

TEI of Larissa
LLP Erasmus
Office of European Programmes
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Greece

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This is an Erasmus Student Guide which is intended to provide general information about our incoming students at the TEI of Larissa. We hope it will assist you to face successfully the first challenges upon arrival and help you to a good start. In this leaflet you may find information on TEI Larissa campus facilities; the accommodation, the restaurant, the library, the sports centre. Moreover, information for the city of Larissa as well as some information for travelling and cultural things. Finally, previous Erasmus students share with us their experience at the TEI of Larissa in this brochure. We hope that your stay in Larissa will be the best part of your overall studies!

We wish all the best for your Erasmus stay at the TEI of Larissa

Professor Pandelis Ipsilandis, Vice President, TEI of Larissa



Visit our web site
<http://www.teilar.gr>



TEI of Larissa in Thessaly, Central Greece

TEI of Larissa is the third largest University Polytechnic in Greece and comprises four Schools, two Branches in Karditsa and Trikala & nineteen academic departments altogether. Our strategic goal is to continuously improve the quality of the courses and the educational services offered as well as to promote knowledge through a variety of research programmes.

Our facilities include modern classrooms and fully-equipped laboratories, new library, halls of residence, auditoriums, restaurant, a multi-sport gymnasium and a conference centre, as well as excellent electronic services. We provide students with ample learning resources and access to unlimited sources of information and knowledge through the library through the library and the database network.

TEI of Larissa is easily accessed due to its geographical position and its public transportation network and offers pleasant living conditions to young people since it allows them to enjoy the benefits of a large city and the relaxed way of life in the country. The TEI of Larissa is an important part of this city and our students play a vivid role in its social and cultural life.



Guide For Erasmus Students



TEI OF LARISSA – GENERAL INFORMATION

March 2011

Useful Info for the Application Procedure

ERASMUS Code: G Larissa 02

Technological Education Institute of Larissa

ERASMUS Institutional Coordinators

Professor - Nikolaos Chouliaras (Studies)

Assistant Professor - Georgia Garani (Studies)

Lecturer Vassiliki Kapralou (Work Placement)

ERASMUS Contact Person

Achilleas Anagnostopoulos, PhD

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LLP / Erasmus

Office of European Programmes

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All Erasmus incoming students must complete the following documents

- ⇒ Application Form
- ⇒ Transcript of Records
- ⇒ Learning Agreement (Studies)
- ⇒ Training Agreement (Work Placement)

All relevant forms are available in our

<http://www.teilar.gr/eu/>

Moreover, photocopies of the documents below are also necessary

- ⇒ English Certificate
- ⇒ European Health Insurance Card
- ⇒ Passport
- ⇒ Cardiovascular examination (Sports Centre)
- ⇒ Visa (if required)



TEI of Larissa offers

- ACCOMMODATION COSTS 100 EUROS PER SEMESTER
- THREE MEALS ARE PROVIDED WITH FREE OF CHARGE TO ALL ERASMUS STUDENTS
- FREE WIRELESS INTERNET ACCESS IS PROVIDED IN ALL CAMPUS AREA
- FREE ACCESS TO OUR SPORTS CENTRE INDOOR & OUTDOOR ACTIVITIES
- ORGANIZED CULTURAL DAY TRIPS ALL OVER GREECE
- DISCOUNT CARD WITH 25% OFFERED IN DOMESTIC TRANSPORTATION

Academic Calendar

Spring Semester

Beginning of Courses: Last week of February

End of Semester: 1st week of July

Public Holidays

- Clean Monday

- 25 March — Greek Independence Day

- Easter Vacations — Two weeks

- 1 May—May Day

- 15 May—Local Celebration

- Pentecost Monday

Application Deadlines

Deadlines for applications for our incoming Erasmus students are

- **15th of May** - Both Semesters

- **15th of November** - Spring Semester

(if there are available places)

After those dates we may not guarantee that we will reserve a place for incoming winter Erasmus students .

We inform you that most of our incoming students prefer to come to TEI of Larissa during spring semester -which we strongly suggest- since the weather are more favourable.

