

#Looking Deeper



Early Saturday of the 15th of November, there was an air of excitement circulating the Filoxenia Conference Centre; the first ever TEDxUniversityofNicosia in Cyprus was about to take place. The internationally acclaimed TEDx conferences convey “Ideas Worth Spreading” in the form of short talks by influential speakers about a vast variety of fascinating topics.

TEDx is a programme of local, self-organized events that bring people together to share a TED-like experience. The ‘x’ in TEDx stands for the independently organized TED event. The TEDx University of Nicosia’s curator for this year was Dr. Nicholas Nicoli, who with the amazing support of his team and volunteers, successfully carried out a day-long event. Not surprising, all the tickets were sold out. The theme of this year’s conference was “Look Deeper” and the audience was invited to exercise their critical thinking as well as experience a new interactive

process of discussion. Speakers from all over the world joined the unique occasion and the topics ranged from sexual violence against women to game development as a tool, all the way to snow drawing and its analysis. To incorporate some relaxation of the mind, artists such as Yonderboi, entertained with their musical performances. Additionally, a break was scheduled after each session to give the attendees an opportunity to exchange their enthusiasm amongst each other over coffee and mini-bites. Various break-time activities were organized in which many were eager to participate, one of whom was the guest speaker, Simon Beck.

Overall the day was a major success not only for the TEDx community, but also for the University of Nicosia as it is the pioneer in terms of organizing the very first TEDx University based event in Cyprus!



Identity

It's a Student Affair
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Dear Students,

Welcome to the University of Nicosia, a diverse and vibrant community dedicated to discovery, to making knowledge matter and to developing all of its members to their utmost potential.

As we reach the end of yet another semester for the returning students and the end of the first semester for our newcomers, we would like to advise you to be motivated to steer your course and make every effort to plan your work. Then you must work your plan. Manage your time well – as a rough guide you should spend the same amount of time you spend in class or in the labs in self-study.

Be prepared to change your plan if it is not working. Moreover, use all the resources available to you, all supporting Offices and Units that the University offers you, consult with lecturers and other support staff.

Focus on setting your goals and work hard in achieving them! Strive to make your dreams possible and know that the University is always ready to support you in these endeavours.

We stand ready to assist you in meeting your goals and in making your University of Nicosia experience more rewarding.

We wish you the greatest success for the 2014/2015 Academic Year.

Myria Thrassou

Head, Student Affairs Department



Dear Students,

We are heading towards the end of the first semester. While reading this newsletter, you will remember student events and activities that took place this semester and will receive information about those to come. We look forward to seeing you in the various Seminars and Workshops, Dance Classes, Documentary Screenings, Career Exhibition, Ethnic Nights, Charity events and Outdoor Activities! All these events and activities will enhance your student experience!

You should achieve your full potential during your time here. Make sure you take full advantage of the many opportunities offered, such as joining Student Clubs and Societies. Not only will these experiences provide you with a platform to develop new skills and enhance your CV, but also help you meet new people and have fun.

Make use of the upcoming holiday to enjoy, relax, study and plan. Do not let pressure to get hold of you; stand strong with focus and peace. Come back with positive thinking, lots of energy and determination to do well in your exams and excel! Embrace your personality and unchain your inner strength. Let your talents shine out and remember Haruki Murakami's words "If you're young and talented, it's like you have wings!"

FILM SCREENINGS

NEED FOR SPEED



Need For Speed is a 2014 American action film directed by Scott Waugh, written by George Gatins and John Gatins and produced by Dream-Works Pictures. Based on the series of video games by Electronic Arts, the film stars Aaron Paul as street racer Tobey Marshall, who sets off to race cross-country, as a way of avenging his friend's death at the hands of a rival racer (Dominic Cooper). Need for Speed was released by Touchstone Pictures on March 14, 2014, in 3D, IMAX, and conventional theaters. Despite receiving generally negative reviews from critics, the film went on to earn \$203.2 million at the worldwide box office.

