

YNG+

GREECE, 14-19 JULY 2018

EUROPEAN Leadership University



AN EXTRAORDINARY ADVENTURE IN GREECE



ATHENS, LEFKADA ISLAND, IOANNINA & PAPIGO



YPO

Leadership. Learning. Lifelong.

TRAVEL NOTE

We are just over one month away from the YNG+ European Leadership University!

To help in your packing and planning, please review the information in this booklet. This is also a gentle reminder to **please submit your profile picture, passport copy and travel information** if you have not already done so. If you have any questions please reach out to Polissena Brandolini d'Adda, Events Manager at pbrandolini@ypo.org



Welcome!

YOUR YNG+ RETREAT IN AN ANCIENT PARADISE



EVENT CHAMPION:
THOMAS DUNGAN
YPO Gold Washington DC and Baltimore

Hey YNGers! We have gotten amazing support and interest in the *Extraordinary Adventure in Greece*. After reviewing the trip details and seeing some jaw-dropping photos from the site visit, I can confidently say that you will experience Greece in a way only few ever will. One of the aspects YNG+ prides itself on is the truly international nature of this community and in this trip we bring together individuals from all four corners of the world to retreat in an ancient paradise.

A lot of hard work has gone into making this trip happen and we are excited to share it with you!



See you in Greece!
THOMAS



YNG+ EUROPEAN LEADERSHIP UNIVERSITY 2018

Event Champion: Thomas Dungan
YPO Gold Washington DC and Baltimore
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Email: pbrandolini@ypo.org Mobile: +39-347 55 22 061

WHO'S COMING

Yasmeena Abou Hassan
YPO Gold Lebanon

Farouq Akhdar
YPO Emirates

Othman Bdeir
YPO Cairo Gold

Danielle Bernstein
YPO Gold US Capital

Arthur Darby
YPO Southern 7 Gold

Thomas Dungan
YPO Gold Washington DC - Baltimore

Maura Eagan
YPO Gold Connecticut River Valley

Stephanie Eagan
YPO Gold Connecticut River Valley

Alysha Ebrahim
YPO Maple Leaf (Greater Toronto Area)

Levi Glaser
YPO Gold Los Angeles

Hasnat Hashwani
YPO Gold Pakistan

Andrew Lux
YPO Gold St. Louis

Jamil Mansour
YPO Lebanon

Duncan McNaughton
YPO Ottawa Gold

Jamie McNaughton
YPO Ottawa Gold

Cassandra Miller
YPO Gold Southland California

Umer Naveed
YPO Indus

Athena Norian
YPO Iowa

Cassandra Pepin
YPO Florida Gold

Christina Pepin
YPO Florida Gold

Amani Premjee
YPO Pakistan

Tiberiu Radu
YPO Gold EuroChapter

Alexander Rhomberg
YPO Danube

Joely Stevens
YPO Gold West Michigan

Taylor Sweeney
YPO Chicago-Windy City

Tara Watumull
YPO Hawaii

Dean Weil
WPO Johannesburg

Jemma-Claire Weil
WPO Johannesburg

Alexandra West
YPO Indiana Gold

Chris West
YPO Southern 7 Gold

Theodora West
YPO Indiana Gold

YOUR 6 DAY ADVENTURE

Get ready for spectacular sunsets, azure oceans & charming villages.

DAY 1



ATHENS

SATURDAY 14TH JULY

All day – Meet and greet at Athens International Airport. Transfer to the hotel. Check in and free time.

