



**European
University Cyprus**

**School of
Medicine**

Medical Student Orientation 2023

**Events & Schedule
18-29 September 2023**

FOR NEW AND TRANSFER MEDICAL STUDENTS & THEIR FAMILIES





Welcome Class of 2029 !

Embarking on Your Journey of Lifelong Learning at EUC

Medical Student Orientation is an essential part of a successful transition to Medical School. Crossing the threshold of the Medical School, you are taking your initial steps into the profession. Medical Student Orientation is foundational to your success as a medical student at EUC and will provide you with information vital to your matriculation. The program will set the tone for your academic career and highlight expectations of you as a student, as well as give you the opportunity meet your fellow classmates.

Medical Student Orientation culminates with the “White Coat Ceremony”, where you will receive your first white coat and take your first step towards the responsibility of becoming a physician by reciting an oath dedicating yourself and pledging integrity in the study and practice of medicine.

Medical Student Orientation Events & Schedule 2023

MONDAY, SEPTEMBER 18, 2023 - FOR MEDICINE STUDENTS

EUC Cultural Center	DEVELOPING YOUR IDENTITY AS A CLINICIAN
09:30-9:40	Welcome Addresses Professor Elizabeth Johnson, Dean Dr. Theodore Lytras, Chairperson
9:40-10:00	Words of Wisdom on Starting Your Career Professor Elizabeth Johnson, Dean
10:00-10:15	Standards of Academic & Professional Conduct Dr. Theodore Lytras, Chairperson
10:15-10:30	Preparing for Residency: Mentorships, USMLE, FY1 & 2 and Other Dr. Dimitrios Ntourakis, Assistant Professor
10:30-10:45	The Future for International Medical Graduates Dr. George Hadjigeorgiou, Assistant Professor
EUC Cultural Center	FOUNDATIONS OF STUDYING MEDICINE AT EUC
14:00-14:20	The Medical School Curriculum: Objectives and Goals Professor Elizabeth Johnson, Dean
14:20-14:40	Understanding your Academic Schedule and Teams Dr. Dimitris Papadopoulos, Associate Professor, Program Coordinator
14:40-15:00	Preclinical Training at EUC Dr. Adamantios Michalinos, Assistant Professor
15:00-15:20	Clinical Training at EUC and E-logbook Dr. Stylianos Kakoullis, Chair, Clinical Training Committee and Dr. Dimitrios Ntourakis, Assistant Professor
15:20-15:40	The Power of Skill and Simulation in Medical Education Dr. Konstantinos Ekmektzoglou, Assistant Professor
15:40-16:00	Team-based Learning in Medical Education: The Importance of Your Peers Dr. Violetta Raffay, Assistant Professor
16:20-16:40 Cultural Center Lobby	MEET & GREET RECEPTION

TUESDAY, SEPTEMBER 19, 2023 - FOR ALL NEW STUDENTS

EUC Cultural Center	WELCOME TO EUC
9:00-9:30	Welcome from the Director of the Office of Student Affairs Ms. Eleni Markantoni, Director of the Office of Student Affairs (OSA), welcomes you to the EUC family and highlights the services and resources that will help you make the most of this new chapter in your life.
9:30-9:40	University Rector's Welcome University Rector, Professor Andreas Efstathiou, welcomes you to one of the leading and most dynamic universities in Cyprus and the region. The Rector will give a big-picture view of the university and its achievements and outline the benefits of becoming part of this vibrant, diverse and inclusive community. Learn how your studies at EUC will equip you with the skills, knowledge and experience to compete in today's international market and workplace where research, innovation and analytical thinking are critical.
9:40-9:50	Welcome from the Vice Rector of Academic Affairs Professor Loizos Symeou, Vice Rector of Academic Affairs, will present the strengths that EUC offers you in its educational processes and student support services through your School, Department and program. You will learn more about the academic practices that add value to your learning experience at EUC and how these positively differentiate your EUC academic experience from other universities in Cyprus and the region.
Cultural Center Lobby	READY, SET, GO!
9:50-11:15	It's Time to Start Making Uni Friends! University means a new beginning and forming new friendships. In this workshop, you will get to know your fellow students through interactive and fun activities!
11:15-11:45 EUC Cafeteria	Break Enjoy a musical and dance program. Snacks and drinks will be offered to everyone!
EUC Cultural Center	#UNI PATH TO THRIVE
11:45-12:15	Career Center – Take Charge of Your Future
12:15-12:45	Be Part of Our World: Discover Student Life
12:45-12:55	Get to Know Your Student Union
12:55-13:05	GO EUC! Athletics at European University Cyprus
13:05-13:30	Get Fit @ New Life Health Centre for EUC Students

