

flame

MAGAZINE

MANDOULIDES SCHOOLS ANNUAL PUBLICATION

JUNE 2019



40
YEARS



MANDOULIDES
EDUCATORS SINCE 1978

Enduring Educational Value

Our success rate in prestigious university admissions confirms that our students excel yearly at national and international levels.

Through Mandoulides Schools' innovative educational programs and modern teaching methods, our students secure a large number of positions in top universities in Greece, Europe, Canada and the United States, while earning leading international academic distinctions.

**PANHELLENIC
EXAMINATIONS
2018**

18
STUDENTS
RANKED IN THE TOP

10
PLACES

6

STUDENTS

Faculty of Health Sciences

23

STUDENTS

Faculty of Engineering

21

STUDENTS

Faculty of Sciences

16

STUDENTS

Faculty of Economics

22

STUDENTS

Faculty of Humanities,
Law and Social Sciences

**59th International Mathematical
Olympiad (IMO) ROMANIA**
Honorable mention
(R. Tsiamis, 12th Grade)

**European Union
Science Olympiad (EUSO) 2019**
Bronze Medal

**31st Panhellenic
IT Competition**
Bronze Medal

**35th Balkan Mathematical
Olympiad (BMO) SERBIA**
Silver Medal
(R. Tsiamis, 12th Grade)

**ISF World Schools Championship
Basketball, Crete 2019**
5th place

**Panhellenic Competition
First Lego League 2019**
2 Cups

**36th National Mathematical Olympiad,
Final Phase "Archimedes"**
1 Gold
4 Silver and
3 Bronze Medals

**Panhellenic Basketball Championship
for Senior High School Boys 2019**
1st Place

**Participation in First Lego League
Open International**
Lebanon, 14 - 16/06/2019



Schedule an appointment
through the online application at
admissions.mandoulides.edu.gr

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editorial

Dear Readers,

We welcome you to FLAME 2019!

40 years ago Evangelos Mantoulidis embarked on an adventure to establish an educational institution that would be at the forefront of education and innovation.

Mandoulides Schools have grown leaps and bounds since their foundation day back in 1978. They have nurtured generations of well-rounded boys and girls and prepared them for the challenges that lie ahead in their lives.

The pages of our magazine are living proof that our students have exceeded the expectations of the founder of the Schools. Their texts bring out a wealth of fresh ideas and their accomplishments showcase that they have made a mark not only on scientific, but also on literary, cultural and sport events.

I invite you to read their articles, share their concerns, embrace or reject their ideas and admire their artistic work. By the time you reach the last page, you will have learnt a lot more things about what our young teenagers are capable of achieving if they are given the right tools.

Aristotelis Onassis used to say that we must learn to sail in high winds and this is exactly what we are trying to teach our students. We equip them with the necessary skills in order to achieve their personal best and begin their own journey in life in full sail.

Enjoy your summer holidays.
See you next year!

Rania Dantsi
Editor-in-chief

Daphnie Mesochoriti

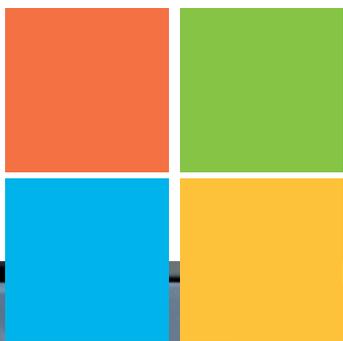




Showcase School

Mandoulides Schools are 1 of the 3 schools in Greece and out of 290 schools worldwide selected by Microsoft as a Microsoft Showcase School.

www.mandoulides.edu.gr



This distinction for the Schools is a recognition of the innovative actions, educational programs and the emphasis that is placed on the use of new technologies.

Innovative programs

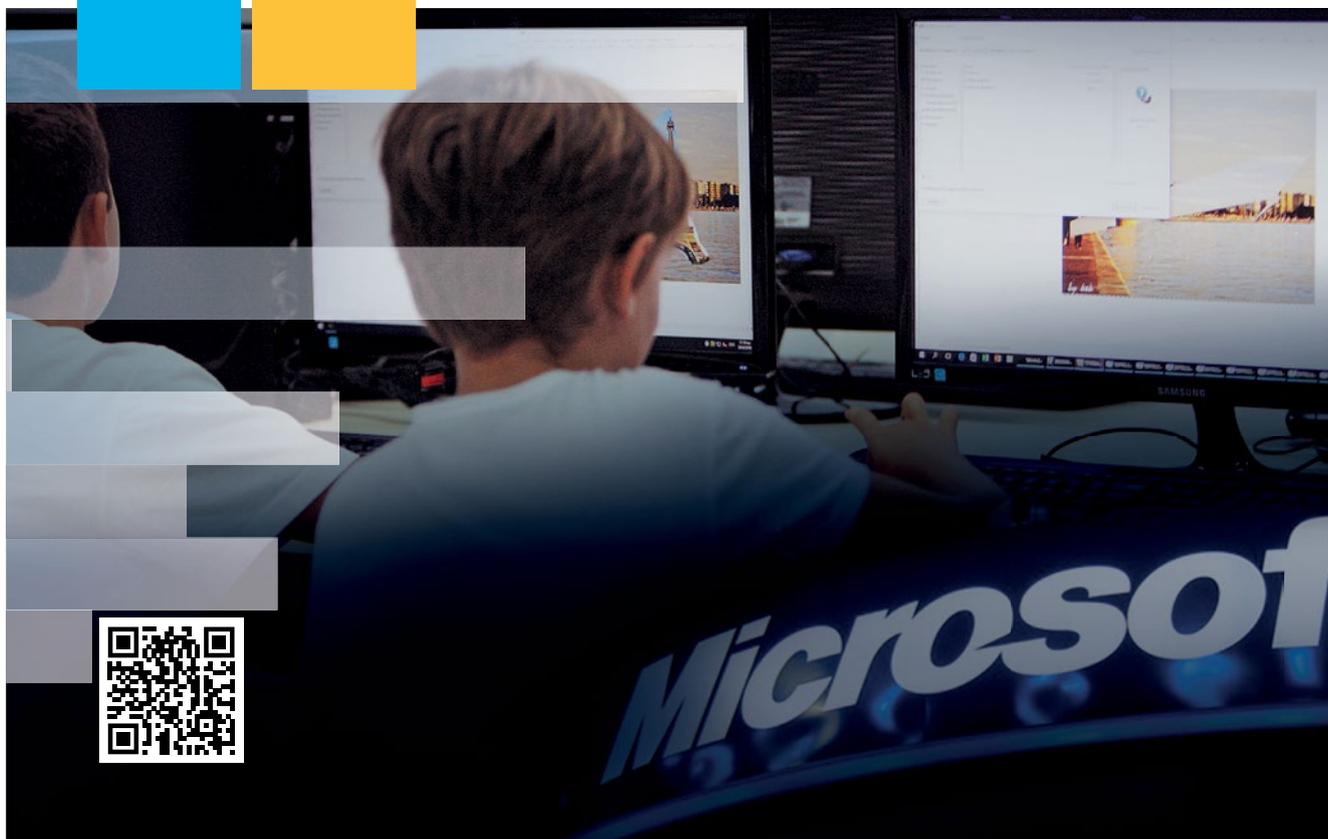
Flipped Classroom, Watch & Learn, Case Studies, Art & Science Days and my mandoulides digital platform make the learning process more interactive and creative, and guarantee the smooth operation of Mandoulides Schools.

People

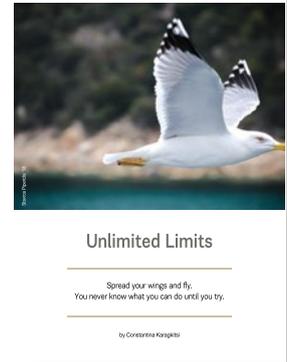
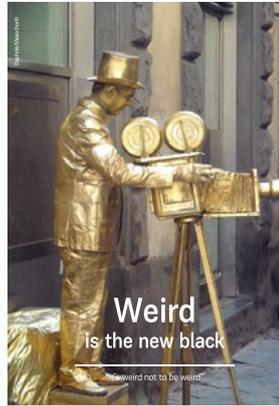
The educational and administrative staff are properly and constantly trained on new technologies and the use of innovative tools. 136 teachers from all over Greece have been distinguished as Innovative Educator Experts, 39 of whom are teachers of Mandoulides Schools.

Aim

Mandoulides School, as a Microsoft Showcase School, constitute a model for all schools and they envision a smart and modern education becoming a reality for all schools.



contents



1. **Editorial**
4. **40 years Mandoulides Schools**
Dr. Aspasia Hasioti, General Director
8. **Mandoulides Schools is a great family**
Katerina Ruth Moser, 11th grade
10. **Weird is the new black**
Evaggelia Daoultzi, 11th grade
12. **I am, therefore I shop**
Elisabeth Dolopikou, 11th grade
14. **Is childlessness a disease?**
Zoe Maria Kamopoulou, 11th grade
16. **Your life matters**
Argyro Harizona, 10th grade
19. **We are all beautiful**
Anastasia Digktsi, 9th grade
20. **Instagram stories**
If you don't post it, did it really happen?
Anna Andreadi, 10th grade
Is it the real you on social media?
Maria Anthousa Christidi, 9th grade
22. **The luck factor in life**
Melina Transvalidou, 11th grade
24. **Stick or Switch?**
Ioannis Dimoulios, 10th grade
25. **Red Hot Chilly Peppers and risk taking**
Stergios Mastoris, 11th grade
26. **Antitheses**
Andriana Gravani, 11th grade
27. **Eyes are windows to the soul**
Alexandra Zimonopoulou, 8th grade
28. **Don't follow your dreams. Make them come true**
Christina Tsiouma, 10th grade
30. **What if?**
Aspasia Ramona Spyropoulou, 11th grade
32. **Unlimited limits**
Constantina Karagkitsi, 8th grade
34. **Success is overrated**
Kassiani Sidoreac, 11th grade
36. **Amsterdam calling**
Maria Eirini Papagianni, 11th grade
38. **Meet the Greeks**
Christina Karafyllia, 10th grade
40. **My big fat Greek society**
Olga Kerameos, 8th grade
41. **Give yourself some hygge**
Maria Eirini Papagianni, 11th grade
42. **We do**
46. **Living a diplomat's life for 48 hours**
Zoe Maria Kamopoulou, 11th grade
57. **Post - Secondary Placements**
59. **Studies Abroad**
64. **Honors**



EDUCATORS SINCE 1978

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F. Koukalia '11, S. Piperidis '18

1978 - 2018

40
YEARS

MANDOULIDES
EDUCATORS SINCE 1978

Mandoulides Schools are celebrating their 40th anniversary. Following the vision of their founder and dear teacher Evangelos Mantoulidis, they continue their ascending route to conquer the peak, to impart knowledge, to cultivate morality and humanity, with virtue, discipline and diligence.

During these 40 years, the Schools have had an enthralling journey guided by core values, deep love for children and continuous effort to open up new paths in education. This journey is characterized by important milestones showcasing their philosophy.

IMPORTANT MILESTONES

by Dr. Aspasia Hasioti - General Director

1978

A major earthquake strikes Thessaloniki; an augury for the Schools, whose foundation stone is then laid. The foundations prove solid and the vision of Evangelos Mantoulidis takes root and sprouts while he fights his own battles with determination in difficult and unfavorable times for private education.

The idea that nurtured his dream for modern Greek education with a European dimension and universal perspective - an idea which not only needs courage but also virtue, dedication and effort in order to be realized - is transformed into a school, an educational institution. Mandoulides Elementary School is established.



1991

More space is needed in order to realize the founder's dream and expand. Mandoulides High School and Lyceum is established. Evangelos Mantoulidis is tireless and committed to delivering high-quality education. He aims higher, as there is always higher for him. He is not easily satisfied. He neither relaxes his efforts nor rests on his laurels.

1998



Mandoulides Schools are celebrating 20 years in their new and state-of-the-art cultural and sports center. Culture and sports are of prime importance to the Schools. Prestigious universities around the world welcome our students. Eva Tsoukalidou is admitted to Harvard University and since then our students have been offered places and have studied at top universities in the United States: Harvard, Stanford, Yale, Princeton, Caltech, MIT, Columbia, Duke as well as in the United Kingdom: Cambridge, Oxford, Imperial. Admissions to other renowned

European universities are quick to follow. In the same year, our students enter high - ranked schools in the Aristotle University of Thessaloniki, which is the greatest reward for the founder and his distinguished associates for their concerted efforts. Since then, the Schools have continued to pave the way for students to pursue their studies in Higher Education Institutions both in Greece and abroad. The road to higher education at Mandoulides Schools has never been a one - way street! About 90% of the students enter top - ranked schools in national universities and at the same time a large percentage of them have the opportunity to join the student body of the best universities internationally, without following an IB curriculum, through their participation in the STUDIES ABROAD program.

1999

Excelling at sports is one of Evangelos Mantoulidis' main objectives. Basketball, the founder's childhood dream, is one of his small pleasures in life. The Schools' basketball team has been ranked 1st place nationally 8 times. In 1999 the Schools' team is presented with the gold medal in the World Championship in Israel, in 2005 with the silver medal in Poland, in 2009 with the bronze medal in Turkey and in 2019 it is ranked fifth in the world.



2001

Our student, Ioannis Tsoukalidis, becomes silver champion in the Olympiad of Informatics in Finland, after winning a bronze medal in Olympiads in Portugal and China in 1998 and 2000 respectively.

And this is only the beginning! Winning distinctions in Olympiads has become a tradition for the Schools. Our student Christos Mantoulidis is the next Olympic champion in Informatics and is awarded with the silver medal in Mexico and one year later the bronze in Croatia. This fine collection of medals is completed with one gold, two silver and one bronze in Mathematics, two bronze in Biology, one bronze in Astronomy, and one gold in Formula 1. The Schools promote excellence!



2002

The second Kindergarten, Primary and Secondary Schools are founded.

New buildings are added, new students are enrolled and new dreams are incubated.



2007



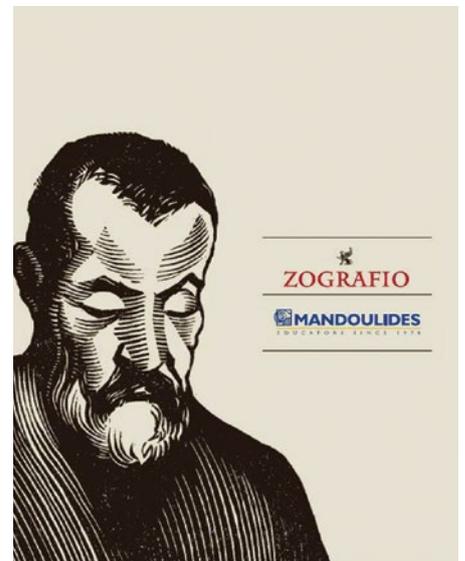
Evangelos Mantoulidis passes away unexpectedly in spring. With strong and contradictory experiences, conscious decisions, confrontations and upturns, but above all with honesty as his most potent weapon, he taught everyone the greatest lesson of life by setting the best personal example. His efforts towards quality education continue unabated. Aikaterini Mantoulidou, his worthy wife, and his three children Evi, Dimitris and Christos; who were brought up by his principles and values, faithfully serve his purpose from the very first moment after his death.

His dream is also served by all teachers and staff of the Schools, and everyone who has apprenticed next to him. We are greatly indebted to him. We do not owe him gratitude, though, but deeds and steadfast adherence to the principles and values he taught us.

2012

The first International Student Literature Conference dedicated to the great Greek writer Alexandros Papadiamantis is held in Istanbul, in collaboration with the Zografio Lykeio under the auspices of the Ecumenical Patriarchate. It is a unique, innovative and highly educational example of intellectual activity in the critical times we are going through.

Schools from Greece, Cyprus, Egypt, the USA and Constantinople partake in the conference alongside established scholars and distinguished artists. Culture is also a prerequisite for the intellectual development and progress of every child. To this end, Art Festivals (Agones Technis), a platform of education and culture, are organized, followed by the Simulation of the Plenary Session of the European Parliament, with a view to promoting education for democratic citizenship.



2013

The Schools celebrate their 35th anniversary. His All-Holiness Ecumenical Patriarch Bartholomew honors the Schools with His Holy presence.



2017



Showcase School

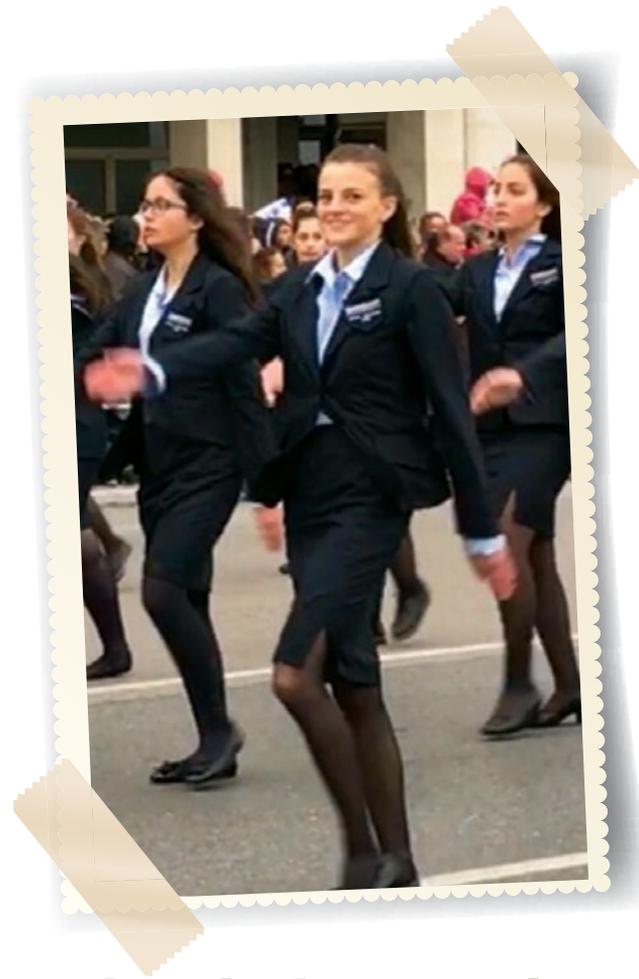
Mandoulides Schools are nominated as “Microsoft Showcase School” by Microsoft, 1 out of 3 schools in Greece and 1 out of 290 schools worldwide. This distinction is an acknowledgement of the innovative ideas and educational programs that have been implemented for years, focusing on the use of new technologies in both education and administration. Flipped Classroom, Watch & Learn, Case Studies, Art & Science Days, Entrepreneurship Programs and Healthy Diet Plans such as Mission X turn innovation into a prerequisite for the realization of the vision for a smart and modern school.

2018



40th anniversary of Mandoulides Schools, forty years full of memories, a dream and a miracle. Two generations of students have already sat at the desks of the Schools. Mandoulides Schools, which started with only 157 students and 20 members of staff in 1978, and now count 1,850 pupils and 330 teachers and administrators, have been built on four solid pillars: excellence, innovation, culture and sports. Their primary goal is to mold noble souls, shape well-rounded personalities and nurture citizens with national pride, human dignity and social responsibility. The everlasting presence of the man who set all these up with his creative fury and educational verve safeguards a bright and prosperous future.





Mandoulides Schools is a great family

Even though I've lived in three countries, I feel right at home!

by Katerina Ruth Moser

It's never really easy for me to answer the question, "So, where are you from?" Someone once called our family a 'nomadic family' because we have lived in different countries. My father is American but he was born and raised in Ecuador, South America. My mother is from Thessaloniki, Greece. They met and got married in Chicago and that's where I was born! When I was three, however, our family moved to Spain. I went to elementary school in Madrid. Now, I'm finishing my high-school education in Greece. I've now lived in three countries, attended five different schools and had to learn three different languages just to survive!

Periodically, our family would travel for extended periods of time between Spain, Greece and the U.S.A. When I was younger, one thing I was concerned about during all of our moves was that my toys would be packed away and never be seen again! I'm told that on one Christmas day, when I was three years old, my younger brother and I hid our Christmas gifts immediately after we had unwrapped them! We had seen all of our other toys being packed away in suitcases and were worried that someone might steal the new ones as well!



*The hole in my heart has now been filled
with new friends and experiences*

When I was a child, my toys would be packed away but as I got older it was difficult to say goodbye to close friends. Saying goodbyes to family and friends is the hardest part of moving! Every time we say goodbye and move we seem to get a hole in our hearts. It's not always easy to make new friends.

