



to enable talented young people to achieve their aspirations, using links across Europe between commercial and academic organisations

www.UnitedEuroBridge.org
www.UnitedEuroBridge.eu
info@UnitedEuroBridge.org

September 2007

Greece

N.9

How to get Cheaper Calls

Cheaper mobile phone calls abroad: introducing the Eurotariff Roaming – making and receiving mobile phone calls while abroad – is set to get considerably cheaper within the European Union from summer 2007. Eurotariff: bringing prices down. The 2007 EU roaming regulation introduces the "Eurotariff", which sets limits on the prices mobile operators can charge for mobile calls made or received while abroad in a [European Union country](#). Eurotariff rates will gradually decrease from 2007 to 2009.



Europe in 12 Lessons

Find out what the European Union does, what it's for and how it works in 12 easy lessons here on the EU's official website. Each lesson answers key questions about the EU such as:

- 🔍 Why do we need the EU?
- 🔍 How does it affect us?
- 🔍 What powers does it have?
- 🔍 What does the future hold for the EU?

[Read more here](#)

The European Anthem

[Hear it? Click here.](#)



This is the anthem not only of the European Union but also of Europe in a wider sense. The melody comes from the Ninth Symphony

composed in 1823 by Ludwig Van Beethoven. For the final movement of this symphony, Beethoven set to music the "Ode to Joy" written in 1785 by Friedrich von Schiller. This poem expresses Schiller's idealistic vision of the human race becoming brothers - a vision Beethoven shared.

Council of Europe

About the Council of Europe

«The aim of the Council of Europe is to achieve a greater unity between its members...» **Origins and mission:**

Founded in 1949, the Council of Europe seeks to develop throughout Europe

common and democratic principles based on the European Convention on Human Rights and other reference texts on the protection of individuals. **Member States:**

The Council of Europe has a genuine pan-European dimension:

- 🔍 47 member countries
- 🔍 1 applicant country: Belarus; Belarus' special guest status has been suspended due to its lack of respect for human rights and democratic principles.

Observers: observer countries: the Holy See, the United States, Canada, Japan, Mexico.

Aims:

- 🔍 to protect human rights, pluralist democracy and the rule of law;
- 🔍 to promote awareness and encourage the development of Europe's cultural identity and diversity
- 🔍 to find common solutions to the challenges facing European society: such





as discrimination against minorities, xenophobia, intolerance, bioethics and cloning, terrorism, trafficking in human beings, organised crime and corruption, cybercrime, violence against children;

to consolidate democratic stability in Europe by backing political, legislative and constitutional reform.

The current Council of Europe's political mandate was defined by the third Summit of Heads of State and Government, held in Warsaw in May 2005.

DTGV East-European

Closer...more connected Reducing the



distance between people and nations –that is the essence of the Council of Europe's work, as it champions democracy, human rights and the rule of law throughout the continent. The TGV Est Européen network shares a similar calling to bring people closer together. Indeed, the new high speed rail network now connects Strasbourg to many destinations across Europe. The Council of Europe welcomes the development of improved communication networks in Europe which facilitate links between the citizens of the 47 member states, offering them new horizons. Every leaflet that the Council distributes on this occasion is an invitation to discover its headquarters in Strasbourg and an opportunity to gain a better knowledge of its commitment since 1949 to a freer, stronger, fairer and more united Europe.

Alleged secret detentions....

.... in Council of Europe member states. The Council of Europe's action follows allegations revealed by the Washington Post and the NGO Human Rights Watch in 2005 about the existence of secret CIA detention centres in Council of Europe member states. An investigation was launched by the Parliamentary Assembly on 1 November 2005, investigation for which

Swiss Senator Dick Marty was appointed rapporteur. [Click here to read more](#)

EURIMAGE

EURIMAGE (click here for more) Missions & Objectives are to promote European film Industry; the Council of Europe fund for the co-production, distribution and exhibition of European cinematographic works. Set up in 1988 as a Partial Agreement it currently has [33 Member States](#). Eurimages aims to promote the European film industry by

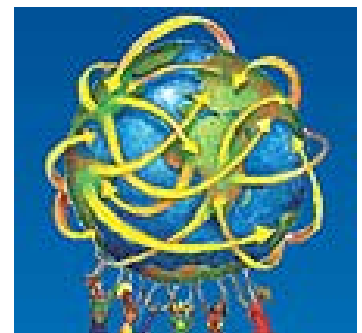


encouraging the production and distribution of films and fostering co-operation between professionals.

Challenges for Emigration

A select committee of experts on countries of emigration (MG-R-PE), composed of experts from Albania, Armenia, Azerbaijan, Greece, Moldova, Portugal, Romania and Turkey, held a series of meetings in 2005 during which they prepared a report for the European

Committee on Migration. In their report, the experts emphasised the importance of improving the quality of co-operation



between countries of origin and destination and identified the 9 major challenges for countries of emigration. [Click here to know more!](#)

Σεπτέμβριος μήνας για Ελλάδα....

