

Greek lessons/Recreational Activities/ Recommendations

➤ Basic Greek Lessons

If you want to learn basic greek to help you with everyday communication situations please express your interest to one of your Representatives in order to contact **Argiro Diliou** (Instructor for Greek language) via email: ardil@aegean.gr. Keep in mind that the lessons will be arranged according to your schedule and instructor's availability after the Easter holidays.

➤ Water Activities in Lesvos

If you are interested in scuba diving, sailing and other water sports, check the link below: <http://www.lesvosgeopark.gr/en/water-activities/>

Students in the past went for scuba diving in **Petra** and for sailing from **Molyvos** (both villages are at the northern part of the island).

➤ Trekking tourism-Lesvos Paths

Check the websites below if you are interested to find an extensive network of paths.

<https://www.lesvostrails.gr/>

<https://www.alltrails.com/greece/lesvos>

➤ Lesvos Hot Springs

The hot springs of Lesvos have been well known since antiquity. A few kilometers away from Mytilene, you can find THERMA SPA at Gulf of Gera. Check [here](#) for more information.

➤ Aegean University Sports Center

The university gym is in the city center and can be used for free. It's on the second floor of this building: <https://goo.gl/maps/66ffnWSMNRU2>. However, the gym is operating at a third of the capacity and under tight regulations. The working hours are:

Monday: 16:00-21:00

Tuesday: 08:30-12:30

Thursday: 08:30-12:30

Friday: 16:00-21:00

Sat & Sun: Closed

Students/gym members can work out during the following periods. **Maximum number of students/members per period, is 4.**

08.30 – 09.20 16.00 – 16.50
09.30 – 10.20 17.00 – 17.50
10.30 – 11.20 18.00 – 18.50
11.30 – 12.20 19.00 – 19.50 & 20.00 – 20.50

Students need to make a reservation at the website below (*you are allowed to reserve only one period/day*). I am at your disposal if you need any help with this.

Reservations: [Sagenda](#)

ATTENTION: A **Medical Certificate** is necessary to access the gym!

➤ Eutopia Yoga & Tai Chi Center

Location: <https://goo.gl/maps/cWsD9KanyJFy8dU96>

You need to contact **Katia** or **Thodoris** (**messenger:** Eutopia Yoga & Tai Chi Center), the Yoga Instructors, beforehand to book your space at the class. Each class costs 10 euros unless you get a monthly pass.

➤ Tavernas-Restaurants in Mytilene

The most common option of fast food is **Gyros** and **Souvlaki**. You could try:

Pita giro (pork), Pita giro kotopoulo (chicken) and Pita veg (vegetarian)

Most of the Tavernas are located at the North part of the city, but you can also find some at the center of the city. You could try: Horiatiki (Greek salad: tomatoes, Feta – greek white cheese-, onion, cucumber), Keftedakia (pork meatballs), Gemista (peppers & tomatoes stuffed with rice), zucchini flowers stuffed with rice or cheese, fish food. The prices vary from 15 to 20€ per person.

There are also many cafes and bars at the center of Mytilene, close to Sapfous Square.

An indicative list with recommended cafes/ tavernas

Mousiko Kafeneio – <https://goo.gl/maps/J5SBcnhhumM2>

Bobiras-[Komninaki 22 str](#)

Pi-Kafeneio-[Samou 2 str.](#)

Meating - <https://goo.gl/maps/UmqekzKqquQ2>

Ermis - <https://goo.gl/maps/MLPSvHthBu62>

[Ouzeri "Antonis" Ουζερί "Αυτώνης"](https://goo.gl/maps/d33dcgRmkE6Y9HxAA) <https://goo.gl/maps/d33dcgRmkE6Y9HxAA>

❖ Website to order food/groceries online from and have them home delivered:
<https://www.fagi.gr>

➤ Public Beach – Tsamakia

Tsamakia is a Blue Flag awarded beach. The beach will be accessible with a fee of less than 1 € from May, 2023. <https://goo.gl/maps/KQJMHgeQu2EVfTAt7>

ATTENTION!!! Do not step on sea urchins! It's a really painful experience. Tip: you should invest in a pair of water shoes

Sea urchins look like this:



➤ Lesvos Car Rental

There are quite a few rentals in the city center and it's absolutely worth it to rent a car and explore the island over the weekends and Easter break.

Travel Guide to Lesvos: Check [here](#) and [here](#).

Emergency Numbers

Emergency	112
Ambulance	166
Fire Department	199
Police	100