

University of Nicosia - Cyprus

Quotes of Faculty of Sports and Nutrition students who followed their minor here in 2016 and 2018.

Impression after the first few weeks

The international office is seasoned in dealing with international students and so can help with any queries. Furthermore the cafeterias are very good, excellent value for money and good quality. The student associations were very slow to organise any activities and slow to even let students know anything was even going on.

Level of education and the courses

Nutrition student: I could choose my own lectures. That was great because I got the opportunity to really choose diverse subjects where I was interested in. The courses were very good. The difference between the focus on theory and practice depends on the subject. Some subjects such as psychology and food science were more focused on theory. But other subjects such as selling and sales management and photography were more focused of practice (presentations, group work, photographing around the Uni and in a studio).

At UNIC the workload is lower. There is enough time to learn about every subject or work on projects during the lectures. Sometimes you have to finish group work after the lecture but most of the time there is no extra work after finishing your lectures. Studying for exams doesn't take a lot of time and isn't that hard.

ISMB student: The level of education at the HvA is a little bit higher. There are more weekly tasks to do at HvA so am kept more busy. There is a high turnover of exchange students at Nicosia which has an impact on maintaining a level which is applicable to all.

The selection of courses is very good but one must allow for adjustment here as you may not be able to do every one you want (e.g. some courses are cancelled due to under-subscription or some courses fill up quickly). You pick courses from a catalogue and these must be approved by the ISMB exam board.

Housing (in private sector or organized via the university)

Living costs are far lower than in Amsterdam. The best thing is to apply early because demand for student housing is high.

ISMB student: I found accommodation in the private sector (around EUR 200 to 400 per month). I was staying with a Cypriot couple. It was good to be exposed to a typical local culture so I would recommend it on this basis. However, some people may prefer to stay with other students, in which case I would recommend applying early through the university's services or other student accommodation channels (e.g. Facebook groups).

Public transport is ok but relatively undeveloped. It is very cheap for students though (75 cents with student card) and most areas where students live are serviced. Cycle paths are inconsistent but it shouldn't be a problem for seasoned cyclists who are used to cycling in the Netherlands. (statement from 2016).

Tips for future students

ISMB student: I would have sorted out all of the admin much earlier - the learning agreement and the confirmation of permission from the examination board - as this would have solved a lot of stress. I would have organised to have all of my assignments submission dates and exams before the Christmas holidays. Some other exchange students did this meaning they got them out the way early, therefore having all of January free. I did not realise this option was available to me until it was too late so went back to the UK for Christmas and New Year before returning to Cyprus again for 2 weeks of exams, which is a bit of a hassle.

Note: From December onwards, the weather is not that great. It is still warmer than Northern Europe but housing here has very bad insulation meaning it feels much colder when you are in your accommodation. I had to wear extra clothing plus have 2 blankets when sleeping at night because it felt so cold. This was something I really did not expect.

Another note: Cypriot people are more hospitable and friendly compared to Northern Europeans, much more laid back than Dutch people.

Short statement about the university

The University of Nicosia is very international, with many students from the middle east and Africa as well as local students on full-time 3-4 year courses. In addition, there are many exchange students from all across Europe (and some from Russia) who are there for a semester or for a year. Therefore you will meet many different people and the University is adept at dealing with students from abroad. The campus is nice and the staff has been friendly.

Courses

Back in 2016, the ISMB student followed business, management and economics courses.

The Nutrition student followed psychology, nutrition, business and photography courses.

Do you want more information?

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