



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



Ta Nea

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Do Not Disturb Mode On



© Weather News Greece

Haven't you noticed the repetitive pattern we're all stuck in? When it's freezing cold and raining, we crave warm sunny days. Now that they are here, in full swing, we long for winter's breeze to refresh us! Aren't we greedy after all or ungratefully (un)satisfied?

Now let's take step a back ... And instead of anticipating, let's learn to enjoy the present moment, making the most of it!

Summer it is... Summer at its best... Summer will you last!

How tragic it is though, that we, humans, impose our repetitive patterns on mother nature! And by that, we refer to the tragic devastating wildfires, that, suddenly erupt, uncontrollably taking over one city after another and who is to blame? Global warming? But then again, isn't global warming a man-made product; the ideal "black sheep"? Seems like the world is on an auto-destructive mode. How tragically sad!

And let's take a moment to praise those kind souls, selfless heroes, passionate volunteers that restore our faith in this world, sort of like a yin to a yang.

As it seems it has rather become like an annual "trend", this year, wildfires erupted mainly in Rhodes, Corfu and Evia, and were burning for nearly two weeks. The extent of the damages are never minimal, specially on an emotional level, they're devastating! This was the largest ever wildfire evacuation with more than 20,000 people who had to flee from the fires; thousands of them being tourists!

Thankfully the heatwave gradually backed away, the winds cooled down, firefighters and volunteers worked hand in hand and wildfires were controlled!

Let's remain hopeful and positive that the remaining of summer will go down more smoothly. So, on a hopefully, more joyful note, here's what's been trending these past two months. Let's see where these found you wandering and exploring.

Καλό μας μήνα!

Till then, stay safe and enjoy reading.

Don't forget on August 28 to ask from *Agio Fanourio* to help you find whomever or whatever that is lost!





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Got me a blast..... Summer Loving Happened so fast....



It might not be Valentine's but summer loving hits differently.
Did you know that July 6 is *International Kissing Day*?



mindset.therapy In 2010, a man named Yassan, whose real name is Yasushi Takahashi, embarked on a remarkable adventure across Japan to create a grand marriage proposal. He left his girlfriend for six months and traveled approximately 7,163.7 kilometers using various means of transportation, including walking, driving a car, taking a ferry, and riding a bicycle. Throughout his journey, Yassan carried a GPS device to track his route.

Upon returning home, Yassan uploaded the GPS data into Google Maps, resulting in an image that spelled out the words "Marry me." This creation has been recognized by Guinness World Records as the largest GPS drawing ever made.

INTERNATIONAL KISSING DAY

Originated in the UK
Was adopted worldwide in the early 2000s



What is the most famous kiss in history?

V-J Day in Times Square is a photograph by Alfred Eisenstaedt that portrays a U.S. Navy sailor embracing and kissing a total stranger—a dental assistant—on Victory over Japan Day ("V-J Day") in New York City's Times Square on August 14, 1945.

The term "French kiss" was most likely coined by American and British servicemen in France during World War I who noticed that Gallic women were more open to employing the passionate technique than their American and British counterparts. So even though the French were clearly not the first people to engage in "French kissing", it seems only right that they were given credit for it due to the amorous enthusiasms of French lovers a century ago.

HISTORY OF INTERNATIONAL KISSING DAY

If we go back in time, we can thank the Romans for the widespread practice of kissing in Europe. They described kissing in three forms: the osculum (a friendly peck on the cheek), the basium (a loving kiss on the lips), and the savium (the most gossamer of kisses on the mouth). In Roman society, when, where, and how you kissed someone was an important indicator of social status.

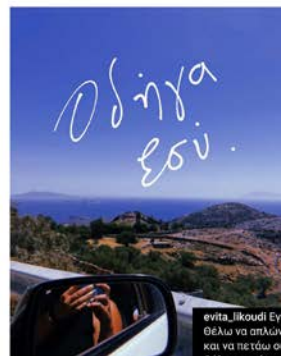


We'll refrain from rating your kissing skills but rather ask...
What would you do for LOVE?

TRADITIONS OF THE DAY

The art of kissing transcends cultural norms. No matter which country or customs you belong to, kissing is celebrated as an enjoyable activity. Whether it is an affectionate peck on the cheek, or a deep, passionate kiss shared between lovers, International Kissing Day is all about expressing love through kisses.

