

**TECHNOLOGICAL EDUCATIONAL INSTITUTE  
(T.E.I.) OF ATHENS**

**DEPARTMENT OF PUBLIC AND INTERNATIONAL RELATIONS**



***WELCOME GUIDE  
FOR INCOMING STUDENTS***

***ERASMUS+  
STUDIES***

**ATHENS 2016**

*“Twenty years from now you will be more disappointed  
by the things you didn’t do than by the ones you did do.  
So throw off the bowlines, sail away from the safe harbor.  
Catch the trade winds in your sails. Explore. Dream. Discover.”*

*– Mark Twain*



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## WELCOME TO TEI OF ATHENS!

On behalf of the International Office we welcome you to the European Programme Erasmus+/Studies.

Our Institute is a laureate of the Erasmus+ University Charter for the years 2014-2020, which gives the right to its mobile students to be part of a European dynamic in which they can choose among internships and study stays abroad.

As far as European mobility is concerned, the number of students who participate either as outgoing or as incoming students in the mobility sphere, rises sharply every year, bringing TEI of Athens in the 1<sup>st</sup> place among all the Technological Educational Institutes of the country. As a result, the remarkable European appeal of TEI continues to grow from year to year.

We understand that choosing to study overseas takes a great deal of courage and consideration. It will involve a considerable investment from you in terms of finance, time and effort. Studying abroad as part of your degree can be a rewarding and life-changing experience. It will broaden your education as well as develop your self-confidence and self-independence. Therefore, the task of the International Office is to support and assist both the outgoing and the incoming students in administrative and academic matters and thus to ensure a fruitful study period abroad.

Our success relies on the joint efforts of teachers, administrative staff and students and on our devotion to service quality.

In a difficult period of growth and change, we strongly believe in future and progress. We strongly believe in you.

Dr. Joanna Giareni  
Head of the Public & International Relations Department  
TEI of Athens

## DEPARTMENT OF PUBLIC AND INTERNATIONAL RELATIONS

**Address:** 1, Milou & Agiou Spyridonos str.  
p.c. 122 43 Aegaleo, Athens, Greece  
e-mail: [euoffic@teiath.gr](mailto:euoffic@teiath.gr) [artserasmus@teiath.gr](mailto:artserasmus@teiath.gr)  
website: <http://www.teiath.gr/diethnwn/?lang=en>

### Head of Public and International Relations Department

Dr. Joanna Giareni

### Institutional Coordinator Erasmus+

Prof. Dr. Georgios Panagiaris

### Administrative Staff – International Office

| Name  | Telephone Number     | E-mail   |
|---|----------------------|--|
| Vicky Aletra<br>- Erasmus+                      | + 30 210 5385895     | <a href="mailto:euoffic@teiath.gr">euoffic@teiath.gr</a>           |
| Ioulia Georgouli<br>- Erasmus+                  | + 30 210 5385177     | <a href="mailto:euoffic@teiath.gr">euoffic@teiath.gr</a>           |
| Christos Fois<br>- Erasmus+                     | + 30 210 5385178     | <a href="mailto:artserasmus@teiath.gr">artserasmus@teiath.gr</a>   |
| Eleni Giannopoulou<br>- Erasmus Placement       | + 30 210 5385178     | <a href="mailto:eraplacement@teiath.gr">eraplacement@teiath.gr</a> |
| Eleni Beristianou<br>- Erasmus Placement        | +30 210 5385175      | <a href="mailto:elbe@teiath.gr">elbe@teiath.gr</a>                 |
| Spyridoula Bratakou<br>- International Mobility | +30 210 5385816      | <a href="mailto:spbrat@teiath.gr">spbrat@teiath.gr</a>             |
|   |                      |  |
|   | FAX + 30 210 5385176 |  |

The personnel of the International Office remain at your disposal for any clarification, assistance or advice concerning issues of your study period at TEI of Athens. Our team will be available to help you so that your visit to our Institute is as successful as possible, both from an academic and a personal point of view.

Admission hours

Monday to Thursday: 10.00 – 12.00

## ACADEMIC INFORMATION

### - TEI IN A NUTSHELL

Established in 1974 as a Centre of Highest Technical Education and renamed in 1983 to Technological Educational Institute under a new institutional frame, with a structure similar to the one of Universities, the Technological Educational Institute (TEI) of Athens is the third largest Institute of Higher Education in Greece. In 2001, the Technological Educational Institutes were included in the Higher Education System of Greece, constituting one of its two parallel sectors, the Technological one.

TEI of Athens comprises five Faculties, hosts thirty one Departments and covers almost all the scientific and technological Disciplines. It employs about 600 people as permanent Educational Staff, 1700 people as Educational personnel on short term contract, 350 Administrative and Special Technical Staff, whereas the students reach the number of 35.000. Its general organization is guided by the state laws and by internal regulations which apply to more specific issues.

TEI of Athens is a leading Institute of Higher Education in Greece, striving to offer to its students a scientific grounded as well as a practically orientated education. It combines the development of theoretical study background with the respective high applied practice, while at the same time it conducts technological research mainly and develops know-how and innovations in the equivalent professional fields.

Our Institute provides a Higher Education responsive to social demands, meeting the business and employment needs of contemporary society, and also adaptive to European labour market. With a 35-year history, TEI of Athens always makes efforts to provide the highest possible level of studies to the younger generations.

Our aim is to remain at the forefront of centres of learning, teaching and research. All our students gain an academic development in addition to a solid knowledge of their professional field, which allows them to embark on attractive and promising careers.

