HS SPETSAI (F-453) is a MEKO200HN class Frigate -the second ship of her class in service of the Hellenic Navy. She was built in Skaramagkas Hellenic Shipyards and commissioned in 1996. The ship's name is derived from the heroic island of Spetses, which contributed to the National Independence War of 1821 with its formidable flotilla.

HS SPETSAI is a multiple purpose Frigate. She can operate in a multi-threat environment and is capable of fulfilling all required tasks in the framework of Operation “IRINI”. The ship has taken part in numerous multi-national and NATO operations, exercises and training activities. The ship can accommodate a single Sikorsky S-70B Aegean Hawk helicopter.

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