

Survival Guide

2022-2023

DEPARTMENT OF INTERNATIONAL AND PUBLIC RELATIONS

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Welcome Words

Dear student,

Welcome to the UoI! We wish you to have a wonderful experience here in Greece! We hope you embrace your new experiences and find or learn something new to bring back home. In this guide you will find useful information about Greece and the University of Ioannina. We do hope that you read this guide thoroughly.

We want you to feel comfortable, make new friends, have fun, but also to stay focused on your personal ambitions! *In this short period, remember to study, follow your lectures and of course sleep well and take care of yourself.* Also, remember to check your emails daily and to start your ID application once you receive your Certificate of Studies from the secretary of your department. Finally, pay particular attention to the "contact details" section. It is important that you know which person is responsible to answer your questions or concerns.

From the University of Ioannina and the Department of Economics,

Welcome!

A few words about your anxiety living abroad and the so called "culture shock"

If you are reading this guide it probably means that you already decided to participate in the Erasmus program. Either you want to explore a new country, make new friends, improve your language skills or increase the prospects of employability (ESNblog, 2020), we wish you to have a rewarding mobility in our university.

However, as the Erasmus time is approaching, you might be worried about the new environment or the so called "culture shock". But what is culture shock really about?

Culture shock refers to those who move to a new country and it is likely that they will experience the following phases:

- "Honeymoon" (initial feelings of fascination with the new surroundings)
- Crisis (anger, frustration and helplessness)
- Recovery (culture learning)
- Finally, adjustment to the new environment

On the contrary, at the University of Ioannina we believe that "culture shock is not about culture, but about the dynamics of context and how individuals deal with life changes to navigate the challenges they face" (Fitzpatrick, 2017). Of course, there will be moments that you might feel uncomfortable because you will be in a new environment and you will be out of your comfort zone. However, every one of us is different and we carry multiple identities. Therefore, we do not expect from our students to "behave" or to experience the Erasmus program in a certain way because they carry the "X" nationality. We just do our best to help you during your experience abroad. For this reason, if during your exchange you feel that you need support, you can contact our study psychologist (see more info here).

If you also worry whether it is easy to make new friends here, we advise you to take a look on the experiences of our previous Erasmus students! We asked them to share their experiences from their stay in our university:

- "The mood of the people here is really chill. [I mostly like here the] parties, [my] friends, the place and the liberty, [as you] are independent, and free to do what you want." (Dario, University of Ferrara, Italy)

- "I met everyone in the dormitories. I like meeting new people everyday, [also the] cafeteria, the parties and the courses in which we work with the international groups." (Katarzyna, Poznan University of Economics and Business, Poland)
- "I met first people when I had a problem with a router: D and then they invite me for some beers. I think [I mostly like] people, parties and generally vibe on a campus" (Karol, Poznan University of Economics and Business, Poland).
- "Whatsapp group of ESN before arrival and living in the dormitory made it easy to get to know new people. I came here to get to know new people and cultures and I'm pretty happy with the result until now. Also, the ESN people helped a lot as they organise a lot of events. The city centre of Ioannina is really nice for a visit." (Nico, Bielefeld University, Germany).
- "People here are just very open. [I like here the] People,[the] possibility to try out new stuff [and the] possibility to improve my English" (Erasmus student, responded anonymously).

Practical Information

Before your Arrival

In order to participate to the Erasmus program, the following steps must be completed:

- 1. Nomination by your university. Remember to check this with your Erasmus office.
- 2. Once you are nominated you will be notified by our Erasmus office (<u>kakouri@uoi.gr</u>) to send the following documents:

An English language Certificate¹

Your Learning Agreement

Your Transcript of Records from your university

The Student Form (which should be completed electronically, not handwritten)

A copy of your passport or ID

A passport size photo

A copy of your European Health Insurance Card (in English) or your health insurance contract

You must also:

- 3. Apply for your Accommodation (see details here)
- 4. Remember to be in touch with our Erasmus office and the Erasmus coordinator of both universities. Once you book your flight, remember to inform your Erasmus coordinator and the Housing Office about the exact date of your arrival.

What is a Learning Agreement?

A learning agreement is a document that you receive from the international office of your home university. Without this document your mobility is invalid. It must be signed by all parties of the mobility program, namely the student (you), your home university and the receiving university (in this case the UoI).

