

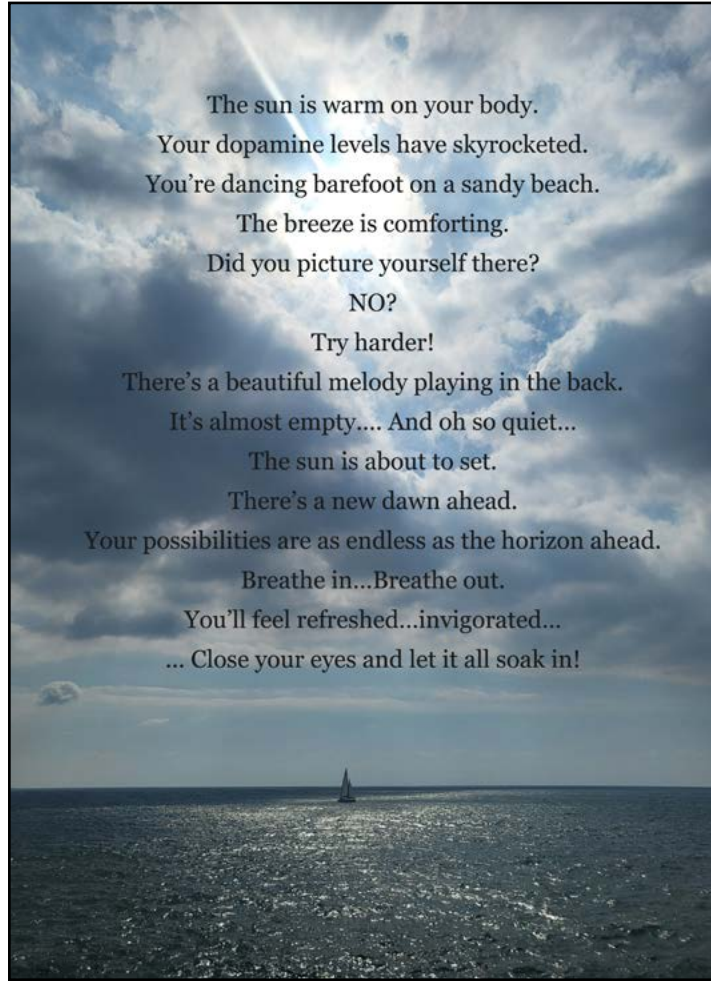


الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

Issue 44  
June 2023



The sun is warm on your body.  
Your dopamine levels have skyrocketed.  
You're dancing barefoot on a sandy beach.  
The breeze is comforting.  
Did you picture yourself there?

NO?

Try harder!

There's a beautiful melody playing in the back.

It's almost empty.... And oh so quiet...

The sun is about to set.

There's a new dawn ahead.

Your possibilities are as endless as the horizon ahead.

Breathe in...Breathe out.

You'll feel refreshed...invigorated...

... Close your eyes and let it all soak in!

"In a summer season, when soft was the sun", as William Langland wisely pointed out in his poem "From the vision of Piers Plowman", the best you can do is bask in the warm glow of the "soote season", as defined by Henry Howard in Earl of Surrey as "the sweet season".

Oh sweet June what have you in store for us?

Schools are out, obligations lessened, perhaps a little escapade is on the plan...

Till then, stay safe and enjoy reading.

Don't forget on June 29 to wish all your Petros & Pavlos a very happy name day!



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Ta Nea



SUMMER SOLSTICE



Today is the largest day of the year.  
Summer is officially here!

Happy  
Father's  
Day!

The 1<sup>st</sup> **Father's Day** was celebrated on June 19, 1910.  
In 1966, President Lyndon B. Johnson issued the first presidential proclamation honouring fathers, designating the third Sunday in June as Father's Day.  
It is celebrated in 111 countries around the world.  
Saint Joseph is considered the patron saint of fathers.  
The foundation of Father's Day celebrations dates back to the Middle Ages in Catholic Europe.  
Sonora Smart Dodd from Spokane, Washington, is credited for originating Father's Day.  
Her grave at Greenwood Cemetery reads: "Founder of Father's Day".  
"Father! —to God himself we cannot give a holier name!"  
—William Wordsworth

**World Music Day** or Fête de la Musique is celebrated on June 21st every year to honour musicians and singers.  
It was founded in 1982 by the French Ministry of Culture.  
Jack Lang, French Minister of Culture in 1981, conceived the idea of celebrating a day of music.  
It is celebrated in more than 1,000 cities in 120 countries, including India, Italy, Australia, Peru, Canada, the UK and Japan.  
The oldest surviving melody, the Hurrian Hymn, was discovered in the 1950s on a clay tablet inscribed with Cuneiform text in Ugarit, now part of modern-day Syria, and is dedicated to the Hurrians' goddess of the orchards Nikkal. It is over than 3,400 years old.  
Below is a link of the ...haunting melody:  
<https://youtu.be/Tx6vot515SM>  
Plato: "Rhythm and harmony find their way into the inward places of the soul."



