

Higher education

Home and away:
the next step

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 Kammitisi

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 the past few years 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 go-

ing 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 would allow the graduate to successfully compete in the job market (b) cost – studying in your own country will invariably cost significantly less than choosing to study abroad (c)



'There is a series of good reasons why someone should choose to remain in Cyprus for his/her studies'

experience – most universities have invested heavily in establishing links with universities abroad so that students can spend part of their studies overseas which 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

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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 (DIPAE) an-

bers. 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’

nounced in June that students on undergraduate university programmes abroad could 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 local students as those from overseas are also showing growing num-

harnessed by universities, decision-makers and stakeholders in promoting Cyprus as a global, university-level study destination,” Polemitis stated.

A sentiment that has been greeted with broad agreement. Earlier this month a meeting between the House President Demetris Syllouris, the Education Minister Prodromos Prodromou and several deans of Cypriot universities was held with the aim of establishing



a plan for the promotion of Cypriot universities both overseas and at home.

“We are moving at a fast pace so that before the end of this year we will already have established a specific plan, which will promote this great project created by private and state initiatives,” Syllouris said afterwards.

“In recent years, Cyprus has gained a solid

reputation as a university hub. A significant number of foreign students are already studying in Cyprus and we believe that our country could serve as an important point of reference for the entire Mediterranean region,” Prodromou added.

“Through the plan, we are also looking to promote the creation of foreign language programmes in state uni-

versities.”

“A lot needs to be done for achieving our full potential as a sector and I am convinced that we are far from capacity in terms of what can be achieved,” Charalambous said.

The universities themselves are not waiting. The University of Nicosia already offers joint degree programmes in collaboration with leading public univer-

sities in Greece, which attracts “academically excellent Greek students”, Polemitis said, while its world-leading blockchain/cryptocurrency programme (MSc in Digital Currency) primarily attracts students from North America and western Europe.

Each student has different needs and different requirements from a university and if Cyprus is the first, or back-up choice it is often an excellent one.

The reasons for interest in Cyprus are many, Charalambous said: “the quality of the programmes on offer and the recognition that comes with it, the provision of programmes in English, 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”.

“Cyprus has tremendous potential as a destination for high quality, university-level education, with strong and rapidly improving universities and an appealing, safe environment for students in which English is widely spoken,” Polemitis said.

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.



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- Language of instruction is English.
- Comprehensive industry internships.

Guidance and counselling

- Continuous academic and professional support for students during their studies.
- Guidance for swift integration in the academic environment, with the implementation of the principle of the student advisor.
- Support for professional guidance-Internship Officer-Job fairs.

Expectations after graduation

Graduates of the programme are expected to be employed as:

- Members of staff at hotels, hotel chains, casinos, restaurants, restaurant chains, rotisseries, or 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.

