

## PRACTICAL INFORMATION

Dear participants of the Summer School on **Education for Sustainable Development in Protected Areas and Biosphere Reserves, Amfissa /Delphi -Greece, 6 July 2014 – 19 July 2014.**

**We look forward to your contribution to the course.**

We hope that the following information will be useful and cover the most of your questions.

---

### **1. TRANSPORTATION FROM EL. VENIZELOS AIRPORT TO AMFISSA'S ENVIRONMENTAL EDUCATION CENTRE (Amfissa's EEC)**

---

- For those arriving at the airport on Saturday 6<sup>th</sup> of July a bus will departure at **15.00** from the airport to Amfissa's EEC.
  
- For those arriving at the Athens airport at a different day and traveling to Amfissa by their own you have the opportunity to your wish how to move, by bus, taxi, metro or train to Long-distance buses (KTEL) Station for Amfissa.

---

#### **BY BUS**

---

There is a bus X93 connecting the Airport (door 5) with the bus terminal at Kiffissou Street and the Liossion Street terminal. The interval is generally 35 minutes (65 at night). Terminal B is actually on Ag Dimitriou Aplon Street which runs parallel to Liossion Street. To get to the terminal itself after you get off the bus, turn right onto Yousiou and you will see the terminal at the end of the street. In other words, ask for LIOSSION BUS STATION (Sthatos Leoforion KTEL Liossion in Greek)

Get your tickets: Bus tickets are available from the bus drivers, from the ticket kiosk at the bus departure area and from all the metro stations around Athens.

Links:

- Athens Transport Information: <http://www.athenstransport.com/english/>
- KTEL Fokidas- Long distance - Urban Transport: [http://www.ktel-fokidas.gr/?module=google\\_maps&lang=en](http://www.ktel-fokidas.gr/?module=google_maps&lang=en)
- Athens Long Distance Bus Schedules: Terminal B: <http://www.athensguide.com/practicalinfo/busschedulesB.htm>
- The time table and bus stops for the bus X93: <http://www.oasa.gr/xmap.php?id=px93&lang=en>

---

#### **BY METRO**

---

Terminal B (Liossion Street). To get to TERMINAL B you catch RED METRO LINE from Akropolis, Syntagma or Omonia to ATTIKI and from ATTIKI you catch the bus and you get off at bus stop.

---

#### **BY TAXI**

---

A taxi from the airport to the **Athens** city centre to the Terminal B costs a flat rate of €35 from 5:00 a.m. to midnight, and €50 from midnight to 5:00 a.m. No extra cost for luggage or extra for the airport. Four (4) people can use the same taxi with this closed price (35 either 50).

---

#### **FROM** Liossion Bus Station to Amfissa City

---

Travelling from the centre of Athens out to Amfissa is a pretty spectacular journey as you get out of Athens and up into the mountains and is broken for a break at bus stop area about halfway where you can stretch your legs and grab a quick snack.

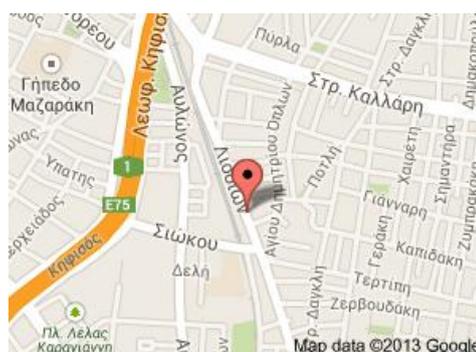
Agency ATHINA	Agency AMFISSA
Liossion 260, 104 45 Athina	K. Karamanli 25, 331 00 Amfissa
Tel. (+30) 210 831 7096 - mob. (+30) 6936 648 239	Tel. (+30) 22650 28226 - mob. (+30) 6936 648 234
Email: <a href="mailto:info@ktel-fokidas.gr">info@ktel-fokidas.gr</a>	



### Long-distance buses (KTEL)

**KTEL buses** are privately owned bus networks based in every prefecture/island of Greece and often are the most affordable and convenient means of transport, though the quality of service can vary. Detailed information on routes, timetables, ticket fares and practical information can be found at [livinggreece.gr](http://livinggreece.gr).

From KTEL Fokidas catch the bus to Amfissa. This schedule was posted on May 1 2014.



From Athens to Amfissa	07:30	10:30	15.00	17.30	20.00 (Friday and Sunday only)	
From Amfissa to Athens	05:30 (exc. Sun)	07:40 (Sun. only)	10:30	13.00 (Friday and Sunday only)	15.30	18:15
Fares 0/w	17,20 €					
Duration of the trip	3 hrs 30'					

[http://www.ktel-fokidas.gr/?module=default&pages\\_id=23&lang=en](http://www.ktel-fokidas.gr/?module=default&pages_id=23&lang=en)

---

#### FROM Bus Station on Amfissa City to the Amfissas Environmental Education Centre

When you arrive at Amfissa you will call us at the Amfissa's CEE (+30 22650 79180) and we will come to pick you up from the station.

