



# ATHENS 2023



**13-15**

**January**

*Karate 1 – Series A*  
**Athens 2023**



# KARATE 1 – SERIES A ATHENS 2023

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# KARATE 1 – SERIES A

## ATHENS 2023

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### 1. WELCOME MESSAGE

#### 1.1 Greeting from the President of the Hellenic Karate Federation

Dear all,

On behalf of the Hellenic Karate Federation I am delighted to welcome you to the Karate 1 – Series A event housed for the first time in Athens, Greece.

It is a great honour and pleasure for the HKF to be entrusted by the WKF with the organisation of such an important event. I would like to take this opportunity to thank the WKF president, therefore, Mr. Antonio Espinos and the WKF EC members.

Even though multiple international events have been held by the Hellenic Karate Federation in the past, this will be the first after a long pause. As we are extremely excited to have a successful event and strong comeback, rest assured we are doing everything in our power to meet the high standards of a world class event which will be enjoyed by all competitors, coaches, referees, and fans.

The Athens Olympic Velodrome has been purposefully selected in order to provide the best conditions required by the WKF Karate 1 – Series A rules due to its exceptional facilities, accessibility and capacity.

I am looking forward to welcoming you all in Athens and would like to thank you in advance for your participation.

Best regards,

Theodore Sietis  
HKF President



## 2. INTRODUCTION

The WKF Karate 1-Series A is a world-class competition that provides karatekas around the world with more competitive opportunities to shine at the highest level. Presented in an open format thus allowing every athlete in the world to compete, the Karate 1- Series A is framed under the umbrella of the Karate 1 to bring together the best competitors in a series of open championships of unprecedented scale and quality. In addition to this, the Karate 1-Series A offers karatekas the chance to increase their ranking position as the universality of top Karate tournaments is showcased.

While maintaining the individual character of each event, all Series A events have to meet certain standards in order to achieve the above-mentioned goals. Therefore, it is necessary to follow these [Organising Rules](#).

The number of competitors is open. All members of WKF are admitted participating. The competition categories are identical to those of Senior World Championships except for Kumite team.

The WKF [Competition Rules](#) in force will be applied.

Competitors of individual categories earn ranking points in every WKF Karate1 event according to the official [WKF World Ranking regulations](#).

## 3. INTRODUCTION KARATE 1 - SERIES A ATHENS 2023

The Karate 1 – Series A - ATHENS 2023 will be held next 13<sup>th</sup> to 15<sup>th</sup> January in Athens, Greece



### 4. COMPETITION INFORMATION

#### 4.1 Categories

- Female Kumite: - 50kg, - 55kg, - 61kg, - 68kg, + 68kg
- Male Kumite: - 60kg, - 67kg, - 75kg, - 84kg, + 84kg
- Individual Kata: Female, Male
- Team Kata: Female, Male

#### 4.2 Prizes

For Individual categories (Kumite and Kata):

- Gold medallist: 500 €
- Silver medallist: 300 €
- Bronze medallist: 100 €

For team categories (Kumite and Kata):

- Gold medallist: 600 €
- Silver medallist: 400 €
- Bronze medallist: 200 €

### 5. CONTACTS INFORMATION

#### 5.1 Organizers contact details

##### HELLENIC KARATE FEDERATION

Ano Liosia Olympic Center

Ano Liosia, 13343, GREECE

Tel: +30 210 6813112

E-mail: [info@elok.gr](mailto:info@elok.gr)

[www.elok.gr](http://www.elok.gr)



### 5.2 Local Organising Committee contact details

- **President:** Ilias CHRISTOU (H.K.F. Deputy President)  
Coordinator
- **Member:** Periklis KANELIS (H.K.F. Board Member)  
Competitors issues
- **Member:** Aggelos GKORGAS (Member of H.K.F. Technical Commission)  
Registration, Prizes awards
- **Member:** Georgios KELALIS (H.K.F. Board Member)  
Medical and Anti-doping issues
- **Member:** Ioannis STYLIANOPOULOS (D. President of H.K.F. Organizing Commission)  
Stadium setup and organization
- **Member:** Aris KRAVARITIS (Head of H.K.F. Referee Commission)  
Referees issues during the championships
- **Member:** Dimitris ANASTASIADIS (International Referee)  
Referees (Meeting, Catering, Registration, Contacts)

