

IAESTE INCOMING GUIDE TO

THESSALONIKI



IAESTE
THESSALONIKI

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WELCOME NOTE

Dear IAESTE trainee,

Congratulations for your upcoming internship in Greece! We are very happy that you chose our country for such a significant moment in your career.

This guide contains useful information regarding your arrival and stay in Greece, so make sure to look at it. We tried to provide as much information as possible regarding daily life and procedures, but also things to do, places to visit and many more!

Do not hesitate to contact us if you have any questions, recommendations, or suggestions.

We would be more than happy to help!

The final countdown for that unforgettable experience has started!

Can't wait to meet you in person!

CONTACTS

In Greece, apart from the National Committee in Athens,
there are three Local Committees:

Thessaloniki

Kozani and

Xanthi.



BASIC INFORMATION ABOUT GREECE

Greece is considered the birthplace of democracy, philosophy, the Olympic Games, theatre, drama and comedy.

**CHECK THIS
OUT!**

Greece has coasts in the eastern region of the Mediterranean Sea. On the east side is the Aegean, on the west side the Ionian and on the south side the Libyan Sea.

A FLASHBACK IN THESSALONIKI'S HISTORY

Each major period in history has left its mark on Thessaloniki's evolution throughout the ages. Below you can see when famous monuments of the city were built.

◆ ROMAN PERIOD

168BC-390AC



BYZANTINE ERA

390-1423 AC



OTOMAN PERIOD

1430-1912 AC



20th and 21st CENTURY



A FEW WORDS TO GET YOU STARTED

The official language of Greece is of course the Greek language. You will be able to communicate with others in English but here are some phrases just in case!

Goodmorning

Kaliméra

Thank you

Efcharistò

How are you?

Ti kànis

You're welcome

Parakalò

My name is ...

Me lène....

I would like...

Tha ithela...

WHAT TO BRING WITH YOU

SUMMER

So, if you are visiting during summer, you should expect high temperatures with a peak during July (aver. 36°C). On average, the warmest months are June, July and August. You should be very careful of the sun, during these months especially, if you spend time outdoors or plan to visit the beach. Wearing sunscreen and sun-glasses is highly recommended.

AUTUMN

During autumn temperatures are usually mild but there is high humidity and frequent rains. So definitely bring your umbrella especially during November, which is considered the rainiest month. Sometimes rain can be unpredictable so a waterproof coat is advised.

WHAT TO BRING WITH YOU

WINTER

The coldest month is January with an average maximum temperature of 9°C. If you're visiting during winter, you should definitely pack some warm clothes.

SPRING

During spring, temperatures are mild to warm. In case you have any allergies that require a specific type of medication you may bring it with you; otherwise, conventional antihistamines can be bought from a drugstore without prescription and at a low price.

DON'T FORGET- UPON YOUR ARRIVAL

- Passport (with Visa if necessary)
- Documents provided by IAESTE (acceptance documents)
- Passport -size photos
- Student ID
- Adapter for electrical equipment (types C and F are used in Greece)
- Some money for your first needs
- Towels and personal hygiene products
- Anything that makes you comfortable during your stay

You will arrive in Thessaloniki Airport
“Macedonia” !

from the airport to the city

There are 3 options:

by bus,

by taxi or

an IAESTE volunteer will come and pick
you up!

The trip by bus takes ~45 minutes and costs
EUR 2. Getting to the city center by taxi will
take 25 minutes, and you will have to pay
about EUR 24 for such a trip.

The Thessaloniki Airport public bus runs from the airport to the city center 24/7.

This bus goes through city center and stops at the city railway station (called as “Neos Sidirodromikos Stathmos”) and bus station (called as “KTEL”). You can also take a taxi at any time. You can take the bus 1X (during the daytime) and 1N (during the night). The journey takes around 40-50 minutes.



Some additional information:

Line 1X departs once or twice per hour during the day.

An other option is the bus line 79, which goes directly from the airport to A.S. IKEA with departures from 6:05 am to 10:30 pm.

