

Fieldtrip: Safety briefing

Clothes and other essentials

- ▶ Thessaloniki is colder than other parts of Greece: expect temperatures between 8C and 19C (46F and 67F).
- ▶ So make sure you have warm clothes, particularly for the evenings.
- ▶ We will be walking a lot: bring comfortable shoes. Don't bring just heels or sandals. Archaeological sites are rough terrains: bring walking shoes or boots.
- ▶ Bring a hat and sunscreen – the sun can be vicious in April.
- ▶ If you suffer from hayfever (even if only seldomly), bring antihistamines – you will need them.
- ▶ Remember to bring any medication you normally take. Bring enough for all days of the trip.

On the plane

- ▶ Remember there are security restrictions on airports. You can find out more here: <https://www.gatwickairport.com/at-the-airport/flying-out/security-advice/>

Please put your toiletries, aftershaves, perfumes and cosmetics in **1 plastic bag**



**100ml
and under**



Over 100ml
place in the bins provided



On the plane: Luggage

- ▶ We have a hold luggage allowance on the plane.
- ▶ Check out the rules here:
<http://www.easyjet.com/en/help/baggage/cabin-bag-and-hold-luggage>
- ▶ Remember that you will want a bit of space for souvenirs on the way back.
- ▶ 20kg ONLY for checked-in luggage.
- ▶ You need to be able to stow your hand-luggage on the overhead locker without help.

Electricity

- ▶ If you live in a country with 110V electricity, your electric accessories would not work in Greece where 220V (50Hz) electrical outlets are standard. You need to purchase an electrical adaptor to make sure all your equipment can be plugged into the Greek electrical outlets. An adapter (like the one pictured on the left) allows your plug to physically fit into the Greek power outlets.



Emergencies

- Emergency Number: 112



If you need directions or help,
ask a police-person but **be respectful**

Two types of police: Ordinary police



ALWAYS BE RESPECTFUL.

Older policemen and women might not have the best English.

You can ask them questions or for directions.

You can tell them you are lost, or that you need help.

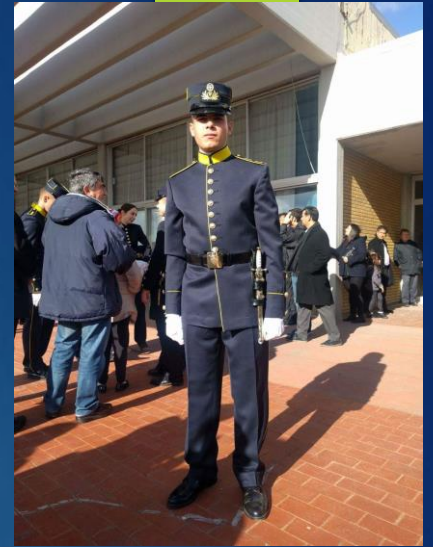
The other type: Riot and Crime



Do not go near this type of police.
If they stop you, do not run.
Do not try to ask them questions or for directions.
If you see them in large numbers, go into a shop or
cafe, and stay there.

Police and the Services

- ▶ Remember police will always be armed – do not be alarmed, it is simply common practice.
- ▶ Try to avoid anyone that has a machine gun, even if they are a policeman or policewoman.
- ▶ You will also see soldiers, navy and airforce personnel in uniform around Thessaloniki. Just ignore them – do not comment on their uniform (or their swords), that is impolite!



Security I

- ▶ Keep your belongings secure
- ▶ Don't keep bags, or handbags, where they can be snatched from the road.
- ▶ Small-time thievery and robbery is endemic in Greece.
- ▶ Don't flash jewellery, money or your passport.
- ▶ Use the safe in the hotel.



Security II

- ▶ Avoid going places alone, especially at night.
- ▶ Go with friends.
- ▶ Be responsible for each other - keep an eye out.
- ▶ Do not take small/unlit roads or shortcuts
- ▶ If you need to take a taxi, take one from a taxi rank.
- ▶ REMEMBER: A taxi driver won't approach you on his/her own.
- ▶ Taxis in Thessaloniki are blue with a white roof. Do not go into a car of any other colour. Do NOT go into a "black cab".



