



ATHENS 2023



INTRODUCING ATHENS




Athens is a cosmopolitan city and a mix of different cultures and people who have left their traces over the centuries.

It is the capital of Greece, with more than three thousand years of history: few cities in the world have played such an important role in the development of humanity. Democracy, justice, philosophy, theater have their origins in Classical Greece in Athens.


It is the ideal city for lovers of history and mythology, art and culture in general, but also for those looking for excellent cuisine, a nice climate and the rhythm of a magical and modern city at the same time.




THINGS TO KNOW


 GENERAL INFORMATION

 LANGUAGE

 MONEY

 WEATHER

 ELECTRICITY AND PLUGS

 OTHER INFORMATION





GENERAL INFORMATION

Telephone country code: +30

Emergency numbers:

- Call (+30) 112 for **life threatening emergencies** and ask for the police, fire department or ambulance service. This is a EU-wide general emergency number.

Specific numbers are:

- (+30) 166 for **ambulance service**
- (+30) 100 for **police**
- (+30) 199 for **fire department**

Time zone during the event: Eastern European Summer Time (EEST), UTC+3

Time and date format: 24-hour clock (0:00 – 23:59), dd/mm/yy (or yyyy)



LANGUAGE

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The official language in Athens is Greek 🇬🇷. Although this language notoriously uses its own alphabet, most signs and indications are also written in latin characters.

English 🇬🇧 is also very widely spoken especially in the most touristy parts of Athens, so you shouldn't experience any problems when visiting the city.



USEFUL PHRASES

Do you speak English?

Thank you

Please

You're welcome

Can you repeat?

What's your name?

Yes

No

Hello, How can I help you?

Is the tip included?

Excuse me

Milás angliká?

Efcharistó

Sas parakaloúme

Parakaló

Boreís na epanaláveis?

Poio eínai to ónomá sou?

Naí

Ochi

Geia sas, pós boró na sas voithíso?

Perilamvánetai to filodórima?

Me synchoreís

USEFUL PHRASES



How much does it cost?

Póso kostízei?

I'm sorry

Syngnómi

Can I get on the Internet?

Boró na bo sto Diadíktyo?

I don't understand

Sen katalavaíno

I don't speak Greek

Den miláo elliniká

Can you help me?

Boreís na me voithíseis?

Where is the bathroom?

Poù éinai to bánio?

Can you speak slowly?

Boreís na milíseis argá?

NUMBERS

1 \ énas

2 \ dýo

3 \ tría

4 \ tésseris

5 \ pénte

6 \ éxi

7 \ eptá

8 \ októ

9 \ ennéa

10 \ déka

100 \ ekató

1000 \ chília



MONEY

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Greece's currency is the Euro (€).

Major tourist areas in Greece, like Athens and Thessaloniki, are mostly card-friendly and will accept credit and debit cards and contactless payments.

Also cash is widely accepted in Greece, and the exchange rates are rather favorable.





WEATHER

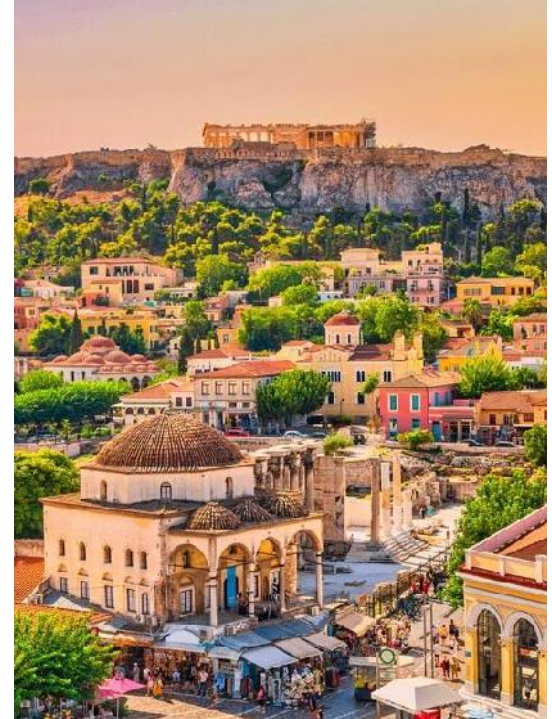
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The hot weather in Athens in June reaches an average daytime high temperature of 30°C.