.... (this month is about Greece) Every month the United Euro Bridge will issue a newsletter customised to a different European Country. If you like to contribute



with the editing, email us:
info@unitedeurobridge.org

φυσικός όμορφος φύση μέσα Ελλάδα

(Natural beauties of Greece) **Greece**, officially the **Hellenic Republic** (Greek: Ελληνική Δημοκρατία, Ellinikí Dimokratía), is



a country in southern Europe on the tip of the Balkan peninsula. Greece has land boundaries with Bulgaria, the Former Yugoslav Republic of

Macedonia and Albania to the north; and with Turkey to the east. The waters of the Aegean Sea border Greece to the east, and those of the Ionian and Mediterranean Sea to the west and south. Regarded by many as the cradle of Western civilization and the birthplace of democracy. The capital of Greece is **Athens** Notwithstanding its limited surface area, Greece is endowed with a



particularly rich and diversified natural environment as a result of a rare geomorphology, with many striking natural contrasts and areas of great ecological value. The country's

abundant natural



gifts –thousands of indented coasts, imposing rocky massifs, caves, gorges, lakes, rivers, biotopes of spectacular beauty

and unique natural habitats– coupled with the mild climate, place it among the ideal destinations for ecotourism and alternative forms of tourism. [read more.](#)

φημισμένος Ελληνικός άνθρωποι

(Famous Greek People) [Too many, click here to see](#) Just few [Leonidas of Rhodes](#) ancient runner and Olympic winner,

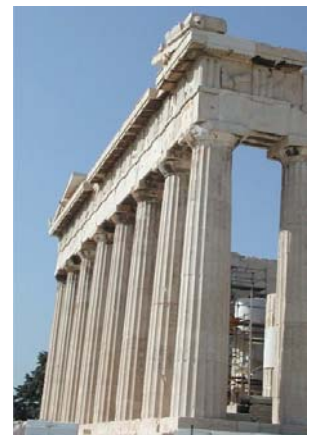
[Constantine Phaulkon](#) (1648–1688), first counsellor of King Narai of [Siam](#) , [Michael Cerularius](#) (c. 1000–1059), Patriarch of [Constantinople](#), [Sir Stelios Haji-Ioannou](#) (born 1967), entrepreneur (born to Cypriot parents), [Aristotle Onassis](#) (1906–1975), shipping magnate, [Bulgari](#)-fashion jewellers of greek origin, [George Miller \(producer\)](#), Greek-Australian director of [Mad Max](#), [Babe](#), [Happy Feet](#), [Alexander the Great](#), Macedonian King and conqueror.

πληροφορία για Ελλάδα



(Interesting facts about Greece) Greece it

is a peninsular mountainous country situated in southeast Europe on the Mediterranean Sea. There are about 1400 Greek Islands of which 169 are inhabited. The majority of the islands are scattered in the Aegean Sea between the Greek and Turkish coasts. Greece has a population of 10,610,000 (2000) of which 3.7 million are located in Athens, the country's capital. Athens Greece is the cradle of one of the greatest civilization which invented and





developed the politics, mathematics, physics, architecture, arts and more. Today, the capital of Greece looks like all the capitals with a small difference: the acropolis and its Parthenon Temple, the most important and well preserved heritage of the Ancient Greek civilization, stands proudly over the busy town. Greece also proposes many event and more especially during the summer. The famous "Athens Festival" organizes concerts and theatrical scenes in the famous theatre of Herodes Atticus and Epidaurus.



In August 2004, the Olympic Games returned to their birth country, Greece. Athletes from 200 countries

came in Athens during 17 days. The history of Greece can be dated back to Stone Age hunters. Later came early farmers and the civilizations of the Minoan and Mycenaean kings. This was followed by a period of wars and invasions, known as the Dark Ages. In about 1100 BC, a people called the Dorians invaded from the north and spread down the west coast. During the second millennium BC, Greece gave birth to the great civilizations of the Minoan (2600-1500 BC), the Mycenaean (1500-1150 BC) and the Cycladic civilization on the Greek islands of the Centre Aegean. The Classical Period of Greece History (6th -4th centuries BC) was the Golden Age and the most famous world wide; during this period lived the greatest philosophers and mathematicians. Then, the history of Greece is a succession of various invasions and dominations: the Macedonians formed a strong Empire, followed by the Romans and the Byzantine Empire which ended with the invasion of the Turks. The Ottoman rule lasted for 400 years and was a dark period for the inhabitants of the ex-Byzantine



Empire. Wanting to finally win their freedom, people of the Greece territory started to organise themselves and various revolts exploded against the Turkish oppressor. The Independence War started from the Peloponnese in 1821 and ended on March 1831, with the establishment of the new and independent Greek State. A monarchy was established a few years after that by the Great Powers.