DURATION: 132 minutes

VENUE: M-203

DATE: 3/2/2015

TIME: 18:00

X-MEN: DAYS OF FUTURE PAST



X-Men: Days of Future Past is a 2014 superhero film based on the fictional X-Men characters that appear in Marvel Comics. Directed by Bryan Singer, it is the seventh installment of the X-Men film series and acts as a sequel to both 2006's X-Men: The Last Stand and 2011's X-Men: First Class. The story focuses on two time periods and Wolverine going to 1973 to save the future of mankind. Simon Kinberg wrote the screenplay from a story conceived by him, Matthew Vaughn, and Jane Goldman. The film is a British-American co-production with a budget of US\$200 million. X-Men: Days of Future Past received critical acclaim, becoming the best-reviewed film in the X-Men series.

DURATION: 131 minutes

VENUE: M-203

DATE: 3/3/2015

TIME: 18:00

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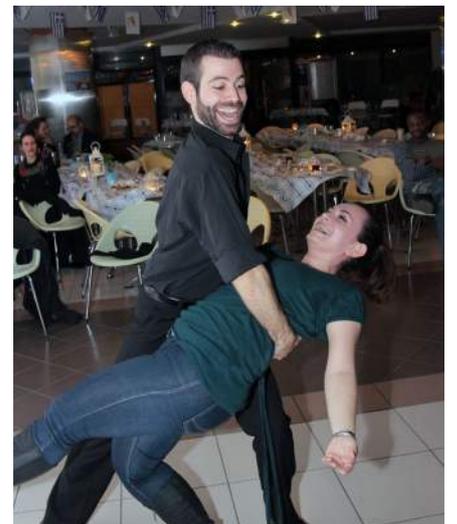
CATCH ME IF YOU CAN

Catch Me if You Can

A Greek Night with a Latin Spirit



food and music! Everyone enjoyed Zeimbekiko, Chasapiko and Syrtaki music and tried to dance to the rhythm aided by the locals. The international students sampled some of the Greek authentic dishes such as oven baked potatoes, tachi, sausages, tzatziki and many more! Noone could resist tasting the Greek drinks, such as Ouzo and local wines, the taste of which tickled everyone's tongues.



Greeks are particularly passionate about their family, food and cultural events and festivities. Every social event involves tradition, music and food sharing, which should be experienced by visitors in both Greece and Cyprus. Cyprus in particular, being in the crossroads of the Mediterranean and Middle Eastern mentality has to exhibit quite a distinct culture. An occasion through which the University of Nicosia aspires to get students in touch with Greek and Cypriot culture is the Greek Night. The Greek Night, known as Zorba Night, was celebrated this year on the 20th of November, in the Millennium Cafeteria.



All international students admitted that Greek Night was an amazing opportunity for them to become familiar with the Greek culture and get to know the local students. The night was filled with Greek traditional

The music programme started with Giorgos Stamataris and his company's old popular 'laika' songs. As the orchestra played, several students overwhelmed the guests by their amazing dancing skills. Even more some students managed to combine Latin dance with authentic Greek songs showcasing that music and dance have no border. Moreover, since Greek culture is a culture of confidence, optimism and authenticity a lot of beginners made their entrance on stage proving that dance is all about feelings.

Greek nights and similar events are seen as opportunities to create relationships and channels of communication with the locals. It is believed that this particular Greek night achieved its goal!



Triple Saving

Since 1666, when Richard Lower performed the first successful transfusion, a big progress has been made regarding blood donation. Today donating blood is quick, easy and most importantly it saves lives. Driven by the latter perception, the Student Affairs Department in cooperation with the Cyprus Blood Establishment and student volunteers of the University of



Nicosia organised this year's first blood drive on the 12th of November, 2014.

There is no health risk associated with a healthy individual giving blood. Donors must come by the lab for 5 -10 minutes and make sure that the below guidelines are followed prior to donation:

Eat – eat regular meals to help them avoid feeling lightheaded.

Sleep – have a good night's sleep to boost wellbeing.

Drink – drink plenty of fluids 24 hours before donating, but avoid alcohol.

Wear – put on loose and comfortable clothing, avoid tight sleeves.

Distract – nervousness is normal,

come with a friend or bring along a book or an MP3 player to help you relax during your visit.

Know – know your medical, body piercing and travel history to save time.

