

**NATION 3
OFFICE OF PRIMARY
RESPONSIBILITY**



INFORMATION BOOKLET

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Welcome

Welcome to SEEBRIG HQ in Larissa Greece. This guide is designed to give you some background information in order to gain an understanding of the environment in Greece and help with issues you may encounter during your tour of duty in HQ SEEBRIG. We wish you and your family an enjoyable, productive and rewarding stay in Larissa. We hope that you will also take the opportunity to make new friends during your stay here. In any case, feel free to contact us.

Culture

Culture is the memory, the souvenir of loveliness. We carry it around with us, sharing it with our friends and acquaintances. For this land is captivating. Each nook and cranny a surprise, a bewitching image. Toppled columns, statues, ruins of ancient temples. Myths, customs, stories, art Island and mainland Greece. Mosaics and frescoes. Charms, dreams, fables. Byzantine domes that stare doggedly at the heavens. Again the sea and again golden sand to walk on. Shady archways, windmills, tall proud towers. The sun scatters its bounty with an open hand. Sunshine is free of charge. Take a plunge into blue and white. "Kalimera" – you can almost feel the freshness of it on your lips. Beauty defined Greece's cultural course through

the ages. It has conscientiously followed the carved by Ancient, Byzantine and Modern Greek civilization. This beauty is constantly evoked by Greek tradition and the warmth offered by the celebrated Greek hospitality.

Discover Greece

Touring Greece is a unique journey full of adventures and knowledge. A road where the quintessence of adventure lies within the exploration, where the evergreen vista of imposing mountains blends harmonically with the vast, deep blue seas, to portray the versatile mosaic, Greece. Challenges vary. Ascending on green mountains, exploring the sublime caves, sailing the historic Greek seas with their friendly harbors and the indigo beaches, descending frozen rivers. Even greater knowledge is gained through encountering regional fauna and visiting precious biotopes and national eco-packs as well as traditional settlements that conceal a long –lived history and a profound of old morals and customs. **Detailed information can be found in the official website of Greek Tourism Organization. www.visitgreece.gr**

Regional information

Thessaly is a geographical region of Greece, comprising most of the ancient region of the same name, that was also known as Aeolia, and appears thus in Homer's Odyssey. Thessaly since the Kallikratis reform of 2010 is subdivided into 4 peripheral units and 25 municipalities.

Thessaly has remarkable beauty. The famous rock monasteries at Meteora in Trikala, the enchanting lake of Plastira and the beautiful coast of Larissa are ideal places for vacations. The valley of Tempe and Mount Olympus (the mount of the twelve Greek Gods) as well Pelion peninsula in Magnesia are marvellous landscapes.

Major Cities of Thessaly

The City of Larissa



General

The peripheral unit of Larissa is the largest of the region of Thessaly. It combines the

scenic beautiful mountainous landscape of its two great mountains, Olympus and Ossa, with the rural tranquillity of its vast fertile plain, crossed by river Pinios, one of the largest and most scenic in the greater Greek region. The area has been inhabited uninterruptedly for the past 100000 years.

The City

The city of Larissa is the capital of the province and is built on the very central area of the large plain on the right bank of Pinios River. It is one of the most significant commercial, agricultural and communication centers of Greece. Larisa is a city that also combines the tranquillity and the relaxed rhythm of the lazy river, the many storks that build their nests on the tallest buildings of the city and the sleepy movements of the river fishermen, along with the hubbub of a busy, bustling town. After many years of uncontrolled growth, the city has recently managed, to restore a harmonic relationship with its river and the surrounding environment in general. The city's Post-Office square with its excellent sculptures, representing the branching, life-giving, ever-flowing water bulk of Pinios river, along with the excavations of the ancient city theatre, located at its very center, have caused a major transformation of the city, that brings it more close to its origins, bonds it tightly to the

surrounding environment and restores its classic atmosphere. The ancient theatre of Larissa had a capacity of 10000 spectators. But this excavation site may not be the city's most significant landmark. This title is most suitably given to the grave of Hippocrates, born in the island of Kos in 460 BC and died in the city of Larissa in 377 BC. He is considered to be the father of modern medical science. At the outskirts of the nearby town of Achileion the ruins of the local castle have been excavated. The ruins are dated back to the 15th century but the original compound was erected sometime during the late Neolithic period. A visit to the Folklore and Historic museum of the city may be proved to be most rewarding for the traveller. Also rewarding is a visit to the city's National Gallery with its fine collection of paintings, only second in significance, compared to the National Gallery of Athens.



Climate

Larissa enjoys a varied climate. The summers are usually warm with July and August being the warmest months. The average daily temperatures range from 25 to 35 degrees Celsius. Extreme maximum temperatures sometimes reach 40 degrees. During midsummer, thunderstorms occur in

very few occasions. Fog can be a problem in winter and is most often seen in the early morning hours. During the winter months, it rains frequently and you can expect light snowfalls, with an occasional heavy snowfall. January is the coldest month. The average daily temperatures range from 0 to 10 degrees. All in all, the area offers scenery from each of the four seasons for you to enjoy.

History of Larissa

Larissa is one of the biggest Greek cities, inhabited by approximately two hundred thousand people with a history that goes back, according to the pre-historic findings, sixty to eighty thousand years BC. A mythological figure, a nymph, gave its name to the city. That nymph was depicted on some of the coins minted in Larissa. In the ancient era, about 400 B.C., coins were produced in Larissa since the area was the location of one of the first ancient mints. Larissa was well known for the breeding of the fastest horses in ancient Greece. Was also a very important agricultural center of the ancient world.

The City of Volos

The peripheral unit of **Magnisia** is located in the north-eastern part of Thessaly and it also includes the largest part of North Sporades Island complex. To the east it is bathed by the Aegean Sea. Seat of the peripheral unit: Volos

peripheral unit population: 206.995 (2001 census)
Distance of the peripheral unit seat from Athens:
320 km the main areas of the peripheral unit are:
Volos, Pelion, Zagora, Kastri, and Tsagarada.



In Magnesia are combined the rich historical past, the beautiful natural environment, the hospitality of the residents and the modern tourist infrastructure. The natural beauties of the region combined with the picturesque villages of Pelion, the forests of age-old trees and the waters of the Pagasetikos Gulf and the Aegean Sea, make the prefecture unique in beauty and diversity of landscape and an ideal vacation destination. The city of **Volos** is famous for the neoclassical architectural style of its buildings. It is built on the site of ancient lolcos from where Jason and the Argonauts started their quest for the Gold Fleece. The city now is one of the most important harbours in Greece. Among the most important points of interest in the city are the Archaeological Museum, the City Hall, which is a representative sample of the Pelion architectural style, the Folk Art Museums of Costas Makris and painter Theofilos, the neoclassical buildings of Municipal Music School, the Municipal Theatre, the

Chrisoula Zioga gallery, the "Giorgio De Chirico" Art Centre, the Papastratos building and other neo-classical buildings. A very important location is also the seaside park of Anavros, where modern pieces of sculpture by Greek and foreign artists are exhibited.