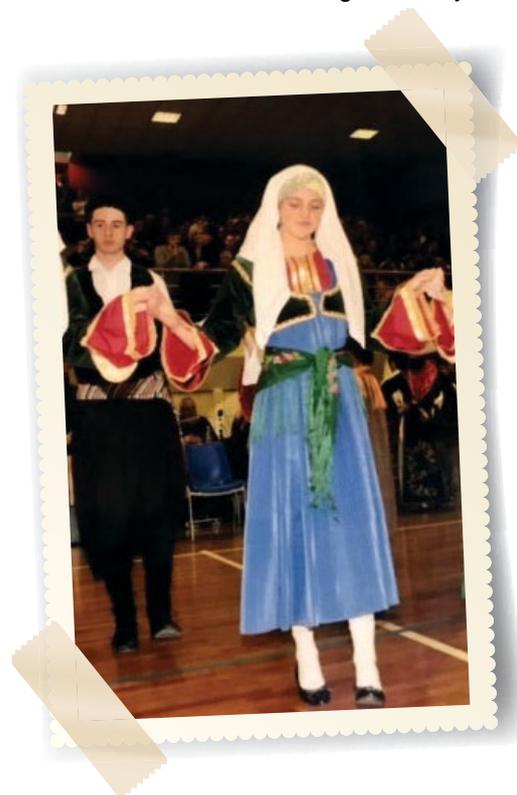
Thankfully, I didn't have that problem when we came to Greece because everyone at Mandoulides Schools was really friendly and helpful. My friends taught me Greek one word at a time! The teachers were, and still are, patient but most importantly, I felt included and accepted into the Mandoulides Schools family. Sometimes, of course, I miss my old friends but the hole in my heart has now been filled with new friends and experiences.

Looking back, the hardest challenge for me was learning new languages well enough to 'make it' in school! It was only four years ago that I began to learn Modern Greek when I discovered there was such a thing as Ancient Greek and that I would have to learn that as well! Besides transitioning from a Spanish-speaking school to a Greek-speaking school, there were some other adaptations I had to make to my new environment. In Spain, schools have a two-hour lunch break with a five-course meal before returning to class. There was even time for me to take a siesta! (though I never actually took one). Now, with a 20 minute lunch break, I've had to learn to eat much more quickly!

I've also had to learn the meaning of different "body gestures." My American relatives hardly ever use their hands when they speak. They just speak. But in Greece, hand motions are part of every day communication. We used to think getting the "mutza" was like a "high-five" and that nodding your head slightly upward meant 'yes' when it really means 'no'! Another difference I've encountered is that in the U.S. when you have a "fight" with someone you'll probably never speak to them again. In Spain and Greece, you'll most likely be sitting at a café for five hours with the person you've just fought with!

Living in other countries is challenging but it is also enriching! When you learn new languages and expressions you gain a different understanding of the world. It also comes in handy to speak in another language if you don't want anyone else to know what you've been saying. But, trust me: be careful on this one! Most Europeans speak more than one language! Another great benefit of moving to different countries is that you collect holidays. Our family is always looking for a good excuse to celebrate so we include American, Spanish and Greek customs. Sadly, we're not permitted to take days off on all these holidays at school. However, I'm fine with that!

I like my school. In fact, I love Mandoulides Schools, because it has provided me with an environment where, even though I've lived in three countries, I feel right at home! Mandoulides Schools is a great family!



Filiana Koukalia '11



Weird is the new black

"It's weird not to be weird"

by Evaggelia Daoultzi

Ben Falcone once said that 'weird' is an interesting way to say 'unique' but is there any chance that this can be true in 2019? We live in a world where you can go outside for coffee in your 5-meter-long sleeved pom pom sweater, your pizza socks and garden eyebrows and not attract a single gawp not because you are not weird, but because this is what everyone does. And in fact, if normal is a usual, typical or expected condition by the Oxford dictionary, is weird the new normal?

In fact, judging from the latest catwalks, weirdness is not only considered simply normal but also high - fashion. Gucci's creative director Alessandro Michele delivered on the label's autumn/winter 2018 collection a Game of Thrones-themed fashion show. Models stepped out, carrying immaculately-crafted models of "dragon puppies", iguanas and snakes. They walked down the runway wearing faun horns, third eyes and, finally, life-sized replicas of their own heads. In New York's Fashion Week, Calvin Klein released looks inspired by construction site workers while the highlight of the event was the full orange firefighter work wear look, complete with reflective stripes and plastic work boots. Yet, both Gucci and Calvin Klein were among the 10 best-selling fashion brands in the world in 2018. In plain words, thousands of people bought and therefore wore their designs. Maybe weird pays after all.

At this point, one might say that due to the high cost of brands like these, the phenomenon of seeing someone walking down the street wearing a firefighter's suit is not that common, so it doesn't constitute a norm. Let's start then with something simpler. Can anyone explain how on earth has someone managed to create the so popular no makeup look? Common sense says you either wear makeup or you don't. However, people who wear makeup but look like they do not are all around us. How rational is this? In the same frame of mind we have this new trend of transparency in clothing. Clear plastic skirts, clear plastic jeans and knee pads are taking over the world of fashion. Even the famous trendsetter Kylie Jenner has posted several pictures of her styling some clear plastic high heels. "Transparency provides us with an open door. We can't fix what we can't see. We need to make it as easy for us to see the clothes as it is to buy the clothes", said Orsola de Castro, founder and creative director of Fashion Revolution. At this point I wish to voice my sincere concern that if, by common sense, we wear clothes to customize our appearance and cover our bodies sufficiently, what is the point of wearing clothes we can't see? What clothes are we supposed to see if there is no visible making material?

Leaving looks aside, let's move on to something even

more upsetting, behavior. Behavior has gone far beyond the norm boundaries as well, taking the weirdness game on to another level, with challenges being the trendiest fad of our days.

I bet most of you have heard of the "falling stars challenge". It's a challenge in which people fall on their face, with their most pricy possessions carefully arranged around them, and then have someone take photos of them to upload on social media. It started in Russia in 2018 as an attempt of wealthy people to show off their belongings and more than 1 million participants followed the fad.

Second on my list of weird games is the bean boozled challenge. In a box of bean boozled mystery pack there are many jelly beans in pairs of the same color. The 2 participants of this challenge spin a spinner to determine which color jelly bean they have to try each time. Same color jelly beans could be one or two flavors: a yummy flavor and a disgusting flavor, moldy cheese and vanilla, for example. Both people taking part in this challenge eat the jelly bean at the same time and see each other's reactions to the flavors. Why would a modern, educated person with a fully developed brain function eat voluntarily anything that would have the slightest chance of tasting like moldy cheese is beyond understanding. It caused stomach disorders and it exposed people's lives to danger. Nonetheless, there were more than 850,000 participants partaking in this game - challenge.

To top it all off, the so-called "in my feelings challenge", which caused horrific car accidents, deaths, severe injuries and arrests appeared on the social media.

People tried to be weird again and jumped out of moving vehicles to dance. More than 2.3 million participants accepted the challenge. To my mind, this was by far the stupidest weirdness of 2018 and I frankly do not know if I'm curious or scared about what 2020 has in store for us.

Now, if you find yourself systematically doing even one of the things I mentioned before, then I am sorry to tell you that you can consider yourself an eccentric or as it is more commonly described nowadays, a weirdo. I am also sure that this is something you already know and you are okay with, because you are following a trend which is accepted by society.

From a scientific point of view, psychologists have found that exposure to weirdness causes a release of dopamine in the part of our brain responsible for discovering, processing and storing new sensory impressions. This discharge of dopamine makes us more motivated to continue life, since life itself is a little bit weird.

John Lennon said, "It's weird not to be weird", but be careful not to take things too far.

I am, therefore I shop

Going shopping has become
an integral part of modern life
and in some cases of who we are.

by Elisabeth Dolopikou

Hi! My name is Elisabeth, I'm a shopaholic and I am five days clean. Looking back into my past is hard, it is REALLY hard. This is first time I am talking about my problem and I cannot but praise your support, it is overwhelming! If we replaced the word shopaholic with the word alcoholic, this would be a typical introduction in an AA (Alcoholics Anonymous) meeting, wouldn't it?

Have we really gone that far? Is shopping really an addiction? What happened to shopping therapy, which was supposed to be beneficial?

It's an undeniable fact that every single one of us has their own way of relaxing and escaping their gloomy and mundane daily life. As far as I am concerned, whenever I feel blue, disappointed or just bored, I go shopping. You may do the same or someone you know does the same as well, but does that make me or them shopaholics?

But don't get me wrong; I don't mean "shopaholic" in the sense of spending money on shopping like Carrie Bradshaw did or posting new additions of my wardrobe on Instagram accounts using #shopaholic#moneyspent#loveshops# just to show off. I mean "shopaholic" the way Cambridge Dictionary describes the term and that is: "a person who is a compulsive buyer, especially one who is not able to control their own spending."

Imagine that you're browsing around at a shopping mall, and suddenly you spot the MOST magnificent, long, sleeveless dress, which is going to make you look like Cinderella at the dance! Next thing, you start dreaming about how beautiful you would look in it. I know the feeling, I've been there too! You enter the shop, choose the item from the goods on display, you pay and go home. Then you and your dress live happily ever after for 1 or 2 hours. The next day, on your way to work you spot another lovely dress, that's even prettier than the first one and that is the mo-

ment when your first dress turns into a pumpkin, the magic spell wears off in a flash and it's not even midnight.

Is shopping all about making choices? How can individuals process all the information around them? At a first glance, shopping seems a fairly straightforward activity. I mean, it's not that difficult to buy something, but what lies behind this?

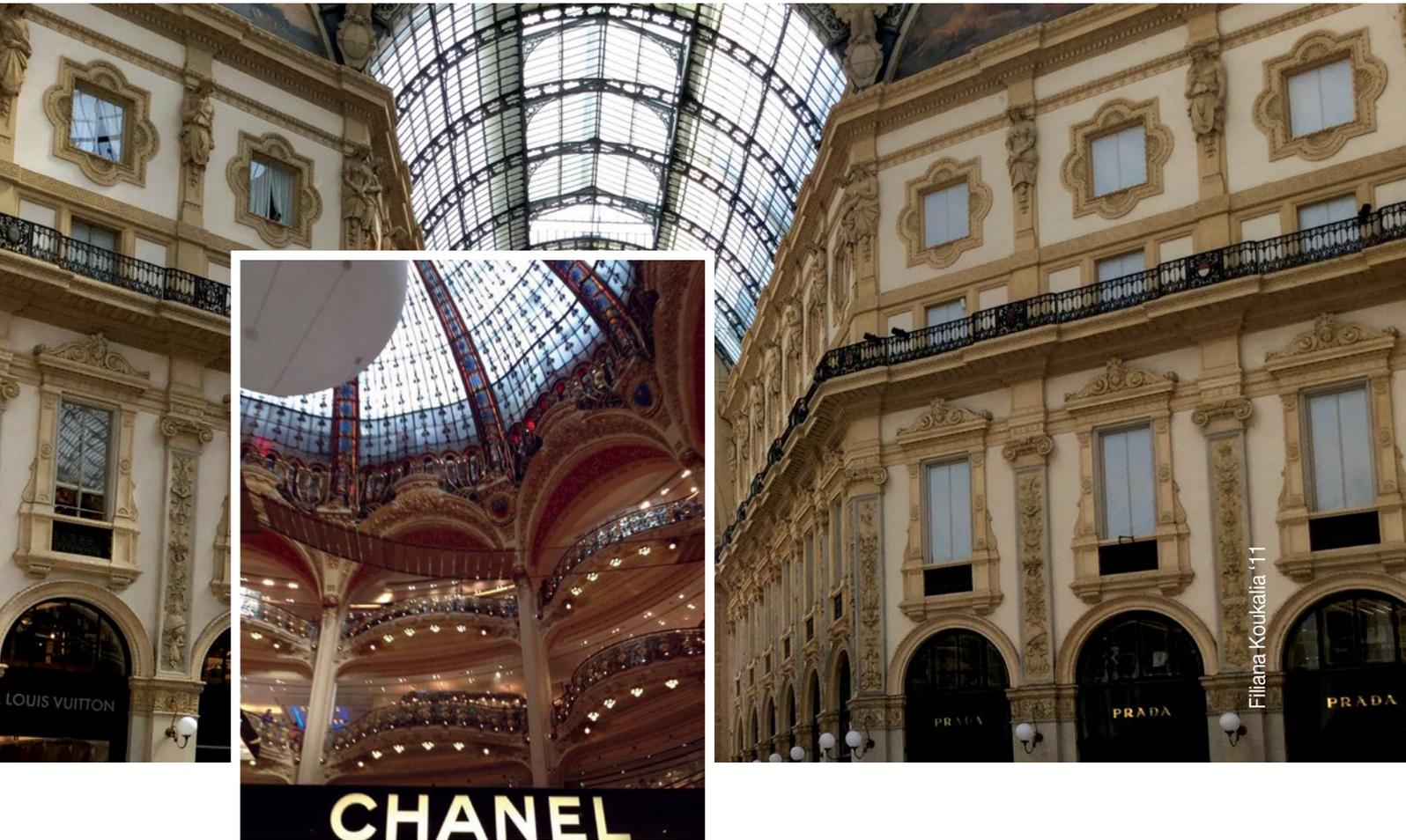
Going shopping has become an integral part of modern life and in some cases of who we are. A day at a shopping mall is every girl's dream and every parent's, sibling's, boyfriend's nightmare. Going shopping for girls is as exciting as it is for men to watch their favorite football team win the championship league or make a choice for a new car. Decisions are usually made based on taste, gender, age, social and economic background. Nevertheless, during the last years, mass media, and more recently social media, have become greater "influencers" than all the above criteria combined together. Individuals have been caught in the middle, trying to balance what they like versus what society dictates.

So, if "shopaholics" might not be the correct term to use, we may as well turn to "early adopters". And if we are not shopaholics, what or who makes us keep buying and spending?

Perhaps it is due to those vampires (sorry, I mean salespeople) in the stores who try to convince us that they want to be of some help. In reality, many of them hide behind the formality of their highway store - remember Julia Roberts in "Pretty Woman" - and they are doing their best to empty our pockets.

Digging deeper into the science of shopping and marketing, there are numerous examples that illustrate the various techniques invented by advertisers and retailers in





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A day at a shopping mall is every girl's dream

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their effort to increase sales. I think we've all been in a situation when we enter a shop and the variety of sights and smells mesmerize our senses. Then we notice that big sign saying "BUY 1 GET 1 FREE" and we just can't help but purchase even more. Erma Bombeck, a famous American writer, stated that: "The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one." So it makes me wonder why I should be the one who breaks the rule. The science of psychology has greatly influenced marketing and retailers are now cautious about the color their shop is painted, the position their products are located, and pay great attention to all these little details that make us go crazy and desperately want to buy the products they are selling. It is all about marketing! Think of your favorite shampoo brand; every time you go to the supermarket the catchy tune associated with it, along with the image of the long-haired celebrity promising best results if you use it comes to mind, doesn't it? Companies are trying to engage all five senses and our emotions to promote and sell their

products, this is what marketing is all about. Products are sold in well - designed packages, beautifully decorated, and they actually provide us with occasional happiness, which vanishes into thin air when the credit card bill arrives. It's basically like hangover after a crazy night out. Way back in 18th century Samuel Johnson, an English writer, said: "Promise, large promise, is the soul of an advertisement" but we need to be cautious and check if what we buy has the merit to perform up to "promise". Please do not get me wrong, I'm neither trying to tell you off for succumbing to consumerism nor attempting to convince you to embrace my views. I simply believe that many of the aforementioned facts might be the stimulus to identify with my experiences or even justify your shopping addiction. As for me, I'm still Elisabeth and I'm ready for my next shopping binge therapy session. I'm off to find my next little black dress before midnight!

Is childlessness a disease?

Many tend to believe that for every woman out there time comes that they feel the biological and hormonal urge to have kids.
It's time we busted this myth!

by Zoe Maria Kamopoulou

I am sure that the older ones reading these lines have many a time heard their grandmother saying: "Will I see any grandchildren from you before I close my eyes?" I can practically hear you sighing to the mere sound of these words, wondering how many more times and from how many different people you will have to bear with such a question.

My dear fellow peers, if you haven't had the chance to hear such a question, I can reassure you the worst is yet to come. Unfortunately, I had "the pleasure" of such an embarrassing experience not long ago.

Some time ago I was sitting with my 79 year - old grandma showing her pictures of my friends on my cell phone when she came across a meme picturing Leonardo Di Caprio. She paused, took a good look at him and then said: "Who is this? Is he your boyfriend?"

I started laughing and before even having the chance to explain who the man in the picture was, she got offended by my reaction and went on to scold me. "What are you laughing at? After all, your purpose in life is to get married and have children", she said. Her words were like a slap in my face but I kept silent. I gave her a kiss and left the room grinning from ear to ear and thinking that my grandma has not understood that times have changed since she was young.

I actually have the same problem with my parents. Whenever I tell them that getting married and starting a family in the future isn't really on my to - do list, they insist that "I'm too young to know" and that "I will want children when time comes". They were raised to see baby - making as an inescapable part of life and this is probably the reason why they do not approve of my ideas. But even though childrearing can be seen as inextricably linked to human nature, it's not necessarily linked to every individual's nature just because they were born with a reproductive system.

One could say that it is reasonable that our parents and grandparents are trying to pass on these values, since they grew up by them. Have you ever wondered, though, why they aren't trying to pass on the rest of the values and lifestyles of their times? What about that hippie phase they went through?

I can only explain this attitude with, you guessed it, a conspir-

acy theory I have recently heard. Our parents, our grandparents, they have all regretted their decision to make a family, simply because we make their daily life a living hell and they are thus trying to take the ultimate revenge on us by pushing us to live a life full of misery as well. I am only joking!!!!

Anyway, whatever their reasons are, the first thing almost everyone thinks of when you tell them that you don't want a child is that you're a total weirdo, a different kind depending on your gender. See, if you're a man, you are immediately one of those "die hard" guys, who are way too masculine and too full of testosterone to be committed to a relationship with kids. If you're a woman, you're most likely someone who only cares about your career and appearance, or you're suffering from severe depression and have lost your appetite for life.

Through their sympathetic comments they subconsciously - yet openly - undermine your ability and freedom to responsibly and sanely choose by yourself what to do with your life. They are so constrained by the idea that life is a one - way street that only leads to being happily married with kids, that they can't comprehend anything that deviates from this concept.

The reasons to tie the knot today seem to be twofold, apart from the financial factor that has always been a standard. Firstly, there is the fear of dying alone or the fear that living your life by yourself is much worse than living that same life with someone by your side.

The second reason is the pressure drawn by society, that is, the messages secretly promoted through cultural products and the media. From early childhood, all Disney's princesses found their prince at the end of the film, signifying that a happy ending is linked with marriage. At the same time though, how come we never saw Cinderella with a belly up to here carrying around a 9 pound ball in her tummy.

Later in life, the "biological clock", starts ticking, strangely enough, only for women. Many tend to believe that for every woman out there, rarely for men, time comes that they feel the biological and hormonal urge to have kids. Well, I am sorry, but it is time we busted that myth. It first appeared in the late 1970s in a Washington Post article named "The Clock

How come
all Disney's princesses
found their prince
and got married
at the end of the film?

Is Ticking for the Career Woman", at a time when birth rate in the US had dropped from 3.5 to 1.5 children per family. Apart from the instinct of reproduction for the perpetuation of our species, which is not a valid reason nowadays since there are 7.5 billion of us on this tiny planet, there is no other biological drive prompting anyone to have kids.

At the end of the day the choice of when or whether, we will have children is ours and ours only. If you want to have children, find someone that feels the same as you and go ahead! If you don't think you're suitable for this, if you don't feel like giving your money away for diapers and baby milk or contributing to overpopulation and climate change, then just don't!

Just make sure the choice is yours and do not let yourselves be influenced by the new Washington Post, the Greek Grandma!

Filiana Koukalia '11



Your life matters

Depression is the illness of our century that is increasing at an alarming rate and it is torturing daily millions of teenagers all over the world.

by Argyro Harizona

Stavros Pipendis '18





Being a teenager is supposed to be a happy period of your life, as your main concern and worries during those years are meant to be your studies. But is this your current case? Do you usually feel well and cheerful or do you hide your feelings with a smile and go to bed crying in your pillow? How often do you say “I’m fine, everything is OK” when in reality you are broken into pieces? Have you ever wondered, “Why do I feel depressed?”

What is depression?

Depression is a psychological illness that creates disorder of someone’s mood and /or emotions. According to the National Institute of Mental Health, there are two common forms of depression: “Major depressive disorder” and “Dysthymic disorder”. It is not simply a weakness of your character and definitely it is not something that can be overcome only with good will. Recent surveys indicate that one in five teens suffer from clinical depression. Hence, teen depression is a serious mental health problem. It usually causes a persistent feeling of sadness and loss of interest in activities, while it affects how a teenager thinks, feels and behaves. Depression can cause difficulties at school and in relationships, as it is often combined with isolation and loss of communication. It also decreases the enjoyment of life and creates emotional, functional and even physical problems. In the worst case scenario, if depression is left untreated, it could lead to suicidal thoughts or even the act itself, as sometimes adolescents, unlike adults, have a harder time expressing their internal emotions so they tend to act them out.

Why do we feel depressed?

It’s not unusual for young people to experience “the blues” or feel “down” occasionally. Unfortunately, for some teens

these feelings are not just temporary. Depression can be triggered by the loss of a loved one, social isolation, major life changes, trauma as a result of abuse such as bullying, or conflicts in personal relationships. However, today’s teens also face issues that were unknown to past generations. Academic stress is a major problem that can take complete control over a student’s life, sometimes leading to depression, while an uncertain economy and tough competition for college and school graduation can intensify this situation. Another primary source of melancholy and pressure for adolescents is social media. Teenagers often become depressed when they compare their lives unfavorably to the people they follow on Facebook, Twitter, and Instagram, as they believe that their life isn’t as good as it should be.

