

Sample Daily Itinerary

Note: This is a sample itinerary and some of the academic content listed may change when the final itinerary is prepared. Final itinerary will be available 4 weeks prior to departure

Sunday May 15, 2016

Flights TBA: Depart Raleigh (RDU) for Greece

Day 1: Monday May 16, 2016

1:00pm: (approx) Arrive Athens airport and depart for hotel/check-in

2:00pm: Arrive hotel, free time to shower, use internet etc

3:00pm: Presentation: Conducted by Eleni; Your Greek Program Director

a) Welcome to Greece & Advice on Local Culture

b) Greek Language 101: Your chance to learn a few Greek words!

3:20pm: Meet out front of hotel at 3:30pm

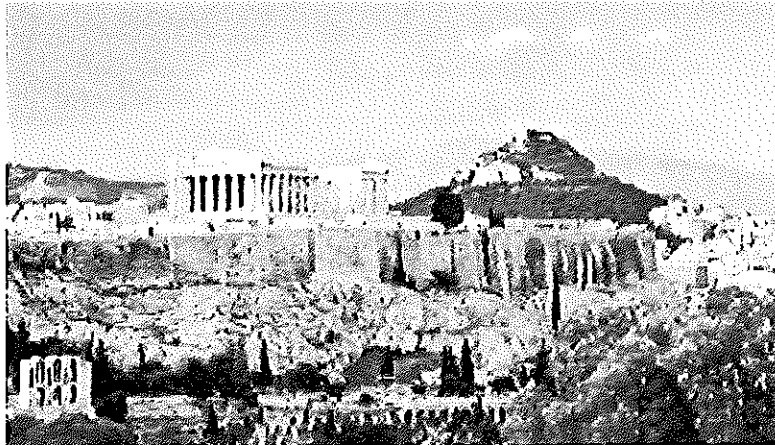
3:30pm: Orientation Walk (45-60 minutes)

Eleni will lead you on a walk through the neighborhood surrounding your hotel pointing out supermarkets, pharmacies, bakeries & other points of interest.

4:30pm: Stop by the Flea Markets (45 minute to explore this interesting area)

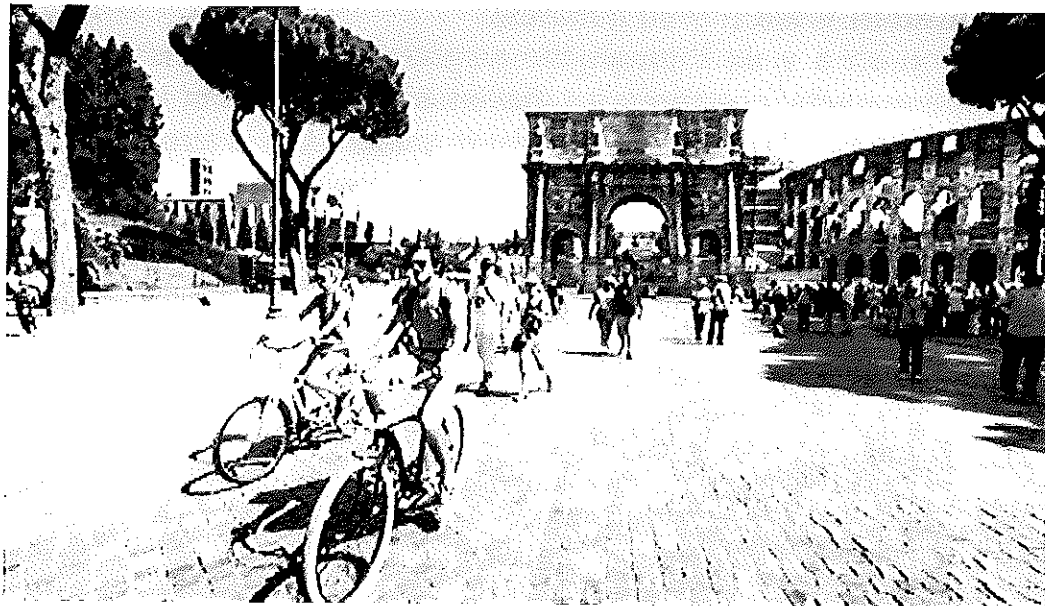
5:15pm: Meet Eleni & head back to hotel (15 minute walk)

6:00pm: Dinner (included)



The Parthenon is a former temple on the Athenian Acropolis dedicated to the goddess Athena, whom the people of Athens consider their patron. Construction began in 447BC when the Athenian Empire was at the height of its power. It is the most important surviving building of Classical Greece and is regarded as an enduring symbol of Ancient Greece, Athenian democracy and western civilization and one of the world's greatest cultural monuments.