Keep well hydrated - always important for donating blood, and while donors are wanted urgently, rushing is not wanted. Being cool and relaxed for a donation is preferable*.

Giving blood doesn't cause any harm, on the contrary, it provides the donor with a warm feeling of blissfulness. Generally, anyone who is in good health, between the ages of 18 and 65 and of an average weight may donate 450ml ± of blood. It is said that donating blood once may save up to three lives. That is quite true as the 450ml of blood can be separated into three components:

Red Blood Cells (shelf life of 35 days) that are used primarily for surgery and trauma patients, **Plasma** (frozen and stored for one year) is mainly used in treating shock and burn victims and **Platelets** (good for only five days) are primarily used to treat cancer and leukemia patients.

Time is crucial in saving an injured person. Preemptive blood donation is essential.

We would like to thank those who participated in blood donations, and we hope to see those who didn't make it at the next blood donation which will take place on the 11th of March, 2015.

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

*Source: <http://www.blood.co.uk>

CATCH ME IF YOU CAN

Jingles for All

On the 11th of December 2014, the Erasmus Society in cooperation with the ERASMUS Office and the Student Affairs Department, as well as the whole Erasmus lot – Incoming and Outgoing students and the UNic staff and faculty – will gather at the Millennium Cafeteria to celebrate the joy and meaning of a multicultural Christmas Spirit.

The International Christmas Night will be organized with the scope of bringing together the many distinct and rich nationalities. People from various countries and cultures will gather to have fun, represent their country and enjoy the Christmas atmosphere. Incoming Erasmus Students along with the UNic students will take the matter into their own hands to ensure that they amuse their guests on the night and introduce 'Erasmus' in its brightest colors, most delicious notes and most prominent traditional features.

It will be a true opportunity for students to relax and unite in their diversity.



Out N' About

UNic App Version 2 Available Now!



Since its release in March 2013, the well-received UNic App has been downloaded over 2,500 times across the three major mobile platforms. The app has proven to be a convenient companion to augment the everyday university experience.

The Distance Learning IT (DLIT) Unit is now bringing to the University of Nicosia the UNic App version 2. The upgraded version of the app will take the UNic App experience to another level. Version 2 is estimated to bring the total download count to about 3,000 users.

With the upgrade, faculty will find that the app has been slightly geared towards them. Using the same login

area faculty can now login to the app and view their class and exam schedule.

The app has been overhauled in some areas, providing more functionality and making it an app that UNic students won't want to live without:

- The new calendar interface is much easier on the eyes. Get notifications on your phone reminding you about University events, blood donations, charity events, seminars, and club/society events, etc. Never again miss an event or seminar you would have liked to go to but for some reason did not get notified about or perhaps didn't check your e-mail.

- You will never have trouble finding your teachers since the faculty search has been improved with easier functionality and additional search specifications.
- The new department news section is the place that refers to department/programme of study news that are posted and constantly monitored for updates.
- All changes to the programmes of degrees will be traceable through the app for you to check on.
- The transport feature provides all the information required for the students' transport needs with up-to-date information on bus schedules and taxi services. Everything you require to get where you need to be and arrive when you need to be there.
- A new virtual tour has been generated that gives you a 360o range of every room, corridor, facility etc. provided on campus that allows you to virtually walk through campus using nothing else but your phone.

With the use of this app you will be more organised and involved with the University of Nicosia. All the information you will need will be in the palm of your hand and all you need to do is download the UNic app Version 2. Be sure to provide feedback about ways on how to further enhance the app for the next iteration. Search University of Nicosia in the Windows Phone Store, Google Play and the Apple App store to download the UNic App Version 2.

Gearing Up

Exchange Programme— Technical Experience

IAESTE (International Association for the Exchange of Students for Technical Experience), of which IAESTE Cyprus is a full member, operates a high quality practical training exchange programme between member countries in order to enhance technical and professional development and to promote international understanding and goodwill amongst students, academic institutions, employers and the wider community.

IAESTE is an international, non profit, non political, independent organization and maintains very close relations with other international organizations like UNESCO, UNIDO, ILO, etc. More than 80 countries are represented in IAESTE with national committees and there is one national committee per country. Cyprus has been a member of IAESTE since 1980 and is represented and managed by the IAESTE Cyprus National Committee, which is administered by the Cyprus University of Technology (CUT).

