



European  
University Cyprus

# Orientation 2025

**22 SEP  
UNTIL  
04 OCT  
2025**





MONDAY, 22 SEPTEMBER 2025

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), extends a warm welcome to the newest members of the EUC Family and introduces the services and resources available to support you as you begin this exciting new chapter in your life.

Let the Fun Begin!

Get Ready, Get Set — It's Time to Start Making Friends at Uni!

09:30 – 11:00

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 fun and interactive activities.



Break

11:00 – 11:40

Venue: Cafeteria (West Block Building, ground floor)

Enjoy music by DJ Wired, along with complimentary snacks and drinks for everyone.



#UniLifeUnlocked

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

11:40 – 12:10

Career Center – Take Charge of Your Future

Discover how the Office of Student Affairs supports your success beyond the classroom, helping you thrive at EUC and in your future journey. EUC Career Center specialists will guide you toward professional achievement, followed by an introduction to the wide range of opportunities that can enrich your student experience — from clubs, societies and sports to gym facilities and the Student Union.

12:10 – 12:40

Live It, Love It: Your Student Life Starts Here



12:40 – 12:50

Get to Know Your Student Union

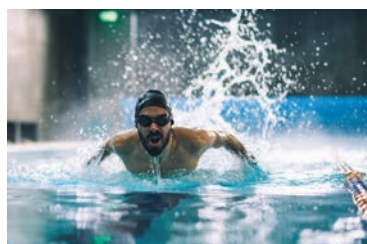
12:50 – 13:00

Join EUC Athletics - Unleash the Champion in You!



13:00 – 13:10

Achieve Your Fitness Goals at New Life Health Centre for EUC Students



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

**TUESDAY, 23 SEPTEMBER 2025**

## **Treasure Hunt & Outdoor Relaxation Day**

**09:30 – 13:30**

**Venue:** Athalassa National Forest Park, Nicosia

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

### **Explore, Walk, Unwind!**

Join us for a refreshing morning in nature at Athalassa Park! Enjoy an interactive Treasure Hunt where students will solve clues, complete playful challenges and explore the park in teams. It's a great way to connect, move and discover interesting facts about student life and Cyprus.

After the hunt, enjoy free time to walk through the beautiful park, relax and connect over coffee and snacks in a friendly, casual atmosphere.

Please wear comfortable clothes and shoes suitable for outdoor activity.

Participation is free, but registration is required.

Free bus transportation is provided.





WEDNESDAY, 24 SEPTEMBER 2025

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.

Study Strategies for Achieving Academic Success!

09:15 – 09:35

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

Discover practical and effective study techniques to boost your learning, improve time management and excel in your academic journey.



Managing Anxiety and Stress: Understanding and Coping with Your Emotions

09:35 – 10:25

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

Learn how to recognize signs of anxiety and stress, understand their impact and explore practical techniques to manage your emotions effectively for a healthier, more balanced student life.



Fuel your Brain: Nutrition Tips for Academic Success

10:25 – 10:55

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

Join Dr. Elena Hadjimbei, Assistant Professor and Coordinator of the Nutrition and Dietetics Program, as she explores how smart nutrition can enhance brain function, memory and overall academic performance.



Break

10:55 – 11:35

Venue: Cafeteria (West Block Building, ground floor)

Enjoy smart, healthy, easy and tasty snack ideas prepared by senior Applied Nutrition and Dietetics Program students.



Building Mental Resilience: Strengthen Your Mind and Emotions

11:35- 12:20

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

Explore practical strategies to manage stress, adapt to change and enhance your emotional resilience. Strengthen your inner capacity for growth through engaging activities—including an interactive virtual quiz to uncover your personal strengths.

Staying healthy: The truths about substance use and the benefits of sustaining a drug-free student life

12:20 -13:50

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



The workshop will be delivered by the National Addictions Authority of Cyprus and will explore the impact of the use of alcohol and other psychoactive substances on young people’s health and wellbeing.

The first part of the workshop will include exercises with the help of ‘impairment goggles’, an optical technology which enables the user to simulate the results of alcohol and other substances and experience effects such as destabilization, misrepresentation of reality, reaction time etc.

The second part will explore the truths about substance use and how it can impact people’s lives on a bio-psycho-social level and offer the opportunity to discuss the benefits of a drug-free lifestyle.

The session will conclude with a guided relaxation exercise to help participants unwind and reflect.

**Make the  
Most of Your  
Student Life  
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**THURSDAY, 25 SEPTEMBER 2025**

## The EUC StartUp Center and High-Tech Infrastructure

### Develop Your Digital Skills

**09:00 – 09:45**

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

Discover EUC's high-tech infrastructure with the Startup Center powered by Microsoft, the Computer Center, digitally enhanced learning technologies and your online student portal. You will see how the latest technologies are used at EUC to connect you to others and add value to your learning experience.

### **STARTUP CENTER**

POWERED BY  Microsoft

## EUC Social Media and EUC Online Shop

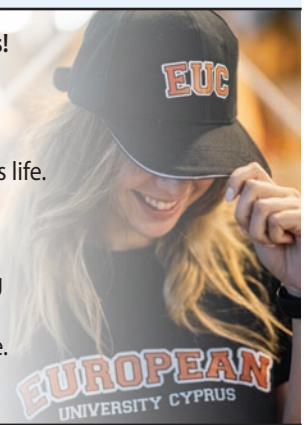
**09:45 – 09:55**

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

### Stay connected with European University Cyprus!

Discover how to make the most of EUC's official social media channels and apps—perfect for keeping up with university news, collaborating with classmates and staying engaged with campus life.