What are the symptoms that should alert us ?

Depression can be difficult to diagnose in teens because not only does society expect teens to act moody but also adolescents do not always understand or want to express their feelings. A person that suffers from depression usually exhibits a combination of symptoms. A dramatic change in personality or in appearance could be a hint when it is combined with irrational or bizarre behavior. Depression can also be recognized by the observation of changes in sleeping or eating habits, a severe drop in school performance and of course by the gradual loss of communication with one’s social circle. Moreover, obsession with music, poems, essays and drawings with direct or indirect reference to death and intentional self-harm are some of the worrying signs of depression and suicidal

thoughts. Did you know that suicide is the third leading cause of death for teens and young people aged between 15 to 24 in the United States and the second leading cause of death among college - age youth? Every year teens die because they commit suicide. They give up on life and embrace death instead. Never underestimate or overlook the warning signs, because depression makes no discriminations and any one of us could be a potential victim. Depression is as an organic, physiological issue as a broken bone or a heart problem but because it cannot be “seen” it is often ignored, dismissed, mistreated or over - medicated by the vast majority of healthcare providers.

What should I do if I am feeling depressed?

Speaking about how you feel to a close friend or member of your family that you know they will really listen and understand is a very good start. Making new friends or interacting with your existing ones, while practicing sports, reading books or listening to positive music, as well as having good family relations and participating in voluntary work, helps develop a sense of acceptance and belonging that is so important to all teenagers. According to a study, only 30 minutes of exercise three times per week are as effective as antidepressant drugs. Moreover, healthy relationships and team activities with peers are central to teens’ self-esteem and provide an important social outlet. Getting a hobby or joining organizations that offer programs for young people, may help you focus on positive activities rather than negative feelings or behaviors and will help develop additional interests. However, when the problems are persistent and it seems too much to handle alone, you should not be afraid to ask a trusted adult for help. It is necessary for teens diagnosed with clinical depression to have adult and professional guidance more than ever to understand all the emotional and physical changes they are experiencing. According to the National Institute of Health, more than 80% of those treated for depression show an improvement in their symptoms gener-

ally within four to six weeks of beginning medication, psychotherapy, attending support groups or a combination of these treatments. When you recognize the need for help, you will have taken a major step towards recovery. There is a way out of it and if you acknowledge the existence of your problem, accept it and seek help; you can feel happy as you deserve and enjoy life again.

What should I do if I have a close friend who is dealing with depression?

It helps to listen to him/ her in a way that shows you care and empathize. This does not mean entering into the person’s despair but an attitude of careful optimism is appropriate. However, avoid minimizing the person’s pain or making comments like “Your life is good - you have no reason to feel suicidal”. Try saying something more positive like “I can see how hopeless you feel, but I believe things can get better” or “I hear you, I want to help”. Advice should be simple and practical. For example, “Let’s go for a walk and talk more” or “I am here for you, but you need more professional advice; let’s look up some numbers together.” These small actions are more effective than you believe and they have a very strong impact on the mental health of a teenager.

The rate of depressed adolescents (ages 12 - 17) has risen 63 percent since 2013, 47% for boys and 65% for girls. Therefore, teen depression rates are dramatically increasing every day. We should not have to wait for these statistics to get higher and the number of kids who commit suicide to skyrocket. Together we can fight the disease that is controlling so many of us. And, if you are out there dealing with depression, just think that you weren’t born with depression or with suicidal thoughts, but you changed during your life. In the same way, you can turn your negative energy into energy for change and improvement. Because you can’t let it win. YOU can fight back.



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‘<https://www.mentalhealthamerica.net/conditions/depression-teens>
<https://www.newportacademy.com/resources/mental-health/teen-depression-study/>
<https://www.verywellmind.com/teen-depression-3200844>
<https://www.procare.co.za/employee-wellness-blog/2018/9/4/depression-awareness-and-suicide-prevention-campaign>
”

We are all beautiful

by Anastasia Digktsi

Beauty. That simple word alone is enough to send our mind wandering. Every day, the majority of people torture themselves because they feel the need to fit society's standards of beauty; human features that society has deemed as "ideal". However, is there a mutual agreement on the qualities one needs to possess to embody the true concept of beauty or have we watched way too many Beauty Pageants?

To start off, the actual definition of the word is problematic, meaning that the term is very general. "A combination of qualities, such as shape, color or form that pleases the aesthetic senses, especially the sight" is what Oxford Dictionary defines as beauty. It should come as no surprise that we fail every time we try to single out only one aesthetically pleasing notion. In reality, beauty is much more complicated than it seems to be. Beauty is everything and nothing at the same time, meaning that, what one person finds beautiful or admirable may be unpleasant to someone else. For example, having a scar may be considered unattractive by some while others will think of it as a sign of individuality and beauty. Moreover, a certain hair color may not be considered very attractive - looking by some people only because they have a personal preference and that is perfectly fine, as long as we do not force our beliefs on other people. These examples show that we can never be sure about what is beautiful and we do not have to be sure because every single person is different and that is something worth celebrating.

In a broader context, it is hard for people to understand something that has no scientific explanation. In this day and age, society feels the need to be able to explain everything and that stems from the fact our lives are fairly uncertain and we feel safe when something can be explained. According to science, a symmetrical face can be deemed as "perfect". Ultimately, when we see computer-generated, perfectly symmetrical faces, we often find them alluring. What we are taught to ignore is that symmetry takes this uniqueness away and makes us look identical. This shows us that society does not strive for perfection, it rather strives for uniformity. In the words of Oscar Wilde, "beauty is a form of Genius. It is higher, indeed, than Genius as it needs no explanation". While the world has certainly come a long way in accepting features other than the tall, blond, blue-eyed model - man it would be wrong to say that our society is completely open-minded when it comes to someone's physical appearance.



Filiana Koukalia '11

Beauty is everything and nothing at the same time. What one person finds beautiful or admirable may be unpleasant to someone else.

Hopefully, the subject is not all black and white and there are examples in which rarity is often celebrated. For example, in the Middle East lighter features such as blonde hair and blue eyes are seen as attractive because they are rare in that part of the world. However, in countries where such hair and eye colors are common, like in Norway, a dark-haired person may be considered more beautiful and more charming.

To conclude, beauty might never have a true meaning nor does it need to have one. Beauty is different for everyone and everyone is beautiful in a different way. It comes down to personal preference, therefore we do not need to perfect ourselves to society's ideals because, at the end of the day, what sets us apart is our unique beauty.

#greekisland#perfectholidays#greattime#notcomingback#



Daphnie Mesochoriti

Instagram Stories

If you don't post it, did it really happen?

by Anna Andreadi

During the last decade, technology has made big steps of improvement. A great invention of the last few years is an application called "Instagram" which belongs to the category of social media. This application includes a section that allows its users to post pictures and videos called "stories" which are available only for twenty - four hours.

The use of "Instagram Stories" has increased in popularity a lot lately. People of all ages, especially teenagers, post every moment of their lives on social media. The reason behind this sudden rise in Instagram use lies behind the modern way of living.

Modern life flows at a really fast pace leaving people no spare time to communicate with friends and family. "Instagram Stories" was the solution to this problem. Initially, it began as a way to hear from a friend without the need of a phone call or even a text. By posting a photo of a place or a selfie, all your "followers" know where you are or what you are doing instantly. By spending just one moment to take a picture and post it, you have allowed everyone interested in you to see a small part of your private life while you have saved a lot of time from never-ending conversations. The problem, however, comes shortly after the social media is not used in moderation. "Instagram Stories" have now become an obsession. People post selfies and photos continually in order to draw attention. The fact that these pictures are deleted after twenty - four hours automatically, provides them with a sense of freedom because they believe that no one will be able to see their photos after this limited time period. Having this in mind, they keep posting pictures of insignificant information about their lives only to gain some popularity and fame. After all, if you don't post it, it's like it never happened. Right?

In conclusion, it is a disappointing fact that an application that could be really useful for the communication between people or even for business and scientific purposes has now been converted into a tool for gossip and self - promotion.

Is it the real you on social media?

by Maria Anthousa Christidi

Social media accounts: the newest trend that has spread worldwide. It is the first thing you check in the morning, even before you brush your teeth, and the last one before you go to bed. In fact this is the reason why most of us wish to project a perfect image online. The influence and pressure for a perfect image applies daily on each one of us users of the web. To this end, photoshop has become one of the most valuable applications for all validation - craving individuals using social media. It is not just an image - editing software used to enhance the quality of photos. Unfortunately, it has turned into a device which is used to alter or even distort reality. People frequently use it to edit photos trying to retouch their body and face in order to discard any flaws and make their images compatible with beauty standards. The reason why people resort to photoshop, and other applications of this type, lies in their insecurity caused by society's judgmental attitude. People are so afraid of not being accepted by others that they make up a perfect image, yet a fake one, before sharing it with their online friends. Everyone is too concerned with creating the illusion that they are having fun, they have the perfect friends, the perfect clothes, perfect everything and hide their flaws and imperfections. So much work is put into a person's image on social media that it's no longer real and inevitably makes us wonder if we all adapt to the same flawless figure, then would there be any uniqueness? Everyone should bear in mind that these imperfections are the ones that define us and we ought to embrace all our traits and imperfections, since everyone has his own kind of beauty. Therefore you shouldn't be influenced by the "perfect image" set by social media standards, because there are so many things that we don't know behind every post and every story. How many curated "candid" of blissfully smiling friends can you post in order to reach the number of likes you long for and become the most popular feed on Instagram? So, it's highly important to ask yourselves if it is worth struggling to alter your appearance in order to showcase a version of yourself which actually is not real. Can you bear to reflect the real you on social media? The answer is yours.



The luck factor in life

Luck is a dividend of sweat. The more you sweat, the luckier you get.

by Melina Transvalidou

In today's fast-forward world people aim at one and one thing only; success. Everyone works for success in all sectors of life; mental, physical, professional, personal, social and the list goes on and on. People often look up to their role models because they have been successful in a particular area or generally admire their way of living and their ethics. Therefore, they spend way too much of their energy trying to be like them. For example, they spend hours at the gym, they change their house, their wardrobe or even worse their personality in order to imitate them. But the question is what have these "successful" people done to get where they are now that others can't? According to many researches across the globe people's success, in any aspect, is defined by many personal and social events and circumstances. Although some people tend to believe

that there is another factor accountable for progress and accomplishments, the factor of luck, I will have to support that good luck doesn't come alone.

Let me take this from the beginning. No one ever had a vision based on luck. For example, Mark Zuckerberg didn't wake up and say: "I'm feeling lucky today. Let's try to build a multibillion social networking company". The factor of luck includes elements such as the circumstances, the timing and the exposure of an occurring event. People who are dependent on luck are dependent on failure. There are multiple tricks and tips on how to get lucky and stay that way. Books have been written, series have been shot and people have referred to this issue proposing many "fancy" and "guaranteed" ways on how to get lucky. Well, let me spill the tea for you; NONE of them works.



Hard work is like stairs and Luck is like lift, sometimes lift may fail but, stairs will always take you to the top.

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But the good news is that I'm currently working on another time-tested method by Thomas Jefferson that goes like this: "I find the harder I work, the luckier I get".

According to researches the luck factor is highly associated with effort and work. That being said, people with a fixed mindset are excluded by the luck factor and thus success. More specifically, by the word "mindset" I refer to a person's way of thinking and acting. People with a fixed mindset strongly believe that a person is either capable or incapable of doing something from their birth and this cannot change. As it is easily understood, individuals with this kind of mindset don't get out of their comfort zone to try out an activity they are not good at but instead they accept the fact that they had better do something else. On the other hand, people with a growth mindset support that by learning and practising continuously you can achieve everything. In conclusion, our mindset has a crucial part in our lives and it is important to adopt a perspective which will allow knowledge and practice to bring luck, success and happiness into our lives.

Now, someone may wonder why luck chooses the hard working people and not the richest or the cleverest ones. Hard working people do seize the day. They are always on the go, both physically and mentally. As a result, somehow they are at the right place at the right time and therefore the opportunity occurs. Another thing to consider about hard working individuals is their undeniable work ethic and consistency. More specifically, this kind of people are not just trying to do their best; they swear by it; they put their bones and soul into it. They are critical thinkers who will always strive for the best outcome, even if it is not perfection. They also try to find out what caused an undesirable result and will try very hard to fix it. Lastly, they are open to criticism and will always strive for feedback. This way, they will have a well - rounded opinion about themselves and they will have more targeted goals and expectations from themselves.

So, if next time something good "accidentally" happens to you, do not simply put it down to your good luck.

This is the world rewarding you for your hard work!

Stick or Switch?

Throughout our lives we are forced to make a ton of decisions; plenty of them require a certain amount of risk.

by Ioannis Dimoulios

Suppose that you are in a game show and you are given the chance to choose from three doors. Behind one of the doors there is a new car and behind the other two goats. At this point, provided that you are aiming for the car, you pick one door, say door number 3. The TV presenter, who by the way knows where the car is, opens door number 1 only to find a goat. Afterwards, he offers you the possibility to switch doors. What do you do? Do you insist on your initial choice or do you accept the switch?

Throughout our lives we are forced to make a ton of decisions; plenty of them require a certain amount of risk. It seems that there are two different approaches regarding decision making and risk taking. The first involves an awareness that a certain decision could lead to both positive and negative consequences and one has to evaluate which is most probable to happen. In contrast, if one follows the second approach, he takes into consideration only the positive consequences and decides accordingly. Yet, by taking the second approach, in other words having a natural tendency for risk, does not necessarily imply irrationality. On the contrary, a person's mental development, more often than not, depends on the risks he takes in order to fulfill the goal he sets.

It is an undeniable fact that most people tend to avoid risks. They prefer "playing it safe", sticking to the stereotypes they have assimilated throughout their life. Any decision that "threatens" to cause a change triggers

negative emotions such as fear and stress. This fear of the unknown makes them feel trapped in the monotony of the daily routine, reluctant and subsequently unhappy.

But what is the best way to get rid of all those negative emotions? First and foremost, we shall wonder which the worst case scenario is. Can we live with that? Then we shall think about how we can increase our chances of success by taking every coefficient into consideration and simultaneously decrease the possibility of a bad result. Thinking rationally with self-confidence will help us break the ties of stereotypes and start over seeing life from a different perspective.

In case you are still interested, the brain teaser above is the so-called "Monty Hall" problem named after the host of the television game show "Let's make a deal". Most people tend to refuse to change their door probably because they feel they have some kind of an emotional connection with the door they have initially selected or simply because they are afraid to take the risk to change. However, no matter how much counter-intuitive it may seem, one has the greatest odds to find the prize once he does accept the switch. You should not be disappointed if you didn't make the "right" decision; Paul Erd's, one of the most renowned mathematicians of the 20th century, would not believe that this was true until he was shown a computer simulation demonstrating the stated result!

Hopefully the following table will enlighten you.....

Door #1	Door #2	Door #3	Result if staying with Door #1	Result if switching to the offered Door
Car	Goat	Goat	Wins Car	Wins Goat
Goat	Car	Goat	Wins Goat	Wins Car
Goat	Goat	Car	Wins Goat	Wins Car

Red Hot Chilly Peppers and risk taking

by Stergios Mastoris

Have you ever been in a position where you had to decide between following the “safe and sound” and the “risky” road? What did you pick? How do you know you made the right decision? And if that choice didn’t turn out to be the best for you, are you willing to go down that road again?

I do apologize for the bombardment of all these questions, it’s just that I am trying to depict the most common mindset of people before and after taking a risk. One could argue that people could be divided into two categories: the risk-takers and the safe players. The first ones see the second ones as “cowards” and the second ones see the first ones as “daredevils”. In this article, I will try to convince you why you should take risks in life, while also being rational.

You are probably wondering what spicy food has to do with risk taking. Well, Nanjing University conducted a research in which individuals were asked to answer how much they liked spicy food on a scale from 1 to 7. According to the study those who answer with a 1 or a 2, are risk - averse and tend to play it safe; a 3 is for those who are averagely risk-taking; an answer with a 4 or a 5 shows that the person likes to roll the dice now and again; and 6s or 7s are the true thrill seekers.

First of all, let’s try to define risk. According to Oxford Dictionary, risk is the exposure to danger, harm or loss. This very definition is the reason why so many people are scared of it. It is seen and treated as something inherently

bad. Who wants such unwelcoming things to happen to them? You guessed it. NO ONE. Thus, the first step to embracing the idea that risk - taking might actually involve a pleasant situation, is to get rid of this unconscious bias of treating risk as something negative.

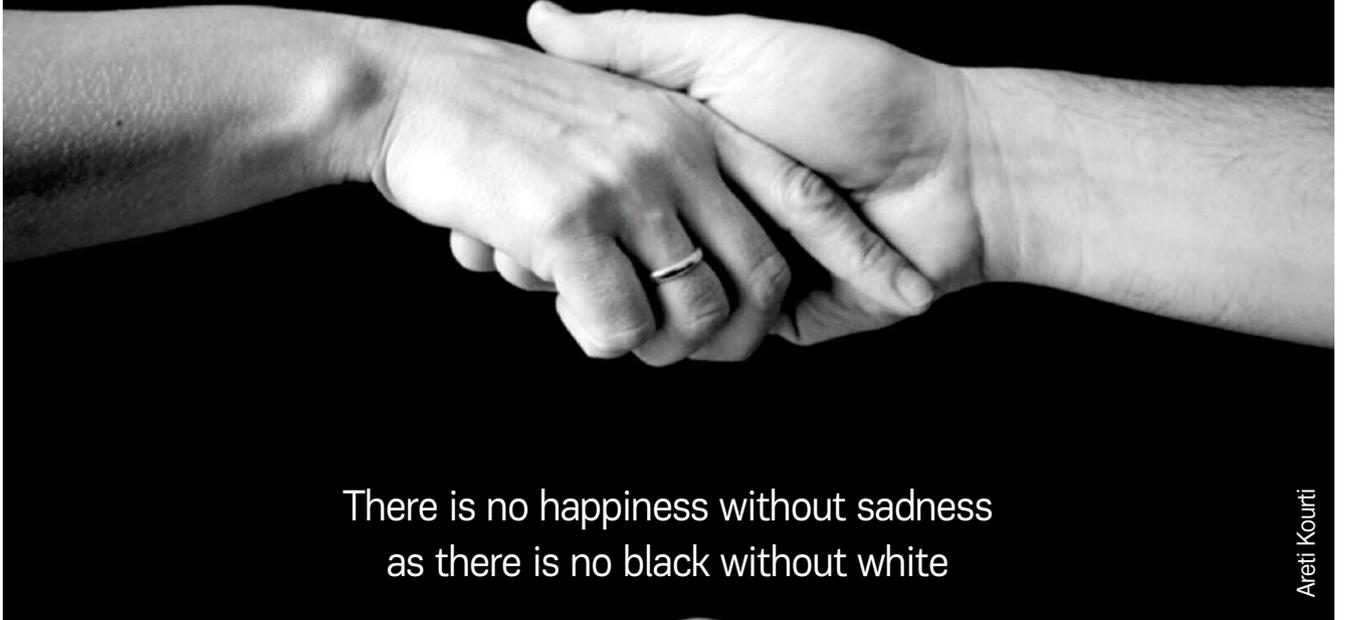
Since we have now established a more positive outlook on the word risk it’s time I added my main arguments. That moment when one decides to take a risk, the individual manages to overcome its fears and become more confident in its capabilities. In detail, taking risks boosts our self-confidence in our abilities and hones our strengths but more importantly we develop resilience.

It also must be noted that taking a risk can result in positive outcomes alone considering the fact that if you get the unwanted result, you can learn from what went wrong and be better prepared next time.

Elon Musk. Bill Gates. Mark Zuckerberg. All these successful professionals have one thing in common: taking risks. Mark Zuckerberg once told a group of young entrepreneurs that it’s risky NOT to take chances. “In a world that’s changing really quickly, the only strategy that is guaranteed to fail is not taking risks,” he said. You know what? He was right! They all managed to reach that level of success by taking risks rationally.

As you can easily understand, risk-taking is not just a habit. It is a way of living. And if you choose to follow it, you are definitely going to be better off than being a safe - player.

Antitheses



There is no happiness without sadness
as there is no black without white

Areti Kourti

by Andriana Gravani

It is quite remarkable how the words that we use have the power that we give to them. However, this power entails a contrast that we come across in our everyday lives. Black and white, yes or no, good and bad are all examples of antitheses, although, it is blatantly obvious that we have debauched both these words and their meanings. This is my attempt to make a change in people's mindsets from a more tasteful perspective.

Vanilla vs chocolate. Two complete opposites. Yet, these two flavors apart from the obvious meaning, as far as I perceive it, have an obscure one too. They can actually depict people; the white and the black. Our human race will nonstop be putting labels. Wars, slavery and human rights have all been a matter of color instead of universality. This is why we tend to encounter this phenomenon which deprives us from our human values as pointlessly as putting these labels on us. However, the right perception of equality is a universal aspiration. Vanilla and Chocolate. Two complete opposites. Let's go even further. Peace and War. An eternal battle until today. The only way to ameliorate our society is by eradicating this so-all consuming situation. Despite the progression of sciences and all mankind's achievements, we haven't yet managed to find the antidote or the cure for an absence of inward peace. On the contrary, our lives have been an immortal marathon of trying to bypass the cruelty that has taken over our world.

