

# Sample Heritage Greece®- CYA Itinerary



**\*\*\*This is a representative itinerary. Exact sites, island destinations, and activities vary each year. Designed to blend ancient history, modern Greek life, experiential learning, and cultural immersion.**

## Day 1 – Arrival & Welcome to Athens

Settle into student housing, attend program orientation at the CYA Academic Center, and enjoy a welcome dinner. Evening screening introduces students to the ancient Athenian Agora.

## Day 2 – Democracy at Its Source

Sunrise lecture on Pnyx Hill followed by guided visits to the Acropolis, Acropolis Museum, and Ancient Agora. Afternoon discussions connect ancient political thought to modern democratic challenges.

## Day 3 – Politics, Identity & Modern Greece

Visits to the Hellenic Parliament and central Athens. Survival Greek and cultural workshops introduce students to the rhythms of modern Athenian life. Evening dinner with CYA faculty.

## Day 4 – Culture, Society & the Modern City

Guided visit to the Benaki Museum and walking tour through Athinas Market and Exarcheia. Afternoon group debrief and free evening.

## Day 5 – Excursion to Delphi

Travel to Delphi to explore its ancient sanctuary, museum, and surrounding landscape. Stop at the Distomo WWII Museum for a discussion on memory, trauma, and modern Greek history.

## Day 6-7 – Free Weekender

Two days open for students to explore Athens at their own pace, visit additional museums, or engage in independent study.

## Day 8 – Traditions of Attica

Day trip through Attica featuring a visit to the Bread Museum, a winery experience, and a historic monastery. Discussions focus on how tradition shapes contemporary Greek identity.

## Day 9 – Island Life & Maritime Greece

Full-day excursion to Hydra to examine seafaring heritage and the island's role in Greek culture and independence. Evening return to Athens.

## Day 10 – Philhellenism & Modern Development

Visits to the Philhellenism Museum and the Ellinikon Experience Center to explore how Greece's past and future intersect.

## Day 11 – Innovation, Nature & Ancient Myth

Visit to Apivita's beehive center and an excursion to Cape Sounion to see the Temple of Poseidon. Free time by the sea.

## Day 12 – Final Reflections & Farewell Dinner

Closing discussions and final reflections followed by a celebratory farewell dinner with faculty and peers.

## Day 13 – Departure Day

Check-out and departure from CYA housing.