

# ACT

AMERICAN COLLEGE of THESSALONIKI

## Study Abroad Guide 2011-2012



## Dear Study Abroad Student,

The Office of Student Affairs and International Programs would like to welcome you to the American College of Thessaloniki and to Greece. Our office is dedicated to assisting students with questions about the college itself and providing advice and suggestions on how to deal with everyday concerns, questions, or challenges in your daily life here in Greece.

There are many services available to our students on and off campus. The working hours for various services such as the library, computer labs and athletic facilities are posted on the ACT website. A list of professors' office numbers and office hours are posted on student bulletin boards on campus. Professors can also be accessed in the Faculty Lounge located on the second floor of the new building.

Once you arrive on campus, you will become a part of the ACT campus community and we warmly invite you to participate in all events, activities and clubs organized by the Student Affairs and International Programs Office. You will receive a semester activities calendar prior to your arrival to ACT and during orientation will be introduced to the variety of activities that you can take part in. We look forward to welcoming you here in person!

**Please feel free to contact us:**

### **ACT Office in Boston, USA**

**EMILY STAVROU**  
**Administrative and Enrollment Officer**

130 Bowdoin St.,  
Suit #1201  
Boston, MA 02108, US  
Phone: 617-830-5075,  
877-524-7301 (toll free)  
Email: [ESTavrou@anatolia-act.org](mailto:ESTavrou@anatolia-act.org)

### **International Programs Office in Thessaloniki, Greece**

**EFI ANTONAKOPOULOU**

Study Abroad Coordinator  
American College of Thessaloniki,  
Box 21021, Sevenidi #17,  
Anatolia College  
Pylea 55510, Greece  
Phone: +30 2310 398 205  
Email: [antonefi@act.edu](mailto:antonefi@act.edu)



### **Facts about the American College**

ACT is the division of undergraduate and graduate studies of Anatolia College, a historical institution which, in one form or another, has been serving students in this region since 1840 and, in Thessaloniki, since 1924. ACT offers American undergraduate and graduate education and is one of only three NEASC-accredited educational institutions in southeastern Europe, and the only institution in Greece with both full time American accreditation and EU degree validation. A 44-acre green campus houses Anatolia's many schools and 3.000 faculty, staff and students. ACT, a unique institution with students from Greece, the United States, neighbouring countries in Southeast Europe, Cyprus and 20 countries in all, has proven to be a platform of entry into the business and professional ranks across the region. Its diverse student body of approximately 400 students adds to the 70.000 students attending various universities in Greece's second largest city. Thessaloniki, a warm, safe and accessible city, historically a busy port, has an esplanade open to the Aegean Sea and a breathtaking view of Mount Olympus.



**Our best wishes for a productive and rewarding time at ACT!**

**Please read the following instructions CAREFULLY**

**Students must make it their personal responsibility to follow the instructions below and to travel to Greece with all the required documents.**

**GREEK STUDENT VISAS**

As a US national, intending to study in Greece for less than 90 days, which applies to all summer program students and under certain circumstances to fall semester students at ACT, you do not need a student visa.

As a US national intending to study in Greece for more than 90days, which applies to all U.S. students enrolled in the spring semester, and some of the students enrolled in the fall semester, you **MUST** obtain a **Student Visa** prior to your arrival in Greece and obtain a **residence Permit** upon arrival to Greece.

Obtaining a **Schengen Multi Entry Student Visa** will allow you to stay in the Schengen region for a total of 90 days within a period of 6 months. You can leave and return to the Schengen any number of times within the 180 day period but the combined stay in the Schengen region cannot exceed 90 days.

You file for a Residence Permit once you get to Greece and in order to do that you must have already acquired, prior to leaving the US, a valid Student Visa. **You cannot apply for a Residence Permit if you do not already have a Student Visa!** The Residence Permit will allow you to stay in the Schengen region for up to a year.

Ms. Laura Strieth will guide you through the process of filing for a Residence Permit during the Study Abroad Orientation. You are also welcome to make enquires about the Student Visa and Residence Permit process by emailing Ms. Strieth at [Istrieth@act.edu](mailto:Istrieth@act.edu)

**GUIDELINES FOR OBTAINING A STUDENT VISA**

- 1) Ensure that you have a valid passport that will not expire before the completion of the study abroad program. Check that you have signed your passport. If you do not have a passport you must choose **EXPEDITED** processing in order to issue one on time.
- 2) A pivotal aspect of your student visa application is getting an official criminal history report.