You'll also learn how to purchase official EUC merchandise. The EUC Online Shop offers a wide selection of genuine EUC products, including hoodies and t-shirts, accessories and gifts—everything you need to show your university pride.



## How to Channel Hardship into Purpose

**09:55 – 10:15**

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

### University life brings new opportunities—but also challenges.

In this inspiring talk, you'll hear how setbacks, struggles and moments of uncertainty can become powerful tools for growth, direction and personal meaning.

Through real-life stories and practical insights, this session will help you reframe adversity and build resilience—skills that will serve you far beyond the classroom. Learn how to turn challenges into motivation and find purpose in the process of becoming who you're meant to be.

A must-attend session for anyone ready to turn obstacles into stepping stones.

## AI and the Future of Business

### Preparing for Jobs That Don't Exist - Here's Why Your Degree Still Matters

**10:15 – 10:35**

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

Join us for an eye-opening talk by Paris Thomas, exploring how artificial intelligence is reshaping the world of work and what that means for your future. Discover why your education is more relevant than ever, even in a world where job titles haven't been invented yet. This session will empower you to adapt, thrive and lead in an AI-driven economy. Learn how to future-proof your skills, embrace lifelong learning and turn your degree into a launchpad for success in the age of intelligent technology.

#### About the speaker

Paris Thomas is a pioneering innovation strategist and executive advisor who specializes in helping organizations accelerate their innovation through AI-powered experimentation. As CEO of Talent Hacks and CEO/Co-Founder of RapidVisual.ai, he has guided over 300 founders and multiple Fortune 500 companies in transforming ideas into market successes, enabling transformation in a multitude of industries. A contributor to the best-selling book "Value Proposition Design", Paris has developed ground-breaking approaches to rapid experimentation and customer validation that blend AI technology with practical business strategies.





**THURSDAY, 25 SEPTEMBER 2025**

**Break**

**10:35 – 11:30**

**Venue:** Cafeteria

(West Block Building, ground floor)

**Ice Cream Social Time!**

Enjoy a refreshing ice cream along with your new friends.



**From Students to Start-Up Founders: The Story of Student Relay**

**11:30 - 12:00**

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

**Get inspired by fellow students who turned an idea into impact!**

In this engaging session, three current students from EUC's Medicine and Law programs share their journey of founding Student Relay—a student-led start-up. You'll learn how they balanced their demanding studies with entrepreneurship, overcame challenges and built a platform that supports peers through collaboration and innovation. A must-see session for anyone curious about student initiatives, start-ups or making the most of university life.

**Identity Crisis Game – EUC Edition**

**A fun and interactive way to kick off your EUC journey!**

**12:00 – 12:45**

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

**Get ready to laugh, connect, and step out of your comfort zone.**

Identity Crisis is a light-hearted team-building activity designed to help you meet fellow students, break the ice and discover the unexpected — all while having a great time. Whether you're shy or outgoing, this game brings everyone into the mix and sets the tone for a memorable start to university life.



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**FRIDAY, 26 SEPTEMBER 2025**

### #UniLifeUnlocked

**09:00 – 09:20**

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

- Course Registration & Advising
- 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 about all of the exciting Erasmus student exchange opportunities in Europe.



### University Rector's Welcome

**09:20 – 09:30**

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

Professor Andreas Efstathiou, Rector of European University Cyprus, welcomes you and shares what makes EUC a great place to study and grow. The Rector will give you a 'big picture' view of EUC 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

**09:30 – 09:40**

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

Professor Loizos Symeou, Vice-Rector for 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.

### Discover Your School – Meet the Student Representatives!

**09:40 - 11:10**

#### • 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 (South Building, 1st floor)

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

Venue: Auditorium Alpha (East Building, 2nd floor)

#### • Cyprus College

Venue: Omega Conference (North Building, 1st floor)

**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

**11:10 – 11:50**

Venue: Cafeteria (West Block Building, ground floor)

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

### Library and Research

**11:50 – 12:35**

Venue: Library (South Building, 2nd floor)

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

### Campus Tour

**12:35 – 13:35**

Student assistants will give you a **tour of campus**.  
**Starting Point:** EUC Library (South Building, 2nd floor)



FRIDAY, 3 OCTOBER 2025

EUC Vibe Fest 2025

17:00 – 24:00

Venue: Staff Parking Lot and Cafeteria

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



- Register to join student clubs
- Enjoy presentations and actions from EUC Student Clubs
- Grab your EUC gear from the official EUC online shop
- Party to summer vibes with a Red Bull-sponsored DJ set
- Enjoy delicious barbecue and drinks—on the house!



SATURDAY, 4 OCTOBER 2025

Picnic Day at Komititzi: A Relaxed Farewell to Orientation Week

10:00 – 17:30

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

Wrap up Orientation Week with a laid-back and joyful day at the scenic Komititzi Picnic Area—the perfect way to celebrate the start of your university journey!

Enjoy the fresh air, good food, music and meaningful conversations as you connect with your new peers before classes begin. This closing event is all about relaxing, reflecting on the week and building friendships in a natural, welcoming setting.

Snacks, games and transportation are provided. Just bring your smile and picnic spirit!

Participation is free, but registration is required.



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**SATURDAY, 25 OCTOBER 2025**

**9:15 – 15:00**

## **Guided Tour of Nicosia** | **Save the DATE** |

**Come and explore  
the hidden gems of Nicosia!**



**For more information and 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
- 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!



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