



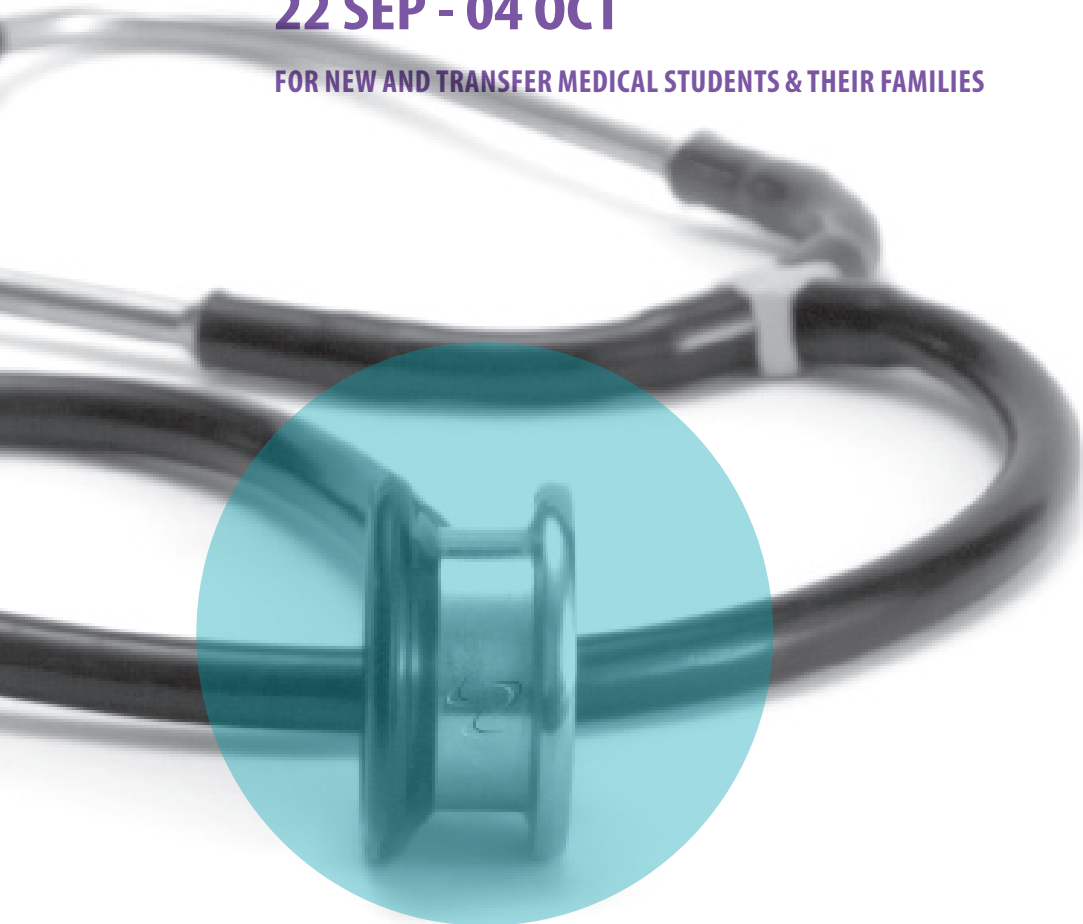
**European  
University Cyprus**

**School of  
Medicine**

# **Medical Student Orientation 2025**

**Events & Schedule  
22 SEP - 04 OCT**

**FOR NEW AND TRANSFER MEDICAL STUDENTS & THEIR FAMILIES**



# Content

## MEDICAL STUDENT ORIENTATION 2025

NEW STUDENT ORIENTATION - FOR ALL NEW STUDENTS	PAGE
Monday, 22 September	4
Tuesday, 23 September	5
Wednesday, 24 September	5 - 6
Thursday, 25 September	7- 8
Friday, 26 September	9

### MEDICAL STUDENT ORIENTATION - FOR MEDICINE STUDENTS

Monday, 29 September	10
Tuesday, 30 September	11
Thursday, 2 October	11
Friday, 3 October 2025 - White Coat Ceremony	12

### NEW STUDENT ORIENTATION - FOR ALL NEW STUDENTS

Friday, 3 October - EUC Vibe Fest 2025	12
Saturday, 4 October - Picnic Day	13
Saturday, 25 October - Guided Tour of Nicosia	13

## **Welcome Class of 2031 !**

### **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 and your student experiences and success. 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. We look forward to seeing and meeting each one of you at the orientation!