¹According to the Common European Framework of Reference for Languages: https://www.coe.int/en/web/common-european-framework-reference-languages/relating-examinations-to-the-cefr

Your Erasmus office will help you to complete your Learning Agreement. However, you will need the following information from our university:

Receiving Institution

Name	Department/ Faculty	Erasmus code (if applicable)	Address	Coun- try	Contact person; email; phone
University of Ioannina	Department of ²	G IOANNIN01	University of Ioannina, University campus, 45110, Ioannina, Greece	Greece	International Relations Office E. Panagiota Kakourikakouriwuoi.gr, erasmuswuoi.gr Tel. (+30 2681050526)

Course Catalogue

You can find the course catalogue at the Departmental websites: https://www.uoi.gr/en/education/departments/

Otherwise, you can contact the Departmental Coordinators³.

Please note that our university can offer you 30 ECTS per semester (min.27-max.33). Please make sure that your LA is following this rule.

Greek language courses

As an Erasmus student, you can participate in Greek language courses. However, it is not obligatory. The courses are offered by the *Center for the study of the Hellenic Language and Culture*. Upon successful completion of the course you receive 5 ECTS. The courses are free of charge, but you pay an amount of 50 € for the registration, educational material and books). Please note that *the Center for the study of the Hellenic Language and Culture* might change the number of offered ECTS/registration fees. For this reason, we encourage you to follow the following pages:

- https://www.facebook.com/people/Center-for-the-Study-of-the-Hellenic-Language-and-Culture/100054598682923/
- https://hellenic-center.uoi.gr/en/

If you have other questions, please contact the centre directly:

<u>vpanteli@uoi.gr</u>, <u>langcntr@cc.uoi.gr</u> Phone: +30 2651009153/ 26510 09132

² Find our departments here: https://www.uoi.gr/en/education/departments/

³See Appendix 1.

Housing Office

Formally nominated (by the home university) students for a study/learning mobility period at

the campuses in the city of Ioannina may fill in the application⁴ for a room in the Student Res-

idence Hall, or contact the Administration - Accommodation and Promotion Office, of DIKEP-

PEE "Stavros Niarchos (dikeppee.accom@uoi.gr). Formally nominated (by the home univer-

sity) students for an internship/placement/traineeship mobility period may fill in an application

for accommodation at the Guest House of DIKEPPEE "Stavros Niarchos" (with a different

cost). Students may send an email (dikeppee.accom@uoi.gr) to request more information.

Application deadlines

1st semester: 15th June

2nd semester: 30th November

The Accommodation Office will make every effort to accommodate Erasmus Students in the

Student Residence Hall (rooms with en suite bathroom facilities).

Due to capacity constraints, applications are accepted and processed on a first-come first-served

basis (according to the official nomination date by the home institution), until a maximum num-

ber of approx. 30 rooms per academic year is reached. It is important for students to under-

stand that being admitted to the University of Ioannina does not automatically mean they

are entitled to a dorm room.

All rooms for Erasmus students are usually available from 1st October until the 8th of Febru-

ary for the 1st semester (or the full academic year depending on the chosen mobility duration),

and from 15th of February to the end of June for the 2nd semester. In case of prolongation

requests, these will have to be submitted to the accommodation office, no later than 1st Novem-

ber, but it is highly unlikely that a room at the Students Residence Hall will be offered for

prolongation periods, since students nominated for the 2nd semester will have priority.

The cost of a **single** room is **65 euro/month**.

The cost of a **double** room is **50 euro/month/person**.

Please keep in mind that you must prepay the full amount for your accommodation to be entitled

to a room, after you receive all the necessary information from the Administration - Accommo-

dation and Promotion Office, of DIKEPPEE "Stavros Niarchos".

⁴Find the application here: https://piro.uoi.gr/erasmus/121/incoming-erasmus-students (at the bottom of

the website).

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Other accommodation options

Private temporary (furnished) accommodation in Ioannina is very scarce, yet assistance may be

offered by ESN Ioannina, however with no guarantees that prospective Erasmus students may

find appropriate housing solutions outside the campus at a reasonable price.

Housing Office Instructions

Upon arrival in the city of Ioannina, we advise you to take a taxi to the university, which is

located 7 km away from the city centre. It will cost you approximately 15-16€ from the airport,

and approximately 10-12€ from the bus station. You will have to make a stop at the building

called DIKEPPEE "Stavros Niarchos" and ask the taxi driver to wait. You will say your name

and show your ID to the guard, who will then give you an envelope with your name and the

name of the building you will be staying. Inside the envelope you will find two copies of your

room contract, your room key, and a campus map. You must sign your contract and leave one

copy to the guard before leaving for your room. Your time of arrival does not matter since there

is a 24hour shift. All rooms are equipped with the following: en-suite facility, bed sheets, tow-

els, blankets, bed covers and free Internet access.