## - FACULTIES / DEPARTMENTS

TEI of Athens is divided into 5 Faculties which comprise 27 Departments. All Departments offer degree courses.

| FACULTIES   | DEPARTMENTS  |
|---|--|
| <b>Faculty of Health and Caring Professions</b>           | Aesthetics and Cosmetology                                     |
|   | Early Childhood Education                                      |
|   | Public Health and Community Health                             |
|   | Orientation 1: Public Health                                   |
|   | Orientation 2: Community Health                                |
|   | Occupational Therapy   |
|   | Medical Laboratories   |
|   | Social Work  |
|   | Midwifery  |
|   | Nursing  |
|   | Dental Technology  |
|   | Optics and Optometry   |
| <b>Faculty of Technological Applications</b>              | Energy Technology Engineering                                  |
|   | Electronics Engineering  |
|   | Naval Architecture Engineering                                 |
|   | Informatics Engineering  |
|   | Civil Engineering and Topography & Geo-informatics Engineering |
|   | Orientation 1: Civil Engineering                               |
|   | Orientation 2: Topography & Geo-informatics Engineering        |
| <b>Faculty of Fine Arts &amp; Design</b>                  | Biomedical Engineering   |
|   | Graphic Design   |
|   | Orientation 1: Graphic Design                                  |
|   | Orientation 2: Graphic Arts Technology                         |
|   | Interior Architecture, Decoration and Design                   |
| <b>Faculty of Administration Management and Economics</b> | Restoration and Conservation of Antiquities and Works of Art   |
|   | Photography and Audiovisual Arts                               |
|   | Librarianship and Information Systems                          |
|   | Business Administration  |
|   | Orientation 1: Business Administration                         |
| Orientation 2: Health and Welfare Management              |  |
| Orientation 3: Tourism Management                         |  |
| Marketing   |  |
| <b>Faculty of Food Technology and Nutrition</b>           | Oenology and Beverage Technology                               |
|   | Food Technology  |

## - ACADEMIC CALENDAR

The academic year at TEI of Athens is divided into two semesters:

### **Autumn Semester**

End of September – 3<sup>rd</sup> week of January

### **Spring Semester**

End of February – 3<sup>rd</sup> week of June

**No lectures** are given on the following days:

|            |  |
|------------|--|
| 14.09      | Exaltation of the Holy Cross (Patron Saint of Aegaleo) |
| 28.10      | National Holiday                                       |
| 17.11      | Polytechnic Uprising                                   |
| 06.01      | Epiphany   |
| 30.01      | Three Hierarchs Day                                    |
| Ash Monday | 40 days before Orthodox Easter                         |
| 25.03      | National Holiday                                       |
| 01.05      | Labour Day   |

Christmas Holiday: 23.12 – 07.01

Easter Holiday: 2 weeks

### **Examination Period:**

#### **Autumn Semester**

3<sup>rd</sup> week of January – 1<sup>st</sup> week of February (2 weeks)

#### **Spring Semester**

3<sup>rd</sup> week of June – 1<sup>st</sup> week of July (2 weeks)

## - EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (E.C.T.S.)

TEI of Athens has completely adopted the ECTS credit system. The ECTS credit system is the only credit system which is successfully tested and used across Europe. It was set up initially for credit transfer and facilitated the recognition of periods of study abroad, enhancing the quality and volume of student mobility in Europe. Recently, ECTS has developed into an accumulation system to be implemented at institutional, regional, national and European level, facilitating mobility and academic recognition.

Credits in ECTS can only be obtained after successful completion of the work required and after the appropriate assessment of the learning outcomes is achieved. ECTS is based on the principle that 60 credits measure the workload of a full-time student during one academic year, meaning that 30 ECTS credits are required per semester and 20 ECTS credits for a third-month period. Student workload in ECTS consists of the time required to complete all planned learning activities such as attending lectures, seminars, independent and private study, preparation of projects and examinations.



## PREPARING YOUR DEPARTURE

### - ADMISSION CRITERIA FOR EXCHANGE STUDENTS

Student exchanges take place on the basis of bilateral agreements between partner Institutions.

In order to be evaluated by the academic coordinator, students must send by post (according to the application deadline), before their arrival at TEI, the following documents:

- the original application form and
- the original learning agreement.

These papers are signed by the Academic Supervisor of the relevant department, as well as by the Institutional Coordinator of the Erasmus+ Programme of TEI of Athens. Both the student and the Home Institution are informed by e-mail for the acceptance of the student and then, the student's application form and learning agreement are posted back to the Home Institution, as an official confirmation of acceptance.

Student's application form and learning agreement should be sent to TEI of Athens by the home Institution duly signed, no later than the 30<sup>th</sup> of June, for students wishing to study in TEI for the winter semester, and no later than the 30<sup>th</sup> of November, for students wishing to study in TEI for the spring semester.

Winter semester starts in the beginning of October, so LLP/Erasmus students should report to the International Office between 10<sup>th</sup> - 20<sup>th</sup> September (Agiou Spyridonos and Milou 1, p.c. 12243, Aegaleo, Athens).

Spring semester usually starts on the first days of March, so Erasmus+ students should report to the International Office between 10<sup>th</sup> – 20<sup>th</sup> February.

### - CONTACTING YOUR DEPARTMENTAL COORDINATOR

The Departmental Coordinator will validate your learning agreement and explain how the courses are organized and what methods of evaluation are used.

Changes in the study contract should immediately be conveyed to the Departmental Coordinator. A copy of the modified study contract will have to be signed by the coordinator and sent on the Erasmus Office. No change to the study agreement will be accepted unless it is signed by the appointed coordinator.

