



UNIVERSITY OF IOANNINA • ESN IOANNINA • INTERNATIONAL EXCHANGE ERASMUS STUDENT NETWORK

UNIVERSITY OF IOANNINA • ESN IOANNINA • INTERNATIONAL EXCHANGE ERASMUS STUDENT NETWORK



# GUIDE FOR BEGINNERS

2009-2010



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*"How much more there is now to living! Instead of our drab slogging forth and back to the fishing boats, there's a reason to life! We can lift ourselves out of ignorance, we can find ourselves as creatures of excellence and intelligence and skill. We can be free! We can learn to fly!"*

(Adopted from Richard Bach's book: "The Seagull Jonathan Livingstone")



## «An incredible Erasmus experience»



I would like to extend a warm welcome to all the Erasmus students. Thank you for choosing the University of Ioannina. Your time spent here will give you an opportunity to enjoy a different lifestyle, make new friends and experience the traditions and the culture of our country.

Many of you will be first time visitors to Greece, the city of Ioannina and the University. This guide will help you navigate your future environment and will answer some of the questions I am sure you have.

We are keen to ensure you settle in quickly and feel at home in your new surroundings and of course to encourage you to join in the many social activities on offer. The staff in the Erasmus Office are available to answer your questions, guide you in your academic choices and ensure you get the most from your Erasmus programme.

In the following pages you will find a general description of our University, some practical advice about what you need to do before leaving your country and information about your arrival in Ioannina, and at the university. It also tells you about the accommodation, the Greek language courses, the central academic library and other university services, and includes useful addresses and background information about the city of Ioannina.

Our University is an internationally recognized centre in science and education with a distinct European recognition. We are confident that you will find the most appropriate academic course and that your stay with us will be a good experience. We offer not only academic excellence, but also a wealth of cultural and social opportunities that continue to attract overseas students in growing numbers.

We will do our best to ensure that your stay with us will be academically rewarding and socially enjoyable and to make sure that you leave Greece with fond memories of your time spent at the University of Ioannina.

See you in the University of Ioannina!

I. P. Gerothanassis  
Rector of the University of Ioannina



# The ESNers of Ioannina welcome you!

## A few words about us

This guide will introduce you to our University, our city, Ioannina, and to our country, Greece.

We have included information to help you adapt to life here and to ensure you get the most out of your time spent with us at the University.

Don't worry about the language barrier - you will find that most of the students can speak some English and many speak a second foreign language.

You will find the Greek people friendly and hospitable. They are generally very approachable and more than happy to help you if necessary.

Ioannina is a rather small town and you will frequently bump into your neighbours or fellow students when you are in the centre.

There are only about 60 Erasmus students at the University so we will quickly get to know each other!

ESN Ioannina will organize regular events to ensure that your experience of Erasmus in Ioannina will be memorable!

We will:

- Help you to adjust to your new environment
- Offer you opportunities to experience the Greek language, traditions and history
- Facilitate interaction between the Erasmus students and the local student community.

ESN Ioannina is a recently formed Student Group. Our members are students who have experienced or are planning to participate in international exchange programs. It is a non-profit network, our motive is to live the Erasmus experience again and again in our own country!

We are a small group but with your support and suggestions we have the potential to grow. Although we co-operate with the International & Public Relations Office of the University, we are an independent Student Group with our own regulations and function.

The ESN in Greece is gradually becoming more powerful. The recently established ESN Greece network has six members:

ESN Athens - Athens University of Economics and Business

ESN Ioannina - University of Ioannina

ESN KAPA Athens - National and Kapodistrian University of Athens

ESN TEI Athens - Technological Educational Institute of Athens

ESN UOM Thessaloniki - University of Macedonia (Economic and Social sciences)

ESN NTUA Athens - National Technological University of Athens

As ESN Greece grows we aim to represent our country and ESN more decisively inside and outside Greece and better promote the amelioration of the Erasmus program.





Part of the ESN Ioannina together with the staff of International & Public Relations Office at the official ceremony to welcome the new students.



## The Guide

The Guide is in four parts and includes a Survival Guide with useful information and emergency contact numbers. If you have further questions after reading the guide, please contact us at: [esn.ioannina@yahoo.gr](mailto:esn.ioannina@yahoo.gr).

1

The first part of the guide will help you find your way around the campus and includes a brief history of the University.

2

The second part explains how to find the University and your room in the Residence Hall.

3

The third part gives a brief history of Ioannina and the region of Epirus and suggests places of interest to may like to visit.

4

The fourth part explains more about ESN Ioannina.



## A brief history

Ioannina is the capital of the Prefecture of Ioannina in the region of Epirus. The area is of great historical significance for Greece. Despite suffering many hardships, the people of Epirus played an important role in preserving the intellectual traditions of the nation particularly throughout the period of Ottoman rule.

Many of the great intellectuals who originated from Epirus attempted to found Higher Education Institutions in the years before the Greek War of Independence or Revolution in 1821. The Society for Epirot Studies was founded in 1954 and members were vocal in their support for the creation of a Higher Institution in Ioannina.

In 1962 a group of Athens-based visionary intellectuals formed a committee with a single aim, to promote the cause.

On 8 May 1964 the School of Philosophy was first founded as a branch of the Aristotle University of Thessaloniki. In 1966 this Department was relocated to the current location of the campus near Dourouti Monastery. That year the Mathematics Department was also founded.

In 1970, the independent University of Ioannina was founded and started to grow rapidly in order to become today one of the most important Universities of Greece.

Today the University has 17 Departments, and has plans for several additional Departments and a Polytechnic school. It is ranked one of the best Universities in the country and its contribution to the production of new knowledge, especially in the field of medical research is considerable.

