



HELLENIC MEDITERRANEAN UNIVERSITY

School of Health Sciences

**School of Management and
Economics**



**Department of
Social Work** **Department of
Nutrition and
Dietetics Sciences**



**Department of Business
Administration & Tourism**

**Electronic or printed information material to
students about the services provided to them**



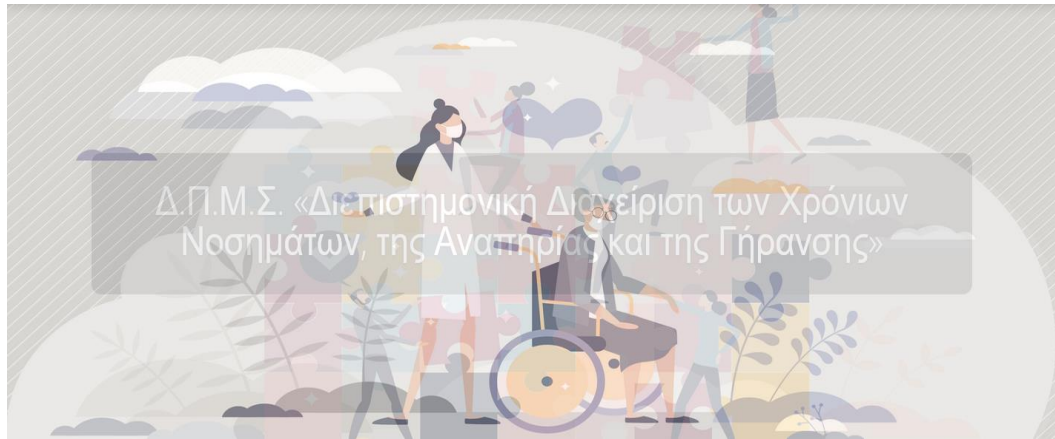
**MSc in Interdisciplinary Management of Chronic
Diseases, Disability & Aging**

HELLENIC MEDITERRANEAN UNIVERSITY

Heraklion, October 2024



Graduate Program



'Interdisciplinary Management of Chronic Disease,
Disability and Aging'

Information about the Services provided to Postgraduate
students of the Program

Hellenic Mediterranean University



Website address: <https://hmu.gr/>

Communication with the University

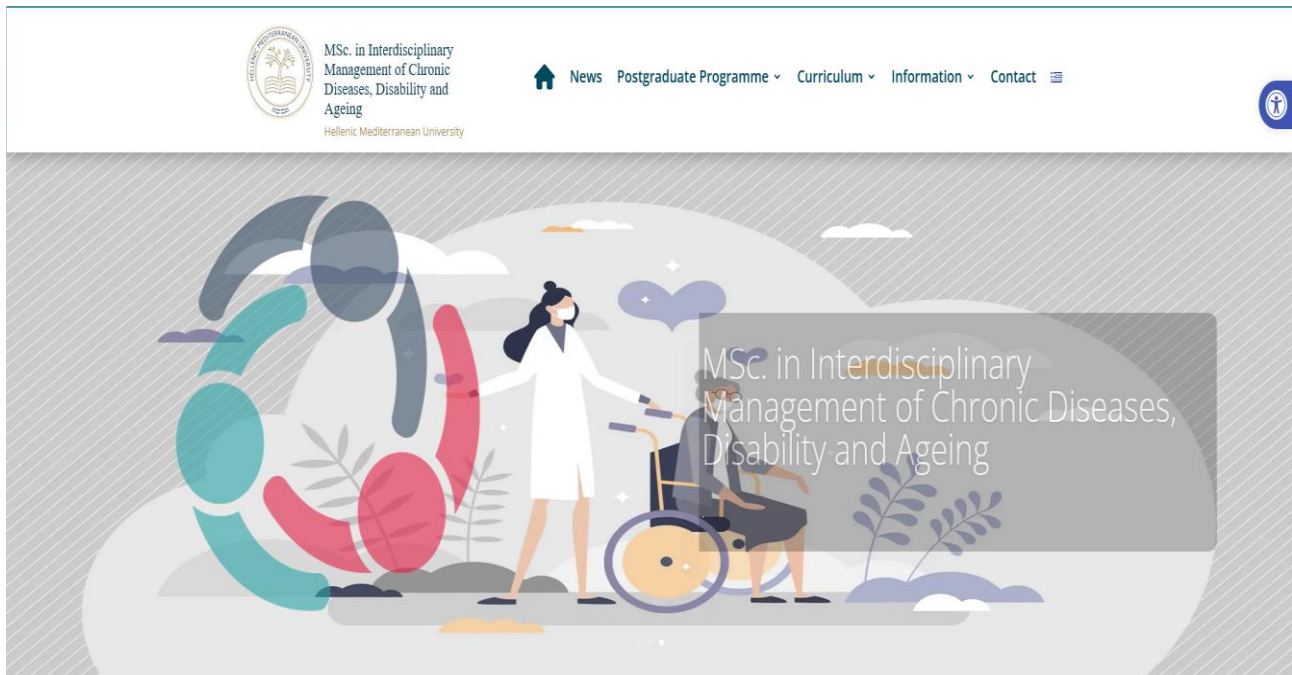
Heraklion

Stavromenos T.Th.1939 T.K. 71004, Heraklion. tel: 2810 379200

ELMEPA Telephone Center: 2810379200, fax: 2810 379328, e-mail: info@hmu.gr

Master's website

Website address: <https://cdda.hmu.gr/>



Brief presentation of MSc

The PMS:

- Teachers
- Curriculum Committee
- **Dissertations**
 - Writing Guidelines
- **Timetable**
 - Timetable Schedule A Semester
 - Timetable Program B semester
- Useful Documents

Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
Ελληνικό Μεσογειακό Πανεπιστήμιο

Νέα Το ΠΜΣ Πρόγραμμα Σπουδών Φοιτητές e-Υπηρεσίες

Διδάσκοντες
Επιτροπή Προγράμματος Σπουδών
Διατριβές
Ωρολόγιο Πρόγραμμα
Χρήσιμα Έγγραφα

Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»

Τα Τμήματα Κοινωνικής Εργασίας και Επιστημών Διατροφής & Διαπολογίας της Σχολής Επιστημών Υγείας και το Τμήμα Διοίκησης Επιχειρήσεων και Τουρισμού της Σχολής Επιστημών Διοίκησης και Οικονομίας του Ελληνικού Μεσογειακού Πανεπιστημίου οργανώνουν Διαπιστευμένο Πρόγραμμα Μεταπτυχιακών Σπουδών (Δ.Π.Μ.Σ.) με τίτλο **Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης** σε τρεις ειδικότητες:

