

TOP 10 OF YOUR CITY

Whether you are just beginning your study abroad adventure, or in the midst of ending your time overseas, don't forget to check out these great sites in your study abroad destination.

Florence

1. Piazzale Michelangelo
2. The Cathedral of Florence
3. The San Lorenzo Street Market and Mercato Centrale
4. Fiesole
5. Michelangelo's David
6. The Uffizi Gallery
7. The Medici Chapels
8. The Ferragamo Museum
9. Dante Alighieri's House
10. Vivoli Ice Cream

Sydney

1. Sydney Opera House
2. The Blue Mountains
3. Bondi Beach
4. Hyde Park Barracks
5. Newtown
6. The Rocks
7. Manly
8. Darling Harbour
9. The Pitt Street Malls
10. The Royal Botanical Gardens

Paros Island

1. The Golden Beach
2. Antiparos Island and Antiparos Cave
3. The Ancient Marble Quarry in Marathi
4. Church of Panagia Ekatonapiliani
5. Valley of the Butterflies
6. Lefkes Village
7. Paros Wine Muesum
8. The Kastro
9. Kolimbithres Beach
10. The Ancient Temples of Askipios and Apollo

Rome

1. The Coliseum
2. St. Peter's and the Vatican City
3. Trevi Fountain
4. Traiano Market
5. Capuchin Crypt
6. Castello Sant'Angelo
7. Principe Pallavinci Vineyard & Winery
8. Piazza Venezia
9. Villa Borghese
10. St. Sebastian Catacombs



You could be the next Athena Photo contest winner!

The deadline for submitting photos is April 24th!

Don't forget to place your vote on the Athena Study Abroad website!

***For more information visit athenaabroad.com*



AROUND TOWN

SYDNEY

Australian Celtic Festival

30 April- 3 May 2009 (various events)

<http://www.australiancelticfestival.com/>

For a chance to learn some local history, be sure to check out the Australian Celtic Festival held in Glenn Innes, Northern NSW. The four day festival is filled with Celtic entertainment including a street parade, music, dance and authentic food. The Australian Standing Stones serves as the main venue area, and with a wide selection of events throughout the festival, there is something for everyone to enjoy.

FLORENCE

Festa del Grillo/ Festival of the Cricket

28 May 2009

http://www.vivifirenze.it/cgi-bin/news/gi_pub3_det_lun.cgi?id=489&sezione=italian_style

Looking to turn your luck around? If so, check out the Festival of the Cricket taking place in May at Cascine Park. Local children and adults bring crickets in little wooden cages to the park to unleash for good luck. This event is held every year for those in the area to participate in. The event is held the day after Ascension Day, which marks the day Jesus ascended up to heaven after his resurrection.

ROME

Festa della Liberazione

25 April 2009

http://www.worldtravelguide.net/city/105/special_events/Europe/Rome.html

Liberation Day in Rome takes place April 25 and is a nationwide celebration. The public holiday commemorates Italy's freedom from Nazi rule by Allied troops during World War II. The holiday also honors all of the fallen soldiers during the war. Celebrations and parties can be found all over Rome.

PAROS ISLAND

May Day Holiday

1 May 2009 (various events)

<http://gogreece.about.com/library/weekly/aa050502a.htm>

May 1 marks the national labour holiday, May Day. During the day there are countless festivities and parades. People from all over Greece flood to the countryside to pick wildflowers in celebration of May Day and the feast of the flowers. With their flowers of choice in tow, they then make wreaths that they hang on their doors until June 23. The feast of the flowers has ties to the goddess Demeter.

Have your own favorite restaurant, site, shop, that you'd like to share with future study abroad participants? SUBMIT YOUR OWN AROUND

Earth Day was April 22, 2009



Did you help make the world a greener place?

This Month's Featured Day Excursion: Blue Mountains National Park Sydney, Australia

If you are studying in Sydney this semester, why not take a day trip to the World Heritage-listed Blue Mountains National Park? Located less than two hours west of Sydney, this wildlife escape offers once -in-a-lifetime experiences for travelers.

-Experience the steepest incline Railway in the world by riding the Scenic Railway. The railway takes passengers on a cliff side tunnel passage throughout the rainforest. Once at the bottom of the 415m descent, passengers can then take the Scenic Walkway and explore the forest even more.

-Looking to gain some history about the Blue Mountains, participate in the Blue Mountains Mystery Tour, which will cover all the myths, legends and Ghost Stories of the national park.

-For a sweet escape, head to the Blue Mountains Chocolate Company, located only 200 meters from Echo Point. While there, tourists can see real chocolatiers at work and eat at the café which serves gourmet lunches and afternoon tea.

-On the way to the Blue Mountains, why not stop for some contemporary Australian dishes at Razz Restaurant, winner of the Best New Restaurant and Best Entertainment Restaurant for Excellence in 2007.

-Enjoy the view from an altitude of 1,000 meters at the Mount Tomah Botanic Gardens. Located in the northern Blue Mountains, this garden features breathtaking scenery and out of this world wildlife.

Dealing with Culture Shock: Going abroad and coming home



Living in an unfamiliar environment can seem uncomfortable and unsettling to some. This feeling is known as culture shock and it happens to many people who decide to take the plunge and experience a new way of life. Culture shock can happen both during the initial phases of your semester abroad as well as when you are re-adjusting to your life at home. If you are having unsettling feelings and overbearing nervousness, don't feel like you are alone. Here are a few tips to help you cope on both ends of the spectrum.

When entering a new country:

- Explore the city and the local scene. This will help you understand the people around you and what the society is like. Learning native traditions can also be a helpful tool to becoming more included in your new community.
- Seek out activities that are similar to ones of your home culture.
- Learning a few phrases in the native language will help you become more familiar and comfortable with your new environment.

When coming back to your home country:

- Know what to expect when you arrive back home. Read up on the news and learn about anything new that might have happened since you were away.
- Keep busy. Make steady plans for the first few weeks of your return. This will help you to get acclimated back into your way of life.
- Talking to other travelers who understand your experiences can also be beneficial.

DID YOU



KNOW

? A resident of Sydney is known as a Sydneysider.

? The Pantheon in Rome is the largest, oldest, fully in-tact building in the world.

? The Duomo in Florence is the third largest Christian church in the world

? Paros Island has been inhabited since 4000 B.C.