



Visitor Guide

ATHENS 2026

INTEREHA Working Group Meeting

Athens

3-4 November 2026

Hosted by National Rehabilitation Centre (EKA)

Athens • Greece

Welcome to Athens

A practical introduction to your stay in the Greek capital



Welcome

We are delighted to welcome you to Athens for the INTEREHA Working Group Meeting, taking place on 3-4 November 2026. This guide brings together practical information to help you plan your journey, move around the city and make the most of your stay.

We look forward to welcoming you to the National Rehabilitation Centre (EKA) and wish you a pleasant and memorable visit to Athens.

QUICK FACTS

HOST CITY
Athens

COUNTRY
Greece

CURRENCY
Euro (€)

EMERGENCY
112

TAP WATER
Safe to drink

Travel from Athens International Airport

Getting from ATH to the city centre

Athens International Airport “Eleftherios Venizelos” (ATH), also known as AIA, is located in Spata, approximately 33 km from Athens city centre. There are several convenient transportation options available.



METRO · LINE 3

JOURNEY Approx. 40 min to Syntagma

FARE €9 one-way · €16 return

FREQUENCY Every 36 minutes

HOURS 06:10–23:34

- Station on Departures Level, about a 5-minute walk via the elevated pedestrian bridge.
- Tickets available from the ticket office or automatic machines.
- Reduced fare: €4.50 for eligible students, children and seniors.
- Use Metro Line 3; the suburban railway may require additional transfers.



EXPRESS BUS · X95

DESTINATION Syntagma Square

FARE €6

JOURNEY Approx. 60 min

DEPARTURE Arrivals, between Exits 4–5

- The most economical option for travellers going to the city centre.
- Travel time may reach 90 minutes or more during peak traffic.
- Tickets are available from airport kiosks or on board where available.



OFFICIAL TAXI

AVAILABILITY 24 hours

JOURNEY Approx. 35–40 min

DAY FARE €40 · 05:00–00:00

NIGHT FARE €55 · 00:00–05:00

- Official yellow taxis depart outside Exit 3 on the Arrivals Level.
- Fixed fares include the standard route from the airport to Athens city centre.

GOOD TO KNOW For most visitors staying in central Athens, Metro Line 3 offers the best balance of speed, cost and convenience.

Public Transportation in Athens

General information for moving around the city

Athens has an extensive and affordable public transportation network, including Metro, buses, trolley buses, trams, suburban railway and taxis. Most visitors can easily explore the city using public transport.

TICKETS & TRAVEL PASSES		CONTACTLESS PAYMENTS	
• 3-Day Tourist Ticket • 24-Hour Ticket • 5-Day Ticket • Purchase at metro ticket offices or automatic machines.		• Bank cards and digital wallets are accepted. • Metro: tap at the entrance and again at the exit. • Buses and trams: tap once when boarding.	
			
BUSES	TRAM	TAXIS & UBER	
• The network covers the entire metropolitan area. • Arrival times may be affected by heavy traffic. • Real-time information: telematics.oasa.gr/en/#main	• Connects central Athens with the Athens Riviera. • From Syntagma, travel to Faliro, Glyfada, Voula and Piraeus. • Approx. 1 hour to Voula or Piraeus.	• Official taxis are yellow and widely available. • Uber operates only with licensed professional taxi drivers. • There is no UberX service using private vehicles. • Fares follow regulated official taxi rates.	

How to Reach EKA

National Rehabilitation Centre · Ilion, Athens

ADDRESS 1 Spyrou Theologou & Fylis Avenue, Ilion, 13122 Athens



EKA: the main building is visible behind the bus stop.