19:30 Departure with transportation from the hotel

20.00 Dinner at Yacht Club Restaurant
After dinner user-pay drinks

DAY 2



ATHENS

SUNDAY 15TH JULY

Breakfast at the Hotel

08.30 Check out of the Hotel

09.00 Activity: '90 minutes are not enough'

11.00 Guided visit at Acropolis Rock

12.30 Lunch at Ziller's Restaurant

14.30 Departure to Lefkada Island with a stop on the way for dessert and coffee

19.00 Arrival at Ionian Blue Hotel
Check in and free time to relax

20.30 Dinner at the Hotel
After dinner user-pay drinks

DAY 3



LEFKADA ISLAND

MONDAY 16TH JULY

Breakfast at the Hotel

08.30 Check out of the Hotel

10.00 Activity: 'All lights are not the same'

13.00 Lunch at Meganissi Beach Bar

16.00 Transfer to beach cove

17.00 Activity: 'Time is a matter of life or ...?'

20.30 Dinner and overnight camping on the beach

DAY 4



IOANNINA

TUESDAY 17TH JULY

Breakfast at the beach

09.30 Transfer to Ioannina and visit Perama Cave

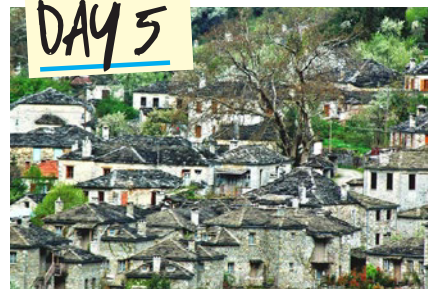
12.30 Lunch at Drambatova Restaurant by the Lake

14.30 Transfer to Zagori area and Papigo village

16.00 Check in and time to solve the puzzle. In Papigo we shall accommodate in two separate hotels

20.30 Dinner at Astra Restaurant
After dinner user-pay drinks

DAY 5



PAPIGO

WEDNESDAY 18TH JULY

Breakfast at the Hotel

09.00 Activity: 'The final countdown!'

15.00 Transfer to the Hotel and free time to relax

20.30 Closing dinner at Tsoumanis Restaurant

DAY 6



ATHENS

THURSDAY 19TH JULY

Breakfast at the Hotel

7:30 Check out of the Hotel

8:00 Transfer to ioannina airport

10:30 Flight to athens

11:30 Arrival in athens

Lunch on the beach and goodbyes
Departures



YOUR GREEK ODYSSEY

Throughout this adventure you will experience 4 unique tasks inspired by Greek mythology, history and folklore.

IOANNINA Day 4

LEFKADA ISLAND Day 2 & 3

ATHENS Day 1 & 6

PAPIIGO Day 5

GREECE

**TASK #3
TIME IS A MATTER OF LIFE OR ...?...**
Strategy and physical strength were the advantages of the ancient Greek warriors. Great battles were won and most of them became legends! Their training though was tough and only the brave ones would make it till the end. Patience was their virtue and time their enemy. Experience this race of warriors and confront yourself against nature and time!

**TASK #2
ALL LIGHTS ARE NOT THE SAME**
The second challenge will take place on Lefkada Island. Greeks were –and still are– famous for their naval skills and tradition. The lighthouse network of ancient Greece was the most sophisticated of that time. Through the numerous lighthouses built in strategic spots around the islands, a vessel could navigate safely during the night. Our participants, in teams, will use small dingees to find the lighthouse with the only use of maps and compasses.

**TASK #1
90 MINUTES ARE NOT ENOUGH**
The first challenge will take place in the center of Athens and will give the chance for everyone to explore this beautiful city, its people and history!

**TASK #4
THE FINAL COUNTDOWN!**
The final task of our adventure will take place in gorgeous mountainous area of Zagori, more specifically on the Vikos river. Our participants will trek down the valley and **it is quite important to have the right gear** so please check out the recommended packing list and footwear on page 6!

