands. Towards the end of the 18th century the island was occupied by the French, and in 1809 it was conquered by the British. In 1821 the war

of Independence broke out, and Ithaca was finally liberated in 1864. Much of the island was destroyed in the terrible earthquake of 1953. Therefore most of the buildings on the island are no older than 50 years, and the Italian influence is quite obvious.



Ithaca's beautiful little capital is Vathy. Here you can visit the cave of the nymphs, as well as the small archeological museum. The monastery of Virgin Mary (Panagia) Kathara is open to visitors. It was probably built in the 16th or 17th century, and has very beautiful icons, as well as very nice surroundings. There are also some ancient ruins just outside Stavros.



Some well-known beaches of Ithaca are t Dexa, Skinos, Gidaki, Filiatro, Sarakiniko and Aspros Gialos.

The Peloponnese

The **Peloponnese**, or **Peloponnesos**, is a large peninsula and geographic region in southern Greece. It has two land connections with the rest of Greece, a natural one at the Isthmus of Corinth, and an artificial one by the Rio-Antirio Bridge (completed 2004). During the late Middle ages and the Ottoman era, the peninsula was known as the Morea .

The Peloponnese possesses many important archaeological sites dating from the Bronze Age through to the Middle Ages. Among the most notable are Corinth, Epidaurus, Koroni, Kalamata Acropolis, Messene, Methoni, Mistra, Monemvasia, Mycenae, Olympia, Sparta, Pylos, Tegea and Tiryns.

Some of the most well-known ports that allow trade and travels from Greece to other countries are the ports of Korinthos, Patra, Pirgos, Pilos, Kalamata, Githio, Nafplio and the islands Kithira, Spetses, Idra, Elafonisos.

Specialities of the local cuisine are the hilopites, olives, kolokythopita, piperopita, Sygline



Diples

The Peloponnese- Mystras





Mystras is a fortified town and a former municipality in Laconia, Peloponnese, Greece. Situated on Mt. Taygetos, near ancient Sparta, it served as the capital of the Byzantine Despotate of the Morea in the 14th and 15th centuries, experiencing a period of prosperity and cultural flowering. The site remained inhabited throughout the Ottoman period, when it was mistaken by Western travellers for ancient Sparta. In the 1830s, it was abandoned and the new town of Sparta was built, approximately eight kilometres to the east.



In 1249, Mystras became the seat of the Latin Principality of Achaëa, established in 1205 after the conquest of Constantinople during the Fourth Crusade, and Prince William II Villehardouin, a grand-nephew of the Fourth Crusade historian Geoffrey of Villehardouin, built a palace there.

The Peloponnese- Olympia



Olympia, a sanctuary of ancient Greece, is known for having been the site of the Olympic Games in classical times, the most famous games in history. The first Olympic Games were held in 776 BC and had local character. They became Panhellenic after the 7th century BC. They were held every four years. During the Games warfare stopped, so that the athletes and the spectators could go to the Temple of Zeus in Olympia. The prize for the winners was a wreath of olive tree, (kotinos, in Greek). Women could not participate, except for riding races, where they could participate as the horses' owners. However, they were not cut off from athletics. Spartan girls, for example, attended the gym with the males and they went through hard training. In Olympia there was a separate championship for women, Herea. It took place every four years and was dedicated to goddess Hera.



Olympia is also known for the gigantic ivory and gold statue of Zeus that used to stand there, sculpted by Phidias, which was named one of the Seven Wonders of the Ancient World.

The Peloponnese- Epidaurus

Epidaurus was a small city in ancient Greece, at the Saronic Gulf.

The asclepieion at Epidaurus was the most celebrated healing centre of the Classical world, the place where ill people went in the hope of being cured. To find out the right cure for their ailments, they spent a night in the enkoimeteria, a big sleeping hall. In their dreams, the God himself would advise them what they had to do to regain their health. Found in the sanctuary, there was a guest house for 160 guestrooms. There are also mineral springs in the vicinity which may have been used in healing.

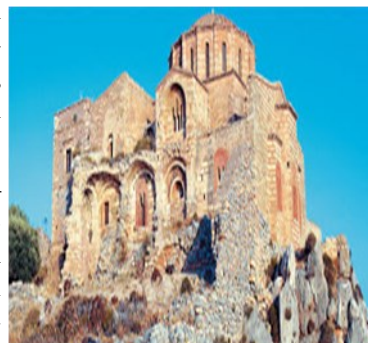
The theatre is marvelled for its exceptional acoustics, which permit perfect intelligibility of unamplified spoken word from the proskenion or skênê (stage) to all 15.000 spectators, regardless of their seating. A 2007 study by Nico F. Declercq and Cindy Dekeyser of the Georgia Institute of Technology indicates that the astonishing acoustic properties may be the result of the advanced design: The rows of limestone seats filter out low-frequency sounds, such as the murmur of the crowd, and amplify high-frequency sounds from the stage.



The Peloponnese- Monemvasia

Monemvasia is a town and a municipality in Laconia, Greece. The town is located on a small island off the east coast of the Peloponnese. The island is linked to the mainland by a short causeway 200m in length. Its area consists mostly of a large plateau some 100 metres above sea level, up to 300 m wide and 1 km long, the site of a power full medieval fortress. The town walls and many Byzantine churches remain from the medieval period.

The town and fortress were founded in 583 by people seeking refuge from the Slavic and the Avaric invasion of Greece. A history of the invasion and occupation of the Peloponnese was recorded in the medieval Chronicle of Monemvasia. From the 10th century AD, the town developed into an important trade and maritime centre. The commercial importance of the town continued until the Orlov Revolt (1770) in the Russo-Turkish War, which saw its importance decline severely. The town was liberated from Ottoman rule on July 23, 1821 by Tzannetakis Grigorakis who entered the town with his private army during the Greek War of Independence.



The Peloponnese- Nafplio

Nafplio is a seaport town in the Peloponnese in Greece that has expanded up the hillsides near the north end of the Argolic Gulf. The town was the capital of the First Hellenic Republic, from the start of the Greek Revolution in 1821 until 1834. Nafplio is now the capital of the regional unit of Argolis.

In 1685 the Venetians retook Nafplio and made it the capital of their "Kingdom of Morea". The Venetians strengthened the city by building the castle of Palamidi, which was in fact the last major construction of the Venetian empire overseas. However, only 80 soldiers were assigned to defend the city and it was easily retaken by the Ottomans in 1715. Palamidi is located on a hill north of the old town. During the Greek War of Independence, it played a major role. It was captured by Staikos Staikopoulos in November 1822.



The Peloponnese- Mycenae



Mycenae is an archaeological site in Greece, located about 90 kilometres southwest of Athens, in the north-eastern Peloponnese.

In the second millennium BC, Mycenae was one of the major centres of Greek civilization, a military stronghold which dominated much of southern Greece. The period of Greek history from about 1600 BC to about 1100 BC is called Mycenaean in reference to Mycenae. At its height in 1350 BC, the citadel and lower town had a population of 30,000 and an area of 32 hectares.

Today in this position there is the small village of Mycenae and the ruins of the Acropolis, which always remind the distant and glorious times. Of the surviving ruins are the two most

important royal funerary enclosures that were part of the extensive prehistoric cemetery on the hill west of the palace, from which the excavation (pit graves) derives the bulk of the surprising findings (most are golden and characterized for the wonderful art), the treasure of Aegaeus (Tholos Tomb), the vaulted tomb of Clytemnestra, the Lion Gate, the Royal palace, the temple, the North Gate and the underground tank etc. Too many of the finds unearthed in the excavations at Mycenae exhibited in the National Archaeological Museum of Athens and the new, modern, Museum of Mycenae on the north slope of the Acropolis, causing the admiration of millions of all corners of the earth.



Islands of Aegean



The Aegean Islands are the group of islands in the Aegean Sea, with mainland Greece to the west and north and Turkey to the east; the island of Crete delimits the sea to the south, those of Rhodes, Karpathos and Kasos to the southeast. The ancient Greek name of the Aegean Sea, Archipelago was later applied to the islands it contains and is now used more generally, to refer to any island group.

Cyclades

The most famous island group in the Aegean Sea comprises some of the most beautiful islands in the world! Gorgeous sandy beaches, architecture in white and blue, traditional lifestyle, folk music, warm, hospitable people and barren landscapes with isolated chapels turn a trip to the Cyclades into a lifetime experience.

