

# Sifnos

**TEACHER** = Elpiniki Gribakou

**CLASS** = B4

**SUBJECT** = English

**STUDENTS** = Flora Styliou  
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# WHERE TO STAY?

- ELIAS RESORT

Hotel was very well appointed, with huge saltwater swimming pool, bar and restaurant, and gym and spa. Staff were super friendly and cooperative, and went out of their way to ensure we had the best possible stay.



- Vathi Sailor's House

The house is wonderfully located just a metre from the beach and sea, and on the quieter side of Vathi bay. The property is spotlessly clean and beautifully decorated with a spectacular view of the sea



# WHAT TO SEE?



## **The Monastery of Panagia Chrysopegi in Sifnos, Greece:**

It is located on top of a rock, literally upon the sea. This is one of the most famous spots of Sifnos and protector saint of the island. Established in the 16th century, this monastery was built on top of an older church. It hosts the icon of Panagia that was found by fishermen floating in the sea. This icon is thought to be miracle-working and the locals believe that it has saved the island from many dangers.

## **The Ancient Towers of Sifnos Greece, Cyclades:**

In the year 524 BC, Sifnos was attacked by the Samians after they refused to give them money. The Samians ravaged the island, killing many and leaving it completely destroyed. It is believed that the towers of Sifnos were built following the invasion of the Samians in order to defend it and be prepared in the case of future attacks



# WHAT TO EAT?

## **Mastelo (Easter Goat or Lamb Stew)**

Sifnos' traditional Easter recipe is slow-cooked in a ceramic pot. Free-range goat or lamb is cut into portions and washed in wine. Vines are added to the bottom of the mastelo – the name of the earthenware pot – to form a grid, with the meat placed on top.



## **Revithokeftedes(Fried Chickpea Balls)**

These chickpea croquettes are made from chickpeas, boiled potatoes, onions and fresh herbs (usually marjoram, parsley, dill and sometimes fresh mint). Everything gets pulsed together, rolled into a ball and then deep-fried until golden. Traditionally they are made for a special occasion, but now that kitchen blenders exist, you can find them all over Sifnos.



# WHERE TO SHOP?

**Peristeriona**= ceramics are created and decorated with respect to Greek tradition and ceramic art by Atsonios family members, well-known ceramists in Greece. Peristeriona is located at the port of Kamares in Sifnos



**Sifanto in Sifnos** = A wide variety of unique handmade products made from pure and fine materials, along with local products are available. Products by smallholders who deliver, tastefully and lovingly, their traditional distinctive flavors.



# WHERE TO HAVE FUN?

- **The utmost celebration of Tselementes** and his work takes place in Sifnos every September when the island holds the annual Festival of Cycladic Gastronomy. During this festival, locals and visitors alike have the chance to taste unique dishes from each and every island in the Cyclades, drink local wine and dance to traditional music.
- **Kastro** is one of the best places to visit in Sifnos. It is the oldest settlement on the island and one of the finest examples of medieval urban planning in Greece. Kastro is the Greek word for castle. The settlement retains all the characteristics of a once fortified town: narrow alleys, small courtyards and arched gates. These are the exact same features that render Kastro an absolutely enchanting place to wander around.



# ΕΥΧΑΡΙΣΤΙΕΣ

THANK YOU FOR YOUR TIME

