



NEWSLETTER

NEW YEAR (ALTERNATIVE) RESOLUTIONS FOR 2021

UPCOMING
EVENTS

- 06** Epiphany
WED (Public holiday)
- 15** Last day of classes
FRI (Casa College)
- 18-22** Final Exams' period
MON-FRI (Casa College)

QUICK TIP!

SETTING THE BAR LOW
FOR 2021

Twitter users from around the world have shared their amusing goals for 2021.



1997

Despite the uncertainty that the COVID-19 year has brought to all of us, I am sure we have all learned some lessons from our 'new normal' way of living. In order to set resolutions for 2021, what about thinking first about what we want to keep from changes we made to cope with the pandemic, and what we want to reclaim from the pre-pandemic time? This will help us imagine a new ideal self for 2021 and for the post-pandemic times.

Lose weight... Cut out alcohol... Blah blah blah... These are mostly the goals set every single year and, of course, we never stick to them. So, for 2021, why not try creating resolutions of a different kind? How about working out to feel good, not be thinner? ...abandoning the bad habit of gossiping? ...doing some random acts of kindness? ...turning off your phone one night a week? ...writing down one thing you're grateful for every night? ...talking to yourself with kindness? ...calling a friend instead of texting them?

Tips for Online Learning

Moving to online studying may seem a hard step, but as this new method of learning has entered our lives for good, here are some tips to help you adapt to the new trend:

- Set up an area dedicated for your learning with all the important tools.
- Establish a routine according to your preferences on how and when you like to study, and stick to it.
- Block out distractions such as your mobile phone, family, or TV.
- Take notes during a virtual lecture as you would do in class.
- Avoid the temptation to stay in your pyjamas. Get dressed as if you would go to college and you'll get in the mindset of heading to class.

Epiphany
January 6th

Epiphany (Theofania) is a Christian celebration of the baptism of Jesus Christ in the Jordan River. It is celebrated on January 6th and is a holiday. In Cyprus, the basic custom for this day is the lifting of the cross by swimmers that the priest throws in the sea. Another tradition is eating 'Loukoumades' (honey dough balls) and throwing some in the roof in order to make 'kalkanjari' (little bad elves) to go away.



International Day of Education
January 24th



Education is a key for people to get out of poverty and to secure a promising future. However, about 617 million children and adolescents cannot read and do basic math. For this, the 2030 Agenda for Sustainable Development has recognised that in order to achieve all its goals, education is essential.

The 2021 International Day of Education will be marked under the theme 'Recover and Revitalize Education for the COVID-19 Generation'. As this is a hard time for all domains of life, we need to empower education through collaboration and international solidarity.

'Education is the most powerful weapon which you can use to change the world.'
Nelson Mandela

HOSPITALITY CORNER

Ingredients:
1 kg plain flour
20g dried yeast
250g mashed potato
2½ - 3 cups warm water
oil for frying

For syrup:
½ kg sugar
300ml water
a few drops of lemon juice
1 stick of cinnamon

'Loukoumades' recipe



Preparation: Prepare the syrup by boiling all the ingredients together. Leave to cool. Mix the flour, yeast and water to make a batter. Allow batter to stand for a while until it rises. Mix in the mashed potato and beat well. Drop teaspoons of the mixture into hot oil and fry until golden brown. Drain and dip into cold syrup for a few seconds.