



CYPRUS UNIVERSITY OF TECHNOLOGY

3rd Erasmus Staff Week for Administrative and Teaching Staff

*“Promoting Student and Graduate Employability – sharing
European and International Best Practices”*

Handbook for Incoming Staff





CYPRUS UNIVERSITY OF TECHNOLOGY

ERASMUS+

@CYPRUS UNIVERSITY OF TECHNOLOGY

Dear Colleague,

We are looking forward to welcoming you to Limassol and Cyprus University of Technology for our third Erasmus Week for Administrative and Academic Staff, and we hope you are looking forward to it too!

The following is designed to assist you on arrival and during your week here in Limassol, however, if you need any further information, please do not hesitate in contacting us!

Best wishes,

The CUT Erasmus Team!



CYPRUS UNIVERSITY OF TECHNOLOGY

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CYPRUS UNIVERSITY OF TECHNOLOGY

INTRODUCTION TO CYPRUS UNIVERSITY OF TECHNOLOGY

Cyprus University of Technology is a dynamic, modern place to study with a reputation for providing high quality education from undergraduate through to PhD level studies. Considered as a favorable destination for Cypriot students recent accolades have included: A Bronze accreditation (Investors in People). Well-established relationships with professional bodies, industrial organizations, government departments and research institutes ensure that all taught content is relevant and meets industry standards.

Our growing reputation for research reflects our interest in finding real solutions to real problems experienced by businesses and other organizations.

The University is located in the heart of the city center of Limassol.





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INTRODUCTION TO LIMASSOL

Limassol is located between the ancient towns of Amathus and Curium. It is believed that Limassol was built after the destruction of Amathus in 1191. However, the town was inhabited since 2000 BC and other remains date back to the 8th and 4th century BC. The official record of the town's history starts in 1191 when Richard the Lionheart, his fiancée Berengaria and his sister Ioanna stopped in Limassol after a storm. There, Richard took over the island from the Isaac Comnenus, the Byzantine governor and later he married Berengaria crowning her Queen of England in Cyprus after destroying Amathus and moving all the residents to Limassol.

Since then, Cyprus was passed on to Templars, Franks and Germans until 1489 when it was sold to Venice. Around that time the Limassol Castle was destroyed and Cyprus was under a deep economic depression described by poverty and high taxes. In 1570 it was the Turks' turn to occupy and in 1878 the British's. After that period the first telegraph office, post office and hospital began operation. Schools, theaters, galleries, music halls, sports facilities and clubs brought development of the intellectual and cultural life.

Due to the port, Limassol had to opportunity to become one of the largest ports in East Mediterranean. Also, after the Turkish invasion 1974 many refugees from Famagusta moved to Limassol which helped the town expand rapidly concerning tourism with luxury hotels, restaurants and entertainment. Today, the town has become a center of commerce and business.





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FROM THE AIRPORT TO LIMASSOL

ON ARRIVAL IN LARNANCA OR PAPHOS AIRPORT – GETTING TO YOUR ACCOMMODATION

The easiest and most economical way to reach Limassol is by bus (the Limassol airport express) <http://en.limassolairportexpress.eu/>

With only € 9 per adult and € 4 per child (3-12 years) one way (including VAT and luggage), the Limassol Urban Buses Company transfers you from Limassol to Larnaca or Paphos Airport and return with daily schedules, including weekends and public holidays to serve the transportation needs of all travelers. Timetables for Larnaca and Paphos found below:

Limassol Airport Express

The fastest connection to the airports

50 minutes shuttle service to Larnaca
45 minutes shuttle service to Paphos

ITINERARY AS OF 01/04/2016

LARNACA AIRPORT		
FROM AG.GEORGIOS HAVOUZAS (LEMESOS)	FROM TOURIST AREA (LEMESOS)	FROM LARNACA AIRPORT
03:00	03:15	04:00
05:15	05:30	07:00
07:00	07:15	09:00
**07:45	08:00	10:30
10:00	10:15	12:30
11:15	11:30	13:30
12:00	12:15	14:15
13:30	13:45	15:15
15:00	15:15	16:30
16:15	16:30	17:45
17:30	17:45	19:15
18:30	18:45	20:15
19:30	19:45 *	21:15
21:00	21:15	22:15
22:00	22:15	23:15
00:00	00:15	01:15

