

**EUROMEDLAB**

ATHENS 2017

11-15 JUNE

# EuroMedLab news

22<sup>nd</sup> IFCC - EFLM European Congress of Clinical Chemistry and Laboratory Medicine25<sup>th</sup> Meeting of Balkan Clinical Laboratory Federation15<sup>th</sup> National Congress of GSCC-CB

## Welcome from the President of GSCC-CB



Dear colleagues,

On behalf of the Board and all the members of the Greek Society of Clinical Chemistry – Clinical Biochemistry I would like to invite you to the **EuroMedLab 2017** in Athens. As president of the Society, I will try to introduce to you the hosting Society of this magnificent event.

The Greek society of Clinical Chemistry - Clinical Biochemistry has a history of 30 years and 350 members. We have always been in close contact with IFCC, EC4 and EFLM trying to establish a tight bond with our European and international colleagues. Towards this goal, in 2005 we tried to harmonize our scientific standards with the European ones therefore we prepared a full educational program in accordance with the EC4 curriculum and we created the Greek Registry of Specialists in Laboratory Medicine with equivalent standards with the European Registry. Many of our members (about 100) have already become members of the European Registry. Many Greek colleagues are members of the IFCC and EFLM committees and participate in the European, American and international congresses and events. In 2010 our Society hosted the IFCC General Conference in Corfu with great success.

Now the time has come to host one of the most important events in Laboratory Medicine worldwide. We are proud and excited about it and in order to honour this choice we are doing our best to organize an unforgettable **EuroMedLab**, a

congress with an extraordinary scientific program, in an fascinating venue, in the centre of an enchanting city, a city famous for its Ancient and Byzantine inheritance, a city full of treasures connected with humanity's best historical moments. It is our duty to connect this event with its surrounding aura, not to forget that very near the congress location Aristotle's Lyceum, the first University ever, was found. The congress social program and the opening ceremony will take you to the steps of the ancient Greeks and will offer you the opportunity to walk and sit where famous performances of ancient comedy and tragedy took place, where the foundations of nowadays science were put. A party by the sea is being organized for you with traditional music, dance and food as we will try to connect you with contemporary Greek spirit since the sea is an integral part of the Greek Psyche (soul).

Come and join us in a celebration of science in the city where science began.

We are looking forward to welcoming you in **EuroMedLab Athens 2017**.

On behalf of the Greek Society of Clinical Chemistry - Clinical Biochemistry

*Katherina Psarra*  
**GSCC-CB President**

## What is EuroMedLab news?

EuroMedLab news is issued periodically to report on developments in scientific program and organization of the Congress.

EuroMedLab news is a handy tool to get in touch with Athens and the forthcoming Congress in real time.

EuroMedLab news will be sent to IFCC National Representatives, to all Officers involved in IFCC or EFLM, to IFCC Corporate Members, to IVD companies, and to anyone who has shown interest in the Congress; EuroMedLab News may be freely quoted in journals or newsletters and even photocopied, provided that the editor (EuroMedLab Athens 2017 Organizing Secretariat, Milan, Italy) is mentioned.

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## Next Meetings

**68<sup>th</sup> AACC Annual Scientific Meeting & Clinical Lab Expo, July 31<sup>st</sup> -August 4<sup>th</sup>, 2016, Pennsylvania Convention Center, Philadelphia, Pennsylvania, USA.**

**4<sup>th</sup> Joint EFLM-UEMS Congress "Laboratory Medicine at the Clinical Interface", September 21<sup>st</sup>-24<sup>th</sup>, 2016, Double Tree by Hilton Hotel and Conference Centre, Warsaw, Poland.**

**14<sup>th</sup> Asia-Pacific Federation for Clinical Biochemistry and Laboratory Medicine Congress, November 26<sup>th</sup>-29<sup>th</sup>, 2016, Taipei International Convention Center (TICC), Taipei, Taiwan.**

**VISIT THE EUROMEDLAB BOOTH!!!**



## SAVE THE DATES!

**November 1, 2016**

Deadline for poster abstract submission\*

\* The early deadline is due to the recent rules for the financing and/or the participation in congresses that require about 3 months for the authorization of PRESENTING authors from the regulating authorities.

**April 30, 2017**

Deadline for reduced registration fees

## Congress Committees

### CONGRESS PRESIDENT

**Dr. Alexander Haliassos**

### CONGRESS ORGANISING COMMITTEE

**Dr. Alexander Haliassos** Chair

**Dr. Efi Mpotoula** Treasurer

**Prof. Christos Kroupis** Scientific Committee Liaison

**Dr. Aggeliki Ferderigou** Social Events

**Dr. Nota Spyropoulou** Social Events

**Dr. Katherina Psarra** Public Relations

**Dr. Irene Leimoni** Executive Manager

**Dr. Bernard Gouget** EuroMedLab 2015 Liaison

**Dr. Angelos Evangelopoulos** Corporate Members Representative

**Prof. Tomas Zima** IFCC Representative

**Prof. Grazyna Sypniewska** EFLM Representative

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**Prof. Eleftherios Diamandis**

**Prof. Maurizio Ferrari**

**Prof. Damien Gruson**

**Dr. Alexander Haliassos**

**Prof. Christos Kroupis**

**Prof. Evi Lianidou**

**Dr. Konstantinos Makris**

**Prof. Paraskevi Moutsatsou**

**Prof. Mauro Panteghini**

**Prof. Demetrios Rizo**

**Prof. Andreas Scorilas**

**Prof. Georgia Sotiropoulou**

**Prof. Christos Tsatsanis**

## News from the Scientific Program Committee

### "Meet the Expert" sessions in Athens EuroMedLab 2017



A novel feature in Athens 2017 compared to the previous EuroMedLabs is the introduction of "Meet the Expert" sessions in parallel with the afternoon Educational Workshops. They differ from the analogous sessions in annual AACC meetings by two facts; they are free and they are wider in audience: up to 100 EuroMedLab registrants can attend after an online pre-registration on a first-come first-serve basis. However, 50 placements will be reserved for young scientists; this underscores the main concept of the introduction of these sessions in the scientific programme: close interaction between young and fresh minds and the expert with Q&As after a brief 10-15 min presentation from the speaker.