**ATTENTION: The procedure for acquiring this is lengthy.** You must request the official criminal history report through the FBI; the document is officially called '**FBI Identification Record**'. In order to accelerate the process follow the guidelines in the box below:

- Visit <http://www.fbi.gov/hq/cjisd/fprequest.htm> and follow the instructions for acquiring an FBI Identification Record.
- Download and print a fingerprint form from the FBI website and call your campus or local police department to get more information on having your fingerprints taken.
- Fill out the online FBI cover letter found on the FBI website and make sure you specify where you want the report sent to (either your home address or your school address). Make sure you state that you need the report two weeks from the date you submit the request.
- Print and sign the request and prepare a packet including:
  - ⇒ FBI cover letter
  - ⇒ Fingerprints
  - ⇒ A Money Order or Credit Card Form (NO PERSONAL Checks or Cash are accepted).
  - ⇒ A prepaid, overnight (courier) envelope addressed to yourself (to ensure that you will receive the report on time)
  - ⇒ Insert the above items in an envelope and mark the envelope "URGENT" – FBI Identification Record must be received by \_\_\_\_\_ (date)" (state the same date that you stated in the FBI cover letter, 2 weeks from the date you submit the request)
  - ⇒ Send the request by overnight courier (UPS, FedEx or DHL) with a tracking number.
  - ⇒ A couple of days later, follow-up with the FBI by email ([do@leo.gov](mailto:do@leo.gov)) or by telephone, (304) 625-5590, to confirm that they have received your request.
  - ⇒ If you do not receive your report on the date you requested, contact the FBI to check if there are any problems in processing your paperwork.



## GUIDELINES FOR OBTAINING A STUDENT VISA CONTINUED

3) Four to six weeks after you have been notified of your acceptance to ACT you will receive an official letter of acceptance in Greek from ACT. This letter will be sent to the study abroad office at your home school (or to your permanent address if you do not attend an ACT partner school). You will need to submit this letter to the Greek Consulate in order to acquire your Student Visa.

2) Locate the Greek Consulate that is nearest to you. Students with a U.S passport can visit [www.greekembassy.org](http://www.greekembassy.org) to find a list of consulate offices and their contact details. Students with passports from other countries can visit <http://www.mfa.gr/www.mfa.gr/en-US/Services/Inventory+of+Services/Greek+Missions+Abroad/GREEK+MISSIONS+ABROAD.htm> to find contact details for the Greek Embassy or Consulate in your country.

3) Call the Greek Consulate nearest you and ask them what the Student Visa application fee is (as this varies from one consulate to another) and all the documents



### Checklist of documents you need to present at the Greek consulate:

- ⇒ The official letter of acceptance in Greek from ACT
- ⇒ Your passport
- ⇒ The Visa Application Form (available to download on the Greek Embassy website, <http://www.greekembassy.org/embassy/content/en/Article.aspx?office=11&folder=79&article=20630>)
- ⇒ Your FBI Identification Report
- ⇒ A copy of the medical evaluation you had completed for your application to ACT
- ⇒ Three passport photos with your full name printed on the back of each photo
- ⇒ Cash or a money order to pay the visa fee
- ⇒ A statement from your home college stating that your academic and financial standing are appropriate for studying abroad.
- ⇒ A proof that your parents have sufficient funds to support your study abroad. You can present your parent's tax return, credit card or bank statements, or a certified letter from your parents bank stating that they have sufficient funds.
- ⇒ Your flight information to and from Greece
- ⇒ A copy of your Driver's License if you have one
- ⇒ A copy of your student ID.
- ⇒ A proof that you have health insurance
- ⇒ If you wish to have your passport sent back to you rather than picking it up in person you must provide a prepaid, self addressed, courier envelope

## RESIDENCE PERMIT INSTRUCTIONS

**If you plan to stay in the Shengen region** longer than 90 days, you **MUST** file for a **Residence Permit** once you are in Greece.

The residence permit is valid for one year. *Residence Permit* processing fees are approximately \$381.50 (that is, €272.50 at current exchange rate €1= \$1.4). Please note that this fee is not included in other ACT fees and covers the following costs:

- ⇒ €150 for tax fee paid to the municipality of Pylea
- ⇒ €100.50 for basic insurance for the purposes of a residence permit
- ⇒ €10 for passport photos
- ⇒ €12 for hospital fee

You must come to Greece prepared to spend this amount in order to complete your residence permit application.

