

Athens – Paris

11 days

/Athens – 6 days; Paris - 3 days /
2 compet/5-8matches each wr.+training local team
Reach cultural program

! The daily program is flexible and can be changed after discussions with your coaches

1st Day– Fly to Athens

2nd Day – Athens

17.35 – arrival in Athens and check-in at the hotel

20.00 – dinner in the hotel La Mirage

3rd Day – Athens

08.30 – breakfast

09.30 – getting to know Athens

13.00 – lunch

14.00 – free Time

17.00 – **training**

20.00 – dinner

4th Day – Athens

08.30 – breakfast

09.30 – sightseeing

13.00 – lunch

17.00 – Training

20.00 - dinner

5th Day– Athens

08.30 – breakfast

09.30 – sightseeing

13.00 – lunch

14.00 – free time

17.00 – **competition**

20.00 – dinner

6th Day – Athens/ Aegina Island

08.00 – breakfast

09.00 – cruise to **Aegina Island**

13.00 – Lunch on the **Aegina Island**

18.00 – back to Athens

20.00 – dinner

7th Day – Athens

08.30 – breakfast

09.30 – sightseeing

13.00 – lunch

14.00 – free time and shopping

20.00 – dinner

8th Day – Paris

04.00h - Depart for the airport

06.50 – flight to Paris

09.20 – arrival in Paris and check-in at the hotel

12.30 – lunch

14.00 – free time

16.00 – training

20.00 – dinner

9th Day – Paris

08.00 – breakfast

09.00 – sightseeing

12.30 – lunch

14.00 – free time

16.00 –competition

20.00 – dinner

10th Day – Paris

08.00 – breakfast

09.00 – sightseeing

13.00 – lunch

14.00 – free time and shopping

20.00 – dinner

11th June – flight to New York

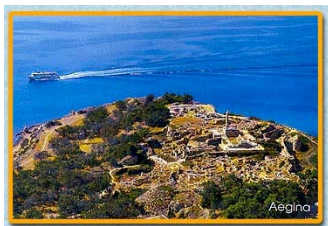
INFORMATION ABOUT ATHENS, AEGINA ISLAND AND PARIS

ATHENS



The Acropolis hill, so called the "Sacred Rock" of Athens, is the most important site of the city. During Perikles' Golden Age, ancient Greek civilization was represented in an ideal way on the hill and some of the architectural masterpieces of the period were erected on its ground. The first habitation remains on the Acropolis date from the Neolithic period. Over the centuries, the rocky hill was continuously used either as a cult place or as a residential area or both. The inscriptions on the numerous and precious offerings to the sanctuary of Athena (marble korai, bronze and clay statuettes and vases) indicate that the cult of the city's patron goddess was established as early as the Archaic period (650-480 B.C.)

The Parthenon. It is the most important and characteristic monument of the ancient Greek civilization and still remains its international symbol. It was dedicated to Athena Parthenos, the patron goddess of Athens. It was built between 447 and 438 B.C. and its sculptural decoration was completed in 432 B.C. The construction of the monument was initiated by Perikles, the supervisor of the whole work was Pheidias, the famous Athenian sculptor, while Iktinos and Kallikrates were the architects of the building. The temple is built in the Doric order and almost exclusively of Pentelic marble. It is peripheral, with eight columns on each of the narrow sides and seventeen columns on each of the long ones. The central part of the temple, called the cella, sheltered the famous chryselephantine cult statue of Athena, made by Pheidias



The island of Aegina, in the middle of the Saronic Gulf, has been at the crossroads of cultures and rival actions for many thousands of years - from the mythical Aiakeans to the second world war.

Aegina is like something out of a movie, picturesque houses, winding alleys, horses wearing brightly coloured tassels and pulling carriages, fertile plains, terraced hill-sides of olive trees and aquamarine water. Luckily, the island is large enough to maintain many places of refuge from the crowds and the intrepid explorer will be well rewarded. Despite its small area (83 square kilometres), it offers great variety and has no reason to feel jealous of other "cosmopolitan" islands.



PARIS



Sightseeing in Paris is like plunging into ancient history: remains of the old Roman Lutetia, grand medieval abbeys, gothic masterpieces, classical architecture, collections from Napoleonic times, perspectives defined by Haussmann...A remarkable density of artistic and cultural treasures to choose from at each visit! 180 museums and monuments for your enjoyment: discover internationally-renowned collections of paintings, sculpture and decorative arts, go in search of iconic emblems, symbols of the influence of an era, take inspiration from a wealth of contemporary heritage – all this makes Paris a capital of the arts, both past and present.



Arc de triomphe The Arc de Triomphe is the world's largest traffic roundabout and the meeting point of 12 avenues. It was commissioned in 1806 by Napoleon to commemorate his imperial victories, but remained unfinished until 1836.



Cathedrale Notre – Dame de Paris If Paris has a heart, then this is it. Notre Dame de Paris is not only a masterpiece of French Gothic architecture, but has also been Catholic Paris' ceremonial focus for seven centuries. The cathedral's immense interior, a marvel of medieval engineering, holds over 6000 people and has spectacular rose windows.



Champs Élysées Symbolically an avenue of luxury, the Champs Élysées is often where national events and celebrations unfold. General De Gaulle triumphantly marched down it when Paris was liberated in August 1944



Musée du Louvre The Louvre may be the world's greatest art museum - but it's also the one most avoided by visitors to Paris. If you have even the merest interest in the fruits of human civilisation from antiquity to the 19th century, then visit you must.



The Basilique du Sacré-Cœur Following the Franco-Prussian War, the construction of a basilica began in 1875 up on Montmartre Hill overlooking Paris. The domes and towers exemplary of its Romano-Byzantine style and the Chateau-Landon stone, which bleaches with age, make it the most prominent monument of the northern cityscape