Therefore the Scientific Programme Committee (SPC) of Athens 2017 in close cooperation with the IFCC Young Scientists Task Force (YS-TF) have organized six such sessions covering three broad main areas: Mentoring (and professional development), Clinical questions and Technical issues for the Specialist in Laboratory Medicine. Experts have been chosen from both SPC and YS-TF due to their extensive experience and contribution to the particular subject and are certainly key persons for the audience to ask difficult questions and pose provocative ideas. The majority of the experts will also address plenary or symposia talks in the Athens EuroMedlab 2017 but certainly this is the chance to meet and discuss with them any question otherwise not easily posed on a big auditorium. The allocated time for these sessions will be one hour.

In the first Mentoring area, Prof. Feng Zhang, co-inventor of the promising CRISPR-Cas system for genome editing, and a young scientist himself, will provide a talk related to success in research and academic careers. In another "Meet the expert" session, Professors Laura Esserman and former AACC president Ann Gronowski will address the difficult task of how to combine career and personal/family life and become successful in Science and Medicine.

In the second area, clinical questions regarding Vitamin D status and Heart Failure biomarkers will be addressed by Howard Morris and Gerasimos Filippatos, respectively. Dr. Morris, a past IFCC vice-president and Chair of the IFCC Working group (WG) on Standardization of Bone Markers Assays, will assess vitamin D status in the clinical labora-

tory and existing problems in the related assays and how to interpret them. Prof. Filippatos, co-author in the 2012 seminal article on the 3<sup>rd</sup> universal definition of myocardial infarction and in the recent 2016 European Society of Cardiology Guidelines for the diagnosis and treatment of acute and chronic heart failure, will be the expert to discuss about established (e.g. BNP/NT-proBNP) and emerging biomarkers in heart failure.

In the third area, practical issues concerning accreditation, lab management and POCT use will be addressed in two separate sessions. The first one will have two 1-hour parts: the first part, Accreditation, will be presented by Drs. Wim Huisman and Michel Vaubourdolle. Wim is an active auditor/member in ISO-TC-212 and the Chair of the EFLM Quality Regulation Committee. Michel is the Chair of the WG-Accreditation and of the corresponding WG in the French Society (SFBC). In the second part, Elizabeth Frank co-author of the "Essentials of Clinical Laboratory Management in Developing Regions" of the IFCC Education and Management Division will discuss on why and how to perform Lab Management. The other "Meet the Expert" session in the Technical area will be addressed by Rosy Trimaco, IFCC chair on POCT-TF regarding existing and emerging technologies in POCT: the laboratory tests from the central Lab to clinic, to family practitioner, to patient.

In all "Meet the expert" sessions, questions posed from the audience will be moderated by a combination of a senior Scientist selected from the SPC and a young Scientist selected from the YS-TF. We are confident that the "Meet the expert" sessions in their pilot application will be successful in their goal and will become a standard for future EuroMedlabs.

*Christos Kroupis, MSc, PhD, EurSpLM*

*Asst. Prof. of Clinical Biochemistry and Molecular Diagnostics Attikon University General Hospital, University of Athens Medical School, GREECE*