The area of **Mount Pelion**, with its rich historical past is now a significant tourist and vacation destination of Greece. The villages of Pelion are real museums of folk architecture which impress the visitor with their natural beauty. Do not omit to take the little train of Pelion – the infamous Moutzouris- for a ride from Ano Lehonia to Milies. In the area of **Chania** operates one of the best ski centres in Greece, while in Sesklo and Dimini, Neolithic settlements have been uncovered. Visit the cosmopolitan island of Skiathos with its 60 enchanting beaches, the traditional island of Skopelos with its 360 churches and the lush green island of Alonnisos.



Other areas of the peripheral unit with points of interest and archaeological sites are: Zagora, Agria, Almyros, Agios Georgios, Agios Dimitrios, Alykes, Vizitsa, Kissos, Nea Aghialos, and Tsagarada. Magnesia offers a plethora of amazing beaches. You can swim in the crystal clear waters of the Alykes and Anavros beaches, which have won many times the "Blue flag" award. For those of us who love the busy places, an ideal cosmopolitan destination is Afyssos with the busy beaches of Abovos and Kallifteri. In Magnesia, the unique combination of the green mountains and the blue sea and the countless options offered to the visitor, make the visitors want to come back, again and again!

The City of Karditsa

The peripheral unit of **Karditsa** is one of the 4 peripheral unit in Thessaly. Seat of the peripheral unit: Karditsa Prefecture population: 129.541 (2001census) Distance of the peripheral

unit seat from Athens: 305 km The main areas of the peripheral unit are: Karditsa, Plastiras lake, Kastania, Mavrommati, Morfovouni, and Palamas.



The peripheral unit of **Karditsa** is a place with intense contrasts, combining the majestic mountainous range of **Agrafa** on the west with the vast Thessaly plain on the east. The position of the peripheral unit in the centre of mainland Greece made it a crossroad of peoples and civilizations, which left their imprints on the area. The peripheral unit of Karditsa is ideal for those of us who avoid crowds and organised tourism and seek unexpected and beautiful places to enjoy a quiet vacation. In the peripheral unit of Karditsa you can admire many important archaeological findings indicating that the area has been inhabited since the Neolithic era. The plethora of monasteries with rare icons and magnificent chancel screens introduce the visitor to the rich history of the area.



The **lake of Plastiras** is the ornament of the mountain range of Agrafa. It offers an exciting and magic setting embraced by high and verdant green mountains. The area is considered a "paradise" for nature lovers, offering many types of alternative tourism, including hiking, fishing, walks in the forest, swimming and hunting. Without any doubt this unique experience will satisfy every visitor. The seat of the prefecture, the city of **Karditsa**, is built on the banks of a tributary of Pinios river and it is an important administrative, financial and cultural centre with lively commercial life. The spacious squares, the pedestrian roads, the small pine-tree groves and the various species of plants among old and new buildings, all offer a unique atmosphere and image to the city.



The archways on one side of the large square are impressive. The large Pafsilipo Park with its verdant vegetation is the lung of the city. In this park there are tall trees, pools with goldfish, impressive peacocks and a playground for kids. Visit the metropolitan church of Agios Konstantinos (St. Constantine) and the church of Zoodochos Pigi (Fountain of Life) with the beautiful wood-carved chancel screen, both built in the 19th century, as well as the important collection of the Folk art club "Karagouna" with local traditional costumes and pieces of traditional jewellery and embroidery. Other areas of the prefecture with points of interest and archaeological sites are: Kanalia, Messenikolas, Neraida, Rentina, Sofades. Karditsa is famous for its "tsipouro" (distilled alcoholic drink). Do not miss the opportunity to taste local tsipouro in one of the little shops of the city.

The City of Trikala

The peripheral unit of **Trikala** is one of the 4 peripheral units in Thessaly. Seat of the peripheral unit: Trikala, peripheral unit population: 138.047 (2001 census) Distance of the peripheral unit seat from Athens: 331 km the main areas of the peripheral unit are: Trikala, Kalambaka, Kastraki, Meteora, Elati.



The peripheral unit **of Trikala** is mainly mountainous, attracting the interest of visitors all year round. The main sources of income in the peripheral unit are agriculture, animal husbandry, forestry and tourism. The amazing variety of landscape, from the high mountains with dense forests and running waters to the vast green plains, as well as its rich historical past, make the region of Trikala a pole of attraction for a great number of visitors. The city of **Trikala**, seat of the peripheral unit, is one of the most beautiful cities of Greece. A modern city, with natural beauties, good city planning features, wide open squares, parks, pedestrian streets, as well as many monuments. The beautiful and picturesque villages around the city of Trikala are easily accessible thanks to the well developed road network.