New Tourist Area Station

TICKETS	
ADULTS	9 Euro
CHILDREN (3 - 12 YRS OLD)	4 Euro

FIRST CHILD TRAVELS FREE

For information please contact us on **77 77 70 75 & (00357)25 338767** or on **97 77 90 90**
www.limassolairportexpress.eu

* Except Saturday & Sunday
 ** The bus will leave at 08:00 on Saturday & Sunday
 Tourist area station is near St. Raphael, Grand Resort, Kanika Elias Beach

FREE PARKING & WIFI
 AT AGIOS GEORGIOS HAVOUZAS STATION FOR ALL TRAVELLING PASSENGERS

www.limassoltourism.com

The Urban Limassol Bus Company (EAL LTD) is not responsible for flight cancellations or delays, airport work interruption and any changes to any previously released itineraries that are no longer valid. For the valid itinerary please visit our webpage or contact us by phone. CHANGES THAT WILL OCCUR DURING PUBLIC HOLIDAYS OR DUE TO UNEXPECTED FLIGHTCHANGES WILL BE ANNOUNCED IN TIME TO FACILITATE THE PUBLIC. * FOR PUBLIC HOLIDAYS (e.g. CHRISTMAS, NEW YEAR, EASTER) CONTACT US AND REQUEST REVISED ITINERARIES



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Limassol Airport Express



77 77 70 75 &
25 33 87 67
www.limassolairportexpress.eu

FROM & TO PAPHOS AIRPORT
ITINERARY AS OF 14/05/2016

The fastest connection to the airports

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT	FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT	FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT	FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT	FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT	FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT	FROM AGIOS GEORGIOS HAVOUZAS	FROM PAPHOS AIRPORT
04:45	11:00	04:45	12:00	04:45	12:00	04:45	12:00	04:45	12:00	04:45	12:15	04:45	12:00
08:30	12:00	08:00	19:15	11:00	14:30	11:00	15:00	11:00	14:30	05:45	19:30	11:00	14:30
11:00	15:00	11:00	00:00	13:00	19:30	13:00	19:30	13:00	19:30	11:00	00:00	13:00	19:30
13:00	19:30	17:00		17:00	00:15	17:00	00:00	17:00	00:15	17:00		17:00	00:15
17:00	00:15												

We organize team of passengers for the above itineraries

TICKETS

9 Euro for adults

4 Euro for children (3 - 12 yrs old)

FIRST CHILD TRAVELS FREE

FREE PARKING & WIFI

AT AGIOS GEORGIOS HAVOUZAS
STATION FOR ALL TRAVELLING
PASSENGERS



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CHANGES THAT WILL OCCUR DURING PUBLIC HOLIDAYS OR DUE TO UNEXPECTED FLIGHTCHANGES WILL BE ANNOUNCED IN TIME TO FACILITATE THE PUBLIC.
*FOR PUBLIC HOLIDAYS (e.g. CHRISTMAS, NEW YEAR, EASTER) CONTACT US AND REQUEST REVISED ITINERARIES



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GETTING TO THE CENTRE

Bus Route 30, Tourist Area - New Port (Limassol)

Getting to the Centre (Cyprus University of Technology) you either get off at Christodoulou Hatzipavlou or at Agia Napa Church Bus Stop

Monday to Friday

06:20-06:50 (every 30 minutes) , 06:50-07:15 (every 25 minutes) , 07:15-09:00 (every 15 minutes) , 09:00-12:40 (every 13 minutes) , 12:40-16:00 (every 10 minutes) , 16:00-17:05 (every 13 minutes) , 17:05-18:50 (every 15 minutes) , 18:50-22:30 (every 20 minutes)

Saturday

06:25-07:55 (every 30 minutes) , 07:55-19:15 (every 15 minutes) , 19:15-22:30 (every 20 minutes)

Sunday

07:00-08:00 (every 30 minutes) , 08:00-09:00 (every 20 minutes) , 09:00-19:15 (every 15 minutes) , 19:15-22:30 (every 20 minutes)

Journey Duration from start to finish:
50 minutes approximately

See the entire journey here:

<http://www.cyprusbybus.com/busesmap.aspx>

See the bus stops here:

<http://en.limassolbuses.com/wp-content/uploads/2016/04/astiki-30-EN.pdf>



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Bus Tickets and Fares

TICKETS

When using a bus it is necessary to hold a valid ticket through the duration of your journey. Tickets can be purchased on the bus.