The name "Cyclades" refers to the islands forming a circle around the sacred island of Delos. According to the Greek mythology,

Poseidon, God of the sea, furious at the Cyclades nymphs turned them into islands.

Millions of Greek and foreign visitors come to the Cyclades every year to enjoy the dazzling light and the crystal blue waters, in the quest of the paradise on earth.



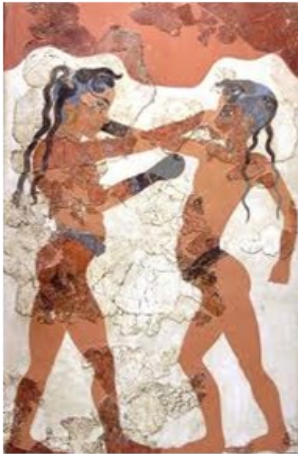
Cyclades—Mykonos

One of the most famous destinations worldwide and a favourite holiday spot of the jet set, Mykonos, is extremely beautiful and well known for its bare hills, the amazing sandy beaches, the white country chapels and the Cycladic architecture. Mykonos is a Greek island, part of the Cyclades, lying between Tinos, Syros, Paros and Naxos. There are 10,134 inhabitants most of whom live in the largest town, Mykonos, which lies on the west coast. The town is also known as Chora (i.e. the Town in Greek, following the common practice in Greece when the name of the island itself is the same as the name of the principal town). Mykonos' nickname is The Island of the Winds.

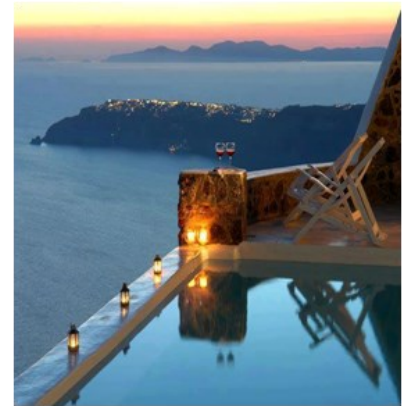


Cyclades—Santorini





Cousteau looked for the lost city of Atlantis on Santorini. Crescent-shaped Santorini (or Thira), the precious gem of the Aegean, is actually a group of islands consisting of Thira, Thirassia, Aspronissi, Palea and Nea Kameni in the southernmost part of Cyclades. Santorini classically Thera and officially Thira is an island in the southern Aegean Sea, about 200 km southeast of Greece's mainland. It is the largest island of a small, circular archipelago.



Cyclades-Delos



The island of Delos, near Mykonos, near the centre of the Cyclades archipelago is the birthplace of Apollo and Artemis, and used to be a religious centre for the whole of Greece in the ancient times. From its Sacred Harbour, the horizon shows the two conical mounds that have identified landscapes sacred to a goddess in other sites: one, retaining its pre-Greek name Mount Kynthos, is crowned with a sanctuary of Zeus. Delos is uninhabited today and is

listed as a UNESCO world heritage site, receiving large numbers of visitors who flock to admire remarkable monuments and impressive mosaics. Established as a culture center, Delos had an importance that its natural resources could never have offered.

Islands of Aegean-Dodecanese



The Dodecanese island group is in the southeastern part of the Aegean Sea, the sunniest corner of Greece; it includes twelve large islands and numerous smaller ones, each one with a different character. You will find fantastic beaches, archeological sites of great historical importance, imposing Byzantine and Medieval monuments, traditional villages and architectural gems that date to the Italian Occupation. The Dodecanese have long been one of the most popular tourist destinations in the Mediterranean.

Rhodes and Kos, are among the largest islands of the group and the two most popular ones. Karpathos, Patmos, Leros, Symi, Kalymnos, and Astypalaia have managed to keep their traditional flavour despite the fact that large numbers of tourists visit them. The smaller islands, with lower rates of growth, like Tilos, Nisyros, Leipsoi, Chalki, Kasos, Kastellorizo, Agathonisi, Telendos and Pserimos are a fine choice for relaxed and peaceful holidays.

Rhodes and Kos, are among the largest is-

Dodecanese-Rhodes

Rhodes is an island in Greece, located in the eastern Aegean Sea. It is the largest of the Dodecanese islands in terms of both land area and population and also the island group's historical capital. It is located northeast of Crete, southeast of Athens and just off the Anatolian coast of Turkey. Rhodes' nickname is 'The island of the Knights'.



Dodecanese-Kos

The endless coasts with the turquoise waters, the vegetation, the affluent water springs, the ancient and medieval monuments, as well as the impressive Italian buildings feature Kos island the third largest island of Dodecanese complex. The name «Kos» probably derives from the daughter of the mythical King Meropas, called Koos.

Kos is the birthplace of Hippocrates «the father of medicine» (460-377 B.C) and was already inhabited during Neolithic Period (5th - 4th millennium B.C). The Knights of St. John

conquered the island during the 14th century, reinforcing the older castles and building new fortifications. During Ottoman occupation, the island was attacked by several intruders (Knights, Venetians etc), while during Italian occupation (1912-1945) some really important, monumental public buildings were constructed. The island was officially united with Greece in 1948



Dodecanese-Patmos





Worldwide known as a sacred island for it is the place where Saint John wrote the Book of Revelation, Patmos is an ideal destination for nature lovers thanks to its lace-like coastline, sheer cliffs and volcanic soil.

Designated as “Holy Island” by the Greek Parliament in 1981 as well as a World Heritage Site by UNESCO in 1999, Patmos had been used as a place of exile by the Romans on account of its steep morphology. That’s how St.

John here the the the the tion A.D. of the



found safe refuge in the 1st century A.D., exiled by Emperor Domitian. According to prevailing theory, Book of Revelation was written in 95 in the Holy Cave of the Apolacypse, where St. John heard the

Dodecanese-Karpathos



Karpathos is situated in the most south part of Dodecanese complex, between Crete and Rhodes, and is the second largest island of the complex. Basically, it is considered a mountainous island full of water springs, pine-trees forests, vineyards, olives and fruit-bearing trees. The rock-caves of the island are the home of the Mediterranean seal called Monachus monachus, while, along with Kastelorizo, this is the only place where we can meet the amphibian species Mertensiella luscani. According to mythology, Iapetos, the son of Uranus and Gaea [Sky and Earth] was the first inhabitant of the island. It was firstly inhabited during Neolithic Age, while in the Homeric Sagas it is reported

as Anemoessa. Its history has a close affiliation with Rhodes and Dodecanese. The conquerors who defined the island’s character were Franks, Turks and Italians. The island extends over a surface of 301 km², its coastline is 106 km long and it has 6,500 inhabitants.



Crete



Crete is the largest and most populous of the Greek islands, the fifth-largest island in the Mediterranean Sea. The four biggest cities are Heraclion, Chania, Rethymno and Agios Nikolaos. Crete forms a significant part of the economy and cultural heritage of Greece while retaining its own local cultural traits (such as its own poetry, and music). Agios Nikolaos is probably best known as a tourist town that serves as a hub to the twenty or so small villag-

es and farms that make up that part of Lassithi. Tourist attractions include the small lagoon Lake Voulismeni, small beaches in the town, the tiny island Agioi Pantes, the archaeological museum, the local flora exhibition “Iris” and numerous fairs.

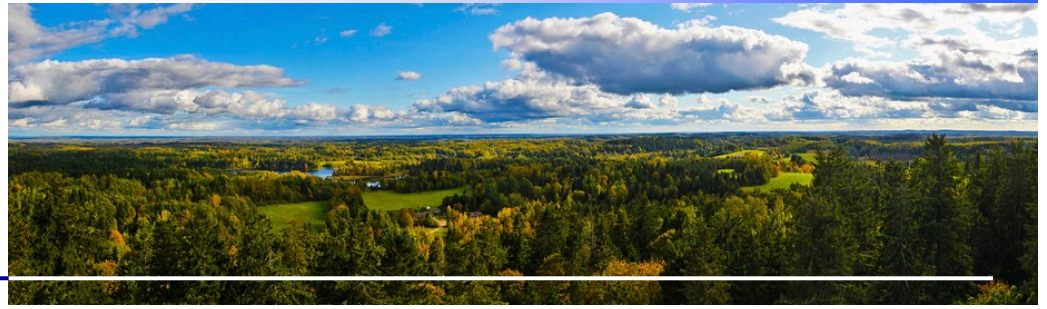
Crete was once the center of the Minoan civilization which flourished from approximately the 27th century to the 15th century BC. It was rediscovered at the beginning of the 20th century through the work of a British archaeologist, Arthur Evans. Will Durant referred to it as "the first link in the European chain". Unfortunately the civilization was destroyed because of the volcanic eruption in Santorini, that is ancient Thira. Knossos was one of the most important cities in Minoan Civilization.

