



**Dolphin Bay hotel  
Syros island  
GREECE  
May  
21-24**

**2026**

## **Personalized Medicine and Innovative Therapeutics**



## **Logistics Information**

## Introduction

The 2026 Golden Helix Summer School will be held in the island of Syros, Greece, the capital of the Cyclades islands in the Aegean archipelago. It is a unique opportunity for researchers around the world to expand their knowledge in the rapidly evolving field of Genomic Medicine and to exchange innovative ideas in the conducive environment of Syros Island.

The 2026 Golden Helix Summer School theme will revolve around the Personalized Medicine and Innovative Therapeutics, using both theoretical and hands-on training, while it also includes career development and soft skills development sessions.

Besides lectures and workshops, emphasis is also given to the social part of the 2022 Golden Helix Summer School, allowing participants to get to know each other in a very informal way. Participants will be provided the chance to visit archaeological and landmark sites, to admire the rich Greek ancient and classical history and to experience a traditional Greek fare organized as the farewell dinner of the event.

The event is organized by the Golden Helix Foundation and under the auspices of the Genomic Medicine Alliance.

## The Venue



The venue of the 2026 Golden Helix Summer School is the **Dolphin Bay Resort Hotel**, situated in an ideal location by the seaside, in the Galissa bay in Syros Island. Galissas is a seaside village popular during the summer months due to its long sandy beach.

Despite its popularity, Galissas preserves its natural beauty and pleasant strolls can be made along the pier or to the country church of Agios Stefanos, built on the rocks just above the sea.

## Few words about Syros

The Island of Syros is the capital of the Cyclades island complex, just 80 nautical miles from Piraeus. It is considered a favorable place of holidays all year round due to its privileged location. The central location of the island in the Cyclades island group made Syros one of the most important ports in the Eastern Mediterranean during the 19th century. Syros is a unique place of everlasting historical tradition and culture.



Hermoupolis, the island's capital, has been named after the God of commerce and knowledge, Hermes. Hermoupolis literally means "the city of Hermes". It is a live monument of medieval buildings, neoclassical architecture and cultural treasures worth discovering. In the Vaporia quarter of the capital visitors will find some lovely large churches and impressive neoclassical buildings, such as the Town Hall and Apollo Theatre in the central square. The rest of Syros is a joy with an unspoiled and sometimes mountainous landscape, its authentic and traditional Greek villages, many beautiful beaches and rich maritime tradition.

The island can trace its history back to the 3<sup>rd</sup> millennium B.C. where signs of inhabitation have been found in the Halandriani and Kastri parts of the island. Artefacts found indicate that there was some kind of metal workshop on the island which possibly had a trading relationship with Asia Minor. The Samians occupied the island in the 6th century BC and is when many of the island's inhabitants moved to the island. At that time, the important physician and philosopher Pherecydis was born in Syros and some years later he went to Samos and became the teacher of Pythagoras.

## **The towns and villages of Syros worth visiting**

### **Hermoupolis**

Hermoupolis is a beautiful town with marble paved streets, grandiose public squares, impressive churches and old mansion houses displaying a unique architectural style influenced by neo Classicism and the Venetian school with a mixture of Western features.



A special feature of Hermoupolis is Miaouli square, where a tall palm tree shadows small coffee shops and restaurants. Surrounding the square is the magnificent neoclassical building of the Town Hall. Apart from the municipality, this architectural marvel also houses the Archaeological Museum. Also, on Miaouli square is the "Hellas" Cultural building of Hermoupolis, a beautiful building with high painted ceilings, where various cultural activities take place throughout the year and where the public library is housed.

Hermoupolis has a number of beautiful churches, such as Metamorfosi tou Sotiros, Kimisi tis Theotokou and the richly decorated Agios Nikolaos Church which is the pride of Hermoupolis.

## **Ano Syros**



On a hill above the town, dominated by the Catholic Cathedral of St. George, is the picturesque and mostly catholic quarter known as Ano Syros. The architecture of Ano Syros has nothing in common with that of the neoclassical Hermoupolis despite being so close to each other.

A characteristic of Ano Syros is the medieval architecture combined with the typical Cycladic influences. Houses are built closely, one on the top of the other and surrounded by rocky slopes which created a protective fortress against pirates and other enemies in the past.

Today the wonderful scenery of narrow winding alleys linked by whitewashed steps and archways, wooden doors and balconies plus small courtyards filled with a plethora flower pots charms every visitor wondering around Ano Syros.

Piatsa is the "commercial centre" of Ano Syros with numerous tavernas, shops, small galleries, etc. It is also home to a small museum housing the personal effects and records of Markos Vamvakaris, a famous rebetiko composer, singer and bouzouki master who was born in Ano Syros.