- I. Ηγεσία σε Διεπιστημονικές Ομάδες Υγείας και Πρόνοιας
- II. Κοινωνική Εργασία στη Διαχείριση Χρόνιων Νοσημάτων και Αναπηρίας
- III. Τεκμηριωμένη Διοηγητική Πρακτική στη Διαχείριση Χρόνιων Νοσημάτων και Αναπηρίας

Το Δ.Π.Μ.Σ. θα προσφέρεται ως πλήρους και μερικής φοίτησης στην ελληνική και αγγλική γλώσσα (γλώσσα διδασκαλίας των μαθημάτων και εξετάσεων, και εκπόνησης της

StudyProgram

MasterThesis
Internal Regulation of
Operation

Master'sDegree
Ways of implementation -
Duration

Object - Purpose
StudyStructure

CourseManuals

The screenshot shows the website for the Master's Degree Program (Δ.Π.Μ.Σ.) «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης» (Interdisciplinary Management of Chronic Diseases, Disability and Aging). The website features a navigation menu with options like 'Νέα', 'Το ΠΜΣ', 'Πρόγραμμα Σπουδών', 'Φοιτητές', and 'e-Υπηρεσίες'. A central banner displays the program title over an illustration of people assembling puzzle pieces. Below the banner, a paragraph describes the program's focus on interdisciplinary management of chronic diseases, disability, and aging, involving various departments of the National and Kapodistrian University of Athens. At the bottom, three key areas are highlighted: I. Health in Interdisciplinary Teams of Care and Prevention, II. Social Work in the Management of Chronic Diseases and Disability, and III. Documented Interdisciplinary Practice in the Management of Chronic Diseases and Disability.

Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
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Νέα Το ΠΜΣ Πρόγραμμα Σπουδών Φοιτητές e-Υπηρεσίες

Μεταπτυχιακή Εργασία
Εσωτερικός Κανονισμός
Λειτουργίας

Μεταπτυχιακός Τίτλος
Τρόποι Υλοποίησης -
Διάρκεια

Αντικείμενο - Σκοπός
Δομή σπουδών
Εγχειρίδια Μαθημάτων

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I. Υγεία σε Διεπιστημονικές Ομάδες Υγείας και Πρόνοιας

II. Κοινωνική Εργασία στη Διαχείριση Χρόνιων Νοσημάτων και Αναπηρίας

III. Τεκμηριωμένη Διεπιστημονική Πρακτική στη Διαχείριση Χρόνιων Νοσημάτων και Αναπηρίας

Students

Entry requirements

Economic Issues

Application for candidacy
2022-2023

Selection Criteria




Ethicalðical issues

Interesting Websites

The image shows a screenshot of a website for the Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης» (Interdisciplinary Management of Chronic Diseases, Disability and Aging). The website header includes the logo of the Hellenic Mediterranean University and navigation menus for 'Νέα', 'Το ΠΜΣ', 'Πρόγραμμα Σπουδών', 'Φοιτητές', and 'e-Υπηρεσίες'. A central banner features an illustration of people interacting with large puzzle pieces, with the program title overlaid. Below the banner, there is a paragraph of text and three columns of information, each with an icon and a title.

Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»

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*For the E class & Electronic Secretariat services, you log in with your academic E-mail and password

*You log in to the Webmail service with your academic Username & Password

Δ.Π.Μ.Σ. «Διεπιστημονική Διαχείριση των Χρόνιων Νοσημάτων, της Αναπηρίας και της Γήρανσης»
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Eclass WebMail Ηλεκτρονική Γραμματεία

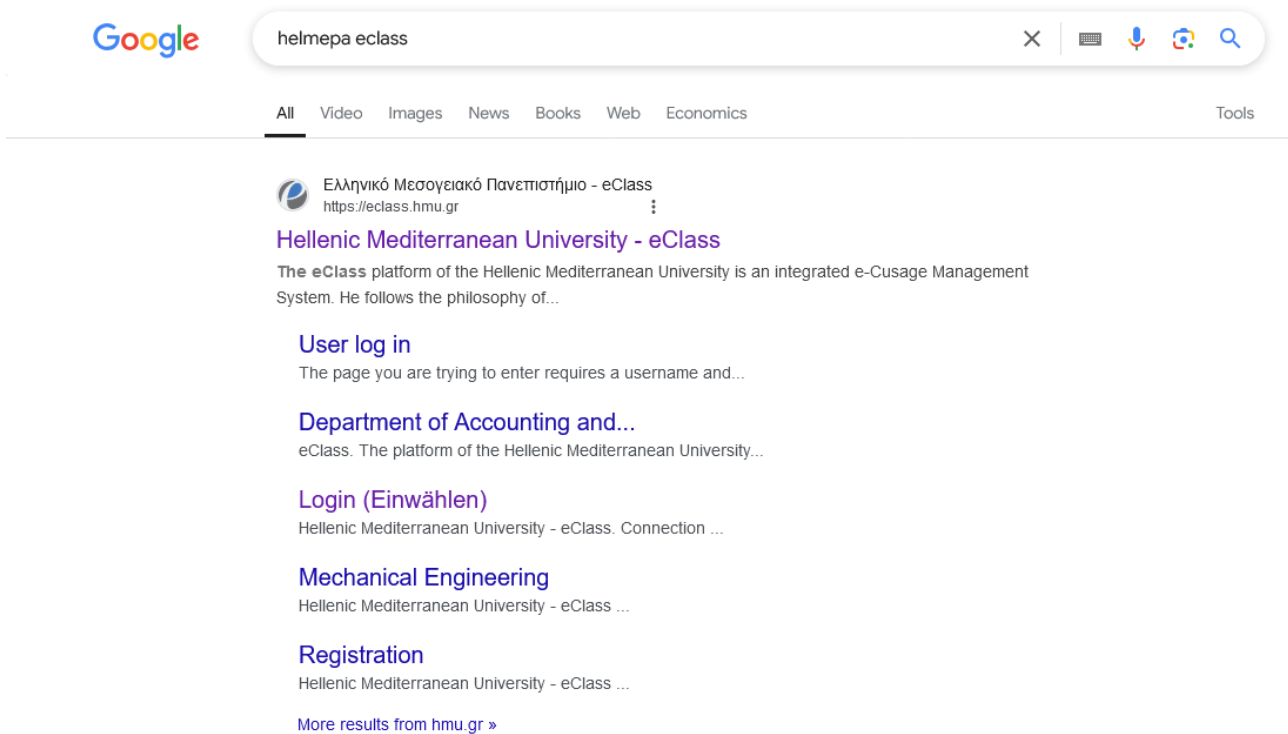
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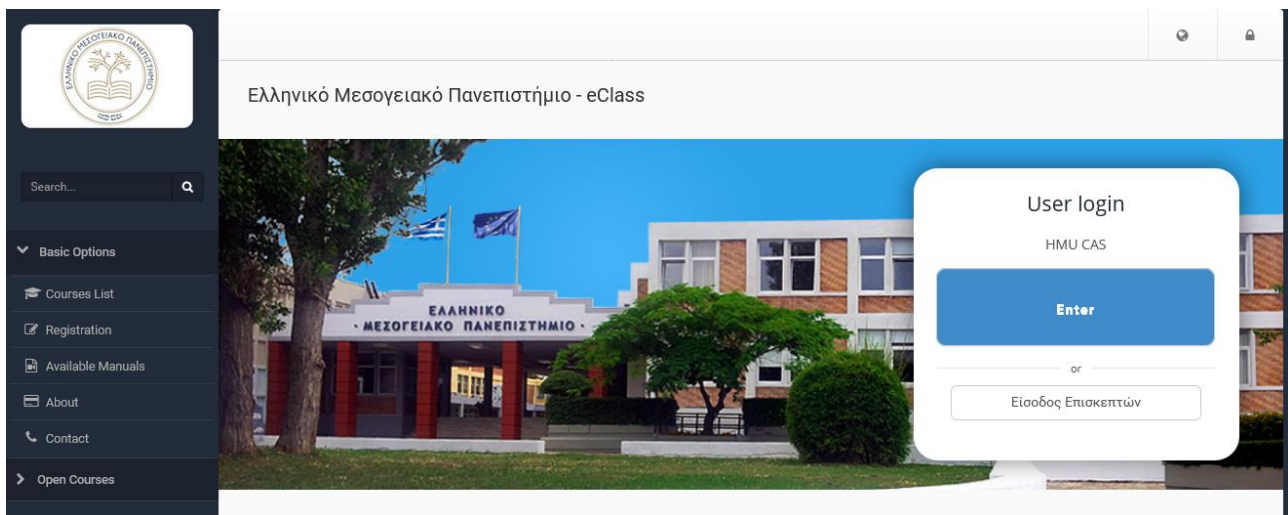
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eClass - Hellenic Mediterranean University