The University supports various student exchange programs in Europe and Asia. It welcomes international students and encourages local students who are keen to study abroad to apply to the programs.



## The campus

The University Campus is one of the largest in Greece. The campus is roughly 6 km from the centre of Ioannina, overlooked by the restored 18th century old Monastery of Agios Georgios of Dourouti which is used as the University Cultural Centre.

The University has almost 14,598 undergraduates and 1,061 students studying full-time for Master's Degree and 2,357 Doctoral students. The numbers are rising annually.

# Schools and Departments

The University of Ioannina includes:

- The School of Philosophy with three Departments: Philology, History and Archaeology and Philosophy, Education and Psychology.
- The School of Sciences with four Departments: Mathematics, Physics, Chemistry and Computer Science.
- The School of Education with two Departments: Primary Education and Pre-School Education.
- School of Medicine.
- The School of Sciences and Technologies: the Department of Materials Science and Engineering and the Department of Biological Applications and Technologies.
- Department of Economics.
- Department of Plastic Arts and Art Sciences
- Department of Architecture
- Department of Cultural Heritage Management and New Technologies (located in Agrinio)
- Department of Environmental and Natural Resources Management
- Department of Business Administration of Food and Agricultural Products.

The website of the University (<http://www.uoi.gr/en>) has links to each School and Department.





## Student Residences

The student residences accommodate low-income students and the overseas students on the various study programs. The residences are all located on the Campus (see map numbers 3 & 19). Two more buildings are under construction in the Campus area. The Erasmus students stay in Building A, Block B, next to the central cafeteria and opposite the Administration Building, Metavatiko. The rooms have an en-suite bathroom and are furnished with a bed, a desk, a broadband internet connection and a telephone for internal calls. Each floor has a kitchen and there is a laundry in the basement next to reception.



## Student Restaurant (Refectory)

The Student Restaurant, Leschi (as you will learn to call it), provides free breakfast, lunch and dinner for students. It is open seven days a week from September 1 to June 30 (sometimes until the end of July). The quality of food is fairly good considering the number of students they cater for (up to 4,000 a day). Staff from the Medical School and the Chemistry Department ensure that hygiene standards are met.

Eating at the Leschi will save you of a lot of time, effort and money! You will need to show your student identity card (Paso) at the cashier desk to eat for free. People without a Paso pay a nominal amount (currently 3 euros).

(Your paso will be issued by the International Relations Office when you register at the University.)

The restaurant, Figos on the second floor in the same building operates daily and offers reasonably priced meals for members of the University community and visitors.

### **Operating hours**

Breakfast: 07.30 - 09.45 • Lunch: 12.00 - 15.30 • Dinner: 18.00 - 21.00

Georgios Milonas Hall where graduations and other events take place is on the first floor of the same building. (Map no's 20, 21).

## Central Library

The modern library (map number 8) offers a pleasant environment for study. You will be issued a library card which allows you to borrow items. The library stock includes books, scientific magazines and foreign literature. The library catalogue can be viewed online. The library computers are also equipped for accessing the internet for study purposes. (There is a computer room above the foyer with machines for personal use!)

### **Opening Hours:**

Monday to Friday 8.30 – 20.00

Saturday 9.00 – 15.00

Tel. 26510 05958, <http://www.lib.uoi.gr>



## Administration and Offices

The Departments secretaries, the administration and the International & Public Relations Office are all located in one building, Metavatikio. The staff of the International & Public Relations Office are very friendly and they will do their best to help you! The office can be found on the second floor of the building. (Enter the building through the main sliding doors, take the stairs, take the corridor to the left and the office is the second door on the right.

Head of the International & Public Relations Directorate	Mrs Vaso Katsadima University Campus P.O. Box 1186, GR451 10 Ioannina	Tel.: +30/26510/07105 Fax: +30/26510/07024 e-mail: intlrel@cc.uoi.gr
Head of the International Relations Office	Mrs Demi Siamopoulou (same address)	Tel.: +30/26510/07107 Fax: +30/26510/07024 e-mail: dsiamopu@cc.uoi.gr
Administrative Staff LLP/ Erasmus Programme	Mrs Anastasia Tsefou International & Public Relations Officer - LLP/Erasmus	Tel.: +30/26510/07264 Fax: +30/26510/07024 e-mail: atsefou@cc.uoi.gr
BILATERAL AGREEMENTS	Administrative Officer (same address)	
Administrative Staff LLP/ Erasmus Programme	Mrs Maria Tsakopiakou International & Public Relations Officer - LLP/Erasmus	Tel.: +30/26510/07519 Fax: +30/26510/07024 e-mail: mtsakop@cc.uoi.gr
OUTGOING STUDENTS	Administrative Officer (same address)	
Administrative Staff LLP/ Erasmus Programme	Mrs Maria Tzima/ Mrs Anastasia Tsefou International & Public Relations Officer - LLP/Erasmus	Tel.: +30/26510/07520 Tel.: +30/26510/07264 Fax: +30/26510/07024 e-mail: mtzima@cc.uoi.gr e-mail: atsefou@cc.uoi.gr
INCOMING STUDENTS ACCOMMODATION REQUESTS	Administrative Officer (same address)	
Administrative Staff LLP/ Erasmus Programme	Mr Kostas Siapkis International & Public Relations Officer - LLP/Erasmus	Tel.: +30/26510 07250 Fax: +30/26510/07024 e-mail: ksiapk@cc.uoi.gr
INCOMING STUDENTS STUDENT PLACEMENTS	Administrative Officer (same address)	

To find the Department Secretariat ask for directions at the main reception on the ground floor.

