



INTERNATIONAL
HELLENIC
UNIVERSITY

International
Students
Support Unit

Sindos Campus

Living & Studying in Thessaloniki



Scan for more

A Practical Guide

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About Thessaloniki – Practical Information

Thessaloniki is not just a beautiful city, but a **student-friendly hub** full of opportunities and experiences. Here is what you need to know to get around and start feeling at home.

1. Getting Around Thessaloniki

Public Transportation: Thessaloniki has a **well-connected bus system** operated by **OASTH** (ΟΑΣΘ in Greek). Buses are affordable, reliable, and cover most of the city.

- For tickets, lines and schedules visit **OSETH** website or
- You can also download the **OSETH app** to your mobile device for real-time route and schedule information.



Metro: The **Thessaloniki Metro** began operating in December 2024, providing a fast, modern alternative for commuting. The first line connects **Nea Elvetia to New Railway Station** in the city center, with further expansions planned. It's an ideal option for avoiding traffic and reaching key areas quickly.

- For tickets, lines and schedules visit
<https://www.thessmetro.gr/en/tickets/>

Taxis: Taxis are **easy to find** throughout Thessaloniki, especially near busy streets, universities, and nightlife areas.

You can hail a taxi on the street for free, or book by phone/mobile app (with extra charge).

- **Useful taxi numbers in Thessaloniki:** 2310 525777, 2310 866866
- **Apps:** Uber, Free Now

Biking: While Thessaloniki is not particularly bike-friendly overall, the **seafront promenade** is ideal for cycling. It stretches along the coast and provides a scenic, safe, and flat route that allows for easy movement along the city's length—perfect for both commuting and leisure rides.

For more information on the bike sharing system in Thessaloniki and available bike rentals, please visit the [Thessaloniki.travel](https://thessaloniki.travel) website

2. Accommodation

University accommodation: The university does not provide dormitory accommodation for all its postgraduate students.

For more details and criteria on the university housing for undergraduate students please check the [Internal Regulation of the Thessaloniki Student Dormitories](#) or contact the Department of Student Affairs of Thessaloniki

Office Hours:

- 09:00-15:00

Contact Information:

- **Email:** merimna@the.ihu.gr
- **Tel.:** 2310013667

Where to live: We suggest that you look for housing in private apartments or dormitories. However, it is advisable to start looking early, especially before the start of the academic semester. Many students choose to live in areas close to the universities or with easy transport links.

- **Popular student areas** include **Ano Poli**, **Agiou Dimitriou**, **Vardari**, **Kamara** and **Agia Triada**, which are centrally located and offer affordable rent options.
- Additionally, neighborhoods close to the New Railway Station such as **Xirokrini** and **Ampelokipi** are well-connected by public transportation and offer convenient access to the International Hellenic University campus in Sindos.
- Finally, the town of **Sindos** is also a convenient option for accommodation, as it is close to the campus and offers frequent bus and train connections to the city center.

Rent Prices:

- A one-bedroom apartment in the city center typically costs between **€350–€550/month**.
- Shared apartments are also common and significantly reduce costs.

Utilities & Bills:

In shared apartments, students usually split the cost of electricity, water, and internet. Monthly expenses typically range:

- **Electricity & Water:** €30–€50 per person
- **Internet:** €25–€40 per apartment
- Bills are usually paid by one tenant and then shared among roommates, unless a different arrangement has been made with the landlord.

Finding Accommodation:

- IHU's dedicated accommodation webpage [Students Accommodation](#) provides an overview of accommodation options in Thessaloniki, along with useful information to help you settle in the city.

3. Cost of Living

Food:

- Eating out is affordable: a meal at a local souvlaki place can cost around **€5–€10**.
- Monthly grocery expenses range from **€150–€300**, depending on lifestyle.
- **Supermarket** brands such as Masoutis, Sklavenitis, Lidl, and AB Vassilopoulos are the major chains across the city—handy for daily essentials and student budgets.
- **Supermarket Opening Hours in Greece**
 - **Monday – Friday:** 08:00 – 21:00
 - **Saturday:** 08:00 – 20:00
 - **Sunday:** Closed (with some exceptions in tourist areas during summer or on special sales/holiday dates).
- **Local City-Centre Markets**

Modiano and Kapani offer an authentic taste of Thessaloniki. In Modiano, you'll find fresh products, meats, spices, and a few cozy tavernas inside its historic market building. Kapani buzzes with vendors selling everything from olives and sweets to household items in its traditional alleys.