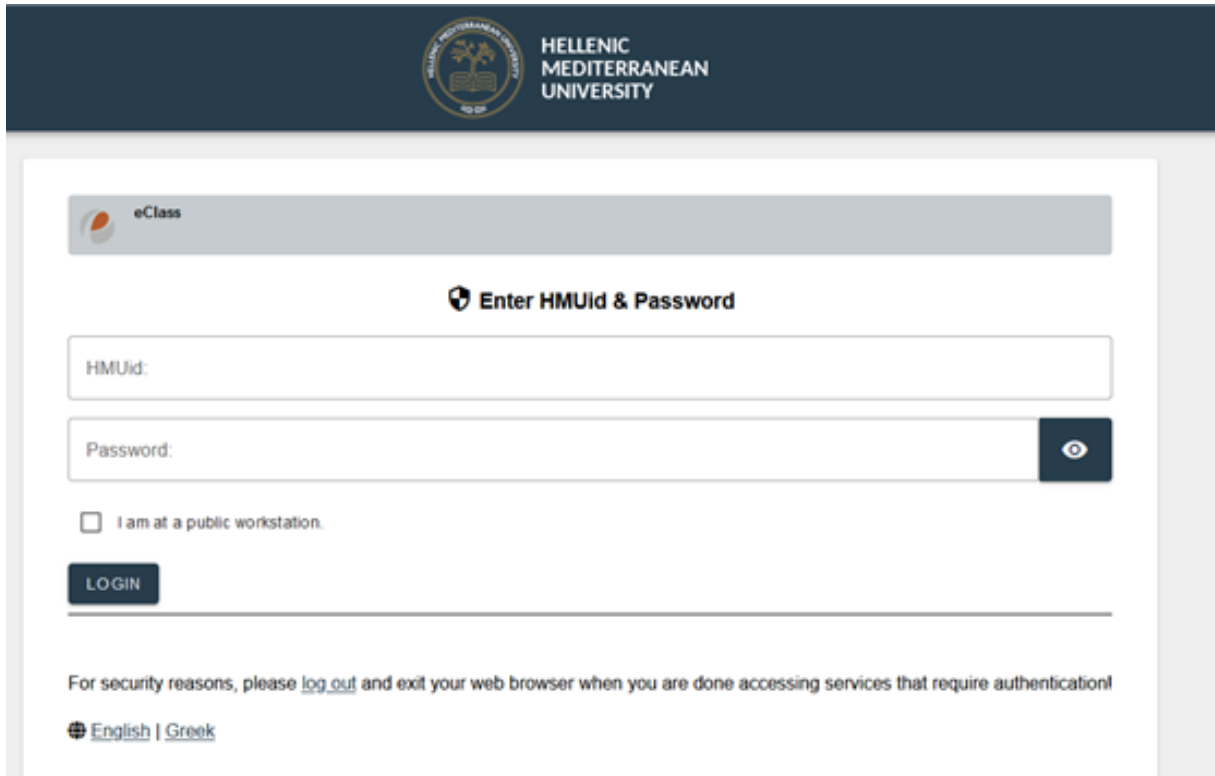
To log in, click on the eClass- Hellenic Mediterranean University platform