- Visit the Vatican and Sistine Chapel. Highlights include: The Sistine Chapel, St. Peter's Basilica, Pope's Tombs, Michelangelo's Pieta, Raphael's Rooms, Gallery of Geographic Maps, Laocoon, Belvedere Apollo, Gallery of Tapestries, Gallery of Geographic Maps, Octagonal Courtyard and Immaculate Conception Room.
- Two Guided Bicycle Tours of Rome! One tour will focus on Monuments and the Ancient city and the other on the back streets & neighborhoods of Rome. Your local guide will take you on a leisurely ride with many stops. Some of the high lights are: The Colosseum where the gladiators fought; The Roman Forum which is ancient Rome's birthplace; The Pantheon which is the defining doomed temple; St. Peters Basilica, the most impressive church on earth and much, much more!!
- STA Program Director Miss Eleni Kantyltzoglou (see page 6) will meet your group at Athens airport and travel with you for the duration of the program



Your Group will take 2 Guided Bike Tours in Rome. One focusing on monuments and ancient city and the other on the back streets & neighborhoods of Rome

Day 2: Tuesday May 17, 2016

8:00am: Breakfast at hotel (included)

9:00am - 3:00pm: Athens City Day Tour

Not only will today's content give you a really good feel for the fascinating history of Athens but it will also help orientate you to the neighborhood around our hotel. We stay very close to the The Parthenon & Plaka which is a very traditional and historical neighborhood of Athens. Highlights of this terrific day include:

- a) **The Acropolis Museum:** One of Europe's best museums that houses more than 3,000 artifacts found on the archaeological site of the Acropolis!!
- b) **The Parthenon:** An Ancient temple dedicated to the goddess Athena, the patroness of the city of Athens
- c) **The Holy Rock of Acropolis:** the ancient citadel located on a high rocky outcrop above the city of Athens which contains the remains of several ancient buildings, the most famous being the Parthenon.
- d) **Propylaia:** the monumental gateway to the Acropolis
- e) **Apteros Niki** (where Nike, Inc. got its name): temple dedicated to the goddess of victory in war and wisdom
- f) **The National Theater:** completed in the the late 1890s, it is the home of Greek Theater in Athens

3:00pm: Arrive back at hotel

3:15pm: Presentation: Panteion University Faculty

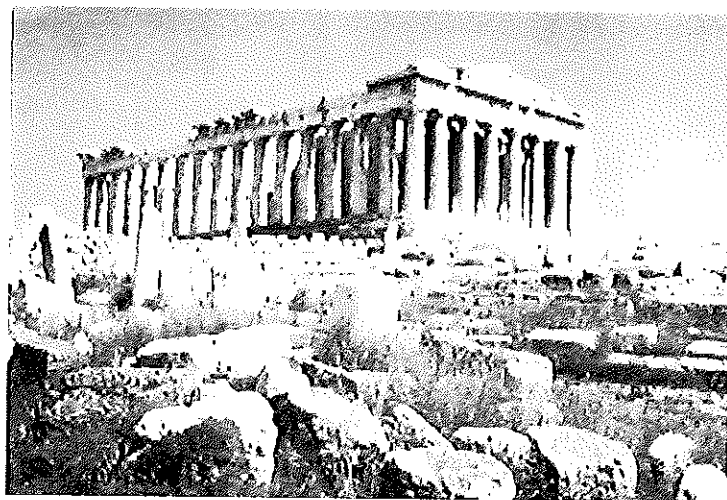
Topic: History of Sport in Greece

4:15pm: Free Time

7:00pm: Dinner (included)



Apteros Niki



The Parthenon

Day 3: Wednesday May 18, 2016

8:00am: Breakfast at hotel (included)

9:00am: Arrive American College of Greece (DEREE)

Welcome & Introduction to Greek students & faculty from the DERE Sport Management Program who will participate with USA students for today's schedule

9:00am: Short Campus Tour

9:30am: Presentation:

Topic: Sport Governance in Europe

10:30am: Presentation:

Topic: Athens 2004 Olympic Games. A lasting

Legacy?

11:30am: Presentation:

Topic: Public Health Policy & its' Relationship to Sport Funding in Europe

12:15pm: Lunch & time to chat with local students (own cost)

1:30pm: Group Discussions & Short Presentations

We will split students into groups of 6-8 students, ie: 3-4 Greek students and 3-4 USA students. Each group will have time to discuss a topic and prepare a short presentation to the entire group

3:15pm: Change Rooms available (if needed)

3:30pm: Fun Sport Games with DERE Sport Management students

5:00pm: Depart for hotel (30 minute ride)

6:30pm: Dinner at Hotel (included)



University of Cincinnati students at lunch with locals

1:30pm: Arrive at the Hellenic Football Federation (HFF)

Founded in 1926 the HFF is the governing body of Greek Football and has been a member of FIFA since 1927. It is the biggest sports federation in Greece representing the interests of Greek football nationally and internationally. www.epo.gr



1:30pm: Presentation: Speaker TBA

Topics:

