

# GREECE

## WHERE IS GREECE?

Greece is a small country located in South East Europe, close to Africa and Asia.

Greece is one of the most mountainous countries in Europe. The highest mountain in Greece is Mount Olympus and it has over 50 peaks – the highest peak reaches 2917 metres! Greece is also home to hundreds of small islands, the largest island is Crete which is in the Mediterranean Sea. Over 8 million tourists visit Greece every year to see the history and to visit the warm coastal areas. Some of the most popular tourist destinations in Greece include: Santorini, Mykonos and Ios.

**POPULATION:** Although Greece is quite a small country, it has a total population of 10.75 million people! The largest city and capital of Greece is Athens and has a population of over 3 million people.

**WEATHER:** The climate of Greece is Mediterranean with summers that are usually hot and dry, and the winters that can be quite cold and wet. ... Summers in Greece are usually very hot, and in July and August temperatures usually reach 30 to 35°C, but sometimes even 40°C and higher.



Gyros



Hummus and Pita



Spanikopita

## TRADITIONAL GREEK CUISINE:

**HUMMUS AND PITA:** Hummus is a dip made from chickpeas

**SPANIKOPITA:** Flaky and buttery phyllo dough hides cheese and spinach.

**GYROS:** Typically a charcoal-grilled or spit-roasted meat (lamb or chicken) rolled into a pita bread with tomatoes, onions and a tzatziki sauce.

**BAKLAVA:** A sticky and sweet dessert made of layers of filo pastry, chopped nuts and held together with syrup or honey.

**PRODUCE:** Much of the land in Greece is mountainous, and much of the soil is poor. The most important crop is olives and Greece is the third biggest producer of olive oil after Italy and Spain. But Greece also produces grapes, wine, figs, cotton and tomatoes.

**GREEK HOMES:** Most Greeks live in cities or coastal areas. In the cities there are apartments and modern homes. Almost every Greek apartment has a balcony. Many Greek homes are located very close to each other with little or no yard. Many homes are white with colourfully painted doors and windows. These homes are made of stone, brick, and clay. Ancient Greek homes were built around an open courtyard and some still follow this style.



## ANCIENT GREECE

- Ancient Greece is said to have laid the foundation for Western civilization, having a large influence on the Roman Empire and European culture.
- The Olympics originated in ancient Greece in 776 BCE on Mount Olympus, the mythical home of the Greek gods, from which they took their name. There were chariot races, boxing, wrestling and athletics events.
- Athens hosted the first modern Olympic Games in 1896 and the Summer Olympics in 2004.