That means you can spend plenty of time seeing the ancient sights and streets of this famous city, especially as the sun doesn't set until nearly 9pm.

In the evening, the temperature will only drop to around 19°C at most. Athens enjoys 12 hours of sunshine each day on average this month, from 15 hours of daylight.

Take care, though, as the heat and the UV levels are very high and you should carry water and sunblock with you.

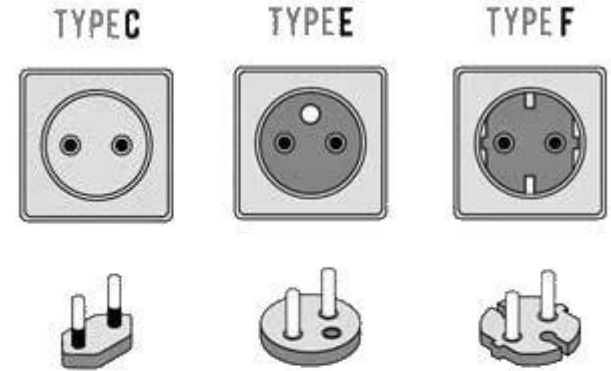




ELECTRICITY VOLTAGE AND PLUGS

Greece uses plugs C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

If your devices are made only for 100V and 127V (such as in the US, Canada and most South American countries) you **cannot use them** and you will need a **voltage converter**.





OTHER INFORMATION

Shops in Athens

The usual opening hours for stores in the centre are continuous (9:00 a.m.- 9:00 p.m.).

You'll be glad to know that all cafes, restaurants, tavernas, souvenir shops, and smaller shops in the city's tourist areas are open every Sunday throughout the year.

Tap Water

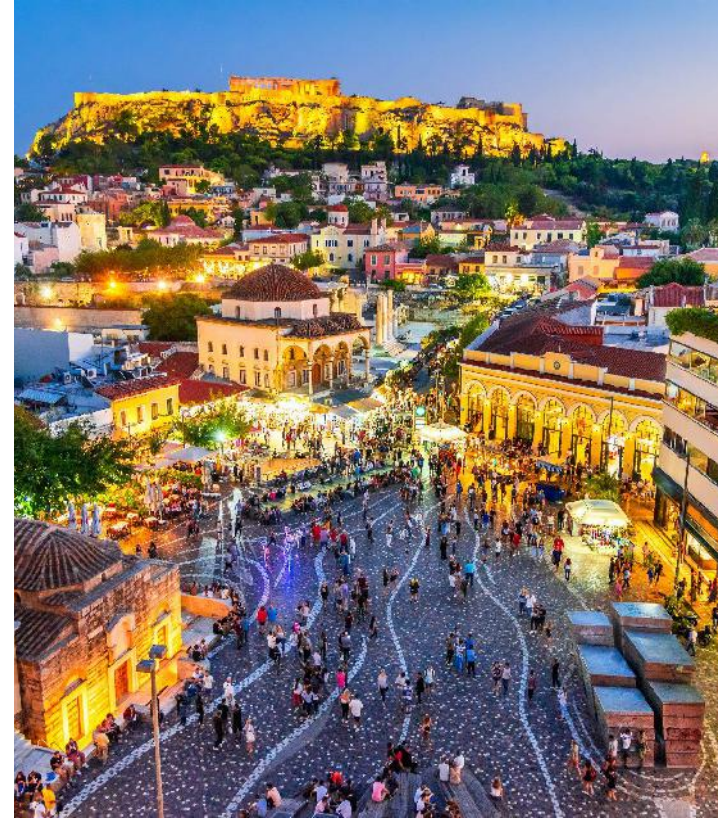
Tap water is mostly safe to drink in Athens.

