Survival Guide
2017

"Don't call it a dream, call it a plan."
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Welcome by Erasmus Student Network Nicosia

On behalf of Erasmus Student Network Nicosia (ESN Nicosia) team, we would like to welcome you in Cyprus and wish you an awesome Erasmus experience.

The time that you were all been waiting, has finally come - you are an Erasmus student in Cyprus. You might ask, What’s so great about it?, What is coming up next?

Have you ever heard about the Erasmus Student Network (ESN)? Maybe not. ESN is the biggest non-profit Erasmus student organization in Europe which is created by students for students, on a voluntary basis, with the motto, “Students helping students”. Among others, we organize various events, activities, trips and parties, for the Erasmus and International community in Cyprus.

We were Erasmus students ourselves, and we fell in love with the experience! So, when we came back, we joined the ESN team determined to help you create similar memories and experiences - memories that you will keep forever and be thankful that they exist. Dedicated to our mission, we will try to bring you the Erasmus vibes. We want to create an Erasmus heart within you, a space where your adventure will stay and go back home with you by the end of the journey!

This will be the best time of your life! We can assure you for that!

The survival guide is essentially a travel guide that was created by us in order to help you understand our culture and history, become familiar with the practicalities, and provide you with useful numbers and information about our country. In addition, this booklet includes a brief description of what you can do in each city, to aid your travels in Cyprus and encourage you to explore as much as possible. Go ahead!

Get around, meet people, make friends, enjoy the culture, make memories, live your Erasmus.

We are so happy you are here! Welcome to Cyprus and remember, “Once Erasmus always Erasmus”.

Varnavas Mytilineos
President of Erasmus Student Network Cyprus

Welcome by the Foundation for the Management of European Lifelong Learning Programmes (ΙΔΕΠ)

Cyprus National Agency of Erasmus+

Higher education institutions all over Europe recognise and value the importance of giving students the opportunity to become mobile during their studies. The Erasmus+ Programme has been successfully providing this opportunity to Higher Education Institutions in Europe participating in the Programme for thirty years now. This opportunity for mobility has also been recently reinforced with the introduction of opportunities for international mobility, i.e. mobility of Higher Education students and staff to and from Partner Countries.

The Foundation for the Management of European Lifelong Learning Programmes, which is the Cyprus National Agency of the Erasmus+ Programme, values the impact of the participation of students in outgoing mobilities, but at the same time is fully aware of the outcomes, influence and effects that students from other countries coming to Cyprus, as part of their Erasmus studies or placement, bring on the Higher Education community of Cyprus and the Cypriot society at large.

In recognition to this fact, ESN Nicosia has placed great efforts in assisting incoming students. The drafting of a Survival Guide comes to add to the already existing effective practices of the members of ESN Nicosia. This guide is an enthusiastic attempt of its members to provide support to all the incoming students in Cyprus. In addition, this booklet includes a brief description of what you can do in each city, to aid your travels in Cyprus and encourage you to explore as much as possible. Go ahead!

Get around, meet people, make friends, enjoy the culture, make memories, live your Erasmus.

We are so happy you are here! Welcome to Cyprus and remember, “Once Erasmus always Erasmus”.

Dr Androula Papanastasiou
Director
About ESN

Erasmus Student Network (ESN) is the biggest student association in Europe. It was established on October 16, 1989 and was legally registered in 1990 for supporting and developing student exchange.

We are present in more than 500 Higher Education Institutions from 38 countries. The network is constantly developing and expanding. We have around 14,500 active members that are in many sections supported by the so-called buddies, mainly taking care of international students. ESN has around 34,000 young people volunteering and offering their services to around 190,000 international students every year.

Aims & Principles

- works in the interest of international students
- works to improve the social and practical integration of international students
- represents the needs and rights of international students on the local, national, and international level
- provides relevant information about mobility programmes
- motivates students to study abroad
- works with the reintegration of homecoming students
- contributes to the improvement and accessibility of student mobility
- cares about its members
- values volunteering and active citizenship

ESN Projects

ESNcard

The ESNcard is a direct proof of membership in the local ESN section, but also to the larger European Erasmus Student Network itself. Besides, the card can also be used as a discount card in many cities and countries around Europe.

Info: www.esn.org

ExchangeAbility

ExchangeAbility is a long-term project of ESN, aiming to promote mobility and accessible higher education possibilities to students with disabilities by providing the right conditions and by raising awareness to the local communities about the challenges and the young learners’ right to actively participate in student life.

Info: exchangeability.eu

Mov’in Europe

The project promotes mobility opportunities to the local youth - including young people, students and young graduates - using ESN’s capacity to share real-life experiences. The mobility programmes involve a wide range of opportunities, such as volunteering, travelling, working, learning, studying, internships or simply trainings.

Info: movineurope.esn.org

SocialErasmus

This is an international project of ESN, emphasizing on the local community integration, aiming to bring a long lasting social change in the society. The youth, by participating in mobility programmes, creates a social attitude which aids their behavior within the social community. The project goes under the slogan, “Leave your mark!”

Info: socialerasmus.esn.org
ESN Nicosia Projects

Tandem

Tandem is a weekly language exchange meeting where the Erasmus students have the opportunity to share cultural interests, socialize, and of course exchange knowledge and learn another language in a fun way via interacting with each other.

MapAbility

MapAbility is a part of the ExchangeAbility project, which aims to create maps of accessibility of each European Higher Education Institution, providing students with disabilities a guide for opportunities all around Europe.

Buddy System

The Buddy System allows the incoming Erasmus students to apply for a local friend. A buddy is essentially a student who is willing to assist them in their problems, suggest places to visit or just be a good friend. Connecting with the locals and getting to know the culture from the inside are the main objectives of the initiative.
Annual Events of ESN Nicosia

International Dinner, cook traditional food from your own country and share it with everybody.