If we still deeply care to reclaim the meaning of peace we can make a change in this wallowed in war world.

Vanilla and Chocolate. Two complete different opposites. I'm sure you can all go further than that. Now you may wonder how we came from two flavors to wars and to black people and it is fair enough you do, but, we tend to be narrow-minded even at the simplest matters.

Happiness and sadness. This is another concrete example that these ice cream flavors aren't just tasty. They portray emotions, situations, incidents. Now we have gone too far. Yet, no one has ever thought of things in this way.

Of course ice cream is for our own delight, however, despite its phenomenal taste, it has a more bitter, I would say, side. To be honest, we have to admit to ourselves that not all things in life are sweet. In fact, we have to combat struggles and bestow an aura of endurance and tenacity. And how I would describe those everyday obstacles is by adding bitter chocolate to our small ice cream station. I could go on forever with all the ice cream flavors but my goal from the beginning wasn't to remind you to get some ice cream after all. But, before we come to an end, I would like to pinpoint you that there is no happiness without sadness in life as there is no black without white. However, the most challenging part is being able to maintain your balance. And perhaps this why we have stracciatella ice cream, which is the combination of both.

Eyes are windows to the soul

by Alexandra Zimonopoulou

Many philosophers have said that the “eyes are the windows to the soul”. In fact, the eyes do reveal lots of information about a person’s emotional state, character and true self. Not their clothes, hair color, or how they hold themselves, but looking into a person’s eyes will show their soul.

Our eyes don’t lie; they reveal one’s truth, no matter what face we put on, in any situation. The best way to get to know someone is to look them straight in the eyes and observe what they reveal about their emotional state. Many studies have shown that when we meet someone for the first time, our eyes can convey a wide range of feelings, like trust or skepticism, security, contentment or even fear. Our eyes, just like our body language, give us away, and they say more than we could ever say with words. As a matter of fact, most of the information we convey is through nonverbal language, which

ranges from simple looks to all of the movements we make. The truth is that there are a number of examples to support the above: when we are happy our eyes elongate, wrinkle, and shine more than normal, and that’s because we feel pretty good. Also, when someone looks



Daphnie Mesochoriti

“ We all know that when people just smile with their mouths, the smile is probably false. When the smile includes the eyes, then it is probably genuine.”

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probably false. When the smile includes the eyes, then it is probably genuine.

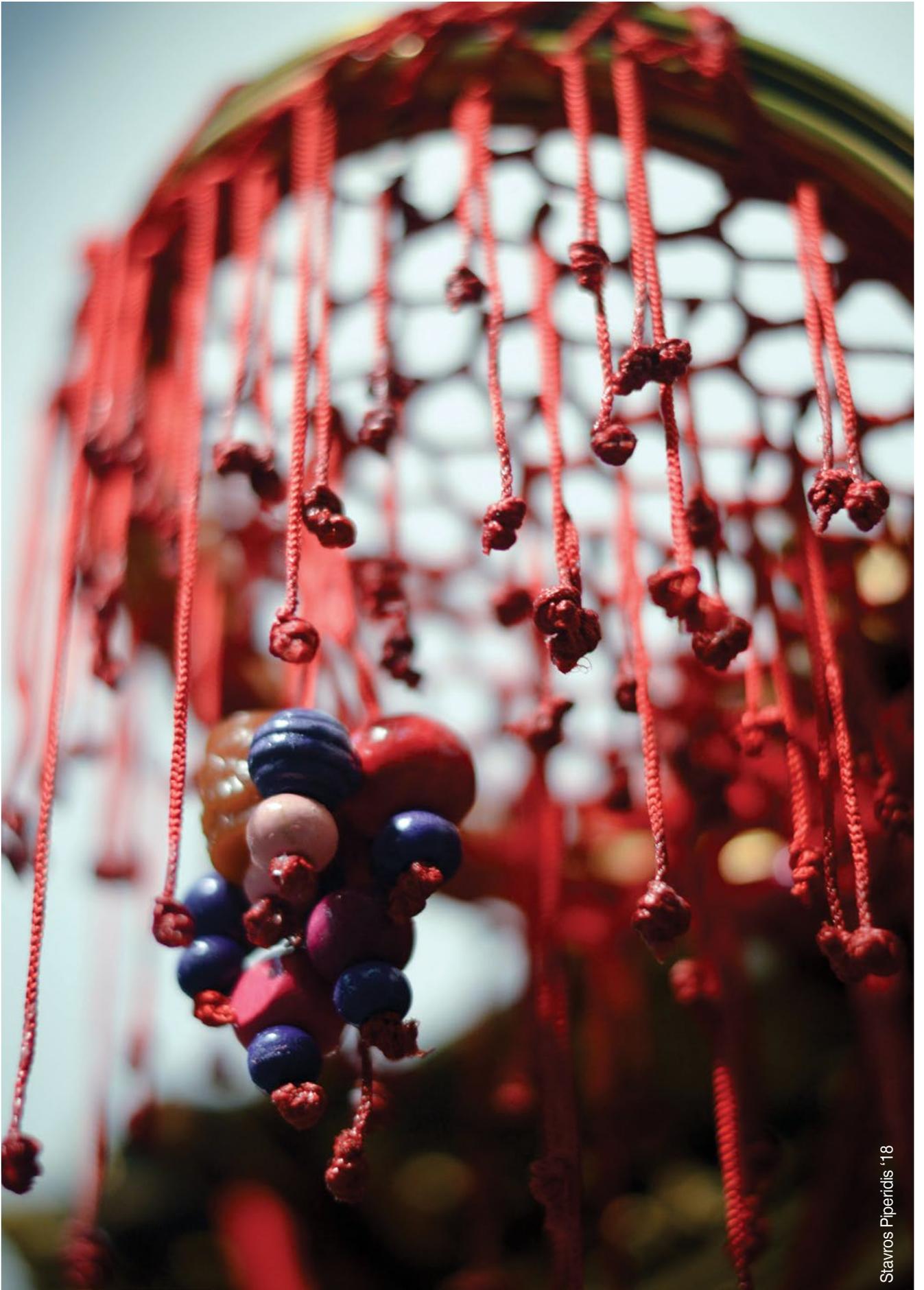
So, keep in mind these wisdom words, “A smile can hide the truth, the mouth can whisper lies, but the eyes always reveal what is hidden below the surface.”

at you with open eyes and a penetrating gaze, you could easily understand whether they’re paying attention to what you’re saying or not. Furthermore, it has also been observed that the eyes are the mirrors of the soul because they’re the most sincere part of the face. We don’t have any control over our eyes, as opposed to the mouth, for example. In addition the eyes are the ideal way to detect peoples’ honesty as well as other various emotions of interest depending on the situation. This means that human eyes are, therefore, the windows to the truth inside a person. One quick glance at a person and you can be able to instantly tell a few things about that person’s feelings, mood, or even personality. Eyes can reflect our inner thoughts thus they can give clues as to what another person is thinking. We all know that when people just smile with their mouths, the smile is



<https://www.quora.com/What-does-the-phrase-eyes-are-the-windows-to-the-soul-mean>

<https://www.psychologytoday.com/us/blog/talking-apes/201512/your-eyes-really-are-the-window-your-soul>



Don't follow your dreams Make them come true

by Christina Tsiouma

It was just a dream.

You're like a dream come true.

As long as I can dream, I will dream of you.

Dream on.

A dream is a wish your heart makes.

The dream related wordlist goes on and on.

With or without Cinderella references, it is clear that dreams are an integral part of our lives. They are everywhere you look at from eloquently - written poetry anthologies about inspiration to random thoughts students scribble down when the lecture is far too boring for anyone to pay attention. "Follow your dreams" seems to be quite the catchphrase, but what is so appealing about dreams that make us obsessed with them?

The answer is not that simple since we may have to take a dive in the deep ends of psychology first. Let us start from the early 19th century, when Sigmund Freud developed a topographical model of the mind in an attempt to describe its structure and function. To do so, the Austrian neurologist compared the human brain to an iceberg and divided the mind into three levels - the conscious, the subconscious, and the unconscious. The first is basically the small amount of mental activity we know about, while the second involves things we could be aware of if we wanted to or tried. The combination of the two gives us consciousness, which consists of those thoughts that are the focus of our attention now or retrievable memories, and this is seen as the tip of the iceberg.

The rest of the iceberg is the unconscious and it contains all these features that account for most of our behavior, which explains why the unconscious is truly the most significant region of the brain. Everything we are unaware of and cannot ever comprehend is due to the unconsciousness. Fear, violent motives, immoral urges, traumatic experiences - they are all there. The most important part of the mind is the part you cannot see, just like an iceberg.

Through psychoanalysis, a discipline originating from Freud himself, the attempts to make the unconscious conscious in order to rehabilitate the patient have intensified. Whether Freud's theories are considered valid or not, though, it is generally accepted that the conscious makes up about 5% of our brain, meaning that the rest of it is beyond our control; including sleeping and the dreams we have once we are in the arms of Morpheus. "What does all this have to do with dreams being used as motivation, not to mention a source of inspiration?" one might ask.

I am not Sigmund Freud, and certainly not an expert on the field of psychology; quite the opposite, to be honest. But something just "clicks" inside me whenever I think of the unknown - especially when it doesn't restrict itself to the generic "Great Perhaps" questions or disputes about religion. The unknown is part of each one of us. Not only does it dictate our everyday reality, but it can reveal the most intricate and true layers of ourselves during the mere act of taking a nap. Most importantly, it acknowledges through the subconscious all that we can't admit to ourselves; all that we keep running away from. Nevertheless, we don't realize we actually try to escape from the real us.

In this vicious cycle, some secrets are meant to be exposed. Fears, the fiercest of wishes, the moments we'd just rewind until the end of time. And the only way to be boundless is to do a 180-degree turn and stare right into the mirror. To say and act as we truly feel. Just like we do in dreams, when our brains shut down and nobody is there to criticize us. This time, though, it would all be real. We tend to be bystanders. We expect that dreams will come true by themselves, without us moving a finger to accelerate the process. We marvel at the idea of fulfilling our hearts' desires, hence all the quotes and confidence boosters about "following your dreams", without taking any initiative. It's about time this consciously changed.

What if?

What does “choose wisely” mean?
How can we be sure that our decisions today will benefit our future life?

by Aspasia Ramona Spyropoulou

“It’s a wonderful wonderful life,
No need to run and hide
No need to laugh or cry
It’s a wonderful, wonderful life”.

Back in 1987 that is what Black was singing. But what are we doing today? Where is our meaning and purpose? How can we find our lost courage? Does it exist or is it still one more invention of human nature? “And, after all, we are only ordinary men”, as Pink Floyd wrote. So, under these circumstances the old unanswered, fundamental question reappears:

To be or not to be?

We live in a universe consisting of approximately 2 trillion galaxies, which means that the possibility of life existing here on Earth is extremely small, a number humanly inconceivable. Biologically, there are 40,000 genes in every human reproductive cell and the possibility of being born completely healthy seems to be close to impossible given the huge number representing possible mutations.

Moreover, the human body and brain function through a very complicated mechanism that comes from nothing and extends to infinity. All these seem natural but are they? Being realistic we are extremely lucky. And no, I don’t want be heard just like Dawkins or Carl Sagan, but if we spend some milliseconds thinking of our position, we might surpass the innate vanity of our nature and succeed in looking on the bright side of life.

And as time goes by and by, maybe someone is still singing this old Casablanca’s song, “we realize, we appreciate, we learn” but, there comes a day when “the castle of your life” is destroyed. A voice in your mind starts asking you WHY and all the choices you have ever made come back. At that moment your position in the universe is just the outcome of your choices and you find yourself wondering what would have happened if you had done things differently.

There are countless different choices that someone is able to make in a particular situation, at a particular point in time, and their impact influences our whole life much more than we would like them to.

What if I had told him that I loved him? What if I had studied more? What if I had apologized? What if I... ?

Let’s think of a story. We create a character. I suggest that we call him Jules. He is a doctor and he works in a hospital in Washington. Yesterday Jules had a difficult day. His beloved mother, who was very old and sick, died. Most of us recognize to some extent the difficulty of his position. The melancholy, the pain, the despair. But regardless of all these facts, Jules still remains a doctor, and as a doctor has to overcome his personal obstacles and continue to save lives. That is a superior purpose in life.

Today Jules has to perform a surgery. He knows that he is obliged to do so, but he also knows that his emotional situation is problematic. Thus, he has to confront a dilemma.

1st choice: Go on with the surgery even though he might not be able to finish it successfully. 2nd choice: Admit to himself that he is incapable of performing this surgery.

So, as we can all understand our choices are not independent actions; they occur as a result of different factors and the elaboration of the existent data available to us at that time.

“Choose wisely”, some say. What does that mean? How can I be sure that my decision today will beneficially affect me in my future life?

The answer is very simple. You cannot. You will never be the best self-advisor. Undoubtedly, you will make mistakes. That is an integral part of humanity. We keep going, knowing that someday everything is going to finish and we will reminisce about our past. Dreams may remain dreams, we will always question our choices and our little, pretty or not, life will go on.

At this point, I would like to mention an example familiar to all of us. As you know, J.K. Rowling, the writer of Harry

Potter books, is considered to be one of the most successful writers of our time. But, before she finally found someone to publish her book, the story of Harry Potter was turned down by 12 publishers! That makes us wonder: What if Rowling had given up due to her predicament and incapability to publish her book? Against all odds she kept pushing and trying. She made a choice that ultimately influenced not only her life but also the millions of lives who were impacted by her stories.

Humanity needs people to make choices and people need chances and power to make them. Artists and scientists are people who dare to fail, because they dare to hope. It is preferable to live with the consequences of your choices rather than to think about what would have happened if you had or had not made them.

Sometimes, even small things can make the difference. What if George Orwell's "1984" was still hidden in a dark drawer? What if no one had ever heard the 2nd symphony of Brahms or admired Kandinsky's paintings? What if they, what if I...?

Perhaps we will never stop asking ourselves why. Why were we born in this era? Why aren't we prettier or smarter? Why do people die? Why do wars occur?

Why do we destroy our planet and our fellow men? Who is responsible for our circumstances? Do we freely and independently make choices?

The answer is simple. I do not know. None of us does. All I hope is to persuade, first myself and then you, that we are the result of a series of endless possibilities and choices.

For a tiny amount of time we are lucky enough to be here right now, to participate in this universal feast of choice.

I would like to conclude with a verse of Robert William's poem:

" . . . And then I came to Three ways,
And each was mine to choose;
For all of them were freeways,
To take or to refuse.
Now which shall be the best way,
East, West or South?" said I . . .
So then I went the West way
I often wonder why."

Even if we do not understand why, it does not matter because, after all, IT IS a wonderful life !



Stavros Piperidis '18

Unlimited Limits

Spread your wings and fly.
You never know what you can do until you try.

by Constantina Karagkitsi

Martin Luther King, Barack Obama, Victoria Woodhull, Neil Armstrong and Alexander Fleming are people that aimed for the impossible. Irrespective of the potential hazards that lay ahead of them they decided to take a step forward and show the rest of us what human determination and devotion to one's potential can do. For them literally sky was not the limit because simply there had to be a lot more than that. How did they manage to overcome the fear of failure and society's criticism? They believed in themselves. They were determined to be the first to do something, the first to change our world and society for the best. They had a vision.

Barack Obama. A very familiar name to most of us, recognized in every corner of the world. And why wouldn't it be? He was the last president of the United States. Except for the fact that he is a beloved son, a husband and a father, he is also one of the first African Americans that stepped out of their comfort zone and made a change. He was the first African American that became the president of the United States. Of course, many others before him tried to accomplish what he made real. Alan Keys, Jesse Jackson and Sharpton Braun, to name but a few, tried to take the lead in various US elections but ultimately fell short of either publicity or determination. In 2008 the world changed. One of the most influential countries embraced the idea that skin color doesn't matter. Skin color isn't something that can make someone less or more important. But Barack Obama wasn't the only one who fought for racial equality. Way before him, Martin Luther King, an American minister and activist, struggled to fight social injustices and combat racial inequality through non-violent resistance. Martin Luther King sacrificed his own life so that all people could live a better life. For minorities, that would be a life of equal rights and for everyone else a life with less room for hatred.

Victoria Woodhull. She was a strong, determined and independent woman. She was also the first woman ever to run for US president. Unfortunately, it's the 21st century and we still haven't ever elected a female as a president of the United States. However, other countries including India and Argentina, have shown great progress and political growth by allowing women to become leaders of their country. Indira Gandhi and Isabel Martinez were two

women who proved that women's leadership and political participation should not be restricted.

Neil Armstrong, was probably one of the bravest men to have ever walked on the moon. He showed us that human capabilities cannot even be confined to earth's boundaries, that there's a whole galaxy waiting to be discovered. According to him walking on the moon was 'one small step for a man, one giant leap for mankind'. Even though he was scared to explore the unknown, the different, he exceeded everyone's expectations and became the first ever human to have stepped foot on the moon. But none of what Neil did would have happened if the Wright Brothers hadn't spent most of their lives trying to invent the first airplane, which they accomplished in 1905. But for their onerous venture, what Neil accomplished would have been impossible. This is another collective effort of visionaries who saw the countless possibilities wrapped up all in one phrase, "I have an idea!"

Alexander Fleming. He was a microbiologist and pharmacologist who changed the world of medicine. His accidental discovery was greeted with little enthusiasm in the beginning, but he defied negativity and continued. His perseverance and belief in his work gave the world the penicillin which has saved millions of lives. Alexander's discovery was game changing and it really turned things around. The discovery he made in the 90's could nowadays be compared to finding the cure to cancer.

Now you're probably wondering what the connection between Alexander and Obama is. What Victoria and Neil have in common. Well, they were all pioneers. They all exceeded their limits and made a difference. They taught all of us that nothing is impossible when you believe in yourself. They proved that rules are made to be broken and no one can tell you who to be and what to do.

They will always be here to remind us that we can all shake the world, that everything can be accomplished if we trust ourselves and our potential. We should never forget that it is only us who decide how to make a difference, to stand out and make each and every day count.

So, should anyone tell you that you cannot do more, remember that not even sky can be the limit since there are footprints on the moon.

SUCCESS IS OVERRATED

When chasing success,
take a minute to think about what you are going
after and what you are leaving behind.

When you take money and fame away,
will you still be someone you would want to spend time with?

by Kassiani Sidoreac



Many of us are running a race we don't even understand. We're chasing after dreams created for us by society. Most of us choose college degrees although we never mean to follow the career they offer. After succeeding in graduating we stay in jobs that are unfulfilling to pay our way.

Ask yourself what it means to be successful. In fact, ask yourself what you want. Do you want to be rich? Probably. Do you want to be famous? Maybe. Do you want to be your own boss? Yes, but do you know what that means? None of these pursuits are wrong. It is not wrong to want to be wealthy or well known or have the freedom to control your own paycheck. But how many of these seemingly personal goals were created as a byproduct of society? In general, people tend to inadvertently and subconsciously compare themselves to others. While comparisons can be an excellent motivator to push you forward to achieving success, they can also influence your thoughts negatively.

We hear about different success stories on the news. We are exposed to our friends' promotions, super awesome lives and life experiences through social media. And suddenly, what we have doesn't seem so fulfilling. When you were a child and someone asked you what you wanted to be when you grow up was your answer rich, famous, or a boss? Somewhere along the way, we lost sight of what we wanted to do and ended up doing what everyone else was doing.

But what is success? Think about your answer. Is it enough to be a billionaire or a viral video sensation?

Oftentimes, money and fame derive from simply doing what we love and that is why we look up to sports superstars, celebrities and industry leaders; because they "made it". They symbolize the small percentage of people who were lucky enough to have made their dreams come true. However, there are equally as many people, and even more, whose dreams are broken. A lot of people don't realize that while money is necessary, it alone is insufficient for a person to be happy.

When chasing success, take a minute to think about what you are going after and what you are leaving behind. You might fly too close to the sun and get burnt. In the pursuit of happiness, many forget to enjoy all the exciting and fun stuff along the way, believing that their well - being depends on something far off in the distance.

Fame and money won't make you happy. Don't get me wrong, they are both enormous assets and change lives in wonderful ways, but they won't be enough to bring you joy. Success is defined in individual terms but is often used to describe the rich and famous. Why? Isn't a person who is happy and content with his achievements, although receiving a smaller amount of money, considered successful?

When you take the money and the fame away, will you still be someone you would want to spend time with? People care about your life experiences and your contribution to their lives, they appreciate the person behind the disguise.

It might be time you define your own success. Stop chasing someone else's dream because, chances are, you won't be happy when you finally reach it.

Amsterdam calling

The highlights and obstacles of travelling to the lowest country of Europe!

by Maria Eirini Papagianni

Have you ever dreamt of living under the waves, like a mermaid? Well, The Netherlands are the closest adventure to that. With almost every city lying below the sea level, the Dutch may not certainly live in the magical world of Ariel and her friends, but they definitely lead very exciting lives by the sea. Having spent a weekend in this amazing country, I would like to share some interesting stories from my trip.

