



# Orientation | 19-29 SEP 2023 | SEPTEMBER



**TUESDAY, 19 SEPTEMBER**

**Welcome to EUC!**

09:00 – 09:30

Venue: Cultural Center (North Building, 1st floor)

Ms. Eleni Markantoni, Director of the Office of Student Affairs (OSA), welcomes you to the EUC family and highlights the services and resources that will help you make the most of this new chapter in your life.

**University Rector's Welcome**

09:30 – 09:40

Venue: Cultural Center (North Building, 1st floor)

University Rector, Professor Andreas Efstathiou, welcomes you to one of the leading and most dynamic universities in Cyprus and the region. The Rector will give a big-picture view of the university and its achievements and outline the benefits of becoming part of this vibrant, diverse and inclusive community. Learn how your studies at EUC will equip you with the skills, knowledge and experience to compete in today's international market and workplace where research, innovation and analytical thinking are critical.

**Welcome from the Vice-Rector of Academic Affairs**

09:40 – 09:50

Venue: Cultural Center (North Building, 1st floor)

Professor Loizos Symeou, Vice-Rector of Academic Affairs, will present the strengths that EUC offers you in its educational processes and student support services through your School, Department and program. You will learn more about the academic practices that add value to your learning experience at EUC and how these positively differentiate your EUC academic experience from other universities in Cyprus and the region.

**Ready-Set-Go  
It's Time To Start Making Uni Friends!**

09:50 – 11:15

Venue: Cultural Center lobby (North Building, 1st floor)

University means a new beginning and forming new friendships. In this workshop, you will get to know your fellow students through interactive and fun activities!



**Break**

11:15 – 11:45

Venue: Cafeteria (West Block Building, ground floor)

Enjoy a musical and dance program. Snacks and drinks will be offered to everyone!



**#UNI PATH TO THRIVE**

Venue: Cultural Center (North Building, 1st floor)

11:45 – 12:15

**Career Center – Take Charge of Your Future**

12:15 – 12:45

**Be Part of Our World: Discover Student Life**

12:45 – 12:55

**Get to Know Your Student Union**

12:55 – 13:05

**GO EUC! Athletics at European University Cyprus**

13:05 – 13:30

**Get Fit @ New Life Health Centre for EUC Students**

Learn about the many ways the Office of Student Affairs supports your success outside the classroom to help you thrive at EUC and beyond. Find out about the opportunities to enhance your student life through clubs, societies, sports, gym facilities and the Student Union. In addition, the Career Center will show you the path to reach professional success.



**WEDNESDAY, 20 SEPTEMBER**

**#UNI PATH TO THRIVE**

Venue: Cultural Center (North Building, 1st floor)

09:00 – 09:10

**Course Registration & Advising.  
What you need to know to register for classes**

09:10 – 09:20

**ERASMUS+ Information**

Find out how the Student Advising Center and your personal academic advisor will assist you in preparing your timetable and registering for classes. In addition, you will hear from the EUC Erasmus Office about all of the exciting student exchange opportunities in Europe.



**Meet your School & Student Representatives!**

09:20 - 10:50

• **School of Sciences**

Venue: Cultural Center (North Building, 1st floor)

• **School of Business Administration**

Venue: Auditorium Beta (North Building, 1st floor)

• **School of Law**

Venue: Auditorium Delta (North Building, 1st floor)

• **School of Humanities, Social and Education Sciences**

Venue: Auditorium Alpha (North Building, 1st floor)

• **Cyprus College**

Venue: Omega Conference

A university is made up of a group of "schools". Attend the presentation of the school to which your program belongs to get a full perspective of your new environment. Following, you will get to know the student representatives of your school, be aware of their role and learn the benefits of having such representation. Additionally, student reps will answer any of your questions—from getting your EUC student card to accessing the digital learning platform and anything in between.



**Break**

10:50 – 11:30

Venue: Cafeteria (West Block Building, ground floor)

Student representatives will be available for you to chat one-on-one.



**Campus Tour:  
Starting Point EUC Cafeteria**

11:30 – 12:30

Venue: Cafeteria (West Block Building, ground floor)

Student assistants will give you a tour of campus facilities



**Selfie Scavenger Hunt**

12:30 – 13:15

Venue: EUC Campus

Find locations around campus, take selfies and get the chance to win a prize



**THURSDAY, 21 SEPTEMBER**

**Technology at European University Cyprus – Develop Your Digital Skills**

**09:00 – 09:30**  
Venue: Cultural Center (North Building, 1st floor)

Find out about the StartUp Center powered by Microsoft, the Computer Center, digitally enhanced learning technologies and your online student portal to see how the advanced technological infrastructure at EUC will connect you to others and add value to your learning experience



**EUC Social Media and App**

**09:30 - 09:40**  
Venue: Cultural Center (North Building, 1st floor)

Learn about all of the EUC social media channels and apps to keep connected to your university, collaborate with your classmates and find out what's going on at EUC.



Stay connected with the official EUC mobile app

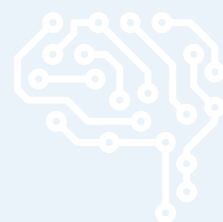
**«Succeeding Against all Odds»**

**09:40 – 10:00**  
Venue: Cultural Center (North Building, 1st floor)

Ms Angela Panayiotou, Inspirational Speaker and Innovation Advisor, will share her experiences in succeeding with small and big goals in life no matter the difficulties, and inspire you to work around them, to get from anonymity to recognition for what you do.

