Going to university is a big step. This year the coronavirus pandemic has complicated the issue although it has highlighted Cyprus as a sound option.

By Becky Kammitsi

Going to university is a big step. When the time comes to choose where to go a list of criteria is checked off. Do they have the course I want? What is its ranking? Is it in a safe area? Is it affordable? City or village? Cyprus or abroad?

While the majority of Cypriot students study abroad, heading for Greece, Britain and a whole list of other countries to a lesser degree, a growing number prefer to study in Cyprus. And universities on the island have evolved in response to a growing interest among Cypriots in studying in Cyprus.

“The 5.6 overall percentage increase in enrolled students in universities during the 2018-2019 academic year is indicative of an upwards trend going back three years,” CEO of the University of Nicosia Antonis Polemitis said. “Cyprus now boasts over 50,000 enrolled students, with a roughly even split between Cypriot and overseas students.”

And local students have a number of reasons to stay on the island to study.

“There is a series of good reasons why someone should choose to remain in Cyprus for his/her studies,” said Vice President of Frederick University Dr Christoforos Charalambous. “I would summarise them in three key points: (a) quality – there are currently a number of high quality options for most academic disciplines that will reward them with significant gains, academic and otherwise.”

But for the last four months one item has dominated the news: coronavirus. It has impacted almost every aspect of the way we live, and education has not been any different. Lessons have gone online, graduation ceremonies have been cancelled, freshers weeks for this coming September look like a washout at best. And the fear factor of going overseas has added another point in favour of opting for Cyprus.

“My opinion is that the coronavirus will affect students who want to study abroad and especially in the UK. The number of cases in the UK is huge which means that studying abroad is a risk. It is a big change for all Cypriot students that will

study in Cyprus, but they will realise the high level of our universities,” University of Nicosia Student Union representative Panayiotis Marinous said.

“Safety and stability are definite factors in play,” Polemitis added. “While a degree of fear and anxiety is understandable, particularly when discussing several overseas options, one can regard the level of preparedness and professionalism exhibited...”
Home and away: taking the next step

continued from page one
by the universities in Cyprus, as well as the high-quality teaching and learning they provide, as the ultimate choice drivers for students and their parents in deciding to stay in Cyprus.

Building on this, the Cyprus Agency of Quality Assurance and Accreditation in Higher Education (DIPAЕ) announced in June that students on undergraduate university programmes abroad can continue their studies in Cyprus.

Students, it said, can complete their studies and earn a degree from a Cypriot university after having attended courses corresponding to at least 60 ECTS (i.e. one year of study).

But the increased interest is not just from overseas students as those from overseas are also showing growing numbers.

At the University of Nicosia, the majority of students come from Europe and North America. Over the last ten years its student base has evolved from over 90 per cent Cypriot to less than 35 per cent Cypriot.

There is a definite interest to study in Cyprus by overseas students, which can be further tapped into and

The student-oriented philosophy that most universities adopt and the support services provided. The benefits of living in Cyprus including the safety, the good weather and the pleasant environment, and more

UCy students experience virus graduation with online ceremony

By Jean Christou

LIKE many other universities around the world this year, the University of Cyprus (UCy) on Wednesday held its graduation ceremony online.

In a recorded message, President Nicos Anastasiades, who left for Paris earlier on Wednesday said the online ceremony was special due to the coronavirus pandemic and would “remain indelibly engraved in the memory of all of us.”

He said the 2020 generation of graduates were forced to experience “this unique moment in history completely differently” than those who graduated in previous years.

“It was how you experienced the last few months of your student life, adapting, like all of us, your plans to the new reality,” he said.

EXTRAORDINARY

“Each and every one of you has managed in a time of extraordinary effort and great sacrifice, to successfully complete your studies,” he added.

He told the graduates the future of the country was now up to them, to “set goals and achieve them with determination”. “It is up to you to create and seize opportunities.”

Anastasiades also paid tribute to the university for its timely and targeted decisions at the start of the pandemic to take studies online thus promoting the safety and health of all members of the university community.

