

Educational Tours

STUDY ABROAD



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Greece



12 or 15* DAYS Athens + Olympia + Delphi

[* 3 Day Tour Extension: Greek Islands Cruise]

WHAT YOU GET:

-  Round Trip Flights & Ferry
-  Luxurious Motor Coach
-  Finest Accommodation
-  Substantial Meals
-  Guided Sightseeing
-  24/7 Tour Manager

Olympic Studies

DAILY ITINERARY

Day 1: Fly overnight to Greece

Day 2: Athens

- Arrival at Athens' International Airport
- Pick up from Airport & drop off at Hotel
- Dinner at hotel & overnight in Athens

Day 3: Athens

- Athens City Tour (includes Acropolis Museum) & Cape Sounio Tour
- Dinner at hotel & overnight in Athens

Day 4: Athens

- Academic Classes lectured by sport professors or professional sport experts
- Guided visit of the Panathenaic Stadium
- Free evening hours
- Dinner at hotel & overnight in Athens

Day 5: Athens

- Academic Classes lectured by sport professors or professional sport experts
- Visit of the Peace and Friendship Stadium
- Visit of Olympiacos Football Stadium & Museum Tour
- Free evening hours & dinner at hotel

Day 6: Athens

- Academic Classes lectured by sport professors or professional sport experts
- Visit of a local Multi Sport Club (approx. 60')
- Sport activities (we can arrange for the students to play amongst themselves: basketball, soccer, running, etc.)
- Free evening hours & dinner at hotel

Days 7: Athens

- Academic Classes at Panteion University (The Olympics and Global Sport Development)
- Rest of the day FREE
- Greek Night with Greek Live Music

Day 8: Mycenae | Epidauros | Olympia

- Drive from Athens to Mycenae
- Mycenae guided tour
- Travel from Mycenae to Epidauros
- Take a guided tour to Epidauros (theater and ancient stadium)
- Drive from Epidauros to Olympia
- Dinner at hotel & overnight in Olympia

Day 9: Olympia | Delphi

- Ancient Olympia Guide Tour (visit the ancient Olympic Stadium- the entire archeological site)
- Visit the International Olympic Academy
- Travel to Delphi
- Arrive at Delphi hotel, dinner & overnight
- Guided sightseeing of Acropolis & its Museum, The National Archaeological Museum, the Panathenaic Stadium, the Constitution Square and the Parliament Building
- Free time for walking to Plaka & Monastiraki
- In the evening farewell dinner in a Greek traditional tavern
- Transfer back to hotel & overnight

Day 10: Delphi | Athens

- Delphi Guided Tour (Archeological site of Delphi, Temple of Apollo, ancient stadium)
- Drive from Delphi to Athens
- FREE Evening in Athens
- Dinner & Overnight in Athens

Day 11: Athens

- Visit OAKA STADIUM: OAKA Stadium Tour & Panathinaikos Basketball Club (approx. 3hrs.)
- Drive back to hotel
- Athens By Night Walking Tour & dining at a Greek Tavern Organized farewell dinner & overnight in Athens

Day 12: Depart to home. End of tour



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Greece | Italy



16 DAYS
Athens + Rome

WHAT YOU GET:

-  Round Trip Flights & Ferry
-  Luxurious Motor Coach
-  Finest Accommodation
-  Substantial Meals
-  Guided Sightseeing
-  24/7 Tour Manager

Sports Medicine

DAILY ITINERARY

Day 1: Fly overnight to Greece

Day 2: Athens

- Arrival at Athen's International Airport
- Pick up from Airport & drive to Hotel
- Dinner at hotel & overnight in Athens

Day 3: Athens

- Athens City Tour (includes Acropolis Museum) & Cape Sounio Tour
- Dinner at hotel & overnight in Athens

Day 4: Athens

- Visit of American College of Greece & University of Athens
- Sport Medicine Speaker & Physical Therapy / Exercise Physiology Private Practice
- Guided visit of the Panathenaic Stadium
- Dinner at hotel & overnight in Athens

Day 5: Athens

- Olympic Stadium of Athens Tour (OAKA)
- Visit of American College of Greece & University of Athens
- Sport Medicine Speaker & Physical Therapy / Exercise Physiology Private Practice
- Free evening hours
- Dinner at hotel & overnight in Athens

Day 6: Athens

- Tour to a pro Club Training Center including a visit to actual rehabilitation center for Club's Athletes.
- Presentation of Club's Sports Doctor
- FREE evening hours
- Dinner at hotel & overnight

Days 7: Athens | Islands Day Cruise

- Day Cruise at the Saronic Islands (Aegina, Hydra & Poros). Overnight in Athens

Day 8: Mycenae | Epidaurus | Olympia

- Drive from Athens to Olympia. On the way guided tours to Mycenae & Epidaurus
- Dinner at hotel & overnight in Olympia

Day 9: Olympia | Delphi

- Ancient Olympia Guide Tour (visit Temple of Hera, Temple of Zeus, Ancient Olympic Stadium, Ancient Olympia Museum)
- Visit the International Olympic Academy (IOA) & possible Presentation by Sports Medicine Professor at IOC premises
- Travel to Delphi
- Arrive at Delphi hotel, dinner & overnight