TICKET TYPES

Single: valid for a single journey within a city and city suburbs from 04:00 until 21:00.

Night - Single: valid for a single journey within a city and city suburbs from 21:00 until 04:00.

Daily: valid for a single day to be used in journeys within a city and city suburbs from 04:00 until 21:00.

Weekly: valid for 7 days from 04:00 until 21:00 to be used in journeys within a city and city suburbs.

Monthly: valid for a month to be used in journeys within a city and city suburbs.

Intercity Daily: valid for all intercity and city bus routes for one day.

CITY BUS FARES

Fares within a city or a city suburb:

<u>TICKET TYPE</u>	<u>ADULT FARE</u>	<u>STUDENT FARE</u>
Daily Single	1,50	0,75
Night - Single	2,50	1,25
Daily Unlimited	5,00	2,50
Weekly	20,00	10,00
Monthly	40,00	20,00
Daily Intercity	15,00	-

* The above fares include V.A.T.

** The above fares include the luggage carriage for passengers.

*** University students of Cyprus Institutions are allowed 50% discount by showing their Student cards. Owners of Cypriot social card are allowed 50% discount.

**** For Evening Routes, from 21:00 until 04:00, "Monthly Ticket" and "Yearly Ticket" are valid, but "Daily Ticket" and "Weekly Ticket" are not valid

The following categories are travelling FREE at all times:



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- Children up to 6 years old
- Pupils presenting their Pupil card

INTERCITY BUS FARES

Fares for intercity buses:

Adult Fares

BUS ROUTE	ONE WAY	DAILY	WEEKLY	MONTHLY	YEARLY
NICOSIA - LARNAKA	4	7	33	70	700
NICOSIA - LIMASSOL	5	9	44	100	1000
NICOSIA - FAMAGUSTA DISTRICT	5	9	44	100	1000
NICOSIA - PAFOS	7	13	63	130	1300
LIMASSOL - PAFOS	4	7	33	70	700
LIMASSOL - LARNAKA	4	7	33	70	700
LARNAKA - FAMAGUSTA DISTRICT	4	7	33	70	700
LIMASSOL - FAMAGUSTA DISTRICT	5	9	44	100	1000
LARNACA - PAPHOS	7	13	13	130	1300
PAPHOS - PARALIMNI	7	13	63	130	1300

Taxis

Conversely one can get a taxi from the airport Larnaca or Paphos, <http://www.taxilimassol.com/> or for moving around in the city

Please find information on the Routes and prices and be careful to ask for the price before getting in the taxi: <http://www.taxilimassol.com/limassol-taxi-prices-cost.html>



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Renting a Bike

BIKE SHARING STATIONS

(15 locations in Limassol)

Nextbike

77 Kitiou Kyprianou 77, 3041 Limassol

Service and Rental: 77788323

Business customers: +357 97873299

Fax: +357 25104658

e-mail: info@nextbike.com.cy

website: www.nextbike.com.cy

<http://www.limassoltourism.com/en/transport/bike-sharing-stations/1-bike-sharing-stations>



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WHILE IN LIMASSOL

MONDAY 13TH JUNE

Please come to the **Senate University** building on the Centre. This is marked by the red pointer on the map below.

Online map: <http://go.2gis.com/1l9sq>

Brief Welcoming followed by City Tour and Lunch by CUT
Presentations by Delegates

Access to PowerPoint will be provided. Please ensure that your presentation is no longer than 10 minutes in duration. There will be an opportunity to set up presentations at lunchtime.

Free Afternoon

TUESDAY 14TH JUNE

We meet outside CUT Library at 9.00

Greek Language Course follows and presentations by Staff (Invited and CUT)

Lunch provided by CUT

Free Afternoon

WEDNESDAY 15TH JUNE

Excursion to Kourion- Omodos- Platres

Meeting point: behind Andreas Themistocleous Building /Bus Stop

Departure at 8:30!