On the right side of the webpage press the login button

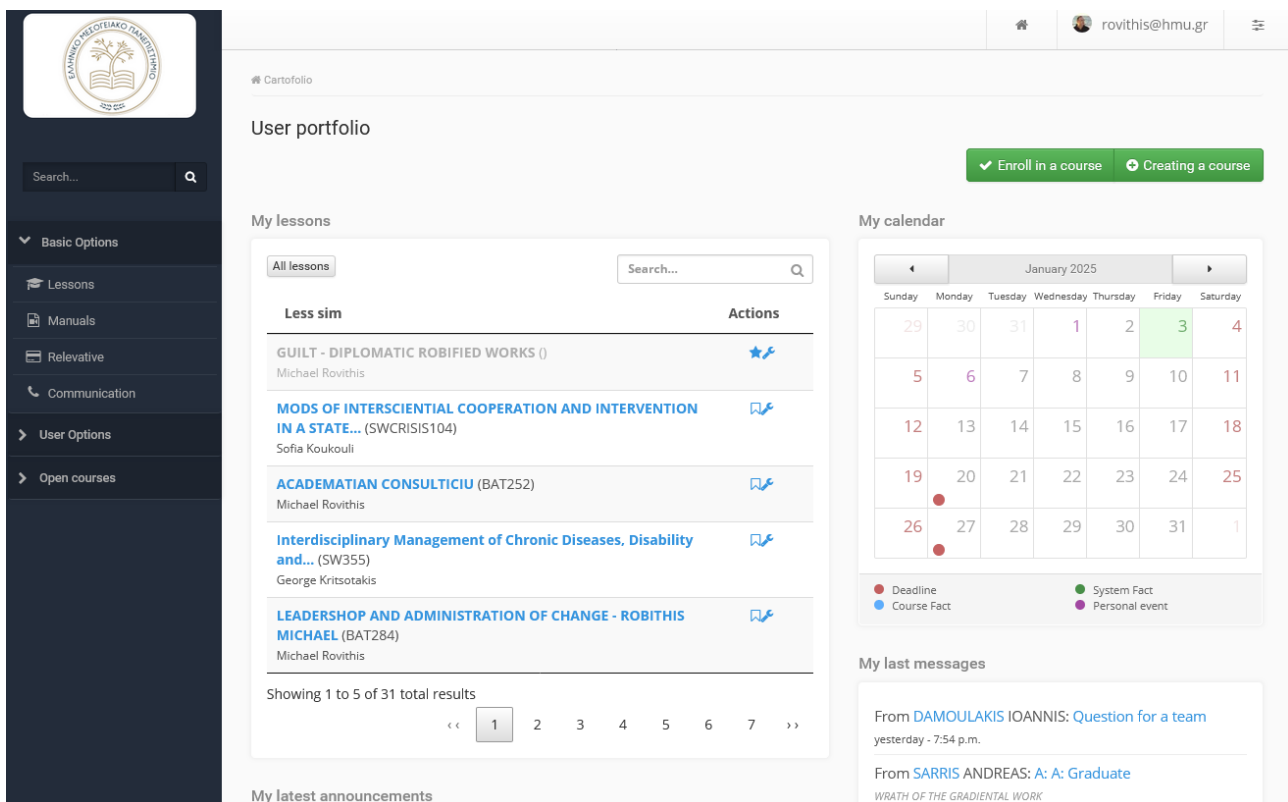


To log in, use the information that will be sent to you via email from the Foundation or with the email you registered with the PMS

secretariat.



On the web page that will be presented you can browse the material from the left column, while in the documents folder there are available subfolders with the relevant documents, notes, etc. per course.



Student ID process

The Electronic Service for Acquiring Academic Identity started in the academic year 2011-2012 and supports multiple benefits – privileges for all members of Greek institutions of higher education (students of the three cycles of studies, permanent, visiting and contracted lecturers, administrative and technical staff), as well and the members of research institutions (research, administrative and technical staff).

Meal Card

ELMEPA provides free meals to approximately 3000 students in its restaurants in Heraklion, and in its Departments located in the cities of Chania, Rethymnon, Ag. Nikolaou and Sitia.

All undergraduate students who have not passed the 12th semester have the right to free meals.

The meal card lasts for one academic year and can only be used by the student to whom it was granted.

All ELMEPA restaurants in the four prefectures offer breakfast, full lunch and dinner every day and on weekends.

The opening hours of the restaurants are:

07:30 am – 09:00 am

12:00 p.m. – 4:00 p.m.

7:00 p.m. – 10:00 p.m.

Website: <https://hmu.gr/paroches/foititiki-merimna/sitisi-stegasi/>

Housing

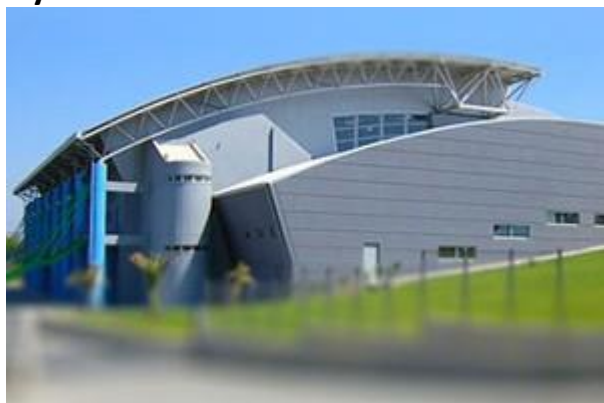
ELMEPA operates the Student Center which can accommodate 296 students in Heraklion and 46 students in the Departments located in the cities of Chania, Rethymno, Ag. Nikolaou and Sitia.

There are 56 seats in double rooms, 4 seats specially configured for people with special needs and 236 seats in single beds.

The cost of accommodation is €30 per month for double rooms and €45 for single rooms, while those with many children do not pay if they choose a double room. The above revenues mostly cover student events and a small part of operating expenses. Students who do not receive a room in the residences can receive the housing allowance if they comply with the conditions stated in article 10 of Law 3220/2004 (Government Gazette 15A /2004).

Website: <https://hmu.gr/paroches/foititiki-merimna/sitisi-stegasi/>

Gym – Activities



The sports activities that take place at the "Markos Karanastasis" Indoor Gymnasium of ELMEPA include the following:

1. Basketball
2. Volleyball
3. Traditional Dances
4. Aerobic Gymnastics
5. Martial Arts (Judo-Self-Defense)
6. Strength Room (Weights)
7. Ping-Pong
8. Rehabilitation programs after injuries
9. Rehabilitation Programs for people with Musculoskeletal diseases

The male and female students who wish to participate in the sports activities of the Foundation should obtain an athlete's identity card, which is issued by the Gymnasium, and the supporting documents required are:

1. Certificate of Studies or Photocopy of the Student Card (Pass)
2. Doctor's Certificate (From ELMEPA's Clinic or Private Doctor)
3. Two ID-size Photographs
4. Membership Application

INFORMATION:

Indoor Gym <MARKOS KARANASTASIS>

Department of Student Welfare

Telephone: 2810-379890/ 2810-379375

FAX: 2810-379822

Ετήσιες Συνδρομές	
Φοιτητές ΕΛΜΕΠΑ	30,00€
Φοιτητές ΕΛΜΕΠΑ που διαμένουν στην εστία	20,00€
Εκπαιδευτικό – Διοικητικό προσωπικό ΕΛΜΕΠΑ	50,00€
Αθλούμενοι εκτός ΕΛΜΕΠΑ	120,00€
Αθλητικά σωματεία (μόνο γυμναστήριο)	30,00€
Ειδικές κατηγορίες φοιτητών ΕΛΜΕΠΑ	0,00€

Website: <https://eadip.hmu.gr/>

Kindergarten

ELMEPA's daycare center accommodates children of the educational, administrative staff and students of the institution exclusively. In the children's area, there are two sections: the children's section (2.5 to 4 years old) and the pre-kindergarten (4 to 5 years old). The daycare center contributes to the socialization and education of children aiming at the all-round development of their personality, (physical - emotional - mental - social) by carrying out programs according to their age.

