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swedish bulletin

YOUR INSIDER'S GUIDE TO SWEDEN

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Dear Readers,

It's been an eventful winter period. Obviously last month the eyes of the world have been on the Winter Olympics held in Sochi, Russia, where the home nation emerged triumphant in the medals table. Sweden battled it out to win 15 medals across four disciplines – their highest tally of any winter games before that. We won't mention the ice hockey final of course!

In this issue we look forward to longer, warmer days with our Focus on Greece, a country with some of the most beautiful vistas in the world and the home of democracy, mythology, philosophy, politics, the Olympics, academy, theatre, astronomy, and athletics. Is all that Greek to you? Thousands of words used in the European languages come from the Greek language. We take a deeper look into the issue of the Return of the Parthenon Marbles, and the delights of the Mediterranean nation in Greece, a top destination and we also explore the Southern Aegean Region, containing Greece's easternmost archipelagos. Eric Paglia catches up with HE Aliko Hadji, the Greek Ambassador to Sweden, to talk EU Presidency, financial crises and a long-standing relationship with Sweden.

Spring 2014 will provide us with cause to celebrate the Swedish gastronomic scene as the world famous Bocuse D'Or culinary championship comes to Stockholm in May. Swedish cuisine has gained increasing worldwide acclaim in recent years, and this event looks set to continue that trend. We find out more on page 78. Staying with Swedish cuisine, SB also delves into the world of the ultra-successful Grupp F12 restaurant group, and in particular co-founder Melker Andersson. Mainstay writer Christian Von Essen speaks to him on page 36.

We also take the time to recognise another Swedish global success story, with our look at Sweden's football team captain, Zlatan Ibrahimovic, in our article Made by Sweden. Zlatan's meteoric rise to prominence is documented in his new book, which itself has received critical acclaim. Another Swede who has a reputation for excellence within their profession is Yvonne Sörensen. Judi Lembke's conversation with the Managing Director of Berns Group covers her own dizzying career ascent, which took her on a tour of Europe's top hotels.

Swedish Bulletin's Special Feature looks into the work of Sweden's Centre for Justice, with some words from its founder, Gunnar Strömmer. More evidence of positive work being done by Swedes is seen in our business article, which covers the collaborative conservation effort between Linköping University, The Stimson Centre in Washington DC and the Kenyan Ngulia Rhino Sanctuary.

Closer to home in our Swedish Regions section we take a look at Stockholm Vatten, which supplies 1.3 million Swedes with drinking water. They also have big environmental ambitions with the Baltic Sea Action Plan.

Lastly, in our Culture section, get to know Swedish sculptor Carl Milles, and visit the Stockholm National Museum and Kulturhuset Stadsteatern's exhibition "The Magnificence of Baroque Art" focused on the connections between the 17th century and the world of today.

So as you can see there's a lot to enjoy during the transition to spring with SB – ever a great way to keep in touch with the cultural beating heart of Sweden.

Teresa Ivars
Publisher and Chief Editor



SWEDISH BULLETIN MEETS

HE Aliko Hadji

AMBASSADOR OF GREECE TO SWEDEN

In the midst of the Greek presidency of the European Union during the first half of 2014, Swedish Bulletin had the opportunity to sit down with HE Aliko Hadji, the Ambassador of Greece, at the Embassy in Östermalm. The discussion covered an array of topics, including the current EU Presidency and Greece's vision of the European project, as well as the Ambassador's outlook on the recent economic crisis that Greece has endured and made a remarkable recovery from.

TEXT: ERIC PAGLIA

THIS IS THE THIRD time in her diplomatic career that Ambassador Hadji has had the opportunity to immerse herself in matters relating to a Greek EU Presidency, this time while in Stockholm in her fourth year as Ambassador. She fondly remembers her engagement with the EU Western Balkan Summit in 2003, held in her hometown of Thessaloniki, in which the Thessaloniki Agenda was adopted and thereby initiated the integration of the Balkans into the EU.