It is your responsibility to ensure that you have your **student visa** before travelling to Greece and to plan accordingly in order to obtain the necessary documents once in Greece.

**NOTE:** Only the Student visa and the passport photos can be obtained in the U.S, all other required documents/items which follow must be obtained once in Greece.

### Checklist of documents you will need for your residence permit:

- ⇒ Current U.S. Passport with Student Visa
- ⇒ passport-size photographs
- ⇒ Proof of Finances: The Greek government will only accept an original letter from a bank in Greece indicating that you maintain a minimum monthly balance of €500. To help you meet this requirement, you will be asked to sign a formal declaration following your arrival at ACT (we will provide you with this form upon arrival) which confirms that the amount of €500 will be deposited into your bank account monthly. Please note that you are not required to deposit this amount in your account monthly. Once you obtain an original letter indicating that you have an account in your name with a balance of €500, you may liquidate your account.
- ⇒ Proof of Medical Insurance: original, official letter of insurance coverage confirmation (on insurance company letterhead) from a Greek insurance provider. Upon your arrival we will assist you in locating an insurance provider that offers minimum coverage required for residence permit purposes at a cost of about €100). This letter must include student name and specific coverage dates.
- ⇒ Proof of enrolment (which we will provide you with upon arrival)
- ⇒ €150 Residence Permit Fees. (Be prepared to have these funds available to cover your application costs).

For clarification you may email Ms. Laura Strieth at: [lstrieth@act.edu](mailto:lstrieth@act.edu)

## GETTING TO THESSALONIKI

Getting to Thessaloniki from the US or your transit point in Europe is possible by plane, ferryboat, train, bus and by car. Several international carriers directly serve Thessaloniki's international airport (Macedonia Airport) such as Lufthansa, Alitalia, British Air, Austrian Air as well as certain allied airlines. In addition, numerous flights connect daily to Thessaloniki through Athens.

The Thessaloniki Train Station serves as a major point of departure and arrival for trains from many countries in the Balkans with connections to other European countries including



Turkey. Please check with your travel agent or with internet sources for schedules, costs, and for booking plane and train connections to Thessaloniki.

## ARRIVING IN THESSALONIKI

As soon as you have your finalized flight information (date, time, airline, flight #), you **MUST** e-mail Efi Antonakopoulou antonefi@act.edu, ACT Study Abroad Coordinator. One of us will meet you at the airport and help you into a taxi (you need to have 25 euro in hand to pay for the taxi fair). Another staff member will meet you at your housing, provide you with a arrival pack and show you around your housing and neighborhood.

Failure to inform us in advance of your arrival date and time may result in your having to find transportation and your accommodation on your own.

Arrivals should not occur prior to three days before Orientation begins, since housing will not be available.

Before your arrival we suggest you bring some European currency in hand (i.e 50 euros) for initial expenses such as phone calls.

After you clear customs and pick up your luggage, you will exit into a general arrival area where you will be met by a staff member of the International Programs Office at ACT. In case your luggage has been lost you **MUST** report it before exiting the baggage reclaim area. You will be asked to provide a contact address and phone number.

**The contact address** you should provide is:

YOUR NAME  
c/o Efi Antonakopoulou  
Study Abroad Coordinator  
American College of Thessaloniki  
Box 21021, Sevenidi #17,  
Anatolia College  
Pylea 55510, Greece

**Contact phone number:**  
6945.102.318, 6936.000.358

If for some reason you can't locate the ACT representative upon arrival, please contact ACT's Office of International Programs at 2310-398-205 or contact Efi Antonakopoulou at 6945.102.318.

To purchase a phone card you will have to locate a Travel Shop on the upper floor of the airport. The card will cost around 5 euros.

## ACT STUDY ABROAD ORIENTATION

**Orientation:** We require that all Study Abroad students fully participate in Study Abroad Orientation. An Orientation and Semester Field Trip Schedule will be provided in your



## Useful emails and phone numbers at ACT

### AIRPORTS

"Macedonia" Thessaloniki Airport  
<http://www.thessalonikiairport.gr/>  
Phone: +30 2310 985 000  
"Venizelos" Athens Airport  
[www.aia.gr](http://www.aia.gr)  
Phone: (+30) 210-3530000 (call center)

### TRAIN AND METRO STATIONS

"Thessaloniki OSE Train Depot" (for trains entering and leaving the city)  
Phone: +30 2310 517 517 (no website for the Thess/niki train station)  
[www.ose.gr](http://www.ose.gr)