ARRIVING TO THE CITY

BY PLANE

BY TRAIN

BY BOAT



BY PLANE



The majority of visitors who visit Greece will arrive at the "Eleftherios Venizelos" Athens International Airport, which is located just 20 km from the city. With easy access to the centre of Athens via the Metro (**line blue number 1 to SYntagma square and Monastiraki, 10€**) or the new direct train (**suburban train Proastiakos, 40 minutes to the city centre**), the airport will make arriving and departing from Athens a much more comfortable and stress-free experience.

There are also express buses that run continuously from various points around the city to the airport, making easy access available for visitors 24 hours a day (**from Syntagma square there is Airport Express Bus X95 to Athens Airport. The trip takes about 1 hour and costs 5 euros**). If you plan to travel on this express bus, you will purchase your ticket(s) from the bus driver, after boarding.

At the airport, there will also be taxis, should you wish to travel from the airport directly to your destination (**fixed rate 38€ by day and 54€ by night**).



BY TRAIN

Most trains depart from Larissis Train Station, close to the center of Athens. The train is the cheapest way to travel to Greece.

The main railway network of Greece currently provides links between Athens and Northern and Southern Greece to the rest of Europe through the Western Balkan countries and Bulgaria.

You can either catch the Eurostar to Bari in southern Italy and then a ferry across to Greece or travel down through Greece via Paris, Munich, Belgrade & Thessaloniki.

The railway network of Greece is approximately 2,500 km long, covering a large part of the mainland and linking the country with central Europe and Turkey.

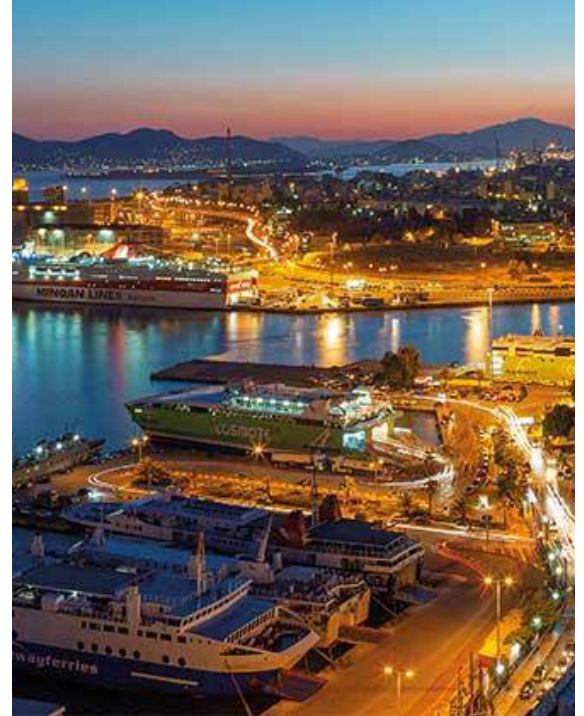


BY BOAT

As well as arriving at the Athens Airport, many visitors to Athens may arrive by boat. This is an especially popular method of travel by visitors who may have flown directly to one of the Greek islands, and wish to travel around Athens for a few days.

The main port of Greece is the Piraeus port in Athens. There is also the smaller port of Rafina situated at the east of Attica (a 40 minute bus ride from Athens), which caters for arrivals from several of the Cyclades islands, as well as the Dodecanese islands and Evia island.

Though Piraeus can at first glance look like a mass of concrete buildings, traffic, overcrowding and general chaos, it is very easy to travel to your desired area of Athens by the **Metro line** which is **located just across the main road from the port**. From here, you can travel straight into the centre of Athens, and either change Metro lines, or catch a bus or tram to where you want to head to. Again, there will be **taxis available** for those who wish to use them, but again, you may find that you may have an additional charge of being picked up at a port.