Greece pioneered the Balkan enlargement project now being implemented, as one country after another, based on their own merits and achievements, take their place in the greater European family.

As Greece now shows clear signs of economic revival in the aftermath of the crisis, Ambassador Hadji has good reason to be optimistic about the current EU Presidency and her country's future prospects.

SWEDISH BULLETIN: *Please elaborate on the Greek Presidency of the European Union during the first half of 2014.*

AMBASSADOR HADJI: As Greece takes the driver's seat of the European Council for our fifth EU Presidency, we are not only an experienced driver, but the car is now better equipped. New institutions lessen the workload that the pre-Lisbon Treaty presidencies had to handle. Having said that, we must acknowledge that the road is not as smooth as it used to be; it is bumpy and full of sharp turns and unexpected obstacles.

Nonetheless, Greece has the necessary infrastructure, expertise and an exemplary budget for carrying out the duties the Presidency entails.

Globalisation amplifies international challenges and highlights our deficiencies at a national and European Union level. For example, in certain southern European countries, such as Greece, public debt must be brought under control, while for countries in the north it is private debt that has reached alarming proportions. Architectural flaws and initial deficiencies in EMU institutions are being amended, and new structures are taking shape to safeguard financial stability and gradually bring about a return to sustainable public finances.

Time is something that we do not have the luxury to waste, as we in Greece know all too well. Having first-hand experience of dealing with cataclysmic change in a multifaceted way, and through extensive collaboration with our partners, we are in a position to understand and appreciate the important role of national and supranational solidarity. Being there for one another is what makes social fabric strong, promotes our values and nourishes our culture.

Those who try to evade responsibility and sweep their own flaws under the carpet attempt to turn others into scapegoats. The Greek people stood their ground, and along with their Eurozone partners, turned the tide against the storm that threatened the common project of monetary unity. The crisis only made us more determined to widen and deepen our collaboration.

Reinforcing the democratic legitimacy and accountability of the EU, along with strengthening solidarity among member states, are among our top priorities. Another principal which will guide our work is the promotion of policies and initiatives that enhance civic and societal engagement in the EU in order to respond to the everyday problems, concerns and insecurities of its citizens. The Greek Presidency, furthermore, intends to bring all the involved parties on board and conclude the banking union agreement before the current legislative period is over, deepening the Union and in particular the EMU.

SWEDISH BULLETIN: *What is the Embassy in Stockholm doing to mark the Greek Presidency?*

AMBASSADOR HADJI: On top of the usual activities that an EU member state's embassy is expected to perform, the context of the Presidency provides a platform

for carrying out informative meetings that present the priorities of the Presidency. This includes meetings at the 'Head of Missions' level with distinguished guest speakers, as well as cultural events. The Greek embassy also invited the European Commissioner for Maritime Affairs and Fisheries to Stockholm, since maritime affairs is one of our priorities.

We held our opening cultural event on January 30th at OscarKyrkan, with performances by the Greek-Swedish Choir 'Orfeas', the mezzo-soprano Katerina Roussou and Arjia Sayonmaa in front of an audience of around one thousand. Of course other events, such as an exhibition of Greek painters, a philosophy seminar, and a business workshop, are also included among the activities of Greece's EU Presidency.

"Another principal which will guide our work is the promotion of policies and initiatives that enhance civic and societal engagement in the EU in order to respond to the everyday problems, concerns and insecurities of its citizens."

SWEDISH BULLETIN: *How has the financial crisis impacted Greek society, and has it changed Greece's outlook on Europe?*

AMBASSADOR HADJI: Strict austerity measures and external factors induced a deep recession and more than 25% of GDP was lost during the years of the economic crisis. That translated into an increase of the debt/GDP ratio, and most importantly, large-scale unemployment. Fortunately Greece is not an industrially-based economy, and thus does not suffer a gloomy future in the face of competition from rising Asian countries. Greece has a post-industrial, outward-looking service economy.