There is a bus stop behind the building (map number 2). All the buses to and from the city centre drop off and pick up here.

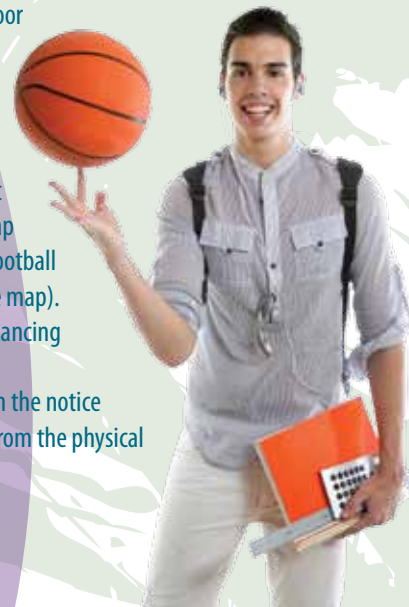
## Centre for the Study of Hellenic Language and Culture

Your Greek language lessons will be held in the HeLaS centre (map number 30) which is within easy walking distance of the campus. Learning Greek in Greece during your Erasmus experience will be like filling your life with music. Maybe that sounds too poetic for you? But you should bear in mind that Greek people are by nature very hospitable and if you speak to us in our own language you can become our best friend! Those who already have a good knowledge of Greek can join an intermediate or advanced class and have the opportunity to gain a certificate on completion of the program. Free of charge. This centre also offers summer courses.

For more information visit <http://helas.uoi.gr>, or tel: 26510 96535, 96447 or email: langcntr@cc.uoi.gr.

## Sports facilities

The facilities include an indoor gym with the capacity for 1000 spectators (map number 6), outdoor tennis courts, basketball and volleyball courts, an athletic track and field stadium (map number 29) and a smaller football track 5x5 (not shown on the map). Classes in martial arts and dancing lessons are also available. Information can be found on the notice boards outside the gym or from the physical education instructors.



## **University Hospital**

We hope you never need it to know, but, just in case ... the hospital is a five minute walk from the University. It can be reached via a pedestrian passage, just opposite the Medical School (map number 25). There is a second hospital on the opposite side of Ioannina, Hatzikosta Hospital. It can be reached by taxi, or by city bus number 10. The two hospitals operate an emergency service on alternate days. On the even number dates the Hatzikosta Hospital is on duty and on the odd number dates the University Hospital.



## **Hall of Art and Culture**

The Hall of Art and Culture is housed in the building of the residence halls (map number 3). It has hosted a wide range of cultural and intellectual events including film screenings, theatre and musical performances.

## **Internet in the Campus**

All the rooms in the residence halls have an internet connection. Wireless internet is also available in the Central Cafeteria of the B residence, in the cafeterias of some Departments, and in the library. Computers with internet connection are available in the library. Each Department also has a computer station which can be used by students. You will may need a password, but ask in your School for information.

## **Student Identity Card (Paso)**

As a registered student of the University of Ioannina, you will be issued with a Student Identity Card, Paso. The staff at the International & Public Relations Office will issue your card (you will need a passport-sized photo).

The Paso can be used as a student ID in Greece. It also entitles you to a 25% discount on tickets for all urban, inter-city, rail, sea, and air journeys within Greece.

## **Student Organisations, Groups and Unions**

The offices of the Student Organisations are in the student residences A (map number 19), opposite the Student Club.

You are entitled to join any of the following groups:

- Voluntary Student Blood Donation Group (FOEA)
- The University of Ioannina Theatrical Group (ThESPI)
- The University of Ioannina Film Screening Group (KOPI)
- The University of Ioannina Radio Group (RASPI)
- The University of Ioannina Dance Group
- The University of Ioannina Photography Club (FOSPI)
- Scientific Association of Greek Medical Students (EEFIE)
- Hellenic Medical Students International Committee (HelMSIC)
- Erasmus Student Network of Ioannina

Each Department also has a Student Union. In accordance with the national legislation, representatives from the Student Unions participate in the University's Administrative Bodies. There is also a Union of Cypriot Students of Ioannina.

## Connection of Campus with the town centre

In the town centre, the main point of reference is the building of the Nomarchia, the Administration of the Prefecture of Ioannina. It is a large stone building and the steps are a meeting place for visitors and locals. On the other side of the road is the central square. Buses from the University drop off and pick up here. These buses are:

1. Number 16: ΠΕΡΑΜΑ - ΠΑΝΕΠΙΣΤΗΜΙΟ. This bus also stops outside the intercity central bus station (not always, ask the driver). It continues until the village of Perama.
2. All the buses with the sign: "ΠΛΑΤΕΙΑ", "ΔΙΚΑΣΤΙΚΟ" ("Central Square", "Court") with no number.
3. Number 10: ΓΕΝ. ΝΟΣ. ΧΑΤΖΗΚΩΣΤΑ - ΠΑΝΕΠΙΣΤΗΜΙΟ and
4. Number 17: ΝΕΑ ΖΩΗ - ΠΑΝΕΠΙΣΤΗΜΙΟ which pass from the village Anatoli which is united with the town and finally enter the centre.

The majority of the buses from Nomarxia go to the University.

You need a ticket to use the city buses. Unfortunately it is not possible to buy monthly passes. Tickets must be purchased individually from one of the many cigarette kiosks periptero in the city or from the cafeterias in the university.

A student ticket (for Paso holders) costs 0.70 euro for one journey in one direction. The last bus leaves the town centre at 22.40 and from the University at 23.00. There are no night buses.

There is a taxi rank outside the University Hospital. To call a taxi from Ioannina the number is: 26510 46777.