Website: <https://hmu.gr/paroches/foititiki-merimna/tmima-paidikoy-stathmoy/>

Medical & Social Care Center

The Department of Nursing and Social Care (Physician) of ELMEPA issues a student care book to cover the hospital, medical and dental care of uninsured students, i.e. those who are not covered by their parents' insurance company or those who cannot use any existing family book due to distance. The ELMEPA clinic provides primary health care and treatment to the students and staff of the Institution. Also, its specialized staff can provide first aid in case of need in the premises of the Foundation during its operating hours.

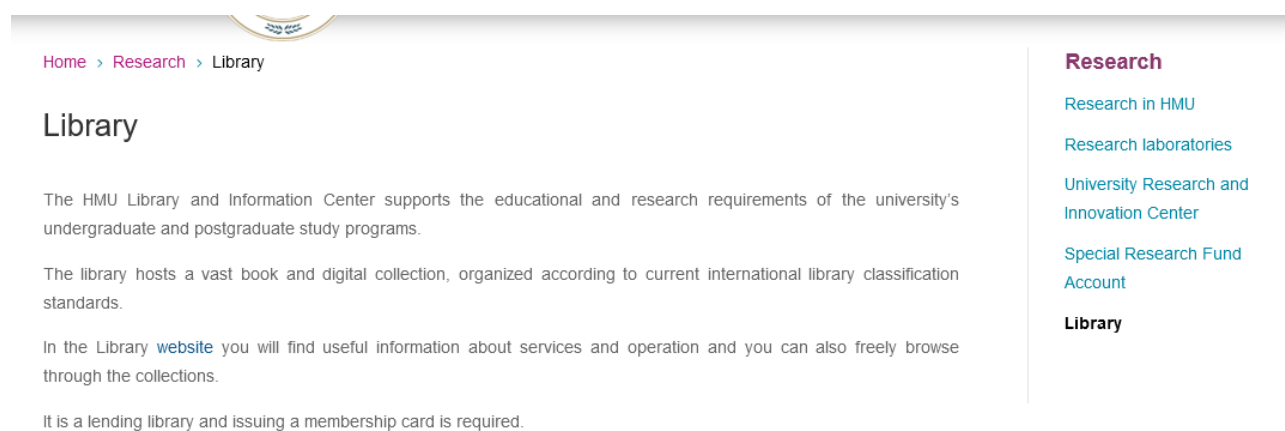
Website: <https://hmu.gr/en/services/health-care-social-welfare-and-educational-support/health-care/>

Counseling & Psychosocial Support Office (Heraklion)

The KE.SY.PSY of ELMEPA is a new service available to all members of the Academic community, students, faculty members and administrative staff. The aims of the Center are to help all members, for a smoother and more efficient adaptation to the educational process, either due to personal difficulties, or due to the stressful conditions that this itself imposes. The Center has a support team consisting of the University doctor, psychologists, a social worker and, where necessary, a nurse. At the same time, it cooperates with institutions and individuals (nursing institutions, welfare, psychiatrists, etc.), for similar referrals where necessary. Emphasis is placed on mental health issues at primary and tertiary level (community mental hygiene and reintegration into the educational process), covering the entire spectrum of mental disorders. Prevention is also a key concern of the Center, through psychoeducation and information on issues of similar interest, with individuals or groups (announcements, meetings, organization of conferences). Also, the KE.SY.PSY intervenes, when requested, in social difficulties, such as interpersonal and family relationships, but especially in relationships arising from the educational process (teachers - students or between colleagues).

Website: <https://hmu.gr/en/services/health-care-social-welfare-and-educational-support/counselling-and-psychosocial-support/>

Library



Home > Research > Library

Library

The HMU Library and Information Center supports the educational and research requirements of the university's undergraduate and postgraduate study programs.

The library hosts a vast book and digital collection, organized according to current international library classification standards.

In the Library [website](#) you will find useful information about services and operation and you can also freely browse through the collections.

It is a lending library and issuing a membership card is required.

Research

- [Research in HMU](#)
- [Research laboratories](#)
- [University Research and Innovation Center](#)
- [Special Research Fund Account](#)

