

A New World Ahead



It seems that yet another academic year is coming to an end, which means that many students are at the finish line of their academic careers or at least they are finishing a part of it. They have come so far and now there are only a few tasks left for them to check! So if you are among the students who are about to graduate please follow the steps below. If not, then have these steps in mind for when you will.

Firstly, log into your student intranet account, and find the tab titled "Application for Graduation" which will guide you through the necessary process that you must

follow. A Graduation Booklet will be uploaded on the Intranet's homepage, which will provide step-by-step guidance to the preparation for your Graduation Ceremony. Please remember that there are deadlines for each of these processes and that they require your attention and dedication.

All in all the University wishes you all the best and promises to be there to support you and provide assistance. For any information graduates may contact the Student Affairs Department at tel.: 22 842 150 or email: student.events@unic.ac.cy



Identity

It's a Student Affair
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Dear Students,

We have reached yet another end of a semester full of excitement and experiences, achievements, hopes and inspiration.

I was pleasantly surprised with the introduction of new societies and the improvement of the existing activities, on a large scale. It is my belief that such activities enrich your experiences and will prove useful in your job seeking, in a few years.

These opportunities give you the chance to develop your personality, outlook and know how. I look forward to the future, awaiting for the establishment of new societies which will offer new and even greater opportunities.

We would also like to inform you that the Student Success Centre has been incorporated in the Student Affairs Department. Ms Melina Andreou is the contact person and we wish her every success!

Needless to say, the University and I, personally, are always here to support you and provide you with the proper environment in which to learn and develop as individuals and future professionals.

While you finish your mid – term exams we would like to wish you the very best in your final exams. Continue your search for new experiences. It is possible for you to do whatever you choose, if you first get to know who you are and are willing to work with commitment and persistence.

In these difficult times it is essential for everyone to do his/her best to be well-equipped to face the serious challenges of the future.

Warmest wishes to all.

Myria Thrassou

Head, Student Affairs Department



Dear Students,

It seems to me that the Spring Semester flew by faster than any other before, but albeit its speed, it also seems to have left us with a number of wonderful memories and great accomplishments! Many new interesting student clubs and societies have been created this semester and a plethora of amazing student events took place on campus. Therefore, I have no doubt that the future holds an even more exciting plan for us all and I cannot wait to see it!

I hope that you are all proud of your achievements, thankful for your experiences and appreciative of the opportunities that have been extended to you. You are now shaping your future and standing on a great path to success! All you have to do is take the risk, embrace the unknown, and thrive!

A very important period is approaching; your exams are close; study methodically, stay focused, do your best and excel once again!

I will leave you with a quote by Jim Carrey: "You are the vanguard of knowledge and consciousness; a new wave in a vast ocean of possibilities. On the other side of that door, there is a world starving for new leadership, new ideas!"

I encourage you to open that door and be the ones who will make the difference!!!

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New **FREE** LATIN DANCE CRASH COURSE

A 'LATIN' ESCAPE FROM YOUR DAILY ROUTINE

DANCE STUDIO 1

[SCHOOL FOR THE DEAF]

INSTRUCTOR: MICHAEL GKOUSIS

DATE	TIME
20 APRIL	18:00 - 19:00
23 APRIL	18:00 - 19:00
24 APRIL	09:00 - 10:00

MORE INFO: Student Affairs Department - Maria Efraim | Charis Tzyrkas
tel.: 22 842150 | email: student.affairs@unic.ac.cy

Catch Me if You Can

Roll Up Your Sleeves and Save a Life!

UNic Offers for Students and Alumni

This academic year, the Student Affairs Department has worked hard to provide students and alumni with a wide variety of discounts available both in places surrounding the campus and further away. Students and alumni can find a variety of fashion stores and grocery shopping locations, bars and restaurants, useful services, health and beauty boutiques and many more. The terms for using these discounts can be found within the PDF document, on the University of Nicosia website. The participating companies and businesses are eager to meet students and alumni and assist them in their everyday needs.