Don't hold back today! Kiss your partner good morning and plant some more on them throughout the day. Ladies, greet your girl gang with cheek-to-cheek kisses, and, guys, peck your mother or sister lovingly on the forehead. Kisses on the back of the hand are underrated, so why not "hand" them out too. There are countless ways to kiss, romantic or otherwise. So pucker up!



Τι περιμένεις; Έλα και φίλα με

evita_likoudi Εγώ θέλω να χαζέψω το δρόμο.
Θέλω να απλώνω το χέρι μου έξω απ' το παράθυρο και να πατάω σαν μαγικό πουλί.
Θέλω να φάγω τοπικούς σταθμούς στο ραδιόφωνο. Να τραγουδάω όταν δεν παίζει.
Θέλω να σου δίνω νερό και μια μπουκιά από εκείνα τα τσάι με ντομάτα και τυρί που τυλίξαμε σε αλουμινοχαρτό.
Θέλω να σου περάζω τα μαλλιά.
Θέλω να φωτογραφίζω τον κόσμο που απλώνεται μπροστά μας
σαν απόσχεση πιας με νου ή ούμα θα ξαναρχώστε εδώ.
Σαν ανάμνηση ότι υπήρξαμε ολόκληροι στο πουθενά.



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Did You Know: Learning Greek isn't for the faint-hearted!

Not only is Greek one of the oldest recorded living languages, it is also one of the hardest. Greek has been spoken in the Balkan peninsula around the 3rd millennium BC, possibly earlier. In years, that's about 5000 years old!

Like many other languages, Greek has evolved. Modern Greek emerged sometime during the 11th century during the Byzantine era. Now learning Greek is no easy task at all, definitely not one for the faint-hearted.



The top 10 hardest languages to learn according to UNESCO

1. Chinese
2. Greek
3. Arabic
4. Icelandic
5. Japanese
6. Finnish
7. German
8. Danish
9. Norwegian
10. French

Colossal praise to all our students braving on this journey!

Why isn't it easy? Most Greek words are variable, taking on different conjugations depending on usage and context – this is called an inflectional language!

With a rich language and the most renowned philosophers and scholars, it is no wonder that Greece witnessed the birth of one of the first universities in the world, with Plato's Academy, "Akademia", in ancient Athens in 387 BC.

According to the recent study released by the QS rankings ("Quacquarelli Symonds, the British company founded by Nunzio Quacquarelli in 1990, being the world's leading provider of services, analytics and insight to the higher education sector"), eight Greek universities ranked among the top in the world.

The National Technical University of Athens – or Athens Polytechnic – ranking 1st among the eight top Greek universities and earning the 347th place on the QS list; followed by the National and Kapodistrian University of Athens in 444th place; the Aristotle University of Thessaloniki in 530th and the University of Crete in the 534th; the University of Patras placing 791-800; Athens University of Economics and Business placing 901-950; University of Ioannina placing 1001-1200 and the Polytechnic of Crete placing 1400+. (Source: *Ekatheimerini*).

The QS list featured 1500 institutions across 104 locations around the world.



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Did You Know: More High Rankings Obtained For Greece

According to the latest Henley Passport Index, the Greek passport is the 7th most powerful in the world.

Check out Henley & Partners' 2023 passport index and see how travel freedom varies in different countries.

What are the top 10 most powerful passports? Here is your answer in Q3 2023:

1. Singapore (192 destinations)
2. Germany, Italy & Spain (190 destinations)
3. Austria, Finland, France, Japan, Luxembourg, South Korea & Sweden (189 destinations)
4. Denmark, Ireland, Netherlands, United Kingdom (188 destinations)
5. Belgium, Czech Republic, Malta, New Zealand, Norway, Portugal & Switzerland (187 destinations)
6. Australia, Hungary & Poland (186 destinations)
7. Canada & Greece (185 destinations)
8. Lithuania & United States (184 destinations)
9. Latvia, Slovakia & Slovenia (183 destinations)
10. Estonia & Iceland (182 destinations).

It provides visa-free access to 185 countries.

Singapore was able to top Japan who, for the past five years held the first rank. Singaporeans can visit 192 destinations visa-free.

Germany, Italy, and Spain passports come in second with visa-free and visa-on-arrival countries 190; followed in third place by Japan a group of European countries Austria, Finland, France, Luxembourg, and Sweden with visa-free and visa-on-arrival countries 189.

The Henley Passport Index collects its data from the International Air Transport Association (IATA) – the largest, most accurate travel information database. The Index has been compiled for 18 years and is based on the number of destinations that allow access without a prior visa to its holder. It is enhanced by Henley & Partners, a London-based immigration and investment advisory firm.