**Competition Manager** - The Competition manager for Karate1 – Series A, ATHENS 2022 event is Mr. Tervel Zwjatkow; [tervel.zwjatkow@gmail.com](mailto:tervel.zwjatkow@gmail.com)

**Accommodation / Transport** – COSMORAMA: [karate@cosmorama.gr](mailto:karate@cosmorama.gr)

**Visa Support** - [karate@cosmorama.gr](mailto:karate@cosmorama.gr)

**Other Queries** - [info@elok.gr](mailto:info@elok.gr)

### 5.3 WKF Event Supervisor contact

The WKF Event Supervisor for this Youth League event is Mr. Dominique Sigillo. His contact details are as follows:

Email: [sigillo.wkf@gmail.com](mailto:sigillo.wkf@gmail.com)

### 5.4 Covid Team contact

Michael Wenner

Email: [mwenner@wkf.net](mailto:mwenner@wkf.net)

### 5.5 Safe Sport contact

WKF events must be safe for all athletes and participants and entirely free from any form of non-accidental violence, namely, harassment and abuse. Any such behaviour will not be tolerated. If you or someone you know has been the victim of abuse or harassment in Karate, get help and report it.

Your first point of contact for any incident at this event is the WKF Event Supervisor, whose contact information you can find detailed above.

Otherwise, any other incident can be reported via the [WKF Official Complaint Form](#) and sent to: [safekarate@wkf.net](mailto:safekarate@wkf.net)

## 6. WKF APPROVED PROTECTIONS, KARATEGIS & TATAMIS

The Karate 1-Youth League complies with the highest level of presentation. In order to guarantee the correct delivery of the event, and to ensure the suitable quality of the tournament, exclusively the following brands are WKF Approved for use in the 2023 Karate 1-Youth League Season.

### SPORT PROTECTIONS “WKF Approved”

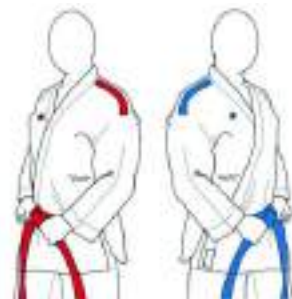


\*Click on the logos



### OFFICIAL KARATEGI KARATE 1 – SERIES A

Kumite and Kata karategis with the brand name embroidered on the shoulders in **RED** or **BLUE** are of mandatory use in Karate 1- Series A tournaments.



The authorized companies to use these karategis models are:

<u>ADIDAS</u>	<u>ARAWAZA</u>	<u>BESTSPORT</u>	<u>BUDO-NORD</u>
<u>DAEDO</u>	<u>HAYASHI</u>	<u>PUNOK</u>	<u>SHUREIDO</u>
<u>SMAI</u>	<u>TOKAIDO</u>	<u>WACOKU</u>	<u>WESING</u>
<u>BLITZ</u>	<u>FIGHT ART</u>	<u>FUJIMAE</u>	<u>HAYATE</u>
<u>HIROTA</u>	<u>IPON</u>	<u>ITAKI</u>	<u>KAITEN</u>
<u>KAMIKAZE</u>	<u>KIHON</u>	<u>KO</u>	<u>KWON</u>
<u>MIZUNO</u>	<u>MOOTO</u>	<u>MUVON</u>	<u>NAGASHI</u>
<u>SFJAM NORIS</u>	<u>PROFORCE</u>	<u>TOKYODO</u>	

\*Click on the logos

## DISTRIBUTORS ASSISTANCE “WKF Approved”

Click on the image to visit the distributors by countries.