και τώρα για the παλάτι

(And now for the palate)



Stuffed Vine Leaves (Dolmadakia Yialanzi)

Serves 8-10

Description/Notes:

delectable little mouthfuls of savoury rice wrapped in delicious vine leaves

Ingredients:

50-60 vine leaves

one and a half cups of onions, finely chopped

one cup of spring onions, finely chopped

1 cup of olive oil, 1 cup of rice

salt and pepper, Juice of 2 lemons

half a cup of dill, finely chopped, quarter cup of fresh mint, finely chopped

Cooking Instructions:

1. Blanch the vine leaves, drain and allow to cool
2. Mix all the ingredients except the lemons and wrap in the vine leaves, forming them into roll shapes
3. Place some of the vine leaves on the bottom of the pan, then place the rolls in



- outward radiating circles, evenly spaced and close to one another
- Gently place a plate that's not too heavy on top of the vine leaves so that they don't break open during cooking
 - Add the lemon juice and enough water to cover the rolls
 - Boil gently until the water had been absorbed and rice cooked
 - Allow to cool then arrange on a plate, garnished with slices of lemon

Moussaka (Moussakas)

Serves 4



Description/Notes:

A very popular and substantial minced lamb and aubergine dish that tastes even more delicious if served with a light red wine or better still retsina.

Ingredients for the moussaka:

- one and a half pounds (675g) minced lamb
- 2 aubergines
- 1 onion, chopped
- 1 x 14oz. (400g) can of tomatoes
- 1 clove garlic, crushed
- 1 tsp. dried rosemary
- 4 fl. oz. (125ml) cooking oil
- salt and pepper

for the sauce

- 6 oz. (175g) ricotta cheese
- 4 fl. oz. (125ml) single cream
- 2 medium eggs, beaten

Cooking Instructions:

- Thinly slice the courgettes, sprinkle with salt and leave for 30 minutes before rinsing with cold water and drying on absorbent kitchen paper

- Pour half the oil into a saucepan, add the garlic and onion and gently fry for 5 minutes, remove and drain
- Stir in the lamb, continue cooking until it browns, then add tomatoes and juice out of the can
- Stir in the rosemary and season to taste with salt and pepper
- Bring to the boil then simmer gently for about 20 minutes
- Pour the remaining oil into a frying pan then fry the aubergines until brown on both sides
- Put the ricotta cheese, beaten eggs and cream into a bowl and stir thoroughly
- Transfer the lamb mixture into a casserole, spread evenly and arrange the sliced courgettes on top
- Cover with the cheese topping and bake in a pre-heated oven at 375F, Gas Mark 5, 190C for 35-45 minutes or until the top of moussaka is set and golden

Artichoke Pie (Anginaropita)



Description/Notes:

A delectable puff pastry pie full of tasty artichokes, spring onions and Parmesan cheese

Ingredients:

- 4-5 spring onions, finely chopped
- 6 artichokes, hearts only
- 6 tablespoons dill, finely chopped
- 3 eggs
- 1 teacup of olive oil
- 1 teacup of milk
- salt and pepper
- 1 teacup of grated parmesan cheese



1 lb 2 oz (half a kilo) puff pastry

Cooking Instructions:

1. Heat the olive oil in a saucepan and sauté the onions until transparent
2. Slice the artichoke hearts and add them to the saucepan along with the dill
3. Add some water and cook gently for about 50-60 minutes until there is a small amount of water in the pan
4. Transfer the artichoke mix into a bowl and allow to cool
5. Beat the eggs and add them to the artichoke along with the cheese, milk, salt and pepper, stirring all the time
6. Roll out the pastry into two sheets of about a quarter inch (half a centimetre) each
7. Brush a shallow ovenproof dish with olive oil, then place one pastry sheet on the dish, covering both its bottom and its sides

Chickpea Puree (Hummus)



Description/Notes:

This well liked Greek starter of pureed chickpeas flavoured with lemon, herbs and spices can be traced back as far as ancient Greece, from where the practice of mashing pulses originates

Ingredients:

- 7oz (200g) chick peas
- 2 cloves of garlic
- 3 tablespoons of olive oil
- 1 teaspoon paprika
- 4 tablespoons of lemon juice
- 3 tablespoons ground sesame seeds (tahin)
- 3 tablespoons of water, one third of a teaspoon of pepper, one third of a teaspoon of cumin, 1 level teaspoon of salt,

chopped parsley, for garnish

Cooking Instructions:

1. Place the chick peas in a large bowl and leave to soak overnight
2. Boil the soaked chickpeas until soft, then drain and allow to cool
3. Place the ground sesame seeds in a bowl and dilute with water
4. Put the chick peas in a mixer and while grinding add the ground sesame seeds, salt, garlic, pepper, lemon juice and olive oil
5. Continue grinding until the hummus becomes smooth and creamy
6. Serve cold sprinkled with paprika and garnished with finely chopped parsley
7. (Eleni Kostas from the island of Delos)

Anything to share? Anything to advertise?

Are you looking for something or someone? You could advertise anything you like in YOUR newsletter, please send your contributions to:



The information in this newsletter is, to our knowledge, correct at the time of issue.