



My name is John Gergis and I'm 16 years old. I live in Edessa, which is a town situated in the north of Greece, near Thessaloniki.

I live with my family which consists of five members, me, my parents, my brother and my grandmother. My brother studies technology of music. My mother works as a secretary in a local company which called "Development Agency of Pella" and my father owns a café in Edessa. My grandmother doesn't work because she is quite old.

I have a very busy daily routine the all other young people of my age. After school, I do private lessons and I train in football which I like very much. Actually, I'm a player of a local football team. At the weekends when I have more free time, I go to café's with my friends, I go to the cinema or I stroll around the town.

Traditions and celebrations are part of our lives in my region. At Christmas we all decorate our houses and we put dressed trees in them. Our houses are also full of traditional homemade sweets which are aimed to treat Santa Clause (our "Agios Vasilis") who comes every first day of the year. The best part of Christmas time is the presents, because they are all unique and make everyone happy. Another popular festival in our town is the Carnival. It is a celebration which is organized by the citizens of the town. People are all disguised in different types of costumes. The most important part of this celebration is the parade when we dance and have a lot of fun out in the streets.

The eating habits of our region are based on the Mediterranean diet. This diet includes olive oil, bread, pasta, rice, fruit, legumes and vegetables. It frequently includes grilled and steamed fish and small portions of red meat. However, nowadays it is affected from the American type of food, the "fast food" which is unfortunately popular harmony young people. Traditional drinks of my region are wine and "tsipouro". These drinks are alcoholic and their production is a mini celebration. There are also festivals for these drinks and not only for these drinks but also for fruits. These festivals are held in Edessa or in nearly villages. In these festivals people have the opportunity to learn more about the product and taste it in various forms. They also entertain themselves under the sounds of traditional music and watch traditional dances.