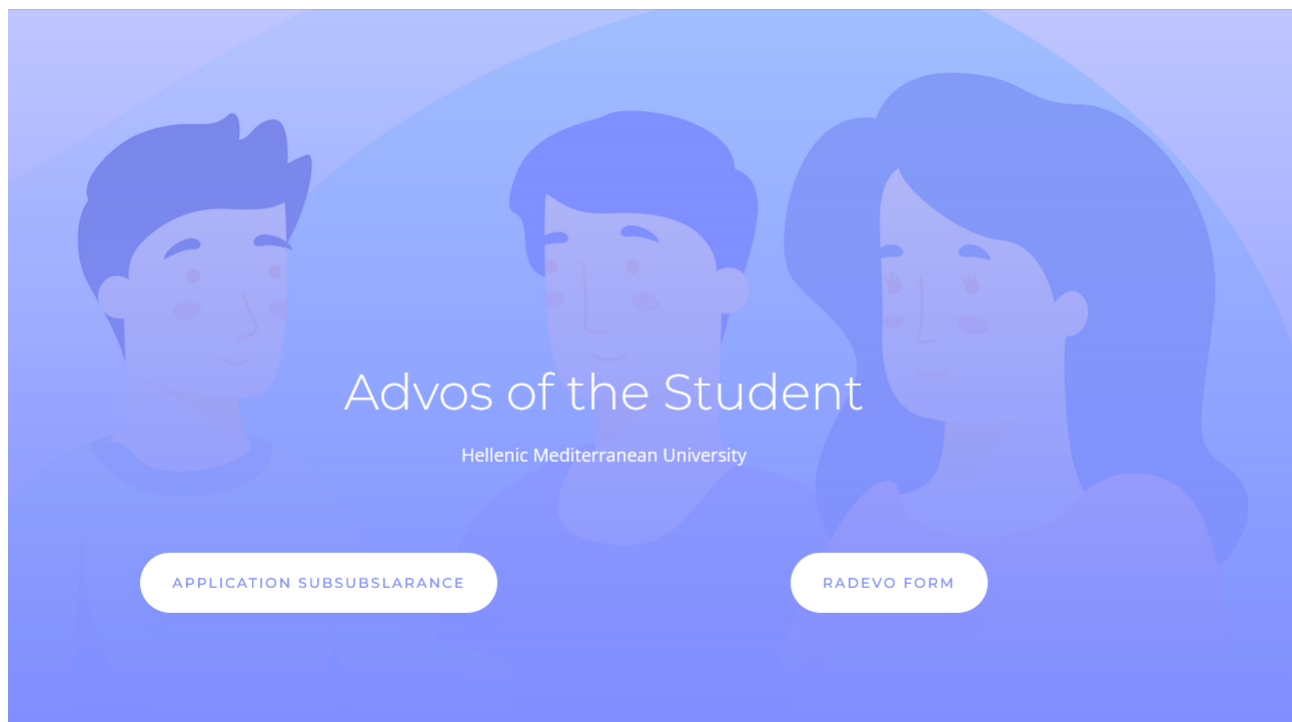
Library

The central library and Information Center of the Hellenic Mediterranean University is a center for collecting and disseminating information. Its purpose is to support the educational process and research carried out at the university in the context of the respective undergraduate and postgraduate studies, through an organized and updated collection of printed, electronic material and electronic links. It is primarily interested in meeting the informational needs of the members of the Academic community and subsequently of the members of the wider community as an intellectual and cultural center. It has a rich and fully automated print and digital collection, organized according to international library standards. The library is available for users, every day from morning to afternoon throughout the academic year.

Using the personal codes, the students have access to electronic sources of information and search, to bibliographic bases as well as open access digital collections provided by the ELMEPA Library. Students have the right to borrow material after obtaining a membership card, which is issued by the library. On the premises of the library there is also the Electronic Reading Room, which is a space with 10 workstations, which serves those who wish to be informed and use the material of the electronic library and other internet sources. All members of the Foundation have the right to use the Electronic Reading Room.

Website: <https://hmu.gr/en/research/library-2/>

Student advocate



The student advocate mediates between students and professors or administrative services of the Foundation for any issue concerning the observance of legality in student matters, except for those concerning exams and students' grades. According to par. 1c of article 55 of n. 4009/2011, the Student Advocate:

- It investigates cases, ex officio or following a student's report, and mediates with the competent Bodies of the Foundation for their resolution.
- It can request from the services of the Foundation any information, document or other evidence on the case, examine people, perform an autopsy and order an expert opinion.
- If he finds that in a specific case the legality is not respected, that there are phenomena of maladministration or that the proper functioning of the Institution is disturbed, he draws up a conclusion which he informs the Professor concerned or the competent administrative department and the student who submitted the petition and mediates with any appropriate means way to solve the problem.

- He can, by his own act, file a report that is considered vague, unfounded or unsupported, while if he considers that there are indications of a disciplinary offense, he forwards the case to the competent disciplinary body.

The student's advocate does not have competence in matters of exams and students' grades (par. 1a of article 55 of Law 4009/2011).

Website: <https://synigoros-edu.hmu.gr/>

Educational Support



In the "Educational Support Center" that operates at the Hellenic Mediterranean University within the framework of the "Primary Health Care Unit", personalized educational support is provided to students who face learning difficulties and specifically the following services:

A) Two (2) special education teachers specializing in literature and mathematics, full-time and morning jobs, provide daily, in a special place, individual sessions to students with learning difficulties. Among other things, we indicate that students can receive:

- Support for language deficits related to learning disabilities.
- Developing writing strategies in response to an academic text.
- Reinforcement teaching in Mathematics, on the subject areas Statistics and Infinite Calculus/Linear Algebra.
- educational support for the special requirements of higher education (e.g. semester exams, written assignments, organization of daily study, recording of notes, study and repetition of material, etc.).
- Reinforcement in mnemonic techniques, attention concentration strategies, metacognitive strategies, social life skills, time management.

B) From four (4) scientific collaborators in the subjects of Philology, Mathematics, Chemistry and Physics, remedial teaching is provided throughout the academic year, every week, to small groups of students with learning difficulties from all Departments of the Hellenic Mediterranean University. These group meetings are held outside the morning program time zone, live and online, with targeted topics, which are also available on the eClass online platform.

C) From one (1) scientific partner with a subject of psychology and specialization in special education, training seminars are developed for new members of the educational community as well as for permanent teachers and hourly teachers regarding the special educational needs of students, the institution's policy regarding with the accessibility of students with disabilities, available tools and appropriate teaching methods depending on the type and severity of the special educational needs, the need to seek pedagogical facilities for students with special social conditions and students with disabilities in order to make courses more accessible, etc.

D) 3 paid students develop teaching material adapted to print-handicapped students (text to speech/notes to Braille conversion).

Website: <https://hmu.gr/en/services/health-care-social-welfare-and-educational-support/>

Accessibility of Students with Disabilities and/or Special Educational Needs



Website:

<https://hmu.gr/paroches/prosvasimotita-foititon-me-anapiria-i-kai-eidikes-ekpaideytikes-anagkes/>

Liaison and Career Office



The University Studies Research International Relations Services 🔍

The Liaison & Career Support Office of the Hellenic Mediterranean University was established with EU funding in 1997. Its main goal is to support University students and graduates in planning their educational and professional careers, as well as linking the University Community to the labor market.

Its purpose is to:

- inform and advise students and graduates on matters of educational and professional development;
- promote collaborations with businesses, organizations, and public or private sector institutes to establish a direct and more effective connection of students and graduates to the labor market.

More specifically, it provides the following services:

Information regarding:

- Postgraduate Programs (PP) in Greece and abroad;
- Sources of Financial Support, Scholarships, Awards;
- Open job positions in Greece and abroad;
- Lifelong Learning Programs;
- Seminars, Conferences, Summer Schools;
- Voluntary employment programs, mobility programs etc.

Advice and support regarding:

- Career planning;
- Skills development;
- Professional prospects;
- Job search;

[Student Care](#)

[Health Care, Social Welfare and Educational Support](#)

[Food & housing](#)

[Counseling and Psychosocial Support Center](#)

[Gym](#)

[Medical Treatment](#)

[Kindergarten Department](#)

The Liaison & Career Office of the Hellenic Mediterranean University, with a permanent presence since 1997, functions a) as a supporting mechanism for students and graduates to plan their educational and professional careers and b) as a communication channel of the University Community with other education and training institutions and – mainly- employment, which is why it is also often called "Bridge to the Labor Market".

