







# Travel

TO GREECE



JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**NOSTOS** is an educational and cultural immersion program in Greece specially designed for junior and senior high school students of the Greek diaspora to discover the homeland of their ancestors, and experience the land of myth, history and natural beauty.

This month-long program is based on an innovative model of multi-dimensional pedagogy that integrates hands-on learning, interdisciplinary research, interactive practical training, experiential activities, cultural enrichment, and travel.

The program fosters interdisciplinary learning and cultural appreciation. Participants will receive a certificate of completion from the Mycenaean Foundation and the Hellenic American Academy.

**ATHENS TOUR** JULY 1-5

**MAINLAND TOUR** JULY 6-26

**ISLAND TOUR** JULY 26-30



# NOSTOS PROGRAM

## ➤ Courses & Lectures

- Modern Greek Language
- History, Art and Archaeology of Greece
  - Aegean civilizations (Cycladic, Minoan, Mycenaean)
  - Archaic & Classical Greece
  - Alexander the Great and the Hellenistic Age
  - Roman period and Byzantine Empire
  - Medieval Greece and Greek Revolution of 1821
  - Greece in War (1912–1945)

## ➤ Workshops

- Field Archaeology
- Archaeoastronomy
- Geology and Volcanology
- Art History & Studio Art
- Ancient and Modern Warfare
- Ancient Greek Theater
- Ancient Greek Religion and Sanctuaries
- Ancient Greek Athletics

“Emark To Your Favorite Destination with Nostos!”



## OUR FACILITIES

- 3 Seminar Rooms technologically equipped
- Library and Ceremonial Hall
- Indoor and outdoor sitting areas for learning, lounging, and exploring
- Landscaped campus



# NOSTOS ACTIVITIES

Cultural Immersion

Culinary Experiences

Natural Adventures



Students engage in faculty-led trips to archaeological sites, museums, and natural landmarks, complemented by guest lectures, workshops in art and archaeology, field archaeology in a unique dig simulator, volcanology, and astronomy. Outdoor activities such as hiking, rafting, diving, swimming, and volunteerism add to the experience, embracing Greece's natural beauty.



# ATHENS

## *Tour of the City*





1 The Parthenon of the Acropolis



2 The Acropolis Museum



3 Lykavittos night view of Athens



4 National Arch. Museum & Goulandris Museum of Cycladic Art



5 Olympian Temple of Zeus & Hadrian's Arch



6 Monument to the Unknown Soldier at Syntagma





7 National Gardens and the Zappeion



8 Panathenaic Stadium: Home of the Olympic Games



9 Eugenides Foundation: Digital Planetarium



10 Ancient Greek Technology Museum & War Museum



11 National Gallery of Art



12 Niarchos Foundation Cultural Center





13 Sounion: Temple of Poseidon



14 Thorikos Ancient Silver Mines



15 Marathon Tomb (tumulus)



16 Swimming Skinias Bay



17 Trireme "Olympias" Rowing / Sailing



18 Battleship "Averof" Naval War Museum





# MANILA AND

## Tour of the Peloponnese





1 The Mycenaean Foundation



2 Mycenae: The Citadel



3 Tolo Beach



4 Tiryns: the Citadel



5 Nafplion City Tour



6 Argos City Tour





7 Corinth & Akrocorinth



8 Lake Vouliagmeni



9 The Ancient City of Olympia



10 Kyparissia Gulf



11 Epidaurus: Theater, Sanctuary & Museum



12 Underwater archaeology at Nea Epidavros





13 Mystras



14 Monemvasia



15 Kalavryta and Agia Lavra Monastery



16 Vouraikos Gorge



17 Pylos



18 Methoni





13 Voidokoilia & Polylimnio waterfalls



14 Methana volcano



15 Swimming on the Island of Poros



16 The Ancient City of Delphi



17 Thermopylae



18 Volos





# ISLAND

## Tour of Skiathos







# MYCENAEAN FOUNDATION INC (est. 1967)

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# HELLENIC AMERICAN ACADEMY (est. 1908)

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