**Going Digital in a Digital World?**

**10:00 – 11:00**  
Venue: Cultural Center (North Building, 1st floor)



In the "Going Digital" workshop, you will not only explore the world of digital transformation, but you will also be provided with practical tools and applications to improve your digital profile, ultimately saving time, increasing productivity, and enhancing your overall well-being.

Throughout this workshop, Ms. Andrie Penta, Master Trainer and Mr. Apostolos Palaskas, Director & Master Trainer of Door Training & Consultancy company, will give tips on empowering you with the necessary skills and knowledge to help you thrive in the Digital Era and the increasingly digitalized world.

**Break**

**11:00 – 11:40**  
Venue: Cafeteria (West Block Building, ground floor)

**Ice Cream Social Time!**  
Enjoy a refreshing ice cream along with your new friends.



**Going Digital in a Digital World? (Continue)**

**11:40 – 12:40**  
Venue: Cultural Center (North Building, 1st floor)



**EUC Alumni Back on Campus – Sharing Experiences**

**12:40 – 13:10**  
Venue: Cultural Center (North Building, 1st floor)

Join us for a discussion with EUC graduates who discuss with you the benefits they gained from using OSA and other vital services, as well as what they would have done differently to make the most of their student life.

**Library and Research**

**13:10 – 13:45**  
Venue: Library (South Building, 2nd floor))

Find out about the EUC library resources and 24/7 online databases for your research and assignments.



**MONDAY, 25 SEPTEMBER**

**Student Wellness**

**09:00 – 09:15**  
Venue: Cultural Center (North Building, 1st floor)

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

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

**How to Study Effectively**

**09:15 – 09:35**  
Venue: Cultural Center (North Building, 1st floor)

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**

**09:35 – 10:25**  
Venue: Cultural Center (North Building, 1st floor)

This seminar will get you familiarize with how to recognize and be aware of your 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**

**10:25 – 10:55**  
Venue: Cultural Center (North Building, 1st floor)

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 (West Block Building, ground floor)

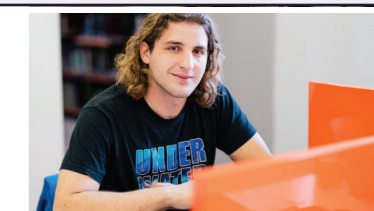
Enjoy healthy energy snacks prepared by senior Clinical Dietician and Nutrition Program students. Make friends while playing "Food for Thought" nutrition-related games!



**How to be Mentally Resilient**

**11:35- 12:20**  
Venue: Cultural Center (North Building, 1st floor)

Learn practical ways to cope with, adapt to challenges, and build mental and emotional flexibility to grow. Find out your inner strengths through an interactive virtual quiz.



**Workshop for Road Safety**

**Zero road fatalities ....our goal!**  
**12:20- 13:40**  
Venue: Cultural Center (North Building, 1st floor) & Cafeteria (West Block Building, ground floor)

The aim of the Presentation is to reflect and raise public awareness of road safety issues. Road safety is everyone's responsibility!

Presentation by Police Officer and sharing of experiences by Ms. Lena Katelari, President of Mavrikios Foundation.

If you wish, you will be able to wear simulation glasses to experience how one's driving is impaired by drinking and drugs and the use of bikes. Finally, you will have the chance to see a demonstration on the use of a police motorbike from a Police Officer and then get the chance to also try out some of its functions.



TUESDAY, 26 SEPTEMBER

Picnic Day

10:00 – 17:30

For more information & registration: 22713185 / A.Georgiadou@euc.ac.cy Ms. Angela Georgiadou, 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.



FRIDAY, 29 SEPTEMBER

- EUC Fun Day
- Registration To Student Clubs
- EUC Shop

17:00 – 23:30

Venue: Staff Parking Lot and Cafeteria

- Join us for a fun day on campus with games ranging from human foosball, basketball, and shooting
- Register for student clubs, meet club representatives, enjoy various sessions/ games, shows and demonstrations from Student Clubs and International Student Associations ranging from a yoga lesson, open chess game, Robotics' demonstration and programming session, African Show, dance show and lesson etc
- Buy your EUC branded items from the EUC shop
- Enjoy a barbeque and drinks for everyone
- Listen and dance with musical entertainment with DJ
- Win gifts and many more surprises



SATURDAY, 21 OCTOBER

9:15 – 15:00

Guided Tour of Nicosia | Save the DATE

Come and explore the hidden gems of Nicosia!

For more information & registration: 22713185 / A.Georgiadou@euc.ac.cy Ms. Angela Georgiadou, Office of Student Affairs



A professional guide will accompany you to the:

- Nicosia Museum
- Famagusta Gate
- Buffer Zone
- Solomou Square
- Eleftherias Square
- Ledras/Onasagorou Streets
- Laiki Geitonia
- Church of Archangelos Michael Trypiotis
- Faneromeni Square
- Book Club "Yfantourgeio"
- New Town Hall
- Nicosia Municipal Arts Centre
- Archbishop's Palace
- Pancyprian Gymnasium
- Hamam Omerye.

During the tour, free drinks and snacks will be offered at a local café. Free time for all to stroll around!





**Make the Most  
of Your Student  
Life @EUC!**