## Health Insurance

Citizens of the European Union (plus Iceland, Liechtenstein, Norway and Switzerland) will need a European Health Insurance Card. Please check if it is valid for the duration of your stay in Greece. For information about using the Greek Health

System visit: [www.nhs.uk/NHSEngland/Health-careabroad/Pages/EEAcountries.aspx](http://www.nhs.uk/NHSEngland/Health-careabroad/Pages/EEAcountries.aspx). You can also consult [www.ika.gr](http://www.ika.gr) the webpage of the Social Insurance Institute of Greece (IKA – ETAM.)

Non EU citizens will need to obtain a Health Insurance Booklet from the University of Ioannina. Ask the staff at The International & Public Relations Office for information.

## Academic Calendar

The Academic year begins on: 1st September

**1st Semester: Teaching activity:** September until end of January.

**Holidays:** 2 weeks from 24th December – 7th January (Christmas holiday).

**Examinations:** 3 weeks during January and February.

**2nd Semester: Teaching activity:** The Monday following the last examination (Middle of February) until middle June. **Holidays:** 2 weeks during Orthodox Easter (For the year 2010, 27 March – 11 April).

**Examinations:** 2-3 weeks in June - July

**Holidays:** From end of the examinations until the beginning of the new academic year. The University is closed during August.

**Re-sit Examinations:** 3 weeks in September.

**Notes:** Minimum teaching period is 13 weeks.

During Examinations there is no teaching activity.

## Public Holidays

In italics are given the corresponding Greek names.

<b>2009</b>	<b>28 Oct</b> National Day ( <i>Mera tou Ochi</i> )	<b>2 Apr</b> Orthodox Good Friday ( <i>Megali Paraskevi</i> )
	<b>17 Nov</b> Anniversary of the Athens Polytechnic Uprising	<b>5 Apr</b> Orthodox Easter Monday ( <i>Deftera tou Pascha</i> )
	<b>25 - 26 Dec</b> Christmas ( <i>Christougenna</i> )	
<b>2010</b>	<b>1 Jan</b> New Year's Day ( <i>Protochronia</i> )	<b>1 May</b> Labour Day ( <i>Protomayia</i> )
	<b>6 Jan</b> Epiphany ( <i>Theofania</i> )	<b>24 May</b> Orthodox Whit Monday ( <i>Epifitisi Ayiou Pnevmatos</i> or <i>Kataklysmos</i> )
	<b>17 Jan</b> Saint Georgios of Ioannina	<b>15 Aug</b> Dormition (Assumption) of The Virgin ( <i>Kimisi Theotokou</i> )
	<b>15 Feb</b> Orthodox Shrove Monday ( <i>Kathari Deftera</i> )	<b>28 Oct</b> National Day ( <i>Mera tou Ochi</i> )
	<b>21 Feb</b> Liberation of Ioannina	<b>17 Nov</b> Anniversary of the Athens Polytechnic Uprising
	<b>25 Mar</b> National Day and Annunciation of the Virgin ( <i>Evangelismos Theotokou</i> )	<b>25 - 26 Dec</b> Christmas ( <i>Christougenna</i> )



# Arriving in Ioannina



## By air

Ioannina airport (King Pirros) is 4 km from the town centre and 10 km from the University. It only has domestic flights but there are daily connections to Athens with Aegean Air and Olympic Air. For more information visit [www.aegeanair.gr](http://www.aegeanair.gr), (801 11 20000 for reservations or 26510 65200 for local info), or [www.olympicair.com](http://www.olympicair.com), (26510 26218 for local info).

There is a taxi rank outside the arrivals door of the airport. But if you want a more economic method transport into the city there is a bus stop just outside the airport on the opposite site of the road. Take the bus number 2 with the sign "ELEOUSA – KATSIKA" ("ΕΛΕΟΥΣΑ – ΚΑΤΣΙΚΑ") and buy the ticket on the bus. Be warned: it can take a little time for the bus to come, especially on weekends. The bus will take you to the city centre and you must catch a second bus to the University. (See previous information.)

Buses to the airport leave from the city-bus central station near the old clock.

## By road

The Greek Intercity Bus Company is called KTEL. The main bus station in Ioannina is located just outside the centre, near the lake, in Georgiou Papandreou Street. There is no bus going to the University from the bus station. (Bus No. 16: ΠΕΡΑΜΑ – ΠΑΝΕΠΙΣΤΗΜΙΟ runs in the opposite direction, from the University to the bus station). We suggest you take a taxi directly from the bus station to the University.

The website: [www.ktel.org](http://www.ktel.org) doesn't give details of the bus timetables. Instead they offer a phone service (14 505 from Greek mobiles) but only in Greek. The KTEL bus station in Ioannina can be called directly: +30 26510 26286 / 25014. We have included some of the timetables here but always check the latest schedule. (We obviously can't be held responsible for any inaccuracies or changes!):

### From Athens to Ioannina

Times of Departure everyday:

6.00\* – 08.00 – 09.30 – 11.00 – 13.00 – 15.30 – 17.00 – 21.30 – 22.30.

These times are the same throughout the week.

Time of travel is about 6 hours, distance 436 km.

\*Not on Sundays.



### From Thessaloniki to Ioannina

Times of Departure everyday:

07.30 – 11.00 – 14.00 – 15.30 – 18.30\* – 22.00.

These times are the same throughout the week. Time of travel is about 3<sup>1/2</sup> hours, distance 235 km.

\*Not on Saturdays.

The destinations and timetable for services from Ioannina, can be obtained from the central bus station (KTEL). There is also a travel office on the University campus which can give you information and issue tickets for the buses. (And flights and boats or ferries.)



