

Welcome

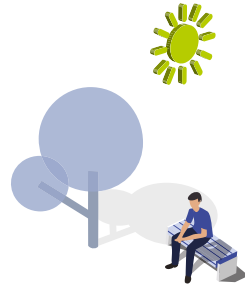
to our island



The basics

WEATHER

Cyprus enjoys an intense Mediterranean climate with hot summers and mild, relatively rainy winters, with short autumn and spring seasons of swift changes in temperature. In winter the average temperature is 13-15 °C, and in summer it is 30-33 °C. In Cyprus there are 300 to 340 days of sunshine per year with predominantly clear skies. Its climate is considered to be one of the healthiest in the world.



DAY LIGHT

At a latitude of 35° North and a longitude of 33° East, Cyprus enjoys long days with sunlight that spans from 9.8 hours in December to 14.5 hours in June.



TIME ZONE

The official time in Cyprus is Greenwich Mean Time (GMT) +2 hours, which means it is +1 hour from the Central European Time. Daylight Saving Time or Summer Time begins on the last Sunday of March, when the time moves one hour forward, and ends on the last Sunday of October, when the time moves back one hour.



POPULATION

The Republic of Cyprus population was estimated at 880,600 people in 2019.

OFFICIAL LANGUAGE

The official language in Cyprus is Greek, although English is widely spoken too. The majority of the population uses the Cypriot dialect- a divergent variety of modern Greek which includes words from Ancient Greek, Latin and Turkish.

GREETINGS AND ESSENTIALS

Kalimera (Καλημέρα)
 Meaning: Good morning

Kalinihta (Καληνύχτα)
 Meaning: Goodnight

Yia sou (Γεια σου)
 Meaning: Hello

Ti kanis (Τι κάνεις)
 Meaning: How are you?

Ne (Ναι)
 Meaning: Yes

Ohi (Όχι)
 Meaning: No

Efharisto (Ευχαριστώ)
 Meaning: Thank you

Parakalo (Παρακαλώ)
 Meaning: You are welcome or please

Signomi (Συγγνώμη)
 Meaning: I am sorry

Me lene... (Με λένε)
 Meaning: My name is...

Den katalaveno (Δεν καταλαβαίνω)
 Meaning: I don't understand

Poso kostizi (Πόσο κοστίζει;)
 Meaning: How much;

Ti ora einai? (Τι ώρα είναι;)
 Meaning: What time is it?



STATUS
 EU member since May 2004

CURRENCY
 Euro (€ EUR)

PAYMENTS
 Credit/debit card payments are accepted at almost any shop or service provider 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 pay via the online JCC getaway, go to a bank or to the relevant department.

COST OF LIVING
 Having your finances under control means you can relax and enjoy your studies. It is estimated that, on average, a student spends about 800 euros per month for private accommodation, utilities, food and transportation. Of course, a budget is a very personal thing, depending on one's preferences.

AVERAGE FOOD PRICES

Milk 1L	1.50 euro
Long Life Milk 1L	0.99 euro
Water 500 ml	0.50 euro
Soda	0.80 euro
Bread 500g	1.50 euro
Pasta 500g	0.80 euro
Fresh potatoes app. 1kg	2.60 euro
Oranges app. 1kg	2.99 euro



The Campuses

Frederick University is the only University in Cyprus operating in two cities. It is based in Nicosia, the capital of Cyprus, while specific schools and departments also operate in Limassol, the second largest city. Both campuses boast modern facilities designed to meet the academic, research, social and recreational needs of the university community.

Nicosia

A modern city with history around every corner

Nicosia, Cyprus' largest city and the island's capital, is a modern, bustling, historical city with loads to discover. The city's best shops, restaurants, bars, arts and leisure venues are within easy access to our students, as the campus is located in the heart of the city, just a few minutes from the city centre and the old town and right next to the most up and coming neighbourhood, Kaimakli. Although it's centrally located, the campus area remains quiet and relaxed, projecting a laid-back, suburban vibe that is ideal for student living.

THE CITY HOSTS

35,000

students and young researchers

In 2019

40%

of the city's population was under **35 years of age**



STUDENTS' FAVOURITES

LEDRA STREET

You can start your day by walking through Ledra Street and the nearby Onasagorou street in the old town. There you will find small shops, high street stores such as H&M, restaurants and cafés of every type. A few meters further, you will find Faneromeni Square, a popular destination among young people, where you can enjoy any type of drink you like.