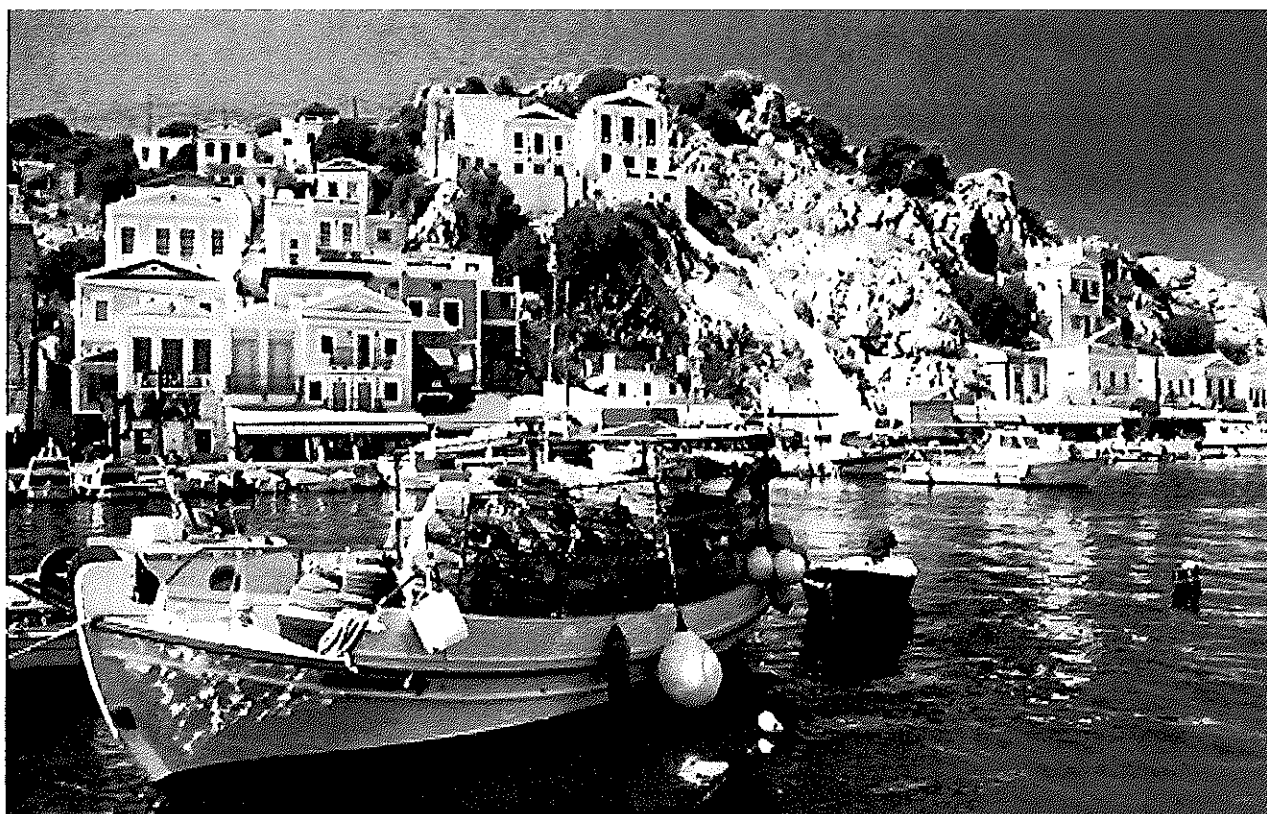
- a) Football in Greek Culture**
- b) The Role of the HFF in promoting football**
- c) Managing Grass Roots Football Clubs in Greece**

2:30pm: Presentation: Speaker TBA

Topic: Marketing Professional Football in Europe

3:30pm: Free Time to explore Athens

7:00pm: Dinner at Hotel (included)



Scenery from your Greek Islands Cruise (Day 12)

Day 4: Thursday May 19, 2016

8:00am: Breakfast at hotel (included)

9:30am - 12:00pm: Hellenic Olympic Committee Visit

The mission of the Hellenic Olympic Committee (HOC) is to oversee and act to ensure the development, promotion and safeguarding of the Olympic Movement, the spirit of fair play, and out-of-school physical activity

Presentation: (2 hour program/see speakers info below)

Topic: The Olympics: It's More Than Just Games!

