

**EUC MSS**

Medical Students' Society



# **EUC MEDICAL STUDENT'S SOCIETY**

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## **FRESHER'S SURVIVAL GUIDE**

Dear Freshmen Students,

I am addressing you on behalf of the formed European University Cyprus Medical Students' Society (EUCMSS), an organization consisting of students from every year united with the common goals of making the medical school experience more enjoyable and ultimately memorable for all of us. One of the main purposes of the society is to make the experience of integrating into the Medical School as smooth as possible for all of you.

Starting university can be daunting for everyone; this experience becomes significantly harder when you have come to a foreign country to study, and even harder still when the subject you have chosen to study is one of the most challenging. So, the EUCMSS, with its board consisting of, Alessandro Rugiano, Elias Zreiq, Themis Gkraikou, Niklas Hübner and myself, has tried to make your lives easier by compiling all the useful information we wish we had been provided with as freshmen. Attached to this letter is a 'Survival Guide' which will answer many of your questions and make the process of settling into a new environment much easier. Now it must be noted that there are many things not included in the guide because we feel that part of the fun is you discovering things for yourselves, so enjoy, and we hope you find this guide useful.

I would also like to officially invite you to the first Society meeting of the new academic year at 8 pm Thursday 10<sup>th</sup>, (location to be confirmed). Everyone is welcome and is encouraged to bring ideas with them, I hope to see as many of you there as possible.

Sincerely,

Rotem Dayan

Chair of the European University Cyprus  
Medical School Society



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# EMERGENCIES

Ambulance: **199, 112**

Fire Brigade: **199,112**

Police: **199,112**

Forest Fire: **1407**

Narcotics Emergency Services: **1410**



# HEALTH

## HOSPITALS

Due to the nature of the health care provided in Cyprus, private hospitals are a popular choice for natives as it often means shorter waiting times. In the case of an emergency the choice can be made between going to a public or private hospital, however it must be noted, going private may incur expensive bills depending on the nature of your insurance.

**Note! If you are making a phone call from an international phone, make sure you input the correct are code: 00 357**

## PUBLIC

### **Nicosia General Hospital**

Address: Limassol Old Road, No. 215, 2029, Strovolos

Telephone: **22603000**

### **Larnaca General Hospital**

Address: Grigori Afxentiou Ave, Old Hospital Bldg 6021

Telephone: **24800360 / 24800361**

### **Limassol General Hospital**

Address: Nikeas street, Pano Polemidia

Telephone: **25801100**

### **Paphos General Hospital**

Address: Anavargos Street, Anavargos

Telephone: **26803100**

# PRIVATE

## Nicosia

### **Apollonion Private Hospital**

Address: 20 Lefkotheou Avenue, Nicosia 1660

Telephone: **22350022**

### **Aretaieio Private Hospital**

Address: Andrea Avraamidi 55-57, Strovolos 2024

Telephone: **22200300**

## Larnaca

### **Phaneromeni Private Hospital**

Address: Artemidos Avenue, Larnaca 6031

Telephone: **24665555**

### **St. Raphael Private Hospital**

Address: 25 Gordiou Desmou , Larnaca 6045

Telephone: **24840840**

## Limassol

### **St. Peter and Pauls Private Hospital**

Address: A. Papadiamanti & Aristovoulou Corner , Limassol 3085

Telephone: **2573533**

## Paphos

### **Iasis Hospital**

Address: 8 Voriou Epirou, Paphos

Telephone: **26848484**



## SEXUAL HEALTH

The best route to take if seeking sexual health advice or STI testing is to go through your GP and request a test. This is often a difficult topic to discuss however can affect anyone who is sexually active and so full discretion and respect will be provided to you by any medical professional you seek help from.

## PHARMACIES

Nicosia offers a number of pharmacies often open till late; some of these also act as emergency pharmacies in times of emergency. Thus the pharmacists will be on call and a second 'on-call number' is provided.

### **Anastasia Demetriou**

76A Konstantinopoleos, 500m From  
France Ambassador, Opposite  
Gymnasium, Strovolos

Telephone:

Work: **22250085**

On-Call: **22261656**

### **Anastasiou Antriana**

Promitheos 12 A, Nicosia,

Telephone:

Work: **22665544**

On-Call: **22779650**

### **Kari Christiana**

50 Andrea Avraamide, Opposite  
Aretaeio Hospital, Strovolos, Lefkosia

Telephone:

Work: **22771999**

On-Call: **22351072**

### **Mattheos Charalambous**

48A, Armenias Avenue, Acropolis,  
opposite Armenian Mitropolis

Telephone:

Work: **22426655**

On-Call: **22492968**



# TRANSPORT

It is no secret that the public transport in Cyprus is not of the high standard that many of you may have come to expect from your countries of origin, which is what has led to Cyprus having one of the highest car ownerships per capita in the world! Below are some recommendations on the best way to get around Cyprus!

## TAXIS

For those without a car, taxis are without a doubt the quickest and most reliable way of getting around, the list below is comprised of taxi services that we have used in the past and can confirm are reliable.