Cavo Greco Trip & Beach Party, dive from the sea caves into the turquoise water and dance all night at the beach party.

Halloween Party, dress up and join us, if you dare, for a Halloween scare!

Farewell Party, party and say goodbye to your Erasmus friends.

Carnival Trip - Parade, dress up and participate at the biggest carnival parade of the island.

Trip to the Mountains, enjoy the forest and come with us for wine tasting.

“Cyprus gave me experiences for the rest of my life! Amazing events created by ESN and friends around the globe. I will definitely come back!”

- Barbora Hodková, Czech Republic, 2014-2015
Accommodation

The accommodation is an important part of your Erasmus, for this reason you have to find a trustworthy source. It is always better to go and see the property for yourself before signing any contract. We would suggest to search for an apartment or studio in the city center or close to your University, as this will save a lot of time in transportation. But it is always your choice.

It is worth to remember, that the University of Cyprus (UCY) and the University of Nicosia (UNIC) have student residence halls nearby the University. If these are not available, there are numerous flats and studios in the surrounding areas. The ESN Nicosia team is always willing to assist you, as much as possible. Every semester, we gather all the incoming Erasmus students under one roof, in an official Facebook group. Join us, as this will make the communication much easier and it will probably help you find a flat or a roommate much more quickly.

Note:
Average monthly rent, 250EUR for a single room.

Finance

Currency

Cyprus is a eurozone member so if you are a student, coming from another eurozone member state of the European Union (EU), you do not have to exchange your currency. However, if you need to exchange your money, you can do so at the airport exchange points or at any bank on the island.

Banks

There are many European and International banks in Cyprus where you can create a bank account, but since you are staying for only a few months, you might not need one. If you decide to create an account though, ask for the student card as it provides various benefits to its holders, such as withdrawing money from any ATM without additional charge, discounts at bakeries etc. To create a bank account you will need a passport or country ID, a utility bill and an amount of money.

Payments

Credit card or visa card payments are accepted at almost any shop in Cyprus. ATMs can be found in all neighbourhoods, so you will always be able to withdraw cash, if you need. When it comes to paying bills or fines, you can either go to a bank, to the relevant office or a police station, depending on the fine or bill, or pay via the online JCC getaway.
Cost of Living

Average Food Prices in Cyprus

Basics
- 1.5 L Water: 0.90€
- 1 L Water: 1.50€
- 1 kg Bread: 1.50€
- 12 Eggs: 3.50€

Drinks
- 0.5 L Milk: 4€
- 1 L Milk: 6€
- 1 L Beer: 3.50€
- 1 L Coffee: 2€

Fruits/Vegetables (1kg)
- Tomatoes: 1.80€
- Apples: 2.50€
- Potatoes: 0.90€
- Cabbage: 0.70€

Telecommunications

Since most of you are only staying for a few months in Cyprus, monthly subscriptions do not seem to be the ideal alternative. Listed below, there are three main mobile network providers and the details of their plans. For more information is better to consult their offices.

Cytamobile–Vodafone

Soeasy Pay as You Go is the plan that suits your needs best, as it does not involve any commitments. Specifically, the plan includes a Soeasy SIM card, 5EUR initial free airtime, and 100 free SMS. For mobile internet, the mobile data can be used as an option, but with extra charge. Alternatively, you can ask for mobile internet plans, when you visit the store.

MTN

MTN PayAsYouGo is a plan that allows you to enjoy your communication without contracts or commitments. This plan also includes 5EUR initial free airtime and a SIM card. For the mobile internet, there are two options the PayAsYouSurf and the InternetEverywhere plans. The first one charges based on the MB usage, while the second is a 3 to 12-month monthly subscription, with 1GB, 2GB, 5GB, 20GB internet, respectively.

Primetel

Primetel’s PAYG is very similar to Cyta and MTN’s plans. You can get 3EUR initial free airtime and 50MB internet.

The choice is always yours!
Transportation

The most convenient way to travel across the island is by car, but for those who do not own one, the Intercity Buses should be the first alternative. The buses always stop at the main stations or roads of the cities, so there is no way of getting lost. Note that in Cyprus there are no other means of transport - no trains, no trams, no metro - only buses and taxis.

Tickets can be purchased while boarding the bus. Bear in mind that students get 50% discount by indicating their Cypriot University Student Card or the European Youth Card when purchasing.

How to Get to the Airport

Kapnos Airport Shuttles is a private company that directly drives from and to Larnaca and Pafos Airports. The schedule is very flexible and convenient, as it operates every day and it fits any flight. You can book a seat in advance, online or by phone.

The single-route bus fares for students are:

- Larnaca, 8EUR
- Paphos, 10EUR

Postal Service

Cyprus Post is the Cypriot state-owned postal service with many postal offices throughout the island. The head offices are usually located in the city centers, but there are also smaller offices in the surrounding areas. You can also drop your letter in the yellow mailboxes that can be found almost everywhere in the city. For larger packages you have the option to go to the post office, or choose private agencies.

For more information, contact details, tickets, and timetables visit the official website at www.intercity-buses.com.

Main Websites for Every City

- Nicosia: www.osel.com.cy
- Limassol: en.limassolbuses.com
- Larnaca: www.zinonasbuses.com
- Famagusta: www.osea.com.cy
- Paphos: www.pafosbuses.com
Weather

Situated in the South East of Europe, close to the North of Africa, Cyprus has the warmest winters in the Mediterranean part of the EU. Throughout the year the average temperature ranges from 15 °C, during the night and 28 °C, during the day.