- **Weekly Neighborhood Markets (Laikí Agorá)**

Every neighborhood hosts open-air markets once a week—perfect for fresh fruit, veggies, olives, herbs, and bargain finds. These markets typically run from early morning until around 3 pm.

➤ **General Stores (clothing, electronics, etc.) shopping hours:**

Monday, Wednesday, Saturday: usually 09:00–15:00

Tuesday, Thursday, Friday: usually 09:00–14:30 & 17:00–21:00

➤ **Shopping Malls in Thessaloniki:**

In Thessaloniki, you can find several modern shopping malls with a wide variety of shops, cafés, and entertainment options. The closest to the University is **One Salonica Outlet Mall**.

Opening hours:

- Monday–Saturday: 10:00–21:00
- Sunday: Closed (except for special sale days)

For more information about shopping malls in Thessaloniki, please click [here](#).

Entertainment

- Coffee to take away: **€2–€5**
- Drink at a bar/club: **€5–€12**
- Club/party entry: usually **€7–€15** (sometimes you pay for the entry, and you get the first drink for free)

Transport card / Monthly pass:

- **Bus or Metro:** Regular 16/ Students €8 (the card is not combined)
10+1 rides: Regular €5.80 / Students €2.90
- **Taxi start:** 4€

4. Healthcare and Insurance

- **EU Students:** If you are eligible in your country for free health insurance, you are covered with an **EHIC (European Health Insurance Card)**.
- **Non-EU Students:** Required to have private health insurance valid in Greece.
- **All Students:** If you work part/full-time in Greece, you are entitled to free (under several conditions) public health insurance from the Greek state, allowing you

access to a public hospital and getting your prescription medications by paying a low contribution.

- **AMKA** is Greece's Social Security Number. AMKA can be issued in a **KEP** (ΚΕΠ in Greek) and it is essential for accessing public healthcare, registering for employment, paying social security contributions, receiving pensions, and applying for various social benefits.
- **EU Citizens:** Can apply with a valid passport or national ID and proof of residence in Greece.
- **Non-EU Citizens:** Must first obtain a residence permit before applying.
- **Pharmacies and Doctors:** Widely available across the city. Prescriptions can be filled at any pharmacy with a valid doctor's note.
- **For emergencies:** In Thessaloniki, general hospitals take emergency duty on a rotating basis, depending on medical specialties. You can check which hospital is on duty each day, as well as the list of on-duty pharmacies, at <https://www.vrisko.gr/en/>

5. Communication: SIM Cards & Internet

SIM Cards:

- Mobile providers: **COSMOTE, Vodafone, Nova**
- Starter packages with data typically cost **€12–€20**

Internet:

- Most apartments offer high-speed internet (fiber)
- Monthly cost: **€25–€40**, depending on speed and provider.

6. Emergency Numbers & Safety

Thessaloniki area code (+30) 2310...

European Emergency Number	112
Police	100
Tourist Police	(+30) 2310554874
Fire Department	199
Ambulance	166
Port Authority	(+30) 2310593134

Traffic Police	(+30) 2310250740
Railway Customer Service Center	14511
Urban Transportation	11085
Intercity Coaches	(+30) 2310595400
TAXI	18300 – 18180 - 18288
Airport	(+30) 2310985000

Thessaloniki's hospitals

Hippokration	(+30) 2313312000
Papanikolaou	(+30) 2313307000
A.CH.EPA.	(+30) 2313303775
Gennimata	(+30) 2313308100
Aghios Dimitrios	(+30) 2313322100
Aghios Pavlos	(+30) 2313304401
Theagenio	(+30) 2313301111
Hospital of Skin & Venereal Diseases	(+30) 2313308800
Psychiatric	(+30) 2313324100
Chronic Disease Hospital	(+30) 2313320001
Papageorgiou	(+30) 2313323000

Thessaloniki's Health Center

Diavata Health Center	(+30) 2310781840
Evosmos Health Center	(+30) 2310387772
Thessaloniki Health Unit - Central Polyclinic	(+30) 2310283042
Toumba Health Center	(+30) 2311226000
Thermi Health Center	(+30) 2313310800
March 25 Health Center	(+30) 2311223209