Issue

Contents:

APPLICATION INFORMATION	2
THE CITY LARISSA	3
CAMPUS FACILITIES THINGS TO KNOW BEFORE YOU COME	4-6
YOUR ARRIVAL IN LARISSA	7
SIGHTSEEING IN LARISSA & THES-SALY	8
ERASMUS STUDENTS' COMMENTS	9-11

The City of Larissa



History

Larissa is the capital of the Thessaly region and lies in the mainland, Central Greece. According to archaeological evidence, Larissa, lies at the top a site that has been inhabited since the tenth millennium BC.

Legend has it that Achilles was born here & Hippocrates, the Father of Medicine, died here as well. In the ancient years

Larissa's growth was rapid based on farming. Horses brought enormous economic benefits into the city. Moreover, the proud

Thessalian Horse became the symbol of Larissa. The first coins minted the 5th century BC on behalf of the Myrmidons portrayed the proud and powerful horse.

Nowadays

Today, Larissa is a major commercial and industrial centre and a national transportation hub. It is also belongs to the five largest cities in Greece; Larissa greater area population is around 250,000.

The city provides you the opportunities of a large city together with clean

and safe benefits of a small city.

Larissa is a modern European city with several squares especially in the city centre. Larissa streets are full of two main things: trendy cafes and shops. City centre is pedestrianised by 70% which is around 15 km of pedestrian roads.

These are making Larissa centre very social and active where young people as well as families spent many hours enjoying on drinking coffee, eating in traditional taverns, shopping etc.



Larissa is the capital of the Thessaly region



THE POPULATION IN LARISSA GREATER AREA IS AROUND 250,000



On Campus Facilities

Student Accommodation



On Campus Accommodation costs 100 Euros per semester



On Campus Accommodation is provided for all incoming Erasmus students . There are 8 halls of residence which may provide accommodation to almost 600 Greek and foreign students in twin-bedded rooms or shared rooms.

We would like to inform you that at the moment there is no collaboration with local real estate agencies for helping students to rent apartments in the city centre. Thus, we may not guarantee that we may provide accommodation for those with late applications.

In Room Facilities

These residencies provide basic furnishings such as a bed and mattress ,desk, desk chair, shelf, night table and wardrobe. Moreover, water closet (WC) is available in every room, thus its shared by every two students. WC has also a shower and a sink. Furthermore, wireless internets is provided to all students for free of charge.

The Erasmus Office offer to all students bed sheets, blankets and towels , although they have to return them in good condition the

last day of their departure. Students are responsible to clean up their rooms. Common areas are cleaned by the cleaners. We have to let you know that accommodation office can not guarantee that your roommate will be a fellow student from your home-country.

Accommodation Cost

A fixed rate of 100 Euros per academic semester is obliged to pay by every student the first days upon your arrival.



CAMPUS VIEW WITH MOUNT OLYMPUS BACKGROUND

Central Library

The Central Library was founded in 1973 and its resources meet the educational and research needs of all users - members within the T.E.I. community Recently the library lies in a new building with many facilities for its users

Wireless internets is provided to all users and visitors as well as lab rooms. A specific room for Erasmus students is provided on the ground floor . Access to electronic journals is provides on campus http://library.teilar.gr/e-mags_en.htm

Library Services

The library is open on Monday to Friday: 08.00 - 18.30 During weekends and public holidays as well as Christmas, Easter and Summer holidays the library is closed



On Campus Facilities

«MEALS IN
THE CAMPUS
RESTAURANT
ARE FREE OF
CHARGE FOR
ERASMUS
STUDENTS

Campus Restaurant

Student restaurant in the campus is less than 5 min from the hall of residences. This provides meals (breakfast, lunch and dinner) free of charge for all Erasmus students. To have access to the free meals you need to get the registration student card, which is provided to you (by your Department from TEI of Larissa) the first days upon your arrival.

Restaurant is closed during holidays (Christmas and Easter) as well as for summer vacations based on the academic calendar



Restaurant Opening Times

Breakfast time: 07.30- 09.00

Lunch Time: 11.30 - 15.30

Dinner Times: 18.00 - 20.30



Campus Life

Local Buses

Local buses are available on campus. Two buses which follow different journeys stop in the campus.

