Helene Haniotou graduated from the National Technical University of Athens, School of Architecture in 1983. Her dissertation explored the influence of neoclassicism in vernacular architecture and her diploma project, titled 'City of Chania, Crete: Restructuring the Venetian Shipyards Area', received first prize in the National Competition on Housing by the Ministry of Environment in 1984. It was published in 'Architecture in Greece' in 1985 and it was also presented at the Institute of Advanced Technology in York, UK, in 1986.

Also, she holds a DEA (Diplôme d'Études Approfondies) in 'Systèmes Spatiaux et Aménagements Régionaux' from the University of Strasbourg I, a CEAA (Certificat d'Études Approfondies en Architecture) with a focus on 'Maîtrise d'Oeuvre Urbaine' from the School of Architecture at Strasbourg and a Licence de Français-Lettres Modernes from the University of Strasbourg II.

She pursued her academic journey by earning a doctorate in Geography from Louis-Pasteur University, Strasbourg I (now University of Strasbourg). Her doctoral thesis, 'Loisirs généralisés et recomposition urbaine Interstitielle', supervised by the Professor Henri Reymond, earned the distinction of 'Très Honorable avec Félicitations à l'unanimité' and was published in 1997 by Presses Universitaires du Septentrion in Villeneuve-d'Ascq.

She presently holds the position of a tenured professor at the National Technical University of Athens, School of Architecture, Department of Urban and Regional Planning. Since 2013, she has served as the Director of the Laboratory of Urban Design. She has been elected as the Head of the Department of Urban and Regional Planning, School of Architecture, NTUA, on three occasions and has coordinated the Interdisciplinary Postgraduate Program. During her tenure, she has directed research projects and supervised doctoral theses.

Her academic work extends to her role as an Associate Researcher at the Laboratoire Image, Ville, Environnement UMR 7362 since 2009, preceded by a teaching and research career from 1997 to 2009 in France. She has scientific publications in Greek, French, and English and actively engages in peer-reviewing.

Additionally, she has organized international conferences and workshops in both France and Greece, fostering academic discourse. Her teaching experiences span across France, Canada (Quebec), and Greece, and she has been invited to speak at various institutions.

Her international engagements include interactions with institutions such as HFSPO (Human Frontier Science Program Organization, Strasbourg), European Commission (Brussels), European Parliament (Strasbourg), Council of Europe and the European Court of Human Rights (Strasbourg). She has also contributed her expertise at the Ministry of Planning, Housing, and the Environment (Athens). As an architect, she earned recognition through several national architecture competition awards.