GETTING AROUND ATHENS

PUBLIC TRANSPORTATION

METRO

BUS & TRAM

TAXI



PUBLIC TRANSPORTATION



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The Athens public transport system is affordable, reliable and covers most of the city and suburbs. You can use all means of public transport using the same ticket (a single ticket costs €1.20 and is valid for 90 minutes).

Tickets and passes (Ath.ena tickets) for public transport are sold at ticket booths and machines in all Athens Metro and tram stations. There are three types of Ath.ena tickets: a paper ticket, an anonymous card that you can top up, and a personalised card. These tickets can be used on all forms of public transport.



PUBLIC TRANSPORTATION - TICKETS AND PASSES

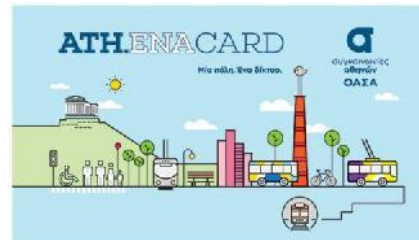
A Day Pass (€4.10) is valid for unlimited travel (except airport services) for 24 hours.

A 5-Day Ticket (€8.10) is valid for unlimited travel on all modes of transport (except airport services and bus line X80) for 5 days.

A 3-Day Tourist Ticket (€20) is valid for unlimited travel (including 1 round trip to/from Athens International Airport). 3-day passes are available at the bus and metro ticket kiosks at Athens International Airport, Omonia, Syntagma, Thissio, Monastiraki, Acropolis and Piraeus stations.

For more information on prices, visit the Athens Transport website.

For more information on public transport in Athens, call 11185 or visit <http://www.oasa.gr>



METRO



The fastest means of getting around Athens is the Metro. The Athens Metro system consists of 3 lines and connects to the tram, bus routes and suburban railway.

The Metro runs daily from 5am to midnight. Lines 2 and 3 operate until 2am on Fridays and Saturdays. At peak hours, trains run every 5-6 minutes.

Athens Metro: <https://www.ametro.gr/>
Tel. +30 214 414 6400

Line 1 is an overground train (known as ISAP) that runs from the northern suburb of Kifissia to the port of Piraeus. It connects to lines 2 and 3 at three stations (Attiki, Omonia and Monastiraki).

Athens Piraeus Electric Railways: <https://www.stasy.gr/>
Tel. +30 210 324 8311

BUS & TRAM

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The Athens bus and trolleybus network is very extensive. Most buses and trolleybuses run daily from 5 am to midnight, but do check the timetable of your route.

Airport Express buses operate on a 24-hour basis. These services connect Athens International Airport with the city centre (Syntagma Square), Piraeus port and the Intercity Bus Terminal (KTEL Kifissos).

The tram network connects central Athens with the coastal suburbs of Faliro, Voula and Piraeus. It takes approximately one hour to get from Syntagma Square to the final seaside stops at Voula or Piraeus. The two tram lines (T6 and T7) meet at Pikrodafni station.

The tram connects to the Metro and overground train at four stops: Syntagma, Syngrou/Fix, Neos Kosmos and SEF (Peace and Friendship Stadium in Faliro).

The tram operates from 5:30 am to 12:00 am daily.



TAXIS

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All licensed taxis in Athens are equipped with metres. The fare is charged per kilometre and per hour. Make sure the metre is switched on as soon as you set off.

Free Now (formerly Beat) is an app-based yellow taxi service which finds your location and offers the options of paying in cash, by card, or using a Paypal account.

Uber is also available in Athens with the UberTaxi product—you can call an Uber via your app and **a yellow taxi will pick you up.**

Radio taxis are another option if you don't feel like hitting the pavement to hail a cab, or if you want to ask for a specific pick-up time and date. Call them for a cab or pre-book online.

Taxiplon is a combination of web and app-based service that also offers business class vehicles and city tours.