First, Bus No 9 goes to the city centre and it has often routes during daytime at the weekdays. Bus No 12 goes an outer circle of the city and its service is every hour. Night bus services (after 22.30) are not provided at all. During weekends routes are not so often.

Students may purchase the valid tickets from the ticket machines, just next to the bus stop. Season tickets are provided and cost around 45€ per month. Single ticket for each local route costs around 0,80€.

Taxis on Campus

A taxi station is also available for TEI of Larissa students just across the local bus stop. Students may get a taxi to go to the city centre or to the train/coach station when you are planning to travel. It costs around 6-8 € and it lasts around 10-15 minutes. However, overnight rates are more expensive.

Laundries/Dryers

Laundries and Dryers are available for all university students for a low rate. The rooms lie on the ground floor of the G (Γ) Building where you may find the opening times and the rates

Cafeteria/Kiosks

A cafeteria is located in the main building. Moreover, some other coffee kiosks are available around campus which also offer coffees and snacks at a low rate. Free wireless network is provided in cafeteria to all TEI of Larissa students

Bank Machines

There are 3 ATMs around campus which located in the main building of the TEI of Larissa quite close to the Erasmus Office. Access to bank branches you may have only in the city centre.

Health Centre

Health Centre lies in the main building; Doctor and nurse are available during weekdays.

EMERGENCY PHONE No:

TEI of Larissa Doctor:
Dr Karamitsiou Despoina
+30 2410 684443

University Hospital:
+30 2410 617000

General Hospital:
+30 2410 533333

Ambulance: 166
Fire Department: 199
Police Department: 100

On Campus Facilities

Sports Centre

Sports centre also lies in the campus area. This offers weekly indoor classes for fitness (aerobics, pilates, tae bo, table tennis-Latin dances, Greek traditional dances etc) as well as other outdoor activities (tennis classes) for free of charge.

In addition, the centre organised monthly trips with

sports activities to the Greek countryside (kayak, canoeing, skiing, biking, hiking, archery, etc) with a very low rate. A cardiovascular examination is required to be a member in our sport centre.

Sports Activities Schedule is available to all Erasmus at the beginning of each semester.

Day Trips per Semester

Hiking and Biking to Mount Olympus and Mount Kissavos.

Kanoyning and Archery to Lake Kerkini

Rafting to River Voidomatis and River Arachthos

Skiing to Vasilitza



A
CARDIOVASCULAR
EXAMINATION IS
REQUIRED TO BE
A MEMBER IN
OUR SPORT
CENTRE.

*Access to
the Sports Centre
is free of charge*



Your Arrival in Larissa

How to reach Larissa

Distances (Khm)

- ATHENS 350 KHM
- THESSALONIKI 155 KHM

By rail



<http://www.trainose.gr/>

By coach



www.ktellarisas.gr/

Larissa is located at the centre of Greece and has a good transportation system with the largest cities, Athens and Thessaloniki, where the main international airports located.

We usually suggest the students to book a flight to Thessaloniki because it is closer to Larissa however sometimes air fares are cheaper when you choose as a destination the city of Athens. Below we describe how you may reach Larissa from both cities.

From Thessaloniki

If you land in Thessaloniki (Macedonia Airport) you can get a bus (costs about 1€ and it longs 45 minutes)

which goes to the central train station or the coach station. Taxis are also available, however, they are more expensive.

From central train station you can catch the train to Larissa which longs between 60-90 minutes and costs 7-20€ (one way) respectively. Suburban (*proastiakos*) lines are cheaper than the fast and express lines (22,5 return).

From coach station the trip to Larissa costs around 15 € (one way) and longs just less than 2 hrs.

From Athens

If you choose to land in Athens International Airport then your trip to

Larissa will be longer.

Basically you have to get underground lines (blue line and then red line with direction to *Agios Antonios*) or suburban line (there is one change) to reach the Athens central train station (which called Larissa station stop for the underground).

When you reach Larissa train station then you will catch the train to Larissa city. Trip is around 4 hrs by train (express route are around 3 hrs) and ticket price is 23€ (express trains cost 36€.)

From the coach station you pay 30€ (one way) to go to Larissa and longs around 4 hrs.