Public holidays

| January 1st | New Year’s Eve   |
| January 6th | Epiphany         |
| March 25th  | Greek National Holiday |
| April 1st  | National Day      |
| May 1st    | Labour Day        |
| October 1st| Independence Day  |
| October 28th| Greek National Day |
| December 25th| Christmas          |

Green Monday, Easter and Orthodox Whit Monday are also celebrated, but the dates move around every year, for this reason they are not included in the booklet.

Time Zone

Cyprus is Greenwich Mean Time (GMT) +2 hours, meaning it is +1 hour from the Central European Time.

Daylight Saving Time or summer time begins the last Sunday of March, when the time moves 1 hour forward and ends the last Sunday of October, when the time moves back 1 hour.

Health Care

Before coming to Cyprus, EU Erasmus students have to go to the health and/or social insurance organization and get the relevant EU Health Insurance documents (EHIC). This insurance covers your medical needs, for as long as you stay in Cyprus, allowing you to use the public medical services just like the cypriot citizens.

“Erasmus is a spectacular experience that enriches you, opens your mind and changes you. It might be scary at first, but without a doubt everyone should do it!”

- Despina Tsiloglanidou, Greece, Spring 2016
Cycling
In Nicosia, and also in the other cities of the island, there are cycling associations that regularly organize cycling routes across the cities. People who are into these kind of sports will definitely enjoy the experience and get to know other sport-lovers.

Info:

Gyms
Students who want to train, can either enroll to a private gyms and sport centers or choose the University amenities. For example, the University of Cyprus has a gym at the new campus, available to all its students for free when showing the UCY card on arrival. If you decided to join a private gym, then bear in mind that the cost per month is 50EUR, on average.

Skiing
During the winter in Troodos many Cypriots, as well as foreigners, enjoy skiing at the ski slopes of Mount Olympus.

Hiking & Climbing
Cyprus has many hiking paths, climbing areas and nature trails. Two well-known hiking locations are Atalante and Artemis trails in Troodos. Atalante is a 12km, 4-hour circular walk around Mount Olympus starting from Troodos Square at 1.700m altitude. The view from there is breath-taking as you can see the beautiful forest in its totality, as well as the sea.

Starting at 1.850m altitude, Artemis trail is a 7km, 2.5 hour circular walk which offers similar view to the Atalante trail as it is very close to it. It is worth to remember that this trail is also suitable for mountain biking.

In Cyprus, you can also find a 640km section of the E4 European long distance path. Specifically, the path stretches from Akamas Peninsula all the way to Cape Greco, along the way connecting the two airports of the island - Larnaca International airport and Paphos airport. The E4 segments in Cyprus include walking and nature trails of high ecological, archeological, cultural and scientific value.

Info:
Cypriot Cuisine

Some of the Must-eats

- **Grilled Halloumi Cheese**
  Kolokithakia me Avga, scrambled eggs with pieces of fried zucchini

- **Hummus**, chickpea and tahini paste

- **Koupepia**, vine leaves stuffed with minced meat and rice

- **Grilled Sheftalia**
  Souvla and/or Souvlaki, grilled pork or chicken skewers

- **Afelia**, pork bites cooked in wine and seasoned with dried coriander

- **Kleftiko**
  Choriatiko Macaroni, traditional macaroni served with lots of grated dried anari cheese

- **Spoon Sweet**, sweet fruit preserves

- **Desserts**
  - **Loukoumades**, doughnuts dipped in syrup
  - **Shushukos**, grape juice and nut based sweet

When in Cyprus you have to also taste the traditional cypriot food served in small portions. Keep in mind that when you order meze there is no way you can eat all the food, because you will be too full to do it.

**Important Political Perspective**

When coming to Cyprus is essential to understand that the political issue is a very sensitive topic for the locals. Thus, it is good to get familiar with it and clear up any misconceptions.

The northern occupied Cypriot area is not recognized by any country, except Turkey, as an independent state. You can cross to the other side, but if you do so, the Cypriot Government, including the Universities and ESN, does not have any responsibility for anything that might happen to you.

More on that, the legal airports in Cyprus are only two - Larnaca International airport and Paphos airport. Thus, coming to the island from Ercan airport, a non-recognized airport, immediately restricts you from using the other two. In other words, if you come from Ercan airport you have to also leave from that one because the Cypriot Government does not have any records of you coming to the island and cannot let you leave.

“Erasmus changed my life for the best: fun excitement, friends and halloumi!!”
- Kostas Kofidis, Greece, 2015-2016
About Cyprus

Located at the eastern part of the Mediterranean Sea - close to Egypt, Israel and Turkey - Cyprus, also known as the island of Aphrodite, promises a very nice experience to its visitors. The island covers a total of 9.251m² and has 1 million inhabitants. The official language of Cyprus is Greek, although in the everyday life, the Cypriot Greek dialect seems to be preferred. The official religion of the island is Christian Orthodox.

The word Cyprus comes from the Latin word “cuprum” which means copper and alludes to the huge amount of copper that existed on the island. Also, during the ancient times Cyprus was called “dasoesa” which translates into “full of forest”, since the biggest part of the island was covered by forests. For these two reasons, as well as its strategic geographical position - being between Europe, Asia and Africa - Cyprus attracted many conquerors.

In recent history and after the Turkish Invasion in 1974 and until today, 37% of the northern part, is still occupied by the turkish forces.

Nonetheless, the island is still an attractive destination for many travelers and holidaymakers! No one can resist the picturesque seaside, the sandy beaches, the crystal clear turquoise water, the green forests and the Mediterranean hospitality.

Welcome to Cyprus and enjoy your Erasmus destination!

“If you think Erasmus in Cyprus means beach, sun and party with great people, then you’re damn right!”