You can find DIKEPPE here:

https://www.google.com/maps/place/International_Centre_Hellenic_Education_Culture

Erasmus students usually stay in the ST building. Please find it here:

https://www.google.com/maps/place/ST_Buidling

Housing Office Regulations

- Please remember to respect quite hours: 15:30-17:30 & 22:00-07:30 [According to the

Greek Penal Code (Αριθ. 1023/2/37-ια. ΑΣΤΥΝΟΜΙΚΗ ΔΙΑΤΑΞΗ ΥΠ ΑΡΙΘ. 3 -ΦΕΚ Β 15

-12.01.1996)]

- **Keep clean the common spaces** of the student accommodation

- **Recycling in Greece:** http://www.herrco.gr/?lang=en

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Living Costs

The living cost depends on whether you are entitled to a room within the student accommodation as well as on your lifestyle. Below you can find some approximate prices in Greece:

Student accommodation	50-65€/month (including water, electricity, internet)
Rent apartment	For a 20 - 35 cm apartment the price varies from 250 to 450€/month (net). Please note that it is usually difficult to rent a house for a six-month period.
Hotel	From 45€/day in Ioannina city

Supermarket	Price
milk (dairy & vegan)	0.90-2.73€
fresh bread	From 1.48€
lettuce	From 0.92€/per piece
tomatoes	From 1.5€/kg
bananas	From 1.40€/kg
oranges	From 0.75€/kg
coffee	From 2.17€/50 gr.
pasta	From 0.52-3.00€/500 gr
cereal	~3.00€/375 gr

Restaurants/cafeterias	Price
coffee	2.50-4.00€
orange juice (fresh)	~3.50€
salad	~3.00-7.00€
pizza (22 cm - 30cm)	~5.00-10.00€
souvlaki	From 2.70€
burger	From 3.70-10€

The above tables show the prices approximately. The prices are related to the quality of the food and the type of the restaurant. Please also note that as a student in Greece you are entitled to student prices by showing your student ID card (paso in Greek). Don't hesitate to ask for them. You can find more info below.

I arrived in Ioannina. What comes next?

During the first two weeks of your arrival, you will receive the Certificate of your studies. With this document you can activate your student account which gives you access to your university email address and the right to start your student ID application.

In fact, the student ID is the only way to be officially recognised as a student in Greece. Here are some of the benefits:

Services	Student ID holder	Without your student ID
Student restaurant	3 Free meals daily	3€
Figos Restaurant (in the campus)	7€/meal	7€/meal
Bus tickets (for Ioannina city)	0.60€/one way from the kiosks, 1€/one way from the bus	1€/from the kiosks, 2€ from the bus
Studying at the Library and borrowing books	yes	no
Discounts out of the campus: culture activities, restaurants, trains, boats, beauty salons	yes	no

Find more about Paso Discounts & Application instructions at the Student ID application Guide.

Other campus services

- University Hospital: https://www.google.com/maps/place/Uni_Hospital

- University Sports Center:

The University Sports Centre's purpose is to offer an extended, dynamic and accessible curriculum of classes and sports activities on an annual basis that can adapt to the different needs and interests of anyone keen on sports. It concerns the free time of students and employees and aims at improving quality of life and lifelong exercise.

Website: https://www.uoi.gr/en/university-life/sports/

University Sports Centre

University of Ioannina-Greece

T: +30 26510 06442

E-mail:unisport@cc.uoi.gr

- University Library

- Opening Hours: Monday-Friday: 08:00-20:00

E-mail: <u>library@uoi.gr</u>
Tel. +30 2651005958

website: https://lib.uoi.gr/ (in Greek)

- Student restaurant

Breakfast: 07:30-09:30

Lunch: 11:30-15:00 Dinner: 18:00-21:00

Location: https://www.google.com/maps/place/student_restaurant (at the ground floor)⁵

⁵The staff of the student restaurant understands that the student ID process is slow and they usually let the new students enter for free. We advise you to give it a try. Please also note that on the 1st floor of the same building is the "Figos Restaurant" where the meal costs 8,5€ for all. Finally, let the staff know in case you are vegan. They usually have an alternative to propose.

Inclusion Services & Mental Health Support

Student Support and Disability Services

Student Social Support and Disability Services of University of Ioannina has been established to

cover the lack of infrastructure that existed in the University regarding matters of equal access to

facilities and educational processes. The main goal of this service is the creation of a propitious ed-

ucational environment within the University of Ioannina in order to support students that for medical

or other social reasons are facing functional and educational issues that prevent them from complet-

ing their studies.