## Galissas

Approximately 8 kilometres west of Hermoupolis is the seaside village of Galissas.



Popular during the summer months due to the long sandy beach and many hotels, pensions, campsites and bars. Despite its popularity, Galissas preserves its natural beauty and pleasant strolls can be made along the pier or to the country church of Agios Stefanos, built on the rocks just above the sea.

## Kini

The picturesque fishing village of Kini is also west of Hermoupolis and a few kilometres from Galissas.

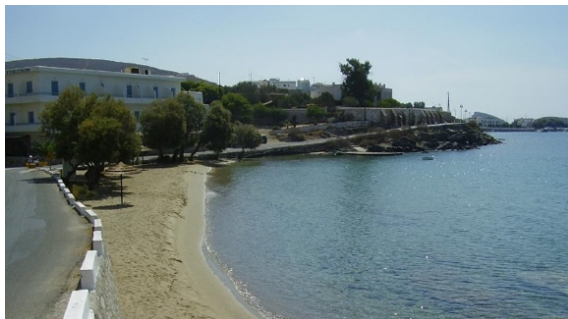


Kini is well known for its beautiful beach, succulent sea food and magnificent sunsets, where the sunlight sparkles off the white houses dotted along the bay.

Small fishing boats float on the deep blue surface of the sea and the hills of Pano Meria creating a perfect backdrop while nice tavernas expect the visitor all day long serving traditional dishes and drinks.

## Posidonia

Twelve kilometres south-west of Hermoupolis, the coastal settlement of Posidonia took its name from the god of the sea, Poseidon,



For some the village is known as Delagratsia, derived from the Catholic church, Santa Maria Della Grazia. Considered to be one of the most beautiful villages of Syros it was favoured by the island's wealthy during the 19th century. Visitors will therefore see quite a number of neoclassical mansions around the village, some of which are open to the public.

## Finikas



Near to Posidonia is the village of Finikas. The little harbour is a favourite with the people of Syros and tourists alike who like to eat in the tavernas along the seafront or take delightful walks along the coast. Facilities at Finikas include a medical centre, sport facilities such as a basketball ground and a playground created especially for children to play safe.

## How to get to Syros

### Athens International Airport to Piraeus Port

From Athens airport to Piraeus port, you have four modes of transportation to choose from: (a) a public bus, (b) a taxi, (c) a metro line and (d) a suburban railway line.

#### A. By Public Bus



There is only one bus line running directly from Athens airport to Piraeus port, and that is the **X96**.

This bus runs 24/7 and departs every 15-30 minutes. Average waiting time of 25 minutes.

**Ticket cost is 5€.** Tickets are available from the bus drivers, from the ticket kiosk at the bus departure area and from all the metro stations.

**Journey duration** is approximately 90 minutes.

#### Where do I get it from?

You can catch the bus from the designate area at the arrivals level (between **Exit 4** and **Exit 5**).

## Useful Tips

- ✓ Buses from Athens Airport to Piraeus Port run 24/7.
- ✓ Keep in mind that during rush hours there is high traffic, the ride can take up to 2 hours.
- ✓ According to your ferry departure gate, you might need to step off the bus before the end of destination, check with the driver! The ferry for Syros departs from **gate E7**.

## B. By Taxi



Taking an Athens airport taxi from the airport to Piraeus port is by far the most convenient transfer option.

Taxis are available 24/7.

Standard yellow taxis cost a flat rate of 50€ at Day time (05:00-24:00) and 70€ at Night time (24:00-05:00).

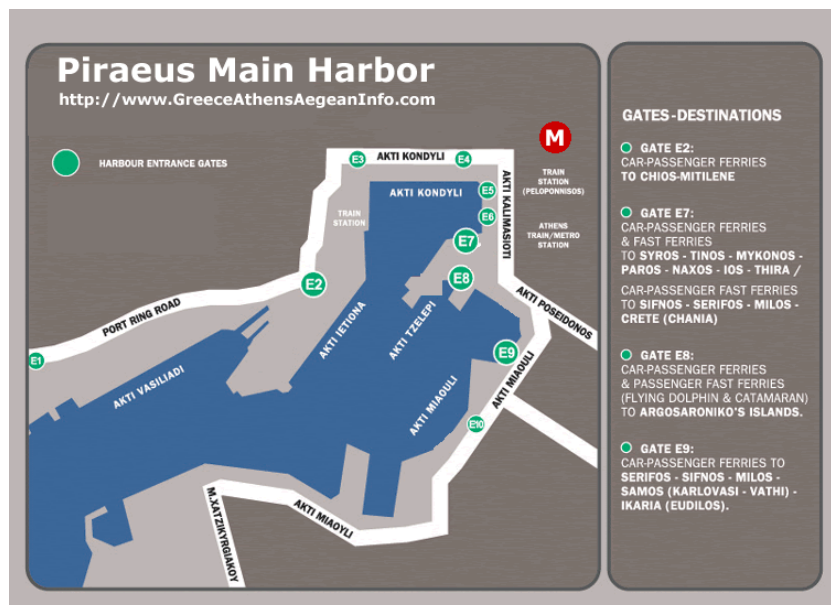
The journey only takes 40 minutes.