- Sébastien Jean, France, 2014-2015

National Park, Akamas
About

Nicosia, the capital city of the island, has been the seat of the government of the Republic of Cyprus since the 10th century. Starting 4,500 years ago, after the end of the Trojan War and the arrival of the Achaeans, the city has a huge history of foreign conquerors, leaving their mark in every corner of the capital. Till today, Nicosia is known and remains as, “The last divided capital city of Europe”.

Nonetheless, the city center has an astonishing multidimensional unique character which combines the old and the vibrant modern very nicely.
Points of Interest

**Ledra Street** is the very heart of the walled capital and the liveliest part of the city, getting its name from the ancient city-kingdom. The street is about 1km long and has been, historically, the busiest shopping street of the capital with beautiful narrow byways, boutiques, bars and art-cafés.

After the invasion in 1974 and until now, the street connects the south and north part of the old city. A buffer zone, also known as the green line, was established across the island to separate the northern Turkish controlled part of the island, and the Greek southern. The buffer zone runs through Ledra Street and the control point was reopened on 3 April 2008 after many failed attempts on reaching an agreement between the two communities.

**The Venetian/Medieval Walls** surrounding the capital, were built in 1567 by the Venetians. They were designed forming a circle with eleven heart-shaped bastions to protect the city from a possible Ottoman attack. Following the Ottomans’ successfully invasion, though, in 1570, the walls were repaired and you can still see them until today. Nowadays, the moats around them serve various purposes including sports fields, public gardens, an open-air sculpture exhibition, car parks etc.

The walls had three gates - Kyrenia, Famagusta and Paphos - to make transportation easier. The three gates are well-preserved with Famagusta Gate, the largest and most famous one, functioning as a cultural center.

*Fun fact: the city walls were the source of inspiration for our logo*

**Faneromeni Square** was the centre of Nicosia before 1974. Today, it hosts a number of historical buildings and monuments including Faneromeni Church, Faneromeni School, Faneromeni Library and the Marble Mausoleum. The square leads to another busy shopping street, parallel to Ledra, called Onasagorou Street.
Archbishop’s Palace was built in 1956 and it is a wonderful imitation of the typical Venetian style. Next to the palace is the late Gothic Saint John Cathedral, 1665 with picturesque wall paintings.

Laiki Geitonia, a traditional neighborhood where the buildings date back to the 18th century. To keep the old traditional surroundings in Nicosia alive, the abandoned residential houses have been restored into art shops, souvenir shops, bars and taverns.

The Liberty Monument was created in 1973 by Ioannis Notaras, to honor those who fought for the Cypriot independence against the British colonial rule during 1955 -1959. It’s located near the Archbishop’s Palace and opposite Nicosia’s Aqueduct.

Nicosia’s Old Aqueduct was the oldest water supply system in Nicosia. Running along the city walls, it supplied water to the inner quarters of the city, getting the water from the mountains north of Nicosia. It is also located within walking distance from Famagusta Gate.

The Archontiko of Axiotea is a mansion featuring one of the most characteristic examples of the 18th century urban architecture. Today, the place is used as a center for cultural activities, exhibitions and literature seminars for the University of Cyprus.

The Omeriye Hamam is still in-use and after its recent renovation has become a favorite place for relaxation in Nicosia. In 2006 it received the Europa Nostra prize for the Conservation of Architectural Heritage.

The Pancyprian Gymnasium was founded in 1812 by Archbishop Kyprianos, when Cyprus was still under Ottoman rule. It is the oldest high school of the island still in-use.

Eleytheria’s Square/ Liberty Square, located next to the municipal house, is still under construction.

“The best place to start living abroad in Erasmus is Cyprus.”
- Deimintas Valiunas, Lithuania, Fall 2015
Cyprus Museum/Archeological Museum, tracing the long history of civilization from prehistoric times to the early Christian period, is the main archaeological Museum in Cyprus. The museum features the treasures of the cultural heritage of Cyprus, including pottery, jewellery, sculpture and coins from the Neolithic period to the Bronze Age, Iron Age and the Greco-Roman period.

The Leventis Municipal Museum of Nicosia holds a permanent exhibition that promises to get its visitors on a journey through Nicosia’s history.

The House of Hadjigeorgakis Kornesios was the residence of Hadjigeorgakis Kornesios, an official interpreter for the Noble Council of the Sultan for thirty years, starting in 1779. The house is now a museum.

Leventis Art Gallery unveiled in 2014 and hosts 800 paintings in total, in its Cypriot, Greek and European collections.

The city center of Nicosia hosts places for every occasion from chilling to dancing. Trying to motivate you to go out and enjoy the nightlife of the city, ESN Nicosia often organizes Erasmus activities or events in the capital’s city center. Stay tuned so that you do not miss anything!

Throughout the year there are various events and festivals in Nicosia, and you will definitely find something interesting for you!

Beerfest
In the early days of September, the Nicosia Municipality, in cooperation with other associations bring back the beer festival. Those who decide to attend the festival have the opportunity to taste over 30 types of beer and live concert programme by mostly local music artists.

If you still want more, then visit....

Info: www.nicosia.org.cy
Places to Eat

You can find restaurants, snack bars, fast food restaurants, coffee shops and anything you need at the city center of Nicosia and around the surrounding areas of your Universities.

Where to Stay

When visiting Nicosia is better to find an accommodation around the city center or near the Ledra area or Makariou Avenue so that you have easier access to the city’s attractions and landmarks.