Knossos is the largest Bronze Age archaeological site on Crete and is considered Europe's oldest city. The Palace of Knossos dates back to 2000-1350 B.C. and is the largest of the preserved Minoan palatial centres. Four wings are arranged around a central courtyard, containing the royal quarters, workshops, shrines, storerooms, reposito-

ries, the throne room and banquet halls



Let's first understand our national heritage in order to define and build our European identity



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Estonia, officially the Republic of Estonia - Eesti Vabariik -, is a state in the Baltic region of Northern Europe. It is bordered to the north by the Gulf of Finland, to the west by the Baltic Sea, to the south by Latvia, and to the east by Lake Peipus and. Across the Baltic Sea lies Sweden in the west and Finland in the north. The territory of Estonia covers 45,227 km², and is influenced by a humid continental climate. The Estonians are a Finnic people, and the official language, Estonian, is a Finno-Ugric language closely related to Finnish, and distantly to Hungarian and to the Sami languages.

Estonia is a democratic parliamentary republic divided into fifteen counties, with its capital and largest city being Tallinn. Estonia's population of 1.3 million makes it one of the least-populous member states of the European Union, Eurozone and the North Atlantic Treaty Organization.

Estonia ranks high in the Human Development Index, and subsequently performs favourably in measurements of press freedom, economic freedom, civil liberties and education. Estonia is often described as one of the most wired countries in Europe, and is recognised as a leader in e-government.

The small size of Estonia makes travel from one point to another inexpensive and can also accommodate changing landscapes and lot of excitement in a few days trip.

Wild beaches with white sand, as well as more than 1,500 islands mostly untouched by human settlement where you can go on nature hikes and watch numerous bird species – Estonia is second in Europe in the number of visible bird species after Spain. Silence can also be enjoyed in the forests, as Estonia is the fifth most abundant country in Europe in forest cover.

Estonia is a European folklore centre in addition to Ireland. Nearly one in every ten Estonian participates, as a spectator or a singer, in our famous **song festival** that belongs to the UNESCO Cultural Heritage, annual festivals such as the Viru Folk and the Viljandi Folk Music Festival bring the most unique artists from around the world together to show themselves.

ESTONIA



In 2009, we Celebrated our 25th Song Festival with 30,000 singers performing to an audience of 80,000



Tallinn's medieval Old Town, belonging to the UNESCO World Heritage, is unique in the world in terms of its entirety. While enjoying the beautiful architecture of the Hanseatic city, you can partake in modern city life and good restaurants, as well as familiarize yourself with a history which mixes legends about ghosts that still roam in the buildings of the Old Town. Manors, castles and fortresses all over Estonia are places for children to play and for adults to look at and vividly demonstrate the interpenetration of Estonian and German history through centuries at every step.



LOHUSUU FISH FAIR

LOHUSUU RANNAKULTUURI SELTS
LOHUSUU COASTAL CULTURE SOCIETY
 Avinurme tee 63, Lohusuu, 42001 Ida-Virumaa
www.lohusuuselts.ee
lohusuuselts@lohusuuselts.ee

Founded in 2003, and situated right in the heart of Lohusuu settlement, the society makes an effort in saving, introducing and cherishing the local fishermen culture. Lohusuu is one of the oldest fisherman villages on the shores of Lake Peipsi and its traditions go back five hundred years. Society renovated the old schoolhouse and it is now a museum with hundreds of rare things which people used in their everyday life during past few hundred years. The idea of the museum belongs to the teacher of Lohusuu School, Helle Vaher, who has also gathered together the main part of the museum's exposition. One part of the museum introduces the work of Otto Wilhelm Masing, an Estophile who was born in Lohusuu in 1763, published one of the earliest Estonian newspapers and 'invented' letter 'Õ', without which Estonian language would never be the same. One of the most important traditions started by the Society is an annual Fish Fair—Kalalaat. Fishermen and salesmen of fish products come from near and far, workshops for children are opened and visitors are entertained by local cultural entertainment groups. Society also organizes activities connected to national traditions to local inhabitants, such as making traditional food and national handicraft. Visitors can get a tour around Lohusuu and get acquainted to local important sights.

LOHUSUU ISSANDA RISTIMISE KIRIK **CHURCH OF THE EPIPHANY**

Järve tee 5, Lohusuu, 42001 ida-Virumaa

Built in 1897-1898, architect Vladimir Lunski, it is a beautiful sight. In 1998 it was taken under state protection as an original example of architectural heritage. The church is a home for several revered icons, sacred to orthodox believers: Christ the Savior, Mother of God, Saint Nicholas, and Great Martyr Saint George.



VE NE KULTUURI SELTS 'LOGOVEST' **RUSSIAN CULTURAL SOCIETY LOGOVEST**

MTÜ Logovest
 Lohusuu, 42001 Ida-Virumaa
nataljatun@hot.ee



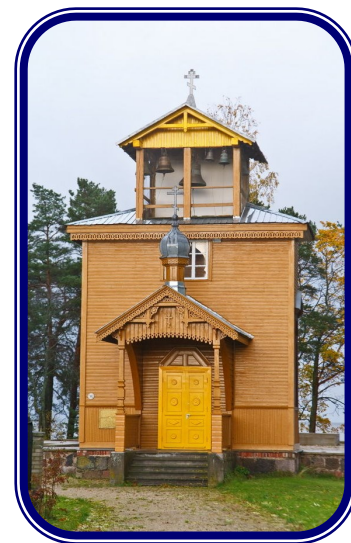
In 2005, women in Lohusuu Russian Village decided to put a start to a society which would protect, introduce and cherish local Russian cultural traits and traditions. The name 'Logovest' is the original historical name of Lohusuu. The society gathers together a lot of local and nearby people interested in original Russian national dances, songs and handicraft. Society members organize lot of events connected to old traditions, such as New year carnivals, Easter celebrations and Jan's Day (Midsummer Day). Singers and dancers are frequent entertainers in events near and far. The heart and soul of the society is Natalja Tumanova.

RUSSIAN OLD BELIEVERS IN MUSTVEE AREA

Eastern Estonia is home to many Russian Old Believers. The Old Believers are Russians who fled to Estonia because of religious persecution. They found homes on the west banks of Lake Peipsi. The first Russian Old Believers appeared in Estonia on the coast of Lake Peipsi near Mustvee in the late 17th century. Today there are about 15 000 members in 11 congregations of Old Believers in Estonia.

Today there are 11 congregations of Old Believers in Estonia with a total of 15 000 members. The congregations mainly lie in areas along the banks of Lake Peipsi, but also exist in Tartu and Tallinn. At present there are 4 actively functioning chapels in the villages. The descendants of the Old Believers willingly baptise their children in the worship houses. The Old Believers of Estonia strive for a revival of old traditions.

A unique 7-kilometre village street, consisting of the Raja, Kükita, Tiheda and Kasepää villages, follows the shore of Lake Peipsi. All of the houses are of a peculiar architecture and are situated in a single line. Most buildings are two stories and have either balconies or small towers. Every house has an icon inside and a spade in the yard.



Praying house in Rajaküla



Icons in Mustvee Old Believer's Church

MUSTVEE VANAUSULISTE KODULOOMUUSEUM

MUSTVEE OLD BELIEVER'S MUSEUM

Narva tn 22, Mustvee, 49604 Jõgevamaa

<http://www.hot.ee/mmuus/uldinfo.htm>

In 1986, the Geography teacher at Mustvee Russian High School, Larissa Korobova, started to gather historical materials and documents of Russian Old believers in Peipsi area. During the first 15 years of existence, the museum was located in the school's facilities, it became an Old Believer's Museum officially in 2008.

The Museum is registered as UNESCO's World heritage site.

The exhibits give an overview of the culture of Old Believers both in the past and in the present. The collection includes samovars, irons, clothes worn by the Old Believers, commodities, furniture and fishing equipment.