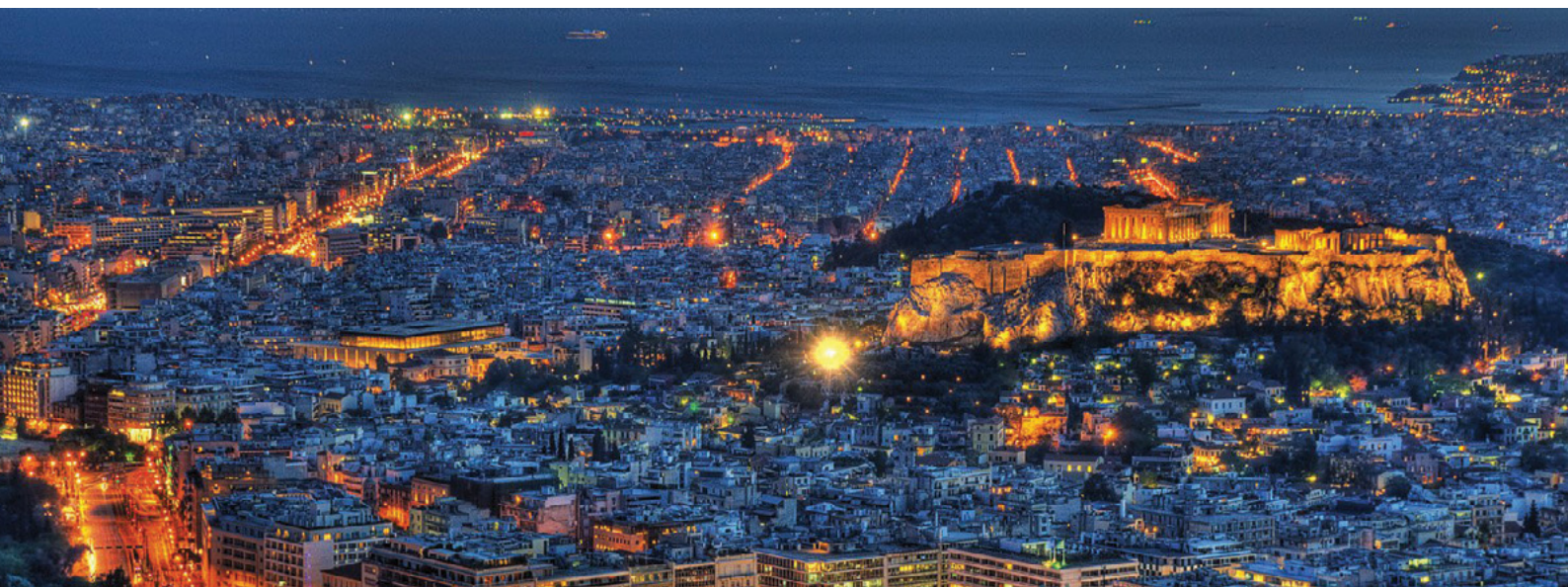
## How to get to Athens

Athens is easily accessed by air, sea and land (road and railroad) as it is the Greece's capital and one of the major cities of the Balkans and the Eastern Mediterranean area. Moreover, moving around the city is a real pleasure. Athens public transportation system connects the city center and Megaron - Athens International Conference Center, the Congress Venue, with all surrounding areas through a modern network combining many lines of metro, suburban railway, train, buses, trolleys and trams. The road system has been modernized in recently with new highways. The capital is connected with other parts of the mainland through a

York, Larnaca and Dubai come in at least once per day.

Located 33 km (20 miles) southeast of Athens, it is easily accessible via Attiki Odos, a major highway part of the Athens City Ring Road. Public transport to Athens and the port of Piraeus is provided by the new metro system, express airport bus connections, taxi and high-speed rail.

A free return metro ticket to Athens as also as a transport title allowing the unlimited use of the entire Athens public transportation system during the Congress period will be offered to all registered delegates and accompanying persons, at their arrival at the airport.



network of railways, buses and coaches. Furthermore, Athens has direct connections to all Greek islands through the ports of Piraeus, Lavrio and Rafina.

### BY AIR

The new award-winning "Eleftherios Venizelos" Athens International Airport, has been serving the Greek capital since its opening to the public on March 28th, 2001. Its exciting design has, according to surveys, made it one of the world's leading airports in overall passenger satisfaction for the last four years and Europe's fastest growing airport.

At the crossroads of Europe, Africa and the Middle East, Athens is a city that is easily accessible from virtually any point of the world. Flights from major airport hubs in London, Frankfurt, Paris, Berlin, Zurich, Milan, Rome, Istanbul, New

### BY ROAD

Athens can be reached by road via the Western Balkan countries, Bulgaria, Albania and Turkey.

### BY RAILROAD

The main railway network of Greece currently provides links between Athens and Northern and Southern Greece and the rest of Europe through the Western Balkan countries and Bulgaria.

### BY SEA

There are daily ferryboat connections from Italy (Ancona, Bari and Brindisi, Venice and Trieste) to Patras the second largest port of entry to Greece; approximately 220 km (135 miles) from Athens. The Middle East is accessible via the port of Volos located 300km (180 miles) from Athens.

## Congress Venue

The EuroMedLab Athens 2017 Congress will be held at the Megaron Athens International Conference Center, one of the finest and technologically advanced conference venues in Europe. The center offers an impressive environment of beauty, cutting edge facilities and unrivalled client service.

### MEGARON

#### ATHENS INTERNATIONAL CONFERENCE CENTER

Vassilisis Sophias Ave. & Kokkali Str.

Athens GR-115 21, Greece

Phone: +30 2107282000



## Athens Metro Map







## The party by the sea

### Wednesday June 14<sup>th</sup> evening

Wouldn't you all dream and enjoy a party by the sea? By the blue waters of the breathtaking Aegean sea? Somebody once told me that by looking at postcards from Greece, he thought that they were explicitly counterfeit painted. That this blue color could not actually exist, that it couldn't be real. But when he encountered this actual view, he could not believe his eyes. He realized that no painter could create this color, this fluctuating, iridescent blue of the Greek sea waters.

Sometimes we can't believe ourselves this beauty. We can't have enough of it, we can't stop admiring the breathtaking view or relaxing enough by its calmness. It is never enough.

So, can you imagine of a magnificent place by the sea, sitting on scattered tables covered with white tablecloths,

feeling the sea-breeze, tasting some of the best Greek recipes and drinks? The sun is setting in the sea, traditional live Greek music is heard and folk dancers are taking you by the hand and leading you into the famous all over the world Greek dances.







These dances are descending back to the depth of old times where dance was part of the way to socialize, to connect with each other, to present the beauty of the young and the pride and wisdom of the old. All dancers are connected by their hands, either resting them high on each other's shoulders, or holding them low, or crosswise and




they all become one and they all move together like one. And the mood ameliorates and the spirits rise and the joy overwhelms the soul.

Well, come and join us at the seaside party and you will have an unforgettable experience! Let the Greek spirit show you a different experience of joyful life!