Reach the Campus, TEI of Larissa

The best time to arrive in Larissa is during weekdays and office hours (08.00 - 15.00).

If you may this possible you will have a better adjustment in the first day upon your arrival.

In this case, a member of our office will pick you up from the local train/coach station in Larissa and give

you a ride to the campus providing with the key in your room. Then, we will explain the next steps of your registration within your Department and then with the all campus facilities, registrations.

If you do not succeed to arrive in Larissa the suggested time, then you have to get a taxi and

reach the campus by yourself. A fellow student will be waiting for you in the main gate and give you the key of your room and provide you all the necessary information for the rest of the day.

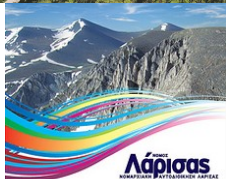
The next working day you will meet a member of our office who is going to help you with the registration procedure.

Sightseeing in Larissa & Thessaly Region

Must See Places....

...IN LARISSA....

- 1) Ancient Theatre
- 2) Old City (Fortress) & the St Achilleas Church
- 3) Alkazar Park/Pinios River
- 4) Municipality Art Gallery
- 5) Archaeological Museum
- 6) Averofeios Agricultural School



Relevant Web pages

culture.larissa-dimos.gr/

tourismLARISSA.gr/

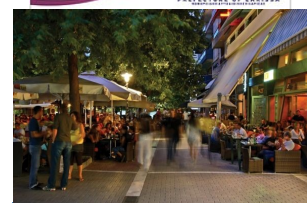
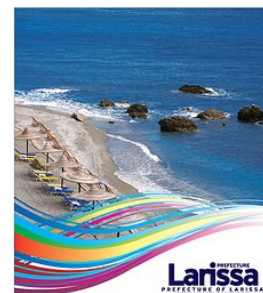
larissamuseums.gr/

larissa-katsigras-gallery.gr/en

meteora-greece.com/

...IN THESSALY...

- 1) Meteora
- 2) Plastira Lake
- 3) Ampelakia
- 4) Mount Olympus
- 5) Tempi Valley
- 6) New Poroi Beach
- 7) Agiokampos Beach
- 8) Volos
- 9) Mount Pelion
- 10) Skiathos & Sporades Islands



Nearby TEI of Larissa campus

TEI of Larissa lies at the west side of the borders of Larissa city. Even though it is 7 km from the city centre area, students have some opportunities nearby.

Super Markets

Students who live at the dormitories may do some shopping at the nearest super markets Lidl and Galaxias. Both super markets are in the walking distance (around half mile from the campus).

Open Market

The largest Open Market in the city (starts in the Galaxias super market) lies in Neapoli district. It is open every Saturday (7am-2pm). Local farmers - from all over Larissa region - with their loud voices try to sell their products (mainly fresh fruits and vegetables, etc) in a great scenery.

Neapoli Square

Larissa is famous for its squares, especially in the city centre. Neapoli Square is also an alternative destination for many Larissa citizens. You may visit in walking distance. Many cafeterias, food shops and bars are located for all types of people.



Neapoli Square



Open Market in Neapoli district

Erasmus Students' Comments



Elena, Dept of Plant Production

1. Did you like staying in the dormitories?

I have never lived in a hostel before, but it was a good experience. A dog bumped in my room and I never had hot water, all this are part of the wonderful experiences i had there. I have no regrets that I stayed there, the accommodations were

pretty good.

2. Did you find Greek professors helpful?

The teachers were more that teachers, they were friends for us and we had all their support.

3. Do you think that excursions offered by the sport department were good idea?

The rafting trip was the first trip in Greece and probably the most beautiful memory. It's the kind of adventure that worth sharing with friends. I'm really sorry that I could'n go in the second trip



...The teachers were more that teachers, they were friends for us and we had all their support....

Nikoletta, Dept of Project Management

Do you think that Erasmus program will give you bigger opportunities in the future?

The learning opportunities have been immense, helping me to realize my potential and extend my ambitions. I have gained self – confidence, both in my abilities as a student and as a person. I strongly believe it would be helpful experience for my future career and I will never forget the encouraging advice from my professors in Larissa. Erasmus was a life-enhancing four months that I would thoroughly recommend to any potential student .