BY PUBLIC TRANSPORT EKA is directly served by Bus Line B12 (Marni – Ano Liosia) and Bus Line 711 (Zofria – Attiki). Get off at the 8th stop on Fylis Avenue, directly outside the Centre. 1 Metro to Attiki Station Take Metro Line 1 (Green Line) or Line 2 (Red Line). 2 Board bus B12 or 711 Exit Attiki Station and continue by either bus line. 3 Get off at the 8th stop The stop is on Fylis Avenue, directly outside EKA.	BY TAXI · RECOMMENDED DISTANCE Approx. 10–12 km from Syntagma JOURNEY TIME 25–35 minutes, depending on traffic ESTIMATED FARE €12–€17 with Uber Taxi or FREENOW A taxi is the easiest option, particularly when travelling with luggage or in a small group.
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Recommended Accommodation

Well-connected areas and suggested mid-budget hotels



WHERE TO STAY

When booking your accommodation, we recommend choosing well-connected areas such as:

- Syntagma · Plaka · Koukaki
- Monastiraki · Kolonaki · Pangrati
- Athens Riviera

A PRACTICAL SAFETY NOTE

If possible, avoid booking accommodation in areas with a reputation for higher levels of petty crime or social deprivation, particularly around Omonia (immediate side streets: Agiou Konstantinou Street, Pireos Street – Geryaniou / Menandrou back alleys, Sokratous Street and Aristotelous Street), Vathi Square, Victoria Square and parts of Acharnon Street, especially if you are travelling alone or plan to return late in the evening.

As always, use common sense, keep your valuables secure, and enjoy your stay in Athens.

SUGGESTED MID-BUDGET HOTELS

TITANIA HOTEL

Panepistimiou 52 · Athens

www.titania.gr

Approximately 20–25 minutes from EKA by taxi.

THE STANLEY HOTEL

1 Odisseos Street · Karaïskaki Square · Athens

www.thestanley.gr

Adjacent to Metaxourgio Metro Station and approximately 20 minutes from EKA by taxi.

Discover Athens

History, culture and everyday city life



WELCOME TO THE CITY

This guide will help you enjoy and explore the city during your stay.

You will find recommendations for sightseeing, dining, and leisure activities. Athens is a vibrant city full of history, culture, and energy!

INSIDE THIS GUIDE

- **Top attractions**
- **Museums**
- **Food & Drink**
- **Free time**

A CITY BEST EXPLORED ON FOOT

Many of central Athens' most important landmarks are close to one another, making it easy to combine sightseeing with a relaxed walk through the historic centre.



Top Attractions

Essential landmarks in the historic centre

Explore the must-see landmarks of Athens:



Acropolis & Parthenon

The defining landmark of Athens and the centrepiece of the city’s ancient heritage.



Plaka Old Town

Explore the historic neighbourhood beneath the Acropolis, with pedestrian streets and traditional architecture.



Syntagma Square & National Garden

Visit the city’s central square and continue with a relaxing walk through the nearby National Garden.



Ancient Agora

Discover the Temple of Hephaestus and the reconstructed Stoa of Attalos in the ancient marketplace.

RECOMMENDED WALK Walk around the Acropolis along Dionysiou Areopagitou, Apostolou Pavlou and Vasilissis Olgas pedestrian streets.

Museums

From ancient Greece to modern and contemporary art



NEW ACROPOLIS MUSEUM

Designed by renowned architect Bernard Tschumi, the museum invites visitors to explore the ancient city that lies beneath it. Be sure to enjoy the view from the museum terrace—it offers stunning panoramas of the Acropolis.

MORE MUSEUMS TO EXPLORE



National Archaeological Museum

One of Greece's leading archaeological collections. Part of the museum is currently under renovation.



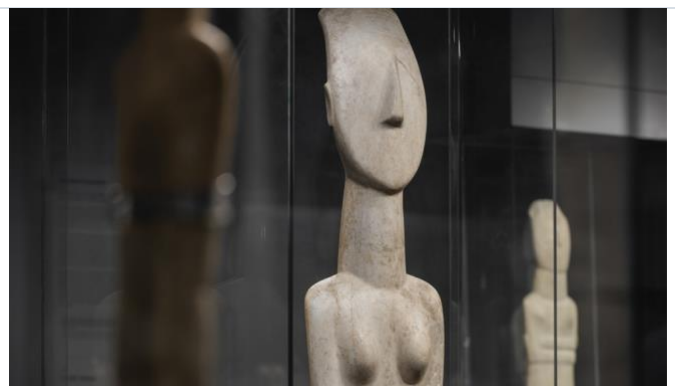
Basil & Elise Goulandris Foundation

Modern and contemporary art by internationally renowned and Greek artists. The museum café-restaurant, set within an urban garden, is also worth a visit.