All Cypriot and International students enrolled as full-time students in participating educational institutions which operate within the scope and in accordance to the provisions of the Tertiary Education law of the Cyprus Republic are eligible to participate in the exchange programme. Also, the

student must have completed at least two years of studying in a discipline relating to Engineering & Technology, Sciences, Agriculture, Applied Art, other (e.g. Commerce, Economics, Finance, Banking, Management, etc.) prior to the training period. A complete listing of the disciplines can be found at <http://www.cut.ac.cy/iaeste>.

Each practical training position usually lasts for 6 – 12 weeks which occur during the summer period. It is estimated that during the summer of 2014 approximately 30 students studying in Cyprus will be able to train in 20 different countries. An equivalent number of international students will be offered practical training in Cyprus. Employers pay IAESTE trainees an allowance and trainees should pay their own transportation, living and lodging expenses.

The IAESTE representative at the University of Nicosia is Dr George Gregoriou, Dean of the School of Sciences and Engineering (Ext. 1650, Gregoriou.g@unic.ac.cy).

More information can be found at the Cyprus IAESTE English version web page <http://www.cut.ac.cy/iaeste> and at the International IAESTE web page <http://www.iaeste.org>. For further information, please call 25002392.

GEARING UP



Gearing Up

Career Seminars and Workshops

A Bit of Interaction

On the 19th of November, 2014 the Student Affairs Department – Careers Office, organised two very interesting seminars in the UNESCO Amphitheater.

The first one titled “Βασικές Πρόνοιες Στην Εργατική Νομοθεσία” was presented by Mr. Christos Christou from the Ministry of Labor. Mr. Christou informed and presented the legislation’s basics related to employment in Cyprus. Knowing your rights is very important in order to start your career on a solid foundation.

The second seminar was related, as its title denoted “Δυνατότητες Εργοδότησης στην Ευρωπαϊκή Ένωση”, career opportunities available in the E.U. It was presented by Mr. Antonis Kafouros – EURES Manager and Ms. Alexandra Attalides of the Office of the European Parliament in Cyprus.

The event was coordinated by Ms. Zoe Telegraphou from ASTRA FM radio station. The presenters provided students with very useful guidelines and advised them to always be prepared, for the many challenges ahead. Specifically, Mr. Antonis Kafouros said that working abroad gives young people or professionals the opportunity to gain useful professional and personal skills.

During the presentation the audience had the opportunity to interact via SKYPE with two European Parliament representatives from Cyprus; Mr. Costas Mavrides who at that time was in Brussels, and Mr. Neoklis Sylikiotis, who was in Italy. Both informed the students about the Parliament’s projects related to unemployment as well as gave them some very useful tips and hope for the future.

In conclusion, all of the presenters agreed that there are a lot of things that someone can do to improve and boost his/her career. After all, there are opportunities not only in Cyprus but also in Europe.

23.09.2014 Κάνε την Κρίση Ευκαιρία 08:00-

NOVEMBER

ACHIEVING STUDENT SUCCESS	04.11.2014	Change your Thinking, Change your Attitude. Useful tips for university students	12:00-
	04.11.2014	Why and How to Deliver Effective Presentations	13:15-
	05.11.2014	Euro Pass C.V.	11:00-
	06.11.2014	Planning your Semester	12:00-
	06.11.2014	Team Work and Collaboration	13:15-
	19.11.2014	Βασικές Πρόνοιες στην Εργατική Νομοθεσία	12:30-
	19.11.2014	Δυνατότητες Εργοδότησης στην Ε.Ε.	13:45-

DECEMBER

03.12.2014	Map Your Future (In Greek)	13:00-
11.12.2014	Internship Opportunities	12:30-

FEBRUARY

MAXIMIZE YOUR CAREERS SUCCESS	10.02.2015	Time Management	12:00-
	10.02.2015	Stress Management	13:15-
	11.02.2015	Professional Appearance	12:00-
	11.02.2015	Self Confidence	13:15-
	12.02.2015	CV Writing & Interviewing Techniques	12:00-
	12.02.2015	The importance of Positive Attitude at Work Place	13:15-
	26.02.2015	Πώς Κερδίζονται οι Εντυπώσεις	12:30-