More specifically, it offers undergraduate and postgraduate students and graduates services:

- educational/professional information and information,
- professional development, guidance and counseling support and empowerment during their transition to the world of work,
- networking and connecting with the business world,

Website: <https://hmu.gr/en/services/liaison-and-career-support-office/>

"Attendees" VolunteerNetwork

The volunteer group "PARONTES" of ELMEPA includes students of the Hellenic Mediterranean University, who are interested, through their volunteering, in supporting the accessibility and adaptation of their fellow students to academic life.

[Αρχική](#) > [Services](#) > [Health Care, Social Welfare and Educational Support](#) > [Volunteers Network "Parontes"](#)

Volunteers Network "Parontes"

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STUDENT WELFARE DEPARTMENT
HEALTH CARE AND SOCIAL WELFARE DEPARTMENT

«SUPPORT FOR STUDENT SOCIAL WELFARE INTERVENTIONS AT HELLENIC MEDITERRANEAN UNIVERSITY»



Ευρωπαϊκή Ένωση
Ευρωπαϊκό Κοινωνικό Ταμείο

Επιχειρησιακό Πρόγραμμα
Ανάπτυξη Ανθρώπινου Δυναμικού,
Εκπαίδευση και Διά Βίου Μάθηση
Ειδική Υπηρεσία Διαχείρισης

Με τη συγχρηματοδότηση της Ελλάδας και της Ευρωπαϊκής Ένωσης

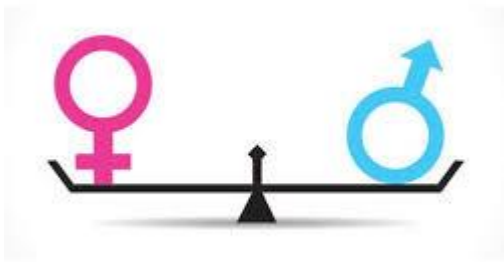


ΕΣΠΑ
2014-2020
ανάπτυξη - εργασία - αλληλεγγύη

To become part of the volunteer network, fill out the registration form" <https://forms.gle/VKCYwXPdEomrjQix9>

Website: <https://hmu.gr/en/services/health-care-social-welfare-and-educational-support/volunteers-network-parontes/>

Gender Equality Policy



ELMEPA'S POSITIONS ON GENDER EQUALITY

The guarantee of gender equality, the fight against discrimination and the inappropriate treatment of individuals due to gender-related prejudices are a key concern of ELMEPA, which respects the principles defined by the Constitution regarding equal rights, namely:

Article 4, paragraph 2 on equal rights and obligations between Greek men and women.

Article 116, paragraph 2 which establishes the abolition of gender discrimination and the undertaking of positive actions to promote equality between men and women.

Website:

<https://hmu.gr/wp-content/uploads/2022/04/79-3-%CE%A3%CF%87%CE%AD%CE%B4%CE%B9%CE%BF-%CE%94%CF%81%CE%AC%CF%83%CE%B7%CF%82-%CE%B3%CE%B9%CE%B1-%CF%84%CE%B7%CE%BD-%CE%99%CF%83%CF%8C%CF%84%CE%B7%CF%84%CE%B1-%CF%84%CF%89%CE%BD-%CE%A6%CF%8D%CE%BB%CF%89%CE%BD-Gender-Equality-Plan.pdf>

Digital services



Services for the entire academic community

Electronic courses (Open eClass)
Institutional Repository (Apothesis)
EL.ME.PA Library Catalog
Google Apps for Education (instructions)
MSDNAA (Microsoft Free Software Service)
eduroam wireless access (global roaming service for academic institutions)
ELMEPA Official Documents

Student services

Electronic Mail (e-mail)
Remote access to the ELMEPA network via VPN
Student Registry Services (Online)
G Suite (Google Apps) at ELMEPA
DILOS 365 platform

Personnel services

ELMEPA Services Access Account
Electronic mail (email)
Remote access to the ELMEPA network via VPN
Instructions for setting up remote access (Remote Desktop Connection)
ELMEPA room reservation system
Request Management System (MITOS) (instructions)

Services from third parties

Eudoxos (Electronic Service for Integrated Management of Documents and Other Aids)
Online Academic Identity Acquisition Service
Issuance of Digital Server Certificates
Issuance of Personal Digital Certificates (PKI) (instructions)
VoIP and Teleconferencing Services (RTS)
Scopus (HEAL-Link)
ScienceDirect (HEAL-Link)
Greek Academic Electronic Books and Aids / Kallipos

Website:

<https://hmu.gr/e-elmepa/prosferomenes-e-ypiresies/>

Useful Links

EMERGENCY

HOSPITALS

General Hospital of Heraklion "Venizelio-Panaeio"
Address: Knossos Avenue, Heraklion Crete
Call Center: 2813408000
<http://www.venizeleio.gr>

University General Hospital of Heraklion PAGNI

(Heraklion-Vouton Regional Road)

Call Center: 2813402111

<http://www.pagni.gr>

PAGNI Psychiatric Clinic (Heraklion-Vouton Ring Road)

Phone: 2813392402

<http://www.pagni.gr>

Agios Nikolaos General Hospital

Knossos 4, Ag. Nikolaos 721 00

Phone: 2841343000

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

Rethymno General Hospital

19-21 Trantalidou, Rethymnon 741 00

Phone: 2831342100

www.rethymnohospital.gr

General Prefectural Hospital of Chania "Agios Georgios"

Agios Eleftheriou, Chania 733 00

Phone: 2821342000

<http://chaniahospital.gr>

OTHER SUPPORT SERVICES

24th Suicide Intervention Line: 2106463622

EODY National Public Health Organization: 1135

Depression helpline: 1034

SOS line for victims of domestic violence: 15900

SOCIAL & SUPPORTIVE SERVICES**Community Pharmacy of the Municipality of Heraklion**

Address: Kydonias 5, Heraklion Crete.

Phone: 2810289874

<https://www.heraklion.gr/citizen/koinwniko-farmakeio//koinfarm.html>

Municipal Social Grocery of the Municipality of Heraklion

Address: Kosmon 24, Heraklion Crete.

