



Erasmus+



REFUGEE WOMEN GUIDE



University
of Humanities
and Economics
in Işık



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Erasmus+ project:

“INTERNATIONAL COOPERATION
FOR REHABILITATION AND
SOCIAL INTEGRATION OF
REFUGEE WOMEN IN TURKEY
AND EUROPE”

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GREEK
EDITION

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1. DEFINITIONS

1.2 What is a Refugee?

A refugee, is someone who is forced to leave his country because of political, ethnic, racial and religious persecution, or because he belongs to a particular social group that is being prosecuted. A refugee is also, someone who is at risk in his country because of war or violence. As a result, he cannot return to his home country and is entitled to asylum and international protection in the country where he resorts to.

1.2 What is migrant?

A migrant, is someone who leaves his country trying to find work and better living conditions. Usually, a migrant is forced to leave because of environmental conditions and absolute poverty. The difference with a refugee is that a migrant can return to his country. It is important to note that, usually, both migrants and refugees, when they enter Greece, do not have documents and it is not easy to identify their identity.

1.3 What is asylum seeker?

An asylum seeker, is a person who has left his home country as a political refugee and is seeking asylum in another.

2. Migration Services

Greek Council for Refugees

Athens

Address: 25 Solomou Str., 10682, Athens

Tel.: (+30)210-3800990-1

Website: <http://www.gcr.gr/index.php/en/>

Thessaloniki

Address: 37A Kassandrou Str., 54633,

Thessaloniki

Tel.: (+30)2310-250045

Ioannina

Address: 17b 28is Oktovriou Str., 45444,

Ioannina

Tel.: (+30)26510-26358

Greek Council Refugees works on a daily basis to provide free legal and social advice and support through three basic services: Refugee Reception Center, Legal and Social Aid Departments.



**GREEK
COUNCIL
FOR
REFUGEES**

UNHCR GREECE

Athens

Address: Michalakopoulou 91, 115 28, Athens

Tel.: (+30)216 – 2007800

E-mail: great@unhcr.org

Website: <http://www.unhcr.gr/footer-toplinks/epikoinonia.html>

The Office of the High Commissioner for Refugees in Greece (UNHCR) ensure the protection of refugees, asylum seekers and all persons. It also seeks to inform and raise public awareness of the refugee issue in order to create a climate of tolerance and respect for the rights of refugees. Moreover, provides services and help for refugees' health, shelter and protection.



International Organization for Migration (IOM) Greece

Athens

Address: 6 Dodekanisou Str., Alimos, 17456,
Athens

Tel.: (+30) 210-9919040

E-mail: iomathens@iom.int

Website: <https://greece.iom.int/en>

Thessaloniki

Address: 1 Minotavrou Str. & 26is Oktovriou Str.,
Porto Center, Building C2, 54627, Thessaloniki

Tel.: (+30) 2310523851

E-mail: iomathens@iom.int

Patra

Address: 17A Vasileos Georgiou Square, 4th Floor,
26221, Patra

Tel.: (+30) 6985111206

E-mail: iomathens@iom.int

Ioannina

Address: 6 Averof Str., 1st Floor, 45221, Ioannina

Tel.: (+30) 2651001025 (+30) 6986547044

E-mail: iomathens@iom.int

Crete

Address: 2, Eleuthernis & Ifaistou, 71303, First
Floor, Heraklion, Crete

Tel.: (+30) 6985111205

E-mail: iomathens@iom.int

IOM is committed to the principle that humane and orderly migration benefits migrants and society. Its activities contribute to protecting human rights.



Amnesty International Greece

Athens

Address: Sina 30, 106 72, Athens

Tel.: (+30) 210-3600628

E-mail: athens@amnesty.org.gr

Website: <https://www.amnesty.gr/>

Amnesty Greece, through their detailed research and determined campaign, helps for fighting abuses of human rights worldwide, as well as of refugees/immigrants. The organization helps by fighting for change of oppressive laws.



Group of Lawyers

Athens

Address: Lontou 6 & Mesologiou (Exarhia) Second floor, Athens

E-mail: omadadikigorwn@lists.riseup.net

Website:

<http://omadadikigorwnenglish.blogspot.gr/>

Group of Lawyers is a blog in which the user can find useful information about refugee issues (rights).



Group of Lawyers
for the rights
of migrants
and refugees

National Commission for Human Rights (NCHR) Hellenic Republic

Athens

Address: Neofitou Vamva 6, 3rd floor, 106 74
Athens

Tel.: (+30) 210 7233221-2,
(+30) 210 7233216

E-mail: info@nchr.gr Website:

<http://www.nchr.gr>

The GNCHR is specialized in human rights issues.