KOLKJA VANAUSULISTE MUUSEUM KOLKJA MUSEUM OF OLD BELIEVERS

Ranna 12, Kolkja alevik, Peipsiääre vald, Tartu maakond

http://www.hot.ee/kolkjamuseum/index_en.html

In the summer of 1998, an Old Believers Museum was established in Kolkja where everything connected with the life of Old Believers is exhibited. The traditional food of the Russian Old Believers can be enjoyed at the fish-and-onion restaurant in Kolkja. The restaurant was built with funds from the PHARE programme.

You can see the traditional clothes, everyday items, handicrafts, tools, photos, books and many other items associated with the Old Believers.



In Kolkja, visitors can see what old believer's houses looked like, how they lived and what were their everyday items.



RAKVERE LINNUS—RAKVERE CASTLE

<http://www.rakverelinnus.ee/>



Avinurme is famous for its handicraft skills, which are passed on from one generation to another, and a way of life that is both creative and natural. You can learn more about local cultural heritage and its preservation and development in Avinurme Cultural Heritage Centre.

Known for its handicrafts, especially for manufacturing wooden utensils, Avinurme bears the unofficial title of the Barrel Capital of Estonia. Carpentry was popular not only in Avinurme, but in the neighbouring villages as well. In some places, craftsmen specialised in making fish barrels, in others they hand-split

Rakvere Castle is a historical place built in the 13th century. Throughout the ages, Rakvere Castle has belonged to Danish kings, knight-monks of the Livonian Order and the Swedish and Polish states.

Today it is visited yearly by more than sixty thousand people from both home and abroad.

When you enter the castle, you will get into a theme park presenting life at a 16th century castle where both the little and the big can spend an exciting day, transform into knights and warriors, be entertained, and learn something about the life of medieval and early modern people.

Museum lessons or educational programmes are meant for both children and young people and adults.

Diverse museum environment enables to integrate subjects by using various active teaching methods and thus make learning rich in experience.

Creative tasks, group work and manual activities develop various skills and reinforce the acquired knowledge.

Adults and elders can experience joy of recognition in the museum and interpret their knowledge and experience in a novel way.

AVINURME ELULAADIKESKUS

AVINURME LIFESTYLE CENTRE

Võidu 2, Avinurme, Avinurme county, East Estonia

<http://www.elulaadikeskus.ee/>



shakes for roofing or built sleighs, made wicker baskets and woven flax bags.

In addition to woodcraft heritage, Avinurme Lifestyle Centre also exhibits rug making traditions and local cooking customs.

IISAKU MUUSEUM—IISAKU MUSEUM

Tartu rd. 58, Iisaku, East Estonia

<http://www.iisakumuuseum.ee/>

Founded in 1975, the museum is located in a former ministry school building. Its permanent displays are arranged thematically in separate rooms, where you will obtain an excellent overview of life in the country, farms in the olden days, the work of master craftsmen and the history of the local fire fighting service. Separate exhibitions focus on the unique natural environment and diversity of the area,

the history of Iisaku school and the writer of the well-known Estonian song 'Ema süda' /A Mother's Heart/. The teacher's apartment on the second floor presents a picture of life in the early 20th century, and there is a special exhibit looking at the Iisaku region's population of half-Estonian/half-Russians.



KOHTLA KAEVANDUSPARK - KOHTLA MINING PARK

Jaama st 1, Kohtla-Nõmme, East-Estonia

<http://www.kaevanduspark.ee/>

The underground museum is the most attractive and exciting sight at the Kohtla Mining Park, consisting of former mining gears with a total length of 1 kilometre.

During the guided tour, visitors become miners as they put on helmets and miner lights and descend to mining gears up to 8 m under the ground. They are offered a unique chance to walk in the footsteps of real miners, experience their daily work in moist and dusky conditions, which helps to understand the background and the development of oil shale mining and the functioning of the industry. During the underground tour, guests visit miners' various underground work places as well as the explosives storage, travel on a real underground train for miners, and get the view of various underground technical equipment and mining technology.

In addition to that, visitors can order a delicious miner's lunch and enjoy it in the underground miner canteen.



Kohtla-Järve Museum of Oil Shale is an academic museum that was established in 1966. Its visitors have access to a permanent display that reflects the formation of oil shale as a rock, as well as the history of its mining industry and the present value of oil shale.

In the museum collection, at the disposal of researchers, there are more than 27'000 units. In addition to the articles of economic history are more than 600 works of art, the oldest of which dates back to the 1920's.

Since the 1st of October 2006 the structure of the museum has been altered to accommodate several other independent units used to organize art exhibitions .

KOHTLA-JÄRVE PÕLEVKIVIMUUSEUM KOHTLA-JÄRVE MUSEUM OF OIL SHALE

Lehe 10a, Kukruse, 30621 Kohtla-Järve

www.pkm.ee

One example of this is Kohtla-Järve White Hall, formerly the City Gallery, whose main task was organization of art exhibitions in cooperation with Kohtla-Järve Artist Association. Yet another example is the Virtual Branch of the State Russian Museum, whose objective was the organization of virtual excursions. Currently the collection houses more than 50 units of video materials detailing both Russian and world-wide cultural heritage.

As of October 2006 a project translating finished programs to Estonian was started. At the same time an active search of contacts with other museums across Europe was made in order to enrich the museum's video material collection. There is currently a permanent collaboration with the schools of Kohtla-Järve, and indeed with IT and Art teachers.

Since 2007, the Museum of Oil Shale has been situated in Kukruse village. This location is very symbolic as there has been a history of mining of oil shale in Kukruse for 90 years. Another important factor has been the immediate vicinity of the Tallinn – St. Petersburg highway.



KUKRUSE POLAARMÕIS KUKRUSE POLAR MANOR

Mõisa, Kukruse küla 20, Kohtla vald,
30623 Ida-Virumaa
<http://www.kukrusemois.ee/>

At Kukruse Polar Manor you can learn about the adventurous lives of polar researcher and geologist Eduard von Toll, and archivist Robert von Toll, who were pioneers in the conscious use of oil shale. You can do all this and try out the lives of the 18th and 19th nobility yourself.

In Kukruse Polar Manor we will look at the history of the manor and have a brief overview of the role of the Baltic Germans in Estonian society.

Here you can get a real feel for a nobleman's life – you can try on 18th and 19th century clothing, learn to write in Gothic letters and find out about the mysterious Sannikovimaa expedition. You can ride dog sleighs and polar kayaks and ride down a slide. It is a fun and children-friendly manor with activities for all ages.

ORU PARK

ORU CASTLE AND PARK

Merepuiestee 10, Toila alevik,
Toila vald, East-Estonia
<http://www.toila.ee/>

Built by a wealthy Russian merchant in the 19th century, and serving later as a summer residence of President Päts, the Oru Palace with its well-preserved and well-kept park offer the opportunity to go for walks and see various species of trees and shrubs, explore the Silver Spring Cave and enjoy the view of the sea.

Oru Park and the grand palace in the beautiful primeval valley of the Pühajõgi River were built by Grigori Jelissejev – one of the wealthiest business magnates in 19th century Russia.

In 1935, three industrialists bought the palace and park and presented them to President Päts for his summer residence. The palace was completely destroyed during the Second World War, but it has since been restored and has become a beloved place for leisure and recreation for locals.



MAIDLA MÕIS MAIDLA MANOR

Mõisa 1, 42319 Maidla, Ida-Virumaa
<http://www.maidla.ee/>



The stories of our manor will begin from the moment you arrive. You will learn the story of Baroque manor through game. Here you can find answers to your questions. This is like a puzzle which you put together piece by piece. You will be introduced to the world of history through the stories of Maidla Manor. Stories for adults and little ones, families and companies, explore by yourself or with manor personal.

NARVA KINDLUS—NARVA CASTLE

Peterburi rd 2, Narva, Ida-Virumaa

<http://www.narvamuseum.ee>

The Narva Castle (also Hermann Castle or Narva Fortress) is one of the main attractions of Narva. In the seventh decade of the 13th century, the Danes established a castle as a residence for the Danish King's vice-Regent. The Narva Castle is the most diverse and best preserved defence structure in Estonia. The area of the castle is 3.2 hectares, and the highest point is the Tall Hermann Tower (51 metres).

