Cyprus College | Limassol

Orientation
SEP 2023 | 22-26 SEPTEMBER
FRIDAY, 22 SEPTEMBER

Welcome to Cyprus College Limassol!
09:00 – 09:30
Venue: 001 Amphitheatre

Welcome from Administrative Head
09:30 – 09:40
Venue: 001 Amphitheatre

READY-SET-GO
Technology at Cyprus College – Develop Your Digital Skills
09:40 – 10:00
Venue: 001 Amphitheatre

#COLLEGE PATH TO THRIVE
Course Registration & Advising
10:00 – 10:15
Venue: 001 Amphitheatre

Break
10:15 – 10:45
Venue: Cafeteria

#COLLEGE PATH TO THRIVE
Career Center – Take charge of your future
10:45 – 11:15
Venue: 001 Amphitheatre

#COLLEGE PATH TO THRIVE
ERASMUS+ Information
11:15 – 11:30
Venue: 001 Amphitheatre

Library and Research
11:30 – 11:50
Venue: Library (4th floor)

Meet Your Program Coordinators!
12:30 – 12:50
• IT & Computer Science
  Venue: Computer Lab B01 (Basement)
• Aesthetics
  Venue: 001 Amphitheatre (Ground floor)
• Business Administration
  Venue: 002 Classroom (Ground floor)
• Office Administration
  Venue: 202 Classroom (2nd floor)

Campus Tour
12:50 – 13:10
Starting Point: Cafeteria

Selfie Scavenger Hunt
13:10 – 14:00
Venue: Cyprus College Campus

Make the Most of Your Student Life @ Cyprus College!
MONDAY, 25 SEPTEMBER - ONLINE WITH EUROPEAN UNIVERSITY CYPRUS

**Student Wellness (ONLINE)**
09:00 – 09:15
Venue: 001 Amphitheatre
@ Cyprus College Limassol

Part 1: Find out how you are supported and empowered by the Center of Applied Psychology and Personal Development (KEPSYP) services.

Part 2: Learn how the Committee for Students with Special Educational Needs can support you during your studies.

**How to Study Effectively (ONLINE)**
09:15 – 09:35
Venue: 001 Amphitheatre
@ Cyprus College Limassol

Gain useful tips and methods to help you achieve the best possible academic results and a lifetime love of learning and knowledge.

**Anxiety and Stress: How to Cope with my Feelings (ONLINE)**
09:35 – 10:25
Venue: 001 Amphitheatre
@ Cyprus College Limassol

This seminar will help you to recognize and be aware of anxiety and stress on four different levels (thoughts, emotions, behaviors, psychosomatic symptoms), but also how to effectively deal with stressful situations.

**Eat Smart to Improve your Academic Performance (ONLINE)**
10:25 – 10:55
Venue: 001 Amphitheatre
@ Cyprus College Limassol

Dr. Elena Hadjibei, Lecturer and Coordinator of the Nutrition and Dietetics program, will present smart ways you can eat to sharpen your brain, boost your memory and improve your ability to learn.

**Break**
10:55 – 11:35
Venue: Cafeteria

Enjoy healthy energy snacks. Make friends while playing “Food for Thought”, nutrition-related games!

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TUESDAY, 26 SEPTEMBER

**Picnic Day**
10:00 – 17:30
For more information & registration: 22713185 / A.Giorgiadou@euc.ac.cy
Ms. Angela Giorgiadou, Office of Student Affairs

Join us on a relaxing day out at the beautiful Platania picnic site, situated in one of the most beautiful locations in the Troodos mountains. Take part in a variety of fun activities and board games. Free picnic food and drinks will be offered to everyone.

Additionally, you will have the chance to see and admire the Cyprus mouflon, a unique rare mammal that is found only in Cyprus through an easy and circular walk, starting just opposite the Platania picnic site where there is a mouflon sanctuary.
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