"Larissis" OSE Train Depot in Athens (for trains heading to and from Thessaloniki)  
Athens main train information:  
Phone: +30 210 529 7777

"Athens Metro"  
Phone: +30 210 6792 399  
<http://www.ametro.gr/page/default.asp?la=2&id=4>

### BUS STATIONS

"Central Bus Station" in Thessaloniki  
Phone: +30 2310 500 111  
<http://www.ktel-thes.gr/>

"Central Bus Station" in Athens  
Phone: +30 210 512 4910-1

"Chalkidiki" Bus Station  
Phone: +30 2310 924 445  
<http://www.halkidikinet.gr/>

### IN THESSALONIKI AT ACT Study Abroad Coordinator

Ms. Efi Antonakopoulou  
Office: 2310- 398.205  
Email: [antonefi@act.edu](mailto:antonefi@act.edu)

### Student Services Coordinator

Ms. Laura Strieth  
Office: 2310- 398.242  
Email: [lstrieth@act.edu](mailto:lstrieth@act.edu)

### Coordinator of Athletics and Student Activities

Mr. Stepan Partemian  
[stepan@act.edu](mailto:stepan@act.edu)



## LIFE IN THESSALONIKI

### TRANSPORTATION

#### To and from Campus:

ACT provides free weekday pick-up and drop-off school bus service (during fall and spring semesters) and a pick-up service during the summer semester that connects student housing facilities downtown and ACT campus. Times that buses run will be announced to you during Orientation. You also have the option to take a public bus to get to campus. A 20 to 40 minute ride, depending on the traffic, on the #58 Panorama Bus. You can buy tickets on the bus (for 0.80 euro), or you can buy multiple tickets at the kiosks (or periptera) all over the city (for 0.90 euro). The periptera are little stand-alone kiosks that sell candy, cigarettes, newspapers, phone cards and bus tickets.

Taxi service in Greece is relatively inexpensive (8-10 euro from downtown to campus). Up to four students can share this one-way fare.

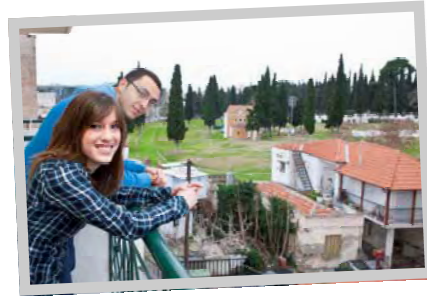
#### Taxi Phone Numbers:

-Thessaloniki - 2310.551-525  
 -Macedonia - 2310.550-500 / 501  
 -Megas Alexandros - 2310.866-866  
 -Lefkos Pyrgos - 2310.214-900  
 -Omega - 2310.546-522



## STUDENT HOUSING

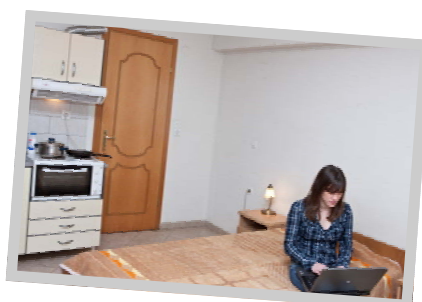
Study Abroad students are housed together in off-campus co-educational dormitories accessible by bus. Recipients of the Greek Heritage scholarships are housed on-campus.



Housing applications must be filled out by all Study Abroad students expressing their preferences and returned to the Admissions Office. Room Assignments are made on a first come first serve basis. **While ACT does not guarantee that it can honor each student request and preference, we do guarantee that we will provide you with housing.** Early applicants have housing assignment advantage.

The \$300.00 housing deposit, which you will need to wire to reserve a room, will be returned to you at the end of the semester. Provided you leave your room in the condition you found it in upon check-in and you do not owe the college any outstanding fees, the only amount that will be deducted from this deposit will be a **cleaning fee of 35euro**. Please remember that **Housing checkout is three days following the conclusion of final exams.**

Each room has its own bathroom and kitchen facilities. **Be sure to bring linens (for a twin bed), pillow cases and towels.** Pillows and blankets are provided. Basic kitchen utensils (plates, cups, pans) may be brought from home or purchased here.



Laundry facilities are located in the basement of each apartment building. **If you plan to bring appliances from home, you must purchase an adapter and voltage converter (many come as one unit) for European countries (220 volts; two thin round prongs).** Do not try to use an adapter alone. This may damage your appliances and short out the electricity. (Please note: hairdryers are sold in Greece for as little as 10 euros.)