An impossible to pronounce language and bike culture

The sun rose early in the morning and I woke up ready for a new adventure. While trying to find my way through the city I confronted the first and biggest obstacle: the Dutch language, and more specifically, the name of the country's most famous museum, the Rijksmuseum. The "museum" part seemed fairly easy, but I wasn't sure about the pronunciation of the rest of the name. Is it the "Reeks-museum" or the "Rah-eeks-museum"? A very kind lady, who fortunately didn't mind me butchering her language, gave me directions in English and said she hoped I liked the "Rayks-moo-say-um". Oh dear!! I just learned first-hand how hard it is for tourists to try to order a "jah - ee - roh with zaziki" (gyros me tzatziki) at Monastiraki.

That lady was right; the museum was amazing. While being inside the majestic red building, I admired works of art that belong to the - totally dark - Dark Ages, the Renaissance, and finally, the Modern times. After that tiring, yet interesting, visit on the 5-floor museum I stopped to drink a cup of coffee on the square outside while admiring the signature tulips blooming in every corner.



Maria Eirini Papagianni

I then tried to get more of the city's roads, which look more like a fighting rink. It was me against the Bicycles, with the word "bicycles" written with a capital B, as those vehicles seem to have their own will here. Running on both roads and pavements, on bike lanes or among cars, they're one of Amsterdam's local tribes, roaming in packs of hundreds and scaring newcomers to death. According to a survey, approximately 15,000 bikes are fished from the city's canals every year; not even fish are safe from those fast and furious bikers.

Culinary adventures

Feeling satisfied for not being defeated by the Bicycles, I treated myself to a "Rijstafel", a traditional Indonesian meal that was brought to the country during the period of the Great Discoveries. You probably imagine a plate of rice with a couple of veggies and a fancy sauce don't you? Ha! The Rijstafel is more like a whole buffet with



Daphnie Mesochoriti

different kinds of cooked meat, vegetables, eggs, fried and steamed rice. If you ever decide to order it, I guarantee it will fill your stomach, as well as the stomachs of any 10 - membered group who happens to sit next to you. On Sunday morning I enjoyed eating a traditional Dutch breakfast consisting of Pannenkoeken, a tongue-twister name for pancakes, and chocolate milk and then tried a standard snack in The Netherlands, Vlaamse frieten, that being fries with mayonnaise. Yes, Dutch cuisine is all fun and games until you try to reveal its darkest gastronomical secret: the herring, or more specifically, a sandwich with raw herring, pickles and onion. If you like some more drama in your life you can try it whole, with the bones and the head like a true Dutchie, but as a Greek I wouldn't recommend it. As I was trying to take a bite from the infamous sandwich, scared of what it might taste like, I whispered to myself: "Come on, it can't be that bad, literally hundreds of thousands are consumed every year". It was actually pretty tasty, it reminded me of sushi. I was so glad to be able to get through this without many side effects, except maybe from the fact that I had to drink an amount of water just as big as Prinsengracht (one of the main canals in Amsterdam) afterwards.

"But we'll never be royals"

My day didn't revolve only around food. The museums were so packed that even God himself couldn't gain access without an online pre - booked ticket so I had to limit myself to attractions that were free, like the Royal Palace, or to be exact, one of them. This building has a pretty rich

history behind it, as it has been the place where the Dutch kings used to live for hundreds of years. When the last king of the so-called "Orange Dynasty" passed away, democracy came in to save the day and the building's name changed to "Stadhuis". It used to house the governors of the country, until Napoleon's conquer. A few years later, he left The Netherlands, leaving a new dynasty behind which still reigns the country.

The palace's architecture is really impressive: even though it looks like a common European palace on the outside, the interior is heavily influenced by classical art, as well by the colonies that the Dutch established around the world. I couldn't resist taking a video from the gorgeous main hall, something that was actually illegal. A lady caught me and, thank God, she let me leave with only a scornful look. I couldn't have borne to accidentally become a criminal on the other side of Europe.

Despite how decadent the palace looked, the Royal family seems to find the rooms with the velvet curtains and the crystal chandeliers a bit uncomfortable, so they reside in The Hague. Unfortunately, my dreams of taking a selfie with them, "like the Queen darling", suddenly crashed.

The return

The next day, I headed to the airport to catch my flight to Thessaloniki. As I headed back home, I thought how great it felt to discover Amsterdam, even for just two days. This city has so many things to offer and it is suitable for every kind of traveler. Embrace every part of it; even the crazy bikes and the raw herring. It will definitely be worth it!



Meet the Greeks

A humoristic decoding of the Greek DNA

by Christina Karafyllia

The Greeks are great. They are fun to be around with and will go an extra mile to make everyone feel like home. However, if we see the bigger picture, we can easily understand that much like everyone else we are not perfect. It seems to me that we either take our, so-called, “unique” origin and glorious past for granted or there are so many “The Greeks are undeniably superior to all other human

racess” stories that it is often impossible to realize that we need to take a good look at ourselves in the mirror and recognize our faults.

I will try to provide you with some evidence that will help us debunk this myth and help us evolve. Let me try to decode the Greek DNA by pointing some of the characteristic traits of our nation.

Omniscience

The Greeks love learning and are known to be experts on myriads of versatile fields. Take Grandma Dimitra, for instance. She is a typical Greek grandma who is perfectly informed about current affairs as well as other more gossipy news. A typical example of Grandma Dimitra's behavior is to inform her forever unmarried niece about the neighbor's recent divorce (accidentally of course). And in case you are experiencing any type of pain or no pain at all and you are perfectly healthy, Grandma Dimitra will still provide you with some valuable medical advice. She will suggest eucalyptus tea to treat a sore throat, garlic to fight off all diseases and ward off evil eye and last but not least eat all the food on your plate to grow into a healthy individual. But it's not only grandma who knows everything. In fact, all Greeks inherently know better than anyone else, which renders their opinion on all political and scientific issues valid.

Free spirit

The Greek heart cannot be tamed. You are very likely to find a Greek driver conquering the streets in his majestic chariot - it can range from a small convenient Fiat to a huge Jeep - literally anything moving on 4 wheels will do. Nothing can hold him back, not even the speed limit. The Greek will speed, double-park, violate a red light and when the time comes for the ticket they will probably have a long fight with one of the policemen at the station about how unfair this is.

Courage - Sense of Morality

The Greeks are fearless and are willing to make sacrifices in order to stand up for the virtues they believe in. A Greek would never keep a nonchalant attitude towards anyone insulting his mother or sometimes his favorite football team. Instead, he would scream "What did you say about my mother?" at the top of his lungs, and then proceed to beating the other guy, even though this could get him in

trouble. This act is a form of true self - sacrifice in the name of defending a virtue he holds in extremely high regard; family is above all.

Conservatism

It turns out there **is** something the Greeks are afraid of; foreigners. In fact, every inch of courage leaves a Greek parent's body when their offspring proudly announce that they fell in love with someone who does not belong to the proud community of Greeks. The Greek dad will have a sudden increase in blood pressure while mum will probably experience a fake heart attack.

Manliness (Men only)

Greek men are **M-E-N**, all letters capitalized: strong, independent, masculine. Greek guys drive using only one arm, since the other arm hangs outside the car window, holding a cigarette. In some cases, they even take both their arms off the steering wheel, since they also have to take a sip of their coffee. They flirt relentlessly, only watch action, crime, thriller films, and boast about their long list of girls, who fall for them in split seconds!

Crying is strictly forbidden!

We should be proud to be Greeks, after all Greece is the cradle of civilization and we gave the world History. Nevertheless, we should accept the fact that we cannot always be correct and sadly, many Greeks are too stubborn to admit their mistakes. Our roots do not render us better than anyone else, nor are they a justification for us to maintain a rude and arrogant behavior. I feel we have to work in order to change that because, as Gail Sheehy said, "If we don't change, we don't grow. If we don't grow, we aren't really living".

P.S.: Grandma Dimitra, I really think you are perfect the way you are. I just wanted to tell you that I'll be very upset if I don't become insanely tall, despite eating all of my soup, as you advised me to.

30 Things Only True Greeks Will Know

<https://usa.greekreporter.com/2014/05/06/30-things-only-true-greeks-will-know/>

What makes A Greek A Greek. 40 Adorable Characteristics which make Greeks Special

<https://greekertanthe Greeks.com/2019/01/celebrating-forty-years-of-living-in.html>

My Big Fat Greek Society

by Olga Kerameos

I was born in the birth country of democracy, philosophy, dramatic and comic theater, sciences and of course the Olympic Games. So, one could say that I am privileged to be growing up as an arts, culture, and sports enthusiast in modern day Greece. Unfortunately, I still haven't been lucky enough to witness Ancient Greece's glory as virtues like patience, kindness, patriotism and compassion have been lost over the years. The Golden Age of Pericles has given way to my big fat Modern Greek society.

Scene 1: At the theater. The play had started when suddenly I heard a couple trying to get to their seats in the row behind me. With my eyes pinned to the stage, but my ears focused on what was going on behind me, I listened to the seated people, very visibly disturbed, trying to be patient but, also visibly, eager to start complaining and fighting with the unseated. Soon, the inevitable happened: whispers started about how the couple "is so disrespectful to the people who have come early enough to take their seats, and how it seemed like a century had passed since they firstly appeared", developing into a very loud brawl, possibly even heard by the actors backstage, full of accusations and exaggerations. As funny as it may sound, the lack of patience and respect but also the need we Greeks have to pick an argument should definitely be considered a bad omen. But before I had fully processed that incident, a feeling of relief followed that really kept hope alive at that moment. An old woman tripped on the stairs and seemed to have injured herself. As she screamed, the countless loud voices gossiping and laughing suddenly vanished and pure silence full of stress and fear about the old woman followed in their place. A moment later, many people in the audience were heard offering their help and the rest expressing concern for the poor woman. On the one hand: disrespect and anger. On the other hand: concern and compassion.

Scene 2: At a basketball game. The stadium looked like a battlefield full of garbage, cigarette smoke, loud voices, and broken seats (nothing to do with Ancient Greek sportsmanship). From the very beginning of the game all



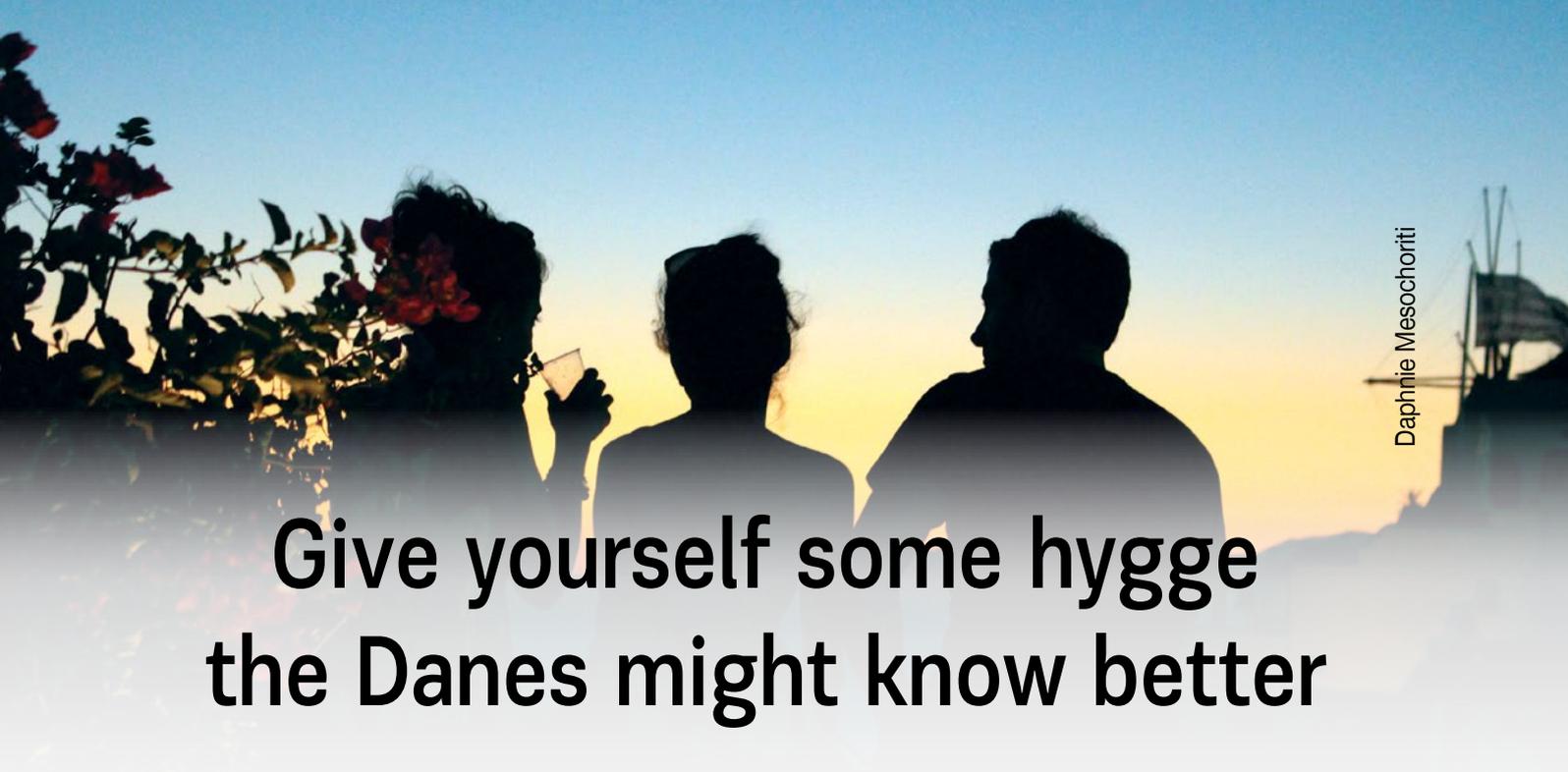
Daphnie Mesochoriti

‘ I was born in the birth country of democracy, philosophy, dramatic and comic theater ,

.....

I could hear were offensive comments from the bleacher coaches. And before the game was over, you could see all the parents taking their kids and leaving because they were afraid of what the children would see, hear and reproduce. Not a very sporty scene. But before I could feel total despair, a glimmer of hope: young fans with disabilities are honored for not missing any games and the battlefield is immediately transformed into the place to celebrate sports. Every spectator left seated cheers for these heroes and we could see their smiles getting bigger and bigger. On the one hand: disrespect and anger. On the other hand: concern and compassion.

It is crystal clear how loud we Greeks are. But that is not always bad. My favorite part about all the above is observing how art, culture and sports have evolved and seeing my cultural identity so strongly depicted in each and every one of these scenes. We should try to embrace this part of our culture and take advantage of it in order to evolve as Modern Greeks.



Give yourself some hygge the Danes might know better

by Maria Eirini Papagianni

Hygge (pronounced as “hoo-gah”) is a Danish word with various meanings that can roughly be translated as “feeling warm, comfortable and safe”. Hygge is not a simple word, but rather a concept of well-living, or, as Danish people describe it, “a way to survive the cold, dark Nordic winter”. Considering the fact that Denmark has recently been ranked among the happiest countries in the world, it would be intriguing to dig into this joyous lifestyle of the North.

The light: God said “let there be light”. The Danes said “let there be lamp”. Every person is obviously concerned with the light that surrounds him, but this nation has given it a whole new dimension. Perfect lightning is considered a great way to achieve a perfect atmosphere. It’s important that the light sources are spread in various corners of the house instead of being concentrated in one specific spot. To achieve this atmosphere, candles are often used. In fact, the annual candle consumption in Denmark is 6 kg per capita! Although a safer alternative would be Christmas lights, the Danes maintain a rather too positive outlook to worry about any curtain catching on fire.

The food: Most people associate hygge with warm food and drinks such as tea and hot cocoa. It is vital that the food be sweet and unhealthy, something that you would indulge in after a long day, like homemade cookies and brownies. If you don’t feel like cooking, you can try some bread with a simple chocolate spread. Any type of “trigger food” that will automatically increase the dopamine levels in your brain will do!

Getting (un)social: Hygge is not associated with large groups and parties, but rather with connecting with three or four close friends by talking, cooking and watch-

ing the snow falling slooowly or the sun setting. And sure social media are great, but you are not getting anywhere by scrolling down your phone. Treat yourself and relax with your real friends just for once.

Be peaceful: This aspect may seem like the most obvious one, but in real life it is one of the hardest to achieve. Politics can wait. Clear your mind from any controversial topic, and try to lead calm discussions. A small tip for all the students out there: if they ask you how your studies are going, remember, the key is to act like everything will ultimately fall into place.

Clothing: I sometimes agree with the phrase that “every day is a fashion show”, but you should try to avoid overdressing at your daily life. Your outfits always have to be made with comfort in mind, and the time, money and effort you pay to dress up ought not to be excessive. According to the hygge guru Meik Wiking, a pick perfect for every occasion is a simple pair of jeans, a nice soft sweater and, if you want to make it more fancy, a scarf is all you need. The last and most important step is to take off your makeup. Your bare face looks gorgeous, believe it!

It is evident that hygge, the concept that has shaped the lives of Danes through the years has many points that may be too complicated or “too foreign” to explain, as their culture differs drastically from the Greek one. It’s not guaranteed that after following this famous Nordic philosophy you’ll finally get good grades, find your significant other, get an acne - free face. However, by trying to incorporate some parts of it in your life, it will definitely change to the better and - who knows - miracles do happen!

May you have a pleasant, calm, and most importantly, a hyggeligt day!

case studies

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The knowledge economy will continue to replace even white collar workers and requires critical thinking rather than rote memorization.

Case Studies are scenarios that link academic knowledge to everyday life. Through these students take a leading role in resolving an issue of scientific and ethical nature.

This teaching method can be used not only for teaching science but also for developing critical thinking and team spirit.



First Lego League (FLL)

M - RAST Team won 2nd place in International Robotics Competition

The M - RAST Robotics Team of Mandoulides Schools was awarded second place in the First International Robotics Competition which took place in Lebanon from 14 to 16, June 2019.

The students of M - RAST conquered:

2nd place in the World Ranking Robot Game

2nd place in the Knockout Cup

2nd place in the Robot Design category

Before their trip to Lebanon the M - RAST Robotics team visited the President of the Hellenic Republic at the invitation of the Presidency to all the teams that excelled and would represent our country internationally.

The second place that the school team conquered in the FLL International Robotics Competition is not only a great distinction and recognition of the hard work of all the members of the team; it is also the vindication of all those people who believed in the dream and who fought with all their powers to make it come true!



European Union Science Olympiad (EUSO)

11th grade students awarded bronze medal



Three 11th grade students won the bronze medal at the European Union Science Olympiad (EUSO), held in Portugal from 4 to 11, May 2019.

The students competed in difficult and demanding laboratory chemistry, physics and biology questions against 50 teams from 24 countries and 150 of Europe's best students in science.

Turning tradition into innovation

Flipped Classroom

Mandoulides Schools are introducing the “Flipped Classroom: Turning tradition into innovation.” program on the subjects of Mathematics, Physics, Chemistry and Biology for the 8th and 9th grade students

The traditional classroom

Teacher-centric



Flipped Classroom

Student-centric



Students will have the opportunity:



video
7
minutes

- to watch pre-recorded lectures online one day in advance at home or in the school library
- to avoid missing a lecture when absent
- to watch the video at their own convenience: pause, revisit concepts and consolidate the material at their own pace

- to answer comprehension questions (in the form of diagnostic quizzes)
- to understand and consolidate the concepts presented, thus developing a more active role in class

Teachers will be in a position:

- to allocate more time in class to concept engagement and illustration as well as activity learning
- to devote class time to addressing individual inquiries and reviewing concepts
- to allow time inside the classroom to be used for consolidating the material viewed on video while interacting with the students and providing instructional support
- to ensure students have watched the video, understood the theory and the examples provided



Parents will benefit from:



- having extra help at home free of charge
- being able to monitor their child's progress

What is the Flipped Classroom model?

The Flipped Classroom model gives students access to online lectures one day earlier than their regular class thus allowing teachers to individualize learning and introduce collaborative group work in the classroom.

It all started with Salman Khan. The interactive online lectures of the Khan Academy led schools in the USA to flip the classroom. Bill Gates, the founder of Microsoft, characterized it as the future of modern education.

Was it successful?

Research conducted at schools in the USA showed
Before the introduction of the Flipped Classroom model

+50%
of 9th grade students succeeded in English

56%
of 9th grade students succeeded in Mathematics

After the introduction of the Flipped Classroom model

81%
of 9th grade students succeeded in English

87%
of 9th grade students succeeded in Mathematics

YMGE

21-25.11.2018
Budapest, HUNGARY



EYP

14-17.12.2018
Thessaloniki, GREECE



08-17.03.2019
Erevan, ARMENIA



**JUNIOR MODEL
EUROPEAN PARLIAMENT**

29.11-02.12.2018
Athens, GREECE



HMUN

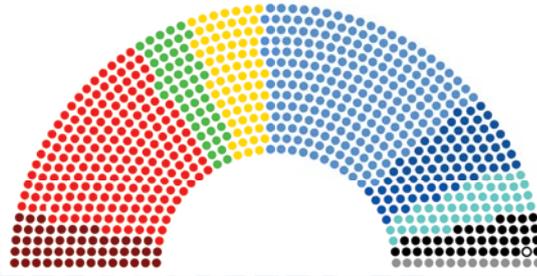
22-29.01.2019
Boston, U.S.A.