# New Student Orientation Events & Schedule 2025

MONDAY, 22 SEPTEMBER 2025 - FOR ALL NEW STUDENTS	
<b>EUC Cultural Center</b>	
<b>09:00-09:30</b>	<b>Welcome to EUC</b> Ms. Eleni Markantoni, Director of the Office of Student Affairs (OSA), extends a warm welcome to the newest members of the EUC family and introduces the services and resources available to support you as you begin this exciting new chapter in your life.
<b>09:30-11:00</b>	<b>Let the Fun Begin!</b> <b>Get Ready, Get Set — It's Time to Start Making Friends at Uni!</b> University means a new beginning and forming new friendships. In this workshop, you will get to know your fellow students through fun and interactive activities.
<b>11:00-11:40</b> <b>EUC Cafeteria</b>	<b>Break</b> Enjoy music by DJ Wired, along with complimentary snacks and drinks for everyone.
<b>EUC Cultural Center</b>	<b>#UNILIFEUNLOCKED</b>
	Discover how the Office of Student Affairs supports your success beyond the classroom, helping you thrive at EUC and in your future journey. EUC Career Center specialists will guide you toward professional achievement, followed by an introduction to the wide range of opportunities that can enrich your student experience — from clubs, societies and sports to gym facilities and the Student Union.
<b>11:40-12:10</b>	<b>Career Center – Take Charge of Your Future</b>
<b>12:10-12:40</b>	<b>Live It, Love It: Your Student Life Starts Here</b>
<b>12:40-12:50</b>	<b>Get to Know Your Student Union</b>
<b>12:50-13:00</b>	<b>Join EUC Athletics - Unleash the Champion in You!</b>
<b>13:00-13:10</b>	<b>Achieve Your Fitness Goals at New Life Health Centre for EUC Students</b>

# New Student Orientation Events & Schedule 2025

TUESDAY, 23 SEPTEMBER 2025 - FOR ALL NEW STUDENTS	
Athalassa National Forest Park, Nicosia	TREASURE HUNT & OUTDOOR RELAXATION DAY
<p><b>09:30-13:30</b></p> <p><b>For more information and registration:</b> 22713185 or A.Georgiadou@euc.ac.cy Ms. Angela Georgiadou, Office of Student Affairs</p> <p>Participation is free, but registration is required. Free bus transportation is provided.</p>	<p><b>Explore, Walk, Unwind!</b></p> <p>Join us for a refreshing morning in nature at Athalassa Park! Enjoy an interactive Treasure Hunt where students will solve clues, complete playful challenges and explore the park in teams. It's a great way to connect, move and discover interesting facts about student life and Cyprus. After the hunt, enjoy free time to walk through the beautiful park, relax and connect over coffee and snacks in a friendly, casual atmosphere.</p> <p>Please wear comfortable clothes and shoes suitable for outdoor activity.</p> 
WEDNESDAY, 24 SEPTEMBER 2025 - FOR ALL NEW STUDENTS	
EUC Cultural Center	WELL-BEING DURING STUDIES
<b>09:00-09:15</b>	<p><b>Student Wellness</b></p> <p><b>Part 1:</b> Find out how you are supported and empowered by the Center of Applied Psychology and Personal Development (KEPSYP) services.</p> <p><b>Part 2:</b> Learn how the EUC Committee for Students with Special Educational Needs can support you during your studies.</p>
<b>09:15-09:35</b>	<p><b>Study Strategies for Achieving Academic Success!</b></p> <p>Discover practical and effective study techniques to boost your learning, improve time management and excel in your academic journey.</p>
<b>09:35-10:25</b>	<p><b>Managing Anxiety and Stress:</b> <b>Understanding and Coping with Your Emotions</b></p> <p>Learn how to recognize signs of anxiety and stress, understand their impact and explore practical techniques to manage your emotions effectively for a healthier, more balanced student life.</p>
<b>10:25-10:55</b>	<p><b>Fuel your Brain: Nutrition Tips for Academic Success</b></p> <p>Join Dr. Elena Hadjimbei, Assistant Professor and Coordinator of the Nutrition and Dietetics Program, as she explores how smart nutrition can enhance brain function, memory and overall academic performance.</p>