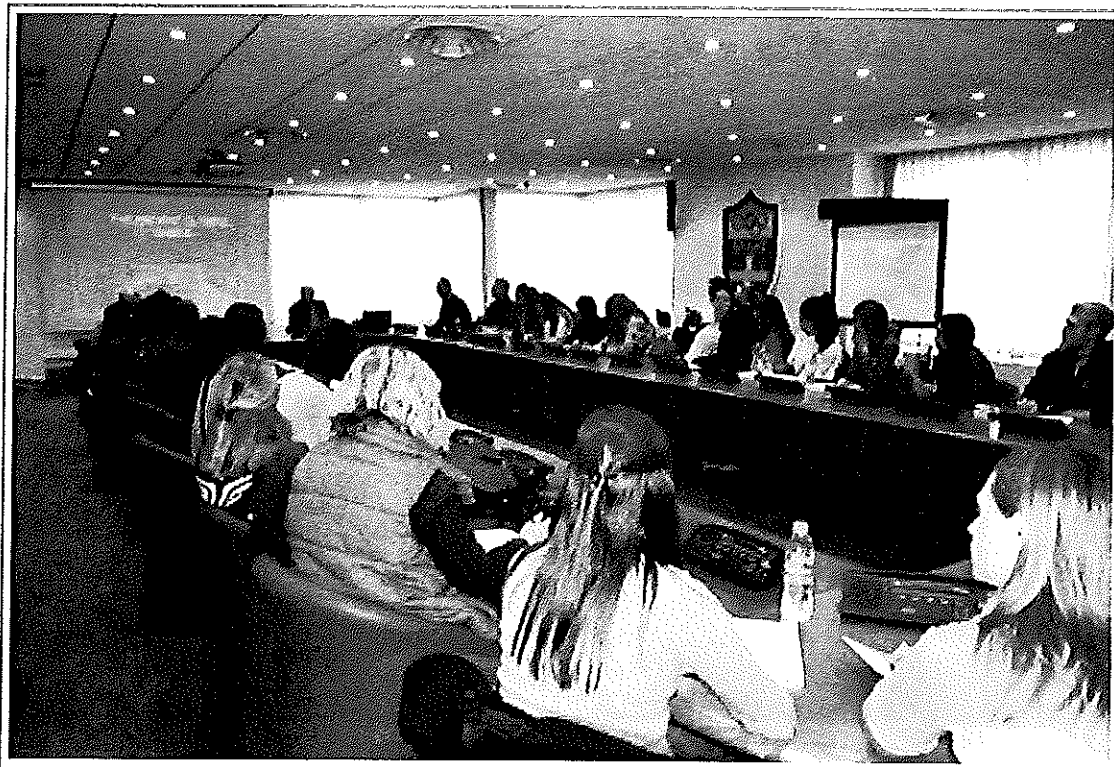
Speakers: (subject to change)

1. Mr Dionyssis Gangas (Director International Olympic Academy)

The IOA is a multicultural interdisciplinary center that aims at studying, enriching and promoting Olympism

2. Dr Dikaia Chatziefstathiou: Panteion Faculty Leader & Expert on Olympic Studies

12:00pm: Lunch Break



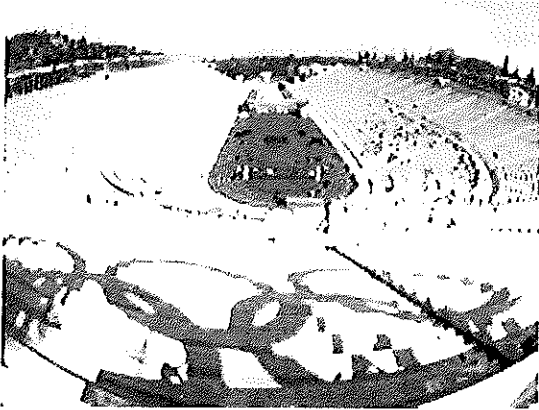
Texas A&M students at the Hellenic Olympic Committee

Day 5: Friday May 20, 2016

Breakfast at hotel (included)

9:00-11:00am: Presentation: Dr Dikaia Chatziefstathiou

Topic: History of the Olympics from Ancient to the Modern Games



11:30am: Panathenian Stadium Tour

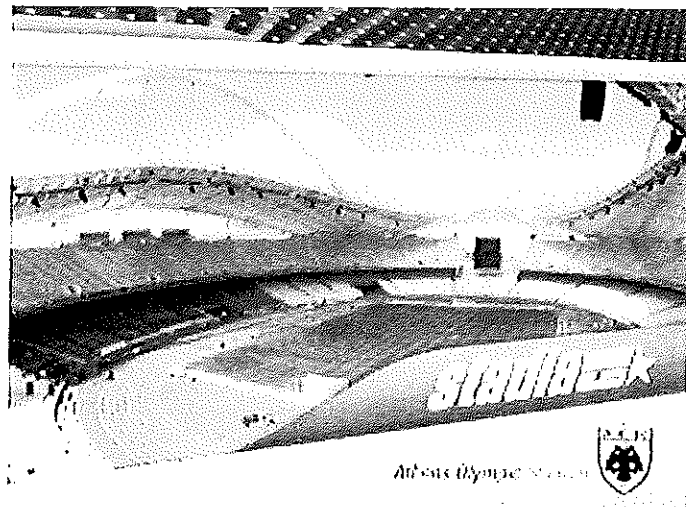
Panathenian Stadium (Kalimarmaro): The first of the modern Olympics took place at this stadium in 1896. The stadium is significant and impressive for both its history and for its U-shape which seats more than 70,000 people

1:00pm: Lunch on your own

2:30pm - 4:30pm: OAKA Stadium Tour & visit to Athens 2004 Olympic Site

The Olympic Athletic Center of Athens (OAKA) is one of the most complete European athletic complexes. Along with the main stadium, there are other facilities including the Olympic Velodrome, Olympic Aquatics Center, Olympic Indoor Sports Center and the Olympic Tennis Center

7:00pm: Dinner (included)



Day 6: Saturday May 21, 2016

Breakfast (included)