The Student Affairs Department is one of the most visited departments of the University of Nicosia and over the years it has managed to build very strong relationships with students and alumni. As one of the departments on which the students and alumni rely for support and assistance and likewise a department which seeks support and assistance from students and alumni in its humanitarian endeavors, we have come to think of them as family.

On this note, we would like to thank our students and alumni once again and to announce that this is just the beginning of a tradition which will become an annual development which will only bring more surprises for you over time!

If you need more information regarding the offers please visit or contact the Student Affairs Department at tel.:22842150 or email: student.affairs@unic.ac.cy.



Driven by the perception that donating blood can save up to three lives, the Student Affairs Department in cooperation with the Cyprus Blood Establishment and student volunteers of the University of Nicosia organised the spring semester's Blood Donation. The blood donation took place on the 11th of March 2015, at the nursing lab of the Main Building of the University.

The blood donation began at 10 a.m. and finished at 4 p.m., during which time students had the opportunity to come and donate 325ml of their blood. There were numerous people who assisted and attended to the students. Several people, consisting of students, faculty and staff, gathered for this altruistic act. They lay on the beds feeling proud of their contribution to the society.

Donating blood can truly save up to three lives, in fact a research done by the American Red Cross shows that an individual, who donates blood every 56 days, starting at the age of 17 until they reach 76, will have donated approximately 180 liters of blood; potentially saving more than 1,000 lives!

Blood donations are an essential part of any healthcare system. If we did not have volunteers giving blood, many medical procedures we take for granted could not take place. Although most people are able to give blood, only about 4% of the population donates regularly. The most common reasons for not donating blood are fear of needles, feeling of faintness when seeing blood

or the growing popularity of tattoos and piercings. Although one is able to donate blood after having a tattoo done, a certain amount of time needs to have lapsed, usually 12 months. Another reason is the fear that a disease may be transmitted through the needles, however blood-collection authorities insist there is absolutely no donor risk from giving blood. Nevertheless the need for blood transfusions is ever-growing and so it may be time to start thinking about it, or sum up the courage to overcome your fear of needles, as giving blood doesn't only help others... it helps you too.

Blood donation is definitely a charitable and altruistic act but it also has benefits which are not known to many.

1. Balance the iron levels in your blood

The reduction of iron stores and iron in the body while giving blood can reduce the risk of cancer. By donating blood on a regular basis you eliminate the iron that may possibly oxidize in your blood which reduces the risk of oxidative stress damaging your cardiovascular system.



Researchers followed 1,200 people split into groups of two over the course of 4 ½ years. One group reduced their iron stores by blood donations twice a year whereas the other group did not make any changes. The results of the study showed that the group of blood donors had lower iron levels, and a lower risk of cancer and mortality (Journal of the National Cancer Institute). Additionally, blood donors

have been found to be 88% less likely to suffer from a heart attack.

2. Better Blood Flow

Do you know what high-sugar diets, smoking, radio frequencies, and other toxic electromagnetic forces, emotional stress, anxiety, high cholesterol, and high uric acid levels do to your blood? All of these make your blood hypercoagulable, meaning it makes it thick and slow moving, which increases your risk of having a blood clot or stroke. Hypercoagulable blood contributes to inflammation, because when your blood does not flow well, oxygen can't get to your tissues.

Donating blood is certainly not a replacement for medical care, but it does give you a (free) glimpse into your health (as well as notice if you've been exposed to an infectious disease without knowing). Another interesting fact about donating blood, according to the University of California in San Diego, is that you may burn approximately 650 calories per pint of blood. Now don't go including blood donations to your diet plan but bear in mind that donating is not only helpful to others but to yourself as well.

Most people donate blood because they want to help others, and, indeed, donating blood a single time may help save the lives of up to three people. In most cases, your blood will be separated

into its component parts so it can be used to treat a variety of conditions. These components are:

- red blood cells – used to treat some types of anemia and replace blood lost as the result of an accident
- platelets – used to treat problems with bone marrow, such as leukemia and people with blood clotting disorders
- plasma – used to treat conditions where abnormal clotting causes bleeding, such as liver disease, and where large volumes of blood have been lost

As blood can only be safely stored for a relatively short time, hospital blood stocks need to be continuously refreshed which is why blood donations are regularly organized.