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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In the News: A Dash of Hope Died Today!

Today, on July 24th, at the age of 80, Marianna Vardinogiannis died.

Known as the saint of sick children «η 'Αγία των άρρωστων παιδιών», she was a Greek UNESCO Goodwill Ambassador and an activist for the rights of children and the family, and also against child sexual abuse via her Foundation for the Child and the family. She was the President of the Elpida Association of friends of children of cancer.

She was born as Bournaki, in 1937, in Athens and was raised in her mother's birthplace, Ermione, which is a small port town in Argolis, Peloponnese. She studied Economics at the University of Denver in Colorado, once she graduated from her high school in Athens. She holds a BA in History of Art and in Economics, MPhil in Archaeology as well as Honorary Doctorates in Laws, Philosophy, Human Studies and Medicine.

In 1961, she married the Greek billionaire oil and shipping businessman, Vardis Vardinogiannis, for 62 years and with whom she had five children.





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Marianna had an impressive parcours. She received many honorary titles and awards including the Academy of Athens Prize, the Grand Prize. The French Presidency honored her as a Knight of the Legion, and in 2015, she was elevated to the rank of Officer of the Legion of Honor. In 2020, she also received the prestigious Nelson Mandela Prize due to her exceptional humanitarian contribution.

In 1993, she created the first Bone Marrow Transplant Unit in Greece and then in 2010, the first Pediatric Oncology Hospital in Greece. She spent more than 30 years of her life, fighting against childhood cancer through the association she created along with other dynamic women, Elpida Association of Friends of Children of Cancer. They were able to cure thousands of children and offer to more than 1,200 the possibility to receive bone marrow transplants.

Marianna Vardinogiannis was a prominent figure in Greece known for her activism and philanthropic work. It is with great sadness that Greece lost her.



“As a Goodwill Ambassador of UNESCO, I have two main priorities: education and cultural heritage. I believe that they are keys in our efforts and they must always be considered as priority in every model of governance or policy. Education is our window to the future and cultural heritage is humanity’s identity and self-consciousness.” - Extract from Mrs. Marianna V. Vardinoyannis’s speech at the Athens Democracy Forum 2019.





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In the News: A Moment of Silence

On August 4th, 2023, UN officials, ambassadors, diplomatic corps and prominent figures, gathered in silence to commemorate the victims of the tragic port explosion, three years ago.

An explosion that shook the entire country to its deepest core, leaving unhealed wounds till this day and forever.

A day of mourning, marked with protest in Beirut.

Beirut port explosion was one the largest non-nuclear explosions in recent history, killing at least 220 people, injuring over 7,000, destroying homes and neighborhoods.

May the souls of the victims rest in eternal peace.

“A minute of silence will never console the pain of families of the victims of the Beirut blast”, the UN Deputy Special Coordinator for Lebanon, Resident & Humanitarian Coordinator, Najat Rochi tweeted.

(Source: United Nations Lebanon.org).

The Consul of the Greek Embassy of Beirut, Ms. Iliaki, attended the gathering to pay her respect and show solidarity. She was kind enough to share with us these photos.





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Let's explore: Milos...Aphrodite's Home

Amid the Cyclades archipelago, lies a unique island shaped by its volcanic past, where the 6 ft 7 in marble statue of Aphrodite was discovered in 1820 and subsequently presented to Louis XVIII who then donated it to the Louvre in 1821.



© chris_kap.21

What is also so special about the island of love? The beautiful volcanic landscape and the dreamy beaches. The volcanic activity began 2 to 3 million years ago, it last erupted some 90.000 years ago and to this day, is considered a dormant volcano, which could abruptly erupt.

Volcanic rocks paint the beaches red, pink, and orange. There are more than 70 beaches on Milos to explore and enjoy. Here's a glimpse of some of the top beaches not to be missed!

First and foremost: **Sarakiniko Beach** It is the most famous and most photographed beach in Milos. Referred to as the lunar beach, unique with its chalky white, moon-like surface built by white volcanic cliffs, and contrasting deep blue waters.

The Lunar Beach and most photographed. The beach has a small patch of sand and some flat rocks where you can slip into the water. You can also jump directly off the cliffs in some spots for a boost of adrenaline and the more daring ones. No shade is found at this beach, you might want to hold on to your hat and add an extra layer of sunscreen!