The United Nations General Assembly, on December 11, 2014, adopted a unanimous resolution declaring June 21 as the **International Day of Yoga**. It's concept was first proposed by Prime Minister Narendra Modi  
It is celebrated in more than 180 countries.  
Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living.  
The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.  
Maharishi Patanjali is the father of Yoga.  
The practice of Yoga is believed to have started with the very dawn of civilization.  
The earliest theory of yoga was developed by the Indus-Sarasvati civilization in Northern India around 2,700 BC, in the pre-Vedic period.  
Yoga originated in India. According to mythology, Lord Shiva was the first one to impart the knowledge of yoga. In the Yogic culture, Shiva is not known as a God, but as the first Guru or the Adi Guru. He is the Adi Yogi or the first Yogi.  
Rumi: "The very center of your heart is where life begins – the most beautiful place on earth."





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**Did You Know: June is For Greek Royalties & Celebrities**

**Prince Philip, Duke of Edinburgh**



👑 Jun 10, 1921  
 📍 Mon Repos

📌 member of the British Royal Family, consort to Queen Elizabeth II

**Constantine II of Greece**



👑 Jun 02, 1940  
 📍 Psychiko

📌 former King of Greece

**Princess Cecilie of Greece and Denmark**



👑 Jun 22, 1911  
 📍 Athens

📌 Greek and Danish princess

**Demis Roussos**



👑 Jun 15, 1946  
 📍 Alexandria  
 f DemisRoussosOfficial

📌 Greek singer

**Princess Sophie of Greece and Denmark**



👑 Jun 26, 1914  
 📍 Corfu

📌 Greek princess

**George Papandreou**



👑 Jun 16, 1952  
 📍 Saint Paul  
 f γεοργε.α.παπανδρεου

📌 Greek politician

**Princess Olga of Greece and Denmark**



👑 Jun 11, 1903  
 📍 Tatoi Palace

📌 princess

**Prince George of Greece and Denmark**



👑 Jun 24, 1869  
 📍 Corfu

📌 Prince of Greece and Denmark

And many other celebrities: Morgan Freeman, Angelina Jolie, Mark Wahlberg, Liam Neeson, Marilyn Monroe, Alanis Morissette, Lionel Messi, Elon Musk, Johnny Depp, Nicole Kidman, Judy Garland, Boris Johnson, Tupac, Mike Tyson, Jean-Jacques Rousseau, Adam Smith...



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ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
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Ta Nea

## Did You Know: Your Pets Can Be Culturally Enticed

Your pets will get to enjoy archeologic sites with you!

Greece's Central Archaeological Council put in motion a pilot program for the first time, enabling pet owners to access about more than 120 archaeological sites.

Until now, entrance was only allowed for dogs accompanying people with disabilities.

The new policy stipulates that dogs need to be on a leash no more than 3 feet long.

The animals can also be carried by their owners in a pouch or a pet carrying case.

Larger dogs will be required to wear a muzzle.

The culture ministry said pet owners will also be required to show health certificates for the accompanying animal and carry the supplies needed for picking up poop in order to be allowed entry into the archaeological sites.

The ministry said there will be cages installed at the entrances to more than 110 archaeological sites.

Minister of Culture, Lina Mendoni, announced that specific sites will not abide by this new regulation such as Acropolis, Ancient Olympia, Delphi, etc, nor inside the monuments in theatres, temples, or monument mosaic floors.

The organization did not yet specify an implementation date for the new regulations.

Greeks and their love for their four-legged friends runs way back in time. In fact, Ancient Greeks had a great love and respect for their dogs, they considered them their protectors, hunters, and companions. Homer and the Odyssey is the perfect story to portray the unending loyalty of dogs to men. Additionally, Socrates claimed that dogs are true philosophers because they "distinguish the face of a friend and of an enemy only by the criterion of knowing and not knowing". He said that the dog has learned who is and is not a friend based on that knowledge and responds appropriately while human beings are often deceived as to who their true friends are.