Neon Taxi (24hr): **22103103**

Hermes Taxi: **96625626**

Karamos Taxi LTD.: **99813813,**  
**99697741**

City Taxi Cyprus: **22 261263**

## BUSES

As mentioned above the public buses can often be unreliable, however they can be a good option to take for traveling around Nicosia and into other cities at a low cost. The timetables can be found online at:

**[www.cyprusbybus.com](http://www.cyprusbybus.com)**

One good use for the buses is to get transport around Cyprus, these are often more reliable and a very cheap option, perfect for a quick get away to the beach! The main bus station can be found at **Solomos Square, Omirou, Nicosia**





## AIRPORT TRANSFERS

For international students this is an invaluable piece of information, as you will find yourselves travelling at least 3 times a year. Getting a taxi is always an option however it is an expensive one, with the cheapest fare to Larnaca Airport being €40. The best and cheapest option would be the **Travel Express** or **Kapnos Airport Shuttle** which are reliable and have busses going from Nicosia to both main airports at least once every two hours. Another good thing is that the transfer can be booked online at **[www.travelexpress.com.cy](http://www.travelexpress.com.cy)** or **[www.kapnosairportshuttle.com](http://www.kapnosairportshuttle.com)**. For those who drive another option would be to park your car at the airport, this is much cheaper than many think and can be booked online at **[www.hermesairports.com](http://www.hermesairports.com)**.

## AIRPORTS

There are two major airports in Cyprus (not including those on the Northern Side), which can be found in Larnaca and Paphos. Both are good airports, with Larnaca only having been completed in 2006 and the newest terminal having opened in 2009. We recommend travelling to and from Larnaca Airport, as it is much closer and easier to get to. A good website for booking low cost flights is **[www.opodo.com](http://www.opodo.com)**.

Hermes Airport Hotline (Larnaca and Paphos Airport): **77 778833**



## DRIVING AROUND CYPRUS

As many of you have probably already realised, the best way to describe the style of driving in Cyprus is 'hurried'. It is therefore often easy to be put off of getting a car here, not least made less attractive by the fact that for most they drive on the opposite side of the road here! However if you have decided to get a car and drive here, the best piece of advice would be to **DRIVE CAREFULLY** it can be easy to feel pressured to drive as many natives do however this is not necessary. The same goes for speeding, the maximum speed limit on motorways is **100 km/h** (60 mph) and the lower speed limit is **65 km/h**. On most other roads the limit is **80 kmph (50 mph)** and **50 kmph(30 mph)** in built-up areas. Watch out for police officers trying to catch you out as the can be especially strict on foreigners!



# SOCIAL

There is a huge social scene in Nicosia due to its large population of young people. One of the first things you will notice is how much natives enjoy sitting down for an iced coffee, a staple of any Cypriots day to day routine, coffee shops will be easy enough to spot, so below are the other social spots we recommend.

## RESTAURANTS

### The Boys

*Ideal for breakfast, brunch or just coffee and juices!*

Address : Themistokli Dervi, 5.  
Nicosia 1515

Tel : **+357 22 660421**

### D.O.T. Restaurant

Great for brunch, lunch , dinner! Nice ambient atmosphere, found in the Old town of Nicosia.

Address : 6a, Athinas, Nicosia 1016

Tel : **+357 22 101228**

### Il Forno

One of the best pizza & pasta of the city.

Address : Ledras street , Nicosia  
Tel : **+357 22 456454**

### Ocean Basket

Nice fish-sea food platters & sushi , good prices too.

Address : **Shop 1**, 18 Themistokli Dervi St , **Shop 2**: 1 Onasagorou Street , Nicosia

Tel 1: **+3572 267 3777 / Tel 2: 2267607**



## **Akakiko Nicosia**

Japanese/Asian Restaurant , great sushi!

Address : 1 Achaion Street  
2413 Nicosia (next to Hilton , Engomi)

Tel : **+357 77 778022**

## **Roadtrip Bar & Grill**

Nice Burgers and salads also a good spot to watch the football!

Address : 1, Andrea Chaliou Str.  
Engomi , Nicosia

Tel : **+35722210222**

## **Rokoko**

Nice Italian main dishes & desserts , great for an evening out!

Address : 21 Odos Christodoulou  
Sozou, Nicosia 1096

Tel: **+357 22 254525**

## **Wagamama**

Good quality Asian Cuisine

Themistokli Dervi 16

1066

Tel: **7777 7078**

## **Artisan's BurgerBar**

Fantastic Burgers !

Address : 20 Stasandrou Street (Annis Komninis) 1060 Nicosia

Tel : **+357 22 759300**

## **Piatsa Gourounaki (Πιάτσα Γουρουνάκι)**

Great place for souvlaki , grilled meat – chicken platters. Good Prices

Address : 76 Onasagorou  
1011 Nicosia

Tel: **+357 70 007670**

## **Syrian Arab Friendship Club**

A great Middle Eastern Restaurant with belly dancers + shisha!