#### Housing for Family and Friends:

Having your family and friends visit can certainly enrich your study abroad experience. Doing a Google search on hotels in Thessaloniki is probably your best bet to locating a place for them to stay. Please feel free to contact us if you would like us to recommend specific hotels.

#### Housing Policies:

- ⇒ **Any illegal drug use is cause for immediate dismissal from student housing**
- ⇒ **Quiet hours in Greece, by law are from 11.30pm-7am and from 3pm- 5pm. Violation of the quiet hours will result in disciplinary action.**
- ⇒ **Alcohol is only allowed within the confines of your own studio apartment and is strictly prohibited in common areas (ie hallway, entrance ways, outside the building etc)**
- ⇒ **Prompt payment of housing costs is required and the college reserves the right to dismiss students from their housing if their financial obligations are not met.**

## RECEIVING MAIL

All mail/packages should be addressed to YOUR

NAME

followed by:

C/O Ms. Efi

Antonakopoulou

Anatolia College/ACT

P.O. Box 21021—Sevenidi #17

Pylea 555 10



## BANKING

**Bank Accounts** can be opened once you arrive in Greece by going to any bank with your passport and local address. However, you can also use your existing U.S. bank account and access money by using an ATM.

An American bank with branches in Thessaloniki is Citibank. A downtown branch in Thessaloniki can be located at #21 Tsimiski Street (for those living in Panepistimiou and Kalis Elpidos Housing Apartments) or at #103 Olgas Street (for those living in Alexandrias Housing Apartments).

**Please note that your PIN must be four-digits long.** Be sure to check with your home bank on how much international ATM fees will cost you before you arrive, especially if you are likely to make frequent withdrawals. ATMs are available at the airport, all over Thessaloniki, and on campus on the main floor of Macedonia Hall. Credit cards are useful for renting cars, purchasing air tickets etc. Saint Lukas hospital, used at times by ACT study abroad students, will accept VISA cards only.

**Be sure to inform your credit card company before you leave the U.S. that you will be making transactions from Greece for the next few months so they do not question your account activity and consequently freeze your account.** Bringing the international help service telephone numbers for your bank and credit card company will certainly be helpful if you should run into any difficulties.

**Travellers' checks are not readily accepted in Greece, and often require being cashed only at selected banks. In addition, Greece is largely a cash economy, so don't plan on using your credit or debit card for day-to-day purchases or to pay for ACT trips and activities; more likely you will use your credit card for larger purchases like airplane tickets or to withdraw cash from and ATM.**



## TELEPHONES

**Phone cards:** It is most economical for friends and families to call you; you are not charged for incoming calls on your Greek cell phone. You can also use card phones which are located near your housing. Phone cards can be purchased at the kiosks (don't expect MCI or Sprint cards to work here). Phone cards cost between 5-10 euros (we like Face, Ya, Smile, My Europe) and they allow you ample calling time at low rates.

**Cell Phones:** Because most US cell phones do not work in Europe, you may want to plan on buying an inexpensive phone in Greece (about \$50) and then purchasing phone cards (10-20 euros at a time) so that you "pay as you go" and you aren't surprised by high mobile phone bills. With this arrangement most students text message friends within Greece and use their mobile for emergencies and to receive calls from home

**Package Fees:** The study abroad coordinator will notify you if you have a package to be picked up. A minimal surcharge of 3 euros is added to any package you receive from non-Schengen countries through regular mail. If your package contains taxable items, that fee might be larger. **Refrain from having things sent to you from the US unless you really need them. Even used electronics and similar devices will also get taxed and the customs fee can sometimes outweigh the cost of the product.**

**We advise that you avoid using FedEx, DHL, UPS or other courier companies unless it is to send documents. Customs is much stricter on courier packages and you will be incurred high custom taxes.**

## WHAT CLOTHES TO BRING

The weather in Thessaloniki varies depending on the season: winters are usually mild-cold and summers are hot. The usual rules about packing apply here: dress in layers, bring comfortable shoes because you will be doing a lot of walking (hiking shoes if you want to climb Olympus). Dress is pretty casual but you'll want clothes for Thessaloniki's active nightlife; bring a warm jacket or waterproof coat is preferable since

it can tend to rain. When the weather warms up, you'll want to have light-weight and lightcoloured clothing. Check [www.accuweather.com](http://www.accuweather.com)

[www.accuweather.com](http://www.accuweather.com)

and type in Thessaloniki, Greece (or Salonica) to see how temperatures run (you can click on metric and get the Fahrenheit temperatures).