### **A. FACULTY OF MANAGEMENT AND ECONOMICS**

| <b>DEPARTMENT</b>                       | <b>DEPARTMENTAL COORDINATOR</b> | <b>E-mail</b>  |
|---|---------------------------------|--|
| Business Administration                 | Tsirintani Maria                | <a href="mailto:martsi@teiath.gr">martsi@teiath.gr</a>             |
| Tourism Management                      |                                 |  |
| Health and Welfare Management           |                                 |  |
| Marketing                               | Arnaoutoglou Eleftheria         | <a href="mailto:earnaoutoglou@yahoo.gr">earnaoutoglou@yahoo.gr</a> |
| Library Science and Information Systems | Zervos Spyros                   | <a href="mailto:szervos@teiath.gr">szervos@teiath.gr</a>           |

### **B. FACULTY OF APPLIED ARTS**

| <b>DEPARTMENT</b>  | <b>DEPARTMENTAL COORDINATOR</b> | <b>E-mail</b>  |
|--|---------------------------------|--|
| Restoration and Conservation of Antiquities and Works of Art | Argyropoulou Vassiliki          | <a href="mailto:bessie@teiath.gr">bessie@teiath.gr</a>                 |
| Interior Architecture, Decoration & Design                   | Psilopoulos Angelos             | <a href="mailto:angpsi@yahoo.com">angpsi@yahoo.com</a>                 |
| Photography and Audiovisual Arts                             | Kontogeorgis Aristeidis         | <a href="mailto:kontogeorgis@hotmail.com">kontogeorgis@hotmail.com</a> |
| Graphic Design   | Mouri Eleni                     | <a href="mailto:mourye@teiath.gr">mourye@teiath.gr</a>                 |
| Graphic Arts Technology                                      | Theochari Stamatina             | <a href="mailto:stheochari@teiath.gr">stheochari@teiath.gr</a>         |

### **C. FACULTY OF FOOD TECHNOLOGY AND NUTRITION**

| <b>DEPARTMENT</b>                 | <b>DEPARTMENTAL COORDINATOR</b> | <b>E-mail</b>  |
|-----------------------------------|---------------------------------|--|
| Oenology and Beverages Technology | Kapellou Eleni                  | <a href="mailto:ekapellou@teiath.gr">ekapellou@teiath.gr</a> |
| Food Technology                   | Kanellou Anastasia              | <a href="mailto:akanellou@teiath.gr">akanellou@teiath.gr</a> |

#### **D. FACULTY OF HEALTH AND CARING PROFESSIONS**

| <b>DEPARTMENT</b>                  | <b>DEPARTMENTAL COORDINATOR</b> | <b>E-mail</b>  |
|------------------------------------|---------------------------------|--|
| Midwifery                          | Sarantaki Antigoni              | <a href="mailto:gonisara@yahoo.gr">gonisara@yahoo.gr</a>                   |
| Social Work                        | Papouli Eleni                   | <a href="mailto:epapouli@gmail.com">epapouli@gmail.com</a>                 |
| Early Childhood Education          | Kakouros Efthymios              | <a href="mailto:makis@teiath.gr">makis@teiath.gr</a>                       |
| Physiotherapy                      | Bakalidou Dafne                 | <a href="mailto:dafbak@otenet.gr">dafbak@otenet.gr</a>                     |
| Nursing                            | Evaggelou Eleni                 | <a href="mailto:elevagel@teiath.gr">elevagel@teiath.gr</a>                 |
| Optics and Optometry               | Chandrinou Aristeidis           | <a href="mailto:achand@teiath.gr">achand@teiath.gr</a>                     |
| Dental Technology                  | Tsolka Panagiota                | <a href="mailto:ptsolka@teiath.gr">ptsolka@teiath.gr</a>                   |
| Aesthetics and Cosmetology         | Protopapa Evaggelia             | <a href="mailto:eprotop@teiath.gr">eprotop@teiath.gr</a>                   |
| Medical Laboratories               | Venetikou Maria                 | <a href="mailto:mvenet@teiath.gr">mvenet@teiath.gr</a>                     |
| Occupational Therapy               | Marianna Morozini               | <a href="mailto:mariannamorozini@gmail.com">mariannamorozini@gmail.com</a> |
| Public Health and Community Health | Sakellari Evanthia              | <a href="mailto:sakellari@teiath.gr">sakellari@teiath.gr</a>               |
| Radiology & Radiation Therapy      | Oikonomou Georgia               | <a href="mailto:goikon@teiath.gr">goikon@teiath.gr</a>                     |

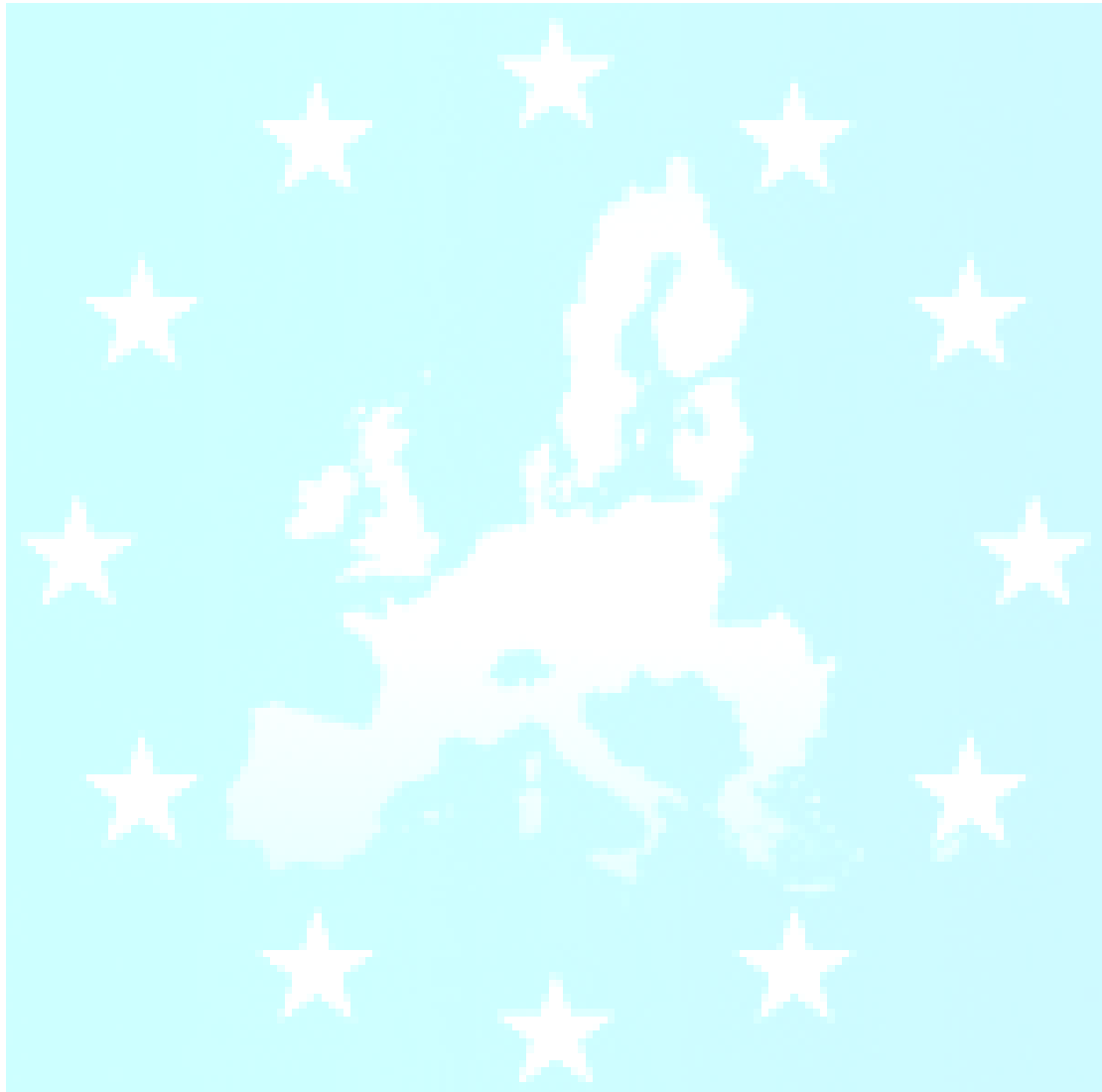
#### **E. FACULTY OF TECHNOLOGICAL APPLICATIONS**