7. Useful Apps & Websites

- Thessaloniki's map on [Google maps](#)
- Public transportation ([OSETH/ Thessaloniki Metro](#))
- The official travel guide of Thessaloniki on [Thessaloniki.travel](#)

8. Climate

Thessaloniki has a Mediterranean climate with hot, dry summers and mild, wet winters. Summer temperatures often rise above 30°C, while winters are cooler with occasional

rain and rare snowfall. The city enjoys plenty of sunshine year-round, making it an appealing destination in any season.

9. Currency

Greece uses the **Euro (€)** as its official currency, like most countries in the European Union. One Euro (€1) is divided into **100 cents**, and banknotes come in denominations of **€5, €10, €20, €50, €100, and €200**, while coins range from **1 cent to €2**. If you're traveling from outside the Eurozone, you can exchange your money at banks, exchange offices, or even some hotels. Credit and debit cards are widely accepted, but it's always good to carry some cash, especially for small purchases, public transport, or in more rural areas where card payments may not be as common.

10. Holidays

New Year's Day	1 January
Epiphany	6 January
Clean Monday (First day of Lent)	movable
Independence Day & The Annunciation	25 March
Good Friday	movable
Orthodox Easter Sunday	movable
Orthodox Easter Monday	movable
Labor Day / May Day	1 May
Holy Spirit Monday	movable
Dormition of the Holy Virgin	15 August
WWII Day / "OHI (no) Day"	28 October
Anniversary of the Athens Polytechnic Uprising	17 November
Christmas Day	25 December
Saint Stephen's	26 December

Settling In – Daily Life in Greece

1. AFM (ΑΦΜ in Greek) – Greek Tax Identification Number

As soon as you arrive in Greece you must obtain a Tax Identification Number (AFM in Greek), which is required for several necessary formalities, such as:

- Signing a rental contract
- Opening a bank account

You can find the list of the required documents and further useful information on our dedicated webpage [International Students Support Unit- During your stay](#)

2. Citizen Service Centers (KEP)

Citizen Service Centers (ΚΕΠ in Greek) are public service offices that help international students complete many administrative procedures in Greece. At a KEP, you can receive information, submit applications, obtain official certificates, and certify documents needed for your studies and daily life. They can also assist you with procedures related to obtaining a tax number (AFM), accessing public services, and handling other important paperwork during your stay. KEP offices serve as a one-stop service point, making it easier for international students to navigate Greek bureaucracy and settle into life in Greece.

3. Opening a Bank Account

- Find the list of the required documents and further useful information on our dedicated webpage [International Students Support Unit- During your stay](#)
- Major banks: National Bank of Greece, Alpha Bank, Eurobank, Piraeus Bank
- Opening hours Mon-Fri 08:00-14:00

4. Residence Permit (for Non-EU Students)

EU citizens and students from Iceland, Norway, Switzerland and Liechtenstein do not have to apply for a residence permit, as they are entitled to the right of free movement within Greece.

If you are a non-European (third country) national, you must hold a student visa (visa D-type 1.1) from the Greek embassy in your country of origin before entering Greece and then obtain a student residence permit before the visa expires. The application for a student residence permit is submitted online with the assistance of our Unit and it is issued by the competent Immigration Service of the Decentralized Administration of Central Macedonia and Thrace

Full list of the necessary supporting documents can be found on our dedicated webpage [International Students Support Unit- During your stay](#)

Academic Life & University Services

1. University Structure

The International Hellenic University (IHU) is a public university based in Northern Greece. It comprises nine (9) Schools and twenty-five (25) academic Departments, with campuses and academic facilities located in Thessaloniki (Sindos and Thermi), Serres, Katerini, and Kilkis.

IHU operates under the supervision of the Hellenic Ministry of Education and follows the principles of the European Higher Education Area (EHEA), ensuring internationally recognized academic standards and qualifications.

The Sindos Campus offers a wide range of undergraduate, postgraduate, and doctoral programmes in disciplines such as engineering, health sciences, economics, agriculture, information technology, and the social sciences.