In previous years a combination of ex-

ternal factors had a negative effect in the recovery processes of our public finances. For example, the global recession that resulted in restricted international transport of goods played a very important role since Greece occupies first place in terms of international maritime transportation. Moreover, the destructive international publicity, including unfulfilled vicious prophecies, which Greece had to withstand, had a negative effect on tourism. Also the strong banking network that extends to other Balkan countries had to endure significant capital flight.

The Greek people have paid a high price. However, after many years of bad news, the page has now been turned. Great achievements under dire circumstances are coming one after the other. An outstanding performance in public finance, along with a positive balance of payments, and the increased maritime transportation due to international growth and tourism, are among the many factors that reflect a fast rebound in the Greek economy. This clearly shows that the society fabric of Greece is strong and that joint efforts give great results. The wealth of a country is its people. Greece has one of the highest percentages of highly educated young people in Europe. During these difficult years some of the brightest left the country. We expect them to return as the outlook for Greece is rapidly improving.

SWEDISH BULLETIN: *What are the key aspects of Greece's relationship with Sweden?*

AMBASSADOR HADJI: Greece and Sweden have excellent long-standing diplomatic and cultural relations. Sweden is a country that builds upon the ideals of democracy and human rights that Greece propagates in the western world. In the cultural field, the Swedish Institute of Athens and the Swedish House in Kavala are vivid examples of the Sweden's keen interest in our cultural heritage. Furthermore, Swedish firms have established strong business relations with their Greek counterparts. Greek products are stocked in almost all supermarkets; medicine made in Greece is sold in Swedish pharmacies; Greek cosmetics, like Apivita and Korres, are found in Swedish stores. More importantly, we have the privilege of welcoming more than half a million of our Swedish friends to Greece year after year. ♣

From tourism to manufactured goods

GREECE AND SWEDEN ENJOY EXTREMELY STRONG ECONOMIC TIES

TEXT: ERIC PAGLIA

SWEDEN AND GREECE ENJOY excellent economic relations. Sweden is one of Greece's main trade partners, and an array of major Swedish companies, such as Volvo and Scania, have established commercial ties with Greek counterparts. Furthermore, a range of Swedish products – including machinery and mechanical appliances, wood and paper products, and medical and surgical equipment – are highly appreciated by Greek consumers. Right now, around 30 Swedish subsidiaries and nearly 300 agents and distributors representing Swedish products operate in Greece, which demonstrates the great interest that Swedish goods enjoy in the Greek market.

Given the fact that Swedish visitors are fond of Greek cuisine, it is not surprising that traditional Greek food products are among the top commodities exported to Sweden. In particular, Greek exports such as dairy products, olive oil, and fresh and preserved fruits and vegetables can be found in almost any supermarket in Sweden. Other commodities such as binoculars, ferroalloys, electrical appliances, apparel and clothing accessories, medicaments and beauty products are also exported to Sweden in large quantities.

The total volume of bilateral trade between Greece and Sweden amounted

to 3.1 billion SEK (273.2 million Euros) for the period January–November 2013. During the first eleven months of the previous year, Greek exports to Sweden were 1.2 billion SEK – an increase of 8% compared to the same period in 2012, according to figures released by Statistics Sweden – an independent statistics gathering agency. In addition to this is tourism, with an increasing number of Swedish visitors to Greece.

Tourism is in fact one of the most crucial pillars of development and competitiveness for Greece. Sweden represents

one of the most important markets for the Greek tourism industry. Swedes have been travelling to Greece since the 1960s, and the number of Swedish visitors has shown a continuous annual increase. More than 626,000 Swedish tourists visited Greece during 2013, an increase of 15% from 2012, with Swedes representing 3% of the total number of tourist arrivals. ♣

As many as 626,000 Swedish tourists visited Greece during 2013. One of many popular destinations is this unique island – Crete.