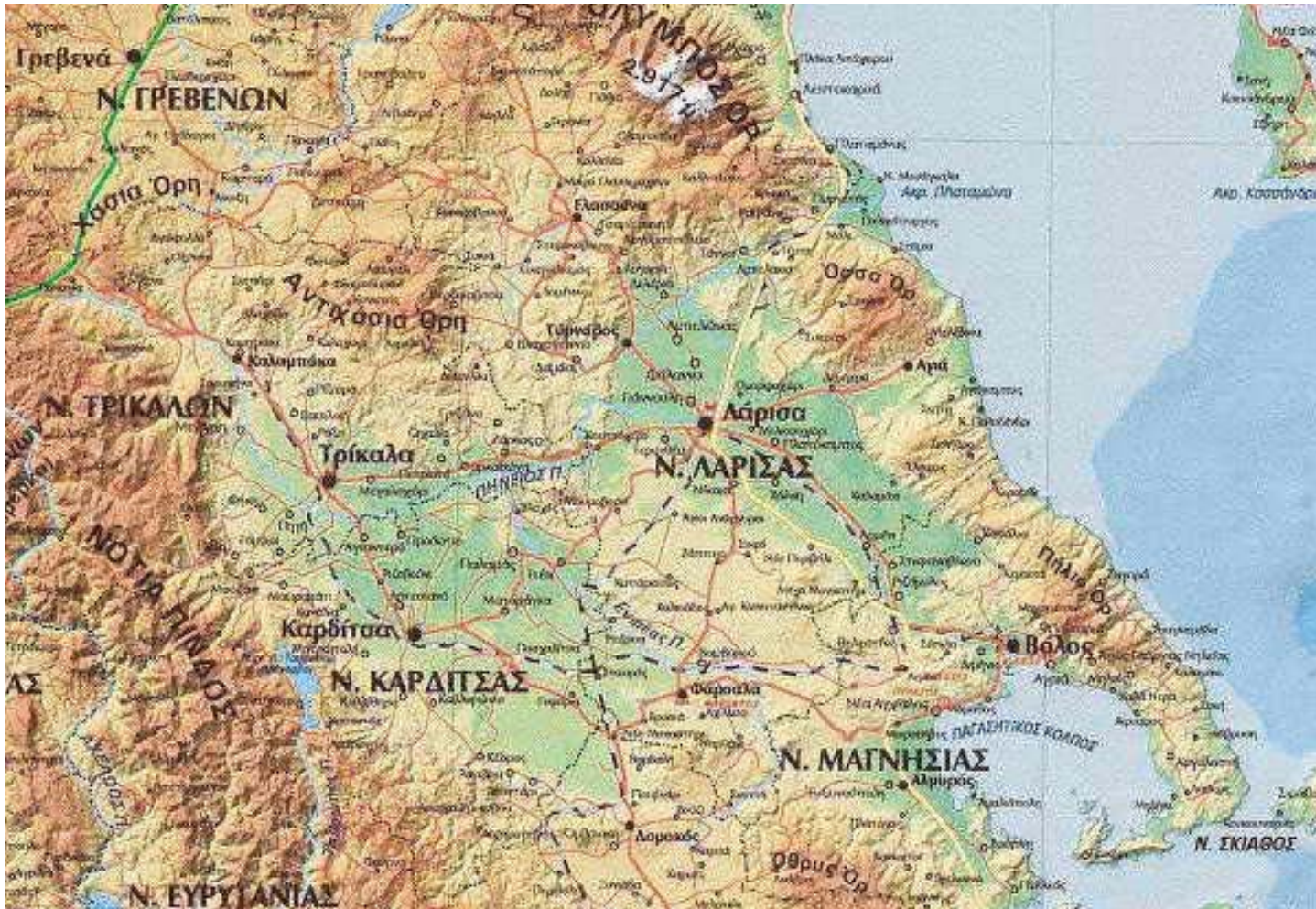


In the city of Trikala there are many and important points of interest. The river **Litheos**, tributary of Pinios river, crossing the centre of the city creates a unique, enchanting atmosphere along its banks, making them an excellent place for walks. The main pedestrian bridge of the river was constructed in 1886 by French engineers. The bridge opposite to it bears a statue of **Asclepius**. The little waterfall in front of the statue creates a splendid spectacle, especially at night, when the lighting system along the banks of Litheos river is on. In the centre of the city one can see the ruins of the ancient Asclepium, one of the most important ancient monuments of the region. Close by is the "Iroon Polytechniou" square, where the tall trees surrounding the pool with the fountain create a wonderful place of relaxation for the visitor. A characteristic monument is the Fortress of the city, built by the Byzantine emperor Justinian on the site of ancient Acropolis. The clock tower is there, a point with a magnificent view of the city and part of the plain of Thessaly. In the Fortress is also located the open-air theatre of the city. Below the Fortress still breathes and lives Varoussi, the section of the city which maintains the traditional architectural style. The mansions with the artful architectural styles and the narrow little streets carry the visitor back in time.



In the south part of Trikala one can see the Kursum Mosque, monument of Oriental architecture, of characteristically large size. A walk to the Prophetes Ilias hill where the Zoo is located, will be unforgettable. In the city of Trikala there are many monuments and churches you can visit. When you are in the area of Trikala, do not omit to take a short ride to visit the area of Meteora, an out-of-this-world monastic settlement built on huge rocks. The 24 ancient monasteries, 6 of which still operate today, built on the impressive rocks, are considered one of the most important monuments in the world and are protected by UNESCO. Other areas of the prefecture with points of interest and archaeological sites are: Elati, Zarkos, Kastania, Pertouli. At Pertouli there is a ski center and for the relaxed visitors who want to rest there are numerous taverns and cafeterias. The prefecture of Trikala, with its countless natural beauties, the points of interest and rich history will surprise you pleasantly and will enchant you.

Map of Thessaly



DRIVING IN GREECE

Rules & Regulations

Drivers must be **at least 18 years old** and have a valid driving licence. Drive on the **right** in Greece. Seat belts are compulsory in the front and back seats. Children aged 10 or under may not sit in the front seat. Mobile cellular telephones should not be used while driving unless with a "hands free" system. Radar detectors are illegal. Give way to vehicles coming from the right (unless instructed not to). At traffic circles, give way to vehicles coming from the right (that is, vehicles entering the circle) unless they have a stop or give way sign. Blood-alcohol limit is 0.25g/l. Double lines on roads indicate that overtaking is not permitted.

What to carry in the car

Driving licence, proof of identity with a photograph on it (It is compulsory in Greece to carry identification at all times), original vehicle registration document, proof of vehicle insurance, tax disc (on the windscreen), proof of vehicle roadworthiness if the car is over four years old, a small fire extinguisher, a warning triangle.

Official Organisations & Government Bodies

- The **Greek Ministry of Infrastructure, Transport and Networks** is the overseeing body for transport safety and implementing national transport policies.
- The **Road Traffic Police Division** at the Greek Police Force Headquarters is responsible for implementing necessary road safety and preventive measures at a national level.

Driving Licences/Permits

In accordance with PfP SOFA and NATO SOFA, a valid driving licence (Άδεια οδήγησης/Adeia odigisis) of SEEBRIG personnel and their dependents can be used for the duration of the tour of duty in Greece.

Types of Road

Greece has a large system of National Roads with motorways, four lane/dual carriageways with central barriers and two lane roads without a separating barrier. The road system connects all of mainland Greece.

Road signs

Most road signs are in both the Greek and the Latin alphabet. In smaller towns and villages, signs may be in Greek only.

Toll roads

There are a few toll roads in Greece, notably the Attiki odos around Athens. Regular commuters can buy an automatic pass; otherwise, payment is made in cash.

Driving in the mountains

Greece is a mountainous country and mountain roads may be in bad condition, very steep and very difficult to drive on. At times on certain roads use of snow chains is compulsory; this will be signposted.

Speed Limits and Giving Priority

Drivers must give way to vehicles coming from the right unless on a main road as indicated by signs. At traffic circles, priority is given to vehicles coming from the right, unless the other vehicle is instructed to give way. Speed limits **unless** indicated otherwise are:

- Built up areas: **50 Km/h** for cars
- Out of towns: look for speed signs, limit is usually **90 Km/h** or **110 Km/h**
- Motorways: **130 Km/h**

Parking

- Illegally parked cars may be towed away or their licence plates may be removed. Parking is

not allowed within 3 metres of a fire hydrant, 5 metres of an intersection, or 15 metres of a bus stop. Vehicles must not park on roads where a market is to be held/being held. Flashing hazard lights indicates intent to park. Parking fines are issued by the municipal police (Δημοτική Αστυνομία/Dimotiki Astynomia) or by the traffic police (Τροχαία/Trochaia) and are placed on the vehicle's windscreen. Fines can be paid in cash at the Post Office.