The Greek Ombudsman

Athens

Address: Chalkokondili 17, 104 32, Athens

Tel.: (+30) 213 1306 600

E-mail: rg.soroginys@sserp

Website: <https://www.synigoros.gr/?i=stp.en>

The Greek Ombudsman carries out visits at shelters and detention facilities in many parts of the country, cooperates with bodies and NGOs and fight for the rights of minor refugees. The organization makes recommendations to improve the treatment of unaccompanied minors.



Rights for Refugees

Tel.: (+30) 213 0264975

Website: <http://www.rights4refugees.gr/en/basic-rights/employment>

Greek Forum for Refugees

Tel.: (+30) 2130282976

Website: <http://refugees.gr/social-services-en/>

Rights for Refugees and Greek forum for Refugees provide all the information about the application for Asylum in Greece, as well as some services for the basic rights:

- International protection
- Unaccompanied minors
- Marriage
- Birth-naming
- Death
- Education
- Employment
- Housing
- Health
- Tax register number
- Social security number
- Voluntary return



3. Health Services

Doctors Without Borders (MSF) Greece

Athens

Address: Solonos 133, 115 27, Athens

Hours: Open every day (09:00-17:00)

Tel.: (+30) 210 5200500, (+30) 210 8213713
(+30) 210 8213704

E-mail: info@msf.gr

Website: <https://msf.gr/en>

Doctor without borders (Medecins Sans Frontiers-MSF), in an effort to respond to the medical needs of refugees and migrants living in the city, opened a center for vulnerable people in the center of Athens. The center provides sexual and reproductive health care (prenatal care, gynecological care, care for pregnant women, postnatal care, care for sexually transmitted infections and diseases, etc.). Also, the team provides health promotion and educational sessions. In addition, MSF facilitates the transfer of patients to public health structures when needed and facilitate the communication of patients with Arabic and Farsi cultural mediators.

Lesvos

Address: city of Mytilene

Hours: Open every day (09:00-17:00)

Tel.: (+30) 210 520500

MSF opened a clinic for refugees/migrants in Lesvos. The clinic provides mental health care, care for sexual and reproductive health

(gynecological care, care for pregnant women, family planning, care for victims of sexual violence, etc.) and care for people suffering from chronic diseases (heart disease, diabetes, chronic lung disease and asthma, epilepsy, etc.). Also, MSF covers transport costs for migrants visiting the clinic.



Hellenic Red Cross

Athens

Address: Likavittou 1, 106 72, Athens

Hours: phone call every day (08:00-20:00)

Tel.: (+30) 210 5140440

(+30) 6934-724893

E-mail: informatics@redcross.gr

Website: <http://www.redcross.gr/>

The Hellenic Red Cross aims at relieving human pain in times of war and peace, supporting injured, sick, refugees, elderly people with financial difficulties and individuals from every vulnerable group of the population



ActionAid Hellas

Athens

Address: Falirou 52, 117 41, Athens

Tel.: (+30) 210 9212321

Website: <http://www.actionaid.gr/>

ActionAid Hellas main concern is to support and empower women, to mobilize them, to improve their lives and thus the lives of their families. Also, ActionAid Hellas provides health care and first need support mainly to

act:onaid

Doctors of the World (MdM) Greece

Athens

Address: 12 Sapfous str., 10553, Athens

Tel.: (+30) 210 3213150

Website: <http://mdmgreece.gr/en/>

Thessaloniki

Address: 29A Ptolemaion str. (pedestrian street),
546 30, Thessaloniki

Tel.: (+30) 2310 566641

(+30) 2315 314206

E-mail: thessaloniki@mdmgreece.gr

Athens (Perama)

Address: 5 Aristidou Str & Xenofontos Str, 188 63,
Perama, Athens

Tel.: (+30) 210 4414788

(+30) 216 7001596

E-mail: perama@mdmgreece.gr

Kavala

Address: 13 Karanaou str., 65 302, Kavala

Tel.: (+30) 2510 227224

E-mail: kavala@mdmgreece.gr

Crete

Address: 59 Markou Botsari str., 73 136, Chania,
Crete

Tel.: (+30) 28210 23 110

E-mail: chania@mdmgreece.gr

Patra

Address: 92 Kapodistriou str., 26 224, Patra

Tel.: (+30) 2610 310366

E-mail: patras@mdmgreece.gr

Doctors of the World is a medical humanitarian NGO organization. MDM provides medical as well as other services to marginalized population that cannot access healthcare services and medical care.