THIMUN

28.01-01.02.2019
The Hague, HOLLAND





SIMULATION OF THE EUROPEAN PARLIAMENT PLENARY SESSION

17-18.01.2019 / Thessaloniki, GREECE

Living a diplomat's life for 48 hours

by Zoe Maria Kamopoulou

The European Union and all of its functions, regarding either the decision-making processes, the undertaking of legal proceedings or the alignment of different banking systems, usually seem too complex and, thus, incomprehensible, if you ask the average adolescent. This can be easily justified by the absence of proper information on European matters within the Greek school curriculum. The 4th Simulation of the European Parliament Plenary Session, however, gave the 200 Greek high school students that participated in it, the opportunity to become more aware of the direct impact the EU has on their daily lives and offered them a strong motivation to become more eagerly involved in European political and social issues.

The Simulation took place once again this year, on the 17th and 18th of January, at Mandoulides Schools, where teachers and students from 14 different schools from all over Greece gathered to discuss and address burning issues troubling the European society. The students had chosen in advance their favourite topic and were placed in eight different committees accordingly, chaired by one president and two vice presidents each. The two - day session was comprised of three different stages; team - building, that included a range of fun activities aimed at bonding delegates, committee work, during which the participants engaged in constructive dialogue, expressed their views and worked together as a team to draft their resolution, and, lastly, the General Assembly, where all

eight resolutions were debated on before being voted upon by all members of the committees. The final product was eight well-structured and well-thought out bills, which captured the participants' propositions on ways to restrict cyberattacks and cyberbullying, tackle the phenomenon of unequal gender representation in the Parliament, regulate great immigration crises, protect workers from the expanding automation in all professional fields, enhance each state's public welfare and education system and improve policy-making on fisheries and eco-tourism.

At this point, you might be thinking that this is one more simulation full of stress, sleep deprivation and immense amounts of work added to the long list, but only if you witness it or take part in it can you understand the great value this experience holds for all participants. The right balance between the three different stages of the process, alongside with the great guidance by the chairing team, helped the delegates feel more at ease and enabled them to fully enjoy the experience of playing the MEP's role. They conducted thorough research and became familiar with challenging political problems festering modern Europe. They presented and defended their ideas and spent hours working in larger or smaller groups to achieve the best possible result. They also had the chance to support the final product of their committee during the plenary session, by delivering speeches and responding to questions





and rebuttals as well as contribute to debates on other committee topics and expressed their opinions through voting. The pressure and the stress caused by the undertaking of challenging tasks in a limited time frame was often shaken off with small but effective “energisers”, during which they danced, laughed and bonded. In this way, one of the greatest souvenirs they took home with them from this experience was the new friendships they built with peers from all over Greece.

Even though the simulation could not have been realised without the delegates, the group of people my heart belongs to is the chairing team, which this year I had the honor and pleasure to be a part of as well. This very diverse team of people, comprised of classmates of mine with great experience in such conferences, university students and even lawyers and other professionals, showed unprecedented eagerness to really engage the delegates with the topics at hand, to facilitate their research before and during the session, to familiarise them with the process and to help them maintain a high academic level while ensuring they had a great time and the chance to socialise. On my behalf, although I have participated as a delegate in similar conferences throughout my years in high school, it was my very first time on the officials team and I was thrilled to be able to use my former experience to guide the delegates of my committee and help them capture their fresh ideas into well-structured resolutions. Looking at the satisfaction and the pride on their faces when they were feeling productive and even more when their hard work paid off and their resolution passed, made my heart fly.

In short, thanks to this simulation we all experienced two challenging, yet productive and rewarding days, filled with laughter and inspiring ideas. Two days we will all dearly treasure until we meet again in January 2020.



The event was supported by the European Parliament Information Office in Greece and the European Commission.

Panhellenic Student Art Competition

Agones Technis



Debate/Public Speaking & Dramatic Presentation of Literature In English

Forensics



7th International Student Conference

Antonis Samarakis, “The Eternal Adolescent”

10-14.04.2019 / Constantinople, TURKEY



The 7th International Student Conference “Antonis Samarakis. The Eternal Adolescent”, organized by Zografio Lykeio of Istanbul and Mandoulides Schools of Thessaloniki under the auspices of the Ecumenical Patriarchate, was successfully held at Zografio Lykeio from 10 to 14, April 2019.

Attendance exceeded all precedent. About 450 participants, students and teachers of 19 public and private schools from Greece, Cyprus and Istanbul met with scientists, writers, actors and journalists. If Antonis Samarakis could see how many children uttered his name at this conference, he should have been very happy, a fact affirmed by the writer’s wife, Eleni Samaraki, who spoke at the opening ceremony.

The life and work of Antonis Samarakis emerged through the original ideas and presentations of the students, the contributions of the special scientists and the discussions that took place. It is worth mentioning that the topic of the conference was multifaceted and highly interesting, while a particular reference was made to how relevant and prophetic Antonis Samarakis is throughout his work, still until today.

At the same time, issues related to his prose and poetry, as well as his relation to history and language were analyzed and discussed while the reasons for which his works have been translated in multiple languages were also examined.



Education for Heritage, Heritage for Education

03-09.04.2019

Tuzla, TURKEY



As part of the European program Erasmus+ KA2 “Education for Heritage, Heritage for Education”, twelve students and two teachers visited “Dede Korkut Secondary School Ortaokulu” in Tuzla, Istanbul, from 3 to 9, April 2019.

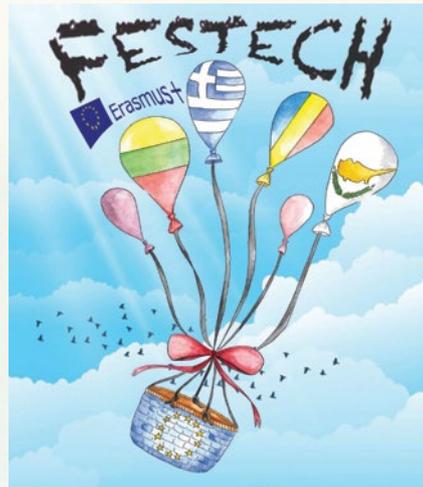
They attended lessons, participated in workshops and visited monuments, exhibitions and museums such as the Planetarium, 1453 Panorama Museum, Miniaturk, Rahmi M. Koc Museum, the TopKapi Palace, the Basillica Cistern, Hagia Sophia, the Blue Mosque and areas of natural beauty.

They tasted traditional food cooked by the students’ families, exchanged presents representative of each participant’s country and met the city’s authorities. Within the framework of the program the teachers took part in educational meetings and visits to their partners’ schools in Romania and Spain.



FuturEU Students as Transmitters of Cultural Heritage

29.03-04.04.2019
Alytus, LITHUANIA



Six students and two teachers visited the city of Alytus, Lithuania, as part of the European program Erasmus+ KA2 from 29 March to 4 April, 2019.

The aim of the program was the formation of strategic partnerships amongst schools and the exchange of good practices. The program entitled "FuturEU Students as Transmitters of Cultural Heritage" aims to foster students' tolerance and intercultural sensitivity so that they can coexist both in and out of school with children from different cultural backgrounds. Each partner school presented their country of origin (Cyprus, Greece, Romania, Lithuania) and their Easter customs. There was also a Lithuanian language presentation, a logo competition as well as a number of experiential workshops. A video with material that was collected during the activity "Discover the City of Alytus" was created and presented in the IT lab. Finally, a tour to the Lithuanian capital, Vilnius and a visit to Alytus Town Hall completed the program in an ideal way.



Any man without data is just another man with an opinion

Mandoulides Schools have the reputation of being a “School of Great Distinctions”, and indeed the very name of the Schools goes hand in hand with students who have deservedly won international and panhellenic distinctions in all subjects as well as in the fields of sport and culture.

www.mandoulides.edu.gr

DAY CARE CENTER • KINDERGARTEN • ELEMENTARY SCHOOL • JUNIOR - SENIOR HIGH SCHOOL



Informatics

1st - 2nd - 3rd place
(1997 - 2019)

	International Championship	Balkan Championship	Panhellenic Championship
Mandoulides Schools	5	7	18
Private Schools of Athens	6	7	10
Private Schools of Thessaloniki	0	1	0

Source: International: www.stats.ioinformatics.org
Balkan: www.epy.gr
Panhellenic: www.pdp.gr, www.epy.gr

Mathematics

1st - 2nd - 3rd place
(1996 - 2019)

	International Championship	Balkan Championship	Panhellenic Championship
Mandoulides Schools	4	16	86
Private Schools of Athens	16	46	283
Private Schools of Thessaloniki	0	10	47

Source: International: www.imo-official.org
Balkan: HMS, www.hms.gr
Panhellenic: www.hms.gr

Biology

1st - 2nd - 3rd place
(2005 - 2019)

	International Championship	Panhellenic Championship
Mandoulides Schools	2	4
Private Schools of Athens	1	10
Private Schools of Thessaloniki	0	1

Source: International: www.ibo-info.org
Panhellenic: www.pdbio.pev.gr

Astronomy

1st - 2nd - 3rd place
(2012 - 2019)

	International Championship	Panhellenic Championship
Mandoulides Schools	1	8
Private Schools of Athens	2	4
Private Schools of Thessaloniki	3	4

Source: International: www.astronomos.gr
Panhellenic: www.astronomos.gr

F1 in Schools

1st - 2nd - 3rd place
(2012 - 2019)

	International Championship	Panhellenic Championship
Mandoulides Schools	1	1
Private Schools of Athens	0	18
Private Schools of Thessaloniki	0	1

Source: International: www.f1inschools.com
Panhellenic: www.f1inschools.gr

Basketball Senior High School Boys

1st - 2nd - 3rd place
(1996 - 2019)

	International Championship	Panhellenic Championship
Mandoulides Schools	3	14
Private Schools of Athens	1	9
Private Schools of Thessaloniki	0	7

Source: International www.isfsports.org
Panhellenic: Ministry of Education, Research and Religious Affairs, Directorate of Physical Education

Microsoft

Showcase School
(2013 - 2019)

	Panhellenic
Mandoulides Schools	1
Private Schools of Athens	3
Private Schools of Thessaloniki	0

Source: microsoft.com

Yale

Educator Award
(2008 - 2018)

	Panhellenic
Mandoulides Schools	2
Private Schools of Athens	0
Private Schools of Thessaloniki	1

Source: yale.edu

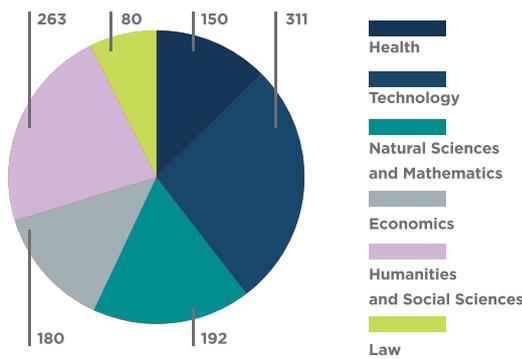
Students' distinctions of all private schools in Athens and Thessaloniki, for profit and non-profit, international and Greek.

Congratulations to our students

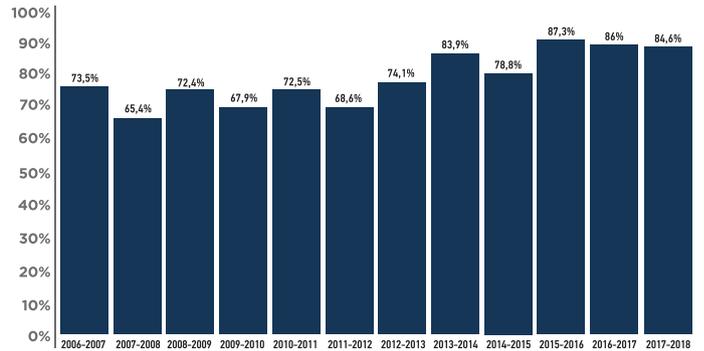
who make us proud with their distinctions in Greece and abroad every year!

DISTINCTIONS IN GREEK UNIVERSITIES

STUDENTS ADMITTED INTO UNIVERSITY SCHOOLS OF HIGH DEMAND • 2007 - 2018

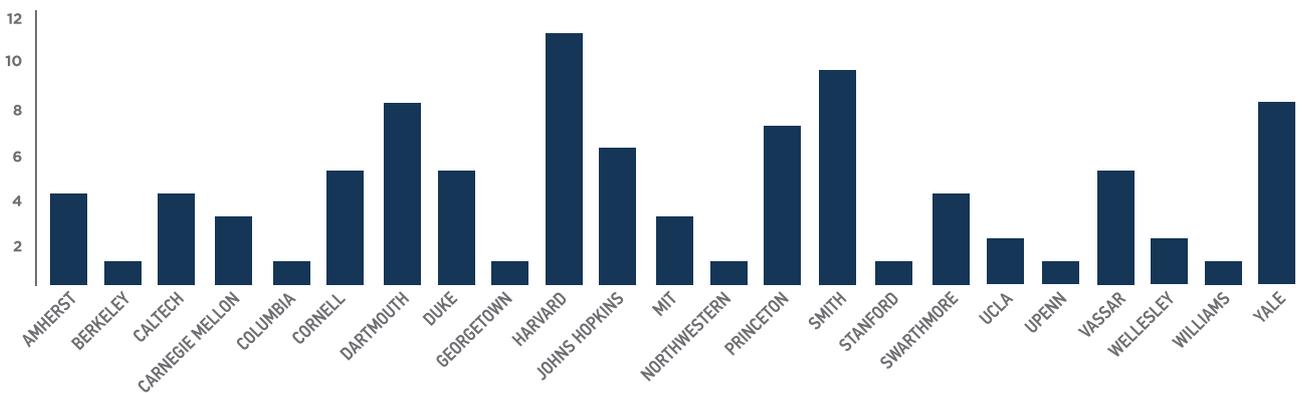


SUCCESS RATE IN UNIVERSITY SCHOOLS OF HIGH DEMAND (%) • 2007 - 2018

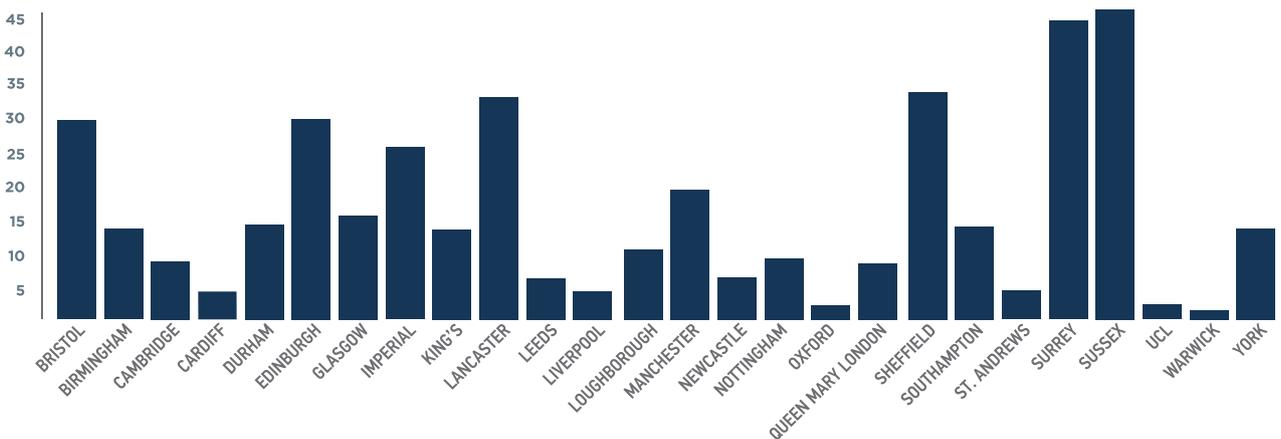


DISTINCTIONS IN INTERNATIONAL UNIVERSITIES - STUDIES ABROAD

STUDENTS ADMITTED INTO PRESTIGIOUS UNIVERSITIES IN THE USA 1998 - 2019



STUDENTS ADMITTED INTO PRESTIGIOUS UNIVERSITIES IN GREAT BRITAIN 2007 - 2019



GREEK UNIVERSITIES

POST-SECONDARY PLACEMENTS

SCHOOL OF MILITARY MEDICINE, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Ioannis Kiriakidis '02

SCHOOL OF MEDICINE, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Aikaterini Papaioannou '16, Vasiliki Fesatidou '11, Alexandros Karentzos '98

2ND PLACE Chrysoula Gouta '12

3RD PLACE Eleni Friligkou '12

SCHOOL OF MEDICINE, UNIVERSITY OF THESSALY

2ND PLACE Evangelos Tsiakiris '16

SCHOOL OF DENTISTRY, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Maria-Eleni Zouloumi '14

SCHOOL OF CIVIL ENGINEERING, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Stavros Kalampokis '16, Harilaos Karassiotos '98

2ND PLACE Xenia Samara '99

3RD PLACE Avraam Ioannidis '16, Stavros Tseranidis '09, Alexios Ampatzis '97

SCHOOL OF ARCHITECTURE, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Zoi Tzika '10

2ND PLACE Anastasia Printziou '12

SCHOOL OF ARCHITECTURE, DEMOCRITUS UNIVERSITY OF THRACE

1ST PLACE Ekaterini Bakaliou '05

SCHOOL OF ELECTRICAL AND COMPUTER ENGINEERING, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Antonios Gavezos '15, Thrasivoulos Oikonomou '18

3RD PLACE Magdalini Papaevangelou '13

SCHOOL OF CHEMICAL ENGINEERING, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Lydia Theodorou '09

SCHOOL OF MECHANICAL ENGINEERING, ARISTOTLE UNIVERSITY OF THESSALONIKI

3RD PLACE Nikolaos Lotsios '11, Anestis Chatzidimitriadis '11

SCHOOL OF MECHANICAL ENGINEERING, UNIVERSITY OF THESSALY

2ND PLACE Dimitrios Anastasiadis '15

DEPARTMENT OF SPATIAL PLANNING AND DEVELOPMENT, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Anastasios Tsiropoulos '11, A. Foutaki

SCHOOL OF LAW, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Vassiliki Kapsali '98

2ND PLACE Afroditi Giovanopoulou '04

3RD PLACE Heleni Fotiadou '06, Evangelia Mokou '15

SCHOOL OF PSYCHOLOGY, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Stylianos Syropoulos '14

DEPARTMENT OF INTERNATIONAL AND EUROPEAN STUDIES, UNIVERSITY OF MACEDONIA

2ND PLACE Stavros Piperidis '18

GREEK UNIVERSITIES

SCHOOL OF POLITICAL SCIENCES, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE St. Androniki Vasileiou '14, Eleftherios Arvanitis '01
2ND PLACE Chrysanthi Athanasiadou '14, Sriridon Goulielmos '07
3RD PLACE Anastasia Panagiotopoulou '06

SCHOOL OF MUSIC STUDIES, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Georgia Polymeneri '13

SCHOOL OF ENGLISH LANGUAGE & LITERATURE, NATIONAL & KAPODISTRIAN UNIVERSITY OF ATHENS

3RD PLACE Rafaela Liakopoulou '13

CORPS OFFICERS OF THE GREEK POLICE

1ST PLACE Nikolaos Stathis '99

SCHOOL OF THEOLOGY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

3RD PLACE Timotheos Hourpouliadis '06, K. Pavlou

SCHOOL OF MATHEMATICS, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Iris-Ioanna Papadopoulou '02

SCHOOL OF MATHEMATICS, AEGEAN UNIVERSITY

1ST PLACE Maria Stogianitsi '12
3RD PLACE Iason Ioannis Papastavrou '13

SCHOOL OF BIOLOGY, ARISTOTLE UNIVERSITY OF THESSALONIKI

1ST PLACE Gerasimos Kavadias '02

SCHOOL OF MOLECULAR BIOLOGY & GENETICS, DEMOCRITUS UNIVERSITY OF THRACE

2ND PLACE Panagiotis Repanas '18

SCHOOL OF PHYSICS, ARISTOTLE UNIVERSITY OF THESSALONIKI

3RD PLACE Georgios Ioannidis Kopanos '11

SCHOOL OF CHEMISTRY, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Ekaterini Karamouzi '10, Maria Akritidou '09, Lucy Kasemian '01
3RD PLACE Olga Ioannidou '11

SCHOOL OF AGRICULTURE, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Nikolaos Andreadis '14, Athanasios Tsalkikidis '05

SCHOOL OF GEOLOGY, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Maria Kazili '05