Medical Student Orientation Events & Schedule 2023

TUESDAY, SEPTEMBER 19, 2023 - FOR MEDICINE STUDENTS

EUC Cultural Center	STUDENT SUPPORT
14:00-14:20	Blackboard and Independent Study Resources Dr. Ilias Nikas, Assistant Professor
14:20-14:40	e-Portfolio Dr. Andreas Yiallouris, Lecturer
14:40-15:00	Student Health Services and Vaccination Requirements for Clinical Training Dr. Constantinos Tsioutis, Assistant Professor
15:00-15:20	Study Skills in Medical School: Understanding Assessment Dr. Violetta Raffay, Assistant Professor
15:20- 15:40	The Importance of your GPA and Academic Support Services: Academic Advisors & Clinical Advisors Professor Elizabeth Johnson, Dean
15:40-16:00	Break
EUC Cultural Center	TAKING CARE OF THE BASICS - SCHOOL OF MEDICINE REGISTRATION
16:00-17:00	Registration, Pick up Student IDs, Take ID Photo Distribution of Orientation Packets <ul style="list-style-type: none"> • How to create an Email Account / Visa Support • Access to Blackboard • Library Resources • Standards of Academic & Professional Conduct • Clinical training • Yellow slip for EU • Pink slip for non-EU
17:00-17:20	Student Clubs and Activities EUC Senior Medical Students
17:20	Senior Student Led Tours of Medical Campus

WEDNESDAY, SEPTEMBER 20, 2023 - FOR ALL NEW STUDENTS

11:30-12:30 Starting Point EUC Cafeteria	Campus Tour Student assistants will give you a tour of campus facilities.
12:30-13:15 EUC Campus	Selfie Scavenger Hunt Find locations around campus, take selfies and get the chance to win a prize.

WEDNESDAY, SEPTEMBER 20, 2023 - FOR MEDICINE STUDENTS

EUC Cultural Center	RESEARCH OPPORTUNITIES
14:00-14:20	Importance of Research in Medical School Professor Anastasis Stephanou
14:20-14:40	Research Opportunities at EUC Dr. Charalambos Filippou, Lecturer Dr. Charalambos Michaeloudes, Assistant Professor
14:40-15:00	Summer Externship Program Professor Ioannis Patrikios, Deputy Dean
15:00-15:20	Medical Thesis Dr. Dimitris Papadopoulos, Chair of Medical Thesis Committee
15:20-15:40	Explore Your Mobility Opportunities under the Erasmus+ Program Ms Efi Michael, Erasmus Coordinator
15:40-16:00	Introduction to the Greek Language Platform: Learning Greek to work with your patients in clinical training Dr. Charis Xinari, Associate Professor

Medical Student Orientation

Events & Schedule - 2023

THURSDAY, 21 SEPTEMBER, 2023 - FOR ALL NEW STUDENTS

EUC Cultural Center	
9:00-9:30	Technology at European University Cyprus – Develop Your Digital Skills Find out about the StartUp Center powered by Microsoft, the Computer Center, digitally enhanced learning technologies and your online student portal to see how the advanced technological infrastructure at EUC will connect you to others and add value to your learning experience.
9:30-9:40	EUC Social Media and App Learn about all of the EUC social media channels and apps to keep connected to your university, collaborate with your classmates and find out what is going on at EUC.
9:40-10:00	Succeeding Against All Odds Ms Angela Panayiotou, Inspirational Speaker and Innovation Advisor, will share her experiences in succeeding with small and big goals in life no matter the difficulties, and inspire you to work around them, to get from anonymity to recognition for what you do.
10:00-11:00	Going Digital in a Digital World? In the “Going Digital” workshop, you will not only explore the world of digital transformation, but you will also be provided with practical tools and applications to improve your digital profile, ultimately saving time, increasing productivity, and enhancing your overall well-being. Throughout this workshop, Ms. Andrie Penta, Master Trainer and Mr. Apostolos Palaskas, Director & Master Trainer of Door Training & Consultancy company, will give tips on empowering you with the necessary skills and knowledge to help you thrive in the Digital Era and the increasingly digitalized world.
11:00 - 11:40 EUC Cafeteria	Break Ice Cream Social time! Enjoy a refreshing ice cream along with your new friends!
11:40-12:40	Going Digital in a Digital World? (Continue)
12:40-13:10	EUC Alumni Back on Campus – Sharing Experiences Join us for a discussion with EUC graduates who discuss with you the benefits they gained from using OSA and other vital services, as well as what they would have done differently to make the most of their student life.
13:10-13:45 EUC Library	Library and Research Find out about the EUC library resources and 24/7 online databases for your research and assignments.