# EUROMEDLAB ATHENS 2017 TIMETABLE

UPDATED  
July 2016

DAY		SATURDAY JUNE 10		SUNDAY JUNE 11		MONDAY JUNE 12						TUESDAY JUNE 13							
ROOM	CAPACITY	AT WAR MUSEUM		AT CHOREMEO		LAMBRAKIS HALL	TRIANTH HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	MC 3 HALL	EXHIBITION AREA	LAMBRAKIS HALL	TRIANTH HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	MC 3 HALL	EXHIBITION AREA
09.00 - 10.00						NEW VACCINES AND IMMUNOTHERAPIES FOR AIDS AND CANCER <b>George Pavlakis</b>						HUMAN GENE EDITING: THE DAWN, THE ZENITH, AND THE DUSK <b>Françoise Baylis</b>							
10.00 - 10.30						BREAK						BREAK							
10.30 - 12.30		08.55-17.30 SATELLITE MEETING "BONE METABOLISM"		09.00-16.00 SATELLITE MEETING "ERRORS OF METABOLISM"		10.30-12.30 SYMPOSIUM ADVANCES IN CANCER BIOMARKER DISCOVERY	10.30-12.30 SYMPOSIUM CHALLENGES IN THE DIAGNOSIS AND FOLLOW-UP OF MULTIPLE MYELOMA	10.30-12.30 SYMPOSIUM BIOMARKERS OF INFLAMMATION AND VASCULAR DAMAGE	10.30-12.30 SYMPOSIUM THE ROLE OF STROKE DIAGNOSIS AND MONITORING OF TREATMENT - STROKE BIOMARKERS	10.30-12.30 SYMPOSIUM EFLM HARMONISATION IN LABORATORY MEDICINE	10.30-12.30 SYMPOSIUM LABORATORY DIAGNOSIS OF PATHOLOGICAL CONDITIONS IN PREGNANCY	10.00-17.30 EXHIBITION OPEN	10.30-12.30 SYMPOSIUM KIDNEY DISEASES - HOT QUESTIONS ON ESTABLISHED AND NOVEL BIOMARKERS	10.30-12.30 SYMPOSIUM ADVANCES IN NEURODEGENERATION DISORDERS	10.30-12.30 SYMPOSIUM STATE OF THE ART IN CARDIAC MARKERS	10.30-12.30 SYMPOSIUM INCREASING CLINICAL EFFECTIVENESS IN LABORATORY MEDICINE	10.30-12.30 SYMPOSIUM IFCC SYMPOSIUM	TBA	TBA
12.30 - 14.30						12.30-14.30 DEBATE LESSONS FROM 30 YEARS OF CANCER SCREENING <b>Anne McTiernan</b> <b>Laura Esserman</b>	POSTER SESSION						POSTER SESSION						10.00-17.30 EXHIBITION OPEN
14.30 - 18.00						14.30-16.30 IFCC SYMPOSIUM STANDARDIZATION IN ENDOCRINOLOGY 	EduW 14.30-15.30 SYSMEX	EduW 14.30-15.30 ROCHE	EduW 14.30-15.30 ABBOTT	EduW 14.30-15.30 SIEMENS	14.30-16.45 MEET THE EXPERT ACCREDITATION AND LAB MANAGEMENT WHY AND HOW TO DO IT <b>Wim Huitema</b> <b>Elizabeth Frank</b>	10.00-17.30 EXHIBITION OPEN	EduW 15.45-16.45 RANDOX	EduW 15.45-16.45 SYSMEX	EduW 14.30-15.30 ABBOT	EduW 14.30-15.30 ROCHE	EduW 14.30-15.30 SIEMENS	15.30-16.45 MEET THE EXPERT HOW TO SUCCEED IN ACADEMIC CAREER <b>Laura Esserman</b> <b>Ann Gronowski</b>	10.00-17.30 EXHIBITION OPEN
18.00 - 20.00		17.00-20.00 AT CHOREMEO SATELLITE MEETING "NBORN ERRORS OF METABOLISM" <b>L Papassotihiou</b>				EduW 17.00-18.00 TBA	EduW 15.45-16.45 BIORAD	EduW 15.45-16.45 ABBOTT	EduW 15.45-16.45 ROCHE	EduW 15.45-16.45 ORTHO	16.45-18.00 MEET THE EXPERT SUCCESS IN RESEARCH - ACADEMIC CAREER <b>Feng Zhang</b>	10.00-17.30 EXHIBITION OPEN	EduW 17.00-18.00 FUJIREBIO	EduW 17.00-18.00 BECKMAN C.	EduW 15.45-16.45 ROCHE	EduW 17.00-18.00 BINDINGSITE	EduW 17.00-18.00 MINDRAY	16.45-18.00 MEET THE EXPERT ASSESSING VITAMIN D STATUS IN THE CLINICAL LABORATORY <b>Howard Morris</b>	10.00-17.30 EXHIBITION OPEN
20.00 - 22.30																		20.00-22.30 OPENING CEREMONY	
20.00 - 22.30																		21.00-21.30 LECTURE <b>David Epstein</b>	
22.30 - 00.00																		22.30-00.00 WELCOME PARTY	
FREE EVENING FOR DELEGATES																			