- Removed licence plates must be picked up from the local police station where the traffic offence occurred. This must be done after a set number of days, depending on the nature of the offence. Driving without number plates is a serious offence that incurs high fines. If plates are removed the owner may only drive the car home or to a parking space. Fines can be paid at the local Post Office. Impounded vehicles are kept in a police garage.

Driving and Alcohol/Drugs

The blood-alcohol limit in Greece is 0.25g/l. Driving over the legal limit or under the influence of drugs may incur severe penalties.

Breakdown Assistance

For breakdown assistance contact ELPA tel 10400 or EXPRESS SERVICE tel 1154 roadside assistance (Οδική Βοήθεια).

Roadworthiness Tests

Greece - registered cars must undergo vehicle inspection at regular intervals.

Technical Control Test

Vehicles imported in Greece must go through a test at a Vehicle Technical Control Centre (KTEO). The documents required by the KTEO for the technical control test are:

- Proof of identity
- Customs Registration Certificate

After the Technical control test, the Ministry of Communication and Transportation issues the Greek number plates.

Vehicle Road Tax

An annual vehicle tax (Τέλη Κυκλοφορίας/Teli Kykloforias) must be paid. The amount due depends on the engine power of the car. The tax bill is sent to the car owner and can be paid at the Post Office. The tax disc sticker proving that payment has been made is sent out by post late in the calendar year. This disc is called Σήμα Τελών Κυκλοφορίας/Sima Telon Kykloforias, known just as Σήμα/Sima. The new sticker must be placed on the inside of the front windscreen by 1 January. If the sticker has not arrived by mid-December enquire at the local Internal Revenue Service (Εφορία/Eforia).

Glossary (Important Road Signs)

Stop	Σταματήστε / stamatiste
One way	Μονόδρομος / monodromos
No entry (in general)	Απαγορεύεται η Είσοδος/apayorevete i isodos
Entrance	Είσοδος / isodos
Exit	Έξοδος / exodos
No parking	Απαγορεύεται το παρκάρισμα / apayorevete to parkarisma
City center	Κέντρο πόλεως / kentro poleos
Vehicles exiting	Έξοδος Οχημάτων / exodos ohimatou
Military Zone	Στρατιωτική Περιοχή / stratiotiki periohi
Hospital	Νοσοκομείο / nosokomio
Pedestrian Crossing	Διάβαση Πεζών / diavasi pezon
Road repair	Επισκευή του Δρόμου / episkevi tou dromou
Road construction	Κατασκευή Δρόμου / kataskevi dromou
Service area	Περιοχή για επισκευή / periohi gia episkevi

Long vehicle	Μακρύ Όχημα / makri ohima
Motorway	Εθνική Οδός / ethniki odos
Military Police	Στρατονομία / stratonomia
Gas/petrol	Αέριο / Βενζίνη / aerio / venzini
Dangerous materials	Επικίνδυνα Υλικά / epikindina ilika
Tire repair	Βουλκανιζατέρ / voulkanizater
Bus station	Στάση Λεωφορείων/ΚΤΕΛ / stasi leoforion ktel
Snow	Χιόνι / hioni
Ice	Πάγος / payos
Turn on/off the lights	Ανάψτε / Σβήστε τα φώτα / anapste / sviste ta fota
Stop here	Σταματήστε εδώ / stamatiste edo
Left	Αριστερά / aristera
Right	Δεξιά / dexia
Wait please	Περιμένετε Παρακαλώ / perimenete parakalo
Wait here	Περιμένετε Εδώ / perimenete edo

In processing - Facilities & Services

Direction to the Camp

The Camp «SXOINA B», where SEEBRIG is, located in Tirnavos and is easily accessible whether you're travelling via train on airplane or by car. The City of Tirnavos is 15 Km far away from Larissa. A rail station is located in Larissa. The nearest international airport is 150 Km away from Larissa.

In processing Steps

- STEP 1: ID Cards Issuance
- STEP 2: Military Apartment Contract
- STEP 3: Tax number Issuance
- STEP 4: Water - Electricity connection contracts
- STEP 5: Customs clearance for Private Owned Vehicle

SEEBRIG ID Card

In accordance MPFSEE agreement, Host Nation will issue identification cards for SEEBRIG personnel and their dependants. There is no need for visa for non EU SEEBRIG members. The ID card constitutes a proof that the holder is a member of SEEBRIG personnel or a dependant and it should be presented on demand when having transactions with public or private services or enter-

ing military facilities (officers clubs, military market). In order to obtain a SEEBRIG Identification Cards, you must submit an application form to Host Nation OPR with the copy of passport(s) and two photos (3 cm X 3 cm) for every one. POC: OPR Personnel, Bldg C Rm C 012.

Accommodation

Greece is going to provide accommodation to the permanent HQ of MPFSEE personnel in the Larissa Military Housing area. The apartments will be fully furnished and equipped. Host Nation Support Group is responsible to deliver the apartment. You will sign a contract upon moving in the apartment, which clearly indicates the amount of rent, other payments, maintenance and repairs, and rules. In order to apply for electricity, water, cable telephone and internet you need to sign contracts with the respective utility companies. Necessary documents for the subscriptions will be presented below. HN OPR personnel will escort you in order to facilitate your communication with the utility companies. POC: 1st Lt Zahos (HQ COY) Bldg C Rm C 005

The address of your apartment may be:

**Σ.Ο.Α 1ΗΣ ΣΤΡΑΤΙΑΣ ΕΧΕΚΡΑΤΙΔΟΣ ΚΤΙΡΙΟ
... ΤΚ 41222 ΛΑΡΙΣΑ**

Tax Identification Number (Α.Φ.Μ)

- During your stay in Greece, you will need a Tax Identification Number (Α.Φ.Μ), which is mandatory for every economic activity in Greece such as signing contract or opening bank account or applying for utility services etc. The Tax Identification Number (Α.Φ.Μ) can be obtained from the local Tax Office/Internal Revenue Services (**Εφορία / Eforia**) in the place of residence. The application can be made in person at a local Eforia or by an authorised person (for example lawyer or accountant) and an application form must be filled in (Form M1 - Δήλωση Απόδοσης ΑΦΜ / Μεταβολής ατομικών στοιχείων). The following documents are also required:

- Passport and a photocopy

- If the application is not made in person, the authorised person must bring a declaration authorising them to apply for the AFM on their behalf. This declaration is called **Υπεύθυνη δήλωση / Ipefthini dilosi**. Once the application has been handed in, the Eforia issues a document stating the AFM number, which is issued immediately. The HN OPR will help you during this procedure. POC: HN OPR STAFF Bldg C Rm C 012.