## Where do I get it from?

The pick-up point is at the arrivals level between **Exit 2** and **Exit 3**.

## Useful Tips.

- ✓ Confirm the price and make sure the driver resets the meter once you start the ride.
- ✓ Most taxis have no way of accepting credit cards, so make sure you have cash.
- ✓ Some taxi drivers may speak English, especially those that do rides from the airport.
- ✓ There are also 'luxury' black taxis waiting outside Athens airport but these can cost up to double that of a standard taxi.



- ✓ Make sure that you have informed the taxi driver about the ferry departure gate at Piraeus port. The ferry for Syros departs from **Gate E7**.

### C. By Attiko Metro



The metro station is only a 10-15 minutes walk from the arrival gate. In general, the Athens metro is modern and convenient.

From Athens Airport metro station, you need to take the blue line (**Line 3**, Direction: Aghia Marina) to Monastiraki station. At Monastiraki station you will then transfer to the green line (**Line 1**, Direction: Piraeus) and head to Piraeus Station.

#### Departure times

The metro is available between 06:30 in the morning until 23:30 in the evening. It leaves from Athens airport metro station every 30 minutes.

There is an average waiting time of maximum 40 minutes.

#### Ticket cost

The journey will cost ~10€ one-way. Tickets can be bought from the booth at the train station, make sure you activate your ticket on the specialized machine before you descend down to the platforms

#### Journey duration

The journey will take around 85 minutes in total.

#### Where do I get it from?

The entrance to the station is outside of Athens airport. You will need to follow the signs and go up one level to reach the main station area. After buying your tickets, you will then go down the escalators to track level.





## Useful Tips.

- ✓ The metro rides start at 6:30am and end at 23:30pm, there is no metro after midnight
- ✓ The metro line departs from the airport every 30 minutes
- ✓ In total, the trip from Athens Airport to Piraeus Port takes 80-90 minutes with one line change.

## D. By Suburban Railway – TrainOSE (direct train service)

The Suburban Railway, or “Proastiakos” connects Athens Airport with the port of Piraeus. Trains run 7 days a week.

From Athens Airport suburban railway station, you need to take the line with Direction to ‘Ano Liosia’. At station ‘Neratziotissa’ you have to change to Line 1 (ISAP) with Direction to Piraeus station.

### Departure times

Trains from the Airport to the port of Piraeus run every hour at xx:09, the first at 06:09 and the last at 22:09. For early flights, the first train leave the airport is at 5:52 a.m., last one at 10:50 p.m.

### Where do I get it from?

The railway station is right next to the airport metro station and in front of the port.

**Ticket cost** is 10 euros for one-way journey. Tickets for Proastiakos can be bought at all Proastiakos stations.

### Journey duration

The transport lasts 63 minutes.

**Current Proastiakos timetables:** [Airport – Athens – Piraeus](#)



## **Piraeus port to Syros Island**

### **Ferries Timetable and fares**

The Piraeus Syros ferry route connects Piraeus with Cyclades Islands and is currently operated by three ferry companies.

Blue Star Ferries operate their crossing up to 14 times per week, Sea Jets 2 times per week & the Hellenic Seaways service is available up to 7 times per week.

There are a combined 23 sailings available per week on the Piraeus Syros crossing between Athens and Cyclades Islands and with three ferry companies on offer it is advisable to compare all to make sure you get the best fare at the time that you want to travel.

### **Alternative way of visiting Syros Island**

An alternative way to visit the Syros Island is to travel by plane to Myconos International airport if a direct flight is available from your local airport. Please check at <https://www.jmk-airport.gr/en>. By your arrival at Myconos airport you should catch the ferry to Syros Island at the time it suites your flight arrival. For more information and ferry ticket booking you may visit <https://bit.ly/2Kw9SBK>

### **Useful Websites:**

- **Athens Urban Transport Organisation** – Bus and trolley routes, tickets, general information
- **Urban Rail Transport Authority** – The official website for Athens Metro and Tram
- **Athens International Airport**
- **City of Athens** – official website
- **Breathtaking Athens** – City of Athens' official visitors' website
- **Visit Greece** – Greek National Tourism Organisation