# New Student Orientation Events & Schedule 2025

## WEDNESDAY, 24 SEPTEMBER 2025 - FOR ALL NEW STUDENTS

<b>10:55-11:35</b> <b>EUC Cafeteria</b>	<b>Break</b> Enjoy smart, healthy, easy and tasty snack ideas prepared by senior Applied Nutrition and Dietetics Program students.
<b>EUC Cultural Center</b>	<b>WELL-BEING DURING STUDIES</b>
<b>11: 35-12:20</b>	<b>Building Mental Resilience: Strengthen Your Mind and Emotions</b> Explore practical strategies to manage stress, adapt to change and enhance your emotional resilience. Strengthen your inner capacity for growth through engaging activities—including an interactive virtual quiz to uncover your personal strengths.
<b>12:20-13:50</b>	<b>Staying healthy: the truths about substance use and the benefits of sustaining a drug-free student life</b> The workshop will be delivered by the National Addictions Authority of Cyprus and will explore the impact of the use of alcohol and other psychoactive substances on young people's health and wellbeing.  The first part of the workshop will include exercises with the help of 'impairment goggles', an optical technology which enables the user to simulate the results of alcohol and other substances and experience effects such as destabilization, misrepresentation of reality, reaction time etc.  The second part will explore the truths about substance use and how it can impact people's lives on a bio-psycho-social level and offer the opportunity to discuss the benefits of a drug-free lifestyle.  The session will conclude with a guided relaxation exercise to help participants unwind and reflect.

# New Student Orientation Events & Schedule 2025

THURSDAY, 25 SEPTEMBER 2025 - FOR ALL NEW STUDENTS	
EUC Cultural Center	
09:00-09:45	<p><b>The EUC StartUp Center and High-Tech Infrastructure</b> <b>Develop Your Digital Skills</b></p> <p>Discover EUC's high-tech infrastructure with the Startup Center powered by Microsoft, the Computer Center, digitally enhanced learning technologies and your online student portal. You will see how the latest technologies are used at EUC to connect you to others and add value to your learning experience.</p>
09:45-09:55	<p><b>EUC Social Media and EUC Online Shop</b> <b>Stay connected with European University Cyprus!</b></p> <p>Discover how to make the most of EUC's official social media channels and apps—perfect for keeping up with university news, collaborating with classmates and staying engaged with campus life.</p> <p>You'll also learn how to purchase official EUC merchandise. The EUC Online Shop offers a wide selection of genuine EUC products, including hoodies and t-shirts, accessories and gifts—everything you need to show your university pride.</p>
09:55-10:15	<p><b>From Students to Start-Up Founders: The Story of Student Relay</b> <b>Get inspired by fellow students who turned an idea into impact!</b></p> <p>In this engaging session, three current students from EUC's Medicine and Law programs share their journey of founding Student Relay—a student-led start-up. You'll learn how they balanced their demanding studies with entrepreneurship, overcame challenges and built a platform that supports peers through collaboration and innovation. A must-see session for anyone curious about student initiatives, start-ups or making the most of university life.</p>