“On the basis of the perfect technological and digital organisation of the university, its smooth operation and the completion of the academic year was achieved, primarily maintaining the same high-quality level of education,” the president said.
Higher education

Study the Culinary Arts

INTERCOLLEGE

Study at the Best Culinary School in southern Europe and become a professional chef

- 2-Year Diploma in Culinary Arts
- Specialisations in Cooking, Pastry, Bakery and Waiting (Food and Beverage Service)
- Secured and Remunerated internship in renowned Hotels and Restaurants in Cyprus and abroad for the 2 years of study
- Scholarships based on academic performance and financial criteria

Scope of the programme

The scope is to enable students to achieve their career goals, and to undertake responsible roles in the dynamic Hospitality, Culinary Arts/Catering industry. Students are exposed to both theoretical and experimental applications to develop the skills, competencies and confidence necessary for a successful career in the industry.

The foundation is laid for a seamless transition from student to a professional position within the industry in the areas of Kitchen, Pastry, Food Service or Baking.

Strengths of the programme

- Enables graduates to enter the Hospitality and Culinary Arts industry at an entry level.
- Focus on Culinary Arts (Kitchen, Pastry, Food service, Baking) Skills, Competencies and Attributes.
- Language of instruction is English.
- Comprehensive industry internships.

Guidance and counselling

- Continuous academic and professional support for students during their studies.
- Support for professional guidance-Internship Officer.
- Job fairs.
- Members of staff at hotels, restaurant chains, casinos, restaurants, restaurant chains, hotel chains, catering companies.
- Supervisors and section heads in hotels or catering companies.
- Members of the technical and marketing personnel in commercial importers and distributors of cooking and confectionery raw materials and equipment.
- Cruise ships, pastry shops, bakeries, taverns, theme parks, agro-tourism facilities.

Expectations after graduation

Graduates of the programme are expected to be employed as:

- Members of staff at hotels, restaurant chains, casinos, restaurants, restaurant chains, hotel chains, catering companies.
- Supervisors and section heads in hotels or catering companies.
- Members of the technical and marketing personnel in commercial importers and distributors of cooking and confectionery raw materials and equipment.
- Cruise ships, pastry shops, bakeries, taverns, theme parks, agro-tourism facilities.

Study at the Best Culinary School in southern Europe and become a professional chef

Follow your dream for a career at sea

Study at the Cyprus Maritime Academy

BACHELOR
Nautical Science

CERTIFICATE
OF COMPETENCE
Officer in Charge of a Navigational Watch

DIPLOMA
Class ‘C’ Marine Engineer

CERTIFICATE
OF COMPETENCE
Officer in Charge of an Engineering Watch

Cyprus is one of the largest ship-management centers in Europe and worldwide. More than 200 ship-owning, ship-managing and shipping-related companies are based in Cyprus, providing excellent growth prospects and business opportunities in the shipping sector. The continuing growth of the shipping sector resulted in the need of specialized staff, with proper academic and technical skills, ready to take over the challenging positions within the Maritime industry.

The Cyprus Maritime Academy in collaboration with Intercollege and under the auspices of the University of Nicosia, offers Maritime programs designed to provide the necessary academic knowledge, professional skills and competences to Deck and Engine Officers who wish to pursue a career on merchant marine ships.

The aim of the Nautical Science program and the Diploma - Class ‘C’ Marine Engineer is the proper training of Deck and Engine Officers accordingly, in order for them to acquire key positions on merchant marine ships. The training provided is in accordance with the standards of the United Nations International Maritime Organization (IMO) and it is in full compliance with the provisions set out by the International Convention on Standards of Training, Certification and Watch-keeping for Seafarers (STCW).
THINK BIG.

QS World University Rankings: EECA 2019 | Top Universities
Περιφέρεια Αναδυόμενης Ευρώπης και Κεντρικής Ασίας (ΕΕΚΑ)

UNIVERSITY of NICOSIA
UNIVERSITY
of Nicosia

7+1 Reasons to Study in Cyprus, Study at the University of Nicosia

There are countless reasons why choosing to study in Cyprus has become synonymous with studying at the University of Nicosia. Below are 7+1 of them.

1. Safety
Exemplary COVID-19 Crisis Management

Cyprus took timely and effective measures to prevent against the spread of COVID-19, emerging as one of the safest member-states of the European Union. UNIC also met the public health challenge successfully, making full use of technology, embracing work-from-home, and drawing on a decade of experience in distance learning education to implement the distance learning mode for its courses in the very first week. In parallel, UNIC faculty has been at the forefront during the pandemic, contributing at the local and international level with public service and research.

