

WELCOME TO THE NEW SEMESTER

We have finally come to the end of the Fall Semester and moving on to the Spring Semester, despite the difficulties faced due to Covid's persistence of sticking around longer. After a successful completion of the Final exams' procedure on campus, we move towards the running of Retake Exams which will also take place on campus on the 31st of January and 1st of February. Students who have not passed a subject are expected to come on these dates according to the timetable sent by the head registrar to benefit from a second change to pass Fall 2021 subjects.



Students can see their Final Exam Results on Moodle and retake results will be announced soon after the end of the exam. The commencement of Spring Semester is on the 14th of February so recharge your batteries and get ready for new college adventures.

Antiviral pill by Pfizer expected in Cyprus by mid-February

Plaxovid, the Pfizer antiviral pill against Covid-19 has been approved by EMA and is expected in Cyprus by mid-February. This is the second antiviral pill to be used in Cyprus, but the first approved by the Committee for Medicinal Products for Human Use, of the European Medical Association (EMA) and which has been licensed through an emergency process for early use, due to the fast spread of Omicron variant. According to Pfizer it is 90% effective in the prevention of hospitalization and death of high-risk patients due to Covid.

Valentines day February 14th

One of the most celebrated events in the world, where loved ones exchange candy, flowers and chocolate. Some people take their loved ones for a romantic dinner at a restaurant while others may choose this day to propose or get married. Valentine's day is a Western Christian feast recognised as a cultural and commercial celebration of romantic love. Every year, this day is a good time to remind spouses, partners, children, friends, neighbours, and even pets how much love there is to go around (and this isn't all about retail purchases, of course).



DID YOU KNOW

HEALTHY FOOD FACTS

- Apples are more effective than coffee at waking you up in the morning.
- Bananas aren't the only fruits with potassium. Avocados have twice the amount of potassium. Green-tipped bananas are better for you than over-ripened bananas. Bananas contain a lot of sugar, if eaten with protein, the insulin levels are normalized.
- Broccoli contains twice the amount of Vitamin C than an orange. It contains as much calcium as whole milk, and is more readily absorbed by our bodies.
- Cilantro is good for digestion and also soothes many common illnesses such as headache, coughs and nausea.
- Onions are great antioxidants, containing anti-allergy, antiviral, and anti-histamine properties. Maximum health benefits are seen in raw or lightly-steamed onions.
- Parsley is also great for use as a digestive aid. It is a natural breath freshener, contains three times the amount of vitamin C as oranges, and twice the amount of iron as in spinach.

Beijing Winter Olympics 2022



Beijing, is the first capital city to host both Summer and Winter editions of the Olympics (Beijing previously hosted the Olympic Summer Games in 2008). 2022 Olympic Winter Games officially open on 4 February 2022, though competition will start two days prior to the Opening Ceremony with preliminary games in curling and ice hockey. The Games will come to an end at the Closing Ceremony, scheduled for 20 February 2022. Given the situation of the COVID-19 pandemic, in order to ensure the safety of all participants and spectators, it has been decided that tickets should not be sold anymore but be part of an adapted programme that will invite groups of spectators to be present on site during the Games. You will be able to watch every moment from the Olympic Winter Games Beijing 2022 live thanks to the Official Olympic Broadcast Partners. They will bring all the excitement and drama of the Olympic Games to you, live & on-demand, with the most comprehensive, relevant and tailored offerings wherever you are.