# New Student Orientation Events & Schedule 2025

## THURSDAY, 25 SEPTEMBER 2025 - FOR ALL NEW STUDENTS

EUC Cultural Center	
<b>10:15-10:35</b>	<p><b>AI and the Future of Business</b>  <b>Preparing for Jobs. That Don't Exist - Here's Why Your Degree Still Matters</b></p> <p>Join us for an eye-opening talk by Paris Thomas, exploring how artificial intelligence is reshaping the world of work and what that means for your future. Discover why your education is more relevant than ever, even in a world where job titles haven't been invented yet. This session will empower you to adapt, thrive and lead in an AI-driven economy. Learn how to future-proof your skills, embrace lifelong learning and turn your degree into a launchpad for success in the age of intelligent technology.</p>  <p><b>About the speaker</b>  Paris Thomas is a pioneering innovation strategist and executive advisor who specializes in helping organizations accelerate their innovation through AI-powered experimentation. As CEO of Talent Hacks and CEO/Co-Founder of RapidVisual.ai, he has guided over 300 founders and multiple Fortune 500 companies in transforming ideas into market successes, enabling transformation in a multitude of industries. A contributor to the best-selling book "Value Proposition Design", Paris has developed ground-breaking approaches to rapid experimentation and customer validation that blend AI technology with practical business strategies.</p>
<b>10:35-11:30</b>	<p><b>Break</b>  <b>Ice Cream Social Time!</b></p> <p>Enjoy a refreshing ice cream along with your new friends.</p>
<b>11:30-12:00</b> <b>EUC Library</b>	<p><b>Library and Research</b></p> <p>Find out about the EUC library resources and 24/7 online databases for your research and assignments.</p>
<b>12:00-12:45</b>	<p><b>Identity Crisis Game – EUC Edition</b>  <b>A fun and interactive way to kick off your EUC journey!</b></p> <p><b>Get ready to laugh, connect, and step out of your comfort zone.</b></p> <p>Identity Crisis is a light-hearted team-building activity designed to help you meet fellow students, break the ice and discover the unexpected — all while having a great time. Whether you're shy or outgoing, this game brings everyone into the mix and sets the tone for a memorable start to university life.</p>



# New Student Orientation Events & Schedule 2025

FRIDAY, 26 SEPTEMBER 2025 - FOR ALL NEW STUDENTS	
EUC Cultural Center	#UNILIFEUNLOCKED
09:00-09:20	<p><b>Course Registration &amp; Advising. ERASMUS+ Information</b></p> <p>Find out how the Student Advising Center and your personal academic advisor will assist you in preparing your timetable and registering for classes.</p> <p>In addition, you will hear about all of the exciting Erasmus student exchange opportunities in Europe.</p>
09:20-09:30	<p><b>University Rector's Welcome</b></p> <p>Professor Andreas Efstathiou, Rector of European University Cyprus, welcomes you and shares what makes EUC a great place to study and grow. The Rector will give you a 'big picture' view of EUC 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.</p>
09:30-09:40	<p><b>Welcome from the Vice-Rector of Academic Affairs</b></p> <p>Professor Loizos Symeou, Vice-Rector for 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.</p>
09:40 -11:50	<b>Break</b>
11:50-12:20	<p><b>How trekking at -40C can teach us lessons for academic success</b></p> <p>Dr. Memnia Theodorou is a motivational speaker, positive psychology coach, dentist and adventurer. She will speak from the heart, and her story of trekking in -40C with 7 other women will inspire you and awaken your confidence to step out of your comfort zone and give you valuable insights on what can help you to succeed in your goals and dreams</p>
12:20-13:35	<p><b>Campus Tour</b></p> <p>Student assistants will give you a <b>tour of campus</b>. <b>Starting Point:</b> Cultural Center (North Building, 1st floor)</p> 