2. Preparedness
The new Academic Year 2020-2021 will commence as scheduled

UNIC began preparing for the novel coronavirus in late January, activating its Contingency Academic Plan (CAP) and switching from face-to-face to online teaching/learning by mid-March. UNIC was thus able to continue fulfilling all three parts of its mission during the crisis – continuing to teach students online, conducting important scientific research, and contributing to society through its public policy work. As the pandemic continues to impact typically online, conducting important scientific research, and contributing at the local and international level with public service and research.

3. Internationally Ranked
UNIC’s rankings a strong testament to its quality and its growing international reputation

QS World University Rankings has recognised UNIC for two years running in the Emerging Europe and Central Asia (EECA) Region, with the University ranking at numbers 106 and 91 among 1,800 tertiary institutions across 24 countries. The 2020 Times Higher Education (THE) University Impact Rankings ranked UNIC as the number 42 university in the world in the core area of Quality Education, and among the top 301-400 universities globally in terms of its overall social and economic impact. Moreover, UNIC was the first university in the EU to be awarded a 5-Star rating for Online/Distance Learning in 2017, with the QS Intelligence Unit reaffirming this exemplary rating in 2020.

4. A Comprehensive Student Experience
Experience student life as a member of the largest university community in Cyprus

The UNIC student experience is filled with a multitude of social events and activities, a host of clubs and societies, as well as exciting sporting programmes and access to the UFIT Fitness Centre, catering to the diverse interests of a global student body. UNIC provides strong educational support to its students through the Student Success Centre, offering advising, academic skills training and tutorial assistance throughout the academic year.

5. UNIC CITY: A Vibrant Urban Campus
UNIC provides strong educational support to its students

UNIC has invested over €100 million in its campus infrastructure, resulting in one of the most dynamic and attractive residential urban campuses in the Mediterranean, with 20 modern university buildings alongside over 70 restaurants, shops, bars, all within walking distance. The UNIC Residences consist of three separate complexes – SIX, U and TRIANGLE – and are among the most stunning and architecturally distinct student residences in the world. They house a total of 864 students, with first-year incoming students guaranteed accommodation.

6. Study Your First Choice
UNIC offers a choice in the language of instruction among its 100+ programmes

UNIC offers 100+ conventional face-to-face (on campus) and distance learning/ online programmes of study at the Bachelor, Master and Doctorate level, on a full-time or part-time basis. The majority of these offer a choice in the language of instruction (Greek or English), a key advantage for students who wish to transfer from universities in Greece or the UK.

7. Prepare for a Global Career
UNIC equips graduates with the skillset required by the contemporary workplace

The UNIC Career Success Center (CSC) actively supports and equips students with the tools needed to pursue internships and job placements in top organisations around the world. The CSC maintains a growing network of 800+ industry partners, offering an array of services (employability seminars, company open days). UNIC graduates are making a global impact in a variety of professions, across many sectors. The alumni statistics are indicative of the high employability of UNIC graduates, both in Cyprus and abroad (e.g. Medical School cohorts have a 99% placement rate at top hospitals, including Oxford, Harvard and Mount Sinai).

7+1. The Smart Investment for Your Future
Comparative advantage in the total cost of attendance relative to peer universities abroad

The affordability of UNIC’s total cost of attendance, relative to peer universities in the USA, Canada, the UK, Australia and New Zealand reinforces it as an excellent choice for those who wish to continue their studies in Cyprus. Indicatively, if one compares the total cost of attendance at UNIC with that of other popular university destinations such as the UK or the Netherlands, including tuition, housing and other related costs, one will find that it is between 30% - 50% lower overall – making UNIC the smart investment for your future.

Join the Largest University Community in Cyprus
University of Nicosia is accepting applications for the Academic Year 2020-2021, which begins on 28 September 2020.

For more information, visit the UNIC website: unic.ac.cy or contact the Admissions Office at +357 22841528 or admissions@unic.ac.cy
Shaping the future together at Tepak

THIS year, the Cyprus University of Technology (Tepak) celebrates 12 years of operation, being the youngest state university in Cyprus. Through a steadily evolving course, the university has succeeded in leading educational events in Cyprus and enjoys international recognition.

Based on international rankings, the university occupies high positions among the best universities in the world and distinguishes itself among universities of Greece and Cyprus. The performance of the Cyprus University of Technology reflects the high level of scientific staff, the quality of its research and teaching work, modern curricula as well as the extroversion that characterises it, as an academic institution with regional and international intervention. As a centre of excellence in academic research, the university records significant contributions in fostering, publishing and disseminating research with wide international impact.