Do you think you will maintain the Erasmus "friendships" after the program ends?

I don't know exactly why I choose Greece, but I don't regret of anything of this experience. I had good, bad and also unforgettable moments in Larissa, but in all these moments, all of you were there. And I will bring to Bulgaria a lot of memories and good moments with me. When I go back home I will be totally International. In my point of view, the end of Erasmus it is not "GOOD BYE", it is simply the typical "I WILL SEE YOU SOON", because if we could found ourselves many times in

Larissa, I'm sure that we will see us again in somewhere.

What was the funniest moment for you during Erasmus?

In my opinion, it is quite hard to define funniest moment during Erasmus. All the moments, events and activities which our receiving institution and relevant TEI of Larissa has provided for Erasmus students were unforgettable and particularly moments and mainly because of the people have taken part in them.



...When I go back home I will be totally International....

..... All the moments, events and activities which TEI of Larissa has provided for Erasmus students were unforgettable.....

Erasmus Students' Comments



...THE LIFESTYLE
IN GREECE IS
AMAZING....

Szilard, Dept of Tourism Enterprises

How does Greek language sound to you?

The language sounds to me like the Latin languages, but the pronunciation is very hard, you can't compare the accent with the other languages, I think you have to practice for a long time if you want to pronounce the words in right way. If you are in Greece, learn some words and use it because the people here appreciate, if you can use some Greek words.

Did you learn something curious about other cultures during Erasmus?

The lifestyle of Greece is amazing. They don't worry about everything, they are not running all day, they find time for the most important things, for family, for friends and for building friendships with new people while for common European the most important is the job. Greeks know how to ENJOY the life we should learn from them!

Greece- hot or not?

Of course hot! Greece means to me: Cold Frappé, hot weather, friendly and helpful people, sandy beaches, beautiful islands, world famous hospitality, feta cheese, souvlaki, nice Erasmus and Greek students, Larissa, the Acropolis and of course AEL (the Larissa football team).



....Larissa is situated in Central Greece which makes it perfect starting point for trips all around the country....

....After all, I strongly recommend Larissa for an Erasmus....

Georgi, Dept of Business Administration

I chose Greece for my Erasmus because I adore the southern seas. My destination was Larissa. The city is neither big nor small, actually it is quite perfect!

There are lots of students which guarantees great time. Larissa is situated in Central Greece which makes it a perfect starting point for trips all around the country. It is close to both Athens and Thessaloniki which are the biggest

cities and to the Northern Sporades. Those islands are paradise on Earth. The TEI of Larissa offers great courses and friendly lecturers. The campus has everything you need, even a church. There are sport facilities and a park. Everyone is friendly, easy-going and nice. What is more, the Erasmus programme is an awesome opportunity. It gives you the pleasure to live in a different country,

different society and totally different environment. I met a lot new people and made many many friends. You will gain a lot of useful experience. After all, I strongly recommend Larissa for an Erasmus, the sun is always shining, even in people's eyes! friends.

Erasmus Students' Comments



...The most beautiful trip was in Skiathos island for me. You can find here one of the most unique beaches in Europe....

Peter, Dept of Tourism Enterprises

1. What do you think about Greek music?

Greek music is very strange in the first moment for the European ears. It is something between the Asian and European sounds. This kind of music very famous everywhere in the country, you can listen in parties, festivals and on the radio as well. Music exists as a significant aspect of Hellenistic culture. Typical instrument is the bouzouki (Μπουζούκι).

2. What place that you have visited was the most beautiful?

The most beautiful trip was in Skiathos island for me. You can find here one of the most unique beach in Europe with crystal clear sea, nice sand and wonderful landscape. The main town full with narrow streets, white painted houses, busy harbour and tasty tavernas. Our trip was adventurous a bit, because we'd missed our ferry boat, and we hadn't got any accommodation at all, we was enjoying the nature in Banana beach.

3. What is your favourite Greek meal (dish)?

I like all the Greek foods, specially which is made in the simplest way. Seafood, lamb, cheeses, olives, fruits, wine all of them very tasty and you can combine them so easily. But if I really have to choose one, I get totally love the grilled cheese, and souvlaki which one you couldn't find in any other country, only in Greece.



