



Northern Aegean Dolphin Project 2014 -2015 Brochure



© A.Pardalou / MOm
Northern Aegean Dolphin Project 2014

Athens, November 2014



MOM / Hellenic Society for the Study and Protection of the Monk Seal
18 Solomou str., 10682 Athens GREECE
tel.: +30 210 5222888; fax: +30 210 5222450
e-mail: info@mom.gr
site: www.mom.gr

Foreword

During summer 2013 MOM / Hellenic Society for the Study and Protection of the Monk Seal for the first time ventured to implement the Northern Aegean Dolphin Project – N.A.D.P., a research project for the recording and monitoring of dolphin populations in the wider area of the National Marine Park of Alonissos Northern Sporades (NMPANS). In 2014 the project commenced its activities in full power, implementing thirty-three research trips during which there were nineteen successful recordings of dolphins; common bottlenose (*Tursiops truncatus*), short-beaked common dolphins (*Delphinus delphis*) and striped dolphins (*Stenella coeruleoalba*). To our astonishment, during two of those research trips we encountered six Cuvier's beaked whales (*Ziphius cavirostris*), a deep diver and one of the most elusive marine mammals in Greece!

We are still in the process of analyzing the data collected on the field from June till September 2014, and soon we will have the first results. However, in order to have a reliable estimate of the population status of the dolphin species in N.M.P.A.N.S. we need to put forward more effort and time. The information collected is the cornerstone for future management/conservation plans in the area, for the protection of the species.

At this point we would like to cordially thank everybody that financially supported us and became part of our research team, decisively contributing to the implementation of this year's project. Our gratitude goes to Mary Catherine Rocca, Evguenia Vezencova, Melena Masson, Reynolds Martin, Babatunde Ajao, Patricia Verdezoto, Anastasios Stylos, Layla Mpinou and Charalampos Fytopoulos, Mirka Koutsouri and Panagiotis Klonis, Sofia Chouli, Christiane and Bernhard Büsser, Maria Pantazi, Kalliope Papathanasi, George (Bud) Antonellis, Deborah Cassity, Bernie Walsh, Giampiero di Giuseppe, Despoina Delivassili, Sofia Kostourou, Philippos Kiosis, Natassa Liapi, Katerina Papastamou, as well as to our Interns, Lora Poupou and Georgia Sarafidou. We would also like to thank for their support and trust the J.F. Kostopoulos Foundation, the Randolph College, H&M Hellas, A.B. Vassilopoulos and Hellenic Seaways.

The Northern Aegean Dolphin Project will definitely be a unique opportunity for anybody that decides to join MOM's scientific team at Alonissos island and engage with research activities. Throughout this brochure, you may find details regarding the objectives and design of the project, and how it can benefit those willing to live this experience.

Please, spread the word about MOM's effort and help us act towards the conservation of dolphin populations in the NMPANS.

We hope to see you in one of our expeditions!

Our warmest regards,

Evangelos Paravas
President of the Board of Directors, MOM

Niki Pardalou
Northern Aegean Dolphin Project Coordinator

Contents

Introduction	1
Methodology	2
Study Area	2
National Marine Park of Alonissos Northern Sporades	2
Photo-Identification	4
What does MOM offer?	6
Environmental Education – Training	6
In-situ surveys	7
Accommodation	8
Internet access	8
Breakfast and Lunch on board	8
Partial Insurance	9
Memorabilia	9
Participation Options	10
Standard (850 € / 750 €)	10
Group (600-700 € / 530-620 €)	10
Corporate (950 €)	11
Join an expedition!	12
Indicative Daily Schedule	12
Dates	13
Booking arrangements	14
Cancelations	15
Application Form	16
Getting to/from Alonissos	16
Travel arrangements	17
What to pack?	18
Other Useful Information	19

Introduction

Dolphins have played an important role in Greek culture since ancient times: they have been celebrated in works of art, linked with the gods, and studied by Aristotle. According to some accounts, dolphins were held in such high regard that killing them was equivalent to killing a person and the crime was therefore punishable by death. Paradoxically, over the last 100 years, dolphin populations have declined dramatically, due to overfishing and the consequent depletion of fish-stocks, deliberate killing, fishing-gear entanglement and consumption or suffocation by marine debris, underwater noise pollution, collision with large vessels etc..