Vehicle Registration

Every SEEBRIG member, owner of a private vehicle, upon its arrival to Greece, is obliged to visit the Custom Office of Larissa, in order to register the car according to Greek – EU regulations. The following documents are required:

- Application of POV customs booklet
- Statement authorizing the Customs Broker to act on behalf of the beneficiary (in Greek)
- Confirmation of SEEBRIG that the beneficiary is its member
- Photocopy of Vehicle registration
- Photocopy of drivers licence
- Photocopies of passport and ID
- Insurance and Green Card (to be valid for the next 6 months)

Every SEEBRIG member that is going to depart from Greece due to the expiration of its mission, must inform the Custom Office of Larissa for the settlement of the car. In any case of re-exportation the beneficiary must deliver a copy No2 of the Carnet de Passage en Douane to the last Customs Office of its exit.

Electricity

The **Public Power Corporation**, PPC (Δημόσια Επιχείρηση Ηλεκτρισμού, DEH) manages the power supply in Greece. The PPC website has information in English on the electricity tariffs, bill paying, off-peak services, outages, contract termination or succession and energy saving. POC: Sgm Dourdas (HQ COY) Bldg C Rm C 005.

- **Getting connected/disconnected**

When moving in to a Military apartment, a Power Supply Contract must be signed at the nearest DEH office. A connection cannot be set up online or by telephone. The following documents are required:

- AFM/Tax Identification Number (Αριθμός Φορολογικού Μητρώου - ΑΦΜ).
- Proof of identity.
- The service number on the electricity meter.

Water

The water supply in Greece is managed by the local council in each area; there are offices within each Municipality. The **Larissa Water Supply and Sewage Company** (DEYAL / ΔΕΥΑΛ) is the company operating supplying water and sewerage services in Larissa. Water in Greece is metered and

charges are based on consumption. POC: Sgm Dourdas (HQ COY) Bldg C Rm C 005.

- **Getting connected/disconnected**

Information on connection procedures is supplied by the regional water department at the local Town Hall or Municipality Office. In order to get connected, the following documents are required (this can be done at the local water supply office, or at a **Citizen Service Centre**, KEP):

- AFM number
- Proof of identity

- To disconnect the service when moving out, contact the water provider in advance.

Telephone Services in Greece

- There are a number of telephone companies serving the Greece. The main telephone line provider is OTE. Other providers supply cheap rates for overseas, long distance and mobile phone calls. OTE provide land lines, ADSL and dial-up services, mobile phone services and a number of discount packages. Below is a guide to the procedure for connecting and disconnecting a telephone line in Greece. Depending on the chosen telecom provider, a landline installation or connection can be organised at one of the local

provider's shops, by telephone or online. To get connected with telephone provider, visit one of the local OTE branches .The following documents are required:

- Tax identification number (AFM – AΦM)
- Proof of address (rental contract or Title of Deeds)
- Proof of identity

- **Paying Bills**

Bills are sent every two months and can be paid in one of the following ways:

- By standing order
- At an Automatic Transaction Machines (ATM)
- By Internet e-banking service (if the bank provides this service)
- At OTE shops
- At the Post Office (ELTA)

Other Land Line Telephone Service Providers

A number of telecom companies provide landline services. These are often part of an Internet package and may include telephone,

Internet and digital television. Prices vary from one company to another and depend on the chosen package. In most cases it is possible to subscribe online, by telephone or at one of the customer service centres or shops. The Major ones are the following:

- On Telecoms Customer Service 211
700 3801 www.on.gr
- Wind Customer service Tel:
13 800 www.tellas.gr
- Forthnet Customer service Tel:
13 83 www.vivodi.gr
- HOL Customer service
Tel: 13 844 www.hol.gr

Mobile/Cellular Telephones

The main network providers for mobile telephony are Cosmote (Customer service 1212), Vodaphone (Customer service 13830) and Wind (Customer service 1260). Prepaid cards are sold at kiosks and phone shops. A tax identification number and proof of identity is usually required to get a mobile phone with a monthly contract.

Internet Providers

- Internet access accounts are available

from any of the Internet service providers listed below. Rates and pricing schemes vary. To subscribe to an Internet service the following documents are required:

- Tax identification number (AFM number)
- Proof of identity
- The subscription procedure depends on the chosen provider. The major internet providers are the following:

- HOL Tel: 13 844 www.hol.gr
- Wind Tel: 13 800 www.tellas.gr
- Vivodi Tel: 13 880 www.vivodi.gr
- Forthnet Tel: 13 831 www.forthnet.gr
- OTE Tel: 134 www.ote.gr
- Cyta Tel: 13 877 www.cyta.gr
- On Telecoms Tel: 13 801 www.on.gr

The Health Care System

- The Host Nation (HN) will provide the SEEBRIG Nucleus Staff and their dependents with free of charge outpatients care in Military Hospital and Emergency treatment in the civilian or military hospitals without any reimbursement.

- 404 Military Hospital is the central facility of a comprehensive health care system serving HQ personnel and their families residing in Larissa. In addition a number of public and private medical facilities are located in the city. Staff members are

advised to have all of their health care records available whenever they need to contact the clinic where they are enrolled.

Infirmary

There will be an infirmary in the «SXOINA» Camp. The infirmary will provide emergency medical treatment and first aid when accidents occur. In the accommodation area the Nucleus Staffs and their dependents will be covered by 404 Military Hospital.

Emergency Care

404 Military Hospital is the only military inpatient facility in Larissa and operates 24-hour 1st aids. Patients who come to the 1st aids will always receive priority care. In case of a life-threatening medical condition, you are advised to call the number 166 (ambulance).

Registration for Health Care Cover of personnel from EU countries.

- According to European Union regulations on social security SEEBRIG personnel from EU member countries can register for health care cover with the S1 form (former E106, E109, E120 and E121). This also applies to dependents.
- The following documents are required for issuing a handbook Health:

- For SEEBRIG Personnel from EU countries:
 - ✓ Form S1 from your national social security agency.
 - ✓ Passport or ID card (photocopy).
 - ✓ Photo.
 - ✓ Family status certificate (officially translated in Greek).
- For their dependants:
 - ✓ Passport.
 - ✓ Photos of family members.
 - ✓ Proof of residency.

Health Care Cover for non - EU members

- Personnel from non - EU member countries and their dependents will be provided with free of charge outpatients care in Military Hospitals and emergency treatment in the civilian or military hospitals without any reimbursement.

Education

- Students may attend international (English) school in Tirnavos located in the city just a few metres off Camp. Call the individual school for a registration appointment (Tel +30 2492029113). There are also several public

schools near the housing area; the official language in public schools is Greek.

- **Enrolling a Child in a Public School**

To register a child for school, a parent or guardian will be asked to provide the following documentation for the student:

- Birth certificate
- Records of vaccinations and dental examinations
- School Record

Any documents in a language other than Greek must be translated into Greek by an official translator.