---

## 2. AMFISSA'S ENVIRONMENTAL EDUCATION CENTRE (Amfissa's EEC)

---

The summer school will be hosted at [Amfissa's EEC](#) on the city of Amfissa nearby Delphi.

The hostel is located near by the historic centre of Amfissa, very close to the centre. Amfissa's EEC hostel rooms, meeting place and workshop/laboratories (where the course meeting will be hosted) are in the same building.

---

## 3. ACCOMMODATION

---

**Trainers:** You will stay at single rooms (breakfast included) at Amfissaeum Hotel <http://www.amfissahotel.gr/cgi-bin/pages/index.pl?arlang=English>

**Trainees outside the IP:** You will stay at shared rooms (breakfast included) at Amfissaeum Hotel.

**Trainees-post graduated students:** You will stay at the dormitories of CEE Amfissa (breakfast included) ([http://www.kpeamfissas.edu.gr/images/stories/panoramix/k\\_orofos.swf](http://www.kpeamfissas.edu.gr/images/stories/panoramix/k_orofos.swf))

---

## 4. WEATHER

---

The Weather in the period 6 July -19 July could be more or less 26° C (<http://www.greeka.com/greece-weather.htm>)

---

## 5. THINGS TO BRING WITH YOU

---

- For the days of field activities at Parnassos Mountain, you should have **walking shoes** (hiking boots are preferred), **long trousers**, **rain coat**, **2 trekking poles (ideal to have)**, **thermos flask**, **a knapsack and mosquito-repellent spray**. Since there are a lot of insects, in case someone is allergic at their beetle mark he should have with him the necessary medical treatment.
  - For the days at the beach, you should have **beach towels** (The towels of hotel and Amfissa's CEE are not allowed to be used for the beach), **sunscreen**, **sun hut**, **flip flops and sun glasses**. **Do not forget your swimsuit**.
  - There is no need to bring towels, blankets and sheets. These are offered by hotel and Amfissa's CEE. Things of personal hygiene such as shampoos, toothpastes, etc. are not offered, you have to bring them with you. Slippers and pajamas -especially for those going to share rooms- will be useful. You might need a long sleeve cotton shirt or fleece jacket for the evenings.
  - If someone follows a medical treatment, do not forget to bring with you your medicine (medicines are different from country to country). **You should inform us for any health special condition** such as allergies at specific foods, plants, enzyme G6 deficiency, asthma, kinetic difficulties, etc.
  - Musical instruments are welcome.
- 

## 6. USEFUL LINKS

---

- Amfissa Archaeological Museum: [http://odysseus.culture.gr/h/1/eh151.jsp?obj\\_id=3417](http://odysseus.culture.gr/h/1/eh151.jsp?obj_id=3417)
  - Nautical Museum of Galaxidi: [http://odysseus.culture.gr/h/1/eh151.jsp?obj\\_id=3351](http://odysseus.culture.gr/h/1/eh151.jsp?obj_id=3351)
  - Archaeological site of Delphi: [http://odysseus.culture.gr/h/3/eh351.jsp?obj\\_id=2507](http://odysseus.culture.gr/h/3/eh351.jsp?obj_id=2507)
  - Delphi Archaeological Museum: [http://odysseus.culture.gr/h/1/eh151.jsp?obj\\_id=3404](http://odysseus.culture.gr/h/1/eh151.jsp?obj_id=3404)
  - The European Cultural Centre of Delphi (ECCD): <http://www.eccd.gr/intro.jsp>
  - UNESCO: <http://whc.unesco.org/>
- 

## 7. TIME AT ATHENS' CITY

---

Since some of you are going to spend few days at Athens' city, the follow information is going to be useful:

- **From Eleftherios Athens Airport: 24-hour express buses:** All buses leave passengers at the Departures Level and depart from the Arrivals Level, between Exits 4 and 5. There are four routes:
  - X93 : Kifissos KTEL (long-distance buses) Station – Airport
  - X95 : Syntagma – Airport
  - X96 : Port of Piraeus – Airport

- X97 : Dafni Metro Station – Airport

One-way travel time estimates: X93 (65 min), X95 (70 min), X96 (90 min), X97 (70 min).

Allow sufficient time to travel as traffic conditions may cause delays. See also: Athens airport and public buses map. For ticket info see Athens Transport tickets and cards.

Links with information for museums and sightseeing:

- [http://www.greece-athens.com/place.php?place\\_id=89](http://www.greece-athens.com/place.php?place_id=89)
- <http://www.theacropolismuseum.gr/en>
- <http://www.athens-museums.com/>