DAY	WEDNESDAY JUNE 14						THURSDAY JUNE 15				FRIDAY JUNE 16		
ROOM	LAMBRASIS HALL	TRIANTI HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	MC 3 HALL	LAMBRASIS HALL	TRIANTI HALL	HALL A	MITROPOULOS HALL	SKALKOTAS HALL	MC 3 HALL	
CAPACITY	1961	1500	650	457	380	180	1961	1500	650	457	380	180	
09.00 - 10.00	PLENARY						WHOLE GENOME SEQUENCING IN HEALTH AND DISEASE Nicholas Katsanis						09.30-13.50 AT SOUNIO SATELLITE MEETING "DIABETES"
10.00 - 10.30	BREAK						BREAK						
10.30 - 12.30	10.30-12.30 EFLM SYMPOSIUM  PERFORMANCE SPECIFICATIONS IN LABORATORY MEDICINE - PART 1	10.30-12.30 SYMPOSIUM THE ROLE OF THE LABORATORY IN THE MANAGEMENT OF CLINICALLY ILL PATIENTS	10.30-12.30 SYMPOSIUM THE INTERFACE OF LABORATORY MEDICINE AND CLINICAL DIAGNOSIS	10.30-12.30 SYMPOSIUM PERSONALIZED MEDICINE	10.30-12.30 SYMPOSIUM FUTURE OUTLOOK ON POCT AND CLINICAL EFFECTIVENESS	10.30-12.30 SYMPOSIUM  TRACEABILITY IN LABORATORY MEDICINE: WHAT IS IT AND WHY IS IT IMPORTANT?	10.30-12.30 DEBATE ANTIDOPING TESTING David Epstein Geoffrey S. Baird	10.30-12.30 BCLF SYMPOSIUM  TOPICS OF LABORATORY MEDICINE IN BALKAN REGION	10.30-12.30 SYMPOSIUM ADVANCES IN MASS SPECTROMETRIC APPLICATIONS	10.30-12.30 SYMPOSIUM ETHICAL ISSUES IN LABORATORY MEDICINE	10.30-12.30 SYMPOSIUM  EXTERNAL QUALITY ASSURANCE - JUST A NECESSARY EVIL OR A VALUABLE TOOL IN LABORATORY MANAGEMENT?	10.30-12.30 IFCC SYMPOSIUM  THE LIQUID BIOPSY APPROACH: FOLLOWING THE LEADERSHIP IN PERIPHERAL BLOOD	
12.30 - 14.30	12.30-14.30 DEBATE DIRECT TO CONSUMER TESTING Rodger Saccombe Don Holmes	POSTER SESSION					10.00-17.30 EXHIBITION OPEN						
14.30 - 18.00	12.30-16.30 EFLM SYMPOSIUM  PERFORMANCE SPECIFICATIONS IN LABORATORY MEDICINE - PART 2	EduW 14.30-15.30 BIORAD	EduW 14.30-15.30 RANDOX	EduW 14.30-15.30 SIEMENS	EduW 14.30-15.30 MENARINI	14.30-15.45 MEET THE EXPERT ESTABLISHED & EMERGING BIO-MARKERS IN HEART FAILURE: DIAGNOSIS & MANAGEMENT Gerasimos Filippatos							
18.00 - 20.00	EduW 17.00-18.00 TBA	EduW 15.45-16.45 TBA	EduW 15.45-16.45 KONICA-MINOLTA	EduW 15.45-16.45 SIEMENS	EduW 15.45-16.45 THERMOFISHER	16.45-18.00 MEET THE EXPERT EXISTING AND EMERGING TECHNOLOGIES IN POCT Rosy Trimacco						16.30-21.00 AT SOUNIO SATELLITE MEETING "DIABETES"	
20.00 - 22.30	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA								
22.30 - 00.00	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA	EduW 17.00-18.00 TBA								
SOCIAL EVENT FOR DELEGATES / SPECIAL TICKET REQUIRED													

SOCIAL EVENT FOR DELEGATES / SPECIAL TICKET REQUIRED

16.30-21.00  
AT SOUNIO  
SATELLITE MEETING  
"DIABETES"

09.30-13.50  
AT SOUNIO  
SATELLITE MEETING  
"DIABETES"



## Summer in Greece

Colourful images! Beautiful memories! Sweet dreams and anticipation!

Lying on a beach under the sun or under a leafy tree reading a book or enjoying the warmth on your skin, dreaming, listening to the sea murmur.

Sitting on a sandy or a rocky beach to watch the sun rising from the sea or sun setting in it creating wonderful colors in the sky and the sea. Listening to seagulls and to the cicadas singing their laziness all the years.

What can be better than the rise of the full moon from the sea? Imagine being on a ship or at the beach or perhaps you are swimming following the moonlight pathway in the dark sea towards the moon.

Swimming and diving in the blue waves of Aegean Sea or in the calm waters of Ionian Sea, snorkelling in the clear waters. A new world in front of your eyes, peaceful, muffled







sounds in your ears. Lying on the sea surface, enjoying sun caressing you.

Dancing in a "panigiri" ([folk fair](#)) in an island or in the mainland. The music by the local musicians makes your legs move, the rhythm makes you one with the locals.

Your feet touching the sand while you are enjoying fish food and fresh salads in a taverna by the seaside.

Sitting among friends on a porch at night, talking and philosophizing under the starry sky.

Enjoying ancient tragedies or comedies or savouring a concert in an ancient outdoor theatre.

Dancing and singing under the stars by the sea.

Taking a boat early in the morning to go fishing.

Remembering your childhood years while you were playing with children by the seaside or in the gardens all around the neighbourhoods. Being together... Listening to stories by the elders, telling stories to the youngsters.

The Greek summer images don't ever end. They are part of our childhood, they are sweet memories of our youth, they are present in our adulthood and they are our anticipation as we are getting older. They are us, Greeks.







## Recommended tours!

### ATHENS SIGHTSEEING Half Day with Acropolis Museum



#### What's included?

This tour gives you an opportunity to observe the striking contrasts that make Athens such a fascinating city. Our expert guides will take you to see the Panathenaic Stadium where the first Olympic Games of modern times were held in 1896 (short stop). Continue and pass by the Prime Minister's residence (ex Royal Palace) guarded by the Euzones in their colorful uniform, the Temple of Olympian Zeus, the Hadrian's Arch, the Parliament and the memorial to the Unknown Soldier, the Academy, the University, the National Library, the Constitution Square (Syntagma). On the Acropolis visit the Architectural Masterpieces of the Golden Age of Athens: The Propylaea, the Temple of Athena Nike, the Erechtheion and finally "the harmony between material and spirit", the monument that "puts order in the mind", the Parthenon. Continue and visit the place where at last the statues found their home and admire the wonders of the classical era: The new Acropolis museum.

### ATHENS WALKING CITY TOUR With Acropolis



#### What's included?

The tour begins in front of the Parliament in Syntagma Square where you will see the Monument of the Unknown Soldier and the change of the famous Guards. A pleasant walk will follow through the National Garden and on to the Zappeion Hall, the Temple of Olympian Zeus and the Hadrian's Arch. From here you will enter the Plaka area heading to the Acropolis and visit with your guide the Propylaea, the Temple of Nike, and the Parthenon, the monuments that remind us of Glory of Ancient Athens and the Golden Age of Pericles. See also in the surrounding the Athenian Agora, the Observatory, the Hill of Democracy (Pnyx), Mars and Philopappos Hill, the Odeon of Herodes Atticus, and the Theater of Diony-

sus. At the end of the tour, and since you are so close, do not miss the opportunity to visit on your own the New Acropolis Museum.