Credit: Ministry of Culture

### IMPORTANT NOTICE TO GREEK CITIZENS

Kindly contact our Center by phone or email informing us about any change of address, phone number or social status helping us to keep our data list updated.







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ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
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## In the News: It's Not Just Any Flame! It's the Special Olympics Flame...

"The Flame of Hope"! It was lit on June 7<sup>th</sup> in a special torch-lighting ceremony held at the Zappeion Hall in the presence of the Greek President, Katerina Sakellariopoulou and German Ambassador to Greece, Ernest Reichel.

The Special Olympics World Games 2023 will kickstart on June 17<sup>th</sup> at the Berlin's "Olympiastadion" until June 25<sup>th</sup>, marking the first time ever that Germany hosted the Special Olympics Games.



The mission of the Special Olympics World Games is to offer people with or without disabilities from different nations, cultures, religions and so on, the opportunity to train all year long and compete in a variety of Olympic-type sports for children and adults.

For the Special Olympics World Games of 2023, there will be around 7,000 athletes from approximately 170 countries, who will compete in 24 sports along with 3,000 coaches and 20,000 volunteers.

Sports have always had the power to break barriers, prejudices and unite people.

**Citius - Altius – Fortius, the Olympic's** traditional motto which stands for "Faster- Higher- Stronger", proposed by Pierre de Coubertin known as the father of the modern Olympic Games and founder of the International Olympic Committee. But, did you know that it was Henri Didon, the Dominican priest who was behind the original motto, being an athletic enthusiast? He expressed it first during the opening ceremony of a school sports event back in 1881.



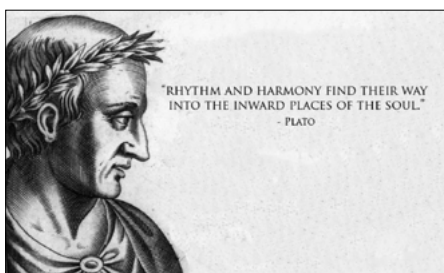
Now the next Olympic Games are to be held in Paris, France, from July 26 till August 11, 2024. They will bare as a motto “Games Wide Open” (Ouvrons grand les Jeux). Lehanneur Mathieu was chosen to design the Olympic torch.

*“What a joy to be part of this adventure and what a responsibility to contribute to the history of the Games in this way! Partnering with Paris 2024 to design the torches and cauldrons means giving a visible form to a set of values and transforming a state of mind into iconic objects. Faster, Higher, Stronger - Together... My objective is to take this Olympic motto and add: more beautiful, lighter, more lavish.”*

**Mathieu Lehanneur, designer.**

As it is tradition, Greece is to host the ceremony for the Olympic Flame which is lit every four years at Olympia, where the ancient Olympic Games were held.

As a final and additional informative tip, do you know how does the Olympic flame keep burning and remains burning until the Olympic closing ceremony? It is because a parabolic mirror and the sun’s heat are used to light the awaiting torch. A back-up flame might be used if the weather isn’t sunny enough in the same method.







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ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

## In the News: Homer's Odyssey soon on your screens

One of the greatest classics from ancient Greece, shot partly on the iconic island of Corfu and in the beautiful Peloponnese, with an exceptional duo, starring Ralph Fiennes as Odysseus and Juliette Binoche as his beloved wife Penelope, can only aspire for an epic movie, who knows perhaps a new Oscar-winning classic that won everyone's heart "The English Patient" back in 1996.



25 years later Fiennes and Binoche are reuniting for "The Return" which is expected to be released in the theatres in 2024. The movie will be directed by Academy Award nominee Uberto Pasolini and will portray the return of the King Odysseus to his home Ithaca along with all the challenges he will need to bravely face to reclaim his besieged throne, win back the love of his wife, a prisoner in her own home, forced to choose a new king among many suitors, and save his son's life Telemachus who is seen as a threat to all those suitors thirsty for power and glory.

The Odyssey is divided into 24 books, like the Iliad, corresponding to the 24 letters in the Greek alphabet, if you didn't know!