Post Office

Civilian post offices are located in the Town of Larissa. Hours of operation are 8:30 a.m. to 14:00 p.m., Monday through Friday. All post offices are closed on Saturdays, Sundays and holidays.

Bank

- A number of banks are located in the city of Larissa. Hours of operation are 8:30 a.m. to 14:00 p.m., Monday through Friday. All banks are closed on Saturdays, Sundays and holidays.

- **Opening a Greek Bank Account**

- Before opening a bank account in one of Greece's banks, international customers may wish to compare commission rates for money transfer to and from Greece, as well as services and interest rates.

- Types of account include:

- ✓ Savings and Current Accounts

- ✓ Monthly Income Savings Accounts

- ✓ Investment Accounts

- ✓ Student Accounts

- ✓ Time Deposits

- ✓ Deposit Accounts in Foreign Currency

- Most Greek banks provide cheque books, account statements, cards for ATM use, and facilities such as standing orders for the payment of utilities bills and credit card payments, overdraft facilities and payroll services. The following documents are usually necessary to open an account:

- Identity card and/or passport

- Tax Number (Α.Φ.Μ)

- Proof of service number on the electricity meter

(4) Most banks require a minimum deposit for opening an account, and for some banks the person must be over 18. There are usually no charges for opening an account in Greece.

Pets

All pets entering Greece must be registered according the EU regulations.

Larissa Officers' Club

Officers' club is situated in the central square of Larissa and in accordance to MPFSEE agreement is open to all SEEBRIG personnel and their families including their guests. It provides 3 dining options for lunch every working day. In the evening as well as weekends is mainly served grilled food. There is also a **Summer Officers' Club** located within the Camp «PLASTIRA» just inside the Main Gate. It is operating during summer-time from 09.00pm to 12.00 pm and it's open to all SEEBRIG personnel and their families including their guests.

Military Market

Located within the Camp «PLASTIRA» there is a commissary, optician, and shops for military and civilian clothing, open to all SEEBRIG personnel and their dependants provided that they have a valid ID card.

Gymnasium

Situated inside the “IOANNINON Street” Gate near the commissary, the Gymnasium houses a wide variety of weight lifting and cardio equipment and changing areas with separate male and female saunas. The building is open:

- At Summer time, Monday to Thursday from 07.00 to 13.00 hours and 18.00 to 22.00, on Friday from 10.00 to 1300 and 18.00 to 22.00 hours, on Saturday from 11.00 to 14.00 hours and 18.00 to 21.00, on Sunday and holidays from 1000 to 14.00 hours.
- At Winter time, Monday to Friday from 10.00 to 15.00 hours and 17.00 to 21.30, on Saturday from 11.00 to 14.00 hours and 18.00 to 20.00, on Sunday and holidays from 10.00 to 14.00 hours.

Tennis

There is 1 outdoor tennis court located near the Gum. Contact the Gym on 2410993583 for information or to reserve the court.

Football – Basketball

Near the Gym there are also football and basketball fields.

Swimming Pool

There is an outdoors swimming pool that is 50 metres in length, located beside the Summer Officers' Club, just inside the Main Gate of "GEN PLASTIRAS" Camp. Swimming pool is open during summertime on Monday, Wednesday, Friday, Saturday and Sunday from 11.00 to 19.00 hours. Tuesday and Thursday is open from 11.00 to 17.30 hours,

Children under 12 years of age must be accompanied by an adult.

All the aforementioned facilities are open to all SEEBRIG personnel and their dependants provided that they have a valid ID card.

Useful Telephones

Useful Telephones	
Internal Revenue Service of Larissa	2410 530668
KTEO	2410 851152
Vehicle Registration Office of Larissa	2413 511516
Road Frontier Posts	
Promaxonas (Serres) for Bulgaria	23230 41222
Kipi (Evrou) for Turkey	25550 31224
Evzoni (Kilkis) for FYROM	23430 51220
Albania (Kakavia)	26570 51230
Igoumenitsa (Thesprotia) for Italy	26650 22311
Customs	
Customs Office of Larissa	2410 235537
Port of Thessaloniki customs office	2310 531222
Airport customs office	2310 473212
Transport	
OSE (Train)	2410 236250
KTEL (Buses)	2410 537737
TAXI	2410 661414

Police	
Police flying squad	100
General police Inspector of Central Greece	2410 683109-10
Larissa traffic police	2410 516665
Larissa traffic police / Accident department	2410 428444
Military police	2410 993215
Officer's Club	2410 993911
Emergency Services	
Fire Brigade	199
Ambulance	166
404 General Military Hospital	2410 993658
First Aid	2410 530530 – 533333 - 522583
Schools	
International school of Larissa	24920 29113, 210 8086555
6 th High school of Larissa	2410 614823
6 th Middle school of Larissa	2410 614566
Public Utilities	
Greek telecommunication organization (OTE)	1231
Phone connection	134
Subscribers information	11888

Telephone Line Malfunctions	121
DEYAL	2410 687140
Electricity (DEH)	2410 623001-6
Consulates	
ITALY	2310 284065-934000
TURKEY	2310 209964-248452
Former Yugoslavia Republic Of Macedonia	210 6749585
ROMANIA	2310 225481-225451
ALBANIA	210 6876200
BULGARIA	2310 829210-854004-869404
N.T.O	
National tourist organization office of Larissa	2410 618189
Museums	
Archeological museum of Thessaloniki	2310 830538
Museum of Byzantine Culture	2310 868570
Historical and Art museum (White Tower)	2310 267832
War museum	2310 893731
The Military Museum of Sarantaporo	24930 23590 - 94220

Larissa Archaeological Museum	2410 288515
Larissa Ethnographical Historical Museum	2410 239446 - 287516
Volos Athanasakeion Archaeological Museum	24210 25285

Useful Medical Vocabulary

General Body	Γενικό Σώμα / yeniko soma
head	κεφάλι / kefali
skull	κρανίο / kranio
eye	μάτι / mati
nose	μύτη / miti
ear	αυτί / afti
mouth	στόμα / stoma
neck	λαιμός / laimos
General Terms	Γενικοί όροι / yeniki ori
surgery	χειρουργική / chiroury-iki
X-ray	ακτίνες X / aktines X
surgeon	χειρουργός / chirourgos
anaesthesiologist	αναισθησιολόγος / anaistisiologos
anaesthetic	αναισθητικό / anaistitiko

medication	θεραπεία / therapia
blood	αίμα / aima
blood vessels arteries and veins	αγγεία και φλέβες / aggeia kai fleves
on an empty stomach	σε άδειο στομάχι / se adio stomachi
a splint	ένας νάρθηκας / enas narthikas
to cure	θεραπεύω / therapevo
to treat	νοσηλεύω / nosilevo
Shoulder & Arm	Όμος και Μπράτσο / omos kai bratso
shoulder	ώμος / omos
clavicle	κλείδα / klida
scapula	ωμοπλάτη / omoplati
elbow	αγκώνας / aggonas
arm	μπράτσο / bratso
forearm	αντιβραχίονας / antivrachionas
wrist	καρπός / karpos
hand	χέρι / cheri
fingers	δάχτυλα / dachtila
Torso	Κορμί / kormi
diaphragm	διάφραγμα / dia- fragma
abdomen	κοιλιά / kilia
back	πλάτη / plati
spine / vertebral column	σπονδύλικη στήλη / spondiliki stili