Dolphins belong to the order of Cetacea, along with whales, beaked whales and porpoises. Currently, there are four species of dolphins living permanently in the Mediterranean; the bottlenose dolphin (*Tursiops truncatus*), the short-beaked common dolphin (*Delphinus delphis*), the striped dolphin (*Stenella coeruleoalba*) and the Risso's dolphin (*Grampus griseus*). Due to their declining populations they have been included in the IUCN Red List of Threatened Species, whereas various international and regional agreements, European and national legislations aim towards the protection of these species. Deep knowledge and understanding on the population status and trends, the behavior, social organization and ecology of the species are key elements, in order to design and implement solid and integrated conservation measures.

In Greece, although there is some progress in knowledge regarding dolphin populations during the past fifteen years, we still have important gaps to fill in order to proceed to efficient and targeted conservation measures for dolphin species protection. MOM's Northern Aegean Dolphin Project is an effort to learn more about the dolphin populations in the wider area of the National Marine Park of Alonissos Northern Sporades (NMPANS), Greece.

Despite the fact that NMPANS is a formally designated Marine Protected Area, no systematic research effort has been carried out so far to study cetacean, and in our case dolphin, population and ecology. Currently, there are only scarce sporadic scientific data on dolphin populations, resident or transient, in the wider marine area of the NMPANS. Research focusing on the local dolphin populations, including identification of important dolphin-congregation or passage areas and the compilation of a photo-identification catalogue of individuals, will become an invaluable asset, providing both in-depth knowledge on the vulnerable ecosystem dynamics within the park and a baseline to design and implement effective conservation strategies.

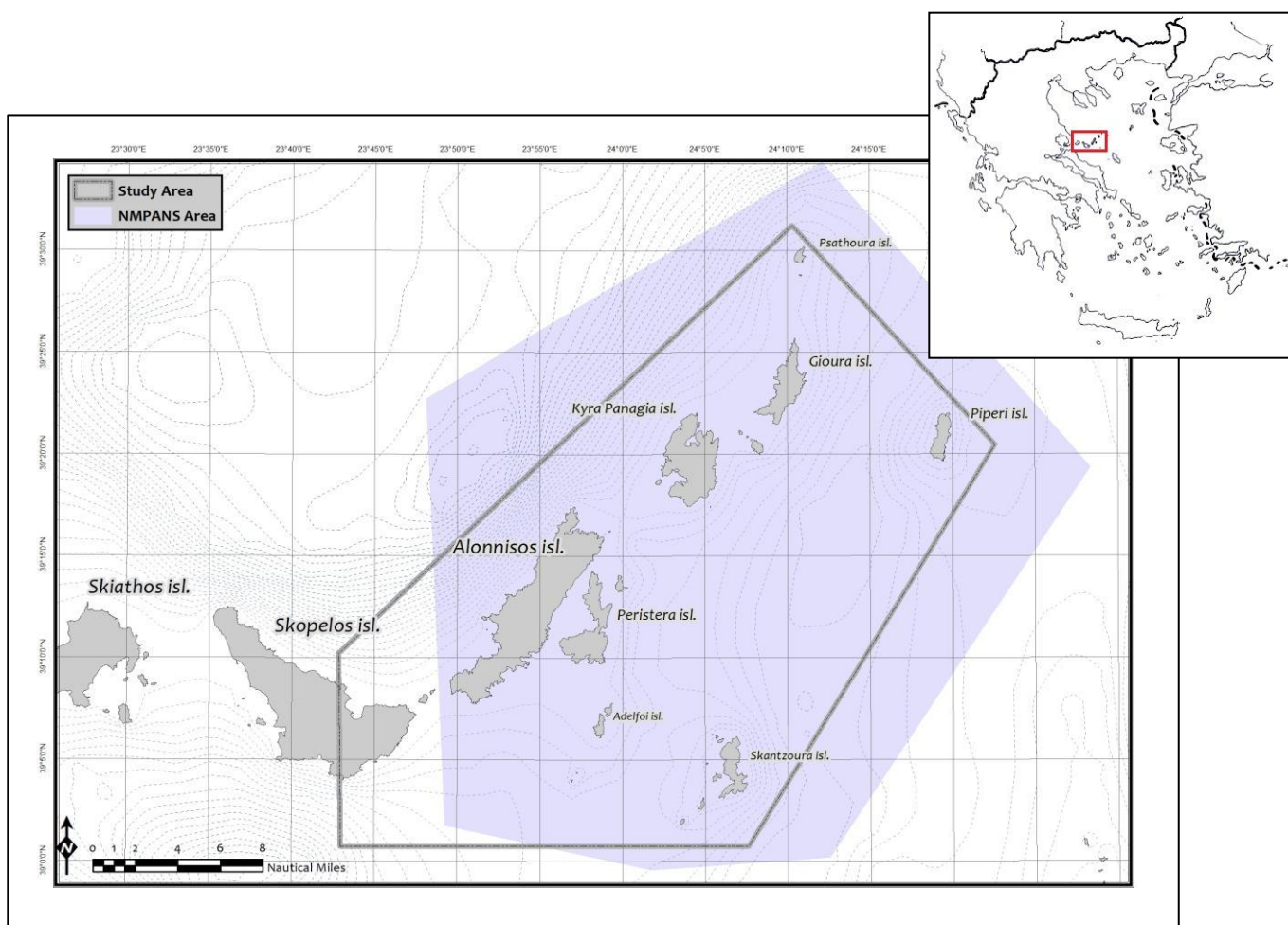
[\[Contents\]](#)