IHU also offers several postgraduate programmes taught entirely in English. More information is available at:

- <https://www.ihu.gr/ucips/postgraduate-programmes>
- <https://iacmi.bmsc.ihu.gr/>

Courses for students enrolled at the Sindos Campus are delivered in modern teaching facilities located approximately 16 km west of Thessaloniki city center. The campus includes lecture halls, laboratories, libraries, study spaces, administrative offices, and a wide range of student support services. Designed to accommodate a diverse academic community, the campus provides a welcoming environment that supports both academic success and student well-being.

2. International Students Support Unit

The International Students Support Unit (ISSU) is your main point of contact for any non-academic questions or issues during your stay in Greece. Its role is to assist international students with all aspects of daily life and relocation, including:

- Accommodation and housing queries
- Orientation and integration into campus life
- Answering practical questions related to living in Greece
- Support with procedures related to legal residence and interaction with public authorities
- Acting as a liaison to connect students with the appropriate university department when needed

Our staff is always ready to help, ensuring a smooth transition and a positive experience during your relocation and stay in Greece.

Office Hours:

- 09:00-15:00

Contact Information:

- Email: isso@ihu.gr
- Phone: +30 2310 807501
- Building A , Thermi Campus
- If you would like to visit the office in person, please [book an appointment](#) in advance.

Greek language courses

At the International Hellenic University, free Greek language courses are provided for international students enrolled at the University, to support their integration into

academic and everyday life in Greece. The courses last for one semester, with 2 hours of instruction per week. Upon successful completion, students receive a certificate.

More information and registration at [International Students Support Unit](#)

3. IT Support

The IT Support in Campus of Sindos is responsible for the development and support of electronic (computing, networking and communication) services provided to the students and the academic staff

Office hours:

1. 08:00 – 15:30 Mon - Fri
2. during class hours

Contact details:

3. +30 2310-013604
4. noc@the.edu.gr
5. Building 15, Sindos Campus

Website: <https://noc.the.ihu.gr/> (Available only in Greek. Coming soon in English).

4. Libraries & Study Spaces

The International Hellenic University provides students with access to a well-equipped [Library and Information Center](#), located on the Sindos campus to the main building.

Key features:

- Quiet study zones and reading rooms
- Desktop computers and free Wi-Fi
- Access to a wide range of academic resources, both physical and electronic

Students benefit from subscriptions to major digital databases and e-journals, including:

- Web of Science
- Scopus
- Statista
- ScienceDirect
- SpringerLink
- Interlibrary Loan Service among Academic Libraries

Access is available through the university's internal network or remotely via VPN with student credentials.

The library also supports:

- Information literacy workshops (on plagiarism, citation management, research strategies)
- Reference Services (help finding and evaluating sources)
- Assistance with reference and citation (APA, MLA, etc.)
- Interlibrary Loan Service

Opening hours may vary by semester but they are generally:

Monday to Friday: 8:00 –15:00

5. University restaurant

The student restaurant is located centrally within the main campus premises. Once you enter through the main campus gate, follow the central pathway towards the student facilities zone (near the administration/welfare building). Look for the signs marked 'Φοιτητικό Εστιατόριο'.

You can dine at the student refectories by paying a daily fee of **€3.00 plus VAT**. Please note that presenting your student ID is required

The operating hours of the IHU student restaurant are as follows:

- **Breakfast:** 07:30 – 09:30
- **Lunch:** 12:30 – 15:30
- **Dinner:** 18:00 – 20:30"

6. University Sports Center

The University Sports Center, located at **the Alexandria Campus in Sindos**, offers a variety of sports programs and activities for students and staff of the International Hellenic University, promoting health, well-being, and an active lifestyle through exercise and sports. Activities are organized each academic year according to the approved sports program.

Registration is required to become a member of **IHU's the Sports Center**. Access to the weight training and fitness facilities, as well as **participation** in student basketball, volleyball, and football tournaments, is available upon completion of registration.

Opening Hours: Monday-Friday 9:00-15:00

Contact Details:

- +30 2310 013496
- gym@ihu.gr

Webpage: <https://www.ihu.gr/monades/athlitismos-gymnastirio>

7. Erasmus+ Office

Students can contact the **Erasmus+ Office at IHU** to explore opportunities to participate in mobility programs for studies, internships abroad, post-placement opportunities, or doctoral mobility.