TOURIST ATTRACTIONS

Acropolis and Parthenon

Agorà

The Plaka

Monastiraki

National Archeological Museum



Acropolis and Parthenon

A Unesco World Heritage Site since 1987, the Acropolis is the first thing everyone visits after arriving in the city. On this fortress 156 meters above sea level you will find the Parthenon as well as other famous monuments (Propylaea, Erechtheion and the temple of Athena Nike). It is the largest architectural complex of ancient Greece, especially beautiful in the evening, when the Acropolis and the city all around are inflamed with the colors of the sunset.

The Acropolis is open every day 8:00 to 18:30 (a little longer in summer and on full moon nights). The museum closes 30 minutes earlier.

Ticket are 12 euros and grant access to the Agora, the Theater of Dionysus, the Ceramicus, the Roman Agora and the Temple of Zeus.

For more info: http://odysseus.culture.gr/h/3/eh351.jsp?obj_id=2384

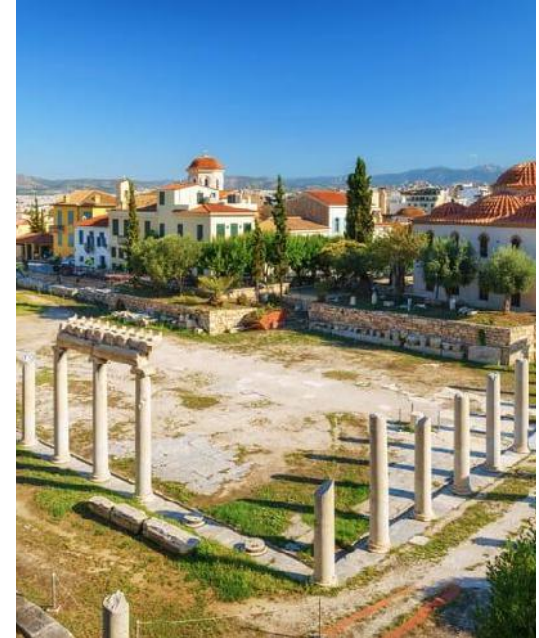


Agorà

At the foot of the Acropolis is the Agorà, which was the political, administrative and social heart of Athens throughout antiquity. For millennia this place has been the site of many important events (among other things the death sentence of Socrates).

The Agorà is open every day. From 08.00 to 18.00 during the winter period; from 08.00 to 19.00 in summer.

The tickets are 4€, although it is possible to visit the Agorà with a single cumulative ticket combined with the Acropolis.



The Plaka

The “tourist-intensive” Athens continues in the Plaka, one of the oldest and most characteristic neighborhoods of the city. Most of the streets are closed to traffic and it is here, not far from the Acropolis and Syntagma Square, that a large part of the Athenian nightlife is concentrated.

Bars, restaurants, taverns, souvenir shops where it is nice to spend pleasant hours of shopping, live music, good food and, of course, visiting some of the main monuments of the city.



Monastiraki

On the border with the Plaka is Monastiraki, a neighborhood famous for its flea market.

This is where the popular soul of Athens is found. In fact, the shops remain closed on Sundays for the benefit of street vendors displaying goods of all types and origins. It is not so much the commercial value of the goods, but the large popular participation that sees the peaceful coexistence of Greeks and immigrants.

In Monastiraki there are also the two cathedrals, one smaller (Mikri Metropoli) and one larger (Megali Metropoli – the actual Cathedral of Athens) as well as the Tzistarakis mosque, symbol of the centuries-old Ottoman domination in the city and throughout Greece.



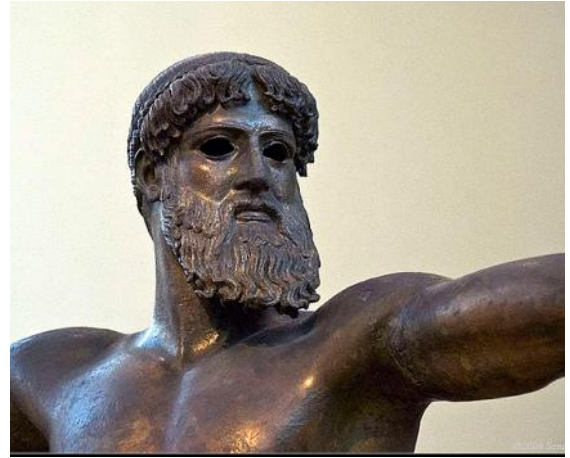
National Archeological Museum

The archaeological museum is another unmissable stop on a visit to Athens. It is the museum of all Greece, as well as one of the most important in the world.