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ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



## Ta Nea

English actor, film producer and director

D.O.B: December 22, 1962

Played in: Emily Brontë's Wuthering Heights as Heathcliff along with Juliette Binoche /1992



The English Patient again with Juliette Binoche /1996

Maid in Manhattan with Jennifer Lopez /2002

Red Dragon with Antony Hopkins /2002

Harry Potter franchise as the main antagonist Lord Voldemort /2005

No Time to Die /2021 – Skyfall /2012- Spectre /2015 in the James Bond series the head of MI6 along Daniel Craig

Has received: BAFTA Award, Tony Award, nominations for two Academy Awards & an Emmy Award

Is an ambassador for UNICEF UK since 1999 & an Honorary Associate of London Film School

He speaks some Russian and was awarded Serbian citizenship on September 7<sup>th</sup>, 2017

French actress and dancer

D.O.B: March 9, 1964

Played in: Emily Brontë's as Catherine along with Ralph Fiennes /1992



The English Patient / 1996

Chocolat /2000

Godzilla /2014

Who Do You Think I Am /2019

Both Sides of The Blade /2022

Has received: an Academy Award, a British Film Award, a Cannes Film Festival Award, César Award, a Volvi Cup and a Silver Bear

Is a mother to two children Hana & Raphaël and a godmother to 5 Cambodian orphans being a patron of the French Cambodian charity Enfants d'Asie since 1992

Italian film producer, writer, director and former investment banker

D.O.B: May 1, 1957

Produced/ Directed: The Full Monty /1997



The Emperor's New Clothes /2001

Machan /2008

Bel Ami /2012

Nowhere Special / 2020

Has received: European Film Award for Best Movie, BAFTA Award for Best Movie, a nomination for Golden Globe Award for Best Motion Picture and an Academy Award nomination for Best Picture

Is a father to 5 children and he was married to the famous composer Rachel Portman best known for scoring films such as Chocolat. He is also the nephew of the famous Italian director Luchino Visconti





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GREEK COMMUNITY OF BEIRUT



Ta Nea

## In the News: 17<sup>th</sup> London Greek Film Festival 2023

The London Greek Film Festival started back in 2008, and from the very beginning, it aimed to be the international meeting point for Greek films from all over the world, including the Greek Diaspora and Greek Cypriots.

It promotes international contemporary Greek cinema in all its forms, focusing on Greek films and Greek filmmakers.

Founded and directed by Christos Prosylys, this 17<sup>th</sup> edition of the London Greek Film Festival is under the auspices of the Secretary General for Greeks Abroad and Public Diplomacy, and, supported by the Greek Embassy in London. Entrance was free of charge, but registration was required. All films were screened with English subtitles.

And here is where a special feature movie, IMAN, marked its appearance.



Christos Prosylys is a film / theatre director, new media, video and performance artist, actor / & writer. He is poet philosopher as well. Christos is based in London, UK, and Athens, Greece. He studied acting and film directing, studied also Theatre Studies in University of Athens, Greece. He holds a Master's in Digital Arts by Athens School of Arts, and National Technical University of Athens. Christos is expert in the field of the Technology in Directing. Very much experienced, since early '90s, he has a strong background in film and theatre directing and fine arts, including in experience a lot of theatre performances, films, video art installations, documentaries, art projects, performance new media art and digital art. Christos is the founder of the Acting Code advanced acting and directing technique [Gr Master]. He is the founder and Director of the London Greek Film Festival, as well as of Cosmocinema and Cosmotheatre research group, in London, UK.



Corinna Avraamidou

Cyprus-born Corinna Avraamidou studied film and television directing in London and New York. Her debut film, *The Last Homecoming*, won several festival awards. *Iman* is her second feature film. The screenplay of *Iman* won Best Feature Film Screenplay at the 2018 Greek Screenwriters Competition.



Kyriacos Tofarides

Kyriacos Tofarides studied theater and film directing at the Academy of Theatre and Film Art in Bulgaria. He produced and directed his debut feature film *Block 12* (Special Jury Award - Cyprus Film Days IFF, European Film Awards Selection 2013). *Iman* is his second feature film.

Directed by Cypriots Corinna Avraamidou and Kyriacos Tofarides, released in 2022, this drama feature entails three stories of different characters yet all on a journey to redemption from their past, their guilt and their loneliness.

*Iman* was awarded for Best Actress which were played by two Lebanese actresses Rita Hayek and Stephanie Attallah, Best Director for Corinna Avraamidou and Kyriacos, and Best Fiction Feature.