As a new, dynamic, and constantly evolving university, it interacts with society and connects Academia with the country’s productive fabric, promoting entrepreneurship, transfer of know-how, and production of innovation, factors necessary for the economic development of the country. The main concern of the Cyprus University of Technology is to provide society with trained and well-educated scientists as well as responsible and active citizens with critical thinking. At the same time, as a higher education institution and a vehicle for change and improvement of society, it becomes a forum for dialogue and production of substantiated proposals on environmental, economic, scientific, cultural and social issues, adopting a clear framework of corporate social responsibility and contribution.

Studying at the Cyprus University of Technology

The Cyprus University of Technology has now become the best choice for tomorrow’s students. The programmes offered by its six Faculties and 13 Academic Departments, its Language Centre and the Cyprus International Institute for Environmental and Public Health (CII), address a wide range of specialties and constitute an important starting point for those who wish to obtain the necessary equipment towards a distinguished career in the future. The programmes are approved by the Cyprus Agency of Quality Assurance and Accreditation in Higher Education (CYQA). For the 2020-21 academic year, Cyprus University of Technology offers both undergraduate and postgraduate degree programmes, including masters and PhD level. Four masters’ degree programmes are offered in English language:• MSc Interaction Design (Online - Jointly offered with Tallinn University, Estonia)• MA Computer Assisted Language Learning – CALL (Online)• Master in Public Health• MSC in Cognitive Neurorehabilitation

The courses are flexible to students’ varying needs and other life commitments. Therefore, they are offered for full-time and part-time study.

Tepak in the new era of European Higher Education

Cyprus University of Technology (Tepak) is a member of the European University of Technology – EUt+ Alliance, one of the pilot initiatives funded by the European Commission, aiming to create European universities of the future. This transnational alliance comprises eight members from eight European countries, and aims to establish a pioneering collaborative model that will revolutionise the quality and competitiveness of technologically-focused higher education in Europe. In the coming years, Cyprus University of Technology with its 2,500 students will become the Limassol campus of this vast group of 100,000 students.

With this highly significant participation, the Cyprus University of Technology is taking a new step forward in its development and is continuing to be at the forefront of shaping the future of European higher education.

Website www.cut.ac.cy
Postgraduate programmes www.cut.ac.cy/masters
Tel: 25 002719 or 25 002711
E-mail: administration@cut.ac.cy , studies@cut.ac.cy

Shaping the future together

- Recognized and internationally competitive programs of study
- High employability rates of graduates
- High quality teaching and research
- Ranked among the Best Young Universities in the world (THI Young Universities Rankings 2020)
- Student-friendly environment
- In the heart of the modern and vibrant city of Limassol
- Member of the European University of Technology (EUt+)
Government programme offers a selection of courses for secondary school graduates or those already employed to give them workplace skills

By Becky Kammitsi

SCHOOL graduates or those with higher qualifications can get better qualified for the world of work by following courses offered at MIEEK, which provides scientific, technical and professional knowledge and skills. The programmes offered promote lifelong learning with an emphasis on supporting the adaptability of the workforce and the use of new technologies and modern production processes.

“MIEEK is the only college in Cyprus that is purely vocational. Most of the colleges in Cyprus are theoretical. Anybody that has finished secondary education can apply, there is no age limit and there are no Pancyprian exams,” academic coordinator at MIEEK Lina Ellina explained.

MIEEK was established to meet the needs of secondary school graduates not heading to university but who need specialised vocational training to enter the job market. It was also designed to help employees who want to acquire additional vocational training so they can meet the ever-changing needs of the professions they practice.

“MIEEK was created to fill a gap that was created on the part of vocational higher education especially after the closure of the technological institute,” Ellina said, “the ministry of education with other factors of the economy such as the ministry of labour created the council of MIEEK.”

The council of MIEEK decided the Cypriot economy needs people with the basic knowledge and experience that courses at MIEEK give them. These are people that can work in factories and companies and be efficient from the beginning of their employment.

Quality education is provided free of charge and may even benefit from government sponsorship.

“MIEEK wants to support people that work but want to gain further education. For example, in my branch of study we have many people that are already in the industry but want to enhance their knowledge,” Ellina added.