We would like to thank those who participated in this blood donation and we hope to see those who didn't make it at the next blood donation, which will take place in the Fall Semester.

Moreover, those of you who wish to donate blood, do it as soon as possible. Please note that the closest to the university blood bank station is located at Egkomi Health Center (tel.22809052-22809048). Blood donations are also conducted in all general hospitals around Cyprus.



CATCH ME IF YOU CAN

Welcome to Ufit!

Our new state of the art fitness center, located strategically on 28th October Ave., by our University, expanded over an area of over 775 square meters, furnished with top notch equipment.

Ufit will operate 7 days a week to provide service to the most demanding customer... You!

Constantly supervised by highly qualified and experienced personnel, you will be programmed based on your fitness level, needs and demands, but most importantly, constantly invigilated and supervised.

The 100 meter square "Aerobics" room will provide you with a plethora of Group Fitness Programs powered by Les Mills. Surely you've heard of Body Pump and Body Combat! CV, Grit, Sh'Bam, Balance, Attack are just a few of your choices.

A fully functioning juice Bar/Café will provide you with delicious juices, and shakes to crunch your thirst and reboot your system!

Ufit success depends on you. We want you to be involved. Talk to us, email us, suggest to us, propose to us how we can serve you better!

Waiting anxiously to see you at Ufit!!!



CATCH ME IF YOU CAN

An Avenue to Interact

The UNic Human Biology Society is run by students of the human biology programme of the University of Nicosia. Its purpose is to plan events that are of interest in the areas of biological sciences. Furthermore, it serves as an avenue for the members of the society to interact with each other and creates opportunities to meet other people from the local community that share a common interest in biology.

This academic year, the concept "Lecture of the Month" was initiated, under which every month, a scientist is invited to give a lecture on his/her area of research, giving members of the society (as well as anyone who shares an interest in the subject) the opportunity to become familiar with various interesting subjects/fields. The society has already hosted two talks with great success.

Dr. Skordis, a Professor in Paediatrics at St George's University of London medical programme delivered by the University of Nicosia Medical School, led us into an exploration of the biological basis of sexual orientation and showed to students the complex mechanism that might be involved in the process of determining one's sexual orientation.

In February, a US Fulbright Scholar, Ms. Lauren Satterfield led the students to an exploration of the subterranean

ecosystems in the caves of Cyprus. During her talk the attendees were introduced to the subject of caving and the project she is currently working which involves the study of ecology, wildlife and fossils found in the caves of Cyprus. The interest shown by the attendees inspired the idea of organizing a fieldtrip, as soon as Ms. Satterfield is able to identify an appropriate cave, so that the members of the society can gain a hands-on experience.

Currently, the society is partnering with the Cyprus ambassador of PURPLE DAY, an international initiative dedicated to increasing awareness of epilepsy worldwide, to organize an event with the aim of raising the local community's awareness of epilepsy. The event commenced with a talk under the society's initiative of "Lecture of the Month", conducted by Dr. Costas Michaelides, the president of the Cyprus Neurological Society, explained what epilepsy is and what treatments are presently used. On the Saturday following the talk, a fair was held on Eleftheria's Square as an outreach to the wider public. The fair comprised a variety of activities, such as a bazaar and a selection of games, with the aim to inform people about epilepsy and raise funds that would be donated to provide assistance to patients of epilepsy.

The Society also plans to organize a "careers week" event which will address the possibilities of future studies and employment after the completion of the Human Biology degree. During the "careers week" students will be able to directly communicate with graduates of the human biology programme and be informed about career options available after graduation.

Finally, Dhalsim Kompfi, a tattoo artist, drew a very special T-shirt design for the members of the society that served as a memorabilia for the students who participated in the society's events and were a part of this club.



A Taste of Mama Africa!

The African Society has been somewhat active this academic year; they have organized a series of trips, a Christmas party and a football match between the African Students of the University of Nicosia and the African students of the European University of Cyprus. These events and activities have shown to spark up an interest in the students of the University of Nicosia. Let's hope they keep it up!