## HEALTH SERVICES

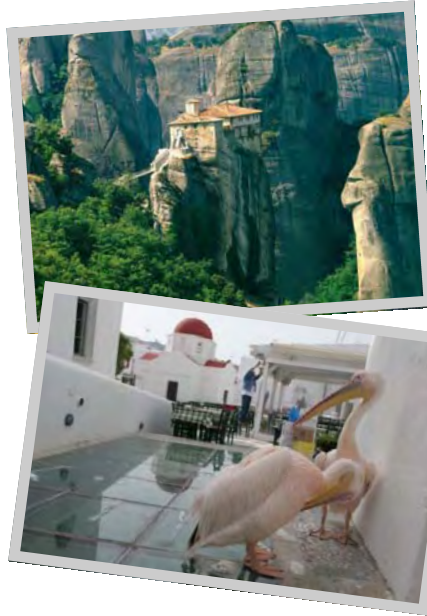
It can be quite distressing being sick away from home; so make sure to eat well, get enough sleep, dress appropriately, do not drink more alcohol than you can handle and follow general rules of safety.

Inform the Study Abroad Coordinator, prior to your arrival in Greece, about any special medical supervising you might need. If you will need a fresh supply of medicines while in Thessaloniki make sure that you can buy what you need locally before running out.

There is a Doctor's office on campus and you can get medical advice from the campus doctor for free. Appointments are scheduled by emailing Dr. Ioannou [kation@act.edu](mailto:kation@act.edu), or by calling: 6976-695.588.

An ACT accident policy covers all students, staff and faculty while on campus. St. Lukas Hospital, a private general clinic, is less than a 10 minute drive from campus. The staff and higher administration at St. Lukas are aware of ACT's study abroad programs and work with the International Programs Office staff in taking care of students that on occasion might need hospitalised treatment. Note that St. Lukas Hospital accepts Visa cards only.

Enrolled students at ACT are eligible to utilize the ACT Counseling Office. The counseling psychologist (Dr. Tairi [ttairi@act.edu](mailto:ttairi@act.edu)) may offer brief individual counseling sessions. Students who require further therapy will be referred to an appropriate professional.



## SHOPPING

Part of living in Thessaloniki will involve dealing with everyday challenges, such as grocery shopping, buying utensils for your apartment or finding a drycleaners. Thessaloniki is a cosmopolitan city, but it's also a city of neighborhoods. In addition, large malls and superstores are becoming a part of the city (Mediterranean Cosmos, IKEA, Carrefour, LIDL, Macro are all a short cab right away from campus and will meet most of your shopping needs). In the center of town the old Agora features cheap clothing markets, a farmers market and a fish and meat market which if nothing else are very picturesque and quaint.

### Shopping Hours:

Most supermarket are open from 8am until 8-9pm on Monday-Friday and 8am-6pm on Saturday's. On Sunday's all shops are closed. Shops other than supermarkets are usually open from 9am-2.30pm but reopen from 5.30-8.30pm on Tuesdays, Thursdays and Fridays. Neighborhood shops are often open later in the evenings and occasionally on Sundays.

### Open Air Farmer's Markets:

You will want to find out when farmer's markets are held in your neighborhood with the freshest fruit and vegetables at low prices. Great groceries at bargain deals can be found at your neighborhood market and in other open markets around the city.

## HAIRDRESSERS

Thessaloniki has a great variety of hairdressing salons around the city. Below are some hairdressing shops in the downtown area. It is best to book an appointment in advance by calling.

Ariane Coiffure – Tsimiski 61, Tel: 2310 284 805; 2310 284 806  
Daveti Professional – Tsimiski 52, Tel: 2310 269 406  
Despoina Coiffures – Agias Sofias 46, Tel: 2310 244 385  
Zaphira Hair Studios – Tsimiski 45, Tel: 2310 226 084  
Lefa Hair Ideas – Tsimiski 43, Tel: 2310 260 974

## CITY SPAS

Some hotels in Thessaloniki offer spa services:

Egnatia Hotel 16 Antigonodon str  
Hyatt Regency Thessaloniki Hotel 13 km Thessaloniki-Perea  
Thessaloniki Electra Palace 9, Aristotelous Square

## INTERNET

Most of the campus at ACT has free wireless access. The library also has many computer available for student use. Wireless access is also provided for students using their own laptops.

All student residencies downtown have internet access. These are ADSL lines and require that the students bring or purchase an Ethernet cable (RJ-45) to connect their computers.

