

Greece

**Welcoming weather, stunning beaches,
Mediterranean cuisine and diverse countryside.**

Greece is consistently beautiful, wherever you choose to visit. With its fascinating historical sites, busy cities, award-winning beaches, lush greenery and delectable cuisine, Greece is guaranteed to meet and exceed your expectations, and leave you with the warmest memories.

Health and Fitness Travel Insider

"Greece, a country of beautiful contradictions. Walk through the country's groves and archaeological sites, visit groups of islands, get to know the beaches, gorges and mountains, and enjoy nature's breath-taking scenery. The country's rich history, culture and coastline have made it one of my favourite destinations."

Paul Joseph, Founder

Passport

Before flying make sure to check that your passport has plenty of time before it expires. We always recommend flying with at least 6 months validity on your passport. For more information on the passport rules following Brexit, click here: <https://www.gov.uk/guidance/passport-rules-for-travel-to-europe-after-brexit>

Check to see if your passport is valid for European travel here: <https://www.gov.uk/check-a-passport-for-travel-to-europe>

Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Citizens of the UK and other EU countries can stay for up to 90 days without a Visa. Most destinations, including Greece, require that you have enough blank Visa pages in your passport, allowing for any necessary stamps upon arrival and departure. We advise leaving at least two pages free before any international travel.

In the event of Brexit, UK citizens will still be able to stay for up to 90 days without a visa. For more information regarding European travel, follow this link: <https://www.gov.uk/visit-europe-brexit>

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

Flights

Please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you.

From the UK: please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to Greece from the UK usually take around 4 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

From other countries: please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and

flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to stay healthy whilst travelling and on long haul flights.

Location

Time Difference: GMT + 2

Capital City: Athens

Currency: Euro

It might be useful to have a map of the city, or apps such as maps.me or google maps have download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

Airport

You will be flying into **Kalamata (KLX)** or **Athens (ATH)** Airport. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no.

Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

Health and Vaccinations

Immunisation requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/europe-russia/greece>

If you're visiting Greece you should get a free European Health Insurance Card (**EHIC**) before leaving the UK. The EHIC isn't a substitute for medical and travel insurance, but it entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as Greek nationals. The EHIC won't cover medical repatriation, ongoing medical treatment or non-urgent treatment, so you should make sure you have adequate travel insurance and accessible funds to cover the cost of any medical treatment and repatriation.

Language

The language spoken in Greece is Greek. It has a different alphabet so here are some useful phrases written in phonetics.

Basics	Food and Drink		
Hello	Yia sou	Could I have...?	Thelo ena...
How are you?	Ti kanis	Water	Nero
Fine	Ime kala	Tea	Tsai
Thank you	Efharisto	Coffee	Kafe
Yes	Ne	Beer	Beera
No	Ohi	Fresh juice	Phreskos khimos
What's your name?	Pos se lene?	Milk	Gala
My name is...	Me lene	Wine	Krasi
Sorry/excuse me	Signomi	Chicken	Kotopoulo
I can't speak Greek	Then milaw elinika	Pork	Hirino
Can you speak English?	Milas Anglika ?	Goat	Katsiki
Did you understand what I said?	Katalabes ti eipa?	Beef	Moushari
I don't understand	Den katalaveno	Olives	Eles
Where is the toilet?	Pou ine I twaleta?	Greek salad	Horiatiki
How much is it?	Poso kani?	Without sugar	Sketo
What's the time?	Ti ora ine ?	It's delicious	Ine nostimo
It's expensive	Ine akribho	I don't want	Then thelo...
See you later	Ta leme meta	The bill please	To logareeasmo parakalo
Goodbye	Kherete		

Numbers	Directions		
One	Ena	How do I get to...?	Post ha pao sto...?
Two	Thio	Where is...?	Poo eena?
Three	Tria	Left	Aristera
Four	Tesera	Right	Dexia
Five	Pente	Straight ahead	Afthia
Six	Exi	Near	Konta
Seven	Efta	Far	Makria
Eight	Ohto	Can you show me?	Mporeite ne moy deiksete?
Nine	Enaia		
Ten	Theka		
Twenty	Ikosi		
Thirty	Triada		
Forty	Sarada		
One Hundred	Ekaton		
One Thousand	Hilia		

Places

Airport	Aerodhromio	Market	Agora
Bus station	Stathmo lewforeiwn	Police Station	Astinomiko tmima

Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

Police: 100

Ambulance: 102

If you are unsure about anything, please don't hesitate to call us on **020 3397 8891**.