The study programmes of MIEEK are theoretical. It offers courses in fields that are not offered at higher or post-secondary level by other public schools or related organisations. The selection of students is done through a scoring system which is governed by measurable and transparent criteria. The study programmes offered are organic garden cultures, market and supply management (shipping), electromechanical - cooling facilities in industry, computer and communication networks, bakery - confectionery, CNC technology - carpentry industry, dairy - cheese cutting and industrial and home automation.

For more information: www.mieek.ac.cy
Join the journey at Frederick University

FREDERICK University is a vibrant private university boasting a 50-year legacy that consistently leads the way in higher education in Cyprus. It is also the only university in Cyprus with a licence to operate in two cities, Nicosia and Limassol. The university enjoys respect and recognition both nationally and internationally, having received numerous accolades, awards and certifications from independent international bodies.

It is proud to be home to a talented, energetic and diverse academic community that is driven by a student-centric approach, an innovative focus on soft skills training and a spirit of service to the public good. This unique combination pushes students not only to excel academically but also to be questioning, creative and independent thinkers, problem-solvers and innovators, so that they can thrive in creating opportunities and addressing today’s challenges in any path they choose.

Among Europe’s top universities Following last year’s top ranking in the global U-Multirank university ranking system among private universities in Cyprus, Frederick University achieved even higher performance based on this year’s U-Multirank performance across various indicators, with 9 score (the highest score) in nine categories (Art related output, Top cited publications, Spin-offs, Foreign language master programmes, International academic staff, International joint publications, Bachelor graduates working in the region, National PhD graduates working in the region, Regional joint publications). In addition, it ranked No. 201 among 1,070 European universities in the general ranking in which universities are evaluated based on all criteria.

Programmes of study Frederick University is organised into five Schools: School of Engineering, School of Health Sciences, School of Education & Psychology, School of Business and Law, and School of Arts. Communication and Cultural Studies. It offers more than 80 nationally and internationally accredited undergraduate and postgraduate programmes of study covering a wide range of academic disciplines in the fields of Arts, Communication, Business, Management, Digital Marketing, Health, Education Sciences, Social Sciences and Maritime. The University’s programmes enjoy not only academic recognition, both in Cyprus and abroad, but also recognition by national and international professional bodies, granting graduates professional rights.

High quality distance education The university has also developed a modern, innovative educational framework to offer quality distance learning programmes based on international standards. It currently delivers 14 fully recognised programmes of study via distance learning and as of the academic year 2019-2020 it is among the few European universities that received the E-xcellence Label for Associates in Quality from the European Association of Distance Teaching Universities (EADTU).

Successful operation in the new conditions caused by covid-19 Since the beginning of the outbreak in Cyprus, Frederick University has operated fully in-line with the country’s authorities. During the Spring 2020 semester it transitioned all its conventional courses to online teaching. Lectures were delivered through credible online tools, adhering to the same quality standards that the university is known for. Even though this was a worrying and difficult time for students, the university continued to support them to ensure they were able to tackle any challenges they might face in the best possible way. From counselling services and fitness sessions, and from tutoring to career advice, all student services were delivered remotely, through distance communication. Assessments and exams for the Spring semester were also conducted online and the successful completion of the academic year was marked with an online graduation.

The university now welcomes and processes applications for Fall 2020 semester. Following its student-centric approach, it guarantees that under any circumstances new students will start, continue and complete their studies based on the highest quality standards, while taking all necessary measures to ensure the health and safety of the academic community.

Research and innovation Being a reputable research institution of international standards, the university has a strong focus on academic research and innovation, with significant contributions to science and technology. Research collaborations with international universities and research stakeholders in Cyprus are actively promoted. Over the last decade, state-of-the-art laboratories have been developed in all research areas of the university, many of which excel and stand out internationally. At Frederick University, students have the opportunity to engage in research projects that are at the forefront of international research.

Student support The central pillar of Frederick University’s success is its unique student-centric approach. The way the university operates is centred around the student, both collectively and individually. Every function serves student needs, so that they can perform at their best, develop their talents and abilities and fulfil their dreams. Several services have been developed over the years to support the students before, during and after their studies. These services are intended to enhance academic, personal and professional development and help students deal with any difficulty.