Leg	Πόδι / podi
hip	γοφός / gofos
thigh	μπούτι / bouti
bottom	πισινός / pisinós
knee	γόνατο / gonato
leg	πόδι / podi
ankle	αστράγαλος / astragalos
foot	πόδι / podi
toes	δάχτυλα ποδιού / dachtila podiou
Special Senses	Ειδικές Αισθήσεις / Idikes aistisis
smell	όσφρηση / osfrisi
hearing	ακοής / akois
taste	γεύση / yefsi
balance	ισορροπία / issoropia
sight	όραση / orasi
touch	αφή / afi
General problems and signs	
cancer	καρκίνος / karkinos
diabetes	Διαβήτες / diavites
allergies	αλλεργίες / allergyies
bone fractures	κατάγματα κοκάλων / katagmata kokalon
osteoarthritis	οστεοαρθρίτις / osteoarthritis
rheumatism	ρευματισμοί / revmatismi
osteoporosis	οστεοπόρωση / osteoporosi
arteriosclerosis	αρτηριοσκλήρωση / artiriosk- lirosi

whiplash	σύνδρομο αυχενικού τραυματισμού / sindromo afchenikou travmatismou
Repetitive Strain Injury (RSI)	κακώσεις λόγω επαναλαμβανόμενης καταπόνησης / kakosis logo eranalamvomenis kataponisis
muscular tear	απόσπασση των μυών / apospasi ton mion
inflammation	φλεγμονή / flegmoni
migraine	ημικρανία / imikrania
glaucoma	γλαυκώμα / glavkoma
influenza	γρίππη / gripi
"flu" (to describe "feeling unwell")	είμαι κρυομένος / είμαι κρυομένη / ime kriomenos (for men)/ ime kriomeni (for women)
pain	πόνος / ponos
ache	άλγος / algos
itching	κνησμός / knismos
vertigo	ίλλιγος / illigos
fever	πυρετός / piretos
chills	ρίγος / rigos
swelling	φουσαλίδα / fisalida
sleeplessness	αϋπνία / aïpnia
shooting pain	σουβλιά πόνου / souvlia ponou
pins & needles	μούδιασμα / moudiasma
throat	λαιμός / laimos

trachea	τραχεία / traxia
lungs	πνεύμονες / pnevmones
Signs and Symptoms	
breathlessness	άπνοια / apnia
breathless	λαχανιασμένος / lachanias- menos
wheezing	αναπνευστικός συριγμός / anapnefstikos sirigmos
cough	βήχας / vichas
phlegm	φλέγμα / flegma
asthma	άσθμα / asthma
bronchitis	βρογχίτιδα / vrogchitida
collapsed lung	ατελεκτασία / atelektasia
Cardiovascular System	
heart	καρδιά / kardia
lungs	πνεύμονες / pnevmones
artery	αρτηρία / artiria
veins	φλέβες / fleves
valve(s)	βαλβίδα / valvida
aortic valve	αορτική βαλβίδα / aortiki valvida
mitral valve	μητροειδής βαλβίδα / mi- troïdis valvida
blood group	ομάδα αίματος / omada ai- matos
angina	κυνάγχη / kinagchi
mini stroke (transient Ischemic attack)	παροδικό ισχαιμικό αγγειακό εγκεφαλικό επεισόδιο / parodiko ischemiko aggiako egkefaliko episodio

stroke (cerebral vascular accident)	εγκεφαλικό επεισόδιο / egkefaliko episodio
heart attack	έμφραγμα του μυοκαρδίου / emfragma tou miokardiou
swollen legs	οιδηματώδη σκέλη / idimatiodi skeli
breathlessness	άπνοια / apnia
arteriosclerosis	αρτηριοσκλήρωση / artiriosklirosi
arythmia	αρρυθμία / arrithmia
high blood pressure	υψηλή πίεση / ipsili piesi
palpitations	παλμοί / palmi
chest pain	πλευριτικός πόνος / plevritikos ponos
Respiratory system	
throat	λαιμός / laimos
trachea	τραχεία / traxia
larynx	λάρρυγας / larrigas
salivary glands	σιαλογόνοι αδένες / sialogoni adenés
oesophagus	οισοφάγος / issofagos
stomach	στομάχι / stomachi
duodenum	δωδεκαδάκτυλο / do-dekadachtilo
small intestine	λεπτό έντερο / lepto entero
large intestine	παχύ έντερο / pachi entero
gall bladder	χοληδόχος κύστη / cholidochos kisti
pancreas	πάγκρεας / pagkreas
liver	ήπαρ / ipar

rectum	απευθυσμένο ορθό έντερο / apefthismeno ortho entero
faeces	περιττώματα / perittomata
Digestive system	
digestion	πέψη / pepsi
bowel movement	κόπρανα / koprana
swallowing	κατάποση / kataposi
vomit (noun)	έμετος / emetos
vomiting	κάνω έμετο / kano emeto
nausea	ναυτία / naftia
constipation	δυσκοιλιότης / diskiliotis
diarrhoea	διάρροια / diarria
mucus in the stools	βλέννα στα κόπρανα / vlenna sta koprana
blood in the stools	αίμα στα κόπρανα / aima sta koprana
ulcer	έλκος / elkos
hernia	κήλη / kili
gall stones	χολόλιθοι / chololithi
irritable bowel syndrome	σύνδρομο ευερέθιστου εντέρου / sindromo evere- thistou enderou
Nervous System	
nerves	νεύρα/nevra
brain	εγκέφαλος / egkefalos
grey matter	φαιά ουσία / faia ousia
cerebral spinal fluid	εγκεφαλονωτιαίο υγρό / eg- kefalonotiaio igro
spinal cord	νωτιαίος μυελός / notiaios mielos

radiating pain	διάχυτος πόνος/diachitos ponos
shooting pain	σουβλιά / sounlia
linear pain	γραμμικός πόνος / gram-mikos ponos
sudden but fleeting pain	ξαφνικός άλλα παροδικός πόνος / xafnikos alla parodikos ponos
progressively worse pain	πονάει όλο και περισσότερο / ponaei olo kai perissotero
a burning pain	ένας αφόρητος πόνος / enas aforitos ponos
pins and needles	μούδιασμα / moudiasma
epilepsy	επιληψία / epilipsia
multiple sclerosis	σκλήρυνση κατά πλάκες / sklirinsi kata plakes
Parkinson's disease	νόσος Parkinson / nosos Parkinson
dementia	άνοια / ania
Urinary system	
kidney	νεφρό / nefro
urethra	ουρήθρα / ourithra
bladder	κύστη / kisti
urine	ούρο / ouro
odour	οσμή / osmi
colour	χρώμα / xroma
infection	λοίμωξη / limoxi
increase in urine volume	αύξηση της ποσότητας ουρών / afxisi tis posotitas ouron

