



HELLENIC
MEDITERRANEAN
UNIVERSITY

DEPARTMENT OF NUTRITION AND DIETETICS SCIENCES – HMU

Erasmus Incoming Students Useful Information

All components offered to Erasmus students are in English language.



Introduction

The Hellenic Mediterranean University (HMU) was established in 2019 as a continuation and upgrade of the former Technological Educational Institute of Crete, which was founded in 1983. HMU has **five (5) campuses located in all major cities of Crete**, while the main campus is based in the city of Heraklion as shown above.

HMU is one of the largest Higher Education institutions in Greece and welcomes 150 Erasmus students by year. An Erasmus student at HMU has the opportunity not only to study in a variety of fields offered by HMU but also experience the Greek-Cretan way of life and participate in several cultural, recreational and traditional events organized during the year.

A Department situated in the authentic side of Crete

The Department of Nutrition and Dietetics Sciences, belonging to the School of Health Sciences, is based in the town of Sitia at the northeastern edge of Crete Island. It is the only department of HMU in **Sitia**.

The Department was established in 1999 under the name “Department of Nutrition and Dietetics” and continues to operate as the “Department of Nutrition and Dietetics Sciences” following the foundation of the Hellenic Mediterranean University (HMU).

The academic Erasmus coordinator for the **Department of Nutrition and Dietetics Sciences** is **Dr. Georgios Tsikalakis** (gtsikalakis@hmu.gr) – tel. +30-28430-29499

General Information

Academic Calendar

The academic year at HMU consists of the “**winter**” and the “**spring**” semesters, the examination periods and the summer vacations.

The winter semester begins the first week of October, completed at mid of January and followed by a 3-week examination period up to mid of February.

The spring semester begins after the last week of February and ends the first week of June, followed by a 3-week examination period up to end of June or start of July.

July-August is vacation period for all the students and during September there is a second examination period (for Greek students) for the courses of both semesters.

Holidays during the academic year 2024/2025

- 28 October: National Holiday
- 17 November: Educational Holiday
- 25 November: Local Religious Holiday
- 23 December –7 January: Christmas Holidays
- 30 January: Educational Holiday
- 3 March: Clean Monday, Religious Holiday (movable feast)
- 25 March: National and Religious Holiday
- 14 April – 25 April: Easter Holidays (Easter Day: 20 April 2025, movable)
- 1 May: Labor Day
- 9 June: Religious Holiday (movable feast)
- 15 August: Religious Holiday

Registration Process:

Detailed information on the procedure can be found at the website iro.hmu.gr of the International Relations Office of HMU. Students who wish to apply for an Erasmus mobility period at the HMU first **need to be nominated by their sending institution.**

The deadlines for submitting the Application Form and the Learning Agreement are:

- For the winter semester of the academic year: **31st of May**
- For the spring semester of the academic year: **30th of November**

Courses for Erasmus students

In the standard curriculum of the department the language is Greek. Students wishing to study at the Department of Nutrition & Dietetics Sciences can select from a list of courses offered directly by the department ([Lessons English Erasmus 2023.pdf](#)). In addition, they can select from a wide range of courses offered by other departments of the HMU as well as the IRO-Academy ([HMU Lessons English Erasmus 2022.pdf](#)). The minimum English language skills requirement for incoming students to HMU in Sitia is B2 level. Information concerning the offered courses to Erasmus students are listed at the website <https://iro.hmu.gr/offered-courses-in-english>.

Upon arrival

All incoming Erasmus students should come to the International Relations Office in Sitia, to complete their registration and issue their HMU student card, bringing their ID-card/passport and health insurance card or certificate, as well as the certification of arrival document to be signed. You should also meet the academic Erasmus coordinator to confirm and arrange the details of your courses. The staff of the International Relations Office will assist you with the registration process, guide you to the HMU facilities and answer any questions you may have.

Practical Information:

• Accommodation

At the Campus of HMU in Sitia there are student dormitories that can accommodate up to 23 students. In case of insufficient availability for Erasmus students, they need to find accommodation by themselves.

Some websites in which Erasmus students could find information in English for apartments to rent in Sitia, from individuals and Real-Estate Agencies, are the following:

<https://www.spitogatos.gr/en/>

<https://www.spiti24.gr/en/>

<https://www.xe.gr/en/>

In addition, “**Sitia on line**” **group on Facebook** can provide students with information on renting, as well as on all local news and events.

Students’ apartments are typically furnished with one bedroom, a kitchen and a bathroom. Expect to pay about 300-350€ per month for a furnished studio.

- Health Services and Insurance

All incoming students must have the European Health Insurance Card or other health insurance arranged before arriving, so that they are covered for the entire exchange period. Especially for the practical training students must be additionally insured with Liability & Accident Insurance, according to EU directions. For any further help or clarification regarding insurance issues, contact the International Office of your home institution or the International Relations Office of HMU.

Non-EU citizens should have their own personal insurance.

- Cost of living

Living expenses are estimated to be about 650-700 euros per month, distributed as follows:

- † Accommodation (rent and other expenses) 300-350€
- † Food 220-250€
- † Transportation – Commuting 25-50€
- † Entertainment 100-150€

In Greece, the banks are open from 8 am to 2.00 pm. You can use credit cards such as Visa, Marster Card, etc. and withdraw money from ATMs which are located outside banks at several places in Sitia.

- Student Academic card benefits

The Erasmus students are entitled to a student Academic Identity Card which is issued from the Ministry of Education to the students after their registration. Students can have lunch and dinner in the HMU canteen with a reduced price (the price in the current academic year is 2,25€ per meal) using their student card. They also have reduced ticket prices on buses (intercity & long distance), trains and ships as well as on museums and most theatres and cinemas. Additionally, reduced prices or special offers are often provided to students from various private companies like restaurants, entertainment places, etc.

- Library/Internet

The incoming Erasmus students of HMU are eligible to use freely the HMU library's facilities and services using their student-card. They can study on-site or borrow library books, access internet and HMU-services using the library computers. They can also connect from their own mobile or laptop to eduroam wireless access points at HMU facilities using their credentials.

- How to come to HMU in Sitia

The HMU campus in Sitia is about 3 km away from downtown. You can access the HMU campus if you take the bus from the bus station that is opposite the Archaeological Museum of Sitia. Alternatively, you can take a taxi. The drive cost is 5 euros. Walking the distance is not advisable due to inadequate road safety and possible adverse weather conditions.

Once you arrive at the campus facilities, the International Relations Office is located in the left-hand building, at the end of the corridor on the right.