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Kleftiko Beach – Technically not really a beach but rather known as the Pirates's hideout with its isolated caves with amazing turquoise waters. Only accessible by boat. Don't forget your masks, snorkels and waterproof cameras and let the hunt begin!



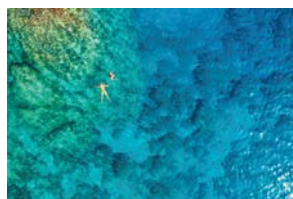
Sykia Cave – Technically not a beach but a unique cave with an open roof that collapsed some time ago making it the most Instagrammable hotspot. It was named after the fig tree which stands near the roof. Sykia means fig tree in Greek. Only accessible by boat. Not to be missed!



Papafragas Beach – One of the prettiest beaches in Milos with jaw-dropping landscape and its open-air swimming pool carved out of a rock, its crystalline waters of changing colours, is the ideal cozy spot to hit. The most ancient site of Milos is just a few metres away: Phylakope. You will need to watch your steps getting down to the shoreline of Papafragas Beach and hopefully won't be distracted by the dazzling view!



Agathia, Gerontas, Tsigrado, Gerakas, Agios Dimitrios, Triorichia, Paleochori, Alogomandra, Firiplaka, Agia Kyriaki, Firopotamos, Pollonia are also beautiful beaches not to be missed in Milos.





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Besides the mesmerizing beach-hopping, there are plenty other gems to discover and activities to do.

Legend has it that centuries ago, pirates used **Kleftiko's** cove as a hideout to ambush the merchants. **Papafragas** caves which take on the pirate's name served as well as the ideal strategic hiding spot. It was after the 1821 revolution that Admiral Kanaris put a stop to all pirates' activities by protecting the Aegean islands from the scourge of pirates. Reaching both caves is an adventure in itself: Kleftiko is only accessible by boat, and you'll need a scooter or an ATV to reach Papafragas caves.

Moving further from the pirates of Milos, one should definitely visit the early-Christian **Catacombs**. Considered one of the most important findings of the island, they were discovered in 1844 and represent an ancient underground Christian cemetery used during Roman times. They are 3 in total and are interconnected through hallways that decrease in height as you reach the death chamber. Milos Catacombs lie southwest of the village of Tripiti. They are situated 150 meters above sea level and you have to walk up a steep hill to get to them. Christians built the catacombs by digging out of volcanic rocks as it seemed to be a good location to hide from their Roman persecutors.



Most of the Greek islands are known for their amazing nature and Milos happens to be part of those islands under the protection of the European Natura 2000 network. Almost all of the uninhabited western region of Milos is a Natura 2000 site. Antimilos and Polyaios are important Special Protection Areas (SPAs) for birds, and also home to the endemic Milos viper. This is why they remain untouched by tourism development. The protected area is a large colony for Eleonora's Falcons and serves as a resting and feeding station for migrants. A big part of Kimolos and the marine area between Kimolos and Polyaios also make up a Natura area. They are home to large birds of prey, such as eagles and falcons, as well as the Milos viper and the Monk seal. In addition, the cypress forest with their horizontal branches, which is a rare biotope with perennial trees, lies in that area. There are many plants and herbs, wildflowers, Greek sage, amongst others, used as medicinal plants dating back to the 16th century.



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Few more fun and interesting tips on the island of love:

- * Antimilos, 13 miles (21 km) north-west of Milos, is an uninhabited mass of trachyte, often called Erimomilos (Desert Milos) and is home to a rare species of wild goat.
- * Paliohori and Provates beaches are popular destinations towards the south, whereas in the east, Glaronisia and Paliorema (with the former sulphur mine of Triorichia above).
- * Milos was one of the first islands to join the Greek War of Independence of 1821. The first naval battle of the war took place off the coast of Milos on 11 April 1821. Milos became a refuge for refugees from numerous islands, particularly Crete.
- * The ancient port of Milos, known as the Little Venice is characterized with 35 sirmata which are cave-like structures once used by fishermen to store boats and nowadays they serve as holiday homes. The local fishermen were dragging their boats with wires (sirmata in Greek) up to the rock-hewn buildings with colorful doors near the coast which serve today as holiday homes adding to the charm of Milos' landscape. Sirmata is a symbol of Milos and a typical sample of the folk island architecture in the Cyclades region. You can see "sirmata" in Fourkovouni, Firopotamos, Empourios, Areti, Agios Konstantinos, Mandrakia and Klima.
- * Karpouzopita is a local delicacy not to be missed. It consists of watermelon, honey, cinnamon and sesame seed pie.