While this service is free for the students living in ACT housing, one must have realistic expectations. At peak times it can be rather slow and 'down time' is not uncommon. It is fine for surfing the internet and emailing but downloading movies and music is often not possible and is discouraged as it uses an extraordinary amount of bandwidth, which clogs up the system even more.

One can use VOIP programs such as Skype but with varying degrees of success. Students should not expect this to be their only or primary means of communication with the outside world.

## SPORTING FACILITIES AROUND THESSALONIKI

ACT offers a variety of sport and exercise facilities (clubs, varsities, intramural, tournaments, competitions, tennis courts, 240m track and an indoor gym, all FREE OF CHARGE). For those interested in more options, downtown Thessaloniki has many fitness centers with regular fitness training as well as aerobics classes, yoga, pilates etc. There are also many martial arts studios, dance studios, etc.

Additionally, the YMCA center offers basketball, soccer and tennis courts, pool and many other facilities.

### Suggested fitness centers:

Gymnasium –43 Tsimiski str.

Stilianidis—18 Navarinou Square, tel: 2310 223 262

GYM Underground—117 Agiou Dimitriou str, tel: 2310 245 207

Life– 34 Komnion str, tel: 2310 331 30

### SWIMMING

National Swimming Pool Thessaloniki 2310 203 126 (200m from Panepistimiou)

YMCA 2310 274 410

Posidonio Athletic Centre 2310 427 414 (500m from Alexandrias)

### Tennis:

Tennis Club Thessaloniki 16 Kiprou str 2310 411 569

YMCA 2310 274 410

Posidonio Athletic Centre 2310 427 414

### Horse Riding:

Horse Riding Club Thessaloniki, Panorama 2310 270 676

Dedas Riding Centre 2310 311013 (500m from ACT)

Ippotis, Georgiki Sholi, 2310 473 537

## AMUSEMENT AND THEME PARKS

### Paintball:

On 29 hectares of forest area of Retziki, Thessaloniki, one of the biggest and most amusing paintball fields in Greece is situated. You can gather a group from 8 to 40 people, wear some old clothes, make an appointment and have fun! You can make reservations for mornings (09.30-13.00), noon (12.30-16.00) and afternoons (15.30-19.00) at 6976-511-396 or by e-mail to [teo@paintland.gr](mailto:teo@paintland.gr). The field is close to De la Salle College in Retziki. You can find photos, directions and other details on the following site: [www.painland.gr](http://www.painland.gr)

**Magic Park** houses a log flume, waltzes, bumper cars and roller coasters. It is located opposite the Diavaikaniko Centre approximately 12 km (7m) from the airport. It is opened from 10.00 AM. until 02.00 PM daily. Tel: 2310 476 771, [www.magicpark.gr](http://www.magicpark.gr)

**Waterland** offers 150 acres of water pools and gardens. It is situated a few kilometers from the airport in Tagarades. There is ample parking space or a free shuttle service that goes from Aristotle Square. Waterland has wave pools and water slides, while a DJ tower makes a good landmark for the park's centre. There are also basketball, tennis and volleyball courts. Waterland works daily from May - September 10.00 AM until 6.00 PM. Ticket is approximately 12.50 euros. Tel.23920 72025; [www.waterland.gr](http://www.waterland.gr)