## TATAMIS “WKF Approved”



\*Click on the logos

### 7. EVENTS SCHEDULE

THIS EVENT WILL BE HELD UNDER THE WKF COVID-19 PROTOCOL;

THURSDAY 12/01/2023	SERIES A	ATHENS
<b>REGISTRATION</b>		
10:00 – 17:00 h	<p>Timeslots by alphabetic order of Countries will be applied to ensure a smooth onsite registration process. Such timeslot will be established once finished the online registration.</p> <p>STATIONS</p> <ol style="list-style-type: none"> <li>1) Waiver, Passport &amp; Accreditation Check</li> <li>2) System Check (Sportdata)</li> <li>3) Back Number &amp; Lanyard Pick Up</li> <li>4) Athlete Weigh-in</li> </ol>	HQ Hotel, HOTEL CIVITEL ATTIK
18:30 – 19:30 h	Coach Meeting & Draw	HQ Hotel
19:30 – 21:00 h	Referee Briefing	HQ Hotel
<b>WKF COACH COURSE – ACCREDITED COACH CERTIFICATION (LEVEL 1)</b>		
17:00 – 18:30 h	<p>Onsite Registration Entry: Coach</p> <p>STATIONS</p> <ol style="list-style-type: none"> <li>1) Waiver, Passport &amp; Accreditation Check</li> </ol>	HQ Hotel, HOTEL CIVITEL ATTIK



### 8. COMPETITION PROGRAMME

Day/hour	COMPETITION
Friday, 13/01/2023 9:00-20:30	<u>Eliminations &amp; Semi-Finals</u> Female Kata, Male Team Kata <u>Eliminations &amp; Semi- Finals</u> Female Kumite (-68kg; +68kg) Male Kumite (-84kg, +84kg, -75kg)
Saturday, 14/01/2023 09:00-20:30	<u>Eliminations &amp; Semi-finals</u> Male Kata, Female Team Kata Female Kumite (-50kg, -55kg, -61kg) Male Kumite (-60kg, -67kg)
Sunday, 15/01/2023 09:00-14:00	<u>Repechages</u> Male Kumite (-60kg, -67kg, -75kg, -84kg, +84kg) Female Kumite (-50kg, -55kg, -61kg, -68kg, +68kg) <u>Bronze Medals</u> Individual Kata (Female / Male) Male Kumite (-60kg, -67kg, -75kg, -84kg, +84kg) Female Kumite (-68kg, +68kg, -61kg, -50kg, -55kg) Team Kata (Female / Male)
Sunday, 15/01/2023 14:30-18:00	<u>Finals</u> Individual Kata (Female / Male) Male Kumite (-60kg, -67kg, -75kg, -84kg, +84kg) Female Kumite (-68kg, +68kg, -61kg, -50kg, -55kg) Team Kata (Female / Male) Award Ceremony

\*The detailed competition schedule will be fixed after closing the online registration in order to adequate it to the final number of athletes.

### 9. RANKING

Competitors can earn ranking points in every Karate1 event according to the official WKF Ranking Criteria, point 3.2 of the WKF [Ranking Rules](#).

The participation will be limited to those competitors from position 33 onwards of the WKF ranking.

The [applicable ranking](#) will be the one updated on the day of the registration opening, on 13<sup>th</sup> October 2022.

### 10. ONLINE REGISTRATION & OFFICIAL ACCREDITATION

No onsite registration will be accepted. The registration will be validated once completed the online payment through the payment platform. In case of any questions concerning the online registration please directly contact the Sportdata software team via the email address: [office@sportdata.org](mailto:office@sportdata.org)

Clubs / teams / federations are responsible for the quality of the entered registration data.

#### 10.1 Online Registration Process

All **competitor** registrations must be made **ONLINE**

[ATHLETES  
REGISTRATION](#)

All **referee** registrations must be made **ONLINE**

[REFEREE  
REGISTRATION](#)

All **coach** registrations must be made **ONLINE**

[COACH  
REGISTRATION](#)

The registration starts three (3) months prior to the event, on **October 13<sup>rd</sup>, 2022**, and close fifteen (15) days before the tournament on **December 29<sup>th</sup>, 2022 at 12:00 hrs GMT +0** and it is divided in the following two phases (all phases will close at the 12:00 hrs GMT +0 of the listed day);

- **Phase 1, from October 13<sup>rd</sup> to 27<sup>th</sup>, 2022 (first two weeks)**: Registration only by National Federations for athletes ranked between position 33 and 100 (included) of WKF Ranking. Maximum, 1 athlete per category.
- **Phase 2, from October 28<sup>th</sup> to December 29<sup>th</sup>, 2022**: Open registration.