Arrival at around 15:30

THURSDAY 16TH JUNE

Please be at the Senate University building at 8:45 so that we walk together at the Heroon Square

Accommodation tour, followed by Presentations on the part of the Invited and CUT Staff

Lunch provided by CUT



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Official Dinner at 8:00

We shall meet at **Karatello Restaurant** Address: 24, Vasilissis Str, Limassol, Andrea Themistokleous, Limassol 4533 Tel: 25 820464

FRIDAY 17TH JUNE

Please come to the Senate University building around 9:00

Award of Certificates and Independent meetings to Schools and/or Departments /
Independent Departures



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IT ACCESS DURING YOUR VISIT

For IT access during your visit, you can use your own laptop to access our wireless network

Wireless Network

Username: erasmus@cut.ac.cy

Password: -A35wp

CONTACTING US DURING THE WEEK

Stavroula Antoniou is responsible for the administration of the Erasmus Programme and will be completely involved in all the planned activities this week.

Should you need any assistance whilst away from the main group, you can phone Stavroula on 00 357 25 00 23 90 and 00 357 25 00 25 87. Alternatively you can contact George Nikolas, Incoming Students Support Officer on 00 357 25 00 20 44

RESTAURANTS, CAFES AND TOURIST ATTRACTIONS

There is an abundance of restaurants, cafes and tourist attractions in Limassol city Centre, ranging from traditional to modern.

Restaurants

There are so many restaurants in Limassol, that you will be spoiled for choice!

Restaurants can be found in:

The Saripolou Square, the most hot spot in town! At **Saripolou Street**, which are located near to University auspices, you can find several cafes, restaurants and bars such as Salut Bar, Blue Apple Bar & Grill, (In) Theory Cocktail Bar and Socialista Bar.

Map Saripolou Square: <http://go.2gis.com/7zjoj>

The Castle Area/Kastrou Square

There are also a number of bar / restaurants at the Castle Square, which is located in Richard & Berengaria of Navarre such as:

Ousia lounge café and bar, Eirinis 24, Limassol 3042

Antique café-restaurant, Tsianakkale 6A street, Limassol



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Carob Mill Restaurants

Artima Bistro

Stretto Café Lounge-Bar

Draught Microbrewery

Map of Kastrou Square: <http://go.2gis.com/7bl5>

The Limassol Marina and Old Port:

HOBO Mediterraneo, Limassol Marina St, Limassol,

Remezzo CafeResto, Old Port area Limassol,

Pyxida (Fish Tavern), Limassol Marina St,

ΕΨΙΛΟΝ Resto Bar, Limassol Marina St

Map of Limassol Marina: <http://go.2gis.com/c21s0>

CLUBS/ BARS

There are a lot of bars /clubs in Limassol, for every taste. The following Bars and Clubs are located in the city center, in Limassol Marina and in the sea side road/ Tourist area of Limassol.

La Isla Bar and Grill, Amathountos Avenue 17 Agios Tychon

Malindi Beach Bar and restaurant,

Marina Roof Bar , Limassol Marina

Library, 1 Themidos Street, Limassol

Lab. restaurant and bar, Odos Anexartisias, Limassol

Retro Metropole Club, Ifigenias street, Limassol

Breeze Summer Club, coastal area of Potamos Germasogeias

Cote d' Azur – Vasileos Georgiou A 88.

Dolce Club, 138, Amathus Avenue 4521 Agios Tychon Limassol,



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Theatre/ Cinema

Rialto, 19 Andrea Droushioti, 3040 Limassol, Telephone Number: 77777745,
<http://rialto.interticket.com/>

Tourist Attractions Historical & Archeological Monuments

Limassol is positioned between two of the most important historic city-kingdoms, Amathus to the east and Kourion to the west. The city has the largest coastal resort on the island and thus became the central port of Cyprus. Some of the attractions are listed below, however Limassol has many hidden places worth to visit!

Amathus Archeological east of Limassol is one of the biggest ancient kingdoms of Cyprus, Amathus. It was an important city because of its port, which exported copper & timber. Amathus is built on the cliffs with amazing views of the sea and where historical artifacts of at least 3000 years are laid there.