Methodology

Study Area

The study area of the Northern Aegean Dolphin Project is a region of 1,517 km², that covers a wide surface of the National Marine Park of Alonissos Northern Sporades (NMPANS) and extends further away from its SE boundaries towards the island of Skopelos, as it is shown in the map below. The North-Eastern part of our study area is characterized by steep bottom inclination, thus reaching more than 500 m. of depth.



[\[Contents\]](#)

National Marine Park of Alonissos Northern Sporades

Established in 1992, the National Marine Park of Alonissos Northern Sporades, is Greece's first marine park and one of Europe's largest marine protected areas, with an area of nearly 2.200 km². Located within the park is the inhabited island of Alonissos; but to the northeast lies a complex of uninhabited islands that foster many rare species of flora and fauna. The park serves as an important home for many rare and endangered species and contains one of the most important

remaining populations of Mediterranean monk seals (*Monachus monachus*) in the Mediterranean, with approximately 55 of these critically endangered animals inhabiting the area.

The healthy local ecosystem of the area supports the presence of many cetacean species. Four species of dolphin have been observed in the park: the striped dolphin (*Stenella coeruleoalba*), the short-beaked common dolphin (*Delphinus delphis*), the bottlenose dolphin (*Tursiops truncatus*), and Risso's dolphin (*Grampus griseus*). Observations of the rarely-seen and little-known Cuvier's beaked whale (*Ziphius cavirostris*) are also not uncommon; on rare occasions other larger cetaceans such as the sperm whale (*Physeter macrocephalus*) also make their appearance.





The island of Alonissos is the only island inside the NMPANS that is inhabited by about 2,800 people, and the third largest island of the Northern Sporades island complex. It is oblong-shaped with a direction from SW to NE. The island's length is 10.5 nautical miles and takes up a 62 km² surface. Its relief is generally smooth with small valleys to the east that end up in smooth coasts. The western coasts are mostly rocky and steep.

[\[Contents\]](#)

Photo-Identification

For over three decades photo-identification is being used for the study of population size and trends of small cetacean species. Photo-identification is a method used in Capture-Recapture species population sampling studies, which uses the special markings on the body of an animal to distinguish it from other individuals. For dolphins, scars and marks, such as nicks and notches especially on the trailing edge of the dorsal fin, tooth-rake marks, scratches, scars, and skin lesions on the dorsal fin and back are being used to distinguish between individuals.

Observations and photographs of dolphins may be taken from a variety of platforms, such as coasts, boats and airplanes. In the case of the Northern Aegean Dolphin Project, MOM's research vessel "IFAW-ODYSSEIA", a 13 m wooden caique, has been incorporated.

The minimum number of people to conduct the survey should not be less than three; one observing the front part of the boat and the other two, focusing on the left and right side. Upon encountering a group of dolphins the ultimate goal is to parallel the group and take as clear and perpendicular photos of dorsal fins of all the individuals comprising the group, as possible. Of

course, the team must always keep in mind not to harass the group for too long; usually an encounter of maximum an hour was the rule (of course varying in relation to the size of the group).

The next step of photo-identification is to match photos to individuals, create and then update a photo-identification catalogue of the species (initial cataloguing of an identified individual is called the *Capturing* process, and later re-sightings are defined as the *Recaptured* events) and keep a record on the *recapture history* of each individual. At the computer lab the research teams first assess the overall photographic quality of the photographs, independent of the distinctiveness of the dorsal fins, and discard the poor quality ones. The remaining photographs are cropped at the size of the fin, and then grouped to indicate the different individuals encountered.