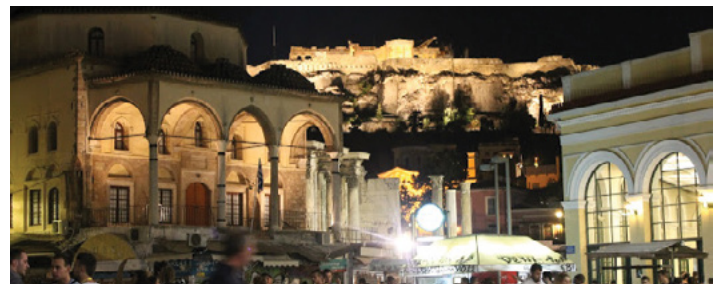
### ATHENS CITY TOUR WITH ACROPOLIS In the Afternoon



#### What's included?

This tour gives you the opportunity to observe the striking contrasts that make Athens such a fascinating city. Our expert guides will take you to see the center of the city, the Constitution Square (Syntagma), the House of Parliament, the Monument of the Unknown Soldier, the Academy, the University and the National Library. On the way to the Acropolis you will make a short stop at the Panathenaic Stadium where the first modern Olympic Games were held in 1896, you will see the temple of Olympian Zeus and the Hadrian's Arch. At the Acropolis, you will visit the architectural masterpieces of the Golden Age of Athens: the Propylaea, the Temple of Athena Nike, the Erechtheion and finally "the harmony between material and spirit", the monument that "puts order in the mind", the Parthenon.

### A NIGHT OUT In Athens



#### What's included?

Your evening begins with a short panoramic drive through the city center and on the slopes of the sacred hill you will be able to see, admire and take photos of the illuminated Acropolis. Then a pleasant walk through the narrow picturesque streets of Plaka, the old city, will bring you at a Typical Greek Tavern where you will enjoy your dinner following a show with live music and Greek Folk Dances in traditional costumes.

## CAPE SOUNION In the Afternoon



### What's included?

Drive along the coastal road, passing the wonderful beaches of Glyfada, Vouliagmeni & Varkiza to the most Southern point of Attica, Cape Sounion, where the white marble pillars of the Temple of Poseidon stand.

On the way, you have a splendid view of the Saronic Gulf and the little islands offshore.

After visiting the Temple of Poseidon, you have time to walk at leisure on the rocky promontory of Sounion.

## HYDRA - POROS - AEGINA One Day Cruise



### What's included?

We pick you up from your hotel early in the morning in order to take you by coach to the port for embarkation on the cruise ship. At 08:15 the cruise ship departs and sails for the first stopover on the island of Hydra. You will spend approximately one hour, thus you have free time to explore the unique island. Embarkation and sail to the island of Poros, separated from Peloponnesse by a narrow strait and offering a most enchanting view of Poros town. Leisure time in Poros will be approximately 60 minutes. After two hours trip we shall arrive to the last port, the island of Aegina, where you have time either to make an optional tour visiting the Athena Afea Temple or to swim to the nearest beaches of the island. Total time to be spent one hour and a half. Lunch is served on board during the voyage. Re-embarkation and sailing back to the port. Arrival late in the afternoon and transfer back to your hotel.

## DELPHI One Day tour



### What's included?

Drive through the fertile plain of Beotia, crossing the towns of Thebes connected with the tragedy of King Oedipus - Levadia and Arachova (short stop on the way back).

Arrive at Delphi, the center of Ancient World - the "Omphalos" (Navel of Earth) - whose prestige extended far beyond the boundaries of the Hellenic World. On the slopes of Mount Parnassus, in a landscape of unparalleled beauty and majesty, lie the ruins of the Sanctuary of Apollo Pythios.

Visit the Treasury of the Athenians, the Temple of Apollo and the Museum containing such masterpieces of Ancient Greek sculpture as the bronze Charioteer and the famous athlete Aghias.

## ARGOLIS One Day tour



### What's included?

Leave by the coastal road along the Saronic Gulf to the Corinth Canal, which connects the Aegean Sea with the Ionian Sea, (short stop).

Drive to Mycenae, the Homeric city of Atreides, the city "rich in gold" of the ancient poets. Visit the Lion's Gate, the Cyclopean Walls, and the Royal Tombs e.t.c.

Depart for Nauplion through the fertile plain of Argolis, the picturesque town nestling at the foot of a cliff crowned by the mighty ramparts of the Palamidi Fortress (short photo stop), leave for Epidauros, to visit the Theatre (4th century B.C.) famous for its astonishing acoustics. Return to Athens by the National road connecting Epidauros with Corinth. Lunch in Mycenae.

FOR FURTHER INFORMATION PLEASE CONTACT



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# 10 things to do in Athens



## THE PARTHENON (THE ACROPOLIS)

Even if you don't care about archaeology or the fact that if it were not for the ancient Greeks you might be living in a far less civilized way, you can't come to Athens and not visit the Acropolis and see the Parthenon. Yes I know that there are actually Athenians who have never climbed

the steps to see one of the wonders of the ancient world, the reason millions of people come to their city, the spectacular building that symbolizes some of the highest achievements of mankind. But that's no excuse. If you do nothing else on your visit to Athens, this is the one thing you should do. Since you can buy a ticket that allows you to see the other major archaeological sites that day I can free up some of my top ten space since the Theater of Herod Atticus, Theater of Dionysios and the Ancient Agora and even Keramiekos are all included among others, in the price of admission. (Tel: +30 210 900900)



## ACROPOLIS MUSEUM

The Acropolis Museum, is an absolute must see. Inside the modern exterior visitors can discover the ancient aesthetic wisdom of the Acropolis and feel the atmosphere of ancient Athens. The Gallery of the Slopes of the Acropolis, the Archaic Gallery and the Parthenon Gallery display sculptures, inscriptions, finds

from sanctuaries, as well as objects used in everyday life. Visitors can also watch conservators working, speak to an archeologist host and acquire small souvenirs from the museum shop. The restaurant on the second floor offers a breath taking view of the Acropolis. (Tel: +30 210 9000900)



