



ST HELEN &
ST KATHARINE

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Headmistress: Mrs Rebecca Dougall BA MA

28 September 2018

Dear Parents

Greece trip final details

I am writing to give you the final itinerary and information about the Greece trip. If you were able to attend the trip meeting, you will already have received most of this information. I would like to draw your attention, however, to the School's policy on nuts. It is vital that your daughter does not bring any food containing nuts on the trip or buy any, for example as a souvenir, whilst in Greece. Please impress upon your daughter the importance of this rule.

As you are aware the trip has a very early start. We hope to have some time for a quick breakfast at the airport but I suggest that you provide your daughter with a packed breakfast and some snacks to be on the safe side. On British Airways short haul flights the only food available is sandwiches which can only be purchased with a card.

If your daughter has not yet handed in her passport and European Health Insurance Card (EHIC), please could she do so by Monday 1 October. She can give it to me or her RPE teacher.

It is also a requirement that you and your daughter read and accept the school [Code of Conduct](#) for residential trips. Please complete the [electronic response form](#) to confirm this by Wednesday 3 October.

Thank you very much for your support of this trip. We are going to see some truly wonderful sights and come face-to-face with the origins of democracy, philosophy, drama, some famous myths and even the Olympic Games. I appreciate your help to ensure that everyone has a safe and enjoyable experience.

Yours faithfully

Miss D Spain
dspain@shsk.org.uk
Head of Classics

Greece trip information

Times

Flights: Outbound – Saturday 13 October 2018, BA638, departure 6.55am from London Heathrow (LHR), arrive 12.40pm in Athens. Inbound – Thursday 18 October 2018, BA633, departure 7.55pm from Athens, arrive 9.45pm at LHR.

The coach will depart from school at 3.45am on Saturday 13 October. Please be at school at least ten minutes beforehand. On our return we expect to arrive back at school between 11.30pm and midnight on Thursday 18 October.

Itinerary

Saturday 13 October

Flight to Athens

Coach to Tolon, stopping at Corinth Canal

Sunday 14 October

Mycenae

Epidauros

Evening in Olympia

Monday 15 October

Site of Olympia – origin of the games

Travel to Delphi

Tuesday 16 October

Site of Delphi – ancient centre of the world and famous oracle

Travel to Athens

Wednesday 17 October

Platos' Academy Museum

National Archaeological Museum

Acropolis and Agora

Acropolis Museum

Thursday 18 October

Theatre of Dionysus

Temple of Zeus

Aristotle's Lyceum

Depart for Athens airport

What to bring

Please bring one suitcase or holdall, clearly labelled with your name, the name of the school and the name of the hotel in Tolon. The airline's weight limit is 23kg and you can only check in one bag per person. Sharing of luggage allowance is not permitted.

Please bring only one piece of hand luggage. Maximum dimensions 56x45x25cm. Remember not to include any sharp or dangerous objects in your hand luggage. Any liquids in your hand luggage must be stored in a clear, resealable 20x20cm plastic bag and must not exceed 100ml per bottle.

Clothes

Dress sensibly. Greece is still quite a conservative country, and low hipster trousers, very short shorts and low cut tops are not appropriate. Shorts and skirts should be at least mid-thigh length. Also be aware of the dangers of sunburn.

I expect the weather will be warm but it can be variable in October, so bring summer clothes and some warmer things. You must have a waterproof if it does rain in Greece.

You must also bring suitable shoes for clambering over archaeological sites. Flip-flops are not suitable to wear out but you can wear them in the hotel.

You might also need:

Sun hat

Sun cream

Insect repellent

Personal medical supplies – medication must be labelled and handed to your group leader.

Travel sickness tablets (if necessary)
Toiletries
Towel
Camera
Phone

Money

All meals are included in the cost of the trip but you might want to buy extra food and drinks and some souvenirs. The currency is the euro. It is up to you how much you bring. I would suggest 100–200 euros maximum. Please bring a zipped purse or wallet and keep this with you at all times. It would be sensible to have a money belt and not to keep all your money in the same place.

Passports

It is your responsibility to ensure that you have a valid passport, EHIC and any visas you need.

Keeping safe

You must follow the school Code of Conduct for trips. You will need to sign to say that you accept these rules.

- It is important to follow any instructions given by your group leader. Make sure that you are prompt at meeting times.
- There will be occasions when you are allowed free time in groups. You must stay in groups of at least four people.
- Keep your emergency card with you just in case.
- Be aware that pickpocketing and hotel theft can occur, so be vigilant about your belongings and don't bring expensive items.
- Wear a money belt. Do not have all of your money in your wallet.
- Keep items which might be attractive to thieves inside bags, not in clothing pockets, and make sure that you can see the opening of the bag.
- Keep your belongings with you at all times. Your possessions are entirely your responsibility and we will not be able to go back to fetch them if you leave them behind.
- Wear seatbelts if they are available. This cannot be guaranteed on overseas coaches.
- Be very careful with road safety. Remember the traffic is on the other side of the road!
- In the hotel, balconies are out of bounds.
- You may not use any hotel facilities such as swimming pool or gym.

Foreign travel advice for Greece from gov.uk as of 27 September 2018

- Health: There have been a number of cases of West Nile virus in Greece this year. You should consider preventative measures to minimise exposure to mosquitoes, for example using mosquito repellent when outdoors and closing doors or windows or using screens. Please get in touch if you have particular concerns about this.
- Terrorism: terrorist attacks in Greece can't be ruled out. British nationals aren't normally considered a specific target, but attacks could happen in places visited by foreigners.

Contact information

Please contact the staff phones in the first instance.
07432 098349 – Miss Diana Spain
07738 642416 – Ms Kelly Meuleman

We will let you know by Clarion Call of our arrival in Greece.

Hotel information:

Saturday 13 October
Hotel Knossos
58 Aktis Street
Tolon
Tel: 0030 27520 59207

Sunday 14 October
Neda Hotel
Karamanli 1
27065 Olympia
Tel: 0030 26240 22563

Monday 15 October
Parnassos Hotel
32 V. Pavlou & Friderikis
33054 Delphi
Tel: 0030 22650 82321

Tuesday 16 October and Wednesday 17 October
Crystal City Hotel
Achileos 4
Square Karaiskaki
10437 Athens
Tel: 0030 21052 05145

Sharing of personal data

In order to organise the trip, we need to share your daughter's name, date of birth, passport number and expiry date with the travel company (Equity School Travel) and the airline (British Airways). If you have any concerns please don't hesitate to contact me.

Keeping us up to date

It is extremely important that we hold the very latest medical or dietary information on all our students, especially for any external school visits, so if there are any amendments or additions, do please let the School know. If your daughter has an inhaler or other medication, please ensure that she brings it with her.

Please ensure that we have a number to contact you on, if you are going to be on holiday while your daughter is away.