Bucket List

- Discover the capital and the city within the walls
- Visit Lefkara village and see “Lefkaritika” embroideries
- Visit Leventio and Archeological museum
- Have a picnic at Athalassa park

Useful Bus Routes

123 - Makedonitissa/Isokratous - Makario Bus Station - 28 Oktovriou - Dimokratias (UNIC) - Solomos Square

127 - Anthoupoli/ Eleftherias - Archaggelou Michael - Metochiou (European University Nicosia) - Solomos Square

140 - Aglantzia/Melpomenis - Sopaz - Solomos Square

150 - UCY (New Campus) - Platy Aglantzias - UCY (Old Campus) - Solomos Square

259 - Geri - UCY (New Campus) - Solomos Square - UNIC - Makarios Station

“My stay in Cyprus was sincerely the best time of my life! Words simply can’t explain this experience. Just live it!"
- Yoann Thomas, France, 2014-2015
About

Located at the south coast of the island, Limassol is the second biggest city in Cyprus. The blue sea, the great nightlife and the history of the city dating back to the ancient times, make it one of the most attractive destinations.
Points of Interest

Saripolou Square hosts several coffee shops and bars and it is situated in the city’s Old Town. Keep in mind that it is very busy as it is a must-go place, especially during the evening.

Anexartisias Street is an ideal place for shopping.

Akti Olympion, locally known as “Molos”, is a long beach-side walking trail which ends at the Old Port.

Marina area is an elegant area; full of luxurious yachts, coffee shops and restaurants.

Historical Attractions

Limassol Castle is located in the city center.

Curium Theatre, is an ancient theatre. Constructed in the late 2nd century BC, the place fits 3,500 spectators while offers magnificent views of the Mediterranean Sea. The city of Curium stands out for the mosaics that decorate the floors. Dating back to the 4th century AD, one of the most famous mansions is Achilles’s home, a hero of Greek mythology. The place is about 14km from Limassol, very easy to reach and will definitely meet your expectations.

Kingdom of Amathunta, the rich city of Amathus is located, approximately 7km, to the Southern shore of Cyprus. In the surrounding area of the ancient city, traces of human presence have been discovered from the Neolithic period with many of its treasures adorning major museums such as the Metropolitan Museum of Art, New York and Louvre, Paris.

“The hospitality of the cypriots has no boundaries! Thank you!”
- Ellen Debruyne, Belgium, Fall 2016
Nightlife

Limassol has a variety of clubs and bars which satisfy even the most demanding. The choices are endless; you can spend your time raving at clubs or beach bars, or chilling with a glass of wine at Saripolou square.

Events & Festivals

Wine Festival

Annually held in the Municipal Gardens during the late August and early days of September, this festival provides a chance to sample a wide range of local wines. As you might predict, the festival is extremely popular among the young, fun-seeking tourists and locals because of the Cypriot food, the traditional music and dances, and did we mention the wine?

Limassol Carnival

Limassol is the only town in Cyprus with a full-blown carnival atmosphere. The 11-day carnival, 50 days before Easter, starts with the King of the Carnival entering the town, escorted by thousands of people participating in the parade. ESN Nicosia participates in the parade every year.

Places to Eat

Limassol has a lot of restaurants, so for sure you will find something that satisfies your taste and fits your budget. Some of the most popular places to go for dinner is the Marina area and the Saripolou square.

Where to Stay

Hotels and hostels located in the main road by the coastline are perfect places to stay as they are close to the beach, the restaurants and the city's main attractions.

Useful Bus Routes

16 - Agios Ermogenis ("Curium Theatre") - Episkopi - Leontiou EME Station - Episkopi - Agios Ermogenis ("Curium Theatre")

17 - Kolossi (Castle) - Leontiou EME Station - Kolossi (Castle)

Bucket List

- Visit the Kolossi Castle
- Visit Marina dock
About

Larnaca, the birthplace of the ancient greek philosopher Zenon has a rich history, which is reflected in the ancient monuments that stand as witnesses to the passing of times.
Points of Interest

Europe Square is usually used as a meeting point, by the locals. You can meet your friends there and go for a walk at Finikoudes, which is right next to the Europe Square.

Old Aqueduct was built in 1750 by the Ottoman governor of Larnaca, Abu Bekir Pasha and it is considered to be one of the most important constructions of the Ottoman period. The aqueduct had operated until 1939 and consisted of 75 arches that carried the water from the river Tremithos to Larnaca.

Museums & Theatres

- Municipal Museum of Natural History
- Municipal Art Gallery
- Larnaka Municipal Theatre
- Pattichion Municipal Amphitheatre of Larnaka
- Garden Theatre in the Medieval Castle of Larnaka

Beaches

- McKenzie beach is located next to the airport runway, thus from there you can see the planes landing and taking off. Bear in mind that the sea is very shallow.
- Finikoudes beach, is shallow but the view is very nice.
- Mazotos beach

If you still want to do more...

- Diving at the Zenobia wreck
- Hands-on pottery session, Piale Pasha neighbourhood
- Rejuvenating Sea Yoga, Pervolia and Mazotos coasts
Nightlife

Mckenzie beach is now considered to be the hotspot of the island! As the sun sets, the venues on the beachfront transform from relaxed day cafes and restaurants to thumping night clubs, completing with international name DJs and all-night partying. An alternative choice is the Finikoudes area, where you can still enjoy a very fun night, but in a more chill mode.

Events & Festivals

Kataklysmos

Probably the most important festival in Larnaca. It is celebrated across the island in June, 50 days after the Orthodox Easter, to commemorate the descent of the Holy Spirit to the Apostles.

On the day of Kataklysmos, which means “Flood”, people throw water to each other spending their day on the beach or playing “water-fights”. The Municipality of Larnaca, the organizer of the Festival, every year dedicates six days to the festival with rich traditional programme, sailing and swimming races, Cyprus Beach Volley Championship, concerts with local and Greek artists, dancing, Cypriot theatre performances, children’s programs, fireworks, satire and much more. These six days full of Cypriot-ness and one of the best ways to experience the local culture.