Day 10: Delphi | Athens

- Delphi Guided Tour (Archeological site of Delphi, Temple of Apollo, ancient stadium)
- Drive from Delphi to Athens
- Greek Cultural Night (Dine at a Greek Tavern with live Greek Music)
- Overnight in Athens

Day 11: Athens | Rome

- Flight from Athens to Rome, Italy
- Arrive to hotel in Rome & leisure time
- Dinner at hotel & overnight in Rome

Day 12: Rome

- Visit the University of Rome
- Sport Medicine Speaker & Physical Therapy / Exercise Physiology Practice
- Rest of the day is given to explore the city
- Dinner & overnight in Rome

Day 13: Rome | visit the Vatican

- Three (3) hour Tour to the Vatican and Sistine Chapel including sites such as St. Peter's Basilica, Popes Tombs, Michelangelo's Pieta and etc.
- Free evening hours
- Dinner & overnight in Rome

Day 14: Rome

- Colosseum & Ancient Rome Tour
- Visit the University of Rome
- Sport Medicine Speaker & Physical Therapy / Exercise Physiology Practice
- Dinner & overnight in Rome

Day 15: Rome

- Free day in Rome with optional excursions to choose from
- Dinner & overnight in Rome

Day 16: Depart to home. End of tour



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Greece

Sports History

DAILY ITINERARY

Day 1: Fly overnight to Greece

Day 2: Athens

- Arrival at Athen's International Airport
- Pick up from Airport & drive to Athens Hotel
- Dinner at hotel & overnight in Athens

Day 3: Athens

- Athens City Tour & Cape Sounio Tour
- Dinner at hotel & overnight in Athens

Day 4: Athens | Visit a College in Greece

- Visit of a College in Greece (Sport Management Department)
- Student Interaction (Possibly 2-3 Greek and 2-3 American students combine to make small groups. Each group is given a topic to discuss.)
- Student Presentations
- Fun Sport Games on campus (basketball, soccer)
- Dinner at hotel & overnight in Athens

Day 5: Athens | Visit of HOC & HFF

- Drive from hotel to Hellenic Olympic Committee (HOC)
- Presentation Topic 1: The Olympic Movement
- Presentation Topic 2: Ancient Olympic History & Politics
- Visit Hellenic Football Federation for presentation on the HFF & Football in Greece/Europe
- Remaining Day: FREE TIME
- Dinner at hotel & overnight in Athens

Day 6: Athens | Panathenaic Stadium & OAKA

- Panathenaic Stadium Guided Tour - OAKA Tour (Olympic Athletic Center of Athens) (approx. 3hrs FULL tour)
- Remaining Day: FREE TIME
- Dinner at hotel & overnight in Athens

Days 7: Athens | Modern Stadium Tours

- Depart for Peace and Friendship Stadium Tour (approx. 30')
- Olympiacos Football Stadium (Karaiskakis) & Museum Tour
- Presentation Topics:
 - a) Discussion regarding the Institute and the sport business market,
 - b) Financial situation and how the economic crisis has influenced his work and Greece in general
- Visit & tour Olympiacos Rentis Training Center with brief presentation of the premises
- Visit a local Multi-Sports Club (approx. 30')
- Tour in Multi-Sports Club with brief presentation of the premises. We could arrange to watch a game: youth, women, men's basketball, soccer or whatever is available.
- FREE evening hours
- Dinner at hotel & overnight in Athens

Day 8: Mycenae | Epidaurus | Nafplio | Sparta

- Drive from Athens to Mycenae
- Mycenae guided tour
- Travel from Mycenae to Epidaurus
- Take a guided tour to Epidaurus (theater and ancient stadium)
- Drive from Epidaurus to Sparta through Nafplio
- Nafplio Tour and light lunch at a tavern in Nafplio
- Drive from Nafplio to Sparta
- Dinner at hotel & overnight in Sparta

Day 9: Sparta | Mystras | Olympia

- Sparta Guided Tour: visit the Archeological Museum and Olive Oil Museum (approx. 2 hrs.)
- Drive from Sparta to Mystras
- Mystras Guided Tour (approx. 1 hr.)
- Drive from Sparta to Olympia
- Evening hours: free
- Dinner at hotel & overnight in Olympia



12 or 15* DAYS Athens + Olympia

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WHAT YOU GET:

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- Luxurious Motor Coach
- Finest Accommodation
- Substantial Meals
- Guided Sightseeing
- 24/7 Tour Manager

Day 10: Delphi | Athens

- Drive from Olympia to Delphi
- Delphi Guided Tour
- Drive from Delphi to Athens
- Dinner & Overnight in Athens

Day 11: Athens

- FREE morning hours (opportunity to shop, drink coffee in downtown Athens)
- Sports Panel at hotel
- Presentation by 2-3 Sport Expert Speakers
- Greek Night (food & live Greek music)

Day 12: Depart for home



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WHY CHOOSE PENTAGON...

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- because every tour that we arrange is a special **TAILOR-MADE TOUR** which is perfect for you and meets your specific goals for the trip
- because PST in cooperation with selected network of partners provides only **TOP QUALITY SERVICES**, from transportation and accommodation till the last detail of your tour
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