9:00am: Depart hotel Olympiacos Sports Club

10:00am: Arrive at the Olympiacos Rentis Training Center

In 2004 Olympiacos FC built its own ultramodern training center to serve the needs of the men's football and basketball teams, as well as Olympiacos's other sports departments. The training center contains three sports grounds, guest rooms, a restaurant, gym, physiotherapy center and a swimming pool

10:10am: Tour the Olympiacos FC Rentis Training Center

11:00am: Presentation:

Topic: TBA based on Staff Member Availability

12:00pm: Lunch Break (on your own)

1:30pm: Arrive Karaiskakis Stadium for Olympiacos Football & Museum

This is the home ground of the famous Greek club Olympiacos Football and is named after Georgios Karaiskakis, hero of the Greek War of Independence. Olympiacos has a successful history having won 41 Greek League titles, 26 Greek Cups, 16 Doubles, and 4 Greek Super Cups for a total of 71 national titles!

www.olympiacos.org

Presentation: Mr Nikos Lepeniotis (Marketing Manager of Olympiacos FC & Founder of Greek Sports Business Institute)

Topic: Summary of the Greek Sport Business Industry & the influence of the current Economic Crisis on sport business in Greece

3:00pm: Arrive Panelinios Multi-Sports Club

This multi-sport club was founded in 1891 and is not only one of the oldest clubs in Greece, but in all of Europe! Their various national sports departments include men's basketball, volleyball, handball, athletics, fencing, weightlifting, boxing as well and many youth programs. You will have the opportunity to learn about the club itself, watch a match and potentially use their sporting facilities yourself

3:15pm: Panelinios Club Facility Tour (30 minutes)

4:00pm: Presentation:

Topics:

a) European Professional Clubs Commitment to Youth Sport

b) Pathway for Youth Players to Progress to Professional League

5:00pm: Watch Youth Sport. Students will have about 45 minute to explore the club and potentially speak with Club members

5:45pm: Return to Athens Hotel

7:00pm: Dinner at Hotel (included)



Day 7: Sunday May 22, 2016

7:30am: Breakfast at hotel (included)

8:00am: Depart Hotel for the Argolis Tour

This is one of the most popular architectural tours of Greece. Highlights include:

9:45am: Mycenae Tour

The Canal of Corinth and Mycenae: one of the major centers of Greek civilizations and the mighty kingdom of Agamemnon

11:30am: Depart Mycenae for Epidauros

12:45pm: Epidauros Tour

Epidauros is famous for its ancient theater & sanctuary of Asclepios, Apollo's son

2:00pm: Depart for Nafplio (60 minute ride)

3:00pm: Nafplio Tour

Nafplio is the most ancient city in Greece and also its first capital. Eat lunch at a traditional tavern (optional/own cost)

4:00pm: Check into hotel & Free Afternoon in Nafplio

7:00pm: Dinner at Hotel (included)



You'll stay overnight in Nafplio - Greeks most ancient city!

Day 8: Monday May 23, 2016

7:30am: Breakfast at hotel (included)

9:00am: Depart for Tour of Sparta

Sparta was a warrior society in ancient Greece that reached the height of its power after defeating Athens in the Peloponnesian War (431-404BC). Spartan culture was centered on loyalty to the state & military service. At age 7, Spartan boys entered a rigorous state-sponsored education, military training and socialization program known as the Agoge. The system emphasized duty, discipline and endurance. Although Spartan women were not active in the military, they were educated & enjoyed more status and freedom than other Greek women of their time

10:00am: Visit Spartan Archaeological & History Museum (20-25 minutes)

10:30am: Visit Olive Oil Museum (20-25 minutes)

Students will learn about the historical and cultural importance of olives in Greece

11:30am: Mystras Tour

This Byzantine wonder at the base of Mount Taygetos in Pelopennese is a town with a long and amazing history, now documented in the ruins of the town. It was made a UNESCO World Heritage Site in 1989 for its fortress, palace, churches, and monasteries

12:30pm: Lunch break (on your own in Sparta)

2:00pm: Depart Sparta for Ancient Olympia (3 hour ride)

5:00pm: Arrive Olympia and check-in to hotel (staying 2 nights)

Dinner at Hotel (included)



Day 9: Tuesday May 24, 2016

8:00am: Breakfast at hotel (included)

9:00am-4:00pm: Depart for Guided Tour of Ancient Olympia

Your Expert Local Guide will meet your group at the hotel and depart for a full day of excellent Olympic Content. Olympia is the birth place of the Ancient Olympic Games and home of the International Olympic Academy (IOA). Some argue that Olympia is the Home of Sport! Some of the highlights of this day include:

- ☞ The Temple of Hera which is where the Olympic torch is lit several months before an actual Olympic Games. Students will have the opportunity to stand on the very spot where the Olympic Torch starts its journey!!
- ☞ The stadium of Olympia was where the ancient Olympic Games were held. Before the 16th century, the running events were held on a flat area along the treasuries terrace, east of the great altar of Zeus. Students will have the opportunity to run on the exact grounds where the Ancient Olympic Games began!
- ☞ The Ancient Museum of Olympia which houses and represents the long history of the most celebrated sanctuary of antiquity, the sanctuary of Zeus and representation of where the Olympic Games were born. Your Guided Tour through the Museum will amaze you as you learn about Sport & Olympus from 1000's of years past

12:00pm: Lunch break (on your own)

The township of Olympia is quite small and easy to cover on foot. There are plenty of cafes, restaurants, take-out foods and of course Olympic Souvenirs!