This information along with data taken on board, such as environmental covariates, expressed behavior, group size, will be incorporated in specific models in order to assess population size, survival rates, recruitment numbers, movements etc.

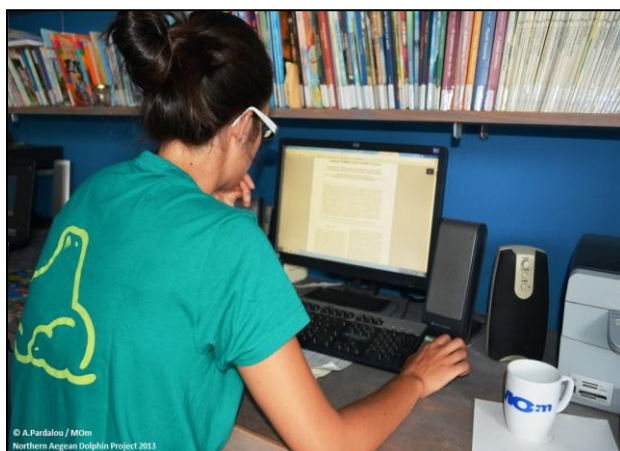


[\[Contents\]](#)

What does MOM offer?

Environmental Education – Training

The Northern Aegean Dolphin Project can be a unique opportunity to promote the concept of marine habitat and biodiversity conservation and protection, by disseminating important information to people through an experiential activity, even if they have no previous knowledge on the matter, whatsoever.



Throughout the duration of the project, for a period of a week, each team of participants is under the constant guidance of MOM's researchers, regarding issues that affect marine life and dolphins in particular. For each group there are 3 to 4 evening lectures, depending on the participants' cognitive level. They are introduced to topics such as:

- ⌞ Cetacean life history, behavior, and identification
- ⌞ Threats faced by marine mammals
- ⌞ Photo-identification techniques
- ⌞ Fisheries/marine mammal interactions
- ⌞ How the research data will be used for conservation and management purposes
- ⌞ Use of equipment (cameras, binoculars, GPS systems)

- ☞ Data storage and computer software processing of digital photos for photo-identification of individuals

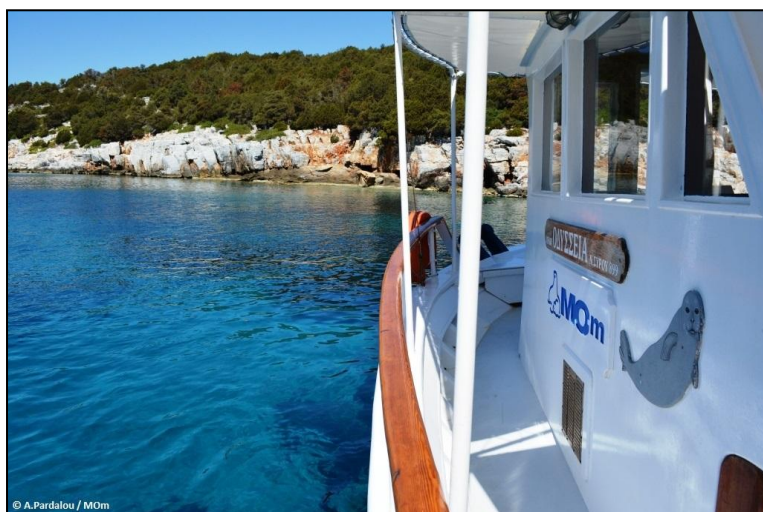
During field surveys participants practice on the observation methodologies used for the purposes of studies like the Northern Aegean Dolphin Project. Those that have at their disposal advanced photographic equipment (zoom lenses are necessary) are encouraged to practice on capturing good quality dorsal fin photographs. For the purposes of photo-identification, participants are being taught how to file, name, crop, and prepare digital photos of dolphin dorsal fins for subsequent matching, and then they engaged in identification of individuals based on the unique marks on dorsal fins and body.

Lastly, for the most uneasy minds, the field station is stocked with identification books, scientific literature, and other resources to assist with further research.

[\[Contents\]](#)

In-situ surveys

The researchers of MOM, with the help of the people participating in the project carry out daily surveys at sea to monitor local dolphin populations. The surveys are being implemented onboard the research vessel of MOM, “IFAW-Odyseia”. The vessel is a 13-m long, traditional wooden caique, specifically modified in order to accommodate MOM’s research efforts. The research vessel “IFAW-Odyseia” can easily transport 12 people and is equipped with beds, a common room, a kitchen and a bathroom.