MARCH

04.03.2015	A to Z how to Ensure a Job!	12:00-
11.03.2015	Map Your Future (In English)	13:00-
19.03.2015	Careers Exhibition Day	10:00-

APRIL

29.04.2015	Success in Exams Seminar	12:30-
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Note: Some changes may occur. Before attending any event, please confirm the date with

19:30	Unesco Amphitheater
13:15	Unesco Amphitheater
14:30	Unesco Amphitheater
14:00	Computer Lab A20
13:15	Amphitheater M-203
14:30	Amphitheater M-203
13:30	Unesco Amphitheater
15:00	Unesco Amphitheater
18:00	Conference Room M106
13:30	Unesco Amphitheater
13:15	Unesco Amphitheater
14:30	Unesco Amphitheater
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14:30	Unesco Amphitheater
13:30	Unesco Amphitheater
13:30	Unesco Amphitheater
18:00	TBA
14:00	Millennium Cafeteria
13:30	Unesco Amphitheater

10 TIPS FOR SELF-CONFIDENCE

- **Recognize your insecurities.**
It is important to locate your insecurities and be able to talk about them with people that support you.
- **Identify your successes.**
Everybody is good at something, therefore make sure you recognize your strengths.
- **Do not be afraid to push yourselves beyond your limits.**
- **Break down your goals into smaller ones.**
Achieving a goal, no matter how small, is a great self confidence booster.
- **Admit your mistakes and learn from them.**
Nobody is perfect but you can always aim for the best and learn along the way.
- **Stop comparing yourselves to other as you will feel worse.**
- **Be positive, even if you don't feel the same way.**
Never allow others make you feel lower.
- **Stick to your principles.**
It can be very hard but never stay with something you cannot believe in.
- **Take some form of regular exercise.**
Even if it's just a 15 minute walk a day. Exercise oxygenates your body and helps you relax.
- **Always keep a smile on your face!**

GEARING UP

IBM – Preparing for a Career in Technology

On April 9th 2014 the University of Nicosia officially joined IBM's Academic Initiative Programme. Our application was initially endorsed by IBM Cyprus, and then our IBM Academic Initiative membership request was globally approved. The IBM Academic Initiative Programme was inceptioned by IBM in 2004 and until today it has helped 37,000 faculty members to prepare more than 3.8 million students for careers in technology.

The IBM Academic Initiative offers free-of-charge training materials, curriculum guides, software and hardware needed to teach in-demand business and technology skills. Academic initiative members can get full versions of a large selection of IBM software programmes such as Cognos Business Intelligence, DB2 Enterprise Developer, etc. Many of these programmes are available via the IBM cloud. In addition, the Academic Initiative also provides educators and students, remote access to IBM hardware, including IBM Power Systems and System z mainframes.

By becoming a University member, the Academic Initiative programme will provide the University of Nicosia faculty with resources to help enhance and enrich academic programmes and take students beyond the reach of the curricula. By integrating real-world challenges and technology into classrooms, the Academic Initiative will equip students with the hands-on experience valued by employers in today's marketplace.

Learn more at: <http://www.ibm.com/academicinitiative>

Academic Skills Workshops

“Careering”

Do you dream of getting a prestigious job, becoming an entrepreneur, or putting your vast knowledge into practice and have your career aspirations met? The University of Nicosia Careers Office is dedicated to helping you achieve your career goals as well as prepare and find a job that suits you. How? It cannot get any simpler! If you have the will, then we have the way!