LAIKI GEITONIA

In the old town you can also visit the main Tourist Information Center which is located at Laiki Geitonia, a traditional neighbourhood with Cypriot urban architecture.



VENETIAN WALLS

The historical centre of Nicosia is surrounded by the Venetian Walls, a series of defensive walls which were built by the Venetians during the 16th century. Wanting to create a work of art that would reflect the power of mighty Venice, they commissioned the famous architect and fortifications engineer Julio Sarnoviano, who led this innovative and modern work. The circular walls with the eleven heart-shaped bastions are still largely intact and are a major tourist attraction.

ELEFThERIA SQUARE

A dramatic and historically significant architectural intervention, the new Eleftheria Square is set in the heart of Nicosia, between the old town and the commercial city center. The Square is an architectural masterpiece designed by the internationally acclaimed architect Zaha Hadid.



ATHALASSA NATIONAL FOREST PARK

If you enjoy outdoor activities, Athalassa National Forest Park has a total area of 840 hectares and is an oasis of greenery with many endemic, indigenous trees, shrubs and herbs. The Park is ideal for outdoor recreation activities, physical exercise and environmental education and training. There are also picnic facilities, which locals like to use on the weekends.



THE NIGHTLIFE AND FESTIVALS

Nicosia's nightlife offers something for all tastes. You can find bars and clubs for drinks, food or dancing. Throughout the year, various events and festivals take place, such as theatrical performances and concerts, art exhibitions and other cultural activities. Every October, the Municipality of Nicosia organizes a large cultural festival at the brand-new Municipal Theatre of Nicosia, presenting the work of internationally recognized artists in the fields of dance, theatre and music. In Nicosia, there is also a street-food festival! The famous Food Fork Market takes place in various parts of the city, on dates that are announced online. Keep your eyes open for the posters that fill the walls of the city.

Limassol

A cosmopolitan city

Limassol is Cyprus' second largest city and one of the most cosmopolitan Mediterranean seaside resorts. It is a vibrant, diverse city that blends historic and modern architecture and has developed into a major shipping and business centre. The Campus is located in a convenient location with easy access to the highway and to the city centre. A beautiful linear park along Garryllis river features cycling paths and walkways that allow you to walk, run or bike to the City Centre, the Marina, the Old Port and the Seaside Multifunctional Park.



STUDENTS' FAVOURITES

CYCLING IN THE CITY CENTRE

The distance between different spots is so short that you can visit them by either walking or cycling. Don't forget to visit the busy Saripolou Square in the old part of the town, where you can find several coffee shops and bars. You can then continue your walk on to Anexartisias Street, an ideal place for shopping, or visit "Molos", a long beach-side walking trail which ends at the Old Port, just before Limassol Marina, an elegant area full of luxurious yachts, coffee shops and restaurants.



AMATHUS ARCHAEOLOGICAL SITE

The ancient city of Amathus is located approximately 11km east of Limassol's centre. In the surrounding area of the ancient city, traces of human presence have been discovered from the Neolithic period with many of its treasures displayed in the Limassol Archaeological Museum and adorning also other major museums such as the Metropolitan Museum of Art in New York and the Louvre in Paris.



CURIUM THEATRE

Curium is an ancient theatre that was constructed in the late 2nd century BC and stands as one of the most impressive archaeological sites in Cyprus. Today, it hosts many cultural activities and theatrical performances, especially during the summer season. It fits 3.500 spectators and offers magnificent views of the Mediterranean Sea. It is located 13km west of Limassol.



THE NIGHTLIFE AND EVENTS

Limassol is the city which you will never get bored of. The endless choices of clubs, restaurants and beach bars satisfy even the most demanding tastes. Also keep in mind that Limassol is the only town in Cyprus with a full-blown carnival atmosphere. The 11-day festival includes parades, dancing in the streets, fancy-dress competitions and cultural events.

Get to know Cyprus

If you are in the mood to wander and discover the secrets of Cyprus from its traditional cuisine to the charming summer destinations and winter getaways, check out the below.