## CULTURAL SITES OF THESSALONIKI

Contact Information	Entrance Fee	Working Hours
<b>Archeological Museum of Thessaloniki</b> Displays ancient, classical and Roman sculptures; impressive pieces from Vergina: M. Andronikou #6, H.A.N.TH. Square Tel: 2310-830-538	<b>6 euros</b> (general admission) <b>3 euros</b> (non-EU citizens)	MON: 10.30-17.00 TUE-FRI: 8.30-17.00 SAT-SUN: 8.30-15.00
<b>White Tower</b> the architectural symbol of Thessaloniki, on the east side of the waterfront	<b>Free</b>	<b>Nov 1-Mar 31:</b> MON: 10.30- 17.00, TUE-SUN: 8.30-15.00 <b>Apr 1-Oct 31:</b> MON: 12.30-19.00
<b>Museum of Byzantine Culture</b> -displays icons and religious artifacts 2 Stratou Avenue Tel: 2310 306400	<b>4 euros-</b> regular <b>2 euros-</b> reduced (non- EU students)	MON: 10.30-17.00
<b>Macedonian Museum of Contemporary Art</b> -displays modern art exhibits  Helexpo Grounds Egnatia 154 Tel: +30 2310 240002	<b>4 euros</b> (general admission) <b>2 euros</b> (students)	<b>SEP 5- MAY 15</b> MON: Closed TUE, THU, SAT: 10.00-18.00 WED: 11.00-22.00 FRI: 10.00-19.00 SUN: 11.00-15.00 <b>MAY 16- SEP 14</b> MON: Closed TUE-SAT: 10.00-14.00 & 18.00-21.00 SUN: 11.00-15.00
<b>Museum of Jewish presence</b> -Until WWII, Sephardic Jews accounted for over 50% of the city's population. The museum displays important information on the Jewish presence in Thessaloniki	<b>Free</b>	MON & SAT: closed TUE, FRI, SUN: 11.00-14.00 WED & THU: 11.00-14.00; 17.00-20.00
<b>Museum of Macedonian Struggle</b> objects from 1903-1908 combats against Ottoman Empire and Bulgarians Proxenou Koromila Street 23, Tel: +30 2310 229 778	<b>Free</b>	MON- closed TUE, THU & FRI: 09.00-14.00 WED: 18.00-20.00
<b>Museum of Ancient Greek &amp; Byzantine Instruments</b> -displays on development of Greek and Byzantine music  Katouni 12-14	<b>6.5 euros</b>	MON: closed
<b>Technical Museum of Thessaloniki</b> -displays exhibits related to scientific and technological achievements 2nd Road, Building 47, Industrial Zone of Thessaloniki, Sindos Tel: +30 2310 796 816	<b>3 euros</b>	MON-FRI: 09.00-16.00 SAT: closed

### CULTURAL SITES OF THESSALONIKI

Contact Information	Entrance Fee	Working Hours
<b>Eptapirgio (Fortress)</b> -a Byzantine fortress, great view of the city Ano Poli (Old City) Tel: 2310 204 734 Bus Route: 22	Free	MON-closed TUE-SUN: 08.30-15.00
<b>Moni Lazariston</b> -an NGO in Stavroupoli, offering various festivals during the summer  Kolokotroni 21 Tel: +30 2310 650 999	1.5 euros	SAT & SUN: 10.00-22.00

### ARCHAEOLOGICAL SITES IN MACEDONIA

<b>Vergina</b> -home of the family tombs of Alexander the Great  Tel: +30 23310 923 47	Free	Apr 1- Oct 31  MON-SUN: 08.00-19.30
<b>Pella Archaeological Museum</b>  Pella, Greece -family palace of Alexander the Great; capital of the Macedonian Kingdom  Tel: +30 23820 311 60	3 euros	MON: closed TUE-SUN: 11.00-14.00
<b>Dion</b>  Dion, Greece -sacred city of the Macedonians, remains of temples and theatres Tel: +30 23510 532 06	4.6 euros	Call ahead
<b>Olynthos</b>  Myriophyto, Greece -ruins of an ancient Macedonian city Tel: 23730 910 00	1.5 euros	Call ahead



## BYZANTINE CHURCHES IN THESSALONIKI

Contact Information	Entrance Fee	Working Hours
<b>Crypt of Saint Dimitrios</b> -dedicated to St. Dimitrios, the patron-saint of the city  Agiou Dimitriou Street Tel: +30 2310 270 008	Free	Call ahead
<b>Agia Sofia</b> -dedicated to the Wisdom of God, one of the nicest churches in Thessaloniki  Agias Sofias Street Tel: +30 2310 272 820	Free	Call ahead
<b>Osios David</b> Old City Tel: +30 2310 221 506	Free	Call ahead
<b>Agios Nikolaos</b> Orphanos Old City Tel: +30 2310 214 497	Free	Call ahead
<b>Vlatadon Monastery</b> Old City Tel: +30 2310 209 913	Free	Walk-in, within reasonable hours
<b>Rotonda (Agios Georgios)</b> Tel: +30 2310 213 627	Free	Call ahead
<b>St. Panteleimon</b> Tel: 2310 737 403	Free	Call ahead
<b>St. Apostoli</b> Tel: 2310 537 448	Free	Call ahead
<b>Taksiarxes</b> Tel: 2310 209 546	Free	Call ahead
<b>St. Ekaterini</b> Tel: 2310 225 580	Free	Call ahead
<b>Metamorfosi Sotiros</b> Tel: 2310 828 989	Free	Call ahead
<b>Profitis Elias</b> Tel: 2310 235 398	Free	Call ahead

