



University of Thessaly Overview

University of Thessaly (UTh) is a prominent institution of Higher Education aiming to promote



scientific knowledge through teaching and research and to contribute to the cultural and economic development of the community and society. It promotes scientific and academic excellence in all fields of expertise and rewards outstanding individual performances, establishing new scientific research units and fostering an environment that supports innovative actions.

UTh is the third biggest University in Greece, **operates in five major cities**, Larissa, Volos, Karditsa, Trikala and Lamia and **consists of 8 Schools and 35 Departments**. It provides 105 undergraduate and postgraduate programs and extra-curricular modules in specific research and business fields. It has more than 42.000 undergraduate students, about 4300 postgraduate students and about 1500 PhD students. It also has 1000 members of teaching and research staff and 450 members of administrative personnel. It is known for its excellent research performance and outstanding scientific achievements, in accordance with the international standards.





UNIVERSITY OF
THESSALY

International Relations Office
Erasmus +



Erasmus+

As part of its future goals, UTh intends to strengthen its collaborations abroad, increase its human resources, upgrade and utilize existing human resources, attract young scientists and encourage research through the creation of modern research structures, increase infrastructure and utilize its assets and funds from the EU. The members of the academic and research staff participate in European research networks and numerous innovative research projects in the EC.



Currently, UTh has more than 600 Erasmus Bilateral Agreements with more than 40 countries, and works in partnership with European and overseas institutions to facilitate academic exchanges, research collaborations and jointly organized academic programs (intensive courses, summer schools etc.) with other higher education institutions.





University of Thessaly in Trikala campus

Trikala is one of the regional units of Greece, forming the northwestern part of the region of Thessaly and borders the regional units of Karditsa to the south, Arta to the southwest,



Ioannina to the west, Grevena to the north and Larissa to the east. It combines innovation and culture, where the Municipality respects the local history, while it implements many smart solutions for its residents and visitors. Moreover, Trikala is friendly and offers special local flavors and spirits of high quality (i.e., feta cheese and pies, wine and tsipouro accordingly), while it makes citizens and visitors smile, explore

the city with bicycles and boats in Litheos river or walk in its open spaces and museums.

Additionally, Trikala is a town with rich history and monuments such as the “**Castle**”, built by the Byzantine emperor Justin I the 6th century), the “**Clock Tower**”, built by the Ottomans, the “**Kursum Mosque**” (16th century) the



riverside Matsopoulos Mill complex, a fantastic industrial monument built in 1884, **Meteora**, that is included on the UNESCO World Heritage List. In 2004, Trikala was labelled as the first “digital city” in Greece, highlighting its reputation as a “smart city” which supports the development of digital solutions aiming to improve the quality of life of its citizens.





The Department of Nutrition and Dietetics

The Department is located in Trikala city, close to major urban centers, such as Larissa (60 km), Thessaloniki (200 km) and Athens (300 km).



The mission of the Department is the training of scientists, who will apply the science of nutrition and dietetics to improve eating habits, health, wellness and quality of life. The ultimate goal of the Department is to become a reference center on issues related to diet and nutrition, using knowledge, research and innovation as means.



Graduates of the Department of Nutrition and Dietetics can be professionally employed as dietitians-nutritionists both in public sector (eg hospitals, kindergartens, etc.) and in private sector (food industries, catering), in education or as freelancers.





IMPORTANT INFORMATION FOR THE INCOMING ERASMUS STUDENTS FOR STUDIES

Department of Nutrition and Dietetics

Erasmus Departmental Coordinator

Name: Dr. Odysseas ANDROUTSOS, Associate Professor

Email: oandroutsos@uth.gr

Tel. +30 24310 47108

Erasmus Departmental Secretary

Name: Mrs Anastasia FILIPPOU

Email: anastasiafilippou@uth.gr

Tel. +30 24310 47103

Department's site: <http://dnd.uth.gr>

For any academic issue, such as availability of courses, etc., you should contact Dr. Odysseas ANDROUTSOS

For any administrative issue, such as changes to your Learning Agreement, Transcript of Records, you should contact the Secretary of the Department, Mrs Anastasia Filippou.

Erasmus Office

Erasmus Administrative Coordinator for Incoming Students

Name: Ms Areti BANIA

Email: aretibania@uth.gr

Tel. +30 2410 684727

UTh Erasmus Site: <http://erasmus.uth.gr/en/>

Nomination Procedure

You can apply to the University of Thessaly (G VOLOS01) as an exchange student for a 3-12-month period of studies either for the Winter Semester or/and for the Spring one.