[\[Contents\]](#)

Accommodation

MOM provides accommodation to a fully equipped house at Patitiri, the main port of Alonissos, which is in close proximity to the organisation's Information Center. The house can host up to five people and is located on the ground floor; it has two bedrooms, a bathroom and a separate room with a shower, a fully equipped kitchen, a library and a big porch with a dinner table, viewing the port of Patitiri.



Clean sheets and towels are provided. **Participants must keep the house clean during their stay and have to hand it over clean and tidy on their departure.**

It should be noted that the rooms may be mixed-gender, so applicants must take that into account before deciding to participate in the project.

[\[Contents\]](#)

Internet access

The house **does not have** a WiFi connection. Nevertheless, participants may use the internet connection at MOM's Information Center for the Monk Seal.

[\[Contents\]](#)

Breakfast and Lunch on board

MOM is providing for basic breakfast and lunch supplies. Participants will rotate through cooking activities regarding the preparation of lunch, in an attempt to also exchange experiences beyond ones culture. Lunch will be usually taken on-board the research vessel, during our break!

Dinner is not provided by the program, so participants should make their own arrangements. At Pattitiri, in close proximity to the house there are three supermarkets, as well as many restaurants of Greek and International cuisine, that one should definitely taste while on the island.

Regarding dietary specificities (food allergies, vegetarian diet), there will definitely be consideration; nevertheless, strictly vegetarians and vegans might sometimes be difficult to be accommodated, and thus should make their own food arrangements.

[\[Contents\]](#)

Partial Insurance

MOM provides partial insurance only while participants are on board and only during the field expeditions.

It is strongly recommended to make a personal travel insurance, which will protect you from various issues/problems that might occur, such as trip cancellation, medical expenses etc.

[\[Contents\]](#)

Memorabilia

At the end of the project all participants will receive a “Participation Certificate”. Also, as a present they will be given a t-shirt bearing the organization’s logo and some good resolution photographs to remind them of their days as part of MOM’s Scientific Team.

[\[Contents\]](#)

Participation Options

(student discounts apply!)

Each research group is composed maximum of five (5) individuals.

In order to participate in the Project, an applicant must:

- ^ Be older than 18 years. Minors from 11-17 years may participate if accompanied by a parent or guardian, who will be fully responsible for them throughout the Project.
- ^ Be able to speak English and/or Greek in order to communicate with other project participants and team members. Seminars are held in English and Greek.
- ^ Be highly adaptable to life on a boat.
- ^ Be a good swimmer.
- ^ Be in a good physical and mental health. All project participants must inform MOM of any possible physical/medical conditions before coming to the field.
- ^ Be willing to share a room with people of the opposite sex.
- ^ Read all the information about the project ([link](#)), accept all the terms and conditions by filling-in and signing both pages of the [Application Form](#).

MOM may turn down applications from participants who do not fulfill these requirements.

Standard (850 € / 750 €)

Participation fee for an individual amounts to **850,00 euros**. For students the fee is configured to the price of **750,00 euro/ind.** In case you would like to join the project for more than two weeks, there is a 10% discount available.

Also check the “Group” participation option in the event that you are interested in joining the project with your friends.

[\[Contents\]](#)

Group (600-700 € / 530-620 €)

In the event that you and your friends are interested in participating in the project, the Group participation package can prove to be perfect for you.

→ For a group of four, participation fee is set to **700,00 euros/ind.** For students the fee is configured to the price of **620,00 euro/ind.**

→ For a group of five, participation fee is set to **600,00 euros/ind.** For students the fee is configured to the price of **530,00 euro/ind.**

[\[Contents\]](#)

Corporate (950 €)

The Northern Aegean Dolphin Project is ideal as a Corporate Travel experience in the context of:

- ^ Corporate Meetings/Events at the island of Alonissos, as a collateral or closing activity.
- ^ Motive Business Travel for executives, associates, outstanding employees and clients.
- ^ Educational/adventure opportunity for the purposes of Corporate Team Building.

Participation fee for each individual under the Corporate participation package is set to the price of **950,00 euro/ind.** For more information or if you are interested in designing a customized version of the project addressing your company's needs, please contact us at a.pardalou@mom.gr or at +30 210 5222888 and +30 6948084725.

[\[Contents\]](#)



©MOM/P. Dendrinou

Join an expedition!

Indicative Daily Schedule

Monday:

Participants should have arrived at the port of Patitiri until 16:00 Monday evening.