The Herman Tower was completed at the time of the Order, necessitated by the establishment of Ivangorod Castle by the Russians to the opposite side of the Narva River in 1492. The Order surrounded the town with a wall, which unfortunately has not been preserved. On the basis of descriptions, we know that the wall had four gates: the Viru Gate in the west, the Herd (Karja) Gate in the north, the Old (Vana) Gate leading to the river port in the east and the Water (Vee) or Small (Väike) Gate in the south. The gates were covered with iron plates and preceded by drawbridges. The town wall, with a length of about a kilometre, was fortified with at least seven towers. The town wall was surrounded by a moat.



Ivangorod Fortress (to the right) opposite Hermann Castle, with Narva River in between

The permanent exhibition of the Narva Museum, situated in the three wings of the Narva Castle and on the eight floors of the Tall Hermann, explains the history of the city from the 13th to the 20th century. In addition, it hosts various temporary exhibitions, events and concerts. Narva Museum is one of the oldest museums of Estonia. Narva Muuseum is accommodated in the precincts of the Narva Castle. It's a classical West-European castle. The museum has developed on the basis of the Museum of Peter I and the Museum of Lavrentsovs.

The biggest attraction of the Narva Museum is the almost seven century old Narva Castle standing on the border of Estonia and Russia on the banks of the Narva River. Its history began with the Crusaders' rule in the Baltics. Already at the end of the 13th century the Danes had a stronghold here, which protected the interests of the western countries and served as a refuge for the invaders during the revolts of the occupied people. But the Narva museum is not limited to the castle. The collection includes many exhibits and stories about the history of the whole area.

Permanent expositions: MEDIEVAL NARVA

NARVA DURING SWEDISH AUTHORITY. 1581-1704

NARVA AS A PART OF RUSSIAN EMPIRE FROM THE 18TH TILL THE BEGINNING OF THE 20TH CENTURY

SA NARVA MUUSEUM NARVA MUSEUM

Peterburi rd 2, Narva, Ida-Virumaa





SILLAMÄE MUUSEUM—SILLAMÄE MUSEUM

Kajaka 17A, Sillamäe 40231

<http://www.sillamae-museum.ee/>

The Museum of Sillamäe gives an overview of the history of Sillamäe, its mining and production facilities (dictyonema argillite, rare earth metals), local mineralogical collection, and life of the "soviet people" in 1950-60s

This museum in Sillamäe has been open since 1995 and was based on the private collection of the oil shale chemical factory.

Today the museum has 6 different halls with exhibitions charting the history of the town. One is the 1950s room, which depicts life during the era. Others examine the life of a Vaivara municipality farmer, life at the end of the 18th century, and the household items used in the first half of the 20th century. The mineral hall is unique and provides an overview of the origins of Estonia's dolomite, limestone and granite. There is also an exhibition of gemstones.

VAIVARA HUVIKESKUS—THE MUSEUM OF VAIVARA BLUE MOUNTAINS

Poe 3, Vaivara, 40102 Ida-Virumaa

<http://muuseum.vaivaravald.ee/>

Situated in the manor's renovated granary and blacksmith's shop, the exhibition of the Museum of Vaivara Blue Mountains is dedicated to the 1944 battles on the Narva River and in the Blue Mountains. The collection exhibits weapons, uniforms, soldiers' personal items, wartime photographs, propaganda posters of the fighting parties and other materials connected with the battles.

The majority of the exhibits in the museum are authentic – they have been found, collected and were used in this region.



In addition to viewing the exhibition, you can watch historical films and documentary.

The compilers of the exhibition have also thought about young visitors – while parents focus on the more detailed accounts of history, children can touch some of the objects or flick through nifty photographs.

VALASTE JUGA—VALASTE WATERFALL

Ontika village, Kohtla County, Ida-Virumaa

Located at the Ontika limestone cliff, the 30 metre high Valaste Waterfall is the highest waterfall in Estonia. It shows its rebellious side during spring high water. The fall is especially scenic in winter when cold winds blowing from the sea freeze the spray on the trees on the cliff, thus creating a fairytale-like ice world.

The Ontika limestone cliff is the highest part of the famous over 1100 km long Baltic Klint, which starts from the island of Öland in Sweden and extends to the area near Lake Ladoga in Russia. It is at Ontika at the height of 30 metres that the highest waterfall in Estonia runs to the shore.



KUREMÄE JUMALAEMA UINUMISE NUNNAKLOOSTER PÜHTITSA CONVENT

Kuremäe village, Illuka, Ida-Virumaa
<http://www.illuka.ee>

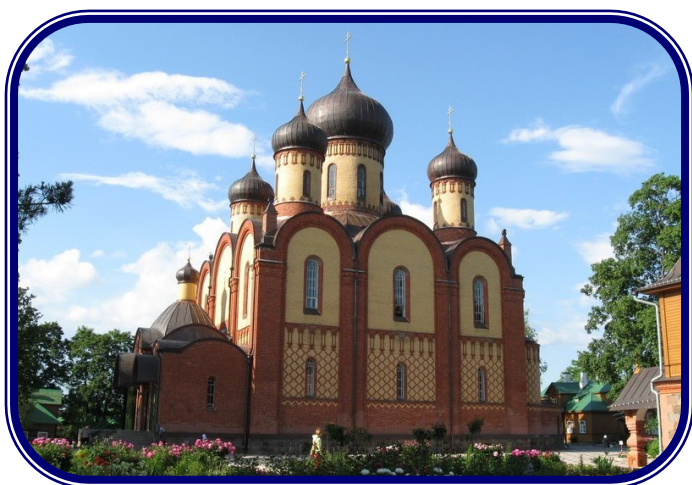
The convent is located on a site known as Pühitsetud ("blessed" in Estonian) since ancient times. According to a 16th-century legend, near the local village, Kuremäe, a shepherd witnessed a divine revelation near a spring of water to this day venerated as holy. Later, locals found an ancient icon of Dormition of the Mother of God under a huge oak tree. The icon still belongs to the convent.

A small Orthodox Christian church was built in Pühtitsa in the 16th century. The convent was founded in 1891. In 1888, the Russian Orthodox Church sent a nun from Kostroma Ipatiev

Monastery to establish a convent in Pühtitsa. The main Cathedral of the convent was built to a design by Mikhail Preobrazhensky in a Russian Revival style and was fully completed in 1910.

There are six churches in the convent dedicated to a number of Orthodox Christian Saints such as St. Sergius of Radonezh, St. Simeon the Receiver of God, St. Nicholas, St. Anna the Prophetess and others. Prince Sergei Shakhovskoy governor-general of Estonia was convent's patron and protected it from local nobles, mostly German Lutherans, who tried to resist its construction. The convent was first Orthodox monastery built in Estonia to the delight of mostly Orthodox local Estonian and Russian peasants of Jõhvi county.

The spring is known as a "holy spring" today for the curative powers of its water. One can also bathe in the refreshing water. The convent gates are open and you can walk around and observe convent life.



ONTIKA PANK ONTIKA LIMESTONE CLIFF

Kobtla County, Ida-Virumaa

Estonia's highest limestone cliff, Ontika, is up to 55 metres high, looks like a stone nature book, revealing the layers of various eras to the viewer. The best place to see the cliff is from the observation platform built near the Valaste cascade.

Ontika Limestone cliff is the highest part of over 1,100-km-long Baltic limestone bank that starts in Sweden on the Island of Öland and ends in Russia near Lake Ladoga.

The limestone cliff runs 23 kilometres from the Village of Saka to the vicinity of Toila, thus being the longest uninterrupted part of the cliff.



EESTI KUNSTIMUUSEUM KUMU KUMU ART MUSEUM

A. Weizenbergi tn 34, Tallinn
<http://www.kumu.ee/en>

Kumu, which opened in 2006, is the new and grand headquarters of the Art Museum of Estonia, which attracts everyone that is interested in Estonian art and culture. Both Estonian art classics as well as the works of artists that cultivate modern trends are on display at Estonia's largest museum. In 2008, the Kumu Art Museum was recognized as the best museum in Europe and the winner of the European Museum of the Year Award. The Award is presented by the European Museum Forum, the activities of which are supported by European Commission.



*VIINISTU KUNSTIMUUSEUM
VIINISTU ART MUSEUM
Viinistu Village, Kuusalu
www.viinistu.ee*

In the little coastal village Viinistu you can visit Art Museum founded in an old cold store of fish. Viinistu Art Museum displays works of hundreds of Estonian artists throughout times. The owner of the art collection is Jaan Manitski. Exhibitions alternating each month in galleries converted from water tanks attract people. Concerts of different performers are also organised in the museum.