Kotsanas Museum of Ancient Greek Technology

Fully functioning reconstructions of more than 300 ancient Greek inventions, including early robots, automatic doors, hydraulic systems and mechanical computers.



Museum of Cycladic Art

The core highlight is Cycladic Art from the 3rd millennium BC, featuring schematic marble figurines that inspired modern masters such as Pablo Picasso and Henry Moore.

PAIR YOUR VISIT Combine the Goulandris Museum with the historic Kallimarmaro Stadium and finish with a coffee in the charming Pangrati neighbourhood.

Food & Drink

A few simple ways to enjoy Athens



ENJOY TRADITIONAL GREEK CUISINE Athens offers everything from historic-centre tavernas to seaside dining and rooftop drinks with views of the Acropolis.

THREE ATHENIAN EXPERIENCES



Monastiraki Tavernas

Visit the tavernas in Monastiraki, while keeping in mind that the area is quite touristic and can be crowded.



Seafood by the Coast

Choose from the many seafood restaurants along the Athenian coastline.



Rooftop Bars

Enjoy a drink with an Acropolis view, particularly around the historic centre.

LOCAL TIP For a more relaxed atmosphere, consider dining outside the busiest tourist hours.

Free Time

Relaxed ideas beyond the historic centre



TAKE A BREAK

Athens beyond the monuments

Take some time to relax and enjoy Athens beyond the historic centre. The coast, contemporary cultural spaces and nearby islands offer several appealing options during your stay.

THREE IDEAS FOR YOUR FREE TIME



CULTURE & ARCHITECTURE

Stavros Niarchos Foundation Cultural Center

Enjoy a morning or afternoon walk at the SNFCC, designed by Renzo Piano. Do not miss the Dancing Fountains at the Canal, with water shows presented throughout the day.



DAY TRIP

Hydra Island

A distinctive car-free island with elegant stone houses and a picturesque harbour. It is possible as a day trip, although the ferry journey from Athens is relatively long.



DAY TRIP

Aegina Island

A convenient island escape from Piraeus, with a lively waterfront and an easier ferry connection for a relaxed day trip when the weather is good.

COASTAL OPTION For a seaside walk, consider Marina Flisvos, Glyfada, Voula, Vouliagmeni, Lagonisi or Cape Sounion. In November, check the forecast before planning a full coastal day.

Practical Information

Useful details for a comfortable stay



ESSENTIAL INFORMATION	EARLY NOVEMBER WEATHER
EMERGENCY NUMBER 112	DAYTIME Around 20–23°C
LOCAL CURRENCY Euro (€)	EVENING Around 13–16°C
TRANSPORT APPS Uber Taxi • FREENOW	CONDITIONS Sunny autumn days are common; light rain is possible.

PRACTICAL TIPS

WHAT TO WEAR	PERSONAL BELONGINGS
Bring light layers, a warmer jacket for the evening, comfortable walking shoes and a small umbrella or light waterproof jacket.	Beware of pickpockets on public transport, particularly during rush hours. Keep valuables secure and stay attentive in busy stations and crowded areas.

Contacts

Key contacts during your stay in Athens

Please keep these numbers available throughout the meeting. For emergencies in Greece, call 112.

MK Marios Kalyviotis Local contact · EKA +30 697 229 6389	KL Kelly Lappa Local contact · EKA +30 697 765 6672
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Emergency number in Greece: 112

Available free of charge from any phone.

Meeting support

For travel, accommodation or local transport questions, contact Marios or Kelly.



We look forward to welcoming you to Athens.

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Travel pack prepared and designed by Marios Kalyviotis, PT, MSc, PhD(c)