| <b>DEPARTMENT</b>                        | <b>DEPARTMENTAL COORDINATOR</b> | <b>E-mail</b>  |
|--|---------------------------------|--|
| Civil Engineering                        | Paralika Maria                  | <a href="mailto:mparal1@hotmail.com">mparal1@hotmail.com</a>       |
| Topography & Geo-Informatics Engineering | Pagounis Vasilios               | <a href="mailto:mail@pagounis.gr">mail@pagounis.gr</a>             |
| Energy Technology Engineering            | Axaopoulos Petros               | <a href="mailto:pax@teiath.gr">pax@teiath.gr</a>                   |
| Biomedical Engineering                   | Glotsos Dimitrios               | <a href="mailto:dimglo@teiath.gr">dimglo@teiath.gr</a>             |
| Informatics Engineering                  | Georgouli Aikaterini            | <a href="mailto:kgeor@teiath.gr">kgeor@teiath.gr</a>               |
| Electronics Engineering                  | Kaltsas Grigorios               | <a href="mailto:g.kaltsas@ee.teiath.gr">g.kaltsas@ee.teiath.gr</a> |
| Naval Architecture Engineering           | Gerostathis Theodore            | <a href="mailto:tgero@teiath.gr">tgero@teiath.gr</a>               |

### **- LANGUAGE REQUIREMENTS**

The official language of instruction and coursework at TEI of Athens is Greek but there are many courses also offered in English. If your first language is not English, it is important that you gain an acceptable English language qualification before joining one of our undergraduate programmes (English: B.2).

Our Institute also offers a Greek Language and Civilization course to all incoming Erasmus students during their study period.



## UPON ARRIVING AT TEI OF ATHENS

### - ENROLMENT PROCEDURE

The International Office of TEI of Athens will help you with the preparation of your stay, your accommodation and your social integration. The Erasmus Office is the link between yourself and your departmental coordinator who is responsible for the academic counseling and supervision of your studies.

In order to be officially enrolled, you must come to our Office. You will be administratively registered by the International Office, during the registration dates defined by our Office, submitting the following original registration documents:

- Passport or ID
- Student card of the Home Institution
- European Health Insurance Card
- 4 passport photos.

After your registration you will be provided with:

- a registration number,
- a certificate of study period and
- a colored booklet.

You will also receive:

- a Food card, issued by the Student Care Department, with which you can have three (3) meals per day at TEI's restaurants for free,
- a Gym Card if you wish to have access to our Athletic and Sports Center, issued by the Public Relations Office.

Upon student's arrival, the international Office sends student's statements of arrival at the Home Universities.

ESN (Erasmus Students Network) is always at your disposal helping you with various practical issues regarding your Erasmus period in Athens.

Please inform our Office on any change that may occur during your stay (change of address, e-mail address, telephone number etc.).

Check your e-mail inbox regularly because it will be used for all kind of useful or important information.

Never hesitate to contact us whenever you have any doubts or issues to be solved.

## BEFORE LEAVING

Before their departure, incoming students must return the colored booklet to the International Office. This booklet must be completed and signed by the Academic Supervisor (courses – grades – ECTS).

The students must also return to the International Office

- the Food Card
- the Gym Card.

After having received the above documents, the Department of International Relations, is responsible to send by fax and by post to the Home Universities of all incoming ERASMUS+ students:

- Transcripts of Records, which is a list of all subjects taken, the corresponding grades and the credits received. Please notice that the transcript of records only states courses successfully completed at TEI of Athens.
- Certificate of completed study period. Please ask your Home University if a designated form for your confirmation of stay is available, or if the confirmation of stay issued by our Institute is sufficient.

## PRACTICAL INFORMATION / TEI FACILITIES

### - HOW TO GET TO TEI

Our Institute is located at Aegaleo (Agiou Spyridonos Street). Students can reach TEI via the following transport lines:

By metro and by bus:

- Metro Station Metaxourgeio (Karaïskaki square, centre of Athens).