And if you still crave for more variety, just take a boat trip to the neighbouring islands like 40 minutes away Kimolos (known for its unique wild landscapes), Sifnos (known for its fine beaches and finer food), Serifos (the sugar-cubed houses appearing to tumble down the hillside) or Polyaiagos (the region's largest uninhabited island and a natural escape with great beaches and plenty of birdlife).



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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

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).

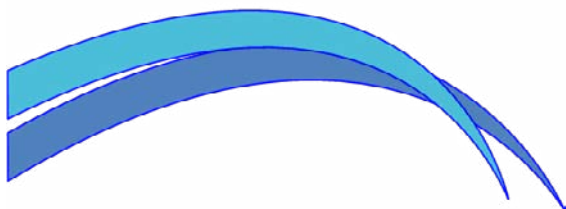
Any old Greek birth or family certificate to be sent in advance by email.

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 gcon.bei@mfa.gr





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Embassy Section: Introducing the Head of the Office for Economic & Commercial Affairs, Ms. Alia N. Papanastasiou

Interview Embassy of Greece in Lebanon
Alia N. Papanastasiou, First Counsellor
Head of the Office for Economic and Commercial Affairs

Questionnaire draft

A brief introduction on yourself including place of birth, studies, hobbies.

Originally coming from Pelion region in Volos/prefecture of Magnesia (one of the most quaint and beautiful places inland in Greece), I have devoted several years in my studies before pursuing a career in the economic diplomacy sector with the Ministry of Foreign Affairs of the Hellenic Republic. Namely, I am honours graduate in two MSc degrees from Columbia University of New York City and the Aristotle University of Thessaloniki, as well from the National School of Public Administration of the Ministry of Interior in Greece, where the economic and commercial attaches receive special training following top exams for similar candidates. My hobbies include foreign languages as they reveal the life style, we have to serve due to the nature of our work abroad (I am fluent in five more besides Greek), sports (including indoor and outdoor training activities and swimming) because «νους υγιής εν σώματι υγιεί» and reading (international affairs, medicine and literature). I also volunteer in nongovernmental organizations in Greece, such as Ομάδα Αιγίου and other.

A brief introduction on your professional “parcours”: your missions, what is your role at the embassy of Greece to Lebanon, and how did you choose this career.

Lebanon happens to be my fourth assignment. I have altogether served fifteen years abroad (having spent six years as Deputy Trade Commissioner in the Consulate General of Greece in New York/USA, and as Head of the Office for Economic and Commercial Affairs (ECA) in the Embassies of Greece in Baku/Azerbaijan -3+ years- and Madrid/Spain -5 years). Here I serve, as well, in my capacity as First Counsellor for ECA and Head of the Economic and Commercial Section of the Embassy. I happen to believe that it takes a diverse personality to do this job: one needs to combine solid educational and professional background and high levels of commitment and adaptability to be able to constantly live and work in different environments and countries, cross culturally speaking. It is very demanding and, as in all professions, you need to love what you are doing.

According to the list of scope of activities, we would like to discuss the following:

- To continuously monitor the market trends of the region, in order to exploit possible opportunities to promote Greek products. To this end, there is a constant effort to look into the prevailing market conditions here, as well as the consumers' habits and preferences. **Many people would love to purchase Greek products. What has been done in achieving this? What are the pros and cons of integrating Greek products in the Lebanese market?**

Many actions have been taken in order to integrate Greek products in the Lebanese market, also from my predecessors and the Heads of the Embassy here, throughout the years and this is a continuous effort and ongoing procedure, currently, on my behalf with the invaluable support of H.E. our Ambassador, Mrs Aikaterini Fountoulaki. We should not forget that Greece is constantly in the top 3 supplier countries of Lebanon (ranked third in 2022), our trade balance is more than high and satisfactory, there are daily flights connecting us both through Aegean and MEA and even for Greece, Lebanon accounted 13th in the list of trade partners for last year. So, nobody's work should be underestimated: **our countries, our authorities, our business communities are putting some good effort to get to these numbers.** Just to mention a few examples, very well-known products such as Mastiha, Greek yogurt, feta cheese, biscuits and other dairy products are always on the top preferences of Lebanese consumers, not to mention Greek honey and even cosmetics such as Apivita and Frezyderm, that are two of the top natural Greek cosmetics companies. I bet you did not know that you can find them in big pharmacies in Lebanon today! So, as we often review with our Ambassador, we are happy to see that our effort to differentiate the «basket» of Greek exports here, further to fuel and petroleum products, has started paying off.