You can find the schedule for line 01X [HERE.](#)

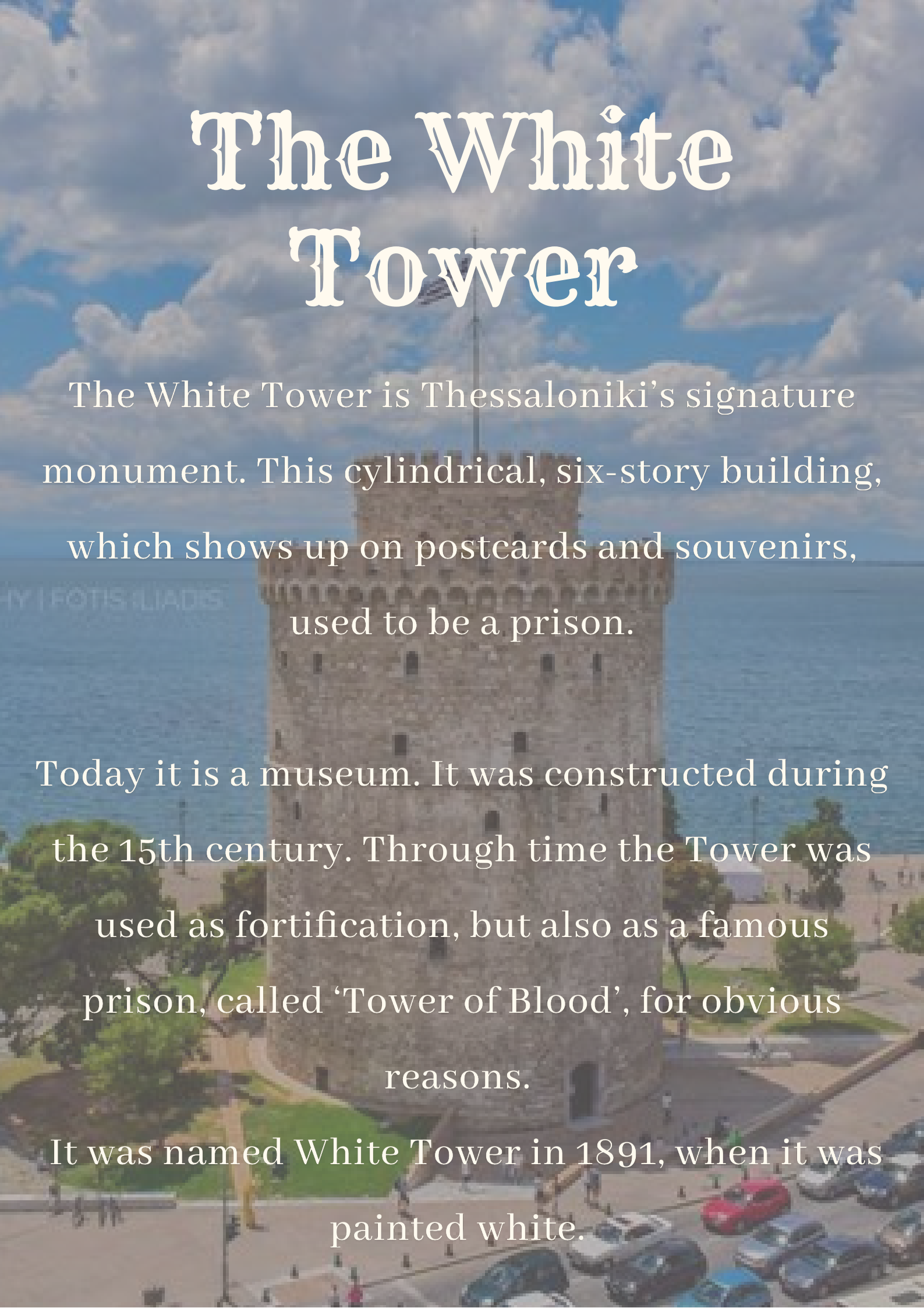


SOME BASICS ABOUT THE CITY

Thessaloniki is located in Central Macedonia and is Greece's second largest city. The whole city is included on the UNESCO World Heritage List.

Let's take a closer look!