Texas A&M students at the Entrance to the Ancient Olympic Games Main Arena

1:30pm: Visit the International Olympic Academy (IOA)

Established in Olympia, Greece, it serves a multi-national community as an International Academic Centre for Olympic Studies. (www.ioa.org.gr) It is an outstanding academic resource for students and researchers around the globe. Run by the International Olympic Committee (IOC) and the Greek government, the IOA makes available a broad spectrum of educational programs and studies aimed at disseminating the vision of Olympism. It aims to create an international cultural center in Olympia, to preserve and spread the Olympic Spirit, and to study and implement the educational and social principles of Olympism.

1:45pm: Presentation:

Topic: Ancient Olympic Values & Practices

3:00pm: Depart Ancient Olympia for Delphi (3.5 hour ride)

NOTE: This is a very scenic drive where you will see some of the most beautiful Greek countryside. Your journey will also take you through the world's largest concentration of Olives which is an Ancient 8000 year old crop! Yes, 8000 years!

7:00pm: Arrive Delphi and check-in to hotel (staying 2 nights)

8:00pm: Dinner (included)



Students at the main arena of the Ancient Olympics! The World's Home of Sport?

Day 10: Wednesday May 25, 2016

7:00am: Breakfast at hotel (included)

8:00am: Archaeological Site Tour of Delphi & Temple of Apollo

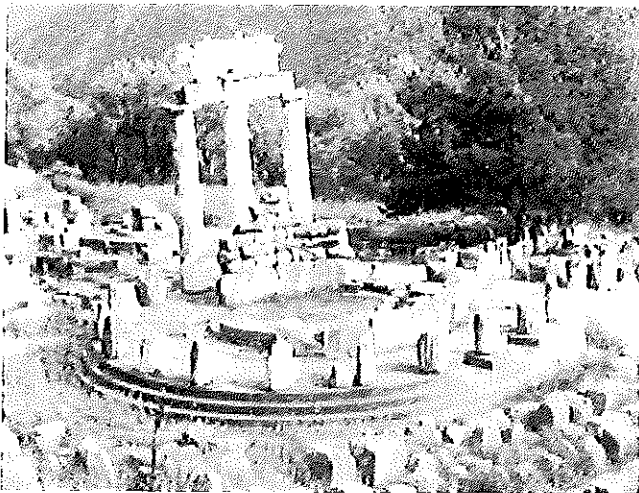
One of the most famous archaeological sites of Greece. In ancient times, the region was highly important as it was the site of the Delphic oracle, the most important oracle in the classical Greek world. It was also a major site for the worship of the god Apollo. It is known that here is where the Pythian Games took place, one of the four Pan-Hellenic games prior to the modern Olympics. Delphi is located in lower central Greece and is easily accessible from Athens.

12:00pm: Lunch at Delphi or nearby Arachova village (on your own)

1:00pm: Free Afternoon in Delphi

Delphi is a picturesque mountain town set high in the Greek Alps with amazing views and is a great place to enjoy a free afternoon!

7:00pm: Dinner (included)



Delphi Ruins



View from your Delphi Hostel

Day 11: Thursday May 26, 2016

Breakfast at hotel (included)

9:00am: Presentation:

Topic: Adventure Sport Tourism (focus on Mountain Sports around Delphi)

10:00am: Depart for Beach Visit (60 minute ride)

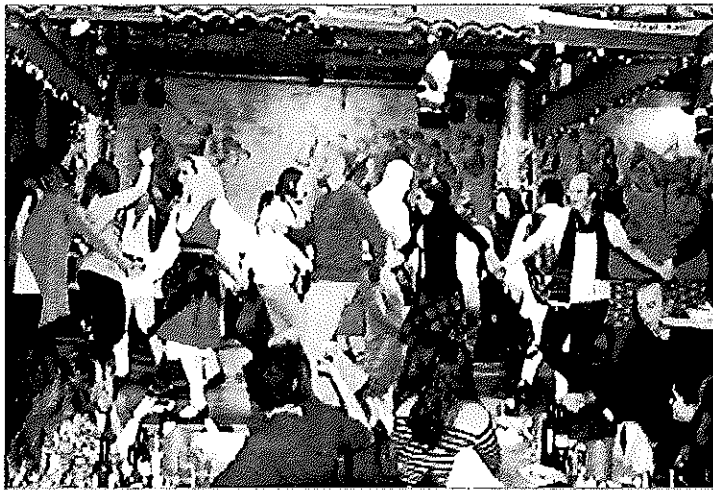
11:00am - 4:00pm: Free Time at the Beach