- **Does the Ministry of Foreign Affairs of Greece help the Embassy or potential investors/businesses to kickstart? If yes, what are the requisites and the profile needed?**

Of course, it does. In fact, we are the antennas of similar opportunities and we always respond to the business entities that address themselves to us, by offering tailor-made guidance every time. However, at this point, it is good to remember that the main instrument/platform nowadays for this type of initiative is the state agency Enterprise Greece SA (www.enterprisegreece.gov.gr), which operates under the auspice of the Hellenic Ministry of Foreign Affairs. E.G. S.A. is responsible for the promotion of Greek exports abroad on one hand and on the FDI (Foreign Direct Investment attraction) on the other. Our Office works closely with the said entity and has directed several petitions on the Lebanese side as well as already organized a considerable amount of on-line networking meetings between Greek and Lebanese organizations, in particular, in the field of real estate, information



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technology and start-ups, green energy, tourism and food industry, just to mention a few examples. Our Office is a Facilitator and paves the way for the development of bilateral relations in the field of economy, trade, and tourism. EG. S.A. is responsible for the selection of the foreign companies whose projects it will examine. Furthermore, the Ministry has created the web portal Agora, where we upload a lot of updated material on a daily basis, so that mainly the Greek business community can enjoy first-hand information on line, as well.

According to the examples of action taken over by the Office for ECA in Beirut since September 2022:

- you mention the re-establishment of the relation of the Office with the Greek Community of Beirut, as well as a website www.acci.gr. Could you please elaborate on this?

What was mentioned above, regarding the way we work with Enterprise Greece, is also what we do with other institutional agencies and associations, representing both our countries, in a coordinated effort, in order to create the foundations for further collaborations.

In particular, in regards to the Greek Community of Beirut, which I warmly thank for this interview, it is true that a series of unfortunate events (explosion at the port of Beirut on August 4, 2020, severe economic and energy crisis worldwide, *let's not forget that it did not only affect Lebanon*, the pandemic of Coronavirus 19 and the war in Ukraine) have disrupted the activity of all organizations and, consequently, the collaboration, that I know, had existed in the past, between our Office and the Community and a series of promotional events before 2019, which we were able to resume this year. The successful reception our Ambassador, our Office and the Community organized in the light of the Greek Independence Day, back in March this year, is one example of what we can have when we collaborate harmoniously and join forces. Of course, we often exchange ideas and perspectives and an Embassy section has been created in your newsletter for us, where we can announce useful information on our own newsletters, trade exhibitions and big events taking place in Greece as well as activities of our Office. So, thank you, the President, the Board and all Community members for their warm welcome and we are always open to more joint initiatives!

What is more, in order to give some concrete examples, our Office has re-established this year the communication paths between other institutions, that were also interrupted from the factors, mentioned above. So, we initiated a re-approach between ACCI (the Athens Chamber of Commerce and Industry) and their peer organization in our Lebanese capital, the Chamber of Industry, Commerce and Agriculture of Beirut and Mount Lebanon. The two organizations were already working together until 2018 and had signed a memorandum of understanding, so now, given there is active interest from both sides, we are reinitiating on-line networking meetings and exploring the right time to repeat a trade mission either here or in Athens. We have also recently initiated a collaboration between peer Wine Associations and we are working on different presentations of the Lebanese wine industry in Greece. Finally, we did the same last month for Greek and Lebanese Solar Energy Associations. Isn't that exciting? We keep our fingers crossed for all projects!

- To provide Greek companies every useful information on import and export companies of Lebanon, as well as every possible assistance for the positioning of the Greek products in the foreign market of Lebanon. **How is this achieved? Is there a specific platform to get the required information/assistance?**

- You mention that so far more than 70 companies have been assisted to the maximum of our capability. This is a very interesting issue to elaborate.