Medical Intervention (Medin) Greece

Athens

Address: Michalakopoulou 99, 11527, Athens

Hours: Open today (10:00-18:00)

Tel.: (+30) 210 7778770

E-mail: info@medin.gr

Website: <http://medin.gr/>

The main aim of Medical Intervention (Medin) is the provision of urgent humanitarian as well as development aid.



PRAKSIS

Athens

Business Coaching Center

Address: 57 Stournari str., 10432, Athens

Tel: (+30) 210 5205200

Website: <https://www.praksis.gr/en/>

Athens solidarity center

Address: 2 Domokou str., 10432, Athens

Tel: (+30) 210 8220883

Thessaloniki

Address: Monastiriou 62, Thessaloniki

Tel.: (+30) 2310 527938

Praksis primary objective is the design, application and implementation of humanitarian and medical actions. In particular, PRAKSIS aims to provide free social services and basic medical services etc.



4. Education Services

Intercultural Centre “PYXIS” Greek Council for Refugees

Athens

25 Solomou Str., 10682, Athens

Tel: (+30)210-3800990-1

Website:<http://www.gcr.gr/index.php/en/about-gcr/structure/compass>

Thessaloniki

37A Kassandrou Str., 54633, Thessaloniki Tel:
(+30)2310-250045

Ioannina

17b 28is Oktovriou Str., 45444, Ioannina Tel:
(+30)26510-26358

Pyxis' implement various cultural and educational activities like courses of Greek and English language, computers, remedial teaching, etc., mainly for refugees' children, while at the same time, it offers counselling and guidance services



**GREEK
COUNCIL
FOR
REFUGEES**

Metadrasi

Athens

Address: 7, 25 Martiou, 17778 Tavros, Athens

Tel.: (+30) 214 1008700

E-mail: INFO@METADRASI.ORG

Website: <http://metadrasi.org/en/home/>

The main activities of Metadrasi are: Interpretation services, training of interpreters, escorting missions for unaccompanied children, legal assistance, Greek language courses, multilingual guide for education in Greece



Youth and Lifelong Learning Foundation

Agioi Anarguroi

Tel.: (+30) 213 1314541

(+30) 213 1314546

E-mail: tm-eidikondraseon@inedivim.gr

Website: <https://www.inedivim.gr/en>

Provides specialized services, such as: Greek language learning, provision of interpretation, provision of social and psychological.



5. Employment Services

KLIMAKA

Athens

Address: 9 Diocharous street, 11528, Athens

Tel.: (+30) 210 3417160

(+30) 210 3417420

E-mail: central@klimaka.org.gr

Website: <http://www.klimaka.org.gr/home/>

Klimaka provides services such as: Labor and social inclusion, legal counselling etc.



Φορέας Ανάπτυξης Ανθρώπινου
& Κοινωνικού Κεφαλαίου
για την Αντιμετώπιση
του Κοινωνικού Αποκλεισμού

REFUGEE.INFO

Athens

Website:

<https://www.refugee.info/athens/info/working-greece/>

Refugee Info's website, its iOS and Android apps, and its social media channels aim to provide refugees with critical, clear information about conditions, legal procedures and rights in locations across Europe. This information is provided in English, Arabic and Farsi.

REFUGEE.INFO

دليل اللاجئين

Generation 2.0 RED

Athens

Address: Romantso, 3rd floor, Office 304,
Anaxagora 3-5, Omonoia, Athens

Tel.: (+30) 216 7003325

E-mail: info@g2red.org

Website: <http://g2red.org/index.php/en/>

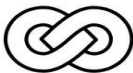
Generation 2.0 for Rights, Equality and Diversity works with young Greeks and refugees to promote human rights, equality and diversity, and to fight against racism, xenophobia and discrimination. They research and advertise job opportunities in Greece and provide free, individualized employment counselling for all, regardless of age, ethnicity, gender, religion or sexual orientation.



REFEGON

Website: <http://www.refergon.com/>

Refergon is based in Athens and helps refugees to find employment opportunities, prepare them for job interviews, certifies their skills.