THE CYPRIOT TRADITIONAL CUISINE

Based on the Mediterranean diet, the traditional Cypriot food consists of a variety of dishes including mouth-watering appetizers, tasty main dishes and delicate desserts. If you want to taste a variety of traditional food, then order the traditional "meze" - a variety of traditional Cypriot food served in small portions. If you are dining at a local restaurant or visiting a traditional festival don't forget to try:

- Grilled halloumi cheese
- Kolokithakia me avga (scrambled eggs with pieces of fried zucchini)
- Grilled sheftalia, souvla and/or souvlaki (grilled pork or chicken skewers)
- Choriaticko macaroni (traditional pasta served with grated dried anari cheese)
- Spoon Sweets (sweet fruit preserves)
- Loukoumades (doughnuts dipped in syrup)
- Soutzoukos (sweet made from grape juice)

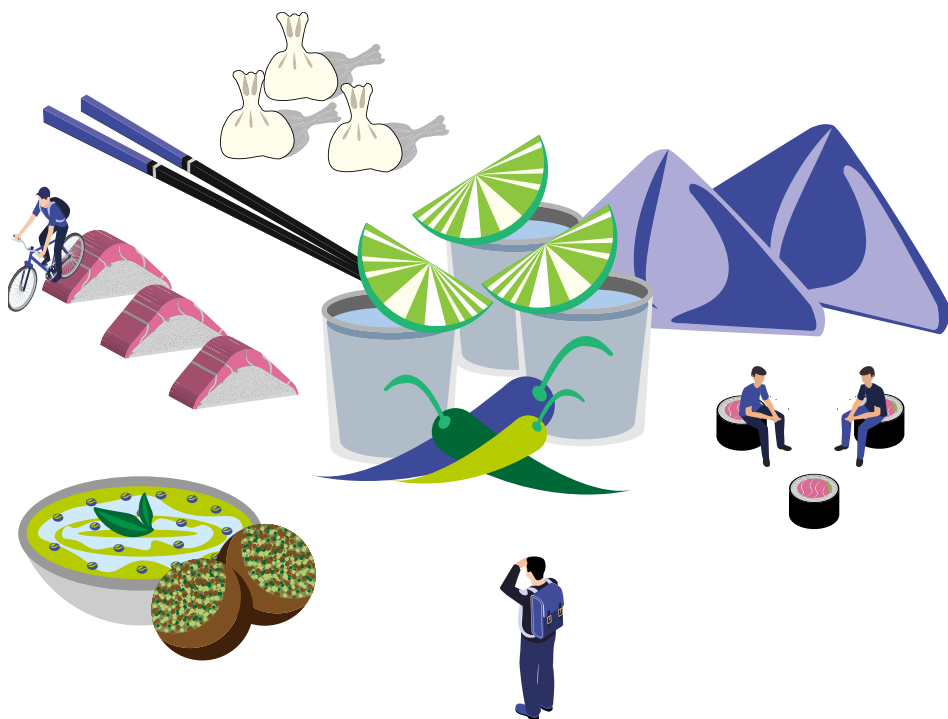


INTERNATIONAL CUISINE

If you are looking for your local cuisine, international food scene is thriving in Cyprus. There are plenty of places to stock up on your favourite ingredients, from specialist shops and supermarkets to restaurants and takeaways, with prices to suit every budget.

You may want to visit:

- Asian Food Market, 10 Digeni Akrita, Nicosia, 99 809979
- S.M Halal meat Aladdin butchery, 20A Trikoupi, Nicosia, 96 600003
- Apna Punjab Restaurant & Take-Away, 39 Aristokyprou, Nicosia, 77 773200
- Avo Armenian Food, Onasagorou, Nicosia, 22 661172
- Zeen Lebanese Sweets, Nicosia, 22 333550
- Syrian Club Restaurant, 17 Vasilissis Amalias, Nicosia, 22 776246
- Tonantzin Mexican Restaurant, 4 Pigmalionos, Nicosia, 99 283660
- Tiflis Restaurant (Georgian resaurant), Georgiou 'A, Germasogeia, Limassol, 25100605
- Asian/Alexandra-Baclaran minimarket, 129 Spyrou Araouzou, Limassol, 99865693
- Silverloy supermarket, 247A 28 October Ave, Limassol, 25 333830
- Russian Supermarket, B1, Germasogeia, 25 431043
- Arabic Butcher Halal, Limassol, 25 323165
- Manoushe Lebanese Food & Bakery, 89 Ellados, Limassol, 25 746745
- Taras Bulba Traktir, San City Complex 10, Georgiou 'A, Germasogeia, 25 324596
- Pokeloha (Hawaiian food), 233 Agiou Andreou, Limassol, 25 278024