## NATIONAL ARCHAEOLOGICAL MUSEUM

The National Archeological Museum, Patision 44, the largest museum in Greece with more than 11.000 exhibits, offers a panoramic experience of Greek civilization from prehistory to late antiquity. Numerous galleries

house five permanent collections, amongst which the sculpture collection with unique masterpieces. At the Museum visitors can see the collection of Prehistoric Antiquities, the Sculptures Collection, which shows the development of ancient Greek sculpture from the seventh to the fifth centuries BC, the Vase and Minor Objects Collection, the Bronze Collection, with many fundamental statues, figurines and minor objects, and the only Egyptian and Near Eastern Antiquities Collec-

tion in Greece, with works dating from the pre-dynastic period (5000 BC) to the Roman conquest. (Tel: +30 210 8217724)



## ATHENS HAPPY TRAIN

Kids and adults of course will love sightseeing Athens with the bright red Athens Happy Train. This sightseeing tour in the historical center of Athens and the most famous ancient sights and monuments, on the hop-on Athens Happy Train, is an exciting and interesting experience. The Athens Happy Train is a

toy-like street train that starts its tour from Syntagma Square and Monastiraki Square and follows a route through the historical center of the city, the old neighborhoods and the hill of Acropolis. The tour has a 60-minute duration and includes the Acropolis, Plaka, Temple of Zeus, Thission, Monastiraki Square, Ancient and Roman Market, Zappeion, Panathinaiko Stadium, Theater of Herodes Atticus, Hadrian's Arch and the New Acropolis Museum. From the open-style train carriages, you can hop-on hop-off as you please and see Athens in your own time and pace, in safety and comfort. Hop-off the Athens Happy Train in Monastiraki Square to explore the narrow streets of Plaka, the oldest neighborhood of Athens, or hop-off at the New Acropolis Museum to visit the hill of Acropolis, the Parthenon or the Museum. The Athens Happy Train stops at these points for about fifteen minutes. If you want to spend your time there, you can use the same ticket and hop-on any of the next trains for the next two hours. The Athens Sightseeing Tour with Athens Happy Train, operates all year round. Tours start at 9.00 a.m. until 12.00 p.m. every thirty minutes, every day of the week. All the tours are guided with a hostess or steward on board and commentary in English and Greek. (Tel: +30 210 9211444)



## ATHENS SEGWAY TOURS

Discover the city of Athens with the easy, fun and safe way of a segway tour. From the Acropolis Rock to the first Olympic Stadium, from the flea market of Monastiraki to Pnyka-the birthplace of Democracy and from the Ancient Agora to the National Gardens, get to know the ancient monuments, as well as the modern

side one of the most fascinating cities in the Mediterranean. Experienced tour guides will take you to the most important sites, providing information about the mythical and historical past of the city of Athens, together with the insider's view on life and entertainment in the city. (Tel: +30 210 3222500)

## HAMMAM BATHS

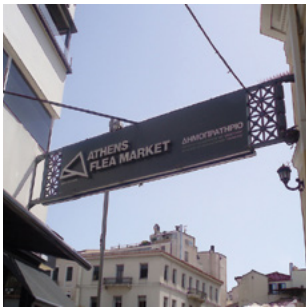
Hammam Baths, situated in the neighborhood of Thission, close to





the famous Bath House of the Winds in Plaka, is the authentic hammam in Athens. This simple, contemporary space, is designed like the traditional oriental steam baths. The impressive dome, the round marble bench in the center and the individual basins around, create the atmosphere of an authentic hammam. Here you can relax and let the curative quali-

ties of the steam release all tension in your body. You can enjoy a rejuvenating bath, a deep peeling with the traditional toweling and a wonderfully soothing massage, followed by a cup of warm tea. The space accommodates six persons, and has a separate space with two marble couches for peeling, massage and washing. Tuesdays are reserved only for ladies. Fresh juices and traditional Greek tastes can be served on order. Hammam Baths are open Monday to Friday 12.30-22.00 and on weekends 10.00-22.00 and it is necessary to book an appointment. (Tel: +30 210 3231073)



## MONASTIRAK FLEA MARKET

A visit to the Monastiraki flea market in Athens is a must. Situated over a large area from Monastiraki square and metro station down to the end of Ermou street, the flea market is open every day, but on Sundays it is even more interesting to visit, as even more objects are on sale, es-

pecially on busy Abyssinias square. The flea market actually consists of shops which are open every day and on Sundays there is the extra bonus of open air improvised stalls. Things to buy range from clothes to old books, stamps, coins, furniture, bric a brac, postcards, memorabilia, decorative objects and more. The prices can vary and bargaining is always necessary. Even just browsing the shops and vendors is great fun.



## BYZANTINE AND CHRISTIAN MUSEUM

The Byzantine and Christian Museum was founded in 1914 and is one of the most important national museums in Greece. The objects which are collected on the premises and are organized in collections are more than 30.000 and date from the 3rd up to the 20th century. The permanent

exhibition offers visitors the unique occasion to acquire knowledge and appreciate Byzantine and more recent art through a new museological approach. The first part of the permanent exhibition pertains to the transition from the ancient world to Byzantium, and the second part, with the title "From Byzantium to recent times" presents