RefugeesWork

E-mail: we@refugeeswork.com

Website: <http://www.refugeeswork.com/>

RefugeesWork helps newcomers build their digital skills, connect with community and find freelance work. The website advertises jobs across Europe. The job listings page can be found here. People can also post job opportunities for refugees in the RefugeesWork websi

RefugeesWork

6. Wedding Procedures

Rights for Refugees

Tel.: (+30) 213 0264975

Website: <http://www.rights4refugees.gr/en/basic-rights/marriage/>

Rights for Refugees provides all the information about the procedure of marriage of refugees in Greece. To learn all the details and the documents needed, please visit the website mentioned before



Angloinfo

Website: <https://www.angloinfo.com/how-to/greece/family/marriage-partnerships/marriage-requirements>

Angloinfo provides all the required documents for marriage of foreigners in Greece. Please, visit their website mentioned before. In the website is mentioned the department of translation.



7. Psychological Services

Doctors without Borders (MSF) Greece

Athens

Address: Solonos 133, 115 27, Athens

Hours: Open every day (09:00-17:00)

Tel.: (+30)2105200500

(+30) 210 8213713

(+30) 210 8213704

E-mail: info@msf.gr

Website: <https://msf.gr/en>

MSF opened a center to respond to the medical needs of refugees and migrants living in the city. The center provides mental/psychological health (support for victims of sexual violence, etc.).

Epirus (Ioannina, Thesprotia, Arta, Preveza)

MSF team provides specialized psychological and psychiatric care



MEDECINS SANS FRONTIERES
ΓΙΑΤΡΟΙ ΧΩΡΙΣ ΣΥΝΟΡΑ

KLIMAKA

Athens

Address: 9 Diocharous street, 11528, Athens

Tel.: (+30) 210 3417160

(+30) 210 3417420

E-mail: central@klimaka.org.gr

Website: <http://www.klimaka.org.gr/home/>

The *Iolaos* program was designed and operated by providing support and care services to refugees facing mental disorders and serious psychosocial problems. In particular, provides the following services:

- Psychiatric monitoring
- Individual counselling and psychological support
- Creative work
- Organization of free time activities and recreational activities in the community
- Groups of support and development of individual and social skills
- Organization of festive events
- Information - Raising awareness of the community to remove double stigmatization of refugees with mental disorders
- Training of students and mental health professionals etc.



Φορέας Ανάπτυξης Ανθρώπινου
& Κοινωνικού Κεφαλαίου
για την Αντιμετώπιση
του Κοινωνικού Αποκλεισμού

Day Center “VAVEL”

Athens

Address: I. Drossopoulou 72 (America Square),
11257, Athens

Hour: Every Tuesday and Thursday (09:00-
17:00)

Tel.: (+30) 210 8616280

(+30) 210 8616102

(+30) 210 8616266

E-mail: babel@syn-eirmos.gr

Website: <http://syn-eirmos.gr/babel/>

The day center VAVEL aims to serve the needs of the mental health of refugees/immigrants residing in Athens.



Day Center “Roptor”

Trikala

Address: Kalampakas 28 & Ampati, Trikala 421
00, Trikala

Hour: Monday to Thursday (10:00-13:00)

Tel.: (+30) 24310 73385
(+30) 24310 39388

In *Roptor* the main services and actions are:
psychological care, mental health education, the
fight against discrimination etc.



Social Clinic of Solidarity

Thessaloniki

Address: Aisopou 24, 54627, Thessaloniki,

Tel.: (+30) 2310 520386

E-mail: koinwniko.iatreio@gmail.com

Website: <http://www.kiathess.gr/en/>

A *clinic* that offers on regular basis and without any financial burden a primary health care program to everyone (non-insured persons, socially excluded Greeks and foreigners, refugee/immigrants). The organization fights to ensure free medical care, hospitalization and rehabilitation for all people.



8. Urgent Phone Numbers

Ambulance

Name: EKAB, Number: 166



The main activity of EKAB is the immediate medical and nursing care of all citizens wherever and whenever necessary, as well as their safe and rapid transfer to appropriate health care units. This is achieved through the development and operation of emergency pre-hospital care services as defined by the EKAB Agency.



Police

Name: Hellenic Police



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The Hellenic Police (EL.AS) is a state body whose mission is to manage national and public security.



Fire

Name: Fire, Phone: 199



The Hellenic Fire Service is the State body of Greece for fire and rescue service. It is part of the Ministry for Citizen Protection.





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INTERNATIONAL COOPERATION FOR REHABILITATION AND SOCIAL INTEGRATION OF REFUGEE WOMEN IN TURKEY AND EUROPE PROJECT



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JAINATNES ORGANIZĀCIJU APVIENĪBA "YMCA/MCA OF LATVIA"
ASSOCIATION OF YMCA/MCA OF LATVIA