"Ubuntu" as the name implies, means "togetherness". This came true at the African Christmas party which was organized by the African Society of the University of Nicosia in conjunction with the African Students Association of the European University. The event which took place on the 9th of December 2014 at P.E.O Hall in Nicosia was an unforgettable experience for everyone. The event was used as a means to foster unity among Africans and non-Africans alike; it started off with a red carpet moment where the President of the African Society of the University of Nicosia and the President of the African Student Association of the European University presented their welcome address respectively. The delegates (academic and non-academic staff) from both universities who attended were duly recognized and appreciated. The attendees enjoyed the beauty of African dances presented by the Ubuntu Dancers led by Ms. Rose Zvarivadza as well as the undiluted rhythms of African pop, jazz, hip-hop, reggae, afro beats, etc. These were presented by an African live band led by Michael Eze (African Society Unic.) and Chris Eghere (African Students Association E.U.C) in conjunction with a massive blend of African music by the DJ Danny T (African Society Unic.). The Arab Society of the University of Nicosia graced the occasion with its exclusive Arabic dance performances as well as with a belly dance performance by a Cypriot friend - Maria.

Furthermore, there was a pantomime presentation about the rise of Africa

from being a "Dark Continent" to being the "Light and Pride of the World". This presentation was done by the African students from both universities. The high point of the occasion was the time for refreshments and snacks; the guests could not wait to savor the sizzling African delicacies which included fried rice, 'jollof rice', 'moi-moi', pepper soup, 'egusi' soup, semolina and many more. There was enough food and drinks for everyone. The non-African guests were greatly impressed by the event and even suggested that such events should be held annually in order to give to the people in Cyprus an opportunity to experience the African culture and traditions. Everybody had a fun filled night as the deejay played African tunes that made the people dance until the break of dawn.

"The African Christmas night was one of my greatest experiences in Cyprus; it was a night filled with joy; a combination of good food, music and amazing stage performances. Being with my fellow Africans from different parts of Africa to share our culture felt absolutely like home away from home".

Maria Jane,
BSc in Oil and Gas Engineering

"The African Christmas party was fun filled, exciting and a great experience especially the 'Mama Africa' drama which depicted the African struggle from colonialism".

Onyeogaziri Favour,
BSc in Human Biology

A unifying sport

Soccer is a unifying sport that brings Africans and the rest of the world together. This was the case with the soccer team of the African Society of the University of Nicosia and the soccer team of the African Students Association of the European University. The soccer match was held on the 6th of December 2014 at the Campione Football Field. The game was played in order to bring unification among the

CATCH ME IF YOU CAN

Africans in Cyprus and to also foster good relationships with non-Africans. The game which started at about 12 pm ended goal less in the first half. Few minutes into the second half, the African team of the University of Nicosia scored its first goal by Tatenda Mugano. A little later we scored a second goal and about thirty minutes into the second half, Collins Ejene, a top striker for the soccer team of the African Society of the University of Nicosia, scored the final goal of the game. Our supporters were in high spirit as they sang and danced to cheer the team up. The game which ended 3-0 in favor of the soccer team of the African Society of the University of Nicosia broke a new record!



"The football match was a great game for the African Society because it was a medium for Africans to display their talents and take the opportunity to build friendship with Africans from the other university".

Collins Ejene,
BA in Oil and Gas Energy Management

"The football match between the UNic African society and EUC was a very interesting match because the UNIC African society was perfect in the game and they won easily because they were very organized in all aspects of the game".

Ayanleke Olagbemi,
BSc in Oil and Gas

GEARING UP

Gearing Up

Careers Exhibition Day

If you feel you shouldn't be somewhere, fake it. Do it not until you make it-but until you become it" *Amy Cuddy- American Social Psychologist*

Throughout the academic year, the Careers Office continuously organizes seminars to enhance the students' capabilities and pave the way for their successful career path as well as add to their university experience. On March 19th, students and alumni of the University of Nicosia had the opportunity to put the knowledge they acquired from the seminars to test, during the annual Careers Exhibition Day which was held on campus.