DEPARTMENT OF ECONOMICS, MILITARY SCHOOL OF THESSALONIKI

3RD PLACE Christos Tasioulas '14

DEPARTMENT OF ACCOUNTING AND FINANCE, UNIVERSITY OF MACEDONIA

2ND PLACE Konstantinos Dolkeras '14

DEPARTMENT OF BUSINESS ADMINISTRATION AND MARKETING, UNIVERSITY OF MACEDONIA

1ST PLACE Staliani Kyratzi '16, Christos Venetopoulos '14, Nikolaos Georgakis '11
2ND PLACE Panagiota Aslanidou '99, Dimitrios Mantoulidis '94
3RD PLACE Vasileios Moschoulos '12, Kyriaki Ioulia Koudouni '10

DEPARTMENT OF ECONOMICS, UNIVERSITY OF MACEDONIA

3RD PLACE Theodoros Velentzas '14, Katerina Zachari '07

DEPARTMENT OF BALKAN, SLAVIC AND ORIENTAL STUDIES, UNIVERSITY OF MACEDONIA

1ST PLACE Dimitra Kirkinezi '12
3RD PLACE Nikolaos Mitakidis '15

DEPARTMENT OF PRIMARY EDUCATION, ARISTOTLE UNIVERSITY OF THESSALONIKI

2ND PLACE Georgios Billios '16

studies abroad





Harvard University

R. Tsiamis	2018
R. Ketsetsidis	2016
F. - I. Sitalidis	2016
V. Katsarou	2007
C. Mantoulidis	2007
T. Gogakos	2006
I. Konstantinidis	2005
D. Batzilis	2004
D. Lagias	2003
M. Moutselos	2003
E. Tsoukalidou	1998

Princeton University

R. Tsiamis	2018
F. - I. Sitalidis	2016
E. Taratoris	2010
P. Toskas	2010
C. Mantoulidis	2007
T. Gogakos	2006
I. Konstantinidis	2005

Stanford University

C. Mantoulidis	2007
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Yale University

K. Mavromati	2014
P. Toskas	2010
I. Legbelos	2008
V. Katsarou	2007
T. Gogakos	2006
I. Konstantinidis	2005
A. Charokopos	2005
S. Magkiriadou	2003

Columbia University

I. Coward-Ambrosiadis	2013
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M.I.T.

E. Ioannidis	2010
E. Taratoris	2010
I. Tsoukalidis	2001

Duke University

A. - I. Koulouras	2016
P. Toskas	2010
T. Gogakos	2006
I. Grammatikopoulou	2001
E. Grammatikopoulou	2000

California Institute of Technology

R. Tsiamis	2018
R. Ketsetsidis	2016
E. Taratoris	2010
C. Mantoulidis	2007

Johns Hopkins University

P. Pachidis	2011
A. Gaitanidis	2010
P. Toskas	2010
S. Tseranidis	2009
T. Gogakos	2006
E. Grammatikopoulou	2000

Dartmouth College

T. Haris	2017
F. - I. Sitalidis	2016
D. Sideri	2007
T. Gogakos	2006
I. Konstantinidis	2005
D. Batzilis	2004
S. Magkiriadou	2003
I. Grammatikopoulou	2001

Northwestern University

I. Grammatikopoulou	2001
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Cornell University

R. Tsiamis	2018
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E. Tsaprazi	2014
A. Gaitanidis	2010
C. Mantoulidis	2007
Z. Chatzidimitriadou	2007

University of California, Berkeley

P. Toskas	2010
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Georgetown University

M. Moutselos	2003
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UCLA

G. Papachatzakis	2016
T. Feldman	2001

Carnegie Mellon University

C. Mantoulidis	2007
S. Magkiriadou	2003
I. Grammatikopoulou	2001

University of North Carolina, Chapel Hill

D. Papatziomou	2015
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New York University

K. Koutroulis	2019
O. Tzamtzis	2017
T. Feldman	2001

University of Rochester

D. Nikolaou	2013
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Brandeis University

E. Mainou	2013
Z. Hiliada	2012
T. Athanasakis	2005
Z. Kiriakou	2001
M. Papadopoulou	1997
A. Gogakos	1996

Georgia Institute of Technology

A. Gkavezos	2015
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Boston University

D. Papatziomou	2015
P. Lianos	2004
T. Feldman	2001
I. Grammatikopoulou	2001

Northeastern University

A. Tagtalenidis	2012
M. Katsarou	2005
P. Kazamias	2005
P. Papadopoulou	2004

University of California-Santa Barbara

G. Papachatzakis	2016
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University of California-San Diego

G. Papachatzakis	2016
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Univ. of Illinois at Urbana-Champaign

G. Papachatzakis	2016
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University of Pennsylvania

R. Tsiamis	2018
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University of Texas-Austin

A. - I. Koulouras	2016
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Virginia Tech

K. Chatzidimitriadou	2016
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Worcester Polytechnic Institute

S. Koutroulis	2015
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Syracuse University

A. Skenderis	2019
G. Zachariadis	2017
A. Dourou	2017
S. Pavlidis	2017
K. Chatzidimitriadou	2016
S. Koutroulis	2015
I. Boziaris	2007
G. Chalvatzoglou	2007

Purdue University

K. Chatzidimitriadou	2016
P. Kiriakidis	2005
G. Adam	1998
N. Tsakiris	1998
K. Tzaros	1997
H. Saatsoglou	1994

Fordham University

D. Papatziomou	2015
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Texas A & M University

A. - I. Koulouras	2016
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Stevens Institute of Technology

K. Mavromati	2014
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A. Tagtalenidis	2012
S. Tseranidis	2009

University of Denver

D. Papatziomou	2015
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Tufts University

P. Pentousis	2018
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Drexel University

S. Mavromatis	2018
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P. Gragkopoulou

O. Tzamtzis	2017
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A. Chorozioglou

K. Chatzidimitriadou	2016
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K. Mavromati

V. Haidas	2014
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V. Haidas

P. Prezas	2013
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P. Prezas

A. Willis	2012
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A. Willis

A. Willis	2010
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Seton Hall University

P. Andreadis	2019
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O. Rantis

K. Veliani	2017
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K. Veliani

K. Veliani	2016
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University of Texas-Dallas

A. - I. Koulouras	2016
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A. - I. Koulouras

A. - I. Koulouras	2016
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University of Houston

A. - I. Koulouras	2016
-------------------	------

Williams College

E. Konstantinidis	2005
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Amherst College

Z. Chatzidimitriadou	2007
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Z. Chatzidimitriadou

I. Konstantinidis	2005
-------------------	------

I. Konstantinidis

S. Magkiriadou	2003
----------------	------

S. Magkiriadou

K. Ktenidis	2003
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Swarthmore College

D. Aretakis	2009
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D. Aretakis

D. Lazaridis-Giannopoulos	2008
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D. Lazaridis-Giannopoulos

T. Gogakos	2006
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T. Gogakos

T. Feldman	2001
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T. Feldman

T. Feldman	2001
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Wellesley College

V. Katsarou	2007
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V. Katsarou

M. Katsarou	2005
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M. Katsarou

V. Katsarou	2005
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V. Katsarou

A. Chatzidimitriadis	2013
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A. Chatzidimitriadis

E. Kanonidis	2012
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E. Kanonidis

Z. Chatzidimitriadou	2007
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Z. Chatzidimitriadou

M. Katsarou	2005
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M. Katsarou

T. Feldman	2001
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T. Feldman

T. Feldman	2001
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T. Feldman

K. Mavromati	2014
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K. Mavromati

E. Mainou	2013
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E. Mainou

Z. Hiliada	2012
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Z. Hiliada

D. Pezati	2006
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D. Pezati

T. Athanasakis	2005
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T. Athanasakis

A. Gogakos	1996
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A. Gogakos

T. Avrambeki	1995
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T. Avrambeki

T. Avrambeki	1995
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T. Avrambeki

E. Mainou	2013
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E. Mainou

A. Xakis	2012
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A. Xakis

E. Tezapsidis	2006
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E. Tezapsidis

E. Tsoukalidou	1998
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E. Tsoukalidou

E. Tsoukalidou	1998
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E. Tsoukalidou

Bryn Mawr College	2012
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Bryn Mawr College

Z. Hiliada	2012
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Z. Hiliada

G. Gkyzis	2019
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G. Gkyzis

K. Veliani	2016
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K. Veliani

A. Chorozioglou	2016
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A. Chorozioglou

M. Magkiriadou	2012
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M. Magkiriadou

Z. Hiliada	2012
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Z. Hiliada

E. Faraza	2011
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E. Faraza

E. Vlahou	2008
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E. Vlahou

V. Katsarou	2007
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V. Katsarou

D. Pezati 2006
 M. Katsarou 2005
 A. Giovanopoulou 2004
 Z. Kiriakou 2001
 E. Grammatikopoulou 2000
 E. Chovarda 2006

Skidmore College

E. Chantzi 2013
Franklin & Marshall College

S. Syropoulos 2014
 D. Batzilis 2004
 A. Tsakiris 2000
 A. Frida 2001
 H. Tsatalas 2007
 A. Karentzos 1996

Bard College

S. Mavromatis 2018
 A. Dourou 2017
 K. Mavromati 2014
 M. Tirta 2014
 A. Chatzidimitriadis 2013
 K. Kyriakidis 2013
 A. Lappas 2013
 D. Nikolaou 2013
 P. Zaimi 2013
 A. Xakis 2012
 E. Kanonidis 2012
 Z. Hiliada 2012
 E. Faraza 2011
 G. Douganiotis 2009
 D. Lazaridis-Giannopoulos 2008
 S. Mentesisidis 2008
 E. Vlahou 2008
 A. Fragkopoulou 2007
 S. Velissaris 2007
 E. Tezapsidis 2006
 M. Katsarou 2005

Illinois University of Technology

A. Skenderis 2019

Pratt Institute

A. Skenderis 2019

University of Miami

A. Skenderis 2019

Savannah College of Art & Design

A. Skenderis 2019

Florida Institute of Technology

K. Koutroulis 2019



McGill University

K. Koutroulis 2019
 P. Gragkopoulou 2018
 S. Mavromatis 2018

University of Toronto

A. Tagtalenidis 2012

University of British Columbia

O. Bouroutis 2015



Cambridge University

R. Tsiamis 2018
 P. Koutsogeorgos 2017

R. Ketsetsidis 2016
 F. - I. Sitalidis 2016
 G. Venizelos 2016
 G. Batzolis 2015
 I. Coward-Ambrosiadis 2013
 C. Mantoulidis 2007

Oxford University

S. Tseranidis 2009
 E. Mandaltsi 2007

Imperial College London

R. Tsiamis 2018
 V. Georgiadis 2017
 P. Koutsogeorgos 2017
 R. Ketsetsidis 2016
 G. Venizelos 2016
 A. Panagiotopoulos 2015
 D. Papatziomou 2015
 N. M. Fanaropoulou 2015
 M. Tirta 2014
 I. Coward-Ambrosiadis 2013
 E. Mainou 2013
 K. Kyriakidis 2013
 N. Pallas-Misailidis 2013
 T. Zachariadis 2012
 L. Kazakou 2012
 C. Varsamis 2011
 G. Ioannidis-Kopanos 2011
 G. Gavriloglou 2010
 A. Gaitanidis 2010
 E. Ioannidis 2010
 E. Taratoris 2010
 P. Toskas 2010
 S. Tseranidis 2009
 O. Antoniou 2009
 E. Mandaltsi 2007

University of St. Andrews

K. Dolkeras 2014
 E. Tsaprazi 2014
 A. Hristakopoulos 2010
 G. Douganiotis 2009

Durham University

K. Koutroulis 2019
 V. Georgiadis 2017
 T. Haris 2017
 N. Kalosidis 2016
 R. Ketsetsidis 2016
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 G. Douganiotis 2009
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 E. Vlahou 2008

University of Warwick

I. Coward-Ambrosiadis 2013

University of Surrey

A. - K. Bourouti 2019
 A. Papadopoulos 2019
 A. Spiliopoulos 2019
 E. Tsouroukidou 2019
 S. - M. Digktsi 2018
 I. Liakou 2018
 S. Mavromatis 2018
 T. Oikonomou 2018
 C. Sideris 2018
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 E. Papanikolaou 2017
 S. Pavlidis 2017
 O. Tzamtzis 2017
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 C. Gkantsinikoudi 2016
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 N. Papadopoulos 2016
 S. - A. Stamboultzi 2016

P. Anastasiadis 2015
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 K. Karasakalidis 2015
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 H. Athanasiadou 2014
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 V. J. Meacher 2014
 C. Papadopoulos 2014
 F. Tsougianni 2014
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 V. Prasini 2013
 V. Tsartsalis 2013
 V. Chaidas 2013
 T. Zachariadis 2012
 V. Georgiou 2011
 O. Antoniou 2009
 S. Tseranidis 2009

University College London

G. Papachatzakis 2016
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Lancaster University

A. Papadopoulos 2019
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 F. Tsougianni 2014
 P. Boumi 2013
 I. Revach 2013
 A. Xakis 2012
 Z. Hiliada 2012
 E. Faraza 2011
 G. Ioannidis-Kopanos 2011
 A. Andrikos 2009
 D. Andrikos 2009
 B. Vasmatzis 2009

Loughborough University

E. Tsouroukidou 2019
 A. Chorozoglou 2016
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University of Leeds

E. Tsouroukidou 2019
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University of York

K. Athanasopoulos 2018
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University of Southampton

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University of Birmingham

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University of Sussex

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 I. Revach 2013
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 P. Prezas 2012
 Z. Hillada 2012
 V. Georgiou 2011

University of Bristol

K. Koutroulis 2019
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 I. Girousis 2016
 C. Dimarakis 2016
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 M. Tirta 2014
 N. Tselepidis 2012
 A. Tagtalenidis 2012
 T. Zachariadis 2012
 E. Mastoris 2011
 D. Aretakis 2009

University of Sheffield

A. Skenderis 2019
 a. Spiliopoulos 2019
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 A. Oikonomou 2018
 M. Tiliaveridou 2018
 V. Georgiadis 2017
 M. Konstantinidou - Sirou 2017
 S. Pavlidis 2017
 T. Haris 2017
 G. Venizelos 2016
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 S. Zafeiriadis 2016
 A. Bardou 2016
 S. - A. Stamboultzi 2016
 O. Balidis 2015
 I. Saropoulos 2015
 A. Vogt 2015

University of Leicester

M. Tiliaveridou 2018

University of Edinburgh

P. Gragkopoulou 2018
 C. Dimarakis 2016
 R. Ketsetsidis 2016
 G. Papachatzakis 2016
 K. Mavromati 2014
 E. Tsaprazi 2014

M. Aretaki 2013
 P. Karakosta 2013
 E. Mainou 2013
 N. Pallas - Misailidis 2013
 Th. Stamboultzis 2013
 V. Siomos 2013
 M. Fesatidou 2013
 V. Chaidas 2013

University of Kent

A. Papadopoulou 2019
 F. Pentousi 2018
 E. Papanikolaou 2017

Newcastle University

N. Chrysikos - Kostantoudakis 2019
 A. Skenderis 2019
 E. Tsouroukidou 2019
 Th. Tyflioris 2013
 P. Prezas 2012
 C. Tsolakidis 2012
 M. Karsanidou 2010
 M. Kostaki 2010

University of Nottingham

A. Spiliopoulos 2019
 E. Michalopoulou 2018
 P. Adamidis 2017
 C. Karathodoros 2017
 O. Rantis 2017
 K. Dervisopoulos 2016
 V. Niavi 2016
 P. Anastasiadis 2015
 N. - C. - M. Bakola 2015

University of Glasgow

A. Panagiotopoulos 2015
 G. Efstathiou 2014
 E. Kanonidou 2014
 M. Tirta 2014
 E. Tsaprazi 2014
 K. Mavromati 2014

King's College London

N. Kalosidis 2016
 A. - I. Koulouras 2016
 F. - I. Sitalidis 2016
 K. Dolkeras 2014

University of Manchester

A. K. Bourouti 2019
 D. Mesochoriti 2019
 N. Chrysikos - Kostantoudakis 2019
 N. Kipouros 2018
 S. Mavromatis 2018
 C. Sideris 2018
 C. Karathodoros 2017
 G. Korifidis 2017
 P. Koutsogeorgos 2017
 M. Konstantinidou - Sirou 2017
 O. Tzamtzis 2017
 G. Papachatzakis 2016
 G. Venizelos 2016
 A. Hatzistavrou 2015
 S. Koutroulis 2015

University of Reading

I. Vaggelis 2018
 O. Rantis 2017
 M. Anastasiadou 2015
 M. Karasakalidou 2015
 A. Kondelidou 2015
 S. Kougioumtzi 2015
 N. Mantatzis 2015
 A. Patakas 2015

Cardiff University

A. Skenderis 2019
 M. Tiliaveridou 2018
 G. Korifidis 2017
 M. Sakaloglou 2016

Queen Mary University of London

K. Zisis 2019
 A. Samara 2019
 N. Tosounidis 2019
 N. Kipouros 2018

P. Adamidis	2017
M. Anastasiadou	2015
D. Papatziadou	2015
A. Kondelidou	2015
O. Bouroutis	2015
University of Essex	
K. Zisis	2019
V. Mandalianou	2019
N. Chrysikos - Kostantoudakis	2019
P. Gragkopoulou	2018
I. Vaggelis	2018
S. Pavlidis	2017
A. Bardou	2016
A. Chorozioglou	2016
Royal Holloway, University of London	
V. Polichronidou	2019
A. Samara	2019
I. Liakou	2018
V. Georgalas	2015
S. Daniilidis	2015
University of Dundee	
V. Triantafyllou	2019
G. Megremis	2019
K. Athanasopoulos	2018
S. - M. Digtzi	2018
D. Theodorou - Anagnostou	2018
M. Konstantinidou - Sirou	2017
C. Kalfas	2017
M. Hatzitziva	2017
K. Veliani	2016
G. Papanikolaou	2016
I. Salamotas	2016
University of Buckingham	
A. Samara	2019
C. Papadopoulos	2014
University of Strathclyde	
A. Skenderis	2019
D. Theodorou - Anagnostou	2018
C. Sideris	2018
N. Dimopoulos	2017
Nottingham University	
A. Karapatakis	2008
Oxford Brookes University	
D. Mesochoriti	2019
V. A. Georgiou	2011
Brunel University	
G. Megremis	2019
V. Polichronidou	2019
K. Dervisopoulos	2016
G. Papanikolaou	2016
S.- A. Stamboultzi	2016
University of Brighton	
V. Mandalianou	2019
D. Mesochoriti	2019
K. Theophanidis	2018
M. Tiliaveridou	2018
G. Korifidis	2017
K. Dervisopoulos	2016
C. Gkantsinikoudi	2016
A. Chorozioglou	2016
E. Tsigka	2016
Glasgow Caledonian	
V. Mandalianou	2019
University of the West of Scotland	
V. Mandalianou	2019
A. Oikonomou	2018
Kingston University	
V. Polichronidou	2019
K. Theophanidis	2018
I. Vaggelis	2018
C. Kalfas	2017
G. Michelakakis	2017
O. Rantis	2017
University of Westminster	
V. Polichronidou	2019
G. Michelakakis	2017
University of the West of England	
G. Megremis	2019

D. Mesochoriti	2019
Sheffield Hallam University	
G. Megremis	2019
Cardiff Metropolitan University	
G. Megremis	2019
London Metropolitan University	
V. Polichronidou	2019
Birmingham City University	
A. Papadopoulou	2019
London South Bank University	
A. Samara	2019



Bocconi University, School of Economics	
G. Gkyzis	2019
I. Liakou	2018
P. Adamidis	2017
V. Kostakis	2017
T. Zikouli	2016
C. Vafeiadis	2016
I. Saropoulos	2015
S. Koulaxis	2015
D. Tsevremes	2015
F. Tsougianni	2014
A. Kyriazis	2013



University of Amsterdam	
V. - M. Papaioikonomou	2019
T. Fessatidou	2019
University of Maastricht	
K. Papanastasiou	2019
V. Triantafyllou	2019
T. Fessatidou	2019
I. Vaggelis	2018
F. Pentousi	2018
C. Karathodoros	2017
E. Papanikolaou	2017
T. Haris	2017
S. - A. Stamboultzi	2016
E. - S. Vantouli	2016
A. Bardou	2016
E. Fesatidou	2015
D. Tyfliori	2015
N. Mantatzis	2015
D. Tsevremes	2015
C. Papadopoulos	2014
Groningen University	
K. Apostolidis	2019
V. Mandalianou	2019
A. Papadopoulou	2019
K. Papanastasiou	2019
V. Triantafyllou	2019
T. Fessatidou	2019
N. Chrysikos - Kostantoudakis	2019
K. Athanasopoulos	2018
N. Apostolidis	2018
I. Vaggelis	2018
F. Pentousi	2018
V. Georgiadis	2017