## By sea

It is possible to take a boat from the Italy to Igoumenitsa. From there, it is an easy 30-minute drive to Ioannina.

The itineraries of KTEL from Igoumenitsa to Ioannina are as follow:

06.30\* – 07.00\*\* –  
08.15\* – 09.15 –  
11.30 – 14.00\* –  
14.30 – 16.45 –  
18.25 – 20.15.

\*Only on week days

\*\*Only on weekends

**Note:** There is no railway in Ioannina.



## Arrival at the Campus

When you arrive at the Campus (Panepistimo Ioanninon or Panepistimioupoli), your first stop should be at the guard's office at the entrance (it is staffed 24 hours a day). The International & Public Relations Office will leave an envelope addressed to you containing the key to your room in the Residence Halls and other useful information.

Your taxi driver can then take you to the New Residences (Kenourgies Esties – map number 3). There are five buildings (A to E with A being nearest to the road). The Erasmus students are usually allocated rooms in A or E building. If you have any problem on arrival or at any time during your stay in the residence you can contact the

International & Public Relations Office by phone (dial 7264, 7519, 7107 from the phone in your room) or at the Metavatiko building between 08.00 am and 14.15 pm on a working day. During the night or the Weekend you can contact the central porter's lodge in the entry of the University by phone (dial 6533).



## Brief history of Ioannina

Ioannina can trace its roots to the 6th century AD, as an important town on the border of the Byzantine Empire. During that period the rocky promontory of Ioannina was enclosed by walls and the southeastern hill, which later became known as Itch Kale, was inhabited. The city first appeared in written records in 879, described as an Episcopal see.

The area remained under Byzantine rule until 1082 when it was briefly occupied by the Normans (Bohemund I). In 1204, following the Fourth Crusade, Ioannina was incorporated in the Despotate of Epirus (Michael Angelus Comnenus Ducas). In 1210 the Metropolitan Church of the Taxiarches was built at Itch Kale.

In 1292 the Philanthropinon School was founded on the island in the centre of Lake Pamvotis and Ioannina became an educational centre of great importance. The city grew more powerful and in 1318 the Ecumenical

Patriarchate promoted it to a Metropolis. In 1367 it was granted self-governance.

The tower of Thomas Preljubovic which was built within the castle walls between 1367 and 1384 serves to illustrate the monumental form that the city had acquired. Albanian tribes raided the city in 1379, but were forced to retreat. However the gradual march of the Turks into the Balkans and the internal crisis of the Despotate of Epirus eventually led to the subordination of Ioannina to the sphere of influence of Carlo I Tocco (Italian ruler of Cephalonia and Lefkada) in 1411.

On October 9, 1430 the city was voluntarily handed over to the Ottomans. The governor, Sinan Pasha, granted the people of Ioannina privileges to settle and trade freely and although the Metropolitan Church of the Taxiarches was converted into a mosque (Fethiye Tzami) the construction







Ioannina functioned as the centre for 10 schools in the wider area of Epirus. These schools were supported by emigrants from Ioannina and Epirus many of whom had settled in Venice. (Trade between Epirus and the Adriatic ports rose steadily from the mid 17th century.)

The three major publishers of Greek books during the Turkish occupation: Glykis (1670 - 1854), Saros (1681 - 1707), and Theodosiou (1755 - 1824), were from Epirus and many teachers of the pre-revolutionary period taught at schools in Ioannina: Georgios Sougdouris, Vissarion Makris, Parthenios Katzioulis and Mihail Mitrou in the 17th century, Balanos Vasilopoulos, Konstantinos Vasilopoulos, Evgenios Voulgaris, and Methodios Anthrakitis in the 18th century, and Athanasios Psallidas and Ioannis Vilaras in the 19th century.

The 18th century was an auspicious time for the city and the progress that had been achieved was exploited by Ali Pasha when he took over as governor in 1788. His economic and military power gave the city an important position of strength in the Balkans and the riches of his court attracted many Europeans travellers including Lord Byron. Many myths and legends grew up around Ali Pasha and the cruel punishments he inflicted on his enemies such as the drowning of Kyra Frosini and the hanging of Katsandonis (1809).



of a monastery on the edge of Mount Mitsikeli by the Muslim Durahan in 1434 illustrates the spirit of conciliation and peaceful cohabitation which existed between the Turks and the Greeks. This changed after Bishop Dionysios Philosophos led the peasants in an failed invasion of the city.

As punishment the Christians were expelled from the castle and deprived of their privileges. The Ottomans demolished 18 Christian churches and monasteries in the area and in 1618 the Aslan Mosque was built on the site of the former church of Agios Ioannis Prodromos (Saint John the Baptist).

Despite this blow the city quickly regained its financial and intellectual strength and the School of Epiphanius Igoumenos was founded in 1648, followed by the Gionma School (1672 - 1800), the Maroutsis School (1742 - 1749) and the Kaplaneios School (1805 - 1820).

Unfortunately a fire on August 25, 1820 destroyed much of the city (Ali Pasha's manor house was the only building to survive). Only the position and formation of the city walls (1815), and the foundations of the settlement within the walls remain visible today.

The people of Ioannina retained their strength and spirit of determination throughout this period. The first Zosimaia Teachers School was

founded in 1828, the Metropolitan Church of Agios Athanasios in 1833 and in 1867 a seminary opened on the island in Lake Pamvotis.

The hanging of Georgios the Neomartyr in 1838 failed to damage the harmonious existence between the Muslims and the Christians in the city. The Turks of Ioannina accepted Hellenic culture in the same way the local Jewish element (whose presence in the region dated back to the

early Byzantine period) had been accepted earlier. In 1870 fire swept through the city agains, destroying many of the buildings including the seraglios of Itch Kale.