The office of student support and disability services offers the following services:

- Student Board

- Electronic Accessibility

- Accessible Books

- Socially Vulnerable Books

- Accessible Workstations

- Volunteering

SKEPI)

You can find more information here: https://socialsupport.unit.uoi.gr/?lang=en

Psychological Support: Counseling Center of the University of Ioannina (Σ.ΚΕ.Π.Ι/

You can contact the center if you feel that you need a professional to talk with. The counseling center

of the UoI supports students to deal with problems related to their studies or mental health issues

such as fears, loneliness, stress, mental pain and depression, anger, substance abuse, etc. The psy-

chologist will let you know for the number of sessions needed. Every session lasts 45-50 min. The

service is free of charge for all students at the University of Ioannina.

Please remember to call the centre or to send an email to get an appointment. Tel. 26510-0 6600

Email: skepi@uoi.gr . The centre is placed within the campus, in Building A of the second depart-

ment of student housing.

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Contact Details

University Services

- ❖ International Relations Office Tel. +30-26510-07443/07107 E-mail: erasmus@uoi.gr
- **❖ Incoming Students** Mrs. Kakouri E-Mail: <u>kakouri@uoi.gr</u>, Website: <u>https://piro.uoi.gr/eras-mus/121/incoming-erasmus-students</u>
- ❖ Other Contacts & public holidays (UoI) https://intranet.mruni.eu/mru_en_dokumen-tai/kita/tarptautiskumo-tarnyba/partners/University%20of%20Ioannina%20Contact_Info_Form_2016-17.pdf
- **❖ Housing Office** [E-mail:] <u>dikeppee.accom@uoi.gr</u>
- ❖ University Nurse Mrs. Vamvetsou [E-mail: evamvets@uoi.gr]
- **Campus Security** 24/7 (e.g., night-time disturbances) Tel.+30-26510-06533
- ❖ Psychological/ social Support (UoI) +30-2651005949/2651005949 E-mail: <u>uoisds@uoi.gr</u> (central library building, 1st floor <u>Central Library Building Map</u>) or Counseling Center of the University of Ioannina, E-mail: <u>skepi@uoi.gr</u> Tel. +30 26510 0 6599.
- ❖ University Sports Centre E-mail: <u>unisport@cc.uoi.gr</u>, T: +30 26510 06442, https://www.uoi.gr/en/university-life/sports/
- ❖ Central Library E-mail: library@uoi.gr Tel. +30 26510 05958
- **ESN Ioannina** E-mail: info@ioannina.esngreece.gr, esn.Ioannina@yahoo.gr Website: https://ioannina.esngreece.gr

In case of Emergency

- **❖** Police 100 (Tel.)
- **❖** Hospital 166 (Tel.)
- **❖** General Emergency Number 122
- **❖** Poison Information Center 2107793777 (Tel.)
- **❖** Fire Department 199 (Tel.)
- SOS [supporting women, violence victims]: Tel. 15900 [24/7] https://womensos.gr/en/about-us-3/
- **❖** DiplaSou [support for the LGBTQ+ community]: Tel.11528 https://11528.gr/
- **❖** A21 [Human Trafficking, support & report]: Tel. 1109 [24/7] https://www.a21.org/content/human-trafficking/gqe0rc
- ❖ Police [to report racist crime, report]: Tel. 11414 [24/7]. In case of a racist incident within the campus please contact the rector: prytania@uoi.gr

Appendix 1. [Departmental Erasmus Coordinators]