4:00pm: Depart for Athens (60-90 minute ride)

5:30pm: Arrive hotel (staying 1 night)

9:00pm - 11:30pm: Greek Cultural Night

In the heart of Plaka and close by your hotel there is 100+ year old musical tavern with a terrific local show. Its Greek traditional meals and Greek traditional music will make you feel at home from the very first moment. You will love the musical program with traditional costumes and dances from all over Greece; the oriental dances will delight you and the Syrtaki, Zorbas the Greek, Zeibekikos dance and the folk traditional songs promise a night you will never forget



Students on Stage & Enjoying the Traditional Greek Dinner & Dance Show

Day 12: Friday May 27, 2016

Breakfast at hotel (included)

8:00am: Ferry Boat to Mykonos Island (staying 2 nights on Island)

Mykonos is a Greek island famous for its beautiful beaches and scenery. The beaches (namely Paradise and Super Paradise) are known for their golden sand and crystalline waters

2:00pm: Cruise to Delos Island

This island is one of the most important and mythological sites in Greece. The entire island has been declared a national museum!

5:00pm: Return back to Mykonos Island

5:30pm: Presentation:

Topic: Sport & Recreation Tourism on Mykonos Island

NOTE: This presentation will simultaneously orientate students as well as showcase all that this beautiful island has to offer

7:00pm: Dinner at Hotel (included)

Day 13: Saturday May 28, 2016

Breakfast at hotel (included)

Free Day on Mykonos Island

7:00pm: Dinner (included)

Day 14: Sunday May 29, 2016

Breakfast at hotel (included)

Free Morning on Mykonos Island

2:00pm: Catch Ferry back to Athens and then bus to hotel, arrive about 5pm

7:00pm: Farewell Dinner (included)

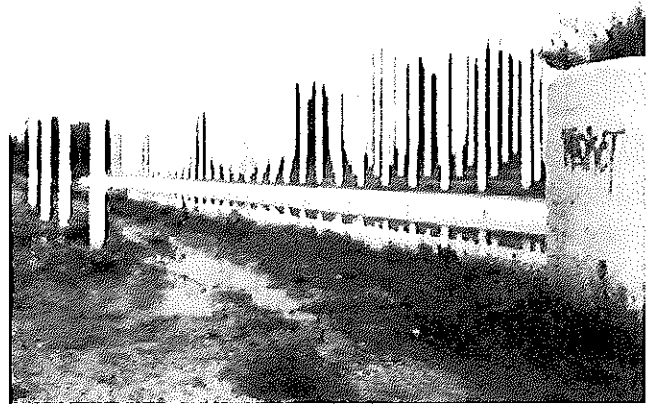
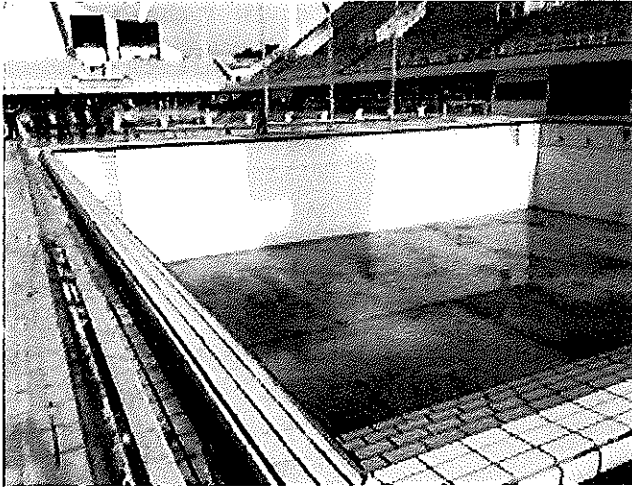


You'll spend two nights on beautiful Mykonos Island

Day 15: Monday May 30, 2016

Breakfast at hotel (included)

Flights TBA - Depart Athens (ATH) for Rome



"There are many beautiful images of Greece but you will see these images too! It is true that a good portion of the Athens Olympic site is being left to ruin. However many of the facilities ARE being used! The situation isn't as bad as many believe but images like those above are true. Your group will walk through the above areas as well. These pics were taken with my iPhone".

- Craig Douglass (Sports Travel Academy Company Director)

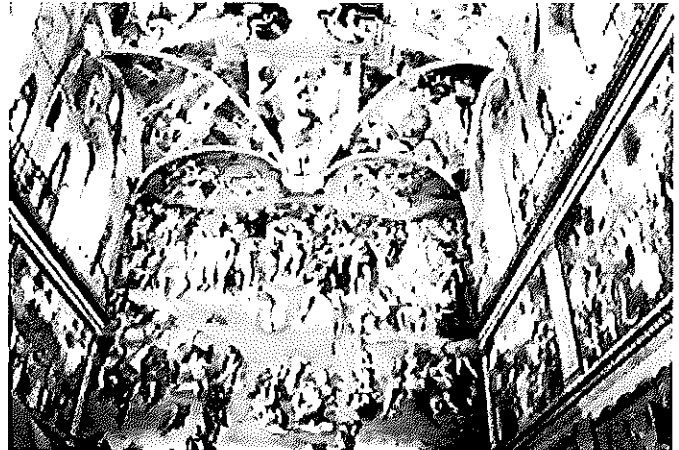
Day 16: Tuesday May 31, 2016

Breakfast (included)