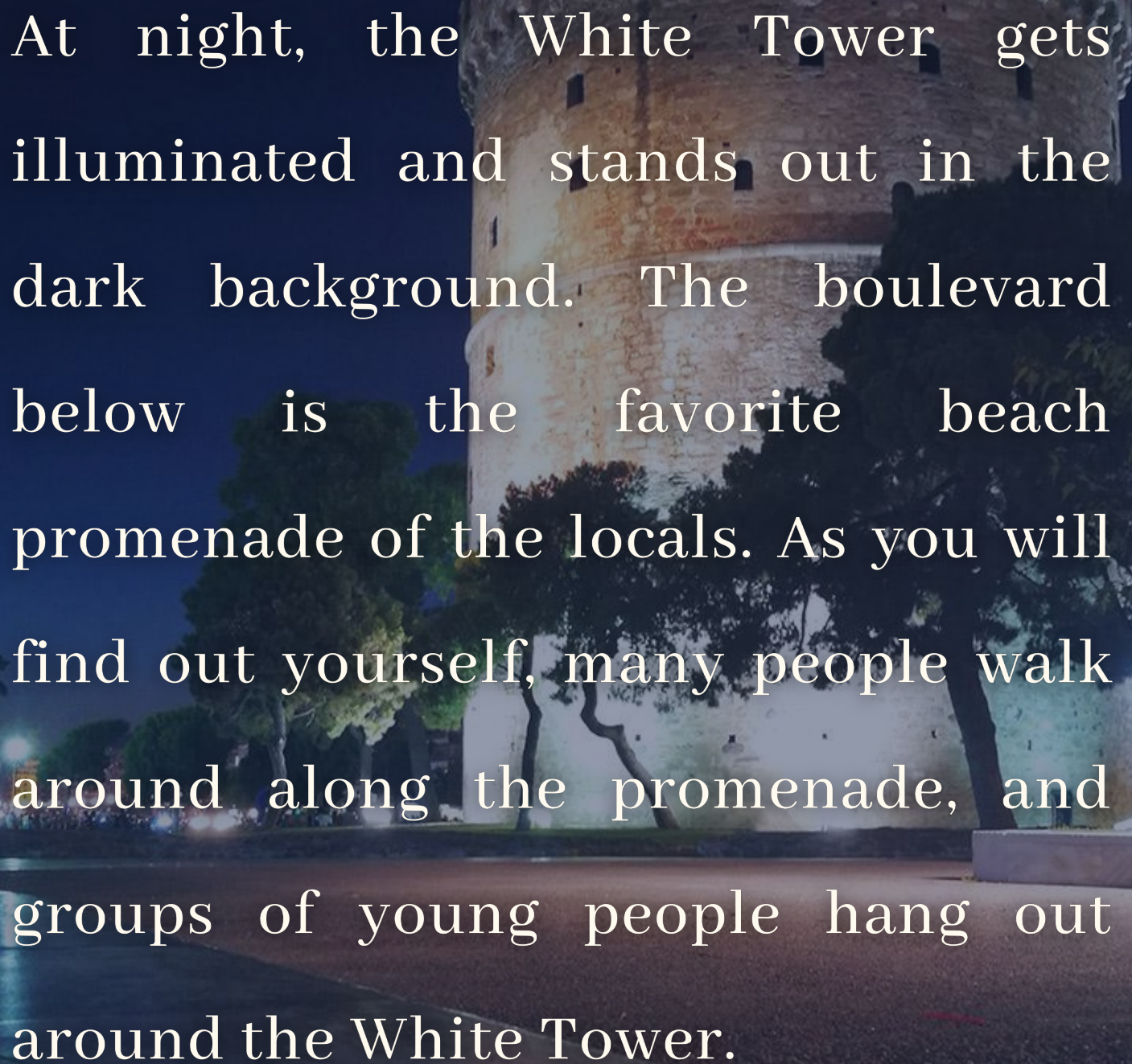
The White Tower



The White Tower is Thessaloniki's signature monument. This cylindrical, six-story building, which shows up on postcards and souvenirs, used to be a prison.

Today it is a museum. It was constructed during the 15th century. Through time the Tower was used as fortification, but also as a famous prison, called 'Tower of Blood', for obvious reasons.

It was named White Tower in 1891, when it was painted white.

A photograph of the White Tower of Genoa at night. The tower is a large, cylindrical stone structure with a crenellated top, illuminated from below, making it stand out against the dark night sky. In the foreground, there is a dark, paved promenade and some trees. The text is overlaid on the image in a white, serif font.

At night, the White Tower gets illuminated and stands out in the dark background. The boulevard below is the favorite beach promenade of the locals. As you will find out yourself, many people walk around along the promenade, and groups of young people hang out around the White Tower.

Aristotelous Square

Almost all of Thessaloniki's public celebrations (Christmas and New Year), as well as cultural and political events and rallies are held on Aristotelous Square. On the northeast side, the Olympion Theatre Cinema hosts the Thessaloniki International Film Festival every November.

From Aristotelous Square, you can start your walking tour by the sea, until you reach the Concert Hall. During this tour, you will come across some very important sights of the city, like the White Tower, the Umbrellas by Zongolopoulos, Alexander the Great's Statue, some very beautiful gardens and small parks.