PHOTO: ©GREEK NATIONAL TOURISM ORGANISATION (GNTO)

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THE ACROPOLIS MUSEUM

The new Acropolis Museum, with its archaeological exhibits, presents the history of classical Greece in a distinctly unique way. In this museum, one can admire the wonderful sculptural works of the 6th and 5th centuries BC, which became a prototype for many other artworks, from European Renaissance onwards. TEXT: DIMITRIOS PANDERMALIS, PRESIDENT, ACROPOLIS MUSEUM PHOTO: ©ACROPOLIS MUSEUM / NIKOS DANIILIDIS

INSIDE THE EXHIBITION galleries, visitors can view the creation of the first monumental and architectural sculptures related to mythology. These were expressive of both the political perceptions of Athenians during that time, and of the sculptors themselves. Furthermore, visitors can admire the Korai, the magnificent sculptures depicting young women, which were offerings from important Athenian families dedicated to the Goddess Athena. Finally, visitors are afforded the opportunity to view the famous Caryatid statues and the sculptural decoration of the Parthenon, the most significant temple of the Acropolis.

The archaeological excavation that lies beneath the museum also provides visitors with the opportunity to appreciate



Dimitrios Pandermalis

the artefacts used during the everyday lives of the people that lived in the shadow of the Acropolis over various periods. The museum exhibition primarily narrates the story of the Acropolis, but it also aims to inspire delight, excitement and curiosity in the visitor. With this objective in mind, the museum continuously reviews the exhibition's performance and makes changes as required. Improvements in the presentation of exhibits in relation to natural lighting, reorganisation of the layout of various elements of the exhibition, and the remounting of sculptures are all but a few of the changes that occur regularly in the museum's galleries. The museum contin-

Head of a young barbaric leader. Found inside the Theatre of Dionysus. ca. 2nd c. AD

General view of the Archaic Gallery



General view of the Parthenon Gallery

External view of the Museum



THE ARCHITECTURAL SCULPTURES OF THE ACROPOLIS IN THE NEW MUSEUM

A significant part of the exhibits displayed in the Acropolis Museum are architectural members, especially sculptures of the buildings on the Rock of the Acropolis. Their position and display in the exhibition areas was intricately planned early in the preparation of the specifications for the architectural composition of the museum. Particularly for the Parthenon sculptures – following the principle that architectural members are not independent or individual artworks, but they belong to a complete set with arrangement and succession – the study incorporated a core structure of concrete surrounded by stainless steel columns. These correspond to the colonnades and the cella of the Parthenon, where the position of each sculpture is determined.

More recently, a detailed 3-dimensional scanning of the frieze blocks was undertaken in Athens and London for the study and promotion of the Parthenon sculptures. This was a collaborative effort between the Aristotle University of Thessaloniki and the company Geoanalysis. The highly accurate measurements from this program are expected to contribute thoroughly to the study of these sculptures and their restoration.

ues the conservation and restoration of the Caryatids, the Korai from the south porch of the Erechtheion temple, using innovative laser technology. The museum has chosen not to move the Caryatids from the galleries to its laboratories in order to provide visitors with the opportunity to observe procedures that until recently were undertaken only in the conservation area.

Using many different strategies, the Acropolis Museum attempts to make visitors active participants in its research program on the interpretation and comprehension of its exhibits. In the systematic efforts to reconstitute the lost colors of the sculptures, the visitor becomes familiar with interesting methods, both those in natural space and digital, with an opportunity to gain specialised historical knowledge about the ancients' view of their world and its artistic endeavors. ♣

The return of the Parthenon marbles

The issue of the Parthenon marble – the return to Greece of the sculptures removed from the Parthenon temple by British ambassador Lord Elgin in the early 19th century, which is now in the possession of the British Museum – is arguably the world's most famous case of (non)restitution of cultural property. TEXT: KRISTER KUMLIN, CHAIRMAN OF THE SWEDISH PARTHENON COMMITTEE

EVER SINCE REGAINING its independence in 1830, Greece has been asking for the prompt return of the Parthenon sculptures. Although London has remained unmoved, the Greek requests have wide international support. Today, the International Parthenon Association gathers some 17 national bodies, among them the Swedish Parthenon Committee. We all stand united behind the Greek efforts to retrieve the Parthenon marbles, most recently Athens' suggestion that the Secretary General of UNESCO put the organisation's mediation facilities at the disposal of the parties concerned. I would add that, following a Swiss initiative, the case of Parthenon sculptures was extensively discussed at a special symposium organised at the European Parliament in October 2013.