16:00	Arrival at Patitiri, Alonissos' main port. Meeting with MOM's research team at MOM's Information Center for the Monk seal .
16:00 – 17:00	Settle in the NADP participants' house and make yourselves comfortable.
17:00 – 19:00	Free time for rest or recreation
19:00 – 21:00	Meeting at the Information Center: icebreaking, introductory information regarding the project. Arrangements for next day's field activities.
21:00	Welcome dinner by MOM.
24:00 – 7:00	Quiet hours

Tuesday to Saturday:

Depending on the weather conditions, field trips on board of MOM's vessel may take place either in the morning or in the afternoon, lasting from about 3 to 7 hours. In cases where the sea state is more than 3 beaufort and/or visibility is poor, field trips will be interrupted or not implemented at all. Below you may find an indicative daily timetable:

7:00 – 8:15	Wake-up, breakfast, prepare for survey.
8:30 – 15:30	Work at sea. Depending on the day's outcome, usually around 12:00-13:00 there is a lunch break. We cook and eat on board, whereas there is also some time for swimming and snorkeling.
15:30 – 18:00	Free time for rest or recreation.
18:00 – 20:00	Meeting at the Information Center. Photo-identification or Educational Seminars* or Documentary screenings.
20:00 – 24:00	Free time for rest or recreation.
24:00 – 7:00	Quiet hours.

*Evening seminars will be held by the staff of MOM and/or invited field experts. Seminar topics are subject to staff discretion and may be changed.

Sunday:

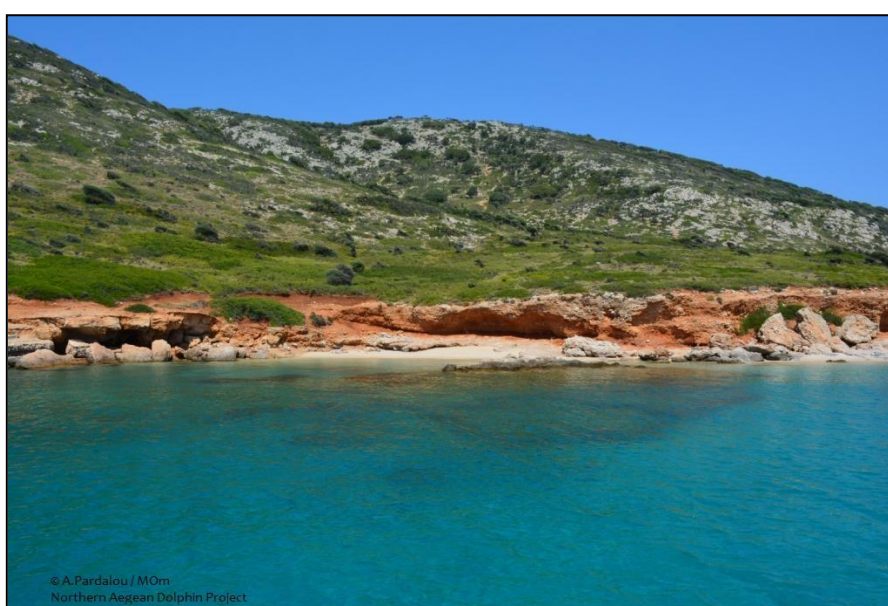
Participants should have departed from MOM’s station by 16:00 Sunday afternoon.

[\[Contents\]](#)

Dates

The dates of all the expeditions (arrivals on Mondays - departures on Sundays) are provided below. The minimum number of participants in each expedition is 3 and the maximum is 5.

	Group code	Arrivals (Mondays)	Departures (Sundays)
1	G20150601	1 June	7 June
2	G20150608	8 June	14 June
3	G20150706	6 July	12 July
4	G20150713	13 July	19 July
5	G20150810	10 August	16 August
6	G20150817	17 August	23 August
7	G20150824	24 August	30 August
8	G20150831	31 August	6 September



© A.Pardalou / MOM
Northern Aegean Dolphin Project

The natural port “Planitis” (aka. Planet) at Kyra-Panagia island

[\[Contents\]](#)

Booking arrangements

(Before proceeding with your booking arrangements please carefully read the Terms and Conditions at the second page of the Application Form, for participating in the NADP)

