Hellenic Republic



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PRESS RELEASE – INVITATION

Blood Donation Drive at the Agricultural University of Athens

Dear members of the University Community,

We invite you to show your support for the **voluntary blood donation drive** being organized at the **Agricultural University of Athens**. Donating blood is an outstanding act of solidarity that saves lives. We look forward to welcoming you on **Thursday, 19 November 2026, from 09:00 to 14:00, at the Conference Auditorium of the Agricultural University of Athens**, as we join forces in this important initiative.

To ensure that the process runs smoothly and safely, please read the following guidelines:

Before donating blood:

- Make sure you are well-rested and have had at least six hours of sleep.
- Before arriving, have a light meal and drink plenty of fluids (water or juice).
- Wear comfortable clothing.

After donating blood:

- Drink plenty of fluids.
- Avoid smoking for at least two hours.
- Avoid standing for long periods, strenuous physical activity, and lifting heavy objects with the arm used for the blood donation.

Required identification: Donors must bring their national ID card or passport and know their AMKA (Social Security) number.

Registration: To help us schedule donors and avoid waiting times, please send your **full name and telephone number** to aimodosia@aua.gr if you wish to participate.

Thank you in advance for your participation and valuable contribution.
Yours sincerely,
Georgia Gounari
Volunteer Blood Donation Coordinator, AUA