SUMMER EXCURSIONS

During the summer months, when the University closes, you can enjoy Cyprus to the fullest! In Cyprus the distances between the towns are so short that you can reach the other side of the island in 2-3 hours. You can visit the most blue flags beaches in the EU, try out summer sports and leisure activities, enjoy the vibrant nightlife and at the same time indulge in the arts and culture of the island.



AKAMAS PENINSULA

Akamas Peninsula is a truly pictorial part of the island and it is unique for its flora and fauna. The nearby beach, Blue lagoon, is one of the most isolated yet spectacular beaches in Cyprus. You can swim in this beautiful environment or go snorkelling.

INLAND

Besides the numerous beaches, there's a whole other world, much cooler and more relaxed. The rural villages of Cyprus offer wonderful food, activities in nature and many cool summer festivals, such as Fengaros, Windcraft Music Fest, Animafest and also some... folklore festivals, promoting the gastronomic peculiarities of each area!

CAVO GRECO

The Cavo Greco sea caves are visited by many tourists for their natural beauty. They are located at the southern edge of Famagusta Bay. You can dive from the sea caves into the turquoise water and then relax on the golden coast of the area.

WINTER EXCURSIONS

During the Christmas and Easter holidays, or at any other time, you can visit picturesque destinations in the mountains of Cyprus.



TROODOS MOUNTAINS

Troodos is the largest mountain range in Cyprus. In the winter it is covered in a blanket of glistening snow and the scenery is magical. You can either ski or you can enjoy the view drinking hot chocolate at one of the local coffee shops. Advice: dress warmly, and have fun!



OMODOS

Omodos village is famous for its wine and other traditional spirits, such as Zivania. Its traditional architecture with stone-built houses lends it a special character and it is always welcoming visitors in the traditional warm and hospitable Cypriot way.



LEFKARA

Lefkara is where the Cypriot folk needlecraft art was born, the famous Cypriot lace “lefkaritiko”, which is known around the world. You can wander in the beautiful alleys of this tiny village, enjoy its stunning architecture, and watch the locals as they are creating elaborate embroideries and other crafts. Also, this village is a famous destination for Cypriot breakfast or brunch and local sweets.

Survival Guide

TRANSPORTATION WITHIN THE CITY

The most convenient way to travel in the island is by car, but of course there is also public transportation available. There are no trains, no trams and no metro, but each city has its own public buses. You can visit the website of the transportation organization and enter your starting point and destination to plan your route. Usually, a one-way ticket for students costs 0.75 euro, while a monthly multi-way ticket for students costs 20 euro. Itineraries start every 20 to 30 minutes, depending on the destination, while they are a bit less frequent on weekends. By using the Moovit App you can also find out how to reach the University Campus in Nicosia or Limassol.

BUSES

Whether you are staying in Nicosia, Limassol or any other city, you can move around by using the bus. Check out the routes and timetables here: www.cyprusbybus. Also, the Municipality of Nicosia runs its own mini buses which cover the city within the walls and its urban center. <https://nicosiaminibuses.eu>

INTERCITY BUSES

If you want to visit another city, you can use the Intercity Buses, which run daily itineraries to the other cities. Tickets can be purchased while boarding the bus. You can show your Frederick University student card to get 50% discount. A one-way student ticket to the other cities costs around 3 euro. You can find more information about the routes on the website www.intercity-buses.com or by calling 8000 77 89.

CONNECTION WITH AIRPORT

The Intercity Bus Service offers a connection with Larnaca Airport. You can visit cyprusbybus.com for the schedule and departure times. In general the itineraries are quite flexible as these are coordinated with the departure times of flights. A one-way student ticket to Larnaca airport from Nicosia costs around 7-10 euros.

TAXI SERVICE

Outside Larnaca and Pafos Airport, you can find the Cyprus Airport Taxi service.