On 21st of February 1913 the Greek army entered the city and with the ending of the Ottoman era the city's intellectual life developed rapidly. In 1913 the Teacher Training College (later the Zosimaia Academy), and a Kindergarten Teacher





Training College were founded, followed by an Assistant Engineering School.

Even before the liberation from Ottoman rule newspapers had been printed in the area and during the interwar period numerous magazines were published (including Epirotika Chronicles which is still produced today). The post-war period witnessed a growth in the number of intellectual societies, the most important of

which was the Society for Epirot Studies which introduced the idea of a Folklore Museum and created a specialised Epirot library.

In the early 20th century the region was in turmoil twice; in 1917 during the Italian occupation and on the 25th of March 1944, when the Germans sent 1850 Jews to Auschwitz.

Today, Ioannina plays a dominant role in the

Adriatic-Egnatia Odos axis. The modern city with a population of more than 110,000 people is the metropolis of Epirus and functions as the economic and intellectual centre of northwestern Greece.

G. Ploumidis  
Professor of Modern History





## **Ioannina, the city of legends...**

Familiarity with the history of Ioannina gives you the key to understanding the character of the city and its inhabitants. There are numerous stories and legends.

## ...the tradition...

The city of Ioannina was known for the quality of its crafts, particularly the gold and silverware which had a distinct style.

The characteristic music of the area is called Ipirotika and the traditional regional dances are still popular.

The city is set in a picturesque landscape. Lake Pamvotis and the small island, Nisi, which played an important role in the history of the city, are surrounded by the often snow-topped mountains. The wild nature of the Pindos Mountains and the picturesque villages in the wider area of Epirus offer an assortment of unique views, cultural experiences and culinary treats.



## ...and the absolute student town!

It can be said that the pace of life in Ioannina is set to the rhythm of the students' life.

The numerous bars, cafes, restaurants, and clubs have a European style, blended with the Greek concept of entertainment. You can choose to enjoy live music or join in traditional Greek dances!

Make the most of your time here and enjoy exploring Ioannina by night.



## Location and climate

Ioannina is the capital of Epirus region in north-west Greece, 434Km from Athens.

The city is at an altitude of 480m above sea level. The largest part of Ioannina is surrounded by mountains with very high peaks from which long rivers are fed. The basin of Ioannina is the greatest flat plain in Epirus and divides the prefecture into two parts, north and south. This zone combines a warm Mediterranean climate with a cold, wet mid-European climate. The area receives heavy rainfall during the winter months and frequent rainstorms during the summer. In previous years there were heavy snowfalls but the area now receives more sunshine and less snow.



Central square



Castle





### The Cave of Perama

In the village of Perama, 4km from Ioannina, is one of the most amazing caves in the world. It was discovered by accident in 1940 during the Second World War when the residents of the village were searching for a place to shelter from bombardments.

It is one of the most beautiful in the Balkans and has a rich variety of stalagmites and stalactites. It can be reached directly from the University on bus number 16 (Perama – Panepistimio).



## ✿ Places to visit & things to do inside & around Ioannina

### The island

The island in the centre of Lake Pamvotida is inhabited but the majority of the land is untouched as it belongs to the church, Mitropolis. During the late Byzantine Period the island had 13 Monasteries. Only two are accessible to visitors. They are guarded and preserved by local families.

The most important, Moni Filanthropinon, is dedicated to Saint Nikolaos. It is a very important monument founded in the post-Byzantine years and renovated in 1291. Its priceless murals are a blend of different styles and of high technique. The illustrations include symbols that are difficult to decipher for the layman but which influenced the design of later works.

The wooden glyptic iconostasis shows the high technique of the artist. It is similar in style to the iconostasis in the church of Ayia Paraskevi in Metsovo. A part of the Monastery functioned as a Secret School during the Ottoman occupation. If you visit, the current inhabitants will be happy to tell about the history of the building and a description of the murals.

The Monastery of Saint Panteleimon includes a small museum about Ali Pasha (the tyrant was allegedly murdered within the monastery). The guides will happily recount the many stories and local legends.

## Dodoni

Just 22 km outside Ioannina you will find the Sanctuary of Dodoni, one of the country's most important monuments. The site existed in pre-historic years as a place of adoration of Mother Earth. Its later function as an oracle was recorded in Homer's Iliad and Odyssey. A branch of wood from the sacred oak tree at Dodoni gave the Argo its prophetic ability in Argonautica. The site is also mentioned by Herodotus.

The sanctuary was possibly named for Dodonos, the son of Zeus, or for the Goddess Dione, (a form of Dias the female name for Zeus).

It is known that Mother Earth was also worshiped at the site. Gaia in some cultures or Γη in Greek means Earth and she may have been equivalent to Dione who was the protector of euphoria and fertility. (The ancient Greek verb, δίδωμι, meaning to give, is the likely origin of her name. According to a tale in

Homer's Iliad she is the mother of Aphrodite although other poets described her as the wife of Zeus. Zeus, (known to the Thesprotians as Naios Dias), and Dione were worshiped in Dodoni. They were believed to live in the sacred oak tree on the site called Figos. The priests were inspired to give oracles (prophesies) to the visitors divined from the sound of the leaves and the copper tripods which surrounded the base of the tree.

The theatre of Dodoni was built in the 3rd century BC during the rule of King Pirro. It is one of the largest theatres in Greece and can seat 18 000 spectators. The outline of the stadium which hosted Athletic Games in honour of Naios Dias can still be seen. The Games included drama and music competitions, chariot games and wrestling.

The sanctuary of Dodoni fell into disuse gradually with spread of Christianity from the 4th century AD.