With more than 20 companies partaking in the annual event, students had the unique opportunity to come in first-hand contact with representatives of some of the most sought-after companies both in Cyprus and worldwide, making themselves stand out from the pool of numbers and CV's.

This also gives a great opportunity for the companies to interact with potential candidates and have a more representative understanding of the people behind the applications.

Some of the companies participating

were Baker Tilly Klitou, Amdocs, Lanitis Bros, Deloitte, Ernst & Young, PwC, Grant Thornton, Ministry of Labour, the European Parliament Office in Cyprus, the European Commission Representation in Cyprus and many more. One of the objectives of this annual event is to allow students and alumni to explore the variety of employment possibilities that are available on the market. It is, therefore, highly encouraged that students attend and make the most out of their experience.



The ever-growing numbers of both companies and students attending throughout the years, is an indicator of the interest of both sides. With their CV's on one hand and a firm handshake on the other, participants enthusiastically took up the challenge, creating a lasting impression on the company representatives and making the exhibition day a roaring success.

Parallel to various job opportunities discussed at the Career Exhibition, the European Parliament Office in Cyprus and the European Commission Representation in Cyprus presented a variety of European educational and employment programs available to the students and alumni both in Cyprus as well as abroad. This opens doors for new opportunities as well as providing valuable personal experience.



Map Your Future



The workshop “Map Your Future” which is organized annually by the Careers Office of the Student Affairs Department, took place again on the 11th of March. The facilitator, Ms Eleni Demosthenous, took the participants on a journey of self-discovery and character building. She explained to them the importance of visualizing goals and working hard towards accomplishing them and she tested their imagination and skill. All of the participants explain that “Map Your Future” is a very interesting and inspiring workshop which should be attended by all students, especially those who are close to graduating!



“I registered for the “Map Your Future” workshop not knowing exactly what it had to offer. Walking out of the room at the end, I can safely say that I was very content that a friend/colleague had

recommended it to me. For me, since I am at a stage in my life where I know what I want, just not how to get there, it was extremely useful. Furthermore, the presenter Eleni Demosthenous completed the package! The way she talked to us, explained things, shared personal experiences – you could tell that she really loved what she was doing! You could see that she believed in what she was saying, which made us believe it too. I would recommend this Workshop to everybody I know and I think that it should be compulsory for all students to attend. She will change your perspective on life!”

Leyana Daccache
BSc in Business Administration



“Attending Eleni Demosthenous’ workshop, Map Your Future was very useful for me since I have plans to start my own company when I finish University. She had extremely relevant information to share and I believe I will be able to put some of it to practice myself. This workshop is one that I think all students need to attend at some point because it helps you build your confidence and also somehow plan your future. Whether you stick to that plan or not, you still have something to fall back on. I will recommend this to all my classmates and hopefully it will make as much of an impression on them as it did on me”.

Marios Bouras
BSc in Business Administration

GEARING UP

Student Success Centre

Since its foundation, the University of Nicosia has given great emphasis on the academic performance of its students, going in-line with its long –standing motto of “Excellence in Education”. For this reason a collective effort was brought about in the establishment of a special branch within the University called “Student Success Centre” which aims to enhance students’ success in the students’ academic path.

With the overwhelmingly positive response to the creation of the Centre, it grew over the years to accommodate more than the sole academic needs of the students. At the moment it offers, amongst others, tutorials for various Business, Science as well as Humanities & Social Science courses to form and support a solid foundation for each student. Tutoring is achieved on a private level with the help of students with a high GPA. Furthermore, a variety of workshops is offered on topics centering on education and academics, to provide essential skills necessary for every student. The Centre has proven its value through the variety of success stories of students who have noticeably improved their academic record and are safely on their way to a more fulfilled career path.

It is important to mention that the services provided by the Student Success Centre are free of charge to the students of the University and it is a great opportunity to take advantage of. Should students feel that they are facing certain difficulties with a particular course, they must contact the Careers Officer, Melina Andreou, email: andreou.me@unic.ac.cy, tel.: +357 22 842150

OUT N' ABOUT

Out N' About

Prestigious International Distinctions

We are very pleased to share with you that students of the Architecture Department received three prestigious international distinctions.