How much does airport taxi cost?

Larnaca Airport – Nicosia: 50 euro

Pafos Airport – Nicosia: 135 euro

Larnaca Airport – Limassol: 70 euro

Pafos Airport – Limassol: 60 euro

<https://www.welcomepickups.com/el/cyprus/airport-taxi/>

TELECOMMUNICATIONS / INTERNET

There are four telecommunication companies in Cyprus that offer packages for mobile telephony, internet and TV. Prices depend on the mobile package and the internet speed you choose. For example, a package with mobile internet (unlimited messages, minutes, and 2GB internet), and a home internet connection with a speed of 10 Mbps, together cost around €55 per month. The contracts are for 12 or 24 months.

www.primetel.com.cy
www.epic.com.cy
www.cyta.com.cy
www.cablenet.com.cy

NIGHT PHARMACIES

To locate a pharmacy that is on call during night hours or holidays you can visit www.cypruspharmacy.com or Download Cyprus Pharmacy Guide app.

POST

You can mail letters at the post offices across the island or by dropping them in the yellow mailboxes that can be found on the streets. For larger packages you need to go to the post office.

www.cypruspost.post
Alternatively, you can use private courier services:
<https://cyp.acscourier.net/el>
www.ups.com/cy/en
www.dhl.com/cy-en

SHOPPING

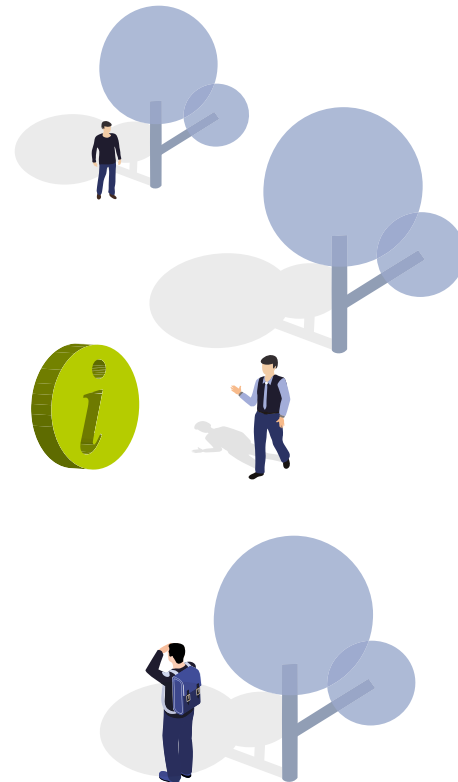
For the ultimate shopping experience, you can visit one of the Malls at each town. There you can also find a variety of restaurants and leisure options such as cinema and gaming centres. Or you can visit the shopping streets at the city centres.

Apps for online shopping:

You can use these apps to order goods from supermarkets, pharmacies, restaurants, bakeries and coffee shops.

www.supermarketcy.com.cy
www.foody.com.cy
www.wolt.com
www.food.bolt.eu

For fast and affordable rides use:
www.bolt.eu



USEFUL NUMBERS

112

European Emergency Number

22868150

Loss of Credit Card

1460

Police

77778833

Larnaca and Paphos Airport

11892

Directory Inquiries
(Cyta service)

22 603 000

Nicosia General Hospital

25 801 100

Limassol General Hospital

How to call Cyprus from abroad:

To call Cyprus from abroad, enter 00357 and then the eight-digit number. If you want to make a phone call abroad while you are in Cyprus, call 00 followed by the country code and phone number.

Codes for each district:

+357 22 Nicosia
+357 23 Famagusta
+357 24 Larnaca
+357 25 Limassol
+357 26 Paphos

PUBLIC HOLIDAYS

January 1

New Year

January 6

Epiphany

March 25

National Holiday

April 1

National Holiday

May 1

Labor Day

August 15

Assumption of the Virgin

October 1

Cyprus Independence Day

October 28

National Holiday

December 24

Christmas Eve

December 25

Christmas Day

December 26

Boxing Day

Holidays with variable dates:

Easter
Green Monday
Good Friday
Easter Monday - Pentecost
(Whit Monday)

Note:

Every effort has been made to ensure that the information provided in this publication is accurate and correct, however the information may be modified.

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