Inesska, Dept of Accounting

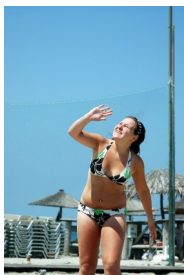
1. Why did you choose Greece?

This country is amazing at any seasons, i like Greece for the sun which shine here 300 days in year. In Greece life without stress, long-awaited rest after

study. In Greece people with sincere smiles. Greece is wonderful country with good people!

2. What did you expect before coming to Greece?

Before coming to Greece i am expected a meetings with new people, making better my experience in English, visiting beautiful places in Greece, to know new culture and enjoying good Greek weather.



... This country is amazing at any seasons....

Faculties & Departments

Business & Economics Faculty

Dept of Accounting
 Dept of Business Administration
 Dept of Project Management
 Dept of Tourism Enterprises

*TEI of Larissa
 has
 19 departments
 in several disci-
 plines*

Agricultural Technology Faculty

Dept of Animal Production
 Dept of Biosystems Engineering
 Dept of Plant Production

*13 Departments
 lie in Larissa city*

Health Professions Faculty

Dept of Medical Laboratories
 Dept of Nursing

*5 Departments
 located in other
 Thessalian cities*

Technological Engineering Faculty

Dept of Civil Engineering
 Dept of Computing Science and
 Telecommunications
 Dept of Electrical Engineering
 Dept of Mechanical Engineering

Karditsa City Branch

Dept of Food Technology
 Dept of Forestry and Natural
 Environmental Management
 Dept of Wood & Furniture Design
 and Technology
 Dept of Nutrition & Dietetics

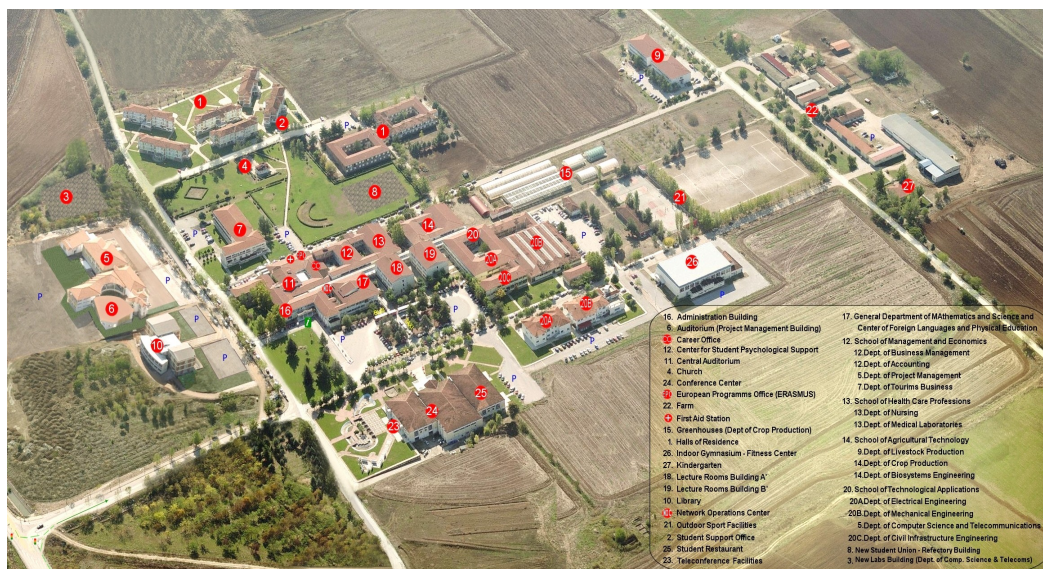
Trikala City Branch

Dept of Building Renovation and
 Restoration
 Dept of Civil Engineering



Click here to visit our
[TEI of
 Larissa prospectus](#)

TEI of Larissa Campus Aero-Photograph



CLIK HERE
 TO SEE OUR
[GOOGLE MAP](#)
 OF THE CITY
 OF LARISSA



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*Editor of the Leaflet
 Achilleas Anagnostopoulos*