The Careers Office organizes series of workshops and seminars throughout the academic year. For each workshop or seminar that you attend, you are given a certificate of attendance which can make your C.V. flourish. Please find the topics below for this year:

Gathering and Using Information During your Studies

13/11/2014

Time: 14:00-15:00

Place: Computer Lab A20

Online Research

04/12/2014

Time: 14:00-15:00

Place: Computer Lab A20

Essay Writing

19/02/2015

Time: 12:30-14:00

Place: TBA

Coping with Pressure

26/03/2015

Time: 12:00-15:00

Place: TBA

If you wish to learn more about the Career Seminars please contact Ms Melina Andreou at the Careers Office:

Tel.: 22 842150

Email: andreou.me@unic.ac.cy



13.11.2014	Gathering and Using Information During your Studies (Eleni Singou)	14:00-15:00	Computer Lab A20
04.12.2014	Online Research (Peter Nikandrou)	14:00-15:00	Computer Lab A20
19.02.2015	Essay Writing (Andri Sophocleous)	12:30-14:00	TBA
26.03.2015	Coping with Pressure	12:00-15:00	TBA

These workshops target the development of students' key skills and competencies required to succeed academically.

UNIVERSITY OF NICOSIA



Student Affairs
UNIVERSITY OF NICOSIA



Please call to reserve a seat.

MORE INFO: Careers Office | Melina Andreou | Tel.: 22 842 150/152 | Email: andreou.me@unic.ac.cy
Student Success Centre | Peter Nikandrou | Tel.: 22 841522 | Email: Nikandrou.p@unic.ac.cy

Foundations for the Future

LOIS Builders, one of the leading companies in the area of construction and land development in Cyprus actively supports the younger generation. Albeit the financial crisis and the challenges that our country is going through, LOIS Builders continues to reward excelling students in private Universities through scholarships.

Continuing its long social support while at the same time staying loyal to the scholarship plan, which was initially announced 7 years ago, LOIS Builders has given €3000 worth scholarships this year to students of three private Universities in the following areas:

- A €1000 scholarship to the best 2nd year student of the Architectural Department of the University of Nicosia.
- A €1000 scholarship to the best 2nd year student of the Civil Engineering School of Frederick University
- A €1000 scholarship to the graduate student of the Business School (MBA) of the European University of Cyprus.

Wanting to provide students with solid foundations, LOIS Builders also gives the opportunity to excelling students to gain work experience at the company over the summer, with the aim of strengthening the practical knowledge and developing the students' C.Vs.

LOIS Builders is definitely one of the leading companies in the area of land development and construction in Cyprus. The vast experience that it has gathered in its 37 year history reflects in each of its projects, offering excellent construction results, long lasting projects and continuous support.

The company's portfolio that surpasses 200 construction projects all over

Cyprus, includes many important landmarks, for example the unique Tower 25 – a new landmark in the centre of Nicosia which was designed by the world famous French architect Jean Nouvel, the modern FORUM private school, the new Nicosia Municipality Building, the new passenger terminal in the Limassol Port and many other public and private buildings (to name a few: Cyprus Olympic Committee, Ministry of Finance, Kykkos Monastery, European University of Cyprus, Frederick University, University of Nicosia, Hilton Park Hotel, Almyra Hotel –SPA, Mall of Engomi and many others).



Υποτροφίες LOIS Builders

Θεμέλια για το μέλλον σου



Υποτροφία στον καλύτερο, δευτεροετή φοιτητή του τμήματος Αρχιτεκτονικής του Πανεπιστημίου Λευκωσίας.

Η ηγετική Κατασκευαστική Εταιρία **LOIS Builders** μια από τις πρωτοπόρες εταιρίες στον τομέα Κατασκευών και Ανάπτυξης Γης στην Κύπρο συνεχίζει να υποστηρίζει τους νέους και να ενισχύει την αξία των γνώσεων. Συνεχίζοντας την μακρόχρονη παράδοση του κοινωφελούς της έργου και μένοντας πιστή στο θεσμό των υποτροφιών, προσφέρει μερική υποτροφία στον καλύτερο δευτεροετή φοιτητή του τμήματος Αρχιτεκτονικής του Πανεπιστημίου Λευκωσίας.

Κέρδισε την εμπειρία να εργαστείς μαζί μας

Η LOIS Builders προσφέροντας γερά θεμέλια στους φοιτητές, δίνει επίσης την δυνατότητα στον βραβευθέντα αριστούχο φοιτητή του Πανεπιστημίου Λευκωσίας, να έχει την ευκαιρία καλοκαιρινής απασχόλησης στην εταιρία με σκοπό την ενδυνάμωση της πρακτικής του εξάσκησης.