OUR ADVENTURE GUIDES

Thanassis Papadimitriou



Founder and CEO of EY ZHN Travel & Experiences Designers, the agency responsible for the organization of this trip. Born in 1965 and raised in Athens, with a BA degree in Economics from City College of London. Started my career in the family business of meat imports &

food processing but soon left to follow my heart towards traveling and discovering new challenges. I created EY ZHN in 1991, out of my love for Greece and travel, aiming to offer unique experiences and bonding opportunities to corporate related groups and demanding individuals. Alongside, the company was a pioneer in running special outdoor camps for teenagers in three remote, mountainous areas of Greece. I have travelled extensively all over Greece and throughout the world, in more than 88 countries in all continents and thousands of different places, cities, terrains, islands, jungles, desserts, seas, rivers, mountains. I am a long-distance runner and keen in adventure and outdoor sports such as sailing, mountaineering, rafting, kayaking, skiing, as well as an ex-rally driver and offroader. I have a family with two children, a boy 18 and a girl 16. My motto: "If you fall in love with your work you will never have to work again". Looking forward to living and creating some life changing moments with all of you, during this great adventure in our beautiful Greece!

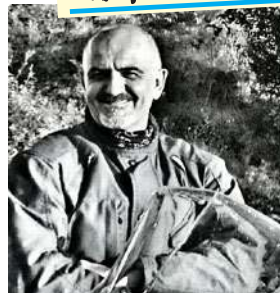
Nikos Sotirchos



Born in Sydney and studied Technology Engineering in Athens Technical University. I am a skilled technician in metallic constructions and have a 25 years' experience in Event management. Founder of the "Off road club" and "Orienteering Club" in Greece. Overall

and Land Rover award winner of the "Camel Trophy" international event in Kalimantan, Indonesia.

Antonis Iordanoglou



My romance with travelling began by going to Crete to study mathematics and since then I haven't stopped travelling. After a university degree in Mathematics, six months training on navigation at the US Navy and a credit in Graphic Design, I surprised myself by becoming a travel

writer and cartographer! I worked as travel editor in chief for the biggest Greek newspapers and travel magazines, wrote many travel books for the unexplored Greece and the Greek islands and created many travel guides and maps (for the National Geographic Magazine too), digital guides and apps. After hundreds of thousands of kilometers at the Greek mountains, islands, coasts and peninsulas with motorcycles, jeeps, boats, bicycles and on foot, I run the travel blog www.thegreektraveller.com and design rare and unusual trips in Greece for sophisticated travelers. I enjoy telling stories about Greece and to cross the sea with my speedboat to catch my dinner. To tell you the truth, I still confuse the books that we read when we travel with the books which make us travel!

Vassia Mpiriraki



I have studied Turkish and Modern Asian Studies, in the University of Athens, with a master in Entrepreneurship. From early years I knew that the best way to learn was by doing and travelling was the key to all my questions. From the age of 8 I was a backpacker and I stepped my foot on 15

countries till the age of 20. My goal is to explore the whole planet (and even more), so my good fate led me to travel designing, to help me fulfil it. For the last two years I have the honor to be the Director of the DMC department of EY ZHN Travel & Experiences Designers. I love my job because with beautiful travels and unique experiences we try to put happiness into the lives of others; this is the most worthwhile thing. I am member of the "Scouts of Greece" association for 25 years and currently I am Scout's National Commissioner, with the responsibility of the educational program for 5.000 young people and 1.000 adults. During these years, I had the responsibility of more than 50 camps and expeditions in Greece and Europe. I am an adults' trainer for 10 years. My passion is sailing, and I most enjoy walking in the rain in a beautiful forest! My favorite colors are forest green and deep blue, my favorite season is winter, and I have read all of the Harry Potter books, in 3 languages, twice! What I would like to share with you is that you should never miss the opportunity for a new adventure. Adventures make us who we are!



TRAVEL NOTES

Everything you need to know from the hotels, climate & what to pack.

* PASSPORT, PICTURE & TRAVEL INFORMATION

Please provide profile picture, passport copy and travel information to
Events Manager, Polissena Brandolini d'Adda pbrandolini@ypo.org

ACCOMMODATION

Rooms are shared and YNGers will be paired based on age and gender.