European Cultural Winter of Larnaca


Larnaka Film Club

Info: www.larnakaregion.com

Places to eat

You can find a lot of restaurants at the Finikoudes area and Mckenzie area. Do not forget to try the Cypriot meze.

Where to stay

The best place to stay in Larnaca is around the Finikoudes area.

Bucket List

● Visit the Middle age castle at the end of Finikoudes street.

Useful Bus Routes

417 - Aradippou-Larnaca Station- Airport-Kiti-Pervolia
424 - Larnaca Station - K.O.T - Pyla - Universities Campuses - Finikoudes
425 - Dekelia - K.O.T - Harbour - Larnaca Station - Finikoudes - Makenzi - Airport
About

Ayia Napa and Protaras are situated, at the non-occupied area of Famagusta region, at the south-east coast of the island. The towns are part of the broader area of “Kokinochoria”, which literally translates into “red villages”, as the soil there is red-coloured and ideal for harvesting potatoes.

In Famagusta area you can find some of the most beautiful beaches and natural attractions. Nowadays, it is also well-known as the mecca of the Cypriot nightlife.
Points of Interest

Beaches

**Fig tree bay**, Protaras, has been voted, on TripAdvisor, as one of the best beaches in Europe. It is accredited with “Blue Flag” for the excellent water quality. The beach has sunbed, umbrella and watersport availability and lifeguard services.

**Konnos bay** is situated between Agia Napa and Protaras. It is one of the most picturesque beaches of the island. It has been awarded with the Blue Flag, as well.

Natural Attractions

**Cave of Cyclops** is within walking distance from Konnos beach, following the nature trail, but it can also be reached by car. The entry point is easily accessible, but after about 30m from the trail you have to enter the sea to reach the cave. Inside the cave there is enough depth for diving. However it’s a little bit rocky with a lot of vegetation.

**National Forest Park Cape Greco** is a National Forest Park, a site protection of nature, located on the rocky promontory of Cape Greco between Ayia Napa and Protaras. There, you can enjoy stunning nature trails and breathtaking sea view. But most importantly, you can dive from the sea caves right into the water. ESN Nicosia, organizes a trip there, almost every year.

And more...

**Ayia Napa Area** – Glyki Nero beach (next to the harbor), Vathia Gonia, Nissi beach, Makronissos beach

**Kapparis Area** – Malama beach, Trinity beach, Sirena bay

**Pernera Area** – Kalamies (or Golden Coast) beach, Pernera beach

**Protaras Area** – Sunrise beach, Fig Tree bay, Cavo Maris beach, Konnos beach

_Info: www.cyprus-beach-guide.co.uk/famagusta_

“Erasmus is a life journey that starts with a single step.”

- Sophie Meeus, Belgium, Fall 2015
Museums

**Museum of St. Anna** is an ancient byzantine church dedicated to St. Anna. Located in the center of Paralimni, the largest ecclesiastical square in Cyprus, the church has been designated by the board of Antiquities as a museum since 1985 and contains many religious displays.

If you want more, you can visit...

- **Culture Centre of Famagusta**
- **Protaras Aquarium**
- **Municipal Museum of Marine Life**

Nightlife

Ayia Napa and Protaras are very touristic areas and very popular for their nightlife, not only locally but also internationally. The center of Ayia Napa has lots of clubs, bars, and restaurants, which combined will give you an awesome, non-stop rave experience. The parties in Ayia Napa usually finish in the morning. Undoubtedly, Ayia Napa can meet all your expectations and offer an unforgettable party memory. Protaras, the second most popular touristic destination, hosts pubs, karaoke programmes, water shows, bars with nice cocktails, music and shisha.

If you are somebody who do not like the fuzz but still wants to have fun, then you can visit Pernera, a less busy touristic spot in Famagusta, yet full of nice pubs and bars.

Events & Festivals

In Ayia Napa, during the spring/summer and early autumn seasons, there are numerous events, activities and parties organized for the tourists and the locals.

**International Festival of Ayia Napa**

Takes place in the center of the town, and it is a tribute to the cypriot tradition.

*Info: [www.loveayianapa.com](http://www.loveayianapa.com)*

Where to Stay

If you visit Famagusta, try to find a hostel or a place to stay in Protaras or Ayia Napa, since they are closer to everything; restaurants, cafes, bars, clubs, beaches and shops. During the spring and summer the hotels are usually fully booked, so if you decide to go, make sure to book your room in advance.

Places to Eat

The restaurants in the area can satisfy your tastes buds, regardless of your taste or your budget. There you can find everything, from fancy restaurants to traditional cypriot cuisine and fast food. It is highly recommended to try the cypriot cuisine!

Where to Eat

- The restaurants in the area can satisfy your tastes buds, regardless of your taste or your budget. There you can find everything, from fancy restaurants to traditional cypriot cuisine and fast food. It is highly recommended to try the cypriot cuisine!

Bucket List

- Dive from Cape Greco with ESN
- Visit the cave of Ayioi Saranta, a natural wonder, with a chapel inside the cave.

Useful Bus Routes

<table>
<thead>
<tr>
<th>Route</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Ayia Napa (waterpark) – Cape Greco – Konnos – Protaras – Pernera - Paralimni</td>
</tr>
<tr>
<td>102</td>
<td>Paralimni – Pernera – Protaras – Konnos - Cape Greco - Ayia Napa (waterpark)</td>
</tr>
</tbody>
</table>
About

Paphos is located in the southwest coast of Cyprus and it is known as the birthplace of Aphrodite. In Paphos you can also find the Paphos Archaeological Park with its ancient tomb ruins, fortresses and theaters. The entire town is part of UNESCO’s World Cultural Heritage.
Mosaics of Paphos, in the city of Paphos (“New” Paphos) close to the port (“Limanaki”), you can find the famous mosaics of Paphos. They used to be luxurious houses where Roman officials, who ruled the island about 2,000 years ago, created incredibly beautiful artifacts.