More info: <http://www.londongreekfilmfestival.com/>

IMAN's Official Trailer: <https://www.seahorsefilms.com/iman/>



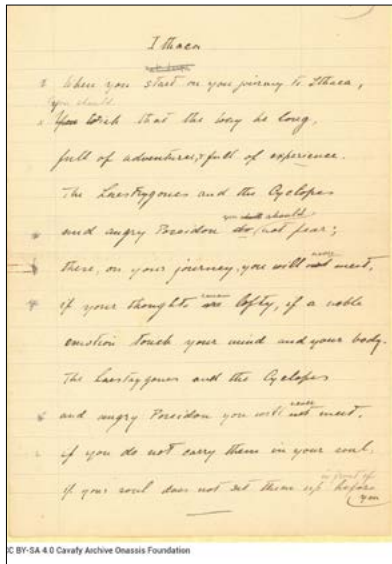
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**ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ**  
**GREEK COMMUNITY OF BEIRUT**



**Ta Nea**

**Let's explore: Odysseus' Homeland...Ithaki!**

Just as the almighty King of Ithaca, Odysseus, had set on an epic journey back home to his beloved wife, Penelope and his throne, after the Trojan War; here we are setting on a fabulous explorative journey to uncover the beautiful island of Ithaca or Ithaki for Greeks!



An island like no other. Small. Calm. Secluded. An island made for relaxation with not much to do, unlike other mainstream islands where “pausing” isn’t in the cards! Yet, it has the most crystal clear waters with lush greenery enveloping most beaches, hidden coves around its coastline, picturesque villages to stroll around, and lots of sunshine to soak in. Getting to Ithaca will not take you 10 years and enduring many hardships and adventures as it did for King Odysseus, but you will definitely need around 3 hours and a half by ferry. The island is only reached by ferry and there are no direct ferries from the port of Piraeus in Athens to Ithaca. You can reach it from the port of Killini in Peloponnese or from Astakos or Kefalonia (which also has an airport and the flight from Athens lasts 1 hour), even Lefkada.





الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

Now here's what you shouldn't miss once you set foot on beautiful Ithaca.

Ithaca is one of the seven main islands of the Ionian Sea, the second-smallest, after Paxi.

Vathy, being the capital, is where most activities and hotels are located. Vathy along with Kioni and Frikes have managed to keep their traditional picturesque identity, with pretty tiled roof houses with a Venetian influence perfectly blending with the tall cypresses and lush greenery, stone-paved alleys, exhuming a peaceful and tranquil pace.

If you're up for a cultural tour, you could visit the Archaeological Museum in Vathy, or the Folklore and Nautical Museum of Ithaca which is a building that once operated as an old generating station and where it displays exhibits about the life of the people of Ithaca during the colonial period.

Going deeper, the Cave of Nymphs, should be explored. According to ancient Greek mythology, it is in this cave that Phaeacians – aka the seafarers and navigators that helped Odysseus find his way home- abandoned Odysseus when he was asleep. It is believed that this is where he received gifts from the Phaeacians, more precisely, Alcinous, their king and grandson of the god Poseidon, offered Odysseus his daughter's hand in marriage as well as being nobly treated.

Then there's the Church of Saviour Christ, situated on an islet in the sea "Lazaretto", facing Vathy and Ithaca's port. A church that dates to 1668, dedicated to the Transfiguration of Jesus, and was the only thing that survived 1953's earthquake. A lighthouse was also added next to the chapel







الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

Just like the rest of the Ionian islands, Italians significantly influenced the culture of all Ionian islands. Lazaretto means “leper” in Italian and back then, this tiny island served as quarantine stations by the Venetians to prevent infectious diseases from spreading. It then became a prison, up to 1912 until the end of World War I, only to remain abandoned with its destruction from the earthquake. Now let us reach the top of a mount and stare at the breathtaking view of the Ionian Sea from the Monastery of Panagia Kathariotissa, the main site in Ithaca. The monastery is situated at an altitude of 600 meters in the center of the island, and Panagia Kathariotissa is the protector saint of Ithaca.



This leads us to the best part of Ithaca, and mainly any other island, is its enchanting beaches. Here's a list of the most beautiful beaches of Ithaca.



**Filiatro Beach** the closest to Vathy- ideal most for children



**Skinos Beach** 2km from Vathy- long, narrow & extremely calm beach- reachable only by car with incomplete road



**Gidaki Beach** isolated- only accessed by boat from Vathy or via a very tiring hiking trail only used by locals- perfect for a cruise





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ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*



**Marmaka Beach** in the northern side of Ithaca- filled with white shiny pebbles mixed with small pieces of fine marble



**Agios Ioannis Beach** 9km from Vathy on one of the most beautiful coasts of Ithaca with golden sand and shimmering emerald waters- it has no facilities and reaching it is rather challenging but definitely rewarding



**Polis Beach** 18km from Vathy and close to Stavros' village with clear turquoise waters with a vast lush green area and a small cantine for cooling drinks



**Sarakiniko Beach** 3km from Vathy- free of tourist facilities- surrounded by olive trees and cypresses- has a pebbly beach with transparent waters ideal for those seeking tranquillity.