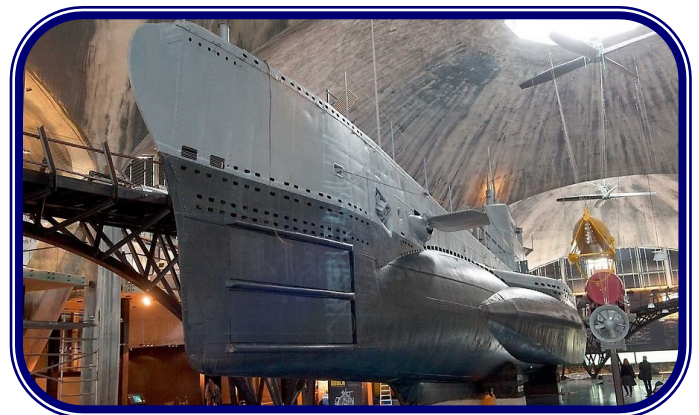


EESTI MEREMUUSEUM ESTONIAN MARITIME MUSEUM

Pikk 70, Tallinn

<http://www.meremuuseum.ee/et/>

The Estonian Maritime Museum is located in the Fat Margaret tower in the old town of Tallinn. The museum presents history of ships and navigation in Estonia and related to Estonia. Other parts of the Maritime Museum are the mine museum and the Seaplane Harbour where museum ships are presented



EESTI MAANTEEMUUSEUM ROAD MUSEUM

Varbuse, Kanepi county, Põlvamaa
www.muuseum.mnt.ee

On the Post road, in the former Varbuse horse changing post station on Tartu-Võru highway has been established the Estonian Road Museum. In the main building of a postal station complex, the only one in Estonia preserved in its entirety, the development of roads and traffic patterns from ancient to modern times is presented by way of interactive display. Inventive and innovative outdoor areas are known as ROAD TIME and introduce the historical road space, road signs and machinery. In the recreation area there is a children's playground, a picnic area, a Track of Skill and a traffic area for children.



TARTU MÄNGUASJAMUUSEUM TARTU TOY MUSEUM

Lutsu 8, Tartu

The permanent exhibit displays toys that children in Estonia have played with throughout the ages. The display also includes artist-made dolls, souvenir dolls from around the globe and traditional Finno-Ugric toys. The museum has play and workshop rooms, and the exhibit rooms also offer plenty to keep one busy. Alternating exhibits and children's activities are organized at the museum.



TALLINNA LINNAMUUSEUM TALLINN CITY MUSEUM

Vene 17, Tallinn

The cannon tower Kiek in de Kök is the mightiest defence tower in the Baltic countries. It was constructed in its original form in 1473 – 1483. The tower is located next to Toompea, it has undergone several reconstructions in the course of centuries – its present height reaches 48.8 meters. The 6-storey tower was opened as a museum in 1958. The exposition introduces historical landmarks related to the founding and fortification of Tallinn and the most important military events in the history of the town. A marvellous view of the town opens from the windows of the tower.





The museum that was opened on 19th October 2007, is located on Jaama Street 14, in the old residence of the Estonian society "Vanemuine". The main attraction and the soul of the museum is to be called "Power of Song", an exhibition that tells the story of the legendary and world famous Estonian song festival tradition, conveys the feelings of a national awakening and the formation of a nation. "Power of Song" is an exhibition of national survival through decades of oppression and occupation with a spotlight on the so called Singing Revolution in 1988, which ended the Soviet regime and led to restoration of the Republic of Estonia, established in 1918.

The exhibition is focused on the first and also the second song festival, the centennial celebration of the song festivals in 1969 and on the birth of the tradition of song festivals of students and boys' choirs (1956 and 1976 respectively) in Tartu, the university town and the cradle of Estonian national conscience.

EESTI AJALOOMUUSEUM ESTONIAN HISTORY MUSEUM

Pikk 17, Tallinn

www.ajaloomuuseum.ee



The Estonian Open Air Museum is a life-sized reconstruction of an 18th-century rural/fishing village, which comes complete with church, inn, schoolhouse, several mills, a fire station, twelve farmyards and net sheds. The site spans 79 hectares of land and contains 72 separate buildings and is located 8km to the west of Tallinn city center at Rocca al Mare. Established in 1957, the museum showcases 68 farmhouses assembled into twelve farmyards from North, South and West Estonia.

Along with the farmyards, old public buildings are arranged singularly and in groups in a way that represents an overview of Estonian vernacular architecture of the past two centuries.

TARTU LAULUPEOMUUSEUM TARTU SONG FESTIVAL MUSEUM

Jaama 14, Tartu

www.linnamuuseum.tartu.ee



The mediaeval Great Guild Hall has always played an important role in the life of the city. The permanent exhibition at the History Museum "SPIRIT OF SURVIVAL. 11,000 years of Estonian History" (opened in 2011) helps to understand the singularity of the people who have lived in Estonia and introduces historical events that have affected them the most. The exhibition discloses the story of Estonian past through rooms with different topics, such as the Gun Room that tells about wars, the exhibition "Power of the Elite" that talks about the Great Guild and mediaeval trade. You can also see different currencies and take part in historical events in the interactive time capsule.

EESTI VABAÕHUMUUSEUM ESTONIAN OPEN AIR MUSEUM

Vabaõhumuuseumi tee 12, Tallinn

<http://www.evm.ee/eng/>



ESTONIAN FOLKLORE

Estonian folklore is largely based on animism and has also been strongly influenced by its neighbours and conquerors.

From the animism era, Estonians have inherited a large collection of distinctively structured verse songs. Most of Estonia's heritage is preserved through old folk songs and legends that were "sung down" (rather than handed down) from generation to generation.

They were only written down during Estonia's first period of independence (1918 – 1939). The later period between the two world wars was crucial in preserving and popularising Estonian folklore. During that time all legends, songs and beliefs were carefully gathered and examined to better understand their meanings.

These songs cover the whole life cycle from birth to marriage, death and the afterlife. They were also used to accompany everyday work.

Choirs became important way of communities to culturally interact and Estonian choir music is very distinctive in the way it uses harmony and national texts. Songs have important role up to this day and **Estonian Song Festival** is best place to experience that choir music. Once every five years, the Estonian song festival grounds (Lauluväljak in Tallinn) are filled with folk costumes and smiling people. Imagine tens of thousands of singers forming one huge choir and hundreds of thousands of people sitting on the grass to hear traditional choir music .

Tallinn's song festival grounds, Lauluväljak (the Song Festival Grounds), have been visited by virtually every single Estonian. The stage under the "song arch" accommodates nearly 30 000 singers at once and there is room for almost 200 000 spectators. It is difficult to imagine Song festivals taking place anywhere else but here. But the tradition itself was born in Southern Estonia, in the second city Tartu and the first joint Song Celebration, held in Tartu in 1869, is considered to be the beginning of the Song Festivals as we know it.

In 2003, UNESCO declared Estonia's Song and Dance Celebration tradition a masterpiece of the Oral and Intangible Heritage of Humanity.

Estonia has many annual folk festivals like **Võru Folk** and **Viljandi Folk Music Festival** where singers and musicians from all over the world gather and perform songs from different cultures and belief systems. They also play and act different riddles, legends and myths.



Once every five years, thousands of singers gather under the song arch and hundreds of thousands enjoy their singing.
<http://estonia.eu/about-estonia/culture-a-science/song-and-dance-festivals.html>



Võru folklore festival is the oldest and biggest annual folk festival in Estonia. This international event is looking to promote and share the folklore and traditions of different nations to strengthen the friendship and the identity of each country. First international folk festival was held in 1995. <http://www.vorufolkloor.ee/>



Viljandi Folk Music Festival is held every year on the last weekend of July in Viljandi and it is one of the largest of its kind in the Baltic and Northern countries. The festival is a place where all the best musicians meet and present their contemporary renditions of traditional music.

www.folk.ee/en



LAHEMAA RAHVUSPARK LAHEMAA NATIONAL PARK

Palmse, Vihula, Eastern Estonia
www.keskkonnaamet.ee

In Lahemaa (Land of Bays), located on the northern coast of Estonia, you will find stony and sandy seashores, picturesque bogs, pine forests, old-growth forests, cliff forests, alvars and rivers that have cut into the limestone cliff. You will also find many geological, historical and architectural monuments. There are many erratic boulders, which were brought over from Finland by continental ice. The national park, established in 1971, was the first national park in Estonia. Lahemaa is one of Europe's most important forest conservation areas, where many large mammals live.