THURSDAY, SEPTEMBER 21, 2023 - FOR MEDICINE STUDENTS

EUC Cultural Center	HEALTH & SAFETY AND WELL-BEING DURING MEDICAL STUDIES
14:00-14:20	Understanding the Epidemiology of Covid Dr. Theodoros Lytras, Assistant Professor
14:20-14:40	Current Guidelines and Best Safety Practices as a Medical Student Dr. Zoi Pana, Assistant Professor
14:40-15:00	Student Wellness: Tips & Strategies to Remain Physically and Mentally Healthy During Medical School Dr. Chryso Pieridi, Psychologist
15:00-15:20	Cultural Competence: Being a Member of an International Class Can Prepare you to Deal with Patients in the 21st Century Dr. Iva Tzvetanova, Assistant Professor
15:20-15:40	Closing Remarks Professor Elizabeth Johnson, Dean

FRIDAY, SEPTEMBER 22, 2023 - FOR MEDICINE STUDENTS

EUC Cultural Center	WHITE COAT CEREMONY
18:30-19:30 Auditoriums Alfa, Beta, Delta	White Coat Ceremony Preparation
19:30-20:30	Matriculation: The White Coat Ceremony The White Coat Ceremony is a rite of passage for each entering class. This annual tradition of the EUC Medical School marks the entrance of the matriculating class of students into the medical profession. It marks an important milestone in your career, and is shared with family, friends and colleagues. Students receive their White Coat and recite an oath, pledging dedication to the ethics and standards of learning medicine. Medical Students are cloaked in their first white coat as a symbol of the trust being bestowed upon them to carry on the noble tradition of doctoring.
EUC Cafeteria	Light Reception

Medical Student Orientation Events & Schedule

MONDAY, 25 SEPTEMBER 2023 - FOR ALL NEW STUDENTS

EUC Cultural Center	WELL-BEING DURING STUDIES
9:00-9:15	Student Wellness Part 1: Find out how you are supported and empowered by the Center of Applied Psychology and Personal Development (KEPSYPA) services. Part 2: Learn how the EUC Committee for Students with Special Educational Needs can support you during your studies.
9:15-9:35	Easy Tips: How to Study Effectively Gain useful tips and methods to help you achieve the best possible academic results and a lifetime love of learning and knowledge.
9:35-10:25	Anxiety and Stress: How to Cope with my Feelings This seminar will get you familiarize with how to recognize and be aware of your anxiety and stress in four different levels (thoughts, emotions, behaviors, psychosomatic symptoms), but also how to effectively deal with stressful situations.
10:25-10:55	Eat Smart to Improve your Academic Performance Dr. Elena Hadjibei, Lecturer and Coordinator of the Nutrition and Dietetics program, will present smart ways you can eat to sharpen your brain, boost your memory and learning ability, thus improving academic performance.
10:55-11:35	Break Enjoy healthy energy snacks prepared by senior Clinical Dietician and Nutrition Program students. Make friends while playing "Food for Thought" nutrition-related games!
11:35-12:20	How to be Mentally Resilient Learn practical ways to cope with, adapt to challenges, and build mental and emotional flexibility to grow. Find out your inner strengths through an interactive virtual quiz.
12:20-13:40	Workshop for Road Safety - Zero Road FatalitiesOur Goal! The aim of the Presentation is to reflect and raise public awareness of road safety issues. Road safety is everyone's responsibility! Presentation by Police Officer and sharing of experiences by Ms. Lena Katelari, President of Mavrikios Foundation. If you wish, you will be able to wear simulation glasses to experience how one's driving is impaired by drinking and drugs and the use of bikes. Finally, you will have the chance to see a demonstration on the use of a police motorbike from a Police Officer and then get the chance to also try out some of its functions.

TUESDAY, 26 SEPTEMBER 2023 - FOR ALL NEW STUDENTS

10:00 – 17:30 For more information & registration: 22713185 or A.Georgiadou@euc.ac.cy Ms. Angela Georgiadou, Office of Student Affairs	Picnic Day Join us on a relaxing day out at the beautiful Platania picnic site, situated in one of the most beautiful locations in the Troodos mountains. Take part in a variety of fun activities and board games. Free picnic food and drinks will be offered to everyone. Additionally, you will have the chance to see and admire the Cyprus mouflon, a unique rare mammal that is found only in Cyprus through an easy and circular walk, starting just opposite the Platania picnic site where there is a mouflon sanctuary.
--	--

FRIDAY, 29 SEPTEMBER, 2023 - FOR ALL NEW STUDENTS

Staff Parking Lot and Cafeteria	EUC FUN DAY
17:00-23:30	<ul style="list-style-type: none"> • Join us for a fun day on campus with games ranging from human foosball, basketball, and shooting • Register for student clubs, meet club representatives, enjoy various sessions/games, shows and demonstrations from Student Clubs and International Student Associations ranging from a yoga lesson, open chess game, Robotics' demonstration and programming session, African Show, dance show and lesson etc. • Buy your EUC branded items from the EUC shop • Enjoy a barbeque and drinks for everyone • Listen and dance with musical entertainment with DJ • Win gifts and many more surprises

SATURDAY, 21 OCTOBER 2023, 9:15-15:00 - FOR ALL NEW STUDENTS

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

Come and explore the hidden gems of Nicosia!

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



EUROPEAN UNIVERSITY CYPRUS - SCHOOL OF MEDICINE
6, Diogenis Str., 2404 Engomi, Nicosia-Cyprus
P.O. Box: 22006, 1516 Nicosia-Cyprus
Tel: +357 22559410, +357 22559514
www.euc.ac.cy