**Dexa Beach** 2km from Vathy on the north side of the island and the right side of the port – has natural shaded areas and transparent blue waters ideal for swimming or diving- has a beach bar closeby. According to The Odyssey, Dexa is the site where Odysseus stopped after returning to his beloved Ithaca from the Trojan War.





الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

Most beaches on the island are often quite hard to access, this is mainly part of why they are so magical and enchanting.

Ithaca is like a postcard, one you will never forget. Here, you'll drown your sorrows in emerald waters, pure blue skies, and a great calmness will take over all your senses. As Cavafy mentions in his famous poem, Ithaca, a poem that conveys the meaning of life, it is important not to lose sight of the journey while trying to achieve your goals as it is the journey that will offer us wisdom and enrich us with knowledge and maturity.

*"Keep Ithaca always in your mind. Arriving there is what you are destined for". Cavafy, Ithaca.*

## Ithaca

When you set out on your journey to Ithaca,  
pray that the road is long,  
full of adventure, full of knowledge.  
The Lestrygonians and the Cyclops,  
the angry Poseidon - do not fear them:  
You will never find such as these on your path,  
if your thoughts remain lofty, if a fine  
emotion touches your spirit and your body.  
The Lestrygonians and the Cyclops,  
the fierce Poseidon you will never encounter,  
if you do not carry them within your soul,  
if your soul does not set them up before you.

Pray that the road is long.  
That the summer mornings are many, when,  
with such pleasure, with such joy  
you will enter ports seen for the first time;  
stop at Phoenician markets,  
and purchase fine merchandise,  
mother-of-pearl and coral, amber and ebony,  
and sensual perfumes of all kinds,  
as many sensual perfumes as you can;  
visit many Egyptian cities,  
to learn and learn from scholars.

Always keep Ithaca in your mind.  
To arrive there is your ultimate goal.  
But do not hurry the voyage at all.  
It is better to let it last for many years;  
and to anchor at the island when you are old,  
rich with all you have gained on the way,  
not expecting that Ithaca will offer you riches.

Ithaca has given you the beautiful voyage.  
Without her you would have never set out on the road.  
She has nothing more to give you.

And if you find her poor, Ithaca has not deceived you.  
Wise as you have become, with so much experience,  
you must already have understood what Ithacas mean.

-Constantine P. Cavafy



Always keep Ithaca in mind!







الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Everything you need to know about the consulate:

All requests should be addressed by email in order to obtain an appointment.

**Visa Applications:** For visa applications please visit our website

[www.mfa.gr/missionabroad/en/lebanon-en](http://www.mfa.gr/missionabroad/en/lebanon-en)

All permanent residents in Lebanon can apply for their touristic visa at VFS offices

<https://visa.vfsglobal.com/lbn/en/grc/>

**Passport renewal or issuance:** You will get an appointment by receiving an email.

Required documents are: 2 photo passport size (4x6), a Greek identity card or a birth certificate (that can be provided by the Embassy if you send in advance any old Greek birth or family certificate).

For additional info kindly visit <http://www.passport.gov.gr/en/>

**Legalization of documents:** The Consular Office can legalize any Lebanese official document that has been stamped by the Lebanese Ministry of Foreign Affairs. You can visit the Consulate any week day between 09:30 and 13:30.

**Power of Attorney:** The Consular Office can exceptionally provide a power of attorney to Lebanese citizens that have already made an investment in Greece and want to apply for a residence permit.

**Marriage, birth, death registration:** Required documents: The Lebanese certificates of marriage, birth or death stamped by the Lebanese Ministry of Foreign Affairs and translated in Greek (translations in English or French are accepted as well).

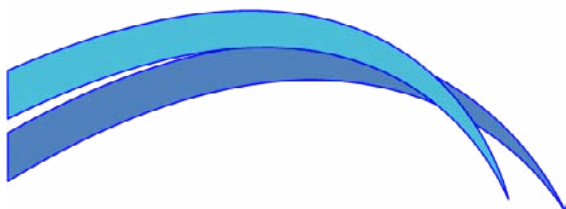
Any old Greek birth or family certificate to be sent in advance by email.