# Medical Student Orientation

## Events & Schedule 2025

MONDAY, 29 SEPTEMBER 2025 - FOR MEDICINE STUDENTS	
EUC Cultural Center	DEVELOPING YOUR IDENTITY AS A CLINICIAN
10:00-10:15	<b>Welcome Addresses</b> - Professor Elizabeth Johnson, Dean - Professor Ioannis Patrikios, Deputy Dean - Dr. Theodore Lytras, Chairperson
10:15-10:30	<b>Words of Wisdom on Starting Your Career</b> Professor Elizabeth Johnson, Dean
10:30-10:45	<b>Standards of Academic &amp; Professional Conduct</b> Dr. Theodore Lytras, Chairperson
10:45-11:00	<b>Navigating Through Medical Thesis</b> Dr. Dimitris Papadopoulos, Chair of Medical Thesis Committee
11:00-11:15	<b>The Future for International Medical Graduates</b> Dr. George Hadjigeorgiou, Assistant Professor
11:15-11:30	<b>Summer Externship Program Opportunities</b> Professor Ioannis Patrikios, Deputy Dean
11:30-11:45	<b>Importance of Research in Medical School &amp; Research Opportunities at EUC</b> Dr. Christina Kousparou, Associate Professor
11:45-13:00	<b>Break, Lunch on your own</b>
EUC Cultural Center	FOUNDATIONS OF STUDYING MEDICINE AT EUC
13:00-13:20	<b>The Medical School Curriculum: Objectives and Goals</b> Professor Elizabeth Johnson, Dean
13:20-13:40	<b>Understanding your Academic Schedule and Teams</b> Dr. Dimitris Papadopoulos, Associate Professor, Program Coordinator
13:40-14:00	<b>Predclinical Training at EUC</b> Dr. Violetta Raffay, Associate Professor
14:00-14:20	<b>The Power of Skill and Simulation in Medical Education</b> Dr. Andreas Larentzakos, Assistant Professor
14:20-14:40	<b>The Importance of your Experience in the Laboratory</b> Dr. Charalambos Filippou, Assistant Professor Dr. Charalambos Michaeloudes Assistant Professor
14:40-15:00	<b>Clinical Training at EUC</b> Dr. Stylianos Kakoullis, Chair, Clinical Training Committee
15:00-15:20	<b>The Importance of your GPA and Academic Support Services: Academic Advisors &amp; Clinical Advisors</b> Professor Elizabeth Johnson, Dean
15:20	<b>MEET &amp; GREET RECEPTION - Cultural Center Lobby</b>

# Medical Student Orientation

## Events & Schedule 2025

### TUESDAY, 30 SEPTEMBER 2025 - FOR MEDICINE STUDENTS

EUC Cultural Center	STUDENT SUPPORT
10:15-10:30	<b>Blackboard and Independent Study Resources</b> Dr. Andreas Yiallouris, Assistant Professor
10:30-10:45	<b>Study Skills in Medical School: Understanding Assessment</b> Dr. Violetta Raffay, Associate Professor
10:45-11:00	<b>Cultural Competence: Making the Most of your Experience Among a Diverse Student Body</b> Dr. Iva Tzvetanova, Assistant Professor
EUC Cultural Center	HEALTH & SAFETY, WELL-BEING, STUDENT SUPPORT DURING MEDICAL STUDIES
11:00-11:15	<b>Current Guidelines and Best Safety Practices as a Medical Student</b> Dr. Constantinos Tsioutis, Associate Professor
11:15-11:30	<b>Student Health Services and Vaccination Requirements for Clinical Training</b> Dr. Constantinos Tsioutis, Associate Professor
11:30-11:45	<b>Explore your Mobility Opportunities under the Erasmus + Program</b> Ms. Efi Michael, Erasmus Coordinator
11:45-12:00	<b>Introduction to the Greek Language Platform (for non-Greek speakers): Learning Greek to work with your patients in clinical training</b> Dr. Charis Xinari, Associate Professor
12:00-12:15	<b>Closing Remarks</b> Professor Elizabeth Johnson, Dean