decrease in urine volume	μείωση της ποσότητας ουρών / miosi tis posotitas ouron
kidney stones	πέτρες στα νέφρα / petres sta nefra
urinary incontinence	ακράτεια ουρών / akratia ouron
increase in thirst	μείωση της δίψας / miosi tis dipsas
decrease in urine volume	μείωση της ποσότητας ουρών / miosi tis posotitas ouron
kidney stones	πέτρες στα νέφρα / petres sta nefra
urinary incontinence	ακράτεια ουρών / akratia ouron
increase in thirst	μείωση της δίψας / afxisi tis dipsas
penis	πέος / peos
testicles	ορχείς / orxis
sperm	σπέρμα / sperma
breasts	μαστός / mastos
vagina	κόλπος / kolpos
uterus/womb	μήτρα / mitra
menstruation	εμμηνόρροια / emminorria
fallopian tube	φαλλόπιοι / fallopii
pregnancy	εγγυμοσήνη / eggimosini
egg	ωάριο / oario
infertility	στειρότητα / stiroita
loss of erection	ανικανότητα / anikanotita

discharge	έκκριση / ekkrisi
Reproductive system	
Giving Birth	γεννάω / gennao
induced labour	προκλητικός προωρός τοκετός / proklitikos prooros toketos
waters broken	χάνω υγρά / xano igra
placenta	πλακούς / plakous
episiotomy	περινεοτομία / perineotomia
epidural	επισκληρίδιος / episkliridios
Tens machine	διαδερμικός διεγέρτης / diadermikos dieyertis
cervix	τράχηλος της μήτρας / trachi- los tis mitras
Parts of the Mouth	
tooth	δόντι / donti
enamel	αδαμαντίνη / adamantini
dentin	οδοντίνη / odontini
pulp (nerve)	πολφός / polfos
root	ρίζα / riza
gingival (gum)	ούλον / oulon
bone	κόκαλο / kokalo
mandible	οστούν της κάτω γνάθου / ostoun to gnathou
lower teeth	κάτω δόντια / kato dontia
upper teeth	πάνω δόντια / pano dontia
maxillary	γναθικός / gnathikos
lip(s)	χείλος (χείλη) / chilos (chili)
cheek(s)	μάγουλο(μάγουλα) / magoulo (ma-

	a)
incisor	κοπτήρας / koptiras
cusped	σκυλόδοντο / skilodonto
premolar	προγόμφιος / progomfios
molar	γομφίος / gomfios
wisdom tooth	φρονιμίτης / fronimitis
Dental Procedure	
extraction	εξαγωγή/exagoyi
root canal treatment (endodontic treatment)	περίθαλψη της ριζικής οδοντικής κοιλότητας / perithalpsi tis rizikis odontikis kilotitas
filling	σφράγισμα / sfragisma
amalgam ("grey filling")	αμάλαμα /amalgama
composite ("white filling")	σύνθετος / sinthetos
bleaching	λεύκανση/lefkansi
orthodontics	ορθοδοντική / orthodontiki
cap (crown)	στεφάνη / stefani
ceramic cap	στεφάνη με χυτευόμενο κεραμικό υλικό /stefani me chitevomeno keramiko iliko
inlay-core	ψευδοκολόβωμα/psevdokolovoma
denture	οδοντοστοιχία / odontostixia
upper denture	πάνω οδοντοστοιχία / pano odontostixia
lower denture	κάτω οδοντοστοιχία / kato odontostixia
bridgework	γέφυρα / gefira

implant	εμφύτευμα / emfitevma
perio-surgery	περιοδοντική χειρουργική / perio-dontiki chirourgiki
flap surgery	χειρουργικός κρημνός / chirurgos krimnos
calculus	χολόλιθος / chololithos
teeth cleaning	καθαρισμός / katharismos
toothbrush	οδοντόβουρτσα / odontovourtsa
injection	ένεση / enesi
General	
night-guard	νυχτερινή στοματική προστασία κατά το τρισμό δοντιών / nichterini stomatiki prostasia kata to trismo dontion
panoramix	πανοραμική ακτινογραφία / panoramiki aktinografia
X-ray	ακτίνες X / aktines X
treatment planning	πρόγραμμα της θεραπευτικής αγωγής / programma tis therapeftikis agoyis
cure	θεραπεία / therapia
to cure	θεραπεύω / therapevo
appointment	ραντεβού / randevou
prescription	συνταγή / sintayi
antibiotics	αντιβιοτικά / antiviotika
anti-inflammatory	αντιφλεγμονώδες / antiflegmonodes
pain killer	παυσίπονος / pafsiponos
Ailments	
caries (decay)	τερηδόνα/teridona
abscess, swell-	απόστημα, φουσαλίδα / apostima,

ing	fisalida
gum inflammation	φλεγμόνη των ούλων / flegmoni ton oulon
pain	πόνος / ponos
to hurt	πληγώνω / pligono
allergy	αλλεργία / allergia
to bleed	αιμορραγώ / aimorrago
A Few Useful Phrases	
I need an emergency appointment	Χρειάζομαι έκτακτο ραντεβού / xriazomai ektakto randevou
My tooth hurts	Πονάει το δόντι μου / ponaei to donti mou
My teeth are loose	Τα δόντια μου κουνιούνται / ta dontia mou kouniountai
I have an abscess	Έχω απόστημα / echo apostima
My denture is loose and hurts my gum	Η οδοντοστοιχία μου κουνιέται και πληγώνει τα ούλα μου / i odon-dostixia mou kounietai kai pligonei ta oula mou
A cap fell off	Μία στεφάνη έπεσε/mia stefani erese
My bridgework moves slightly	Η γέφυρα μου κουνιέται λίγο / i yefira mou kounietai ligo
My gum bleeds when I brush my teeth	Αιματώνουν τα ούλα μου όταν πλένω τα δόντια μου / aimatonoun ta oula mou otan pleno ta dontia mou

Can you fix all that?	Μπορείτε να τα φτιάξετε όλα αυτά; / borite na ta ftiaxete ola afta?
I feel much better	Νιώθω πολύ καλύτερα / niotho poli kalitera
The pain got worse last night	Ο πόνος χειροτέρευσε χτες το βράδυ / o ponos xirotereypse chtes to vradi
It is sensitive to cold, to hot	Είναι ευαίσθητο στο κρύο, στο ζεστό / ine evestito sto krio, sto zesto