Changes of online registration data are possible until the end of the online registration period.

### 10.2 Official Accreditation

The official registration session will take place on January 12<sup>th</sup>, 2023 from 10 h to 17 h at HQ Hotel (HOTEL CIVITEL ATTIK, 11 Olimpias str. 151 24 Maroussi, Attica, Greece)

If changes are required during the official registration session because of incorrect or missing registration data, a fee of € 20 is charged for each change.

At registration, accreditation cards will be issued with the participants' main data, a photograph and information about registered categories. The accreditation card must be worn at all times during the event.

Only members of national federations recognized by WKF are admitted participating, following the registration procedures described in Series A Organising Rules 2020 (SA OR Point 6 Registration).

**All participants must submit an official document (passport or other valid ID card) for the WKF identification and validation at the accreditation session.**

**The accreditation of any competitor must be done by the athlete or the athlete's coach, in person bringing the athlete passport or other valid ID at the accreditation session.**

**The competitor who has not collected, either personally or through his/her coach the accreditation during the official registration, will not be included in the draw.**

### 10.3 Technical Support for Online Registration

Web: [https://www.sportdata.org/wkf/set-online/index.php?active\\_menu=home](https://www.sportdata.org/wkf/set-online/index.php?active_menu=home)

Email: [karate1@sportdata.org](mailto:karate1@sportdata.org)

**The weighing will be carried out immediately after receiving the accreditation, those athletes who will not attend the weighing will not be included in the draw.**

### 10.4 Entry Fee

The entry fees are:

Per individual category entry:

- €60/ 1<sup>st</sup> month,
- €70/ next 30 days
- €90 last 15 days.

Per team category: €70



### 10.5 Payment

All payments must be processed through the ONLINE PAYMENT PLATFORM. **Onsite payments will NOT be accepted.**

## 11. WKF ACCREDITED COACH

According to the Coach License Manual, **the minimum level required to take part in the Karate 1 events is the “Accredited Coach” level.** To obtain such certification, **coaches must attend a compulsory Coach Briefing.**

### 11.1 WKF Coach Programme / Accredited Coach Certification (level 1)

#### 11.1.1 Schedule

Please find below the Coach schedule and the details for the registration process:

Accredited Coach Briefing				
Thursday	12/01/2023	from 17:00 h	To 18:30 h	HQ Hotel, HOTEL CIVITEL ATTIK

#### 11.1.2 Online Registration

Those coaches who wish to attend to the “WKF Accredited Coach Briefing” in Athens must be registered online and must fill out the “Accreditation Agreement for Coaches” that can be downloaded from the online registration site.

**All coach registration must be made online latest until December 29<sup>th</sup>, 2022.**

[\*\*ACCREDITED COACH  
BRIEFING  
REGISTRATION\*\*](#)

Should you have any difficulties when registering, please contact [support@sportsid.org](mailto:support@sportsid.org) for technical support.

### 11.1.3 Fees

We would like to remind you that the fee to attend to the “Coach Briefing” and to obtain a new license or to renew your expired license of WKF Accredited Coach is 300 EUR.

### 11.1.4 Payment

All payments must be made through Sportdata platform.

No other methods of payment will be accepted.

Registrations and payments onsite will not be accepted.

## 12. MEDIA

### 12.1 Press

Journalists will be required to follow the WKF COVID-19 Protocol, learn more [here](#).

Press accreditation can only be given to professional journalists working for a media and having proof of their credentials.

Media professionals can register to request press accreditations through the online registration form which can be found [HERE](#).

#### **Video recording will not be allowed**

Should you need more information about press or media related issues, please directly contact the World Karate Federation’s office: [press@wkf.net](mailto:press@wkf.net)

All press will need to follow the WKF Protocol and hand in printed version of the required documents (section 17)





### 13. COMPETITION VENUE

#### The Athens Olympic Sport Complex (Olympic Park)



The OAKA is the Athens Olympic Sport Complex and is seen by many as a work of art in every respect, not only is it the main Olympic complex of the Greek capital, comprising of some of the most important sports facilities, but it is also one of the most important monuments of Athens after the Acropolis.

