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## 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!
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#### 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:

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- **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.

### 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!**