This is easy; you need to remember that our Office (through its website in Agora, www.agora.mfa.gr and relevant electronic emailing account, ecocom-beirut@mfa.gr), it is contacted on a daily basis, both by Greek exporting and Lebanese importing as well as investment companies, which want to expand their activities in both countries. This year, luckily although not coincidentally (since the economic climate in Greece has been rapidly improving and Lebanon is putting a brave effort to stand on its feet), we have seen a rise in the number of the trade inquiries we receive, it has actually doubled since last year! The inquiries, -of course, we respond to all of them- run in all categories of economic cooperation and, by all means, commercial activities: e.g., pharmaceuticals, cosmetics, food and beverage, plastics, aluminium, mechanical products, paints, services such as tourism, technology, real estate and much more. Our Office is truly putting a lot of effort in accurately informing the business community about existing opportunities in both countries, using our updated databases, the know-how and the networking it has created here, always within the framework of the role and objectives that ECA Offices are called to serve abroad, as units of the Embassies of the Ministry of Foreign Affairs of the Hellenic Republic. Finally, another tool we are using relates to the trade shows that are taking place in both countries, where we strongly encourage companies to participate. So, for example, approximately ten companies registered in Greece, participated in the Residency and Citizenship by Investment Expo and Conference that took place in Beirut in the beginning of June and four Greek companies and two Associations from the field of solar energy and Renewable Energy Sources participated in the Lebanon International Solar Week Expo & Conference, that was organized also here at the same period of time. We wish to see Lebanese companies participating in various expos in Greece, as well and we are working on it.

Last, but not least, what are your impressions of Lebanon?

When I first arrived here, practically a year ago, everybody used to tell me «In the long run, you will love Lebanon». Well, it did not take that long, after all. Despite the many challenges Lebanon is faced at with, nowadays, it is a beautiful Mediterranean country, definitely worth visiting by anyone. It combines history, geopolitical interest, nature, archaeology, gastronomy and much more, same way Greece does. We are so alike and close... However, it is the people of a country, who always make it unique, and Lebanese are unique: warm, hospitable, friendly, extrovert, flexible and always ready to collaborate and create synergies. I am proud to have Lebanese friends and collaborators nowadays and to be able to «build» and to offer, further to what I found, for the better good of the bilateral relations in the field of activities of our Office.

In one word, never for a moment, have I felt a stranger here and this sums it all up...

Thank you very much.



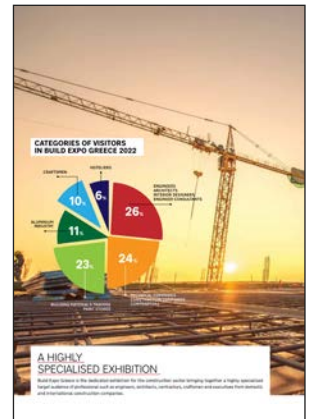


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GREEK COMMUNITY OF BEIRUT



Ta Nea

Embassy Section: Build Expo



For more information
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Embassy Section: Farewell Colonel!

Colonel Constantinos Antonatos was assigned as Defense Attaché in Lebanon on July 2020 undertaking an operation which was launched for the first time as part of the Greek Embassy in Lebanon.

His mission as Defense Attaché was to enhance the military cooperation between the Armed Forces of Lebanon and Greece. This cooperation existed at prior times and Greece was in tight contact with Jordan from the Middle East and ongoing trainings of the frigate took place in Lebanon as well, until the pandemic hit. However, this was the first time a post and a mission was officially assigned for Lebanon.

Setting it up from scratch was a rewarding challenge quoting him and he was thankful for all the assistance and support he received from the Greek Community amidst these difficult years Lebanon has been facing.

As August ends, Colonel Antonatos bids his goodbyes to a country he deeply bonded with and forged friendships and memories he will forever cherish.

Wishing him the best of luck in his future endeavors.





Let's Cook by Giorgos Tsoulis

Tomato Fritters - Ntomatokeftedes

9 Servings 15 min Preparation 1h Rest 30 min Cooking

A traditional Greek tomato fritter that you can serve as an appetizer when you want your guests to smile with joy! Greek Chef Giorgos Tsoulis combines fresh, delicious, rich tasting Greek vegetarian ingredients to create the ultimate fritter! Ntomatokeftedes!

#soulotip: Putting the mixture in the refrigerator helps make the fritters fluffier. If the tomatoes are too ripe, let them strain in a colander to remove all their extra juices.