Bus line: A15 or B15 or E15

- Metro Station Anthoupoli

Bus line: 734

- Metro Station Agia Marina (end of blue line) and then a 15-minute walk to TEI of Athens.

By bus from Athens (Koumoundourou square)

Bus line: B16 or Γ16 or E16

By bus from Piraeus

(Karaïskaki square) Bus line: 845 or 803

(Akti Xaveriou) Bus line: 831

More information: [www.oasa.gr](http://www.oasa.gr)

### - ACCOMMODATION

The International Office of TEI of Athens practically does not find accommodation for students. All Erasmus+ students should arrange their accommodation on their own. Upon their arrival, students can find cheap furnished apartments in the vicinity of TEI Athens or in the center of Athens, in accordance with their personal preferences. It is advisable that the students should also address to the ESN (European Student Network) of TEI of Athens, which has been created to help all incoming students with accommodation research as well as to help them solve any other problem.

<http://esn.cs.teiath.gr/esn-satellite-2.3/>

### - RESTAURANTS

The Department of Student Care provides the students with a food card, which they can use in order to have meals free of charge (3 free meals per day) in the following restaurants of TEI of Athens.

- Agiou Spyridonos Str., Aegaleo, in the main building of TEI of Athens

- 10, Kritis Str., Vathi Square (centre of Athens – Metaxourgeio metro station)

- 24, Mitrodorou Str., Kolonos.

- 65, Leoforos Dimokratias, Ilion.

### - LIBRARY

The library of our Institute possesses a rich scientific printed and electronic bibliography. A series of bibliographic databases (EconLit, FSTA, ArtIndex, Ulrich, Global Books etc.) are also available. Furthermore, TEI of Athens offers access to a

number of different databases in which one can find all disciplines of studies offered at TEI. Reading places, computer research stations (for the students who wish to use Internet services) and photo copy machines are available in the library. The library is free of charge for all students and staff. Students may borrow any book using their student ID which is issued by the library. It is open both to all members of the academic community and to external visitors and runs a 24-hour information database via the internet (<http://www.library.teiath.gr>).

#### **- COMPUTER ROOMS**

All students may have access to a computer in the central library of TEI and in computer laboratories in the Faculty of Technological Applications. All computers are connected to the Internet.

#### **- STUDENT SUPPORT AND COUNSELLING SERVICE**

The Student Support and Counselling Service of the TEI of Athens, member of the General Secretariat for Youth, was founded in 1989 by the Board of Directors of the Institution. There are special sources of help and advice provided to both Greek and Foreign students who may encounter personal difficulties. It also offers to students with physical or sensory disabilities.

#### **- GYM**

The Athletics and Sports Centre provides students with all kinds of sports activities. A modern fully equipped gym, with highly specialized trainers, offers its free services to both students and staff. Incoming students who wish to have a card for access to the gym should bring with them one photo and a valid document in English from their generalist doctor or their cardiologist, certifying that they are in good health condition and they can participate in fitness activities.



## EVERY DAY LIFE IN ATHENS / INFORMATION OF INTEREST

### - ATHENS IN A NUTSHELL

Athens is the capital and the largest city of Greece. Athens dominates the Attica's periphery and is one of the world's oldest cities, as its recorded history spans around 3,400 years. Classical Athens was a powerful city-state. A centre for the arts, learning and philosophy, home of Plato's Academy and Aristotle's Lyceum, it is widely referred to as the cradle of Western civilization and the birthplace of democracy, largely due to the impact of its cultural and political achievements during the 5th and 4th centuries BC on the rest of the European continent. The name of Athens is related to the name of Athena, the Greek goddess of wisdom and knowledge. An etiological myth explaining how Athens, as a city, acquired this name was well known amongst ancient Athenians and became even the theme of the sculpture on the West pediment of the Parthenon. Both Athena and Poseidon requested to be patrons of the city and to give their name to it, so they competed with each other for the honor, by offering the city each one a gift. Poseidon produced a salt water spring by striking the ground with his trident, symbolizing naval power. Athena created the olive tree symbolizing peace and prosperity. The Athenians, under their ruler Cecrops, accepted the olive tree and named the city after Athena.

Nowadays as a cosmopolitan metropolis, modern Athens is the center of economic, financial, industrial, political and cultural life in Greece. Athens sprawls across the central plain of Attica that is often referred to as the *Athens or Attica Basin*. The basin is bounded by four large mountains: Mount Aegaleo to the west, Mount Parnitha to the north, Mount Penteli to the northeast and Mount Hymettus to the east. Beyond Mount Aegaleo lies the Thriasian plain, which forms an extension of the central plain to the west. The Saronic Gulf lies in the southwest. Mount Parnitha is the tallest of the four mountains [1,413 m (4,636 ft)] and it has been declared a national park. Athens is built around a number of hills. Lycabettus is one of the tallest hills of the city proper and provides a view of the entire Attica Basin.

Athens is the symbol of freedom, art and democracy. In Athens, memory never fades. Wherever you stand, wherever you turn, the city's long and rich history will become alive in front of you.

### - POLITICAL SYSTEM

Greece is a presidential parliamentary republic. Its political system is based on the separation and balancing of legislative, executive and judicial powers. The Constitution is the highest law in the Republic of Greece. The Parliament consists of 300 members who are elected for a four-year period. The Head of State is the President, elected by the Parliament for a five-year term. The Head of the Government, the Prime Minister, is appointed by the President and approved by the Parliament. Our country joined the European Union on the 1.1.1981.

### **- CLIMATE**

Greece is perfect for those who enjoy the sun, as for over two thirds of the year the country basks under clear, sunny skies. Athens has a Subtropical Mediterranean climate. The dominant feature of Athens climate is alternation between prolonged warm and dry summers and mild, wet winters with low average annual rainfall. The rain that does occur falls during the winter months, between mid-October and mid-April, usually as short, heavy showers.

### **- TIME ZONE**

Greece belongs to the Eastern European Time Zone. Eastern European Standard Time (EET) is 2 hours ahead of Greenwich Mean Time (GMT+2).