The Olympic park is in the modern quarter of Maroussi 10km north of the centre, it is a huge architectural complex. The park has been reconstructed to house the Olympic games of Athens 2004.

On approaching the complex the visual impact is really strong, it is made of impressive steel and glass structures higher than 60 meters! The OAKA is made up of modern works of art and world records starting from the Olympic stadium which has the biggest and most spectacular steel and glass covering ever built, there is the beautiful covering of the Velodrome, the Agora, the wall of nations and still more. It is a futuristic park in which you feel as if you have abandoned the present and have suddenly been launched into the future! Even the walkways linking the various park structures have been researched accurately; they are completely made of white marble and are placed radially and symmetrically so that from above they form the shape of a huge sun.



The Olympic park was built in the early 80s, with the new Olympic Stadium of 78,000 seats called "Spiros Louis", who was the first Olympic champion of the modern games. During the following years other facilities were added, like the fantastic cycle-racing track, the Olympic Swimming mega complex with 5 swimming pools, one of which seats 11,000 all under cover. There is a huge area reserved for tennis with an excellent stadium, and the sports centre seats 16,700. The latter was finished in 1995 and is considered one of the most modern sports centers in Europe.



[OFFICIAL TATAMI FOR THIS TOURNAMENT](#)

## 14. TICKET FOR SPECTATORS

Entrance to the event is FREE



### 15. OFFICIAL HOTELS

#### 15.1 HQ Hotel

##### **HOTEL CIVITEL ATTIK (4\*)**

Member of Civitel Hotels & Resorts

11 Olimpias str. 151 24 Maroussi, Attica, Greece

Venue distance: 2,5 Km



#### 15.2 Official hotels

##### **HOTEL CIVITEL OLYMPIC (4\*)**

Member of Civitel Hotels & Resorts

Kifisias Avenue 2, 15125, Marousi-Greece

Venue distance: 2,5 Km



### **HOTEL PRESIDENT (4\*)**

Kifisial Avenue 43, 11523, Athens-Greece

Venue distance: 8 Km



### **AIROTEL STRATOS VASILIKOS (4\*)**

Mihalakopoulou 114, 11527, Athens-Greece

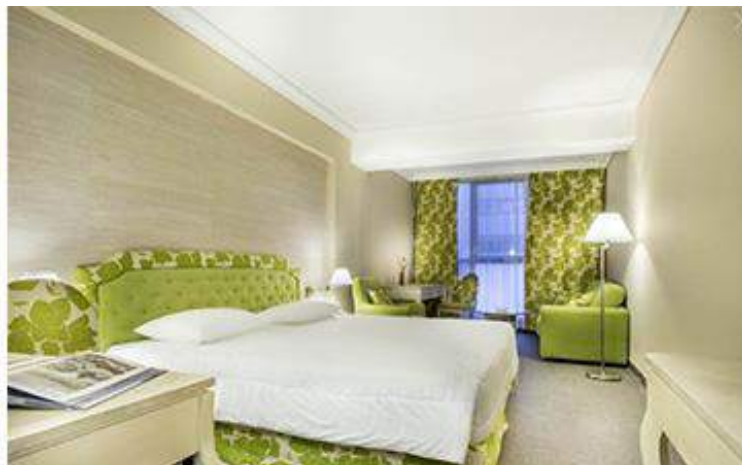
Venue distance: 9,5 Km



### **AIROTTEL ALEXANDROS (4\*)**

Timoleontoç Vassou 8, 11521, Athens-Greece

Venue distance: 10 Km



### **HOTEL ILISIA (4\*)**

Mihalakopoulou 25, 11528, Athens-Greece

Venue distance: 10 Km



### **COCO-MAT HOTEL NAFSIKA (3\*)**

Pellis 6, 14561, Kifisia-Greece

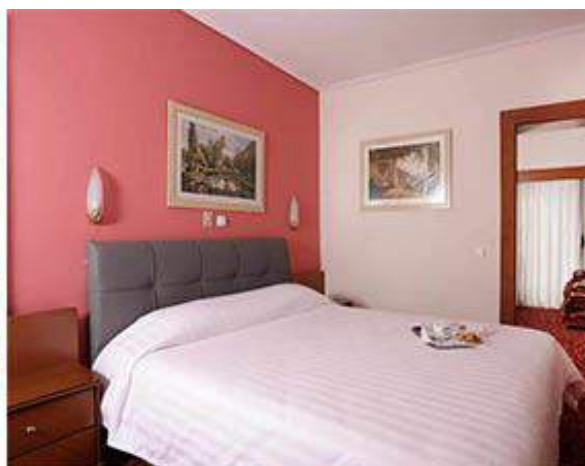
Venue distance: 7 Km



### **XENOPHON HOTEL (3\*)**

Aharnon 340, 11145, Athens – Greece

Venue distance: 10 Km