Address : VASILISSIS AMALIAS 17

Tel : **+357 22 776246**

***Note! Many of the above-mentioned restaurants also deliver!***



# DELIVERY

## Download Foody (Cypriot delivery app)

### **Opos Prepei**\_(Burger Bar)

*Really tasty burger, nice quality!  
Also a good place to dine in.*

Address: Aristotelous 9, Nicosia  
Tel: 2210099

### **Zorpas** (**OPEN 24/7**)

*All day bakery, ideal for lunch as well, nice salads!*

Address: 37A Archaggelou Michail Ave., Nicosia,  
Tel: 22876022

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### **India India**

*If you like Indian cuisine, it's one of the best in Nicosia!*

Address: 5 Arsinios & Nikis Avenue  
Tel: 22490440

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### **Souvlaki.Cy**

*Nice grilled food, great souvlaki*

Address: March 25 22, Engomi,  
Tel: 70001104

### **GoodBurger**

*Best burgers in Nicosia!*

Strovolos, Stavrou 24a, Tel: 22490000  
Lakatamia, Makariou 310, Tel: 22333321  
Engomi, Elia Papakyriakou 32, Tel: 223333

## NIGHT CLUBS/ BARS

### Club Teez

Reservation needed: No

Dress code: Casual

Music: Urban, RnB, House, Hip Hop

Phone: **99596095**

Address: Evagorou 6, Nicosia, Cyprus

Contact person: Loay Abuaita

### The Gym Bar

Reservation recomendet

Dress code: casual

Good cocktails, also food

Phone: **+357 22 002001**

### Lost& Found Bar

No reservations

Dress code: casual

Very good cocktails

38 Lord Byron Street

1096 Nicosia



# HAIR AND BEAUTY

There are a number of different hairdressers, and beauty salons in Nicosia, so we have condensed the list to those that we can personally recommend.

## BEAUTY SALONS

### **Novella**

Phone: **22 673567**

Address: Vyzantiou 57, Strovolos

### **Q Beauty Lounge**

Phone: **22 661857**

Address: Mnasiadou 26, Nicosia 1065

### **TST Hair Studio & JJ Nail Studio**

**by Joanna Joannou**

Phone: **22 261515**

Address: Αυγούστου 16, Nicosia

### **Purity Beauty Salon**

Phone: Kyriakou Matsi, 50 C&D,  
Nicosia 1082

Address: **22 519950**

### **Nail Design**

Note: Does eyelash extensions as well

Phone: **96 387751**

Address: Lesvou 3b, 2021 Strovolo

# BARBERSHOPS

## **Mojo**

21 A-B Chytron, 1075, Nicosia  
Telephone: **22 763331**

## **Swaraki Barbershop**

markou drakou 25 palliourotissa,  
Nicosia  
Telephone: **96 617880**

## **The Gentleman Barbershop**

Athalassis Street, 30 A Nicosia  
Telephone: **99 616057**

## **Tony& Guy**

109 Ledra Street, 1011 Nicosia  
Telephone: **+357 22 456020**





## RECOMMENDED APPS

There are three apps, which we recommend and can be found on the 'App Store' and Google Play.

**Google Maps** – more reliable regarding street names and directions than “maps” from apple

**Map Cyprus** –Shows you everything you could want to know about going out in Cyprus

**2GIS** – Similar App however allows you to download offline maps for specific cities

**Foodie** – delivery app, delivers every food you could wish for

**Bazaraki** – website where you can find flats, used cars and everything else



# DISCOUNTS

The society is working hard to make life a little bit easier for our medical students. To do that we have managed to make some things a bit cheaper for you. All you need to access the discounts is your medical school ID if not stated otherwise:

## **“India India” Indian restaurant:**

15% discount for lunch dine in/take away/delivery (minimum orders of 15 euros for delivery and take away)

10% for dinner dine in/take away/delivery

To be able to use this discount you need to give them the code: MED2404 or say that you are medical students from EUC.

Address: 5 arsiniois, 2006 strovolos

Indiaindia.com.cy

## **Arabian Café and Eatery**

15% dine in and 10% for take away and delivery (orders more than 15 euros)

## **Markit Engravings**

€4-7 Engraving for stethoscopes, Zippos, gifts, nearly anything you want to have engraved can be done

## **Novella Hair Salon**

20€ haircuts for females and males who present their med school ID on Tuesdays, Wednesdays and Thursdays

## **Club Teez**

Free entrance with medical school ID before 1am!

Once every month the people with the corresponding zodiac will get a free bottle with every bottle they buy

## **FaceCut**

15€ Haircut, shampoo and beard

## **H&N hair and nails:**

15% on all haircuts and nails for women

**Murphy's:**

20% on full bill (before 4 pm)

10% on full bill (after 4 pm)

**Habibi:**

15% on lunch time

***More discounts to come...***

The European University Cyprus Medical School Society Board members wish you all the best for the coming academic year and we hope this 'Survival Guide' has helped you settle in to your surroundings.

If there are any questions or queries that you may have, we are all willing to help and in case of an emergency will all gladly help.

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