Phone: 2810335572

www.heraklion.gr

Mental Health Center of Heraklion

Address: Spinalongas 1, Postal Code: 71201 Heraklion

Phone: 2810333402

email: kepyher2003@yahoo.gr

National Confederation of Persons with Disabilities ESAMEA

Address: 236 Eleftheriou Venizelou, Ilioupoli, Athens

Phone: 2109949837
email: esamea@otenet.gr
www.esamea.gr

National Confederation of Persons with Disabilities ESAMEA Crete Branch

Address: 14 Dionysiou Solomou, Heraklion
Phone: 2810288131

Prefectural Association of A.M.E.A. Heraklion

Address: SolomouErgat. Residences, St. Ekaterini, Heraklion,
Phone: 2810343008

National Federation for Rights on the Autism Spectrum

Phone: 2106525959
e-mail: autismfederation.gr@gmail.com

Women's Counseling Center of Heraklion

Address: Stenimahou 3, 71305 Heraklion Crete
Phone: 2810341387
email: irakleio@isotita.gr

Addiction Treatment Unit OKANA (PAGNI)

Address: Heraklion-Vouton Regional Road
Phone: 2810545596–7
www.okana.gr

Bereavement Support Counseling Center

Phone: 2106463622
email: athens.support@merimna.org.gr

LGBTI Psychological Support Line "NEXT TO YOU" 11528

Addictions

Addiction Treatment Unit OKANA (PAGNI)

Address: Heraklion-Vouton Regional Road
Phone: 2810545596–7
www.okana.gr

Center for the Treatment of Dependent Persons (KETHEA) Department of Adults

Address: Vassiliou Sbokou 6, Heraklion
Phone: 2810319505 & 2810261026 (mobile unit)
email: cciraklio@kethea-ariadni.gr
www.kethea.gr

Center for the Treatment of Dependent Persons (KETHEA) Adolescent Unit

Address: 67 Minoos & Michael Archangelou, Heraklion
Phone: 2810331034
e-mail: teens@kethea-ariadni.gr

CIVIL PROTECTION POLICIES

Website: <https://hmu.gr/en/quality-assurance-unit/h-m-u-s-policies-and-strategies/civil-protection-earthquakes/>

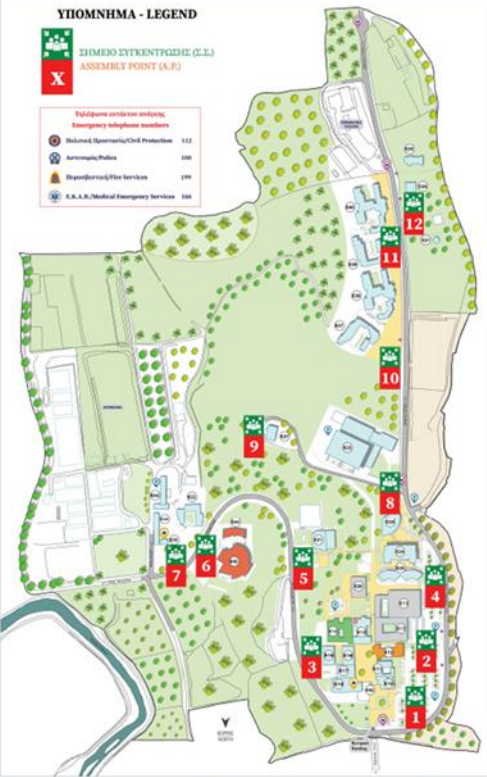


ΣΗΜΕΙΑ ΣΥΓΚΕΝΤΡΩΣΗΣ ΕΚΤΑΚΤΗΣ ΑΝΑΓΚΗΣ
ASSEMBLY POINTS DURING EMERGENCY EVENT



ΥΠΟΜΝΗΜΑ - LEGEND

- ΣΗΜΕΙΟ ΣΥΓΚΕΝΤΡΩΣΗΣ (Σ.Σ.)**
ASSEMBLY POINT (A.P.)
- Τηλεφωνικά κέντρα έκτακτης ανάγκης**
Emergency telephone numbers
- 112: Πυρόσβεση/Πρωτοβάθμια Φροντίδα (Fire/First Aid)
 - 100: Αστυνομία/Police
 - 199: Επείγουσα Υγεία (Emergency Health)
 - 166: Ε.Κ.Α.Α. Medical Emergency Services



ΠΕΡΙΓΡΑΦΗ ΚΤΙΡΙΩΝ

- 101: ΜΕΤΕΩΡΕΣ
- 102: ΣΧΟΛΗ ΟΙΚΟΝΟΜΙΚΩΝ ΚΑΙ ΚΟΙΝΩΝΙΚΩΝ ΕΠΙΣΤΗΜΩΝ
- 103: ΣΧΟΛΗ ΟΙΚΟΝΟΜΙΚΩΝ
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DESCRIPTION OF BUILDINGS

- 101: METEORS
- 102: SCHOOL OF ECONOMICS AND SOCIAL SCIENCES
- 103: SCHOOL OF ECONOMICS
- 104: SCHOOL
- 105: SCHOOL OF POLITICAL SCIENCES
- 106: SCHOOL OF ECONOMICS
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ΕΠΕΙΓΟΥΣΑ ΕΜΠΕΔΩΣΗ ΕΣΤΙΝ ΕΠΕΙΓΟΥΣΑ ΔΕΞΙΑ
EMERGENCY PREPAREDNESS IS EMERGENCY PREPAREDNESS

Επισημάνετε με τον αριθμό, το κεντρικό σημείο συγκέντρωσης στο ναυτικό κτίριο.

Be informed about emergency preparedness in your building and site.

Μετρήστε με τους μαθητές σας τους αριθμούς κτιρίων και των συλλογικών χώρων που είναι το κεντρικό σημείο συγκέντρωσης σε περίπτωση έκτακτης ανάγκης, κατά την εκπαίδευση που θα πραγματοποιήσετε με τη συμμετοχή των φοιτητών και των δασκάλων.

Measure with your colleagues and professors and find out the site with your students the emergency telephone numbers and the nearest assembly point, where you have to go after an earthquake.

ΕΜΠΕΔΩΣΗ ΚΑΤΑ ΤΗ ΔΙΑΡΚΕΙΑ ΤΟΥ ΔΕΞΙΟΥ
EMERGENCY PREPAREDNESS DURING THE EMERGENCY

Προβλέψτε τη διαδρομή που πρέπει να ακολουθήσετε.

Forecast the route that you should follow and tell it to your students. In case there is an earthquake, stand down in the middle of the room, holding your hands on your head and protect your head and neck with your hands. Do not have glass bottles or furniture that could fall on you.

ΕΜΠΕΔΩΣΗ ΜΕΤΑ ΤΟ ΔΕΞΙΟ
EMERGENCY AFTER THE EMERGENCY

Εκτιμήστε το μέγεθος της απειλής και τη διαδρομή.

Assess the size of the threat and the route.

Καταγράψτε στο κεντρικό σημείο συγκέντρωσης.

Record in the nearest assembly point.

Παραμείνετε εκεί.

Do not move from the assembly point.

Ασφάλειστε τους συναρμολογημένους στο ναυτικό κτίριο.

Secure people who are in boat.