### 15.3 Hotels Prices

PRICES PER PERSON PER DAY	BED & BREKFAST			HALFBOARD ( BREAKFAST + DINNER )		
	HOTELS	SINGLE	DOUBLE	TRIPLE	SINGLE	DOUBLE
CIVITEL ATTIC HQ - 4*	-	-	-	150€	94€	82€
CIVITEL OLYMPIC 4*	-	-	-	172€	105€	90€
PRESIDENT 4*	130€	73€	61€	160€	103€	91€
STRATOS VASILIKOS 4*	118€	67€	57€	126€	75€	65€
ALEXANDROS 4*	118€	65€	57€	126€	75€	65€
ILISIA HOTEL 4*	106€	64€	53€	-	-	-
COCOMAT NAFSIKA 3*	126€	78€	-	-	-	-
XENOPHON 3*	-	56€	45€	-	71€	60€
ATHENIAN MONTAZA 3*	89€	56€	48€	105€	71€	64€

**One (1) round trip shuttle service transfer by bus is provided per day between the official hotels and sport venue. Am from hotel to Venue - Pm from Venue to hotel.**

**All prices above are inclusive of all hotel taxes, VAT and tourism local tax (3€ per room for 4\* hotel & 1,5€ per room for 3\* hotel)**

**The deadline to confirm a reservation is Friday November 25<sup>th</sup>, 2022.**

Accommodation is limited and reservations will be confirmed on a first come first serve basis. After the deadline prices may increase and the agency cannot guarantee that the desired accommodation will still be available.

A booking is considered confirmed only upon receipt of deposit payment. Proof of payment is requested to be processed to our email address [karate@cosmorama.gr](mailto:karate@cosmorama.gr) with name of guest and hotel stated on it.

### Reservation and cancellation policy

Deposit 30% (NON REFUNDABLE in case of cancellation) of the full amount within 48 hours after receiving confirmation from Cosmorama Travel.

Balance payment 70% not later than Friday November 25<sup>th</sup>, 2022.

In case of delay in balance payment Cosmorama reserves the right to cancel the booking without prior notice. The 30% deposit will be held as non refundable.

In case of cancellation, deposit/s made will not be refundable

### OFFICIAL TRAVEL AGENCY, COSMORAMA

For all reservation, Travel and Meal bookings please contact the official Travel Agency:

Contact Person: MRS. MARIA HANTZI / MR. LEO ABUEALDAHAB

Tel.: +30 210 3642707

E-Mail: [karate@cosmorama.gr](mailto:karate@cosmorama.gr)

COSMORAMA TRAVEL

[www.cosmorama-travel.gr](http://www.cosmorama-travel.gr)

[www.ivisitgreece.com](http://www.ivisitgreece.com)

## 15.4 Transport Services

### AIRPORT – HOTEL - AIRPORT

Shuttle service SIC with pick up/drop off from various hotels  
50 euros per person

### PRIVATE TRANSFERS ( airport to hotel or vice versa )

Prices per vehicle per way

1-4 PERSONS	100 EUROS
5-15 PERSONS	200 EUROS
16-30 PERSONS	290 EUROS
31-50 PERSONS	330 EUROS

### Reservation and cancellation policy

Deposit 30% (NON REFUNDABLE in case of cancellation) of the full amount within 48 hours after receiving confirmation from Cosmorama Travel.