• 14th July 2018: Athens

Hilton Hotel, Vassilissis Olga Avenue
Phone: +30 210 728 1000

www.hilton.com/Athens

• 15th July 2018: Lefkada Island

Ionian Blue Bungalows & Spa Resort
Phone: +30 2645 029 029

www.ionianblue.gr

• 16th July 2018: Parga

On this night, the group will camp out on a beach cove with tents.

• 17-18th July 2018: Papigo

For these two nights the group will accommodate among two hotels.

Villa Zagori Papigo

Phone: +30 694 523 9500

www.villazagori.com/villa-zagori-the-green-house

Saxonis Houses

Phone: +30 693 715 1624

www.saxonis-papigo.gr

**If you need additional room nights pre-or post event, please inform the Events Manager.*

AIRPORT TRANSFERS

• **14-19th July:** Airport transportation from and to Athens International Airport "Eleftherios Venizelos" (AIA) will be provided on 14 and 19 July only. You will meet our staff at the airport – look for the YPO Logo!

• Before 14th July & After 19th July:

For those arriving before 14 July or departing after 19 July or arriving to or departing from any location other than Athens International Airport "Eleftherios Veizelos" (AIA) transfers are user-pay.

We recommend you contact Events Manager Polissena Brandolini d'Adda pbrandolini@ypo.org

LUGGAGE ALLOWANCE

The luggage allowance is 23kg and one carry for the **19 July airport transfer** from Ioannina to Athens.

TRAVEL TIPS

- We recommend bringing a neck or waist wallet to secure your cash, credit cards and IDs. We will be touring highly populated areas during the program and use of these types of travel wallets are more challenging for pickpockets to lift in crowded situations.
- You can buy Euros at the airport if you want some foreign currency

CLIMATE

Average temperatures range from 23°C–40°C. There are occasional summer thunderstorms, so plan accordingly.

ELECTRICITY

Electricity in Greece is 220V, with a frequency of 50hz, the following plugs are used:



TIME ZONE

GMT+3



DON'T FORGET TO JOIN OUR FACEBOOK GROUP

And keep in touch on the trip

<https://www.facebook.com/groups/844861449039494/>

[Click Here to Join Now](#)

PACKING CHECKLIST

T-Shirts

Sweatshirts

Shorts

Raincoat

Underwear

Socks

Pajamas

Trekking Shoes

Long Trousers (*Jeans or Pants*)

Boat Shoes or Sport Shoes (*Even All-Star*)

Flip-Flops or Teva Type

Swimming Suite (*One-Piece for Girls*)

Toothbrush

Toothpaste

Shampoo/Conditioner

Shower Gel

Sunscreen

Insect Repellent

Back Pack (*20L-30L, Waterproof*)

Sunglasses

Hat

Swimming Towel

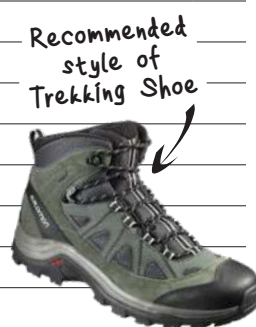
Head Torch

Personal Medication: All guests should carry any personal medication, if required

Power Converter: Bring a charger and European plug adapter for your cell phone. Type C for Europe and Type F for Greece

Camera: (*optional*) Please make sure your name is on it

Laptop: (*optional*) It's not necessary to bring a laptop, but if you choose to bring one, please keep tabs on it and make sure your name is on it (losing a laptop = a very bad day)



ENGLISH TO GREEK Ελληνικά

HELLO

Γειά σου (YAH-soo)

The less formal way to say "Hi" would just be "Γεια" (Yah). If addressing a group, say "YAH-sas".

NICE TO MEET YOU

Χάρηκα πολύ (HA-ree-ka po-LEE)

HOW ARE YOU?

Τι κανείς (tee-KAH-nis)?

GOOD MORNING

Καλημέρα (kah-lee-MER-ah)

You would say this greeting up until noon, and then for the rest of the day you can use "Γεια" (yah) as the standard greeting.