Ladadika

After a brief walk from Aristotelous Square, behind the old ferry port, is the historic district of Ladadika, with colorfully painted houses, shops and streets with restaurant tables.

One of the best destinations for a night out!

Ladadika used to be a chaotic merchant district, settled by the city's Sephardim Jews. The name "Ladadika" comes from the shops that used to sell olive oil and olive oil products.

Nowadays, Ladadika, as well as "Valaoritou " street which is nearby, is the center of the city's nightlife, with plenty of pubs, clubs, "ou zeri" (taverns) and Greek restaurants.

Ano Poli

Ano Poli is one of the few areas of Thessaloniki that was not destroyed by the Great Fire of 1917. It is located north of Agios Dimitrios street. The residencies of the area with their narrow streets are authentic samples of the Macedonian and the Balkan architectural tradition. Plus, if you make it to the Castle's walls, you will be rewarded with a fascinating panoramic view of the entire city.

Galerius Arch – known as “Kamara”

The Arch of Galerius (or Kamara) in Thessaloniki is located in Egnatia. It is certainly among the most distinctive monuments of Thessaloniki. The Roman Emperor Galerius ordered its construction to celebrate his victory over the Sassanid Persians.

This monument today stands very close to Aristotle Square and it's a very common meeting point for the locals or students, living in different areas of the city.

WORK LIFE

Working conditions

Working conditions in the private sector tend to be more challenging and more demanding than the working conditions in the public sector-with some exceptions of course.

The majority of IAESTE's incoming interns are occupied in the private sector and in research programs of the public sector where a dynamic personality is usually required to overcome various challenges and problems that sometimes occur.



WORK LIFE



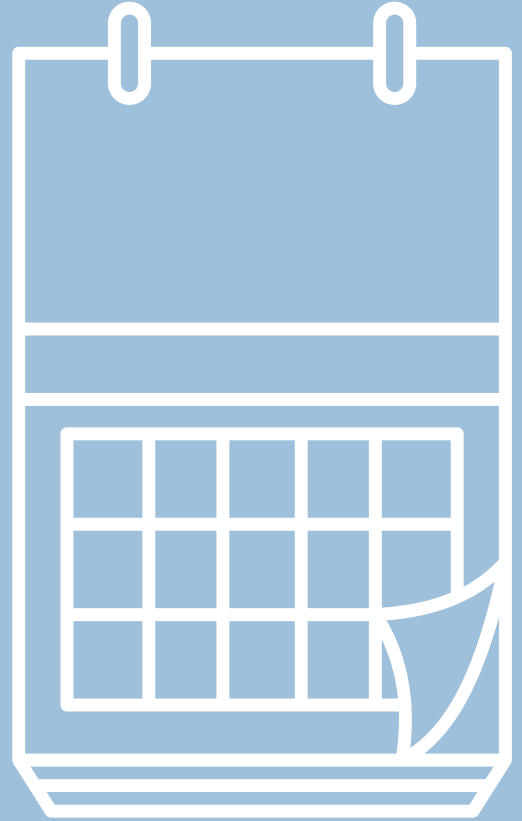
Dress code

The dress code in your working environment is generally casual and sometimes a bit formal depending of course on the company's preferences.

WORK LIFE

Timetable

The length of a typical working week in Greece is 8 hours a day, 5 days a week starting each day between 8 am and 9 am. In most cases, Saturday and Sunday are free for the employee to rest, travel or do whatever he/she pleases.



However, in a few cases the employer may request that the employees work part time during Saturdays.

In addition, there are a lot of traditional holidays throughout the year that are celebrated nationally. Also, many municipalities have a Saint which they celebrate on a specific day with a holiday for the city. These days are typically rest days for the employees.

WORK LIFE

Problems at work

In the very unlikely event that the intern faces problems in his work environment or with his employer, communicating them with your supervisor or, at last, with our local committee will most likely resolve any inconveniences.



Calling in sick

It is normal for you to call in sick once or twice during your internship and usually this doesn't cause any problems as most of the employers are very understanding towards issues that involve your health.

LIVING IN THESSALONIKI

The mood & the vibe of the city

Even from the very first moments in Thessaloniki you will understand that it is a city full of life that will offer you many experiences and will make your internship an unforgettable part of your life.

People living in Greece and especially in Thessaloniki have a relaxed and easygoing lifestyle. Most Greeks are usually extroverted and communicative.

However, when it comes to crossing the road, you have to be very careful and don't even think about crossing if there is no green light for the pedestrians.