1. Send an e-mail to a.pardalou@mom.gr stating up to three (3) alternative participation dates in order of preference, and MOM will inform you on the availability.
2. As soon as we concur on the participation date, fill-in, sign and send the application form, along with any supporting documentation e.g. student card, to a.pardalou@mom.gr or by fax at +30.210.5222450 in order to make a reservation.
3. Students have discount, both in the standard and group participation packages. To pursue the discount, students must send their student ID by e-mail or fax, together with their reservation. There is also a 10% discount for those that would like to participate in the project for more than one week.
4. Once you receive a “Confirmation of Reservation” e-mail by MOM, you must proceed with the payment of the whole amount **within a week** (see below the payment instructions and cancelation policy).
5. If you proceed to a bank deposit, you must send the bank slip by e-mail to a.pardalou@mom.gr or by fax at +30.210.5222450. Payments should be completed within a week after you have received the “Confirmation of Reservation” e-mail. In any other occasion the reservation is canceled and if the interest remains the above process must be followed again.
6. As soon as MOM receives all of the above you will receive a “Confirmation of booking” e-mail.

Do not proceed with the payment unless you have received a confirmation e-mail by MOM !

Payments can be made via:

- ^ Bank deposit at the National Bank of Greece
Account No.: 040/63594503
IBAN: GR3101100400000004063594503
SWIFT CODE: ETHNGRAA
- ^ Bank deposit at the National Bank of Greece, **for USD only!**
Account No.: 040/620539-98
IBAN: GR6101100402000004062053998
SWIFT CODE: ETHNGRAA
- ^ Online payment via [paypal](#)
- ^ Credit card (visa, mastercard, diners)

All payments must be made in euros
The participation fee is considered a contribution aiming to sustain MOM's efforts on the protection of the marine mammals of Greece.
The participation fee specifically covers the implementation costs for the Northern Aegean Dolphin Project.

Cancelations

By an applicant

If an applicant must cancel his/her participation to the program, he/she must inform MOM as soon as possible **in writing** (by e-mail or fax). If the cancelation takes place more than 30 days prior the expedition's due date, MOM will return 80% of the booking fee and retain 20% in order to cover the costs of the entire booking process. If the cancelation takes place 30 days or less before the expedition start date, MOM will retain the full amount of the booking.

Fees retained due to cancellation will support MOM's field research and are considered as a donation to the Society.

By MOM

MOM may cancel an expedition, at least 30 days before the start date, if it does not meet the minimum number of participants required (3). In this case MOM will provide a full refund.

MOM has also the right to dismiss a participant during an expedition if his/her behavior is not appropriate and is compromising the successful implementation of the project. In this case MOM retains the full amount of the booking.

MOM is not responsible for any cancellation or amendment penalties your Travel Company or airline may charge if you have to change your travel plans as a result of cancellation by MOM.

[\[Contents\]](#)



Application Form

Here you can download the [application form](#) for the Northern Aegean Dolphin Project. In order for your application to be accepted it must be fully completed in CAPITAL LETTERS only, and must be signed and followed by the appropriate supporting documents. Please, pay particular attention to the Terms and Conditions stated at the back of the form.

[\[Contents\]](#)

Getting to/from Alonissos *(check the [project's website](#) for last minute changes/additions)*

You can get to Alonissos only by boat, from Skiathos/Skopelos, Volos and Agios Konstantinos on a daily basis, and from Kymi, 3 times per week. Seasonal scheduled trips might also be available from Mandoudi port at Evia, a little bit northern to Kymi.



Volos is 358 klm away from Athens and 212 klm from Thessaloniki, about 4 and 2,5 hours drive respectively, on the national highway. You can arrive at Volos by bus, car or directly by plane to Volos airport. The trip by boat from Volos to Alonissos takes approximately 5 hours and by a catamaran 3^{1/2} hours.

Agios Konstantinos is 168 klms from Athens, less than 2 hours drive on the national highway. You can arrive at Agios Konstantinos by bus or by car. The trip by boat to Alonissos takes approximately 5 hours and by catamaran 3^{1/2} hours.

Kymi is 149 klms from Athens, a 2^{1/2} hours drive on the national highway and on country road. You can arrive at Kymi by bus or by car. The trip by boat to Alonissos takes approximately 2^{1/2} hours.

Skiathos is also an island of the Northern Sporades. You can get to Skiathos by plane and then by boat (2 hours) or catamaran (1^{1/2} hours) to Alonissos.