Outgoing Students: erasmus.out@the.ihu.gr | Tel: +30 2310 013712

Incoming Students: erasmus.in@the.ihu.gr | Tel: +30 2310 013706

Webpage : <https://www.ihu.gr/monades/intprogrs#erasmus>

8. Internship Office

The Internship Office helps students find and complete internships during their studies, allowing them to gain practical experience related to their field of study. Through internships, students can apply the knowledge they learn in class to real working environments and develop important professional skills. In addition, internships help students prepare for their future careers and become more familiar with the workplace. You can find more information here: [Internship Office](#)

Email: praktiki-the@ihu.gr | **Tel.:** +30 2310013790

9. Career Office

The Careers Office helps students plan their careers and connect with employers through one-to-one advice, interview workshops, job listings, career events, and online resources. Students can also attend annual career fairs to gain experience and network with professionals. You can find more information here: [Carrer Office](#)

Email: career@the.ihu.gr | **Tel:** +30 2310 013 811

10. Health Care Department

The Health Care Department is responsible for providing healthcare support to students of the International Hellenic University in Sindos Campus, offering free primary healthcare services and promoting students' physical well-being through the University Medical Office.

➤ Location & Contact Information

Address: International Hellenic University, Alexandria University Campus, P.O. Box 141, GR-57400, Sindos, Thessaloniki, Greece

Head of Department: Ms Konstantina Giovanoudi

Tel: +30 2310 013555

Email: tmima.ygeionomikis@ihu.gr

➤ **Opening Hours & Student Consultation Hours**

The University Medical Office operates **Monday to Friday, from 07:30 to 21:00.**

Students may visit the Medical Office without an **appointment** during the following consultation hours:

Morning Session: **09:00 – 15:00**

Afternoon Session: **15:00 – 20:30***

Please note: The afternoon consultation hours may be adjusted according to operational requirements. In such cases, the Medical Office continues to operate during the morning shift (07:30 – 15:30).

➤ **Emergency Medical Care**

Medical emergencies are attended to immediately and with the highest priority throughout the Medical Office's operating hours (07:30 – 21:00), regardless of the student consultation schedule.

Health Services Available to Students

➤ **Primary Health Care**

Students may visit the Medical Office for first aid, medical assessment, and the management of non-emergency health issues.

➤ **European Health Insurance Card (EHIC)**

The Department assists eligible uninsured students with the application and issuance of the European Health Insurance Card (EHIC). Further information on the application process is available here: <https://www.ihu.gr/foititiki-merimna#eyropaiki-karta>

➤ **Support for Students with Disabilities**

The Department works closely with the Equal Access Unit to ensure that students with disabilities have equitable access to the University's healthcare facilities and services.

11. Accessibility Unit for Persons with Disabilities and Persons with Special Educational Needs

The mission of the Accessibility Unit for Persons with Disabilities and Persons with Special Educational Needs is to ensure the full participation of members of the academic community with disabilities or special educational needs in all educational, research, and administrative activities of the International Hellenic University.

Services provided

- Individual Support Plan for the implementation of recommended adjustments
- Counselling Services
- Interpretation in Greek Sign Language (GSL)
- Conversion of textbooks and course materials into accessible formats
- Training and support for staff and volunteers
- e-accessibility: accessibility of content and services on the Internet

More Information : prosvasi.ihu.gr

Contact Information

- **Telephone:** +30 23210 49249
- **E-mail:** prosvasi@ihu.gr
- **Serres University Campus:** Multi-Purpose Building
- **Alexandria University Campus DIPAE/Sindos:** Central Library

Office Hours

- Monday to Friday, 9:00 a.m. – 3:00 p.m.

[ESN IHU Thessaloniki](#)

ESN IHU is a student-run organization that helps international students feel at home in Thessaloniki. They organize social events, cultural activities, trips, and provide useful tips to make your student life easier and more fun.

Contact:

- **Email:** ihu@esnthessaloniki.gr
- **Facebook:** [ESN IHU Thessaloniki](#)
- **Instagram:** [@esn_ihu_thessaloniki](#)

Want even more tips and insider advice? Check out the [ESN Thessaloniki Survival Guide](#) – it's full of useful info from students for students!



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