Balance payment 70% not later than Friday November 25<sup>th</sup> 2022.

In case of delay in balance payment Cosmorama reserves the right to cancel the booking without prior notice. The 30% deposit will be held as non refundable.

In case of cancellation, deposit/s made will not be refundable





### 15.5 Meals at the Venue

Meals for Competitors will be available in the venue. You can pre-order meals for the price of 20 Euros per person with the official Traver Agency Cosmorama ([karate@cosmorama.gr](mailto:karate@cosmorama.gr))

## 16. WKF COVID PROTOCOL

DUE TO THE CURRENT EMERGENCY HEALTH SITUATION THIS EVENT WILL BE HELD UNDER THE WKF COVID-19 PROTOCOL:



## 17. REQUIRED DOCUMENTS

### MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION

On registration day all participants must submit the 2 following documents (I, II) Printed:

1. **Proof of COVID Status**
  - a. **COVID-19 Vaccination Certificate + Booster**
2. Waiver of Liability Form (Only 1 of the following per person)
  - a) NF/Team Representative & Team List
  - b) Individual +18 years old
  - c) Individual - 18 years old (Parental Consent required)

On registration day all participants must submit the 1 following documents, Printed:

3. Waiver of Liability Form (Only 1 of the following per person)
  - a) NF/Team Representative & Team List
  - b) Individual +18 years old
  - c) Individual - 18 years old (Parental Consent required)



• The NF/Team Representative takes full responsibility for the validity of all signatures and information provided.

### CERTIFIED FACE MASKS

The use of Certified Masks of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) within the specifications for use is always mandatory in the venue, with the exceptions for athletes that are detailed herein.

Once an athlete enters the venue grounds the athletes must always wear Certified Masks except while warming up, training, and competing in the designated areas/tatamis, respectively. This also means the Certified Mask shall be worn in transit between the Warmup and Competition Areas.



### NOT ALLOWED MASKS



Surgical



Industrial



With Valve



Cloth

## 18. LOCAL COVID RESTRICTIONS



[Updated COVID-19 restrictions and guidelines regarding your travel to Greece](#)

### 19. VISA REQUIREMENTS

In order to visit Greece you need to have the following travel documents:

- ID card or passport in the case that your country of origin is a signatory to the Schengen Agreement, you may use your national ID to enter the country and you may stay for a three-month period. In these cases a passport is not necessary, although you will need it in a variety of other transactions, including currency exchange, shopping etc.
- Visa If your country is not a member of the Schengen Agreement, make sure you obtain further information from the [Greek Embassy or Consulate in your country](#) before your trip, or from your travel agency. In case you travel with Visa, make sure you also have suitable insurance coverage for emergency medical or other needs.
- Passport If your country of origin is one of the following non-EU countries, your passport allows you to visit Greece and remain in the country for up to three months (90 days) within a six-month period: Andorra, Argentina, Australia, Brazil, Brunei, Canada, Chile, Costa Rica, Croatia, El Salvador, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, New Zealand, Vatican, Nicaragua, Panama, Paraguay, San Marino, Singapore, South Korea, USA, Uruguay, Venezuela.

Find out more on the official webpage of the [Hellenic Ministry of Foreign Affairs](#).

### 20. CITY / COUNTRY INFORMATION

#### 20.1 About Athens



A T H E N S

**Welcome to Athens**, the historical capital of Europe. Welcome to the birthplace of democracy, arts, science and philosophy of western civilization. Home of Plato, Socrates, Pericles, Euripides, Sophocles, Aeschylus. Athens is one of the world's oldest cities. It's recorded history spanning around 3.400 years and it is being inhabited since the 11th millennium B.C. E. Today, under the shadow of Parthenon, the contemporary urban scenery of the sprawling city reflects its exciting history, its multi- cultural modern personality as well as the infrastructure and facilities.