Kolossi Castle a fine example of military architecture originally constructed in the 13th century and subsequently rebuilt in its present form in the middle of the 15th century. The solid construction proved able to protect the castle through the ages, from the many earthquakes that happened in the area and most importantly through the stormy historic events of Cyprus, it provided security.

Kourion the second important ancient kingdom in Limassol where excavations continue to reveal impressive new treasures. Noted particularly for its magnificent Greco – Roman Theatre, Kourion is also proud home to stately villas with exquisite mosaic floors and an early Christian Basilica among other treasures. The city is built on the tip of the mountain with a breathtaking view of the sea.

The Castle of Limassol is located at the west end of the sea-front behind the old port, within the old town of Limassol. Originally, the castle stood on the seashore beside the river Garyllis; but the river altered its course in the 16th century and is now 100 yards further west. Excavations within the Castle revealed a marble podium from an early Christian basilica and the floor of a Middle Byzantium monument dated from the 10th or 11th century. A great place to visit and walk through the old town where its medieval looking buildings take you to a different era.

Limassol Beaches

Ladies' Mile beach, Governor's beach, Kourion beach, Pissouri beach



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Limassol District Archeological Museum

<http://www.limassolmunicipal.com.cy/museum/index-eng.html>

Municipal Museum of Folk Art

http://www.limassolmunicipal.com.cy/popular/index_en.html

TIPPING

Tipping is generally at the discretion of the customer, however, it is usual to leave a 10% tip for taxi drivers and in restaurants. It is not customary to tip bar staff. With regard to hotels, it is normal to leave €1 to €2 a day.

DRIVING ON THE LEFT

Like in the UK, in Cyprus, you drive on the left hand side of the road. What's more, because of the influence of the UK in Cyprus, many of the road signs are similar, as are the traffic lights system. For non-UK Incoming Staff please be careful while crossing the road.

ELECTRICITY IN CYPRUS

Electricity in Cyprus is the same as the UK – 240 volts, with a 3-pin electrical plug socket. Please bring an adaptor with you if your plug is not a 3-pin

SMOKING BAN

There is a smoking ban in Cyprus, which means that you cannot smoke inside buildings. Most hotels and restaurants have designated smoking areas.

WEATHER

Despite what you might have heard, we do joke that you can experience all four seasons in one day in Cyprus! June is known for its warm sunshine although at night it is advisable that you carry a light jacket with you! The average temperature in June is 30-35°C. Please keep a hat in your personal belongings at all times and a bottle of water to refresh yourself, as temperatures during the day might be too warm!

SHOPPING

There is one shopping mall in Limassol MY MALL <http://mymall.com.cy> and



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many shops to be found in Anexartisias Street. Directions on how to get to MY MALL <http://mymall.com.cy/getting-here/>

BANKNOTES

As in many European countries, our currency is Euro.

EMERGENCY CONTACTS

You are expected to have your own private Health and care Insurance scheme during the whole duration of your visit. Hopefully you won't need to use the emergency services during your visit; however, these are the relevant contact details. If you are using an overseas mobile phone, you may need to use the relevant code for dialing CY (00 357).

Call 112 to reach emergency services - medical, fire or police - from anywhere in Europe. This Pan-European emergency number 112 can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. Operators in Cyprus speak English; if you do not know your location they are able to geo-locate you. **Use 112 for any life-threatening situation, including:**

- Serious medical problems (accident, unconscious person, severe injuries, chest pain, seizure)
- Any type of fire (house, car)
- Life-threatening situations (crimes)
- **SOS 112**
- Information on the 112 number from the [European Commission website](#)

Hospitals and Pharmacies/Chemists

Limassol: Old General Hospital Tel: 25 305 333

Limassol: New General Hospital Tel: 25 801 100 –

24-hour Pharmacies Tel: 90 90 1415

Hospital Information Tel: 1400

RCC Rescue Coordination Centre (air/sea rescue) Tel: 1441

Drugs/Narcotics/Poison Emergency Tel: 1401

Drug (anti-abuse support) Tel: 1410 / 1498

Doctors On Call Tel: 90 90 1432