

## Shopping In Greece

So now you are here living in Greece and another very important thing to find out about is the shopping.

Ok so it is going to be very different to when you come over on holiday, for a start you probably only went shopping in tourist supermarkets and gift shops so these of course are more expensive than the normal everyday shops that the locals use.

Don't expect the supermarkets to be like back in UK as of course they are not, they are much smaller here and more personal, often you find a very small shop that will have lots of fruit and vegetables stacked outside and they don't look much from the outside but once you go in you will be amazed what you can find.

The Greek people have to eat just the same as everyone so you will be able to buy everything you will need but don't expect to find the items you used to buy in Asda or Tesco for example, you moved over to live in the sun so try the Greek food and learn to cook their ingredients, you will soon get to love the Greek diet and of course if you have been on holiday many times over the years will have become familiar with it.

A lot of things are more expensive especially cleaning materials and toiletries, if you have moved to an Island then these items have to be brought over from the mainland. The fresh fruit, vegetables, meat etc are much cheaper and taste wonderful.

If you really can't live without certain things then I have found a few places that have started selling British goods for the expats but again they will come at a price. Another alternative is to ask friends or family to send you some items or bring them out for you when they come over to visit.

There are also a lot of British companies delivering to Greece through their websites, again this will come at price and include delivery charges and waiting time for them to be delivered.

You can also buy British newspapers, more widely available in the summer months but there are still a few places that sell them all year, they are much more expensive starting at 2 Euros compared with 35p in the UK, you can always read them online which does not cost anything.

In Greece there are a couple of English language newspapers aimed at the expats Athens News and Athens Plus, they are sold all over Greece

not just in Athens, they are a good source of information for the expats and also have TV listings, they are available every Friday.

You will also find local to your area magazines and newspapers that expats have started and they give you lots of information for where you live, for example we have a monthly magazine here called The Bugle and it is free which can also be read online as well as hard copy.

So shop around and get to know your local shops and shopkeepers as it is one way of getting to meet the local people and helping you to integrate into the community.