Founded in the late 19th century, it houses a huge amount of sculptures, vases, statues and other artifacts ranging from the Mycenaean to the Roman period.

Among others, the funeral mask of Agamemnon, the bronze of Poseidon, the jockey of Artemision and the head of Zeus stand out.

The National Archaeological Museum of Athens is open daily from 08:00 to 20:00. Tickets are 10€ (5€ euro reduced).



SPECIAL EVENTS IN THE WEEKEND OF THE LEC

Athens and Epidaurus
festival

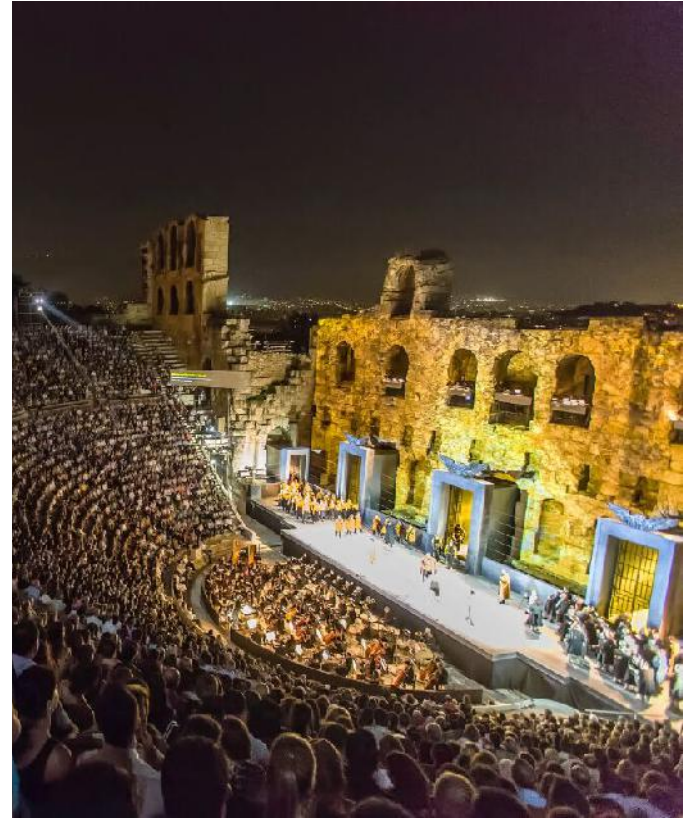


Athens and Epidaurus Festival

WHERE: - Odeon Herodes Atticus
- Ancient theatre of Epidaurus
WHEN: 1 June 2023 - 26 August 2023

The Athens and Epidaurus Festival is the city's annual arts festival and a highlight of the Greek summer calendar. With a legacy that spans more than sixty years, today it incorporates a full programme of music, theatre, dance and visual arts. Performances at the two ancient theatres of the Odeon Herodes Atticus and the Ancient Theatre of Epidaurus are highlights of the festival. Both are famous for their exemplary acoustics and many of the great works of classical playwrights, such as Sophocles, premiered at the Epidaurus Theatre in ancient times.

WEBSITE: <https://whyathens.com/events/athens-epidaurus-festival/>



WHAT NOT TO MISS IN THE CITY

Shopping in Athens

Food and Restaurants

Athens by Night



Shopping in Athens

ERMOU STREET

Below Syntagma Square, a delightful pedestrian street spreads, with a huge collection of shops selling all kinds of things. There, you will find -mainly- the biggest commercial chain stores, as well as cute little independent shops scattered in between.