1. The project '**Dys.M.O.T.i.a**' was awarded the **second prize** in the '**New ways to live Venice**' international competition, organised by MArch in fall 2014.

Team members: 5th year students *Elena Stavrou and Christiana Karamalli* and 4th year students *Savros Chrysanthou, Stephanie Zavalli and Tasos Poulos*.

2. The project '**Staging Transit**' was awarded the **third prize** in the '**New ways to live Venice**' international competition organised by MArch in fall 2014.

Team members: 5th year students *Mahssa Sabouhi and Marios Demetriou* and 4th year students *Andreas Perentes, Katerina Pantelidi and Chrystalla Koufopavlou*.

The 'New ways to live Venice' competition invited both professional and

student architects to propose innovative residential propositions for the abandoned islands of Poveglia and Ottogono, while considering alternative transportation systems in the region of Venice. This was expected to be an exemplary guide for the future development of this historical city.

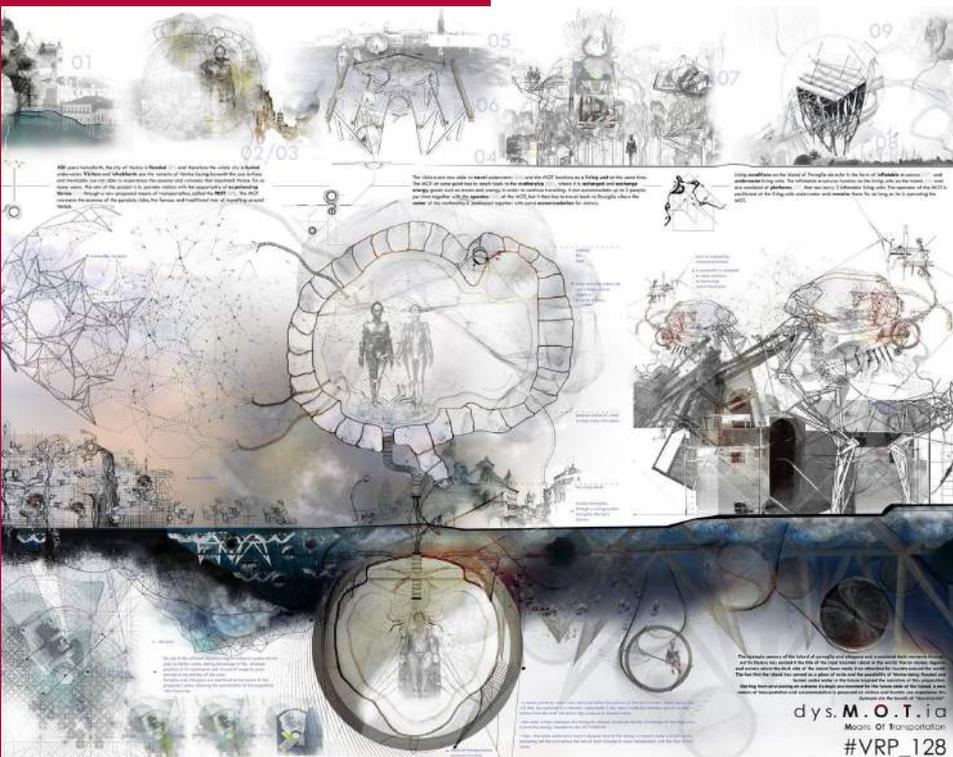
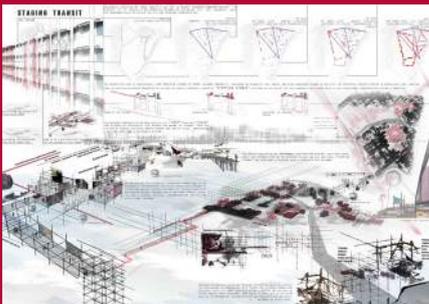
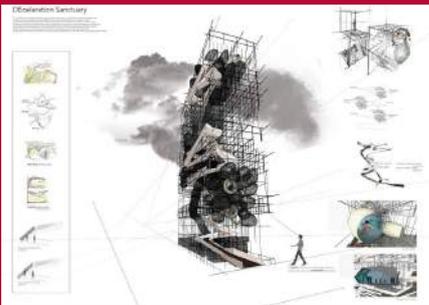
3. The project '**Deceleration Sanctuary**' was awarded the **second student prize** in the '**Looking Forward: Re-Imagining The Athenaeum of Philadelphia**' international competition, fall 2014. The winning project was exhibited in Philadelphia, from December 2014 until February 2015, as well as published in various online journals.