Money and crime

- ▶ If it appears that there is a protest going on, DO NOT GO NEAR IT.
- ▶ Be courteous and stay out of the way.
- ▶ Greece is still in financial crisis – you may see some pretty disturbing sights.
- ▶ DO NOT show money on the streets. Do not show your wallet. Keep some loose change and small notes in a pocket.
- ▶ DO NOT show your passport or credit cards.

If there is a protest

- ▶ If you are in the hotel – stay there!
- ▶ If you are out and about, do not get mixed into the protest. Go into a cafe or restaurant and stay there until the protest has passed.
- ▶ Do not go near the riot police that is shadowing the protest.



Beggars etc

- ▶ There are many beggars on the streets.
- ▶ Do not take out your wallet!
- ▶ Have some loose change in a pocket – remember you cannot help everyone.
- ▶ Avoid coming in physical contact with a beggar (even if it is a child) – beggars and pickpockets are often the same people!



Strays

- ▶ There will be stray animals everywhere.
- ▶ Be cautious – many of these have NEVER been vaccinated
- ▶ Avoid petting them, and remember to wash your hands if you do.
- ▶ Having a collar does not mean anything!
- ▶ Keep an eye on the ground – dogs will do what dogs do.



If a dog is
aggressive or looks
ill, DO NOT GO
NEAR IT

Earthquakes



- ▶ Earthquakes are relatively common in Greece. Most of them you will not feel, or you will observe people going about their daily lives without noticing the quaking.
- ▶ In case of an earthquake, DO NOT try to leave the building during the quake.
 - ▶ Drop down and find cover.
- ▶ After the quake stops, leave the building (using the stairs) immediately, and stay away from all buildings and walls.

Snakes

- ▶ Be careful of tall grasses on site. Avoid wading through tall grasses.
- ▶ Snakes are common in Greece.
- ▶ There are only a few poisonous types, but better safe than sorry.



Signs



Signs are always in Greek and English or transliteration
BUT not necessarily together

Archaeological sites are often signposted in brown



Kiosk: The all around shop



Prices indicated by law (euros)

Relevant to airports, and archaeological sites

- ▶ 500ml water bottle = 0.35
- ▶ Cheese and ham sandwich or toastie = 1.45
- ▶ Cheese sandwich or toastie = 1.25
- ▶ Small Greek coffee = 1.20
- ▶ Small filter coffee = 1.30
- ▶ Single espresso = 1.45
- ▶ Small frappe coffee = 1.30
- ▶ Small tea = 1.30

Careful about indicative prices

- Indicative prices (controlled by law) are only for standing customers.
- The indicative prices law can be circumvented with simple techniques: a double or big coffee is not covered by the price edict and thus can cost as much as the proprietor wants
- Always ask clearly for what you want, check the menu or the prices on the board.
- There is a customary service charge in all restaurants (**this is not the tip**). Usually it is the basket of bread and cutlery provided by the restaurant.

“FOR CUSTOMERS THAT ARE NOT SEATED, BOTTLED WATER, SANDWICHES, TOASTS, COFFEE AND TEA ARE AVAILABLE AT REGULATED PRICES”.

Take advantage of the city

- ▶ Remember places catering to tourists will be more expensive than those catering to locals.
- ▶ You don't have to eat/drink on the archaeological site – prepare in advance.
- ▶ Look for cafes, bakeries, and food places away from the site.
- ▶ Bakeries are great places – they are not just for bread. You will find sweets, biscuits, pies, lunch offerings, etc.



How do I know a shop is for tourists

- Stop and listen: If you are hearing English or other non-Greek speakers then this shop is for tourists.
- The frappe test: Greeks have a real fondness for coffee. They drink it throughout the day and evening, usually in groups at cafeterias. The most popular coffee (winter and summer) is the frappe



Food common in bakeries and snack food bars

- ▶ Sandwiches and toasties – you can make your own order.
- ▶ If you do not want butter, then you need to say that clearly.
- ▶ Pites = Greek pies. Or bougatsa in Thessaloniki

Food to try out



Gyros pita (pork)



Greek pies – usually vegetarian, but not vegan



Koulouri – on the street



Greek coffee – order “glyko” (super sweet) or “metrio” (sweet)

Types of pies



Spinach pie, normally with cheese (feta), but you can ask if they have a fasting version - SPANAKOPITA or BOUGATSA ME SPANAKI



Cheese pies of different types, normally with feta, but Occasionally with other cheeses.
TYROPITA or BOUGATSA ME TYRI



Greek cream pie – sweet with sugar and cinnamon.
BOUGATSA ME KREMA

Fast food



Gyros is the main fast food (and cheap) that you will find, particularly in the evening. You can have it either to take out or as a sit-down meal.