Like most states in Europe, Summer (Daylight-Saving) Time is observed in Greece, where the time is shifted forward by 1 hour; 3 hours ahead of Greenwich Mean Time (GMT+3). After the summer months the time in Greece is shifted back by 1 hour to Eastern European Time (EET) or (GMT+2).

Summer time:  
end of March – end of October.

### **- LANGUAGE**

The official language is Greek. It has the longest documented history of any European language, spanning 34 centuries of written records.

### **- CURRENCY**

The Euro (€) is used in Greece. One Euro equals to 100 Cents. Bills are available in denominations of 5, 10, 20, 50, 100, 200 and 500 €, coins in 1 and 2 €, and 1, 2, 5, 10, 20, and 50 Cent.

### **- ELECTRICITY AND VOLTAGE REGULATION**

Hellenic electricity works on 220 V AC (50 Hz), alternating current. Devices from Britain require an adaptor. If students are bringing their own electrical equipment, they have to make sure it can be used safely on this voltage and they need to check whether they will need an adaptor. Most computers and modern electronic devices do not need a transformer, just a plug adaptor which can be purchased at any electric shop in Athens.

### **- WATER**

The tap water in Athens is of very good quality and safe to drink.

### - POST OFFICES

Signs denoting post offices are usually bright yellow, as post-boxes are. If you need to send a letter, there are stamp vending machines and post-boxes outside all central post offices. Stamps may also be bought at many kiosks. Parcels sent abroad must pass from an inspection procedure first, so do not wrap and seal them beforehand. Brown paper, soft padded envelopes and cardboard boxes can be bought at the post offices themselves or at kiosks.

### - BANKS

There is the possibility to open a bank account in one of Athens banks (passport or official ID card required). Most banks are open to the public between 08:00 and 14:00 from Monday to Thursday and between 08:00 and 13:30 on Friday.

In case cash is needed, the ATM machines work on a 24-hour per day basis and can be found almost everywhere, so cash will never be a problem as long as your bank account is not empty. Almost every shop, hotel, restaurant and company accepts credit cards.

For further information, you can contact the bank. In the link below there is a list of International Banks and their branches in Athens

<http://www.athensinfo.com/gr/genbanks.htm>

### - PUBLIC TRANSPORTATION

According to the decision of Athens Urban Transport Organisation, all students of Public Academic Institutions are entitled to concessionary fare until the age of 25 years old, provided they possess their student card/ University ID and their passport.

Fares:

|                                | Ticket price | Reduced | Sale points            |
|--------------------------------|--------------|---------|------------------------|
| Buses & electric trolley buses | 1.40 €       | 0.60 €  | Bus & trolley kiosks   |
| Metro (train)                  | 1.40 €       | 0.60 €  | Metro stations         |
| Metro                          | 1.40 €       | 0.60 €  | Metro stations         |
| Tram                           | 1.40 €       | 0.60 €  | Tram kiosks            |
| 24-hour ticket                 | 4.50 €       |         | Metro stations, kiosks |
| 5-day ticket                   | 9.00 €       |         |                        |

One way ticket:

|                       |        |        |        |                      |
|-----------------------|--------|--------|--------|----------------------|
| Buses & trolley buses | 1.40 € | 0.60 € | 1 trip | Bus & trolley kiosks |
|-----------------------|--------|--------|--------|----------------------|

| Airport Tickets                  | Ticket Price | Reduced | Validity  | Sale Points  |
|----------------------------------|--------------|---------|---|--|
| Airport express Bus line tickets | 5.00 €       | 2.50 €  | The above tickets can be used for only one trip from or to the airport. | -from the drivers of the airport buses<br>-all metro and blue ticket offices |

|                                   |         |        |   |  |
|-----------------------------------|---------|--------|---|--|
| Metro and Suburban Railway Ticket | 10.00 € | 5.00 € | The above tickets are valid for travel with all public transport means within 90 minutes. | -at all metro and suburban railway stations. |
| Return Ticket                     | 18 €    |        | within 48 hours   | -at all metro and suburban railway stations  |

Monthly travel cards:

|                                     | Price | Reduced | Validity | Sale points                       |
|-------------------------------------|-------|---------|----------|-----------------------------------|
| Buses, electric trolley buses, tram | 20 €  | 10 €    | Month    | all metro and blue ticket offices |
| For all public transport options    | 30 €  | 15 €    | Month    | all metro and blue ticket offices |

For more information about transportation (metro, bus, railway, proastiakos and trolley) you can visit the following websites:

- [www.oasa.gr](http://www.oasa.gr)
- [www.ametro.gr](http://www.ametro.gr)
- [www.proastiakos.gr](http://www.proastiakos.gr)
- [www.isap.gr](http://www.isap.gr)
- [www.tramsa.gr](http://www.tramsa.gr)

**- HEALTH INSURANCE**

In case of illness abroad, it is highly recommended to all students from E.U. to obtain the Health Insurance European Card.

Concerning students from Turkey, it is necessary to have a contract of private health insurance.

**- HOSPITALS**

| HOSPITAL                                 | ADDRESS                              | TELEPHONE       |
|--|--------------------------------------|-----------------|
| National University Hospital "Aretaieio" | 76, Vas. Sofias Ave.<br>Athens       | 210 7286000     |
| General Hospital "Ippokrateio"           | 114 Vas., Sofias Ave.,<br>Athens     | 210 7483770     |
| Athens General Hospital "G. Gennimatas"  | 154 Mesogeion Ave.,<br>Athens        | 210 770 1211 -5 |
| General Hospital "Asklipieio Voulas"     | 1, Vas. Pavlou Str.<br>Voula, Athens | 210 8958301     |
| General Hospital "Errikos Dunant"        | 107 Mesogeion, Athens                | 210 6972000     |
| General Hospital "Evangelismos"          | Ypsilantou 45-46, Athens             | 210 7201000     |