Old Paphos or “Palepaphos” is located in Kouklia, about 14km from “New” Paphos, and it is the ancient city of Paphos. Among others, you can find Odeon Amphitheatre there.

Attractions in the broader area Paphos

“Baths of Aphrodite” is a natural cave pool, a famous mythological site, located in the Akamas Peninsula where allegedly Aphrodite used to take her bath.

Adonis Baths Waterfalls, located in Kili village, is the place, as the Greek myth says, where Adonis and Aphrodite loved to spent most of their time and a place where Adonis died. The myth also says that women are staying young and men are getting stronger, if they swim under the waterfall.

Rock of the Greek, or Petra tou Romiou is an off - the - shore sea stack, visible from the Paphos and Limassol highway. According to the myth, Aphrodite - goddess of love and fertility- was born there, rising from the waves.

Akamas Peninsula, is situated at the Western area of Cyprus and it is unique for its flora and fauna. With the breath-taking beaches - nest two of the rarest turtle species in the World, Caretta Caretta and the green turtle (turtle mydas) - Akamas is the ultimate destination for the romantics and those who love nature.

“An amazing experience that I would love to turn back the time and live it again... You have to live it.”
- Evaggelia Milkou, Greece, Spring 2016
Beaches
- Coral Bay, Pafos
- Vrysoudia, Pafos
- Geroskipou Beach, Geroskipou

Nightlife

Paphos is not very popular for its nightlife, but that does not mean that you cannot have fun. Just go to the Paphos pedestrian boulevard by the port and you will find several clubs or bars to enjoy your night.

Event & Festivals

Anthestiria Flower Festival
In May, Cypriots celebrate the arrival of spring and the rebirth of nature with the Anthestiria or Flower Festival. The word Anthestiria is derived from the word ‘anthos’ which means flower. During the festival a parade of flowers and floats is organized starting in Poseidon Avenue and ending to the old harbour at Kato Paphos.

Dionysia Festival
In September, Stroumbi village celebrates Dionysia Festival to honour Dionysus, the Greek God of theatre, grape harvesting and wine. The three-day festival includes wine tasting, traditional Cypriot entertainment, local arts and crafts, food and dance, while plenty of grapes and palouze are offered for free.

Info: www.paphos.com

Where to Stay
Stay near the port area because it is closer to restaurants, cafes, clubs and shops.

Places to Eat
You can enjoy very good and fresh seafood at the restaurants near the port. The only problem is that they are a little bit pricy, but it is really worth it, once in awhile.

Useful Bus Routes

- 606 - Geroskipou (Pafiako) - Geroskipou Beach - Kings Av. Mall - Harbour Station
- 615 - Harbour (Main Station) - Coral Bay
- 618 - Karavella (Intercity Bus Station) - Harbour (Main Station)
- 631 - Harbour (station) - Petra tou Romiou

Bucket List
- Visit Akamas Peninsula
- Visit the Middle age castle at Limanaki square.
- Visit the town of Latsi and dive in the blue lagoon with ESN.
- Visit Avakas Canyon

“Invigorating experience, boundless opportunities, broadening horizons, everlasting friendships - it’s Erasmus!”
- Rafay Iqbal Ansari, Pakistan, 2016-2017
Beyond the beaches, the busy cities and the history, Cyprus also has a very beautiful countryside. Up, on the mountains, the island can offer nice treasures and surprises for you.

On your way towards the beautiful slopes of Troodos, you will pass through some small traditional villages whose tranquility will amaze. Do not hesitate to stop and walk across the impressive narrow streets of the villages. Also, it is highly suggested to eat traditional meze and taste the homemade traditional sweets. Once you visit the mountains you will understand why one of the island’s nicknames is “dasoesa”, meaning “full of forest”.

Outside the Cities

The Mountains
If you are a nature-lover, Cyprus provides numerous nature trails, for you, where you can admire the rich flora and fauna of Cyprus. For example, the waterfalls, the long-lost Venetian bridges and the calming bird tweeting, will make you feel that you are in paradise. And if you are lucky, who knows, might even see the Cyprus mouflon.

According to the myth, wine is the “Nectar of the Gods”. Cyprus is well known for its wine production for many years. Richard, the Lionheart, once described the cypriot traditional, commandaria, as the “Wine of the kings and the king of the wines”. Commandaria, the world’s first wine, is still produced in Cyprus. At the southern part of Troodos Mountain, mostly between Limassol and Paphos, you can see large vineyards and wineries, which call for a stop. There, you will have the opportunity to taste some of the best wines in the world.


Cyprus is believed to be a holy land and one of the most famous Orthodox religious destinations, as it was the place where Apostolos Pavlos and Varnavas, first started preaching the New Testament and Gospels. The Byzantine churches and monasteries, hidden in the forest tranquility, depict the unique treasures of thousands of years. It is worth to remember that some of the churches are part of UNESCO’s World Heritage.


If you are an adventurous individual, who likes nature excursions, then you can go camping with your friends. The Department of Forestry offers five places in state forests where you can relax. Keep in mind, that all camping and picnic sites include facilities such as barbeques, potable water, tables and lavatories.