Team members: 5th year students *Chrysanthos Yiakubiv and Michalis Peppas* and 4th year students *Kyriakos Neoptolemou, Valerija Galkina and Thalia Andreou*.

The 'Looking Forward' competition challenged architects and designers to imagine the future Philadelphia Athenaeum. The competition was launched in 2014 to celebrate the 200th anniversary of the Athenaeum.

All teams developed their competition projects within the agenda of **UNIT 4 [Divining the future – "Technology is the answer, but what was the question?"] (Run by Markella Menikou and Adonis Cleanthous)**.

UNIT 4 utilises a range of international architecture competitions as a key pedagogic tool. The competition briefs provide a springboard for ideas and simultaneously the vehicle via which students test concepts and develop their thinking within the unit agenda. All student projects are therefore entries to international competitions.



Beyond Poetic Explanations

After a long period of turmoil, Afghanistan is beginning its second decade of democratic governance. The emerging government has had to manage ongoing instability while taking steps to rebuild the nation's infrastructure, which has been demolished by over 30 years of conflict and neglect. Further, exacerbating these rebuilding challenges is the geographic isolation and limited access to resources of some parts of the country.

While the rehabilitation process in Afghanistan typically focuses on infrastructure, rebuilding can also advance the goal of national unity by promoting positive public discourse and cross-cultural understanding. As a result, ethnic diversity can be seen as a collective benefit, rather than a source of fragmentation and conflict.

To this end, UNESCO and the Ministry of Information and Culture of Afghanistan, with the generous financial support of the Republic of Korea, are implementing a project to build the Bamiyan Cultural Centre. The Centre will be located near the boundary of the World Heritage property, the Cultural Landscape and Archaeological Remains of the Bamiyan Valley. The purpose of the project is to promote heritage safe-guarding and cross-cultural awareness, and thereby contribute to the broader aims of reconciliation, peace-building and economic development in the country."

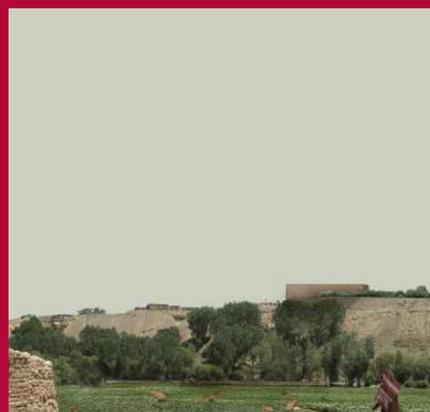
The Cypriot team of architects led by: Costas Nicolaou and Constantinos Marcou were the

runner-up at the international competition of Bamiyan Cultural Center as it was announced by UNESCO on the 18th of February. The project was selected from 1070 design proposals from 117 countries.

The architects state that: "the proposal looks at the notion of culture beyond the poetic explanations that were embedded by different approaches and to read it, means to understand it within social and political context. Bamiyan as a post-traumatic city has experienced political conflicts that have dominated its physical environment. The cultural voids of such trauma are embodied not only within the memory of its people but exist as the absence of "cultural space". Although often romanticised, this suggests that the notion of culture is something more than social and the claim of it can become the apparatus for political conflict. The Buddha Cliffs are such examples in which the productive space of culture is marked with the absence of its main treasures, the Buddha Statues."



OUT N' ABOUT



UNIVERSITY OF NICOSIA

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