However forceful, none of these and other recent, but more traditional efforts, have gained such international prominence as a press conference held in London last month when actor George Clooney, while promoting his most recent movie, *The Monuments Men*, stated his opinion that the Parthenon Marbles should be returned to Greece: "Having had a nice stay in Britain, it's time for them to be returned". His remarks, which were widely televised, were later supported by co-actors Matt Damon and Bill Murray, and they have found an affirmatory echo far beyond cinema fans across the world, thus giving new impetus to the international Parthenon movement.

In a recent poll published by British daily, *The Guardian*, an overwhelming 88 % of respondents voted in favour of their return to Greece. This figure, while impres-



Krister Kumlin

sive, only confirms earlier opinion polls on the issue: any British decision to return the Marbles to Athens would be applauded not only by an international audience, but also by a substantial percentage of the British public.

As for the Swedish Parthenon Committee; we will continue our efforts to give widest possible exposure of the Parthenon issue, always supporting the positions taken by the Greek Government. We will continue our efforts to secure the return of those marble fragments brought to Sweden from the Acropolis by private collectors in earlier years. We would also hope that the two marble heads – currently in the possession of the Swedish National Museum having been taken from the Acropolis – can be successfully repatriated to the New Acropolis Museum in Athens, once their provenance has been clearly established.

Finally, it should be noted that the Parthenon case is unique: the return of the Marbles could thus never be used as a precedent for other cases of restitution of cultural property. ♣



Santorini



Corfu

GREECE *a top destination*

Greece is a country blessed with a history and rich cultural heritage that stretches back centuries, and it continues to develop in the most extraordinary ways. Stunning nature and landscapes hold in store both adventure and harmony, depending on what the traveler seeks. Tourists who have traveled time and again to Greece have discovered that it is a country that, although small in comparison to other European nations, is huge in the diversity of experiences it offers.

TEXT: ERIC PAGLIA PHOTO: ©GREEK NATIONAL TOURISM ORGANISATION (GNTO)

THE GREEK ISLANDS, spread across the Aegean and the Ionian Seas, are the main feature of the country's morphology and an integral part of Greek culture and tradition. The Greek Archipelago encompasses 7,500 km of Greece's 16,000 km coastline, offering a highly diversified landscape and an

“Far from being just a ‘sun and sea’ destination, Greece offers the world over 100 outstanding archeological sites that seemingly exist beyond the reach of time.”

array of beachscapes stretching over countless kilometers that include sand dunes, sheltered bays and coves, coastal caves with steep cliffs and dark sands, characteristic of volcanic soil and coastal wetlands.

Far from being just a “sun and sea” destination, Greece offers over 100 outstanding archeological sites that seemingly exist beyond the reach of time. Greece is recognised as a cradle of Western civilization and the excitement one feels when strolling on pathways among ancient monuments is indescribable.

Greece is also the ideal place for urban tourism. Greek cities are a year-round travel option, full of possibilities, easily accessible and visitor-friendly. Athens is one of the most attractive locations in terms of natural beauty, with mild climate conditions and a combination of landscapes, from seaside to mountainous, that are suitable for vacation

and business activities throughout the year. Thessaloniki, the second largest city, offers a different perspective on a Greek city and is certainly worth visiting. Set near the sea, it is a modern metropolis bearing the marks of its glorious history and its cosmopolitan character.

