

Before the trip, you will have a full text, about trip, development and communication in pdf. Say clear if you want to join both part 1 and part 2 of the programme (see below).

**Friday 25.08.**

Pick up by bus in Athens at about 08.30. heading for Thermopylae: Walk at about 12.00. - 3.00 pm, At Thermopylae we see the inscription/poem of Simonides. Demonstration; and we try the equipment, and “fight” when we are tired after walk. We try the Persian perspective, shooting arrows. We take a bath in the hot spring of Thermopylae, eat, and have some beers/drink before heading for hotel in Thebes at about 07.00 pm., about one hour drive.



Presentation of the tour and lecture on ancient development and communicational-culture while you relax at the hotel.

Thebes: One of the ancient main power centers, and central city in mythology: Zeus's birthplace, Oedipus's birthplace, and the city where the "Milky Way" has its origin. Hotel 2 nights: <http://www.philoxenia-thiva.gr/>

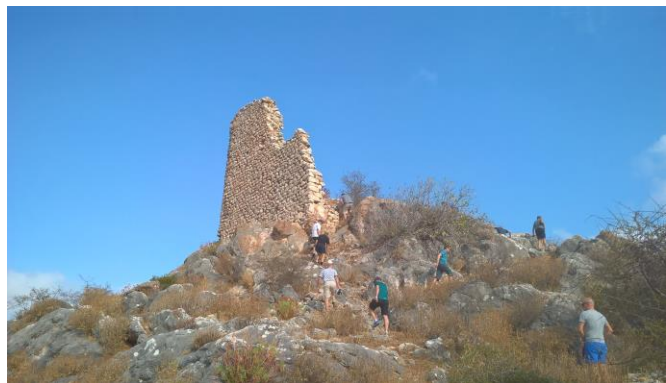


**Saturday:**

Bus 09:00 am: To the Valley of the Muses; Knowledge earthly cradle. We visit ruin/fort, and fill water from "Olmeios", one of the valley's "sacred springs, in small “amfora” (classic vase).



([www.thomglass.no](http://www.thomglass.no))



11:30 am: For modern Thespies for short break. Then to the statue by ancient Thespies and look beyond the old vanished city. The statue is to the memory of 700 Thespians who fought and died at the battle of Thermopylae. Thespia was a Thebes-terrorized city.



13:00 am. To Lefctra for original victory monument over defeated Spartan warriors 371 BC by Thebes. This victory marks the end of Spartan power.



2.00 pm: Plataea where we visit the ruins of Plataea. About Plataean history. We see the battlefield where the Greeks defeated the Persians in 479 BC, nine years before Socrates was born, as the last battle before democracy and the cultural development accelerated. To modern Plataea for refreshments. We participate in an ancient camp/warriors at Plataea, telling about technique, the battle and leadership. We witness the mythological ceremony before the battle at Plataea; “The oath at Plataea”. We have an ancient cousine



(Me assisting).



In the evening; To Thebes for taverna and leisure. About Alexander the Great massacre of Thebes, on the way to the hotel.

Below: Ruin of Mycean palace



**Sunday:** 09:00 am: We maybe (if it is a common wish) walk the field of Plataea (about 1.5 hour). One stop at the ruins of the Eleutherai, where Myron who made the “discusthrower” came from. The Athenians regarded Eleutherai (gr. “freedom”) as the origin of the theater.  
(The field; film; endscene “300” <https://www.youtube.com/watch?v=Qsma7OGcp6A>)



13.00 pm We arrive Marathon Museum and the tomb of the fallen Plataeans after the Marathon battle. These are the first fallen in defense of democracy in history, against a foreign power. The tombs are open and remains visible. We go to Marathon beach for swimming and taverna.



(Film; “Rise of an empire” 1. scene; <https://www.youtube.com/watch?v=S2up4-CJ-ok> )

**After the Marathon, the project (part 1) is finished. The part 2 starts here and is about the establishment and culture, and communicational/political life in the city.**



5.00 pm: To Athens. 18.pm Pnyx, public assembly plateau. About people and leadership.

Restaurant/end for the day.

**Monday:** 10.00 pm: To Acropolis.



12:00am: Agora, Socrates favorite place, prison, place of execution, and political institutions. Socrates trial, the «democratic» crisis, and everyday-life.



13.00am: Kerameikos: Outer wall, torn down by Sparta 404 bc.. and graveyard in antiquity.



Finished at about 02.00 pm.

Thank you for participating!



Tip: National Museum (a must). National Museum's exhibition is from Mycenaean to classical times.