Some of the Camping & Picnic Sites

- Polis Chrysochous
- Stavros tis Psokas
- Kambi tou Kaloyirou
- Platania
- Troodos

Visit Kykkos and Macheras monasteries ● Eat shushukos, a Cypriot traditional sweet ● Visit Tzelefos bridge (“Gefiri tou Tzelefou”) ● Drink commandaria ● Drink zivania ●

Tzelefos Bridge

Mouflon in Cyprus
Psychological Support Offices

University of Cyprus
You can book an appointment by contacting the psychologist in charge. The meetings take place in a safe and confidential setting, at the University Campus in Anastasios Leventis Building, Ground Floor, Office N. 009

Contact:
Margarita Kapsou, Psychologist
Email: counseling@ucy.ac.cy
Tel. 22894053

Hours of operation:
- September - May: Monday, Tuesday, Thursday, Friday 8.00-15.00 and Wednesday 8.00-18.00
- June - August: Monday-Friday 8.00-15.00
Off hour appointments can be arranged for urgent matters

Frederick University Nicosia - Advice Center
Louiza Ioannidou
Dimokritou 25, 1st floor

Hours of Operation: Monday-Friday 09:00 - 17:00

University of Nicosia
You can book an appointment at the Centre for Therapy, Training and Research (KEΣY). A non-governmental organization that is established in order to provide students with a safe, caring, and professional environment in which they can access counselling services. Other than that the organization has an informative role by training and educating students, parents and professionals through various workshops, seminars and lectures.

Contact:
Metohiou 66 Avenue, Egomi, Nicosia, 2407
Tel. 22795100

European University Cyprus
Students who need personal counseling can contact the Office of Student Affairs to arrange a confidential, one-on-one meeting with a qualified professional who can help them cope with any emotional and psychological challenges.

Dr. Antonia Koliaraki, is available on campus for consultation by appointment throughout the academic year.
Useful Numbers

Emergencies & Hospitals

- Ambulance: 112
- Fire Service: 112
- Police: 112

Protection

- AIDS Advisory Centre: 22 305 155
- Drugs Information Office: 1498 (Drug Law Enforcement Unit)
- Centre for drugs and Poisoning: 90 901 401

Night Pharmacies: 11892

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<td>Nicosia</td>
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<td>Limassol</td>
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<td>Larnaca</td>
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<tr>
<td>Paphos</td>
<td>90 901 416</td>
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<td>Ammochostos</td>
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Regional Hospitals

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<tr>
<td>Makareio Hospital</td>
<td>22 405 000</td>
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<tr>
<td>Lemesos General Hospital</td>
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<td>Lemesos Old General Hospital</td>
<td>25 305 333</td>
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<td>Larnaca General Hospital</td>
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<td>24 630 312</td>
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<td>Pafos General Hospital</td>
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<td>Paralimni Hospital</td>
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<td>Platres Hospital</td>
<td>25 422 224</td>
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<tr>
<td>Polis Hospital</td>
<td>26 821 800</td>
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<tr>
<td>Kyperounta Hospital</td>
<td>25 806 700</td>
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<tr>
<td>Agros Rural Health Centre</td>
<td>25 521 317</td>
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For complaints: 1460
### Useful Vocabulary & Phrases

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<td>Anikto / Ανοιχτό</td>
<td>Ena / Ένα</td>
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<tr>
<td>No</td>
<td>Closed</td>
<td>Two</td>
</tr>
<tr>
<td>Ohi / Όχι</td>
<td>Klisto / Κλειστό</td>
<td>Δίο / Δύο</td>
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<tr>
<td>Perfect</td>
<td>Sorry</td>
<td>Three</td>
</tr>
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<td>Telia / Τέλεια</td>
<td>Signomi / Συγγνώμη</td>
<td>Τρία / Τρία</td>
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<tr>
<td>Good Morning</td>
<td>What’s your name?</td>
<td>Four</td>
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<tr>
<td>Kalimera / Καλημέρα</td>
<td>Πώς σε λένε</td>
<td>Τέσσερα / Τέσσερα</td>
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<td>Good Evening</td>
<td>My name is...</td>
<td>Five</td>
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<td>Με λένε...</td>
<td>Πέντε / Πέντε</td>
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<td>Good Night</td>
<td>Do you speak English?</td>
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<td>Έξι / Έξι</td>
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<td>Hello</td>
<td>I don’t understand</td>
<td>Seven</td>
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<td>Δεν καταλαβαίνω</td>
<td>Εφτά / Εφτά</td>
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<td>How are you?</td>
<td>How much is it?</td>
<td>Eight</td>
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<td>Πόσο κάνει</td>
<td>Οχτώ / Οχτώ</td>
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<tr>
<td>Very good</td>
<td>What time is it?</td>
<td>Nine</td>
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<td>Poli kala / Πολύ καλά</td>
<td>Τί ώρα είναι</td>
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<td>Thank you</td>
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<td>Πού είναι...</td>
<td>Δέκα / Δέκα</td>
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<td>You are welcome</td>
<td>I want....</td>
<td>Happy Birthday</td>
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<td>Parakalo / Παρακαλώ</td>
<td>Θέλω</td>
<td>Chronia Polla / Χρόνια Πολλά</td>
</tr>
<tr>
<td>Left</td>
<td>Right</td>
<td>Merry Christmas</td>
</tr>
<tr>
<td>Aristera / Αριστερά</td>
<td>Dexia / Δεξιά</td>
<td>Καλά Χριστουγέννα</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Happy Easter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kalo Pascha / Καλό Πάσχα</td>
</tr>
</tbody>
</table>

### Contact Details

#### Office Address

Makariou Avenue 28, 2nd floor, City Plaza

#### Follow us on Social Media

- **Instagram**: @esnnicosia
- **Facebook**: Erasmus Student Network Nicosia - ESN Nicosia
- **Twitter**: @ESNNicosia
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