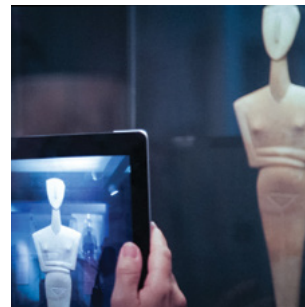
various sides of the historical period from Byzantium up to recent times (15th-20th century) including many objects which are exhibited for the first time. At the gift shop visitors can buy certified copies of objects from Greek national museums, such as icons, mosaics, murals, engravings, sculptures, jewelry and also original creations. Books, posters, stationary and handmade objects are also available with motifs from the permanent collections of the Museum. The cafe-bistro Ilissia in the cool garden is ideal to enjoy a coffee, dessert or a light snack in an attractive and peaceful environment. (Tel: +30 213 2139572, +30 213 213 9500)

## BENAKI MUSEUM



The Benaki Museum, actually consists of three separate museums, each specializing in certain subjects and each with its own unique personality. Visit the oldest and main building on Koubari 1, right opposite the National Park, for the prehistoric, ancient Greek and Roman Art, historic heirlooms, Coptic, Chinese and pre-columbian art. The new building

at 138 Pireos str houses the neohellenic architectural archives and many modern art exhibitions are held here. The Islamic art collections can be seen at the building in the Kerameikos district, Agion Asomaton 22, and include objects collected by Antonis Benakis himself in Egypt during the first decades of the 20th century. (Tel: +30 210 3671000)

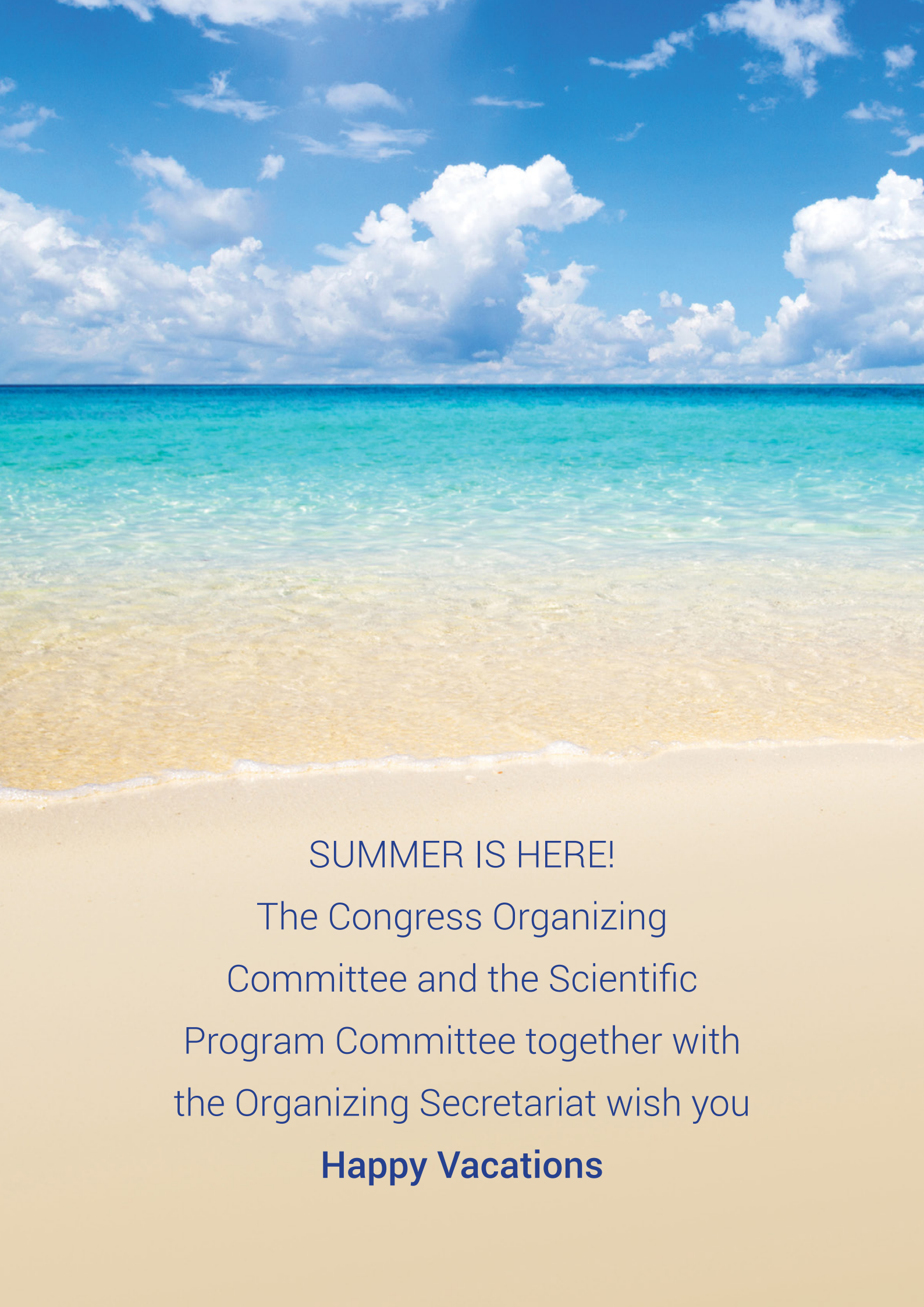


## N. P. GOULANDRIS FOUNDATION MUSEUM OF CYCLADIC ART

The Museum of Cycladic Art, is a great little gem museum in the heart of Athens, housing one of the most important collections of Cycladic Art in the world, as well as an impressive collection of Ancient Greek and Cypriot Art. Founded in 1986, it houses

the collections of Nicholas and Dolly Goulandris with more than 3.000 artefacts, from the 4th millennium BC to the 6th century AD. Parallel to its collections, the MCA also develops a dynamic program of special shows, opening up a dialogue between archaeology and contemporary art. Through its exhibitions, educational and public programs the MCA engages a wide audience providing a platform for creativity, learning, participation and inspiration. Exhibitions of modern art also take place at the Cycladic museum. The museum shop offers a wide selection of exclusive gifts and the cafe is ideal for a light snack or coffee. (Tel: +30 210 7228321)

*To be continued...*



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