The Erasmus office of your home University should nominate you first

Nomination Deadlines

- **30th of June** for students who will attend the **Winter Semester** or the **Full Academic Year**
- **30th of November** for students who will attend the **Spring Semester**

More information on: <http://erasmus.uth.gr/en/studies-en/nomination>



Application Procedure

After your Home University has nominated you to study at UTh, please fill in and send to the Erasmus Office (aretibania@uth.gr) the following documents (signed and stamped) by email or by post:

- The Student's Application Form
- The Learning Agreement
- a Copy of your travelling documents (ID or PASSPORT)
- a B1 English Language Certificate
- a Copy of your European Health Insurance Card

Application deadlines:

- **31th of July** for students who will attend the **Winter Semester** or the **Full Academic Year**
- **15th of December** for students who will attend the **Spring Semester**

More information on: <http://erasmus.uth.gr/en/studies-en/application>

English Language Requirements

Important: Students are required to have **B1 level** knowledge of English. As proof of English knowledge, all certificates obtained by examination from a CEFR- validated English language course, are accepted.

More information on: <http://erasmus.uth.gr/en/studies-en/teaching-language>

IMPORTANT INFORMATION FOR THE INCOMING ERASMUS STUDENTS FOR TRAINEESHIP

Application Procedure

Whoever is interested in carrying out a mobility period for Erasmus+ placement (traineeships), should communicate directly with the relevant departments or laboratories in order to obtain an official acceptance.

Once a certain department or laboratory of the UTH will officially accept you and as long as you have obtained the approval of the sending institution for your placement mobility, you have to complete and send to the IRO by post or via e-mail (aretibania@uth.gr) the document «[Data of incoming student](#)»).

More information on: <http://erasmus.uth.gr/en/traineeships-en>



OFFERED COURSES FOR THE INCOMING ERASMUS STUDENTS

Winter Semester

Code	Course	ECTS	Course Supervisor
INT-1001	General Chemistry	5	Manouras A
INT-3003	Nutrition Research	5	Kosti R
INT-3006	Nutritional Assessment	6	Androutsos O
INT-107	Health Education*	6	Hassandra M.
INT-110	Sociology of Education*	6	Bekiari A.

Spring Semester

Code	Course	ECTS	Course Supervisor
INT-2001	Organic Chemistry	4	Manouras A
INT-2005	Nutrition Education	5	Androutsos O
INT-205	Clinical Nutrition*	6	Jamurtas A
INT-209	Ergogenics*	6	Karatzaféri C., Sakkas G.K

More information on:

http://erasmus.uth.gr/docs/DEPARTMENT_OF_NUTRITION_AND_DIETETICS_copy.pdf

* These courses are offered by the Department of Physical Education & Sport Sciences (Trikala), University of Thessaly.

Greek Language Courses

The University of Thessaly offers **Greek language courses** to all Erasmus and international Students every academic year. The courses have **no tuition** and they can be included in the Learning Agreement (3 ECTS).



OTHER SERVICES

Accommodation

The Department of Nutrition and Dietetics Health does not provide accommodation to the Erasmus incoming students, but they may help you rent an apartment in the city.

Students Restaurant

With their student card (*passo*) **activated** students can have free meals (3 per day) in the Student Restaurant.

Working Hours daily (weekends included):

Breakfast: 08.00a.m. - 09.30 a.m.

Lunch: 12.30p.m. - 15.30 p.m.

Dinner: 19.30- 22.30 p.m.

The Student Restaurant is closed during Christmas & Easter Holidays as well as in July and August.

Library

The Library aims at supporting and promoting the educational and research work and offers its services to all the academic community members

All Erasmus students can be members of the University Library free of charge, depositing one photo, their identity card or passport and their UTH student card.

The library catalogue, the CD-ROM network and the digital library material can be accessed from: http://www.lib.uth.gr/LWS/en/en_hp.asp

For more please contact the Secretary of the Department.

Sport Center

The Sport Center of UTH organizes trips with sports activities to the Greek countryside with a very low rate.

Every semester students have the opportunity to enjoy Hiking and Biking to mountain Olympus and mountain Kissavos, Kanoyning and Archery to Lake Kerkini, Rafting to River Voidomatis and River Arachthos and Skiing to Vasilitsa



Erasmus Student Network - ESN

The ESN UTH is a non-profit, non-political volunteering student organization comprised by students of the University of Thessaly. Its aim is to improve the mobility-experience of all students studying in the University of Thessaly, to improve the social and personal integration of the exchange students and provide support for both incoming and outgoing Erasmus students.

Greek students from the University of Thessaly, who have already been Erasmus Students abroad, are willing to help! So they created a buddy system. The Erasmus buddies are of course different persons from year to year! You will find the contact details of the “fresh” ones on the Erasmus web page at the Announcements

For more information, you can visit the Facebook page: <https://www.facebook.com/esnuth/>, or you can contact them at uthesn@gmail.com