GOOD AFTERNOON / EVENING

Καλησπέρα (kah-lee-SPER-ah)

Beginning around late afternoon/dusk and into the evening, you can use this greeting.

GOODNIGHT

Καληνύχτα (kah-lee-NEEKH-tah)

THANK YOU

Ευχαριστώ (eff-kha-ri-STOE)

A good tourist is a polite tourist.

MY NAME IS...

Με λένε (may LEH-neh)...

What is your name? πως σε λένε? (pos-oh LEH-neh)

PLEASE / YOU'RE WELCOME

Παρακαλώ (para-kah-LOE)

In Greek, the word for "please" and "you're welcome" is the same, making it all the more easy to learn. It's polite to say "para-kah-LOE" after asking for directions or the price of something. It can even be used to mean "I beg your pardon?" or "Huh?" when you've misunderstood or want someone to repeat something.

GOODBYE

Γειά σου (YAH-soo)

The more informal way of saying bye would just be "Yah." Recall that this is the same as saying hello (similar to "ciao" in Italian or "aloha" in Hawaiian). If addressing a group, say "YAH-sas."

SEE / TALK TO YOU LATER

Τα λέμε (tah-LEH-meh)

You may hear people ending their conversations with this phrase as well.

WHERE IS THE BATHROOM?

Πού είναι η τουαλέτα (Poh-EE-nay ee tua-LEH-tah)?

Helpful hint: "Poh-EE-nay" means "Where is?" so you can ask for help with locating something by saying this while pointing to a specific location in your guidebook or on a map.

DO YOU SPEAK ENGLISH?

Μιλάτε αγγλικά

(Mee-LAH-teh ag-li-KAH)?

EXCUSE ME / SORRY

Συγγνώμη (See-GHNO-mee)

Say this to get someone's attention, ask to pass by someone, or apologize if you've bumped into someone.

YES ΝΑΙ (neh) NO ΟΧΙ (OH-hee)

Be careful not to confuse yes and no — it's easy to mistakenly associate "neh" with "no" in English, and "oh-hee" with "okay" when in fact it's just the opposite! An easy neumatic is to remember that they're actually the inverse of what you would initially think.

CHEERS!

Στην υγεία μας! (STIN-eh YAH-mas)

This literally means "To our health!"

If addressing a group of people not including yourself, say "STIN-eh YAH-sas," which means "To your health!"

BOTTOMS UP!

Ασπρο πότο (AHS-pro PAH-toh)

Meaning literally "white bottom," if you use this with a new Greek acquaintance, you'll be sure to impress.

HOW MUCH IS IT?

Πόσο κάνει αυτό

(POH-soh KAH-nee af-TOH)?

You can get by with asking "POH-soh KAH-nee" (How much?). Adding the "af-TOH" just means "How much is it?"

I DON'T UNDERSTAND

Δεν καταλαβαίνω

(Then Kah-tah-lah-VEH-noh)

HELP!

Βοήθεια (voh-EE-thee-yah)

I LOVE GREECE

Αγαπώ την Ελλάδα

(Ah-gah-POH teen Eh-LAH-tha)

ΟΟΡΣ!

Ωπα (OH-pa)

OTHER THINGS TO DO IN ATHENS

Arriving early or staying on, here's our picks for exploring Athens.



RESTAURANTS

Balthazar Bar Restaurant

www.balthazar.gr

Noel Bar Restaurant

www.noelbar.gr

360 Bar Restaurant

www.three-sixty.gr

Skyfall Bar Restaurant

www.skyfallbar.gr

Akanthus Club Restaurant

www.akanthus.gr

Balux Bar Restaurant

@BaluxHouse



CULTURE

Acropolis Museum

www.theacropolismuseum.gr

Archaeological Museum

www.namuseum.gr

Shopping in Kolonaki, Athens's

most trendy neighborhood

Lycabettus Hill for coffee

and people watching

www.lycabettushill.com

Poseidon's Temple, Sounio

Aegina or Hydra Day Cruise

Nafplion Day Tour

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