Department of	Erasmus Coordinators	
Philology	Assist. Prof. Angela Gioti: angela.gioti@uoi.gr	
History and Archaeology	Prof. Christos Stavrakos: chstavra@uoi.gr	
Philosophy	Assist. Prof. Eleni Leontitsi: eleon@uoi.gr	
Psychology	Prof. Evaggelia Karagianni-Karagianopoulou:	
	ekaragia@uoi.gr	
Mathematics	Assist. Prof. Mixalis Xenos: mxenos@uoi.gr	
	Assist. Prof. Stavros Papadakis: spapa-	
	dak@uoi.gr	
Physics	Prof. Nikolaos Xatzianastasiou: nhatzian@uoi.gr	
Chemistry	Prof. Sotiris Xajikakou: shadjika@uoi.gr	
Computer Science and Engineering	Prof. Leonidas Palios: palios@cs.uoi.gr	
Materials Science and Engineering	Prof. Simeon Agathopoulos: sagat@uoi.gr	
Medicine	Prof. Evaggelia Tzani,	
	Assoc. Prof. Katerina Naka,	
	Assoc. Prof. Athina Tastioni,	
	Dr. Theodora Tseliga:	
	erasmed@cc.uoi.gr	
Biological Applications & Technology	Assoc. Prof. Theologos Michaelidis	
	tmichael@uoi.gr	
Nursing	Assoc. Prof. Stefanos Matzoukas: sman-	
	tzoukas@uoi.gr	
Speech and Language Therapy	Assoc. Prof. Eugenia Toki: toki@uoi.gr	
Primary Education	Prof. Spiros Soulis: ssoulis@uoi.gr	
Early Childhood Education	Prof. Katerina Plakitsi: kplakits@uoi.gr	
	Prof. Jenny Pagge: jpagge@uoi.gr	
Economics	Assist. Prof. Salamaliki: <u>p.salamaliki@uoi.gr</u>	
Fine Arts and Arts Sciences	Dr. Christos Stavrou: cstavrou@uoi.gr	
Early Years Learning and Care	Assist. Prof. Eleni Timpa: etimpa@uoi.gr	
Accounting and Finance	Prof. Paraskevi Pappa: pvpappa@uoi.gr	
Music Studies	Assist. Prof. Eirini Papadaki: papadaki@uoi.gr	
	Assoc. Prof. Aspasia Theodosiou: theodo-	
	siou@uoi.gr	
	Assist. Prof. Dimitris Exarchos: d-exar-	
	chos@uoi.gr	
Informatics and Telecommunications	Assoc. Prof. Eleutherios Stergiou: ster@uoi.gr	
Agriculture	Prof. Alexandros Kadartzis: <u>alexkan@teiep.gr</u>	
Architecture	Assist. Prof. Nikolaos Patsavos: <u>npatsa-</u>	
	vos@uoi.gr	

Appendix 2. [University Map]

1 Main Entrance of the Campus	 Z a. Rector's Office/ Schools' Faculties b. International Relations Office 	19 a. Student Hall Residence Block A' b. Student Societies (Clubs)
2 Indoors Sports Center	9 Science & Technology Park	20 Post-Office
3 Outdoor Sports Center	10 International Center "Stavros Niarchos" a. Accommodation Office b. Center for the Study of Hellenic Language	21 a. <u>Student Restaurant</u> Serving/ open: 8.00-9.00, 12.00-15.30, 18.00-21.00 b. "Phegos" Restaurant
4 * Student Hall Residence Block B'	12 University General Hospital of loannina	23 Observatory
No. 4 Building A', No. 5 Building ST'	14 Main Library	24 Holy Monastery of St. George, Dourouti

*Between no. 4	(building A) and no.	5 (building ST') are buildings B', C', D' and F'



<u>1</u> Είσοδος/ Κεντρική Πύλη Πανεπιστημιούπολης	Ζ α. Πρυτανεία/ Γραμματείες Σχολώνβ. Γραφείο Διεθνών Σχέσεων	19 α. Φοιτητικές Κατοικίες Συγκρότημα Α΄ Β. Φοιτητικοί Σύλλογοι
2 Κλειστό Γυμναστήριο	9 Επιστημονικό & Τεχνολογικό Πάρκο Ηπείρου	20 Κεντρικό Ταχυδρομείο
3 Ανοιχτό γήπεδο Τένις- Βόλεϊ - Μπάσκετ - Ποδοσφαίρου	10 Διεθνές Κέντρο «Σταύρος Νιάρχος α. Γραφείο Διαμονής, β. Κέντρο Διδασκαλίας Ελληνικής Γλώσσας	21 α. Φοιτητικό Εστιατόριο Ανοιχτό : 8.00-9.00, 12.00-15.30, 18.00-21.00 Β. Εστιατόριο «ΦΗΓΟΣ»
<u>4</u> * Φοιτητικές Κατοικίες Συγκρότημα Β΄	12 Πανεπιστημιακό Νοσοκομείο	23 Παρατηρητήριο
Νο. 4 Κτήριο Α΄, Νο. 5 Κτήριο ΣΤ΄	14 Κεντρική Βιβλιοθήκη	24 Ιερά Μονή Περιστςράς Δουρούτης

^{*}Μεταξύ του no. 4 (κτιρίου Α΄) και του no. 5 (κτιρίου ΣΤ΄) βρίσκονται με την σειρά τα κτίρια Β΄, Γ΄, Δ΄ και Ε΄