SAFETY

Thessaloniki is generally a safe city. However, as in every big city, there are some regions that are not so safe, especially at night.

These regions are Antigonidon, Kolomvou, Rotonta, the Upper part of the Aristotelous Square, the Train Station, the Bus Station and the university campus.

Of course, you have nothing to be afraid of if there is a party and there are people walking around the area.

Moreover, when you enter a bus you have to be careful of your belongings and check regularly for them.



MOBILE PHONE NETWORK

If international roaming doesn't work when you arrive in Thessaloniki, you will have to find a phone company and get a new Greek mobile phone number.

The most known mobile phone companies that have the best student offers are Cosmote, Wind and Vodafone.



SUPER MARKETS

There are plenty of supermarkets in Greece.

There are also some mini markets from which you can buy whatever you need, but they usually have higher prices.

Super Markets are open from 8:00 AM until 9:00 PM on weekdays and on Saturdays from 8:00 AM to 9:00 PM. On Sundays they are usually closed with some exceptions, especially on the Christmas and Orthodox Easter periods.



SHOPPING

On weekdays, local shops are usually open from 9:30 AM to 2:00 PM and especially on Tuesday, Wednesday and Friday are also open from 5:30 PM to 9:00PM. On Saturday's shops are open from 10:00 AM until 4:00 PM.

On Sunday's, shops are closed, but sometimes there are some exceptions, especially on the Christmas and Orthodox Easter period.



TRAVELING SPOTS NEAR THESSALONIKI



LAKE KERKINI

In the north-west part of Serres Prefecture, just 40 Km from the town of Serres and about 100 Km from Thessaloniki, we can see one of the most beautiful places in Greece, Lake Kerkini. Its unique wetland has been declared as National Park according to Ramsar Convention and it is one out of ten wetlands of International Importance of Greece.

More info [here](#).



Loutra Pozar

Loutraki of Aridaia (Loutra Pozar) is a picturesque village of Pella prefecture which is famous for the Hot Springs (Pozar Hot Springs) thermal baths.

In order to visit the thermal baths of Pozar from Thessaloniki, you have to take the bus to the nearby town of Aridaia and from there the local bus to the Loutra.

More info [here](#).



Naoussa

The town of Naoussa, built on the foothill of Mount Vermion, surrounded by villages on the mountain and the plain, welcomes you any time of the year in a land rich in natural beauty and culture with pure environment, fresh air and crystal clear waters. With its many wine producers and wine varieties, Naoussa constitutes a must – see destination for wine lovers.

More info [here](#).



Chalkidiki

Chalkidiki is one of the most famous travel destinations in Northern Greece. It is a place full of rare natural beauty and a magical coastline which hugs the crystal clear beaches of Kassandra and Sithonia with the blue-green waters and golden sand.

More info [here](#)



Kavala

Kavala is a city in northern Greece situated on the Bay of Kavala, across from the island of Thasos and about one-and-a-half-hour drive from Thessaloniki. Kavala is an important economic center of Northern Greece, a center of commerce, tourism, fishing and oil-related activities since it is the principal seaport of eastern Macedonia.

More info [here](#)

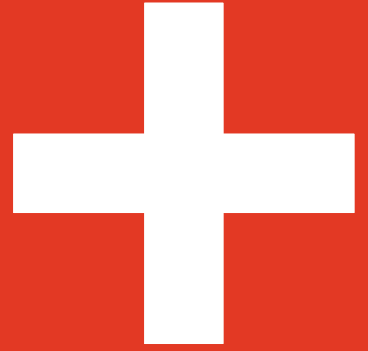


Edessa

Edessa is a city in northern Greece and the capital of the Pella regional unit, in the Central Macedonia region of Greece. It is known for the Waterfall Park in which one can admire Edessa's waterfalls, the largest Balkan-wide.

More info [here](#)

EMERGENCY NUMBERS



In case you find yourself in trouble, here are some emergency telephone numbers and some links that might seem useful. All of them are free to call from any Greek number.

- **POLICE 100**
- **FIRE SERVICE 199**
- **AMBULANCE SERVICE 166**
- **MEDICAL EMERGENCY 112**
- **SOS DOCTORS 1016**
- **TOURIST POLICE 171**
- **COAST GUARD-PORT POLICE 108**
- **COVID-19 HELPLINE 1135**
- **FOREST FIRE SERVICE 191**
- **PHARMACIES ON DUTY 107**
- **HOSPITALS ON DUTY 106**
- **POISONING TREATMENT CENTER
2107793777**