[\[Contents\]](#)

Travel arrangements

Alkyon Travel – Busses accommodating Hellenic Seaways’ schedules:

www.alkyontravel.com

Athens

Kaniggos sq., Athens
tel.: +30 210 3832545, +30 210 3843220-1, +30 210 3810861, +30 210 3810618, +30 210 38 10325
fax: +30 (210) 38.33.948
e-mail: athens@alkyontravel.com

Alonissos

Patitiri
tel: +30 24240 65450
fax: +30 24240 65195
e-mail: athens@alkyontravel.com

Agios Konstantinos

tel.: +30 22350 32444-5, +30 22350 31989, +30 22350 31920, +30 22350 33376 – 7
Fax: +30 22350 32234
e-mail: port@alkyontravel.com

Sporades Travel – Tickets for Hellenic Seaways:

<http://www.gtp.gr/SporadesTravel>

Hellenic Seaways

www.hellenicseaways.gr
Connects with Agios Konstantinos, Volos and Sporades

Skyros Shipping Co.

www.sne.gr

Volos

33 Argonafton str., 38221 Volos
tel.: +30 24210 23400, +30 24210 35846, +30 24210 23415
fax: +30 24210 20404
e-mail: sporades2008@yahoo.com

Piraeus, Athens

6 Astiggos str, Karaiskaki sq., 185 31 Piraeus
tel.: +30 210 4199000, fax: +30 210 4131111
e-mail: info@hellenicseaways.gr

Kymi

tel.: +30 22220 22020, +30 22220 22522

Jet Tours – Busses accommodating Aegean Flying Dolphins’ schedule

<http://jeta-tours.gr/flying-dolphins-to-sporades/genikes-plerophories-general-information/>

Aegean Flying Dolphins

<http://www.aegeanflyingdolphins.gr/>
Connects with Agios Konstantinos, Volos, Sporades and Mandoudi of Evia.

Athens

54 Nikis str., 10558 Athens
tel.: +30 210 3227353
e-mail: jeta@otenet.gr

tel.: +30 210-4221766

e-mail: info@aegeanflyingdolphins.gr

Visa:

Citizens of some countries require a Visa in order to travel to Greece. [Here](#) you can see which citizens need a Visa to visit Greece and which don't, according to the Greek Ministry of Foreign Affairs. Please contact the Greek embassy or consulate in your country to confirm the need for a Visa.

[\[Contents\]](#)



What to pack?

<p>ID, Passport and Visa (if required)</p> <p>The 2015 information brochure of the program</p> <p>Clothing suitable for working at sea, e.g. shorts, t-shirts, long-sleeved shirts, windbreaker, hat</p> <p>Comfortable shoes with rubber soles</p> <p>Swim suit</p> <p>Sunglasses</p> <p>High protection Sunscreen lotion</p> <p>Alarm clock</p> <p>Beach towels</p> <p>Personal toiletries (soaps and shampoos)</p> <p>Any personal medication</p> <p>Mask and snorkel</p> <p>Electricity converter and/or adaptor (if required)</p>	<p><u>Optional</u></p> <p>A sleeping bag</p> <p>Video- and Photo- camera, memory cards, USB stick</p> <p>Laptop</p> <p>Photocopies of your passport, flight itinerary and credit cards</p> <p>A notebook for keeping notes</p> <p>A Greek dictionary/phrase book</p> <p>Binoculars</p>
--	---

[\[Contents\]](#)



MOM/P. Dendrinos

Other Useful Information

Language:

The main language in Greece is Greek, but almost everybody speaks English.

Time Zone: GMT+2

Electric plugs and Volts:

Electricity in Greece is 220 V and plugs are with a two-pinned plug. Be sure (if you need them) to bring a converter and/or an adaptor.

Climate/weather:

The weather in Greece during the summer is mostly warm, dry and sunny, but sometimes it may rain.

Banks:

Banks in Greece are open for the public from Monday to Friday from 08:00 until 14:30. At Alonissos there is only a National Bank of Greece branch available.

Post office:

The Post office in Alonissos is open for the public from Monday to Friday from 07:30 until 14:00.

Hospital:

Alonissos has a small medical centre. The nearest hospital is at Volos.

Alonissos Association of Rental Rooms:

In the event that you arrive prior to Monday or want to prolong your stay at Alonissos, in the link below you may find some hotels that might accommodate you.

http://www.alonissos-rooms.gr/default_eg.asp

[\[Contents\]](#)



MOm / Hellenic Society for the Study and Protection of the Monk Seal
18 Solomou str., 10682 Athens GREECE
tel.: +30 210 5222888; fax: +30 210 5222450
e-mail: info@mom.gr
site: www.mom.gr