Scholarships and financial aid Taking into account the conditions that have been created as a result of the coronavirus pandemic, Frederick University decided to continue to offer significantly reduced tuition fees for the academic year 2020-2021. Full and partial scholarships are offered to new full-time undergraduate students based on the average grade on their High School Leaving Certifi cate from public or private secondary schools in Cyprus. Partial scholarships are offered to new postgraduate students based on their academic performance in their Bachelor’s degree. Full or partial scholarships are also offered to students based on their performance in sports, while special scholarships are offered to transfer students. The university also offers financial aid to candidates, based on various socio-economic criteria.

Active students To develop the skills students need to have in order to be competitive in today’s challenging and constantly changing industry, traditional teaching methods are often not enough. Consequently, Frederick University has developed co-curricular activities that complement classroom education and help students develop skills such as critical thinking, analytical skills, creativity, leadership and emotional intelligence. Through the ‘Active Students’ innovative initiative, the university has launched units that offer non-formal education and promote the involvement of its students in such activities, programmes and learning experiences. Students have the opportunity to apply theory to practice in real working conditions, to develop and test innovative ideas, to work with companies and organisations, and to develop skills and competencies that are important for future employers.

Some examples of these Units are: Mobile Devices Laboratory-MDL, eHealth Lab, Frederick University Formula Racing Team, Robotics Academy, School of Nature, Creative Lab.

Highereducation

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Join the Journey

A dynamic and vibrant university, with a student-centric culture.
The only university in Cyprus that operates through campuses in both Nicosia and Limassol.
A unique combination of innovative and high-quality Bachelor’s, Master’s and Doctorate programs of study.
Practical experience and active research.
An ideal destination for you to acquire the knowledge and skills needed to address the challenges of the modern world.

A dynamic and vibrant university, with a student-centric culture.
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An ideal destination for you to acquire the knowledge and skills needed to address the challenges of the modern world.

SCHOOL OF ENGINEERING

Doctorate Programs of Study (PhDs)
- Electrical Engineering
- Computer Engineering
- Computer Science
- Mechanical Engineering
- Civil Engineering

Postgraduate Programs of Study (Master’s)
- Structural Engineering
- Electrical Engineering
- Web and Smart Systems
- Manufacturing and Welding Engineering Design
- Conservation Restoration of Historical Structures
- Oil & Gas and Offshore Engineering
- Sustainable Energy Systems
- Quality Assurance
- Engineering Management

Undergraduate Programs of Study (Bachelor’s)
- Civil Engineering
- Quantity Surveying
- Electrical Engineering
- Computer Science
- Automotive Engineering
- Mechanical Engineering
- Architecture
- Architectural Engineering (5yrs)

SCHOOL OF HEALTH SCIENCES

Doctorate Programs of Study (PhDs)
- Health Management
- Community Health Care
- Clinical Pharmacy
- Health Management

Postgraduate Programs of Study (Master’s)
- Community Health Care
- Clinical Pharmacy
- Health Management

Undergraduate Programs of Study (Bachelor’s)
- General Nursing
- Pharmacy (5yrs)

DISTANCE LEARNING PROGRAMS

Postgraduate Programs of Study (Master’s)
- Quality Assurance
- Sustainable Energy Systems
- Adult Education
- Special Education
- Educational Administration
- Curriculum Development and Instruction
- Information and Communication Technologies
- Education for the Environment and Sustainable Development
- Health Management
- Community Health Care
- MBA
- MBA with Specialisation in Public Policy and Management
- International Trade and Shipping Management
- Maritime Law and Shipping Management

Undergraduate Programs of Study (Bachelor’s)
- Business Administration
- Accounting and Finance
- Marketing with Digital Technologies
- Maritime Studies
- Law

*This program of study is offered in Greek
Young people need help with digital health

Report says over 70 per cent of young people using apps to monitor health

By Rod Minchin

YOUNG people need more support to navigate the growing number of digital technologies which track and manage their health, researchers say.

Over 70 per cent of young people, some as young as eight, are using apps, YouTube videos and other digital online technologies to track and manage their health, according to the authors of a new report.

The researchers say their findings highlight the huge opportunities for young people and suggest that more needs to be done to expand digital literacy lessons at school to focus on health.

Their report, Digital Health Generation, describes young people in the UK and across the world as growing up at a time when healthcare is turning towards digital tools.

They said young people are accessing digital health technologies, such as Fitbit and Strava, from a young age and called for schools to educate young people about this technology.