MATSALU RAHVUSPARK MATSALU NATIONAL PARK

Western Estonia

Matsalu National Park is situated in the western part of Estonia. Reserve was founded in 1957 mainly to protect nesting, moulting and migratory birds. In 1976 Matsalu was included to the list of wetlands of international importance under Ramsar convention. There are 282 species of birds, 49 species of fish and 47 species of mammals registered in the area of nature reserve, also 772 species of vascular plants. Also the landscapes are unique and deserve to be protected - floodplains, reed-bed, coastal meadows, wooded meadows and islets.



SOOMAA RAHVUSPARK SOOMAA NATIONAL PARK

Central Estonia



Soomaa National Park stands out in Europe thanks to its wilderness – there are 5 large bogs, native forests and flooded meadows. Traditional land use has turned the areas around its meandering rivers into biologically diverse floodplains and wooded meadows. Because of its large untouched areas, Soomaa (Land of Bogs) is a member of the international PAN Parks network and has been nicknamed the Wilderness Capital of Estonia.

The lack of human activity makes Soomaa a sanctuary for both large and small mammals. Moose, roe deer, wild boars, lynxes, wolves and bears live in its woods; beavers help design its watery landscape. The best way of exploring Soomaa is on a bog hike or canoe trip. To get the best possible experience from the national park, visit it during the fifth season.

VILSANDI RAHVUSPARK—VILSANDI NATIONAL PARK

The sea and its more than 150 islands, islets, and rocks form over two-thirds of Vilsandi National Park. One of the largest resting sites of grey seals in Estonia is located here, and thousands of waterfowl winter or stop here.

Vilsandi is rich in seabirds and there are many rarities among the plants that grow on the juniper-covered heritage landscapes and forests.

People interested in geology will find outcrops of Silurian limestone containing plenty of fossils and fossilized corals on the west coast and on Vilsandi.

Those who are not afraid of longer walks will find small sand dunes on Harilaid Peninsula; the changing



shape of these dunes is unique in Estonia. The Kiipsaare lighthouse, once situated in the center of the peninsula, could be found on its eastern shoreline many years ago, but is now located in the sea near its western shoreline.

The visitor center of Vilsandi National Park can be found in Loona Manor complex, where you can take a look at fossils and a permanent exhibition about the national park, as well as watch films about sea life and local nature. In summer, hikes are organized every day. Be sure to make use of the opportunities of water tourism and bicycle rides to explore the national park!

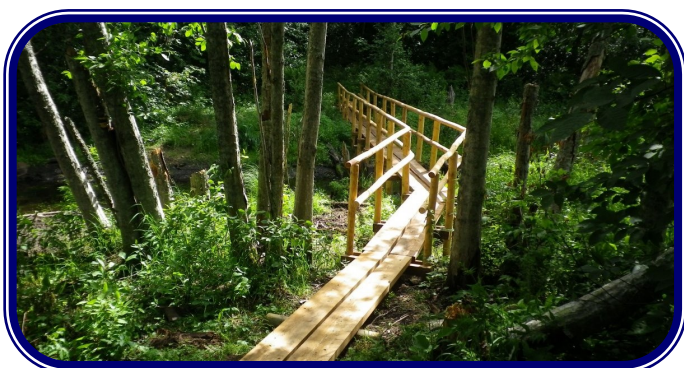
KARULA RAHVUSPARK KARULA NATIONAL PARK

Karula National Park is Estonian's smallest and it was recognised as a national park in 1993. Well forested and with 38 lakes, home to many animals including moose, lynx, wild boar, red squirrels plus over 150 bird species

Karula National Park makes up nearly a third of Karula Upland. Its unique hillocks are a spectacular example of a landscape designed by continental ice – it was created as a result of the uneven melting of the ice.

The visitor centre of Karula National Park is located at Ähijärve, by the largest lake in the area. You can walk around the lake and also take a look at an exhibition on local nature and cultural heritage.

If you are not afraid of gravel roads and hills, explore the national park on a bicycle! You will enjoy an unforgettable experience of southern Estonian traditions if you stop to take



KÕRVEMAA MAASTIKUKAITSEALA

Located in the coast of North Estonia, it is a loved destination among nature lovers and campers: high hills, wild forests, lakes and rivers, beautiful wild bogs and plenty of rare animals, birds and plants give you a chance to experience Estonian nature at it's best.

Kõrvemaa region does not have clear borders, as locals define it one way and official books may give a bit more specific coordinates. However, it reaches from the Harjumaa plateau and Finnish bay (Soome laht) in North-East to Pandivere upland and Navesti river in the South-West and covers more than 3000 square kilometres.

During autumn and spring, rivers run wild here – both on the ground as well as underground. Kõrvemaa (Rebala) karst area with it's deep, empty river beds and underground water caves is a fascinating exploration ground for dry summer months.





TALLINNA LOOMAAED

TALLINN ZOO

Paldiski mnt 145, Tallinn

<http://www.tallinnzoo.ee/>

Tallinn Zoo was founded on 25 August 1939. The main responsibility for the preparations of this event lay with the Society for the Prevention of Cruelty to Animals and the Department of Tourism and Nature Preservation.

Tallinn Zoo holds the best collection of mountain goats and sheep in the world. We have an outstanding number of eagles and vultures and a remarkable collection of owl and crane species.

To get better acquainted with the Zoo, you can order yourself guided tours, either general or thematic.

A general tour takes at least 2 hours and involves a lot of walking. You will see the whole exhibit, with emphasis on rare and endangered species.

The minimum duration of a thematic tour is 1 hour. Being more or less connected with school programs, thematic tours are meant chiefly for students. But such kind of tours can also be ordered by those interested in any special topics of zoology.

Tallinn Zoo is home to one of the rarest cats in the world - Amur leopard. The crepuscular leopards can most likely be seen romping around the enclosure in the early morning and late afternoon, local time.

TALLINNA BOTAANIKAAED

TALLINN BOTANIC GARDEN

Kloostrimetsa tee 52, Tallinn

<http://www.botaanikaed.ee/en/>

Tallinn Botanic Garden was founded in Kloostriemetsa as an institute of the Academy of Sciences on December 1, 1961. In 1995 it became a municipal establishment. Major plant collections were planted during the first 20 years. Outdoor gardens were opened for visitors in 1970 and greenhouses in 1971. The nature trail that was restored with the help of financial support from the Environmental Investment Centre in 2011 is 3.9 km long and covers 15 different types of landscapes and habitats. The former Kloostriemetsa Swamp with an area of ca. 20 hectares is situated in the Pirita Fluvial Valley Landscape Protection Area. The Kloostriemetsa Swamp trail runs entirely outside the fence that surrounds the territory of the Botanic Garden; it is 2.5 km long and has seven marked stops with display boards.



ELISTVERE LOOMAPARK

ELISTVERE ANIMAL PARK

Elistvere, Tabivere County, Jõgevamaa

<http://www.rmk.ee/subject-headings/for-hikers/elistvere-animal-park>

In Elistvere Animal Park, you can see European buffalo, elk, reindeer, wild boar, roe deer, fallow deer, brown bear, lynx, fox, raccoon dog, common squirrel and pheasant. In the interior rooms, guinea pigs, degus, hamsters, gerbils, Cairo spiny mice, lab rats, chinchillas and lab mice can be examined. The park is opened every day.



ESTONIAN CULTURAL TREASURES

SETO CULTURE IN SETUMAA

www.visitsetomaa.ee

Setos are an ethnic and linguistic minority living in an area covering South East Estonia and North West Russia.

The original Seto culture developed from Eastern and Western cultures (katõ ilma veere pääl - "on the border of two worlds"). The estimated population of Setos in Estonia is 10,000 - 13,000, of which ca 3,000 - 4,000 live on their indigenous land.

Their borderland status has also given Setos a chance to preserve their language, lifestyle, food and unique folk costumes.

Setos are very religious people. Every household has its own icon corner (pühäsenuk) and almost every village has its own small chapel (Tsässon). As a rule, the chapels are locked and the key is held by the village elder or chapel master/mistress. An opportunity to visit a Seto chapel may come on village holidays when it's opened for public prayer.

