

GREECE - CRETE

by

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CAPITAL CITY: HERAKLIO

- MAIN CITIES: Heraklion, Chania, Rethymno, Lasithi.
- **Crete** is the largest of the Greek islands and the fifth-largest island in the Mediterranean Sea.
- Crete was the centre of the Minoan civilization (2700–1420 BC), the earliest civilization in Europe.

AN ISLAND WITH MORE THAN 1,000 KILOMETER REMARKABLE, LONG COASTLINE

- THE ISLAND'S POPULATION IS ABOUT 650,000.
- CRETE IS LOCATED AT THE SOUTHERN EDGE OF THE AEGEAN SEA.
- CRETE HAS THE HONOUR OF HOSTING NEARLY A QUARTER OF THE TOURISTS OF GREECE.

Cretan nutrition is based on olive oil, plant fibers, fresh seasonal foods, vegetables and pulses.

- The Cretan Diet is the base of the Mediterranean Diet.
- ***"Don't look for a pill that can substitute for the Cretan diet. There is no such thing".***

Serge Renaud 1998, "Lyon Diet Heart Study"

AN ISLAND WITH RICH HISTORY, LONG TRADITION AND EXTRAORDINARY CULTURE.

- FILLED WITH IMPORTANT MUSEUMS, ARCHEOLOGICAL SIGHTS AND ANCIENT MONUMENTS.
- FILLED WITH MYTHS AND LEGENDS.
- THE PLACE WHERE THE MINOAN CIVILIZATION FLOURISHED AND DECLINED.

ANCIENT CRETE

- British archaeologist Sir Arthur Evans found and studied remains of Knossos Palace in Crete.
- The civilization was called “Minoan” civilization after numerous kings named Minos.
- Fertile soil and good harbors.
- Rich natural resources: Copper, gold, silver.

Early History

- 3000-1400 B.C – Cretan empire
- Major cities: Knossos and Phaestos
- Leading sailors and merchants
- Export goods: pottery and textiles

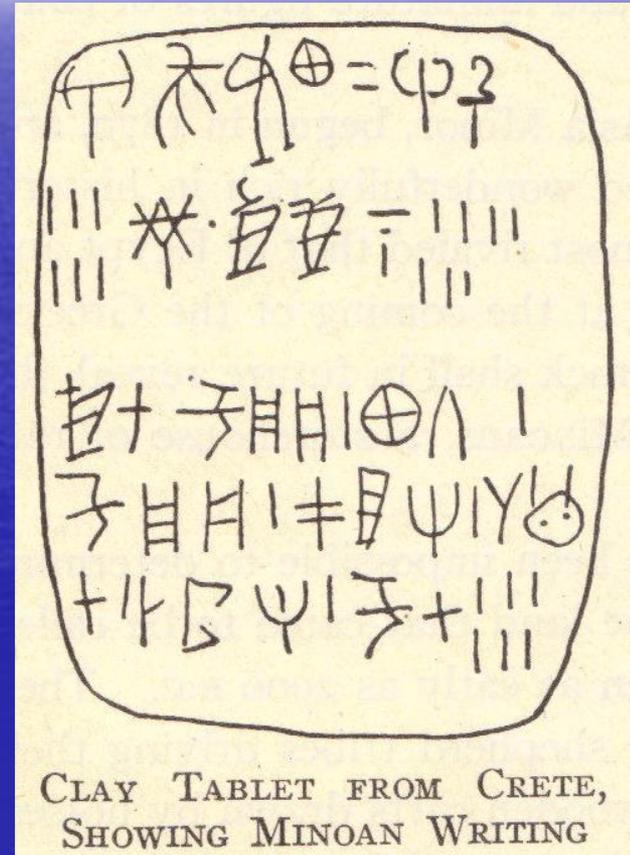
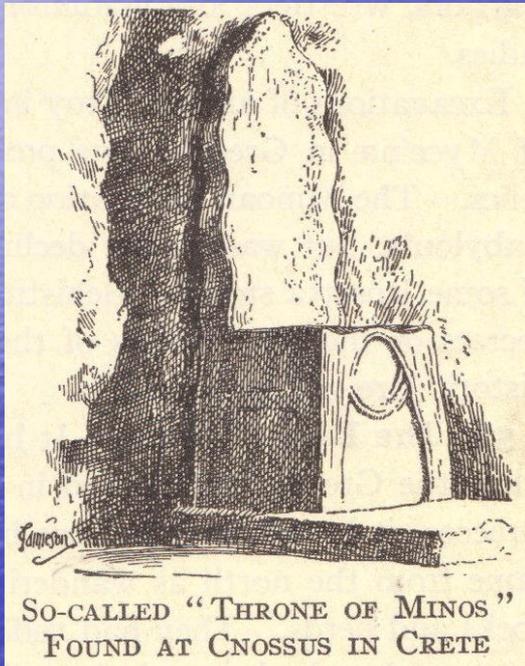
SOCIAL LIFE AND INNOVATIONS

- Palaces had baths, drains, and plumbing
- Developed athleticism, such as boxing, dancing, and running.
- Women enjoyed a level of equality with men.
- Developed art such as painting, pottery, and sculpture.

From Knossos Palace



Ancient Cretan writing symbols still remain unexplained



4 Greeks are in the list of the 20 people with the greatest influence in world history, society and culture.

It is worth mentioning that according to a new research carried out by academics of the **MIT University** in the USA, in order to create a list with the most important personalities of world history, 4 unique ancient Greek personalities are included in that list.

Thus, **ARISTOTLE, PLATO, ARCHIMEDES** and **SOCRATES** are among the 20 people with the greatest influence in global history.

HERAKLIO

Koules fortress



CHANIA

Old town of chania



If you want to learn and experience more...

You are welcome to visit Crete anytime!

INCREDIBLE CRETE

<http://www.youtube.com/watch?v=HNCbXaKqIRY>

AERIAL VIEWING OF GREECE

<http://www.youtube.com/watch?v=39AIK-WIWAs>

<http://www.youtube.com/watch?v=xeRojrKAZpQ>

FLYING OVER GREECE

<http://www.youtube.com/watch?v=RhVMd8iXHMo&feature=related>

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