Greece is privileged to be a country able to offer luxurious, glittering holidays. The prestige that's continually increased since the 1960s - with prominent figures in Greek society such as Aristotle Onassis, Stavros Niarchos, Maria Callas, Melina Merkouri and many others being counted among global celebrities - has catapulted Greece into becoming a top destination for luxury tourism. For decades, large numbers of Swedes have been travelling to Greece and enjoying Greek hospitality - facilities across the country guarantee discerning travellers from all over the world an unforgettable stay. ♣



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GREECE

GREECE

DODECANESE - CYCLADES

Region of South Aegean

endless blue...



Greece
Dodecanese - Cyclades, pearls scattered on
the azure of the Mediterranean!

If you happen to sail the islands of the South Aegean, do not expect to meet the mythical mermaid that is said to plough the crystal clear waters asking if you have met her brother, Alexander the Great? For this water of the Greek Polynesia, is the siren of the Mediterranean in person, herself, in all her glory. Cyclades and Dodecanese. A perfect mix of taste and pleasure. You can sift through their ingredients, not to declare which one is the more delicious but to crave more of their mouth-watering and soul replenishing delights. With over 150 islands and islets and more than 5000 kilometres of coastline, beaches and whitewashed churches the south Aegean is paradise for those who seek it. Coves, bays and harbours, big, small, white and blue in equal measures. Ancient History, Knights, architectural originality, religious devotion, faces carved by the saltiness of the sea and the smile of the soul, a true cosmopolitan life. Every island a different choice and only one life to live it. So much to see, so short a life....waste no time in getting there.

Utopia exits!



REGION OF THE SOUTHERN AEGEAN:

Dodecanese and Cyclades

The Southern Aegean Region is the eastern side of Greece, comprising the two well-known island complexes: The Cyclades and the Dodecanese.

TEXT: GNT0 OFFICE OF SCANDINAVIA, EDITED BY MATT LUDLOW



Sifnos/Cyclades

THE DODECANESE IS in the south-eastern part of the Aegean Sea and possesses a unique character combining Byzantine and Medieval monuments, traditional villages and other sites dating from the Italian Occupation. This island complex, and particularly Rhodes and Kos, has been amongst the most popular tourist destinations in the Mediterranean. Karpathos, Patmos, Leros, Symi, Kalymnos and Astypalaia have managed to maintain their traditional character in spite of the enormous flow of tourists. The smaller of the islands, such as Tilos, Nisyros,

Leipsoi, Chalki, Kasos, Kastellorizo, Agathonisi, Telendos and Pserimos are each a fine choice for relaxing and peaceful holidays.

Rhodes is the most well-known of all the islands of the Dodecanese and serves as a wonderful destination for those who seek a combination of adventure, relaxation and history. In 1988 *the Medieval City of Rhodes* was listed as a UNESCO World Heritage site. The cobbled Street of the Knights – one of the best preserved medieval streets in Europe – is packed with medieval inns that used to play host to the soldiers of the Order of the Knights. The most fascinating and popular attraction of the region is the

Valley of the Butterflies, a habitat of unique value for the reproduction of the Panaxia *Quadripunctaria* butterfly.

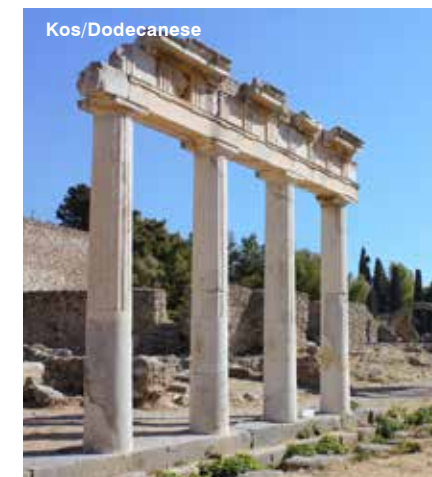
Endless coastline fringed by turquoise waters, abundant vegetation, affluent water springs, ancient and medieval monuments, as well as impressive Italian buildings are all signature features of Kos island; the third largest island of Dodecanese complex, located just 4 miles away from the Turkish coasts. Kos is the birthplace of Hippocrates – the father of modern medicine (460–377 B.C.) – and was already inhabited during the Neolithic period (5th – 4th millennium B.C.).