C. Karathodoros	2017
E. Papanikolaou	2017
T. Haris	2017
N. Dimopoulos	2017
A. - S. Dimitriou	2016
A. Bardou	2016
S. - A. Stamboultzi	2016
S. Kougioumtzi	2015
E. Fesatidou	2015
D. Tyfliori	2015
Erasmus University	
D. Tsevremes	2015
University of Twente	
N. Chrysikos - Kostantoudakis	2019
V. Georgiadis	2017
N. Dimopoulos	2017
C. Karathodoros	2017
T. Haris	2017
Radboud University	
V. Triantafyllou	2019
S. - M. Digtzi	2018
M. Tiliaveridou	2018
V. Georgiadis	2017
D. Tsevremes	2015
Tilburg University	
A. Papadopoulou	2019
K. Papanastasiou	2019
V. - M. Papaioikonomou	2019
N. Apostolidis	2018
I. Liakou	2018
E. Papanikolaou	2017
D. Tsevremes	2015
VU Amsterdam	
C. Karathodoros	2017
E. - S. Vantouli	2016
E. Tsigka	2016
A. - S. Dimitriou	2016
The Hague University of Applied Sciences	
N. Apostolidis	2018
A. - S. Dimitriou	2016
A. Bardou	2016
S. - A. Stamboultzi	2016
N. Mantatzis	2015
D. Tyfliori	2015
E. Fesatidou	2015
C. Papadopoulos	2014



Les Roches Hospitality Management	
X. T. Kalfa	2018
H. Kotanidis	2017
F. Delliou	2015



Aix-Marseille Université	
A. Papadopoulou	2019
E. Papanikolaou	2017
Université Toulouse 2 Jean Jarués	
A. Papadopoulou	2019

honors



Agones
Technis





International Olympiad in Informatics

2nd place	C. Mantoulidis I. Tsoukalidis	MEXICO 2006 FINLAND 2001
3rd place	C. Mantoulidis I. Tsoukalidis	CROATIA 2007 CHINA 2000, PORTUGAL 1998

Balkan Olympiad in Informatics

2nd place	C. Mantoulidis I. Tsoukalidis	MOLDOVA 2007 FYROM 2000, GREECE 1999
3rd place	R. Ketsetsidis G. Venizelos C. Mantoulidis	CYPRUS 2016 BULGARIA 2013 CYPRUS 2006, GREECE 2005

International Mathematical Olympiad

1st place	V. Georgiadis	BRASIL 2017
2nd place	R. Tsiamis E. Taratoris	BRASIL 2017 KAZAKSTAN 2010
3rd place	R. Tsiamis	HONG-KONG 2016
Honorable mention	R. Tsiamis V. Georgiadis A. Panagiotopoulos E. Taratoris	ROMANIA 2018 HONG-KONG 2016 TAILAND 2015 GERMANY 2009

Balkan Olympiad in Mathematics

1st place	V. Georgiadis R. Tsiamis	FYROM 2017 SERBIA 2015
2nd place	M. Konstantinidou R. Tsiamis E. Taratoris	CYPRUS 2019 SERBIA 2018, FYROM 2017, ALBANIA 2016, FYROM 2014 MOLDOVA 2010
3rd place	K. Konstantinidis V. Georgiadis R. Ketsetsidis, A. Panagiotopoulos G. Venizelos P. Koutsogeorgos N. Kalosidis E. Taratoris O. Ploiariadis	CYPRUS 2019 ALBANIA 2016 GREECE 2015 GREECE 2015, TURKEY 2013 FYROM 2014 TURKEY 2013 SERBIA 2009 ROMANIA 2016

Mediterranean Mathematical Olympiad

3rd place	R. Tsiamis A. Panagiotopoulos E. Taratoris E. Mastoris, E. Frilingou	2016 2014 2010, 2009 2010
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European Mathematical Cup

Gold medal	R. Tsiamis G. Venizelos R. Ketsetsidis	2017 2015 2014
Silver medal	V. Georgiadis	2015
1st place	V. Georgiadis, O. Ploiariadis G. Venizelos	2017 2014
2nd place	S. Mastoris R. Tsiamis, O. Ploiariadis F.- I. Sitolidis, R. Tsiamis R. Ketsetsidis, T. Haris N. Kalosidis, G. Batzolis	2019 2018 2016, 2015, 2014 2015 2014
3rd place	I. Dimoulios, M. Konstantinidou, N. Konstantinidis, P. Tzartzi, L. Giannakis S. Mastoris, I. Dimoulios, A.- C. Savva S. Mastoris, I. Piliandis, A.- C. Savva C. Ioannidis, K. Koutroulis, P. Koutsogeorgos, I. Piliandis I. Girousis, G. Papachatzakis, O. Ploiariadis, I. Arnold-Amvrosiadis	2019 2018 2016 2015 2014

American Mathematics Competition - AMC10 & AMC12

AMC10	I. Dimoulios, C. Karafyllia, A. Andreadi S. Mastoris, O. Dadoudi, K. Markopoulos O. Ploiariadis, P. Kesopoulos, G. Michailidis R. Tsiamis, N. Karaziotis, O. Ploiariadis P. Diamantis, C. Ioannidis P. Koutsogeorgos, C. Karathodoros-(qualified for AIMEI, among 2,5 % internationally) G. Venizelos- (qualified for AIMEI among 1% internationally)	2019 2018 2017 2016 2015 2014 2014
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	<p>AMC12</p> <p>O. Ploiariadis, A. - C. Savva, S. Mastoris O. Ploiariadis, A. - C. Savva, K. Koutroulis P. Diamantis, V. Georgiadis, R. Tsiamis G. Venizelos, C. Ioannidis F.- I. Sitalidis, G. Venizelos- (qualified for AIMEI among 5% internationally) S. Koutroulis - (qualified for AIMEI among 5% internationally)</p> <p>2019 2018 2017 2016 2015 2014</p>
	<p>International Physics Olympiad</p> <p>Honorable mention G. Skolianos</p> <p>SPAIN 2005</p>
	<p>International Biology Olympiad</p> <p>3rd place N. Konstantinidou K. Samaras - Tsakiris</p> <p>Honorable mention E. Konstantinidou</p> <p>HUNGARY 2019 SINGAPORE 2012 SWITZERLAND 2013</p>
	<p>International Chemistry Competition</p> <p>1st place P. Kalmoukos</p> <p>HOLLAND 2013</p>
	<p>International Astronomy & Astrophysics Olympiad</p> <p>3rd place G. Papachatzakis</p> <p>Honorable mention R. Tsiamis G. Papachatzakis E. Tsaprazi E. A. Palaskos</p> <p>INDIA 2016 THAILAND 2017 INDONESIA 2015 ROMANIA 2014 GREECE 2013</p>
	<p>EUSO - European Union Science Olympiad</p> <p>2nd place O. - K. Vlachonassios, N. Konstantinidou, V. Frangkopoulos</p> <p>PORTUGAL 2019</p>
	<p>International F1 IN SCHOOLS Competition</p> <p>1st place INFINITE RACING TEAM Team members: C. Kalfas, S. Mavromatis, V. Niavi, K. Theofanidis, A. Samara</p> <p>USA 2016</p>
	<p>International European Youth Parliament members of the Greek delegation</p> <p>Z. - M. Kamopoulou V. Triantafyllou R. Tsiamis V. Karakosta, P. Argyrakis E. Fesatidou A. Firtinidou N. Pallas - Misailidis, E. Tsaprazi, Z. Hiliada P. Siozos - Drosos, A. Karakosta, M. Aretaki H. Tzeli, E. Faraza, B. Willis P. Pachidis, P. Toskas M. Gaitanidou, I. Legbelos</p> <p>2018 2017 2016 2015 2014 2013 2012 2011 2010 2009 2008</p> <p>Yale Model Government Europe</p> <p>Honorable mention S. Mastoris N. - C. - M. Bakola, G. Papanikolaou</p> <p>Best speaker award A. Firtinidou</p> <p>North American Invitational Model United Nations</p> <p>Honorable mention F. Valavani</p> <p>2018 2014 2012 2014</p>

	<p>Harvard Model Congress Europe</p> <p>Best speaker award M. Gaitanidou, I. Legbelos 2007 E. Mandaltsi, I. Krania 2006 D. Lagias 2002 K. Ktenidis 2000</p>
	<p>Model United Nations Development Program</p> <p>Best speaker award P. Siozos - Drosos 2011</p>
	<p>Junior Model United Nations - Hisar School</p> <p>Best delegate award A. Kourti 2015</p>
	<p>EUROSCOLA</p> <p>I. Liakou 2016 S. Kyratzi, K. Veliani, F. - I. Sitilidis, 2015 C. Gantsinikoudi, V. Niavi</p>
	<p>International Debate Competition</p> <p>G. DOUGANIOTIS (member of the official Greek team) 2008</p>
	<p>International Drawing Competition: «Byzantine Art»</p> <p>1st place A. Zachariadis 2006</p>
	<p>International Drawing Competition</p> <p>«Development Youth Prize 2006-Focus on Africa»</p> <p>1st place A. Zachariadis 2006</p> <p>«Development Youth Prize 2008»</p> <p>2nd place I. Legbelos 2008</p>
	<p>Biennale 2008 - 4th International Competition of Children's Art</p> <p>1st place V. Haidas 2nd place D. Zachariadou, E. Kariofilii, I. Dellios 3rd place L. Paschalidis</p>
	<p>International Media Competition «MEDEA AWARDS»</p> <p>1st place «THE WALK» 2017</p>
	<p>International Robotics Competition - First Lego League</p> <p>2nd place M-RAST TEAM LEBANON 2019</p>
	<p>World Championship Basketball</p> <p>1st place ISRAEL 1999 2nd place POLAND 2005 3rd place TURKEY 2009 5th place GREECE 2019</p>



National Olympiad in Informatics

(organized by the Greek Society of Computer Scientists)

1st place	R. Ketsetsidis	2013
	C. Mandoulidis	2007, 2006, 2005
	T. Athanasakis	2004
	I. Tsoukalidis	2001, 1999
2nd place	G. Venizelos	2016
	K. Stefanidis	2014
3rd place	O. Ploiariadis	2017
	R. Ketsetsidis	2012
	A. Gaitanidis	2009, 2007
	E. Katsivelos	2004
	I. Tsoukalidis	2000, 1998, 1997

(all students qualified for Balkan and International Olympiads)



National Mathematical Olympiad

(organized by the Hellenic Mathematics Society)

1st place	K. Konstantinidis	2019	
	R. Tsiamis	2018	
	A. Georgiadis	2017	
	V. Georgiadis, O. Ploiariadis, R. Tsiamis	2016	
	A. Panagiotopoulos, R. Tsiamis	2015	
	P. Koutsogeorgos, R. Tsiamis	2014	
	R. Ketsetsidis, G. Venizelos	2013	
	E. Taratoris	2010	
	2nd place	A. Giannakis, M. Konstantinidou, S. Mastoris, O. Ploiariadis	2019
		C. Alvanos, T. Haris, N. Konstantinidou, S. Mastoris,	
		A. - C. Savva, R. Tsiamis	2017
G. Venizelos, R. Ketsetsidis, K. Koutroulis, I. Charisiadis		2016	
P. Koutsogeorgos, F. - I. Sitalidis		2016, 2015	
I. Ambrosiadis - Coward, G. Batzolis, N. Kalosidis, P. Koutsogeorgos		2013	
P. Kalmoukos, I. Ambrosiadis - Coward		2012	
E. Mastoris		2010	
E. Taratoris, K. Samaras - Tsakiris		2009	
A. Fotiadis, D. Valsamis, G. Stavrinos		2008	
3rd place	C. Mandoulidis	2007	
	G. Skolianos	2005	
	Z. Hatzidimitriadou	2004	
	I. Konstantinidis, K. Ktenidis	2002	
	J. Grammatikopoulou	1997	
	A. Karavasili, P. Tzartzi, A. - C. Savva	2019	
	C. Alvanos, A. Georgiadis, I. Dimoulios, C. Karafyllia	2018	
	S. Romanou-Pili	2017	
	N. Kalosidis, T. Haris	2016	
	G. Venizelos, I. Girousis, N. Kalosidis, R. Ketsetsidis,	2015	
	G. Batzolis, O. Ploiariadis	2015	
	T. Haris, A. Panagiotopoulos, N. Kalosidis	2014	
	C. Karathodoros	2013	
	G. Kotzampasis, K. Mavromati, E. Mastoris	2011	
	E. Frilingou	2011, 2010	
	V. Paraschou	2007	
	D. Lazaridis	2007, 2006, 2005	
	C. Mandoulidis	2006, 2004	
	D. Grammatikopoulou	2005, 2002	
G. Skolianos	2004		
N. Bitzeli	2003		
A. Dimaratos	1997		

Probabilities Competition «LEFKOPOULIOS»

(organized by the Athens University, Department of Statistics)

1st place	C. Mantoulidis	2007
2nd place	C. Mantoulidis	2006



National Physics Competition

(organized by the Hellenic Physics Society)

1st place	V. Georgiadis	2016
	P. Koutsogeorgos	2015
	S. Makgiriadou	2003
2nd place	S. Thomareis	2012
3rd place	F. - I. Sitolidis	2014
	G. Skolianos	2005



National Biology Competition

(organized by the Hellenic Biology Society)

1st place	N. Konstantinidou, A. - C. Savva	2018
	K. Samaras - Tsakiris	2012
2nd place	C. Piliandis	2019
	K. Samaras - Tsakiris	2011
3rd place	N. Konstantinidou	2019
	E. Konstantinidou	2013, 2012
	K. Veliani, R. Ketsetsidis	2014



Astronomy and Space Competition

1st place	G. Papachatzakis	2016
	R. Tsiamis	2015
2nd place	G. Papachatzakis	2015
	E. Tsaprazi	2014
	C. Tsertsenes	2013
3rd place	R. Tsiamis	2017, 2016
	A. Palaskos	2014



National Chemistry Competition

(organized by the Hellenic Chemistry Society)

1st place	P. Kalmoukos	2012
3rd place	D. Grammatikopoulou	2005



National Student Art Competition "AGONES TECHNIS"

THEATRE	1st place	In Order	2018
		His life's only journey (G. VIZYINOS)	2015
	3rd place	Leonis (G. THEOTOKAS)	2017
MUSIC	1st place	School Orchestra	2016, 2015
	2nd place	School Orchestra	2018, 2017
VIDEO PRODUCTION	1st place	An Explosion	2018
		The Walk	2016
POETRY	2nd place	Mute	2017
		Lights, Camera, Reaction	2015
	1st place	A. Symeonidou	2017
		F. - I. Sitolidis	2016
		K. - A. Zagri	2017
		E. Gerothanasi, S. Zafeiriadis	2016
PHOTOGRAPHY	3rd place	A. - R. Spyropoulou	2015
		C. Karafyllia	2018
	2nd place	I. Sakaloglou	2017
		I. - M. Arnold - Ambrosiadis	2015
		M.- S. Christodoulaki	2017
3rd place	S. Piperidis	2016	
	A. Kourti	2019	

	<p>Educational Program for Cyprus</p> <p>DOCUMENTARY</p> <p>FILM 1st place 2018, 2017, 2016</p> <p>PHOTOGRAPHY 1st place I. Laspidou 2017 D. Mesochoriti 2016</p> <p>PAINTING 2nd place E. Kantourou 2016</p> <p>3rd place I. Kostaki 2016</p> <p>POETRY 2nd place 2016</p>
	<p>Video/Film Production Competitions</p> <p>Distinction The Holocaust and The Greek Jews 2015</p> <p>1st place A Blast 2018 Moses Segura: The Last Survivor 2018 The Walk 2016 The Slaughter of the Consuls 2017</p>
	<p>National Competition in Greek Language and Spelling</p> <p>1st place I. Kotsampasis 2011</p> <p>2nd place A. Gerontopoulos 2015</p> <p>3rd place V. Prasini 2010</p>
	<p>Debate/Public Speaking & Dramatic Presentation of Literature In English / Forensics</p> <p>1st place 2007, 2004, 2003, 2001, 1996</p> <p>2nd place 2018, 2002</p> <p>3rd place 2015, 2005</p> <p>4th place 2017, 2016, 2014, 2013, 2011, 2010, 2009</p> <p>FINALISTS 2019</p> <p>IMPROMPTU SPEAKING E. Chrysafi</p> <p>HONORABLE MENTION</p> <p>DUET ACTING - DRAMATIC M. Papadopoulos, A. Tzimouraka</p> <p>DUET ACTING - DRAMATIC D. Samolada, S. Tsakalidou</p> <p>DUET ACTING - COMIC A. Vaggeli, A.- M. Chatzopoulou</p>
	<p>Greek Youth Parliament</p> <p>A. Gravani, E. Kimpouropoulou 2019</p> <p>N. Kipouros, S. Piperidis, N. Efthimiadou 2016</p> <p>N. - C. - M. Bakola 2014</p> <p>D. Giannou 2013</p> <p>E. Mastoris 2010</p> <p>I. Georgoulas, P. Toskas 2009</p> <p>4th National Student Model United Nations</p> <p>BEST DIPLOMATS D. Vasileiadis, O. Dadoudi, E. Dolopikou, Ch. Karafyllia, 2018 S. Mastoris, M. - E. Papagianni, P. Tzartzi, A. Toli</p> <p>BEST SPEAKERS E. Kipourou, E. Kimpouropoulou, M. Batzoli, A. Papazoglou, E. Daoudakis, Th. Chatzistiriou</p> <p>HONORABLE MENTION A. Andreadi, E. Triaridou, A.- M. Chatzopoulou</p>



Simulation Of the European Parliament Plenary Session

BEST SPEAKERS

A. Gravani, A. - T. Papapavlou, Z. Kamopoulou, E. Dolopikou	2019
S. Mastoris	2018
E. Chasioti, N. Kipouros, P. Diamantis	2017



Conseil des Jeunes Citoyens

Debate and Public Speaking Scholastic Competition in French

1st place

D. Lisitsa, A. Papadopoulos	2019
A. - T. Papapavlou, A. Karavasili	2018
S. Zisis, V. Triantafyllou, C. Chorinos	2017
M. Mertzimeki, V. Triantafyllou, C. Chorinos	2016
E. Karavasili	2015

2nd place

M. Ganatsa, M. Dodoulou	2019
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3rd place

A. Papadopoulos	2019
A. Gravani	2018
C. - A. Efstathiou	2017



Debate and Public Speaking Scholastic Competition In Greek

DEBATE

2nd place

C. Tsiouma	2018
Z. Kamopoulou, A. Kourti, E. Chrysafi	2016
S. Zafeiriadis, N. - C. - M. Bakola, E. Kassagiani	2015

ORATORY

1st place

S. Kyratzi	2016
S. Digktsi	2015

IMPROMPTU

1st place

N. - C. - M. Bakola	2015
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Expressive Reading Competition In French

1st place

M. Ganatsa	2018
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2nd place

C. - A. Efstathiou	2018
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3rd place

A. Archipova, C. - A. Efstathiou	2016
M. Polizouli, C. Toumazou, A. - T. Papapavlou	2018
C. - A. Efstathiou	2017
S. Zisis	2017, 2016

FINALISTS

D. Lisitsa, P. Tzartzi, V. Triantafyllou	2018
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Mandoulides Basketball

1st place

2019, 2016, 2013, 2009, 2006, 2005, 2000, 1999
--

2nd place

2008, 2007, 2001, 1996

3rd place

2015, 2014, 2012

First Lego League
robotics
& critical thinking

Arkki School
architecture education

English @ Adventure Camp

GO FOR IT
17-28 JUNE 2019

School is over... Summer holidays begin...
With Space and STREAM activities,
field trips, creativity, adventure,
imagination, sports... in English

This summer at **English @ Adventure Camp**
we will share unforgettable moments with our friends.

Swimming
at the beach
& in the pool

Master
Chef
competition

Dance

Horseback
riding

River
trekking

yoga

- Extreme sports in the forest
- Fun with music
- Hiking
- Rappel and climbing
- Team building activities
- Archery
- Computer games



This year's
theme:
"My place
in Space"

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MANDOULIDES

EDUCATORS SINCE 1978

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YEARS

Summer Programs & Camps

2019



Summer Creative Activities

17/06 - 31/07/2019

Day Care Center, Kindergarten and Elementary School students

English & Adventure Camp

17-28/06/2019

Pre-Kindergarten - 6th grade students

All Star Basketball Camp

17 - 22/06/2019 & 24 - 29/06/2019

2nd - 10th grade students

Shooting - Footwork Camp

17, 18, 20/06/2019 & 24, 25, 27/06/2019

4th - 10th grade students

Girls' Volleyball Camp

17 - 22/06/2019

1st - 12th grade students

Soccer Camp

17 - 22/06/2019

Pre-Kindergarten - 12th grade students

Swimming Camp

17 - 22/06/2019

Kindergarten - 6th grade students

Tennis Camp

17 - 22/06/2019

Kindergarten - 6th grade students

26th Summer Educational Program in Great Britain, London

09 - 22/07/2019

5th - 11th grade students



Mandoulides Computer Epathlon Camp*

02 - 03/09/2019

4th - 9th grade students

- Website development
- Programming with Python
- Kodu Game Lab

*** Free Program**

Mandoulides Programming Day*

04/09/2019

7th - 12th grade students

Mandoulides Robotixlab Day*

09/09/2019

5th - 9th grade students

Mathematical Games*

05 - 06/09/2019

5th - 6th grade students

Mathematical Thinking & Reasoning*

02 - 06/09/2019

8th - 12th grade students

Introduction to Mathematical Thinking and Reasoning*

05 - 06/09/2019

7th grade students

For information and registration forms please visit

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YEARS

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