Dodoni theatre



Zagori



Vikos gorge

### **Metsovo**

The traditional mountain village of Metsovo, an hour from Ioannina, has managed to retain its unique character and the tiny shops still sell the traditional wood carvings, embroidery, and wine and cheese products for which the region was known.

Many great men and national benefactors originated from Metsovo including Averoff, Tositsas and Stournaris. They were the benefactors of the National Metsovian Polytechnic in Athens, one of the oldest and most prestigious higher education institutions of Greece.

The nearby Valia Kalda National Park is a biotope of rare species of mammals and birds including the brown bear. There is also a small ski resort in the area.

### **Zagori**

Zagori is a Slavic word meaning behind the mountains. The 46 villages of the region are tucked into the mountainous slopes of the Northern Pindos, a glorious natural environment. The area is known for its traditional style of architecture and the arched stone bridges.

### **Vikos gorge**

Vikos Gorge, 40km north of Ioannina, is mentioned in the Guinness Book of Records as the deepest gorge in relation to its width. The gorge can be reached from the nearby villages: Papigo, Vikos, Monodentri and Koukouli. You can walk the gorge, following the Voidomatis River, with members of the local mountaineering club. The landscape, especially in the spring when the wild flowers bloom, is spectacular.



## **Places in the wider region of Ioannina**

### **Nikopolis**

The city of Nikopolis, 8 km north of the city of Preveza, was built by the Roman Emperor, Octavianus Augustus to commemorate his victory against Antonio and Cleopatra at the battle of Aktio in 31 BC. (The Greek name, Nikopolis, means "the City of Victory".)

It was an important commercial, administrative and cultural centre until the 10th century when it was abandoned. During the 11th century earthquakes, raids and fires destroyed the city. Modern visitors can explore the remains of the buildings and the impressive walls which were built by Justinianus in 540 AC.

### **The Gates of Hade**

The ancient Greeks believed that the gates to the underworld were located in an area North of Preveza. During the 5th and 4th century BC a temple in the village of Mesopotamos attracted visitors who came to communicate with the dead. The Church of John the Baptist was built in the ruins of the temple during the 17th century.

The surrounding area boasts some spectacular scenery. The Acherontas River, one of the five rivers of Hades can be explored by kayak and the local mountaineering clubs organise regular walks to explore the region.



## Meteora

Meteora (a Greek word that means “suspended in the air”) is the most important group of monasteries in Greece after those in Mount Athos. The rock monasteries are on the Unesco World Heritage List.

The first was settled during the 11th century by hermits trying to find a refuge from the Turkish occupiers. In total 24 monasteries were built under extremely difficult conditions during the time of the great revival of the eremitic ideal in the 15th century. Only six remain today and they serve primarily as museums.

The Holy Monastery of Great Meteoron is the oldest, the largest, and the most important of the remaining monasteries. It was founded in the mid-14th century and its katholikon is dedicated to the ‘Transfiguration’ (Metamorfosis) of Christ.

The Holy Monastery of Varlaam was named after the first hermit, Varlaam, who ascended the rock in 1350. In 1517 two priest-monks from Ioannina began constructing the monastery buildings. The katholikon in the central church of the monastery dedicated to All Saints and there is a smaller church of the Three Hierarchs.

For more information on the history and description visit:  
<http://www.kalampaka.com/en/content/index.asp>.





## The Coast

Although the city of Ioannina is surrounded by mountains it is within easy reach of some of the most beautiful beaches in Greece.

Igoumenitsa is a major harbor but the nearby village of Sivota has a glorious sandy beach with blue-green waters.

In the area just north of Preveza, close to the ancient city of Nikopolis, there is a popular stretch of beach. (It is the spot for beach parties organized by the students.)

The lively coastal town of Parga is a magnet for visitors and there is a direct bus connection from Ioannina in the summer.

The island of Lefkada is world famous for its beautiful beaches. The island is connected to the mainland by a small bridge so is easy to reach by car. The Ionian Islands are also accessible by ferry from Igoumenitsa, Lefkada and Patras.





## Local art and produce

The silversmith craft is a characteristic element of Ioannina hence the numerous shops selling silver products in the town. The craft prospered during the 18th and 19th centuries and modern artists are inspired by ancient Greek tradition and Byzantine art, while also expressing their Epirot aesthetics and sensitivities.

Ioannina has a small local industry specializing in poultry and dairy products. Cheeses with Protected Appellation of Origin which are produced locally by some of the largest Greek companies include feta cheese, kefalograviera, dry mizithra, Metsovone smoked cheese and galotyri.

Ioannina is also famous for its traditional desserts which you can sample in the local patisseries.

Another regional speciality, you may enjoy tasting is the local drink, tsipouro, (but be warned it is strong!).

### Other place of interest:

Tzoumerka, Konitsa, Zitsa, Pogoni are also of interest. Each village has a unique traditional character and is surrounded by impressive landscape. They are reached by road but if you don't fancy navigating the twisting, narrow mountainous roads yourself you can join an organised ecotour.

### For more information visit:

[http://ioannina.uoi.gr/index\\_en.html](http://ioannina.uoi.gr/index_en.html) (The city guide of the University of Ioannina)

<http://www.eot.gr>

<http://www.epcon.gr>

<http://www.nomioan.gr/turism.asp> (Guides from the Prefecture of Ioannina)

<http://www.hit360.com/nomioan/en/default.htm>

<http://www.culture.gr> (Hellenic Ministry of Culture)



## Annual celebrations held in Ioannina

- The celebration of the Liberation of Ioannina on the 21st of February which is accompanied by a great military parade.
- The last Sunday of Carnival with the enormous fires and the dances around them in the neighbourhoods of the city.
- The celebration in memory of martyr Saint George in January 17th with the procession of his skull in the central streets of the city.