Pizza is popular and very common. There are pizzerias everywhere.



Goody's is a Greek fast-food chain. Try it - don't freak out if they give you a plate - there is no extra charge.

The dinner question

- There are restaurants and places to eat everywhere.
- Check the menu and prices before sitting down
- Always check if the place looks clean and well-appointed
- Make certain that you order exactly what you want according to the menu.
- If you are not certain, ask the waiter.
- If you cannot understand the answer, ask for clarification

Culture differences

- ▶ Greeks like to eat meat when they are out and about, so there will be many meat dishes
- ▶ Vegetarianism as a movement has not really hit Greece yet, but a whole lot of Greek cuisine is vegetarian.
- ▶ Salads are cheap, but they are a side-dish not a mains.
- ▶ When out Greeks often eat from many small dishes, rather than each one having a separate plate – think tapas. You should try this. Always worth ordering a side of fried potatoes.



Food to try out



Gigantes = giant beans in
Tomato sauce



Saganaki – fried cheese



Keftedes: Meatballs



Fried vegetables, can be
Aubergines, courgettes etc



Dolma = can be either with
Meat or veggie



Souvlaki – pork or lamb

More food to try out



Salted cod with garlic mash (mash is done with oil, not butter)



Kalamari – always go for fried!

A couple of tips

- ▶ Mainly you will find two types of foods:
 - ▶ Already made
 - ▶ On the hour (i.e. To be made now)
- ▶ Make sure that you are able to see any already made food
- ▶ Do NOT eat any shellfish.
- ▶ Always check out the prices on fish:
 - ▶ Cheap fish is salted cod, and
 - ▶ “little fish” like gauros.
 - ▶ Thessaloniki is known for its fish, but it can be expensive



Tourist vs. Real food

- ▶ Restaurants aimed at tourists will undoubtedly try to sell you moussaka, or expensive fish/calamari, etc.
- ▶ Moussaka is a great dish, but the tourist version leaves a lot to be desired.
- ▶ Avoid fish unless you know exactly how much it is going to cost (you might want to try gavro, fried whitebait, which is good and cheap).
- ▶ Remember that many Greeks are religious, which means that they follow specific fasting days. If you want VEGAN food, or you are vegetarian but can eat fish or seafood, then ask for what is fasting on the menu: NISTISIMO.

Smoking

- ▶ Many Greeks smoke and most cafes and restaurants will have outside spaces for people to sit, drink/eat and smoke.
- ▶ If you want a smoke-free environment sit inside (but check that there are no ashtrays on the tables and no people actually smoking!)

Drinking

- ▶ Avoid drinking to excess – it is considered very bad manners in Greece.
- ▶ Main Greek beers (and hence cheaper) are: Mythos, Alpha, Fix. Greece is a lager country.
- ▶ Try the house wines – they can be rather good (and generally cheap).
- ▶ Try an ouzo (with a meal is best, otherwise with a bit of food on the side). Remember to put ice, or cold water in, so that it looks cloudy.
- ▶ Careful of raki or tsipouro – try a little if you like hard alcohol, but not if you don't.



Water

- ▶ Tap water is safe to drink (even if it tastes a bit odd)
- ▶ Water is offered free of charge when you order a coffee in a sit-down cafe.
- ▶ Tap water should be free when ordered with food but you might also want to buy bottled water, which is not free.
- ▶ Sparkling water is not cheap – and you have to order it as anthracoucho nero or perrier.
- ▶ You should ALWAYS carry a bottle of water with you on site – it will be warm.

Remember

- ▶ If you want advice, then ask, including how to go places, where to eat, etc.
- ▶ For lunch/coffee during the day, you can always follow where we go.
- ▶ If at any time you feel uncomfortable or uncertain, do not be shy – speak out!