8:00am: Depart hotel and walk 20 minutes to the Vatican

9:00am - 12:00pm: Visit the Vatican and Sistine Chapel. Highlights include:

- The Sistine Chapel, St. Peter's Basilica, Pope's Tombs, Michelangelo's Pieta, Raphael's Rooms, Gallery of Geographic Maps, Laocoon, Belvedere Apollo, Gallery of Tapestries, Gallery of Geographic Maps, Octagonal Courtyard and Immaculate Conception Room.



12:00pm: Lunch break

1:30pm: Arrive Italian National Football Federation

Presentation:

Topic: Football and its relationship to Italian Culture

2:30pm: Presentation:

Topic: TBA based on staff members availability

4:30pm: (approx) Arrive back at hotel



11:00am: (approx) Arrive Rome and depart for hotel

12:30pm: Lunch Break

1:30pm: Short Guided Walking Tour (30 minutes)

This walking tour will be conducted by your Guide and will be primarily for orientation of the neighborhood surrounding the accommodation

2:00pm: Free Time to Explore the Neighborhood/Get ready for Bike Tour

3:00pm - 6:00pm: Guided Bike Tour of Rome - Part 1

Don't worry there's lots of stops and bike is the best way to see the city of Rome. Known for her majestic monuments, roof top gardens and immense amount of churches but cycling through the cobbled streets and back alleys shows you a different side of this fabulous city. Since most of the area surrounding the monuments has been pedestrianized it is more efficient to get from one to the next by bicycle. As well as the bike lanes that there are in the city center we also use natural parks and waterfront to get across town removing the vast majority of traffic from the tour

5:30pm: Free time to explore or relax before dinner

7:30pm: Welcome Dinner (included)



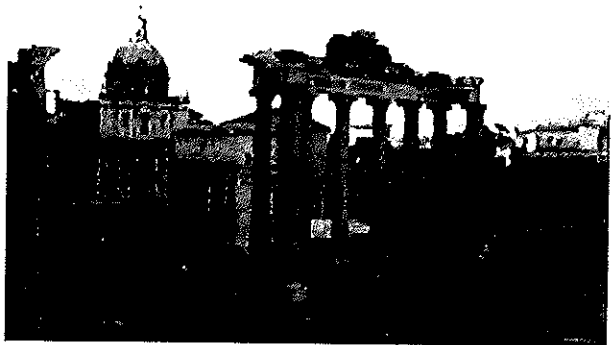
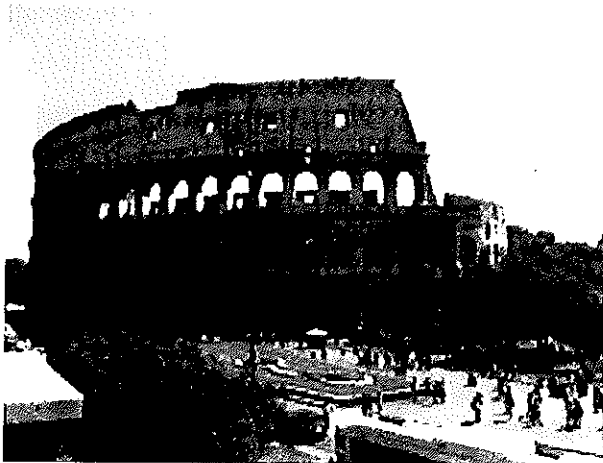
Today's bike tour is mostly back streets, neighborhoods and beautiful parts of the city that 99% of tourists never see

Day 17: Wednesday June 1, 2016

Breakfast (included)

9:00am - 1:00pm: Guided Bike Tour of Rome - Part 2

On today's tour you will see many of the historical sites including but not limited to; Fagutal Hill, Colosseum, Imperial Forums, Venezia Square, Trevi Fountain, Via dei Condotti, Spanish Steps, Via Margutta, Piazza del Popolo, S. Lorenzo in Lucina, Parliament Square, Column Square, S. Ignazio Square, Pantheon, Navona Square, Via de' Coronari, Campo de' Fiori and Farnese Square, Sisto Bridge, Trastevere, Tiber Island, Portico di Ottavia, Theater of Marcellus, Capitoline Hill, S. Peter ad Vincula.



Today's Bike Tour covers the monuments & ancient parts of Rome. Using bikes is the most efficient way to enjoy the city, see the most and avoid many other tourists

Day 18: Thursday June 2, 2016

Breakfast (included)

Free Day to explore and follow your own interests

7:30pm: Farewell Dinner (included)

Day 19: Friday June 3, 2016

Depart Rome for USA - flight details are TBA

Welcome Home. We hope you enjoyed your time in Greece & Italy!