INGREDIENTS

INGREDIENTS

For the tomato fritters:

- 1 kilo tomatoes, finely chopped
- 2 medium onions, finely chopped
- 210 g feta cheese, crumbled
- 200 g fine semolina
- 1 tsp. baking powder
- 1 tbsp. dry oregano
- 15 basil leaves, finely chopped
- Salt & Pepper
- Sunflower oil, for frying

For the yogurt sauce:

- 400 g strained yogurt
- 4 tsp. mint, finely chopped
- 2 tsp. lime juice
- 2 tsp. olive oil
- Salt & Pepper

METHOD

- 1 For the tomato fritters: Put in a deep bowl all of the ingredients for the tomato fritters and mix well with your hands, until all of the ingredients are well combined. Cover bowl with cellophane wrap and refrigerate for 1 hour.
- 2 Remove from the refrigerator. Pick up some of the mixture and shape into round balls. Repeat the process for the remaining mixture.
- 3 Place a deep pot over medium heat. Add a generous amount of sunflower oil and let it get hot. Add them to the pot and fry, until golden brown.
- 4 Remove fritters with a slotted spoon and transfer to a plate lined with paper towels. Allow them to drain.
- 5 For the yogurt sauce: Put in a bowl the strained yogurt, mint, lime juice and olive oil. Season with salt and pepper and mix, until all of the ingredients are completely combined.
- 6 Serve the tomato fritters with the yogurt sauce.



Dessert as well...

Chicago Ice Cream

7 Servings 15 min Preparation 20 min Cooking

#tsoulotip: *If you want, you can decorate it for a birthday party, with umbrellas, chocolate sprinkles, biscuits or cherries.*

For the ice cream:

600 ml cream
70 g granulated sugar
400 ml sweetened condensed milk
5 tbsp. cocoa powder
1 tbsp. vanilla extract
250 g couverture dark chocolate, melted

For the whipped cream:

350 ml whole heavy cream
2 tbsp. powdered sugar

To serve:

Chocolate syrup
Wafer sticks

INGREDIENTS

METHOD

- 1** For the ice cream: Put in a mixer's bowl the heavy cream and beat on medium to high speed with the whisk attachment. Once it is a little fluffy, add the sugar in batches and continue beating until the sugar is dissolved. Be careful not to overbeat the cream, so it does not become clumpy.
- 2** Add the sweetened condensed milk, cocoa powder, vanilla extract, melted couverture and continue beating, until the mixture thickens slightly and becomes smooth and fluffy.
- 3** Transfer the mixture to a rectangular cake pan 30x15 cm and spread it over the entire surface with a spatula.
- 4** Cover with plastic wrap, making sure it touches the surface of the ice cream and place the ice cream in the freezer for 6-8 hours, until it freezes.
- 5** For the whipped cream: Put in the mixer's bowl the heavy cream and powdered sugar and beat with the whisk attachment on medium to high speed, until a tight whipped cream is created.
- 6** To serve: Put 3 balls of ice cream in a glass and add the whipped cream, the chocolate syrup, and wafer sticks on top.



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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 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/channel/UCGiorgosTsoulis).

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

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



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Ta Nea

And play!

Trouvez l'anagramme de chaque mot. Exemple: pour **AVANCERA**, l'anagramme est **CARAVANE**.

REMARIÉS	IRE	GROIN	RELEVÉ	GELÉ	LIS	RÉUTILISÂT	PIRE	INSÈRE
CERTIFIA	CERNAIENT		AVANCERA		CASES		BRAISA	
				ESCALIER				
				NASE				
ÈRE		GAVERAS				ÂTRE		
NID		TERMITES				GLACIÈRES		
		ÉNORMES						
		RIT				RUBIS		
ALIMENTA					LAMAS			ALGÉRIEN
INTER								
			PAVÉS			RANCI		
			MARINA					
CARÈME						ISÈRE		
SKI						RAI		
		NAT						
		ENTRAIT					DRAGONS	RÉUSSIT
ÂNERIE	RÉENT							
	ÉREINTE-MENT					GALET		
						ISRAËL		
			TUNERS					
RATS	ARTS			MER	CLÔT	EULER	SIR	
	CAR			TELS			NANTIES	
		LIEU			ADORÉES			
		AVOIRS			BAIGNEUR			
AIRS			BLÈMES				NÉON	
RACHETÉS			TERRIEN				RELIANT	
					RÉUNIT			ÉCULÉS
					CET			
REM	REVENTE					LASERS		
	TERME					PERLE		
		TON						
		ODES		TULIPE				LOFA
				LÉSA				ÔRES
DÉMIT			CANE				NÉFLE	
IMMORALE			IMA				ÂNE	
					ENROULÂT			
S.N.E.								
RETRAITS		GRÈEMENT					OSA	
					AIRELLES			



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Ta Nea

... Somewhere only we know



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