### THURSDAY, 2 OCTOBER 2025 - FOR MEDICINE STUDENTS

EUC Cultural Center	TAKING CARE OF THE BASICS - SCHOOL OF MEDICINE REGISTRATION
10:00-12:00	<b>Registration, Pick up Student IDs, Take ID Photo</b> <b>Distribution of Orientation Packets</b> <ul style="list-style-type: none"> <li>• How to create an Email Account / Visa Support</li> <li>• Access to Moodle</li> <li>• Library Resources</li> <li>• Attendance PASS / Print</li> <li>• Standards of Academic &amp; Professional Conduct</li> <li>• Clinical training</li> <li>• Yellow slip for EU Students</li> <li>• Pink slip for non-EU Students</li> </ul> <p>Ms. Maria Zalti, Student Advisor Ms. Christina Kolatsi, International Student Advisor</p>
12:00-12:30	<b>Student Clubs and Activities</b> EUC Senior Medical Students
12:30	<b>Senior Student Led Tours of the School of Medicine</b>

# Medical Student Orientation Events & Schedule 2025

## FRIDAY, 3 OCTOBER 2025- FOR MEDICINE STUDENTS

EUC Cultural Center	WHITE COAT CEREMONY
11:30-12:30	<b>White Coat Ceremony Preparation</b>
12:30-13:30	<b>Matriculation: The White Coat Ceremony</b> 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.
Cultural Center Foyer	<b>Light Reception</b>

# New Student Orientation Events & Schedule 2025

## FRIDAY, 3 OCTOBER 2025 - FOR ALL NEW STUDENTS

17:00-24:00

## EUC Vibe Fest 2025

Staff Parking Lot and Cafeteria

- Register to join student clubs
- Enjoy presentations and actions from EUC Student Clubs
- Grab your EUC gear from the official EUC online shop
- Party to summer vibes with DJ Wired
- Enjoy delicious barbecue and drinks—on the house!

**For more information & registration:** 22713185 / [A.Georgiadou@euc.ac.cy](mailto:A.Georgiadou@euc.ac.cy)  
 Ms. Angela Georgiadou, Office of Student Affairs

# New Student Orientation Events & Schedule 2025

## SUNDAY, 5 OCTOBER 2025 - FOR ALL NEW STUDENTS

10:00 - 17:30

### Picnic Day at Livadi tou Pasha

**A Relaxed Farewell to Orientation Week**

Wrap up Orientation Week with a laid-back and joyful day at the scenic Livadi tou Pasha Picnic Area—the perfect way to celebrate the start of your university journey! Enjoy the fresh air, good food, music and meaningful conversations as you connect with your new peers before classes begin. This closing event is all about relaxing, reflecting on the week and building friendships in a natural, welcoming setting.

Snacks, games and transportation are provided. Just bring your smile and picnic spirit!

Participation is free, but registration is required.

**For more information & registration:** 22713185 / A.Georgiadou@euc.ac.cy

Ms. Angela Georgiadou, Office of Student Affairs

## SATURDAY, 25 OCTOBER 2025 - FOR ALL NEW STUDENTS

9:15-15:00

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

**Come and explore the hidden gems of Nicosia!**

**A professional guide will accompany you to the:**

- Nicosia Museum • Famagusta Gate • Buffer Zone • Solomou Square • Eleftherias Square
- Ledras/Onasagorou Streets • Laiki Geitonia • Church of Archangelos Michael Trypiotis
- Faneromeni Square • New Town Hall • Nicosia Municipal Arts Centre • Archbishop's Palace
- Pancyprian Gymnasium • Hamam Omerye

**During the tour, free drinks and snacks will be offered at a local café.**

**Free time for all to stroll around!**

**For more information and registration:**

22713185 / A.Georgiadou@euc.ac.cy

Ms. Angela Georgiadou, Office of Student Affairs



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