|   |   |                |
|---|---|----------------|
| Obstretical - Gynaecological Hospital "Elena Venizelou" | 2, Elena Venizelou Squ., Ampelokipoi, Athens  | 210 6432221    |
| General Hospital "Alexandra"                            | 80, Vas. Sofias Ave., Athens                  | 210 7770501    |
| General Hospital Athinon "Elpis"                        | 7 Dimitsanas, Ampelokipoi Athens              | 210 6434001    |
| Cancer Hospital "Agios Savvas"                          | 171 Alexandras Ave., Ampelokipoi, Athens      | 210 6409000    |
| General Hospital "Attikon"                              | 1, Rimini Str., Haidari, Athens               | 210 5831000    |
| National University Psychiatric Hospital "Eghinitio"    | 72, Vas. Sofias Ave., Athens                  | 210 7289400    |
| Venereal and Skin Diseases Hospital "Andreas Syggros"   | 5, Ionos Dragoumi, Athens.                    | 210 7265100    |
| Dromokaiteio Psychiatric Hospital                       | 343, Iera Odos, Haidari, Athens               | 210 5404100    |
| General Hospital Melission "A. Fleming"                 | 14, 25 <sup>th</sup> Martiou, Melissa, Athens | 210 8030303    |
| General Hospital "KAT"                                  | 2 Nikis, Kifissia, Athens                     | 210 6280000    |
| General Hospital Athinon "Laiko"                        | 17, Ag. Thoma, Goudi, Athens                  | 210 7456000    |
| General Hospital for Pulmonary and Heart Diseases       | 152, Mesogeion Ave. Ampelokipoi, Athens       | 210 7778611 -9 |

#### - PHONE CALLS AND EMERGENCY NUMBERS

Greece International Code: 0030

Athens City Code: 210

|   |             |
|---|-------------|
| City Police                                     | 100         |
| European Emergency Number (Police/Medical/Fire) | 112         |
| Hospitals/clinics on duty                       | 106         |
| Pharmacies (Athens area)                        | 107         |
| Ambulance Service                               | 166         |
| Tourist Police                                  | 171         |
| Forest Agency                                   | 191         |
| Fire Brigade                                    | 199         |
| SOS Doctors                                     | 1016        |
| Poisoning First Aid                             | 210 7793777 |

#### - DRUGS AND CIGARETTES

The use of drugs is illegal and forbidden by law in Greece.

The existing smoking ban became effective on July 1, 2009.

The smoking ban applies to:

- rooms that serve for educational purposes

- public spaces (e.g. public means of transport: tram, bus, train; public buildings: museums, courts, schools, administrative offices, hospitals, train stations, airports)
- dining areas of restaurants, bars etc. There are certain circumstances under which restaurants and bars may allow smoking. Please look for signs and ask if you are not certain whether smoking is allowed.

#### - SIGHTS AND MUSEUMS

| MUSEUM  | ADDRESS   | TELEPHONE                      |
|---|---|--------------------------------|
| The National Archaeological Museum                      | 144, Patision Str.                                | 210 8217717, 210 8217724       |
| The Acropolis Museum                                    | archaeological area                               | 210 3236665, 210 3210219       |
| The Athens Ancient Agora Museum                         | Stoa tou Attalou, Archaea Agora                   | 210 3210185                    |
| The Kerameikos Museum                                   | 148, Ermou Str.                                   | 210 3463552                    |
| The Epigraph Museum                                     | 1, Tositsa Str.                                   | 210 8217637                    |
| The Numismatic Museum                                   | 12, Panepistimiou Str.<br>("Iliou Melathron")     | 210 3643774, 210 3612540       |
| The Goulandris Museum of Cycladic and Ancient Greek Art | 4, Neofytou Douka Str.                            | 210 7226321-3                  |
| The Acropolis Research Centre                           | 2-4, Makriyianni Str.                             | 210 9239381                    |
| The National Historical and Ethnological Museum         | 13, Stadiou Str.                                  | 210 3237617                    |
| The Benaki Museum                                       | 1, Koumbari Str. & Vas. Sofias Ave.               | 210 3671000                    |
| The Benaki Museum                                       | 138, Pireaus Str. (Gazi)                          | 210 3453111                    |
| The Byzantine and Christian Museum                      | 22, Vas. Sofias Avenue                            | 213 213 9572                   |
| The War Museum  | 2, Rizari Str.                                    | 210 7252974-6                  |
| The Museum of the City of Athens                        | 5-7, Paparrigopoulou Str.<br>(Klafthmonos Square) | 210 3246164                    |
| The National Gallery-Alexandros Soutzos Museum          | Vasileos Konstantinou Ave.                        | 210 7235857                    |
| The National Museum of Modern Art                       | Syngrou Avenue, FIX building                      | 210 9242111-2                  |
| The Athens Municipal Gallery                            | Piraeus Str., Koumoundourou Square                | 210 2231841, 210 3240472       |
| The Frissiras Museum                                    | 3-7, Monis Asteriou Str, Plaka                    | 210 3234678                    |
| The Greek Popular Art Museum                            | 17, Kythathinaeon Str., Plaka                     | 210 3229031, 210 3213018       |
| The Greek Traditional Musical Instruments Museum        | 1-3, Diogenous Str., Plaka                        | 210 3250198<br>210 3254119-129 |
| The Ceramics Collection                                 | Tzistaraki Mosque, 1 Areos, Monastiraki Square    | 210 3242006                    |
| The Greek Children's Museum                             | 14, Kythathinaeon Str.                            | 210 3312995-6                  |
| The Historical Museum of the University of Athens       | 5, Tholou Str, Plaka                              | 210 3240861                    |
| The Kanellopoulos Museum                                | 12, Theorias Str. & Panos Str., Plaka             | 210 3212313                    |
| The Theatrical Museum                                   | 50, Akadimias Str.                                | 210 3629430                    |

You can also visit:

- The Acropolis, one of the greatest heritage sites of the world, stands high above Athens. It features the magnificent Parthenon, the Propylea, The Temple of Athena Niki and the Erechtheion, all built in the 5th century BC.
- The Ancient Agora, the marketplace of ancient times and the Roman Agora with its clock tower known as the Tower of the Winds.
- The Philopappus or Muses Hill (opposite the Acropolis)
- The Hadrian's Library.
- The Hadrian's Arch, a monument of roman times, was built in the 2nd century AD.
- The Theatre of Dionysos, constructed in the 6<sup>th</sup> century BC and the Theatre of Herodes Atticu, built under Roman rule in the 2<sup>nd</sup> century AD, next to the Acropolis.
- The Keramikos, the cemetery of ancient Athens, features many beautifully decorated tombstones, the walls constructed under Themistocles in 478 BC, as well as the Dipylon Gate and Sacred Gate.
- Pnyx, the cradle of democracy, where Athenian citizens gathered to debate major political issues. This is the site of the Sound and Light Show performed each evening from April to October.
- The Theater of Herodes Atticus.
- The National Garden.
- The majestic Zappion Hall built in 1888, which is surrounded by a park.
- The Panathinaikon Stadium, built on the remains of an ancient stadium from the 4th century BC, hosted the first contemporary Olympic Games in 1896.
- The Temple of Olympian Zeus, its construction started in the 6th century BC but was finished some centuries later.
- The Old Town of Athens "Plaka", with its narrow streets, situated under the Acropolis hill, hosts Byzantine churches, museums and monuments. The Lysicrates Monument stands on a small square in Plaka, was built in the 4th century BC.
- Area of Psiri.
- Area of Monastiraki.
- The Lycabettus Hill.
- The Greek Parliament, formerly the Royal Palace built in 1840, overlooks Syntagma Square.
- The Old Parliament on Stadiou Str., one of the best samples of neo-classical architecture. It was used as the seat of Parliament from 1875 to 1932.
- The Anglican church of St. Paul, built in 1842.

#### - USEFUL SITES

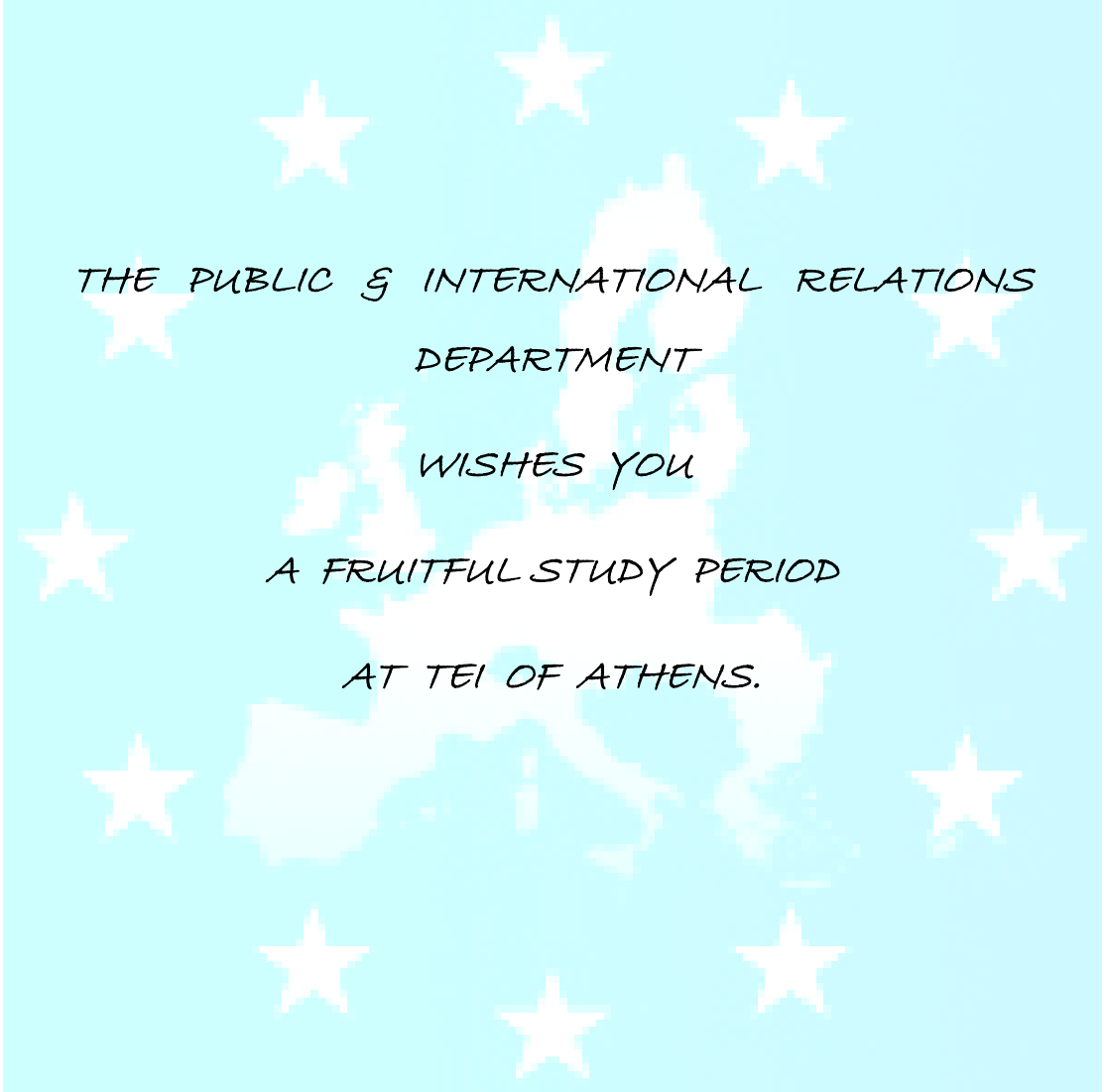
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