The Consular Office is currently upgrading the embassy's website in order to make it more friendly user and to provide all necessary information and downloadable documents.

### IMPORTANT NOTICE TO GREEK CITIZENS

This section has been specially created by the Greek Community of Beirut with the kind collaboration of the consulate of Greece in order to better serve Greek citizens who wish to have information on all administrative formalities before presenting their requests.

Consular Office can be reached by email at [grcon.bei@mfa.gr](mailto:grcon.bei@mfa.gr)





الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Embassy Section

### The Minister of Tourism Vassilis Kikilias signed a Cooperation Agreement with his counterparts from Lebanon and Cyprus - May 12, 2023

The Minister of Tourism, Vassilis Kikilias, with his Lebanese counterpart, Wallid Nasar, and the Deputy Minister of Tourism of the Republic of Cyprus, Kostas Koumis, signed a Memorandum of Understanding and Cooperation (MoU) in the field of Tourism.

The purpose of the MoU is to facilitate and increase tourist flows between Greece, Lebanon and Cyprus, as well as to attract travelers from other countries.



In the framework of the enhanced cooperation of the three countries, it is foreseen, among other things:

- Institutional synergies
- Strengthening the contacts of the public and private sectors of the three countries,
- Exchange of information, know-how and practical experience in the policies and strategies followed in the Tourism industry (destination promotion, data and market research, tourism education and training, investment attraction, etc.)

Particular emphasis is placed on Special Interest Tourism, with an emphasis on cultural tourism, including Pilgrimage tourism, gastronomy, and health and wellness tourism.

Given that tourism is an important factor in the economies of the three countries and the seasons in Greece, Cyprus and Lebanon are similar, the MoU ensures close cooperation on issues such as transnational thematic tourism, in order to take advantage of the opportunities provided through special themed experiences and with the aim of tripartitely increasing travel flows.

Source: <https://mintour.gov.gr/symfono-synergasias-ypegraphe-o-y-poyrgos-toyris-moy-vasilis-kikili-as-me-toys-omologoys-toy-apo-livano-kai-kypro/>





Let's Cook by Giorgos Tsoulis

**Mushroom & Orzo Stew – Youvetsi**  
**Γιουβέτσι με μανιτάρια**



4 Portions 15 min Preparation 50 min Execution

*Greek Chef Giorgos Tsoulis offers a vegan option to the famous traditional Greek recipe for Youvetsi. Meaty mushrooms, soft little pearl onions and orzo along with all the amazing, comforting Greek aromatics that go into this dish, will make it your vegan choice!*

**#tsoulotip:** You can also add any other mushroom varieties you like – such as shitake or porcini.

**INGREDIENTS**

200 g Portobello mushrooms, cut into 8 pieces	¼ teaspoon ground cinnamon
400 g white mushrooms, quartered	¼ teaspoon ground all-spice
250 g pearl onions, cut in half	400 g canned chopped tomatoes
1 clove of garlic, finely chopped	550 ml vegetable stock
30 ml Greek extra virgin olive oil	150 g orzo, medium
1 teaspoon tomato paste	10 sprigs of thyme, only the leaves, finely chopped
125 ml red wine	4-5 mint leaves, finely chopped
Salt & Pepper	
1 Bay Leaf	

**METHOD**

- 1 Place a deep pot over high heat and let it get very hot. Add the Portobello and white mushrooms in batches so as to not crowd the pan. Sauté for about 3-4 minutes, until golden on all sides.
- 2 When ready, transfer to a bowl and then add another batch. Repeat this process until all of the mushrooms are ready. Season generously with salt and pepper and set aside until needed.
- 3 In the same pot, add some olive oil and the pearl onions. Lower heat to medium and sauté for about 2-3 minutes, until nicely caramelized.
- 4 Add the garlic and sauté for 1 minute. Then add the sautéed mushrooms and tomato paste. Sauté for 1-2 minutes before adding the wine. Cook until the alcohol evaporates.
- 5 Add the cinnamon, all-spice, bay leaves, canned tomatoes and vegetable stock. Lower heat to medium-low, cover pot and simmer for 30-35 minutes, until the mushrooms soften and the sauce thickens. 10 minutes before it is ready, add the orzo, mix and cook for the remaining cooking time or until soft.
- 6 When ready, remove from heat and season to taste. Add the fresh mint and thyme and serve.