The perfect Mediterranean climate with the legendary Greek sunlight, the unique combination of glorious history with modern, urban innovation, the coexistence of great culture with astonishing natural beauty, the high standard hotel accommodation, modern means of transportation such as the cutting edge modern metro, the vibrant rhythm of life, the wide choice of opportunities for shopping, dining and night life and of course the warmth of the Athenians people feature Athens as the ideal all year round city break destination.

A large part of the town's historic center has been converted into a 3 km pedestrian zone, one of the largest in Europe. It leads to the major archaeological sites ("archaeological park"), reconstructing – to a large degree – the ancient landscape. Either on foot or by bike, the "Grande Promenade" around Acropolis is an unforgettable journey through history.

## 20.2 How to get to Athens

[Athens International Airport Eleftherios Venizelos \(ATH\)](#) is one of the most modern ones in the world that provides excellent ground services. From the first day it began operations in March 2001, it has won international awards and distinctions, and has a special place to the heart of its visitors, who has voted Athens airport to be one of the most functional and comfortable airports in Europe. It is situated 33 km southeast of Athens and connects to the [suburban railway](#) and the metro and is the starting point for many bus routes that run to central destinations in Athens. The aforementioned modes of public transport connect to the ports of Piraeus, Rafina and Lavrion, particularly convenient for passengers intending to depart the same day for the islands.



When visiting Athens, pay a visit to the airport's Museum, that gives you the chance to learn about Eleftherios Venizelos, the emblematic figure in world history, as the airport bears the name of this great Greek politician.

For more information about access and public transportation to and from airport visit the [official page of AIA](#).

### 20.3 Practical Information

#### Currency and Exchange

##### EURO

Greece is a Member-State of the European Union and uses its uniform currency – the Euro. Greece, as is the case with the other Member-States of the E.U. uses eight coins as follows: 1, 2, 5, 10, 20 and 50 cents or lepta in Greek and 1 and 2 Euros. The banknotes are issued in the following denominations: 5, 10, 20, 50, 100, 200 and 500 Euros.

Currency exchange rates are clearly displayed in every bank that accepts currency exchange, while credit card holders may acquire money from the ATMs of the collaborating banks. Greek banks are open for the public from 8:00 to 14:30 Mondays to Thursdays and from 8:00 to 13:30 on Fridays. Euros can also be exchanged for notes of other foreign currencies at exchange offices that are situated at the airport, in the larger cities, as well as at many tourist destinations. A passport is required when exchanging currencies.

#### Safety in the city

If your country of origin is an EU member-state make sure you are a holder of the European Health Card (EHIC) or any other legal EU document issued by your nation's social security agency. In such cases, the necessary treatment in Greece is provided by the following:

- the Social Security Institute Health Units (polyclinics) or doctor's offices in the region
- Regional clinics (former rural clinics) or the Health Centers of the National Health System
- the outpatients' departments of the hospitals.

If your country of origin is not an EU member-state, make sure you have consulted your social security agency for information before travelling.



### Emergency Numbers

- FIRST AID NATIONAL CENTER (Ambulances): 166
- SOS DOCTORS: 1016
- EUROPEAN EMERGENCY NUMBER: 112
- POISONING PHONE CENTER: 210 77 93 777
- FIRE AUTHORITY: 199
- POLICE: 100
- TOURIST POLICE: 1571
- PET HOSPITAL: 210 6038023- 24 -28 (Attica Region).

## 21. GENERAL INFORMATION

### Business Hours

Most Public Services operate from 8:00 to 15:00

### Electricity

Electric power voltage in Greece is 230 V / 50 Hz and the plugs are F type. To avoid the danger of short circuit, make sure to have in your suitcase the necessary transformers / adaptors for your electronic devices or make sure that you will be provided by the relevant socket.

### Weather

January brings down the temperatures but the weather is still pleasant and sunny. Temperatures are around the average of 11°C

### Tobacco

Smoking in Greece is banned indoors government offices, workplaces, bars, restaurants, cafés, shopping malls, schools, hospitals, and all forms of public transport, including trains, taxis and ferries.

## 22. OMISSIONS

As regards that the specific items are not expressly foreseen in the present bulletin reference is to be made to the general rules and guidelines contained in WKF Regulations.





# KARATE 1 – SERIES A

## ATHENS 2023

