

How to Travel Responsibly in Greece: Tips for Our Guests

1. Respect Social & Cultural Norms

- **Dress appropriately:** Cover shoulders and knees when visiting religious sites.
- **Smoking:** Refrain from smoking in archaeological areas & enclosed public or sacred places.
- **Listening to music:** Use headphones; avoid playing music loud in public.
- **Religious site etiquette:** Speak quietly, remove hats, and avoid disruptive behavior.
- **Photography:**
 - Always ask permission before photographing people, especially children.
 - Some religious and cultural sites prohibit photography—please observe posted signs.
- **General tips:**
 - Greet locals with a warm “Kalimera” (good morning).
 - Keep your voice and behavior modest in quiet or sacred areas.

2. Support the Local Economy

- **Eat local:** We dine at family-run tavernas and cafés—please follow suit!
- **Shop local:** Purchase groceries, crafts, and essentials from neighborhood markets and independent stores.
- **Insider picks:** Ask your guide for local favourites—those spots matter to us.

3. Souvenir with Purpose

- **Locally made only:** Choose Greek-made crafts—pottery, textiles, honey, olive oil.
- **Know what's off-limits:** Avoid buying shells, historical artefacts, or endangered species products.
- We can share a downloadable list of items to avoid—just ask!

4. Conduct in Natural & Protected Areas

- Respect all posted rules in conservation zones.
- Stick to marked trails—help protect fragile ecosystems.
- Never feed or disturb wildlife.
- Do *not* collect plants or wildlife—especially endangered species.
- **Leave no trace:** Carry out all waste, including biodegradable items.

5. Choose Low-Emission Transport

- Use Athens' reliable **public transport** (tram, metro, buses).
- Consider **bike rentals**—we're happy to share cycling routes.
- For taxis or car hires, choose **electric or hybrid vehicles** whenever possible. Be aware that electric vehicles are best used in cities – the Greek countryside still lacks adequate charging stations.

6. Minimise Waste

- Bring a **reusable water bottle**, coffee cup and shopping tote.
- Follow local recycling practices—ask your guide for details by area.

7. Stay Hydrated Safely

- Athens' **tap water is safe** to drink.
- We can refill reusable bottles often during tours—just ask your guide!

8. Be Aware of Health & Safety

- Stay alert in busy tourist zones—**pickpocketing can happen**.
- **Emergency numbers:** 112 is Greece's general emergency hotline.
- For medical care:
 - **Pharmacies** (“φαρμακείο”) are common in cities—ask your guide for the nearest one.
 - Public hospitals and private clinics are also accessible—we'll direct you if needed.

9. Be Mindful of What You Take Home

- Ancient artifacts, byzantine icons or religious relics, antiquities without a permit from the Greek Ministry of Culture, fossils and geologically significant stones
- Paintings, sculptures or other artworks older than 50 years that may require export permits, counterfeit goods or replicas of antiquities without declaring them manuscripts, rare books or historical documents
- Protected plant species, endangered animal products under CITES regulations
- Prescription drugs without documentation, narcotics or psychotropic substances
- Firearms and ammunition, explosives, fireworks and flares, military equipment or related materials
- Cash amounts over €10,000, which must be declared at customs, and valuable items such as gold, silver or jewelry that may be subject to restrictions if undeclared or improperly documented

When in doubt, check with the Greek customs office or your embassy/consulate.

Taking prohibited items out of Greece can result in confiscation, fines or legal action

Why It Matters

Travelling responsibly:

- Protects Greek culture, heritage and environment.
- Benefits local communities by supporting small businesses.
- Ensures a smoother, more authentic travel experience.

Thank you for travelling with respect and care. Together, we can make a positive impact—one tour at a time!