Places to see:

VÄRSKA SETO MUSEUM

Pikk 12. Värskas, Põlvamaa

OBINITSA MUSEUM

Obinitsa Village, Võrumaa

PIUSA CAVES

Piusa Village, Põlvamaa



MUHU ISLAND CULTURE

www.muhu.info

Maybe the most well known tradition on Muhu is the weaving. Beautiful traditional costumes are woven and embroidered up to this very day and still worn on special occasions. Winter with its short days and long nights is the traditional time of the year for repairing ones tools, creating handicrafts, weaving and embroidery. Of particular interest are the Muhu blankets woven from wool and then embroidered with flowers. Bespoke blankets can be ordered but count on a long waiting time of up to a year.

Muhu is an island that has developed over the centuries at its own pace, its traditions are well known all over Estonia and the famous Muhu patterns are a refined expression of folk-art. So are its dance and songs. When talking to Muhu people one can feel the soil as well as the soul of a very proud community that weathered times.

KIHNU ISLAND CULTURE

www.kihnu.ee

Lying off Estonia's west coast, Kihnu Island is where folk costumes are normal attire and a grandmother's unique handicrafts are still highly valued. Kihnu's geographic isolation, strong sense of community spirit and their steadfast attachment to the customs of their ancestors have enabled the people of Kihnu to preserve their identity.

Kihnu Island is home to a community of 600 people. For many years, the men of Kihnu have frequently gone to sea while the women run the island. Kihnu women have become guardians of the island's cultural heritage which includes numerous songs, games, dances, wedding ceremonies and handicraft.



The Kihnu wedding was proclaimed as a UNESCO Masterpiece of the Oral and Intangible Heritage of Humanity. Unfortunately the last traditional Kihnu wedding was held in 1995 and only time will tell whether this unique tradition with its ancient customs and songs will live on, or if it will be practised only as entertainment for tourists.



TALLINNA VANALINN MEDIEVAL OLD TOWN TALLINN

www.tourism.tallinn.ee

Twisting cobblestone lanes and iron street lamps. Gothic spires and medieval markets. Cappuccino and Wi-Fi. This is the city's famous Old Town. If you're looking for that mix of historic ambience and cutting-edge culture that defines Tallinn, you'll find it here. Built up from the 13th to 16th centuries, when Tallinn – or Reval as it was known then – was a thriving member of the Hanseatic trade league, this enclosed neighborhood of colourful, gabled houses, half-hidden courtyards and grandiose churches is, quite rightly, the city's biggest tourist draw. And the fact that it's all neatly packaged within a mostly-intact city wall and dotted with guard towers gives it an extra dose of fairytale charm.

Tallinn Old Town is listed in the UNESCO World Heritage List.



SUUR MUNAMÄGI *'BIG EGG MOUNTAIN'* *Haanja Village, Võrumaa*

Suur Munamägi is the highest point in the Baltics and stands at 318 metres from sea level. The observation tower on Suur Munamägi provides a splendid view of Estonian nature within the range of 50 km. The existing tower is the 6th in number; it was built in 1939 and reconstructed in 1969; its present height is 29.1 metres. The tower was renovated again in 2005 and an elevator was added to its back side. When standing on the top of the tower, you will be 346.7 metres above sea level.



AJAKESKUS WITTENSTEIN TIME CENTRE WITTENSTEIN

Veski 11, Paide, Järvamaa

www.wittenstein.ee

The tower on Vallimäe Hill in Paide is now home to the Wittenstein Time Centre. An elevator rolls back the centuries like a time machine, with displays from different eras on different floors - the days of knights, kings and tsars; the period of occupation; the first Estonian republic; and the period of the country's regained independence. Sound and lighting effects, video programs and illusions add to the overall effect.

When you enter the Tower you come upon a time path, you need to make a little effort to remove a mighty rune stone from the cave mouth, behind which is the prehistoric world and the World Tree. Beneath the mighty tree is a sacred grove by which people can sit and view the play about the land of Estonians – from the beginning until the last Vikings – and feel like you are in an antique theatre, where besides entertaining they also educated you.



ESTONIAN CUISINE

The majority of Estonian food is very simple, and for a long time, grain and bread were in first place, with potatoes being added later. Milk, salted fish, and pork have also been part of the daily menu. The staple food for Estonians used to be bread and various other flour products. Whereas, bread was considered to be sacred, and one was not supposed to throw it or step on it. Other food, primarily animal foodstuffs, such as meat (salted), fish (dried, salted, fresh), and butter were called bread side dishes. Milk and dishes prepared from it was used infrequently. During the milking season, butter was produced and salted to preserve it for fall and winter. Pea, bean, lentil, barley, and flour soups played an important role at the dining table. Porridges were also popular. Food for festive occasions included barley sausages (bloodless white sausages in North-Estonia, and blood sausage in South-Estonia), pig's head, pork, and headcheese. Small pies with various fillings were also prepared. Starting at the end of the 19th century, new foods, which previously has only prepared in the towns and manors, started to proliferate. The amount of store-bought food and seasoning increased. Different types of baked white breads and cakes; barley porridge was often replaced by farina or rice pudding. Herring and potatoes appeared on the table.

In the old days, fresh milk was seldom drunk with meals, and sour milk was on the food table. Butter was also used quite seldom and cream almost never. Important dairy products were curd and cottage cheese.

Since ancient times, fresh, salted, or fermented wild mushrooms, berries, nuts, and other forest products have been used for food. If earlier, mushroom dishes were popular primarily in the eastern regions of Estonia, then today eating mushrooms has been universal. Estonian peasants did not start preparing desserts until the beginning of the last century. Earlier few desserts were prepared, and for instance, beer soup, cottage cheese crumbs, were only prepared for holidays and family celebrations. Desserts were prepared with "bird sweet", i.e. with the help of honey, which was originally obtained from the forest. Honey was an important foodstuff and one of the most effective medications for the peasantry.



Food marked with this logo ensures that it has an approved Estonian taste

This logo makes sure that the food is grown in Estonia



Lohusuu schoolchildren know how to make black pudding or 'blood sausages' which is much better name for them



Must leib—black bread—one of the most essential food items in Estonia

Estonians drink a lot of milk and "sweet water" made up from fruit syrup or jam and water. Other common beverages are beer, kvass, apple juice, sour milk. Nowadays, Estonians drink a lot of coffee.

Some feel that the Estonian national food is blood sausage; others think it is new potatoes with Baltic herring, while still others feel it is mulgi porridge, sauerkraut, kama dishes, hempseed spread, gingerbread cookies, or rye bread.

Estonians sitting down to eat say "May your bread last!" - "Jätku leivale!" to which one answers "Lasting needed" - "Jätku tarvis".

Let's first understand our national heritage in order to define and build our European identity

LOHUSUU KOOL—LOHUSUU SCHOOL
AVINURME TEE 73
LOHUSUU PARISH
42001
IDA-VIRUMAA—IDA-VIRU COUNTY

www.lohusuukool.edu.ee

+372 337 0310

Project webpage: <http://eucomenius.vectorialpx.net/>

ESTONIA

Project coordinator:
Raine Lindepuu
rainelpuu@gmail.com



Lohusuu Kool



Lohusuu School is situated in the north-east part of Estonia. This is a rural area with small number of habitants and quite low economical situation. Lots of families are of Russian origin and Lohusuu School is the only one in this area providing basic education in their mother tongue—Russian. Lohusuu School is bilingual, it has Estonian and Russian part but students learn together. We also have some students with special educational needs.

The school's main objectives are environmental awareness and values education. Students have access to computers and Internet. In this project called 'Let's First Understand our National Heritage in order to Define and Build our European Identity' we want to introduce our multicultural traits and identify our students as European citizens and also give our students the opportunity to learn about the rest of Europe via our project partners.



There are currently 41 pupils and 23 kindergarten children in Lohusuu School, 4 kindergarten teachers and 13 school teachers

This tourist guide has been compiled in the framework of Comenius Multilateral School Partnership project Let's First Understand our National Heritage in order to Define and Build our European Identity by Lohusuu School in Estonia

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*Let's First Understand Our National
Heritage in order to Define and Build
Our European Identity*

Estonia

Greece

Latvia

Norway

Poland

Romania

Spain

Turkey

TRYSIL, NORWAY

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