Lead researcher Professor Emma Rich, from the University of Bath, said: "Over recent years there has been a surge of new online apps, blogs and videos specifically targeting young people with messages all about personal improvement in their health and lifestyle.

"These technologies offer certain opportunities for young people, but they also carry risks both in terms of the direct advice and guidance given - and the implications this can have in relation to body image for instance - but also wider concerns about data storage and ownership by third parties.

"Our findings suggest young people want to learn more about this topic, but need help in navigating a fast-paced, fast-changing online environment.

"Digital health education should promote learning that will benefit young people in ways that help them feel better prepared to manage their online health identities, particularly in relation to social media.

"Educational policymakers need to take notice of this specific issue in order to update and extend current provision within the curriculum."

"This trend in online digital health technologies will only continue to increase and we need to ensure young people have the skills and know-how to best cope."

Co-author Professor Andy Miah, of the University of Suffolk, added: "The research is major and pressing gap in health experiences of digital health technologies promoting 'healthy lifestyles'.

"Improvement on such a scale - around two per cent for A-level grades and nine percentage points at GCSE - is significant and to allow it would signify learning by exams boards using a model developed by Ofqual."
THE Open University of Cyprus (OUC) is a public university offering exclusively open and distance education. OUC’s mission is to open up higher education to all and promote lifelong learning, allowing everyone to tailor their educational path, irrespective of age, time, location or life circumstances.

With approximately 3,700 students in 50+ countries, 6,600 alumni, programmes offered in Greek and in English at undergraduate, postgraduate and doctoral levels in both traditional and cutting-edge scientific fields, OUC is one of the largest universities in Cyprus and is developing into a leading institution in promoting open and distance education in Europe. Being a research-oriented institution, OUC hosts a number of research labs that operate with national and European funding, participates in several nationally and internationally funded research and development projects, and is a member of several renowned university networks, such as the European University Association (EUA) and the European Association of Distance Teaching Universities (EADTU).

Educational Methodology and Programmes of Study

For the 2020-2021 academic year, OUC offers four Bachelor’s and 22 Master’s degree programmes in a wide range of contemporary and popular scientific areas, organised into its three faculties:

- Humanities and Social Sciences
- Pure and Applied Sciences
- Economics and Management

The following five postgraduate programmes are offered in English:

- Adult Education for Social Change (Erasmus Mundus International Master’s degree)
- Master of Business Administration (MBA)
- Cognitive Systems (joint degree with the University of Cyprus)
- Enterprise Risk Management (joint degree with the Hellenic Open University)
- Sustainable Energy Systems (joint degree with Frederick University)

Distance education differs from conventional classroom-based education mainly because it allows students to complete their studies without physically attending scheduled lectures. The main educational tool is the OUC’s state-of-the-art eLearning Platform eClass, which facilitates online teaching and learning, allowing the establishment of virtual classrooms. The eLearning Platform is a comprehensive and constantly evolving e-learning system that supports the educational process through all its phases. The synchronous collaboration (virtual classrooms, live streaming lectures), and asynchronous (forums, instant messaging) communication tools are fully utilised by experienced teaching staff, offering effective and interactive academic support, guidance and advice. At the same time, learning experience is complemented by online group tutorials and live lectures scheduled throughout the academic year. Students only need to be present at the exam centres in Cyprus, Greece (and other countries under certain conditions) for their final examinations.

Why choose the OUC

- For the opportunity to study in a European, public university, with strong links and cooperation with universities, research centres, and university networks worldwide.
- For the affordable, high quality, distance learning undergraduate and postgraduate programmes, which meet the needs of the business world, upskill graduates and enable students to fulfil their personal and professional aspirations.
- For its flexibility, which allows students to adjust their studies to fit in with personal, family and other commitments.
- For its modern educational methodology, its integrated and user-friendly eLearning Platform supporting real-time and asynchronous academics-students’ interaction, combined with the multi-format educational material used, all of which allow a seamless learning experience.
- For the continuous academic support provided by experienced and influential staff (faculty and adjunct tutors, all of whom are PhD holders).

The application period for the 2020-2021 academic year expires on August 26, 2020.

Online applications are submitted through the OUC website.

Contact admissions@ouc.ac.cy or Tel (357) 22411600

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*For a list of compatible Apple Pay devices, see: support.apple.com/km207105