## Sports in Epirus

The region offers a huge range of sporting activities including:

Alpinism (mountaineering)  
Mountain cycling  
Rafting  
Monorail  
Kayak  
Climbing  
Hang gliding  
Paragliding  
Horseback riding  
Skiing  
Flying foxing  
Rappelling  
Parapente



For more information visit:  
[www.epcon.gr](http://www.epcon.gr) or [www.ecotour-epirus.gr](http://www.ecotour-epirus.gr).

The Ioannina Alpine Club has an office in the centre, near the PAS Giannena football stadium.





## Moving around Greece

**By air:** Olympic Air ([www.olympicair.com](http://www.olympicair.com)), Aegean Airlines ([www.aegeanair.com](http://www.aegeanair.com)), and Athens Airways ([www.athensairways.com](http://www.athensairways.com)) operate domestic flights.

**By sea:** For information on ferry services visit: [www.greekferries.gr](http://www.greekferries.gr), [www.hellenicseaways.gr](http://www.hellenicseaways.gr), [www.gtp.gr](http://www.gtp.gr).

**By rail:** Trains depart from Larissa for northern Greece, Evia and the Peloponnese. Information and tickets are available from the Hellenic Railways Organisation (OSE), [www.ose.gr](http://www.ose.gr). There is no train service to Ioannina.

**By road:** The intercity bus service KTEL comprises many regional bus companies. The website, [www.ktel.com](http://www.ktel.com) does not feature timetables. Timetable information can be found by visiting the local stations or by email or phone. You can visit the KTEL Attikis site: <http://www.ktelattikis.gr> and for the KTEL Thessalonikis site: <http://www.ktel-thes.gr>.

Unfortunately they do not include information about travel to Ioannina. You will need to call the KTEL Ioannina office directly: +30 26510 26286 / 25014.

If you intend to bring a car to Greece contact ELPA, the Automobile and Touring Club of Greece for details of documentation and legal requirements.

For more information visit: [www.elpa.gr](http://www.elpa.gr) or call: +30 210 606 8800.

ELPA offers Road Assistance on the emergency number: 10400 or 104.







# Survivor's guide

## General Information

- Greek time is GMT +2 hours
- Calling code: +30 26510
- A smoking ban was introduced in Greece on 1st July 2009.
- Shops and most services are closed on Sundays and on Saturday, Monday and Wednesday afternoons and evenings.

## Useful websites

<http://www.gtp.gr>: The Greek Travel Pages

<http://www.whitepages.gr/en>: It includes a Useful Phones service

<http://www.xo.gr>: The Yellow pages with links to other useful information.

<http://enoikiazetai.uoi.gr>: A service provided by the University of Ioannina where you can find announcements for renting apartments or finding a roommate in the town.

<http://aggelies.uoi.gr>: A service similar to the above, but with a wider range of announcements, including jobs, items for sale, apartments to rent. Anyone can have an announcement included for free. The service is only in Greek but the announcement can be also in English.



## Emergency phones

EKAB first aid	166
Police-Immediate Response	100
Fire Brigade	199
Emergency Hospitals, Pharmacies	14944
European Emergency Number	112
Emergency breakdown service (ΕΛΠΑ)	10400 (+30 210 6068800)
Ioannina Police Department	+30 26510 26 226
Telephone Centre of University Hospital of Ioannina	+30 26510 99 111
Telephone Centre of General Hospital of Hadjikosta	+30 26510 80 111
Call Information	11888
International Call information	139

**ESN Ioannina contact:** [esn.ioannina@yahoo.gr](mailto:esn.ioannina@yahoo.gr)

The Prefecture of Ioannina publishes a very useful guide on hotels. Visit: <http://www.nomioan.gr/turism.asp>

There is a campsite at Limnopoula, at the end of G. Papandreou Street, near the KTEL bus station.

# Features of ESN Ioannina

We have recently introduced some additional services. We will call you shortly after your arrival to ask if you are interested in taking part one of the following programs.

## Erasmus Mentor

A volunteer local student, if possible from your faculty, will be appointed to help you settle into life at the University of Ioannina. They will be able to tell you where books or notes are handed over, how to find the professors or your classes – all the little things which make life easier.

## Erasmus Band

If you play a musical instrument or can sing you are welcome to join the band. We hope to perform at a local club and we participate in events held on the University Campus during the year. We hope to fill the place with European melodies - joy, laughter and emotion.



## Erasmus Language Exchange

You can take the opportunity to teach your native language to local students and in return you will receive lessons from them in Greek. You can meet after class on campus, or over a coffee in town. Language exchange would give you an opportunity to learn everyday Greek which will supplement the language courses offered by the University.


## ESN Card

This card proves that you are an Erasmus student in Ioannina. It includes your photo and personal information including your name, country of origin, date of birth and the name of ESN Ioannina. The card is not compulsory but it costs just 5 euro and the money raised will help to support ESN Ioannina and help pay for publications, graphic material and activities. Our Group is a non-profit organization and does not offer any financial support to its members.



We would also be grateful if you could tell us some information about your country, your city and your home university. Maybe you could bring a copy of your university guide with you. In the future we hope to organise an event where all the various universities will be represented.





*Σα βγεις στον πηγαιμό για την Ιθάκη,  
να εύχεται νάναι μακρύς ο δρόμος,  
γεμάτος περιπέτειες, γεμάτος γνώσεις.*

*When you set out on your journey to Ithaki,  
wish the road to be long,  
full of adventure, full of knowledge.*

(Konstantinos Kavafis – Greek Poet)



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#### Disclaimer

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