Dessert as well...

**Quick Banana Ice Cream Sandwich-Γρήγορο παγωτό banana sandwich**

4-6 Portions 15 min Execution 2 hrs Waiting Time

*Summer is here and we all like to have a little ice cream waiting for us in the freezer! What could be better than a delicious, quick, homemade banana ice cream, between two crispy cookies! The tastiest vegetarian and gluten free ice cream sandwich from Greek Chef Giorgos Tsoulis.*

**INGREDIENTS**

**For cookies**

200 g peanut butter  
170 g brown sugar  
80 g chocolate drops  
1 egg

**For banana ice cream**

3 bananas, cut into pieces and frozen  
70-80 g heavy cream  
1 teaspoon vanilla extract



**METHOD**

- 1 Preheat the oven to 180° C (356° F) Fan.
- 2 **For the cookies:** In a bowl, add all of the ingredients for the cookies and mix thoroughly with a spatula. Use two teaspoons to create 20 g round balls out of the mixture.
- 3 Place the round balls on a baking sheet lined with parchment paper, making sure to leave some space between them. Use a fork to press down on the balls and shape them into cookies.
- 4 Bake for 12 minutes, remove from the oven and set the cookies aside to cool completely.
- 5 **For the banana ice cream:** Peel the bananas, cut them into pieces and place them in a pan lined with parchment paper. Transfer to the freezer for 2-3 hours, until completely frozen.
- 6 In a blender, add the bananas, heavy cream and vanilla extract. Beat until the mixture is smooth, thick and creamy.
- 7 Spread some of the banana ice cream on half of the cookies. Cover with the remaining cookies, creating ice cream sandwiches and serve.





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GREEK COMMUNITY OF BEIRUT



*Ta Nea*

## Let's meet Giorgos Tsoulis



**Chef George Tsoulis**

George Tsoulis has taken over many successful cuisines of Greek restaurants and has shared his culinary skills through popular TV shows in Greece and Cyprus. With his unique temperament and directness in communication, Chef George Tsoulis has won the love of the public that follows him faithfully and trusts his recipes that are updated daily at [giorgostsoulis.com](http://giorgostsoulis.com) and social media [@giorgos\\_tsoulis](https://www.instagram.com/giorgos_tsoulis), while every Friday at four at noon shares with us a new cooking video #MiMassa through the YouTube channel of [@GiorgosTsoulis](https://www.youtube.com/@GiorgosTsoulis).

Recently, two new cooking hotspots were inaugurated in the city bearing the signature of the Chef, the COOK by GiorgosTsoulis located in Melissia and is an ode to Greek Mediterranean cuisine, while its second gastronomic hangout is located by the Naval Seaside Gastrobar for fine dining and top brunch right next to the water!

The European Committee for the Environment, Oceans and Fisheries has chosen George Tsoulis to represent Greece in the "Taste the Ocean" campaign where great European Chefs urge us to consume sustainable fish and seafood.

Following the Taste the Ocean campaign, the European Union again partnered with him to invite the Chef to speak at the Opening of the EU Green Week 2021, the largest annual European environmental policy event to focus on the EU's ambition for zero pollution.

Last year, the organization Ambassadors of Taste for the Global Gastronomy® and Greek Taste Beyond Borders honored George Tsoulis with the Chef of the Year and World Ambassador of Greek Gastronomy awards, as well as with a gold medal Quality & Taste from [estiatoria.gr](http://estiatoria.gr)

Currently, the Chef produces daily, together with his team, new delicious recipes for his site and digital media at the cooking studio #tsoulomageiremata in Melissia, while also preparing his first cookbook.

[@Giorgos Tsoulis](https://www.instagram.com/giorgos_tsoulis)

[www.giorgostsoulis.com](http://www.giorgostsoulis.com)



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*Ta Nea*

And play!

**Charme naturel.**

ABANDONNER  
 ABÎME  
 AGRESSION  
 AIGRIR  
 ALIMENTER  
 AMÉLIORER  
 ANGÉLIQUE  
 ARONDE  
 ARRIVAGE  
 ASSOULIR  
 ATHLÉTIQUE  
 ATLANTIDE  
 AZALÉE  
 BAFFE  
 BAGATELLE  
 BALADIN

BÉANT  
 CANTATRICE  
 CYMBALE  
 DÉMUNIR  
 ÉMULSION  
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... A Sweet Escape



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