MONASTIRAKI SQUARE

Walking a little further down, you can find the famous flea market of Monastiraki. It is a dreamland for travelers since it is full of tourist memorabilia and leather accessories that carry the Greek signature. Unlike most markets in Greece, it remains open on Sundays as well.



Shopping in Athens

NEIGHBOURHOOD OF KOLONAKI

If you like luxury items, then the district of Kolonaki and its famous Voukourestiou St., located in the center of Athens, will without a doubt meet and surpass your expectations with their out-of-this-world creations.



VINTAGE SHOPPING IN EXARCHEIA

If vintage shopping is your thing, look no further than the municipality of Exarcheia. In this artistic neighborhood, vintage and second-hand shops will make enthusiasts revel in the choices.



Shopping in Athens

AIOLOU AND St. MARKOU STREET

These streets have been favored by the locals for decades and the love is still strong, judging by the sheer number of people that visit them daily. From shoes, bags, clothes, and accessories to furniture and homeware, the streets of Aiolou and Agiou Markou won't disappoint you! Even if you don't find anything to buy, you can mingle with an enthusiastic crowd of locals, which will give you an insight into true Greek culture!

ATHENS MALLS

Another effective way to do your shopping without having to wander around the whole of Athens is to visit a mall. Shopping malls are in fact a relatively new discovery for Greeks as they came to be in Athens only a few years ago. The first and largest mall is The Mall Athens, located at Maroussi, with Athens Heart, Athens Metro Mall, and Attica following.



Food and Restaurants - Moussaka



One of the most popular traditional Greek dishes that is eaten and served all over Greece. This baked dish is made with sautéed aubergines, minced beef cooked with tomatoes, creamy bechamel sauce and topped with a fluffy layer of cheese.

Where **to** **find:**
Liondi Traditional Greek Restaurant, Makrygianni Street 21
<https://www.liondi.com/>

Food and Restaurants - Dolmades

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Wrapped in a grape leaf with a filling of minced meat and rice, these are usually eaten as a finger food, and every household has its own variation of it. Some may also include variations with thyme, pine nuts, fennel, or oregano.

And absolutely delicious dish and a must try.

Where to find:

Karamanlidika, Evripidou 52

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



Food and Restaurants - Choriatici (greek salad)



Salads are especially popular in Greece, with many locals eating a portion with every meal. One of the tastiest salads in Athens is the *choriatici*, which is made of tomatoes, cucumber, lettuce, onion and 3 of Greece's favourite ingredients: feta cheese, olives and a healthy dose of olive oil.

In Athens, you'll struggle to find a restaurant or café that *doesn't* serve various versions of the Greek salad.

Where

Ella

Greek

to

Cooking,

find:

26

Mitropoleos

<https://www.facebook.com/EllaGreekCooking/>

Food and Restaurants - Souvlaki

Souvlaki is just one of many delicious Greek spit-roasted and charcoal-grilled meat dishes. It's made with chunks of skewered pork served with pitta bread or gyros filled with onions and chopped tomatoes. In some taverns in Athens, you'll find the pork replaced with goat or lamb... or a combination.

As a fast-food favourite, souvlaki can be found at takeaways and classy diners alike in the Greek capital.

Where to find:

Street Souvlaki, Kolokotroni 30

<https://streetsouvlaki.gr/en/>



Food and Restaurants - Tzatziki and Taramasalata (sauces)



Tzatziki is an authentic Greek dish that is enjoyed with every meal, playing an important role in Greek cuisine as a beautiful & flavourful accompaniment serving as a sauce/dip for various Greek dishes. It's a very easy and simple dish to prepare, which includes yogurt, garlic and olive oil.



Another creamy, smooth and absolutely delicious dish is Taramasalata (or Taramosalata), made from fish roe, olive oil, lemon juice, grated onions and bread. It is often served as part of a meze platter for special occasions. Simply delicious!