While approaching the port of Symi, one has the overwhelming feeling of entering a perfectly painted image of a scenic traditional village. In the Byzantine years, economic activities involved shipping, ship building, commerce, sponge fishing, and viticulture. To develop the latter, the Symians had built 120 wine presses all over the island, 11 of which have been reconstructed with the use of their own rock parts.

THE CYCLADES, with 147 islands and islets and more than 2000km of coastline are available to any visitor who wants to discover their very own unique destination. The islands form wonderful harbours and fishing shelters, creating a natural sailing park that offers a peaceful site to all its maritime guests. Approximately 465 beautiful beaches, both sandy and pebbled, with safe, crystal blue waters, provide a perfect location for swimming, snorkelling and scuba-diving.

Adventurous travellers need not be limited to the beach experience, as there are over 242 historical, geological, ecological, architectural, religious sites offered to visitors that wish to discover a trail towards discovery, thus satisfying their own specific interests. Numerous museums and collections have responsibly gathered and presented snapshots of the lives of the people who inhabited these Islands thousands of years ago; developing the lands in their own unique way.

The history of the geological creation of the Cyclades explains its enormous geological wealth. Each island has a stunning and completely unique terrain with attractions of huge geological, paleontological, archaeological and historical interest such as caves, geological formations, etc.



Kos/Dodecanese



Kalymnos/Dodecanese

Despite the poor vegetation on the islands of the Cyclades, we trace a wealthy and rare flora that includes more than 1600 species of plants, with over 200 being recorded as endemic, rare or endangered species. Also in this region there is a fascinating fauna that includes many endemic species that can only be found in Greece, or even on one island or islet of the Cyclades!

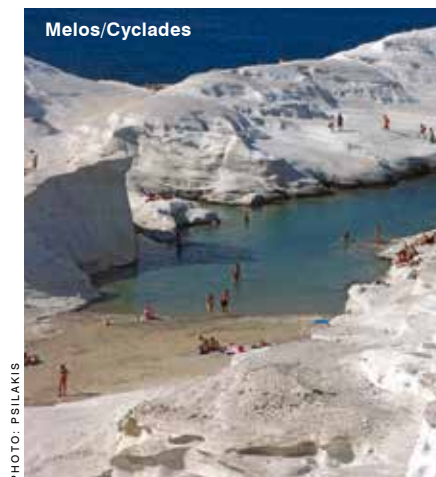
Delos, a UNESCO world heritage site, is just a few miles away from cosmopolitan Mykonos. The inclusion of a site on the list of World Heritage Monuments implies that the international community consistently takes care of their maintenance and promo-

tion. The International Union for Conservation provides expertise and experience regarding both the monuments themselves as well as the surrounding natural area.

GREECE, A COUNTRY that is a cradle of culture, capitalises by promoting this great wealth. Travellers can enjoy these splendid monuments and reflect on the unique human genius that was involved in making such measures of progress.

The *unique flavours of Greek* cuisine are what distinguish Greece; whilst there you are sure to get some pleasant gastronomic surprises. Greek cuisine consists of an enormous variety of dishes, which can fully satisfy the gastronomic requirements of both vegetarians and meat lovers. What makes Greek cuisine so unique is the combination of the following elements: the ingredients, the Greek philosophy on nutrition, the ritual of sharing meals with others, as well as the atmosphere in which a meal is enjoyed.

Every region in Greece has its own traditional recipes, all of which are based on pure Greek products. The nutritional habits of each region, whether from the mainland or an island, reflect every day life, the local economic and social identity of each region; recipes based on fish in the islands, and recipes based on meat and soups in north mountainous regions. ♣



Melos/Cyclades