

Conducting a professional career in scientific research in a foreign country is definitely a difficult process, and the decision of whether or not to immigrate to the destination country appears to be even tougher, when family issues should be taken into account. In fact, obstacles such as arranging a position in a research organisation in the foreign country or finding a job for a family member are sometimes very difficult to overcome. In order to eliminate or even to remove such barriers and promote researchers' mobility within the European Research Area (ERA), the European Network of Mobility Centres (ERA-MORE) was

set up and developed by the European Commission. ERA-MORE is an important initiative, which has been launched to support European scientists and their families with significant information about the destination country, encouraging them to go abroad and gain foreign experience in the field of their research.

The current guideline prepared in 2005 by the working party of Science and Technology Park of Crete (STEP-C) inspires scientists' initiatives to settle and carry out their research activities in Greece.

- What the Practical Guide for Foreign Researchers is all about?

The *Practical Guide for Foreign Researchers* provides basic information, gathered from governmental entities and other formal sources, about the life and the wider infrastructure of the Greek society. Furthermore, this guide will be an essential manual for foreigners who tend to visit and work in the country, assisting them in all matters relating to their professional and daily lives, as it gives answers to main questions before and after their arrival to the country.

- Who should use this Guide?

The Guide is primarily intended for non-Greek scientists who wish to move and establish their research activities in Greece. It seeks to be an aid in the overall effort of the European Commission to stimulate and encourage researchers' mobility within the ERA. Guide's aim is to provide European researchers and their families with comprehensive and useful directions regarding the every day life, such as housing, schooling, day-care etc, as well as, the political, economic social and technological infrastructure of the country. Guide's objective is to strengthen researchers' knowledge for the existing

circumstances of the country, and prepare them for an easier and better living.

- What will this guide tell you?

It contains a number of short sections-chapters which provide useful and informative issues about:

- The geographical and climate conditions, the population, religion and language status of the country etc
- The Greek Political, Economic, Educational and Cultural Environment
- Directives on how to travel and enter into the country
- The S&T innovation policy and R&D landscape in Greece, including information about the existing scholarship and funding framework
- The Employment and labour market, as well as the related regulations
- The Greek Tax System
- The Health and Social Security System
- The alternative accommodation offered by the country, as well as the related facilities
- A range of different information about services such as banking, transportation, travelling etc
- Useful links and email addresses