Where to find:

Liondi Traditional Greek Restaurant, Makrygianni Street 21,

<https://www.liondi.com/>

Food and Restaurants - Baklava



Greek cuisine doesn't leave a sweet tooth wanting, and Baklava is a perfect example of a tasty sweet treat. A classic Baklava usually has a layering of honey, flaky filo pastry and ground nuts. Something you should definitely not miss out on, and learning how to make this is pretty interesting too.

Where to find:

Karakoy Gulluoglu, 10 Nikis

<https://www.karakoygulluoglu.com/>

Food and restaurants - Bougatsa

This is a sweet and creamy filo pastry custard pie, that also has its savoury version with minced meat or cheese.

This sweet version is usually topped with icing sugar and cinnamon, and is typically enjoyed as a breakfast dish along with coffee.

Where to **find:**

BOUGATSA SAVVAS, Tzortz 10

<https://www.facebook.com/savvasaniggos/>



Other Suggested Restaurants near the Venue

The venue is not very central, so it could be a little difficult to find restaurants nearby. However it is very close to the international airport (7 minutes by car). There you can surely find something to your liking.

Examples include:

- BURGER KING** (hamburgers)
- BISTROT ATTICA ATHENS** (bakery, fast meals as salads or sandwiches)
- MEOGHAIA** (more sophisticated meals)
- KARAVI** (with external terrace)
- IKEA** is also located at the far end of the airport.



Athens by Night - Open-air cinemas

Open-air cinemas are a treasured pastime in Athens, and you'll find them scattered throughout the city in the summer months. Most show 2 screenings per night, roughly around 9 pm and 11 pm, and of course you'll find a snack bar for refreshments.

There are so many choices of open-air cinemas, it's worth checking which suits you. There's the **Aigli Zappeiou**, the oldest Athenian open-air cinema, having shown blockbusters since 1903. Film buffs might want to check out **Cinema Dexameni**, which normally shows award-winning films from Greek and international festivals. There are some worth visiting just for the setting too, with cinemas like the rooftop **Cine Paris** or **Cine Thission** having the Acropolis as the backdrop.



Athens by Night - Areopagus hill viewpoint

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Areopagus Hill viewpoint is one of the best views you'll get of the Parthenon after dark. Although the temple site itself is closed at night, you can still admire the sights from the Areopagus Hill viewpoint at the west end of the complex.

The site is steeped in history, not only for the Acropolis, but also as the site where St. Paul gave his sermon when it was known as "Mars Rock". It's a worthy trip for everyone though, as the panoramic views from the top are incredible, especially when the city lights up at night. Make sure you wear decent footwear because it can be slippery climbing up.



Athens by Night - Learn the Syrtaki Dance

Learning the Syrtaki dance is one of the best things you can do after dinner in Athens. It's a dance that was made for the 1964 Greek film *Zorba the Greek*. It's great fun to learn. Anyone can learn it too, even if you're rhythmically challenged like some of us.

The Syrtaki dance is a sort of line dance, where you either stand together in a long line or circle of people, arms resting on each other's shoulders. Traditional string instruments start the music off slow, getting faster throughout the song while you dance in unison. It's a great one to learn early on in your trip as well, because you're bound to hear it in local taverns, where you can join in dancing with the locals.



Athens by Night - Blast Athens nightclub

Blast Athens nightclub is the place to go in Athens if you want to party after dinner. Located centrally, close to the Kerameikos subway station, it's one of the biggest parties in Athens, and certainly one of the best.

Blast has a range of different DJs each weekend, playing everything from the latest house and EDM tunes to modern hip-hop. Tickets sell fast and it's a great place to meet like-minded people. You can even book a pretty affordable VIP experience, where you reserve your own bottles of drink, too. Call ahead to make a booking if you want to guarantee the best seats on the first floor.

Where: Evmolpidon 11

Opening hours: Wed-Sat 11.30 pm to 6.30 am,
Sun and Tue from 11 pm to 6.30 am (closed on Mondays)

Tel.: +30 698 827 2205