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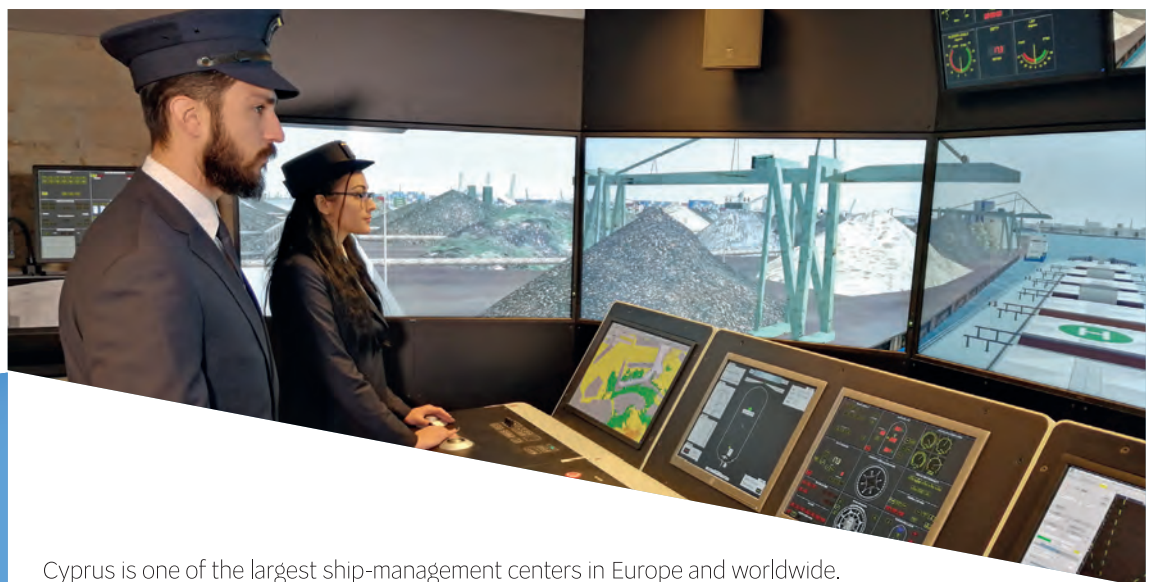
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Cyprus is one of the largest ship-management centers in Europe and worldwide. More than 200 ship-owning, ship – managing and shipping – related companies are based in Cyprus providing excellent growth prospects and business opportunities in the shipping sector. The continuing growth of the shipping sector resulted to 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).

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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.

The University of Nicosia (UNIC) is the largest university in Cyprus, and the largest university in Southern Europe that teaches primarily in English, welcoming 12,000+ students from over 70 countries.

UNIC invests in developing programmes focused on global careers, while building research capabilities in areas relating to the 4th Industrial Revolution, and improving the student experience both on-campus and online. These efforts have been recognised in its recent ranking achievements by global ranking agencies. Moreover, the University's response to the current crisis inspires confidence and is indicative of its preparedness in ensuring its students' academic progression and wellbeing.



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 popular university destinations like the UK, UNIC has emerged as the safe and reliable choice for Cypriot and overseas students alike.

3. Internationally Ranked

UNIC's rankings are 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 Residences are the most recent addition to the University's dynamic campus

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 (CYQAA).

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 mod-

el 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.

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Government programme offers a selection of courses for secondary school graduates or those already employed to give them workplace skills



Vocational training for all

By Becky Kammitisi

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 Panyprian 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.

All the classes take place at night between 5pm and 9pm. The class hours can sometimes be flexible to the needs of the students and all the branches of study are offered in Greek combined with English lessons.

MIEEK targets graduates of secondary general or secondary technical and vocational education for study 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.

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www.mieek.ac.cy

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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 results. It showed top performance across various indicators, with 'A' score (the highest score) in nine categories (Art related output, Top cited publications, Spin-offs, Foreign language bachelor programmes, International academic staff, International joint publications, Bachelor graduates working in the region, Master 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 and Social Sciences, 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, Mass Media, Engineering, Informatics, Architecture, 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. Appreciating that 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 catered for 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 and, 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 Certificate 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.



Join the Journey

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- Sustainable Energy Systems
- Quality Assurance
- Engineering Management

Undergraduate Programs of Study (Bachelor's)

- Civil Engineering
- Quantity Surveying
- Electrical Engineering
- Computer Science
- Computer Engineering
- Automotive Engineering
- Mechanical Engineering
- Architecture*
- Architectural Engineering (5yrs)*

SCHOOL OF HEALTH SCIENCES

Doctorate Programs of Study (PhDs)

- 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)*

SCHOOL OF BUSINESS AND LAW

Doctorate Programs of Study (PhDs)

- Management

Postgraduate Programs of Study (Master's)

- Master of Business Administration (MBA)
- MBA with Specialisation in Public Policy and Management
- International Trade and Shipping Management
- Maritime Law & Shipping Management
- Marine Engineering and Management
- Health Management*

Undergraduate Programs of Study (Bachelor's)

- Business Administration
- Accounting and Finance
- Marketing with Digital Technologies
- Maritime Studies
- Law*

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 (ICT) in Education for 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*

**This program of study is offered in Greek*

Young people need help with digital 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.

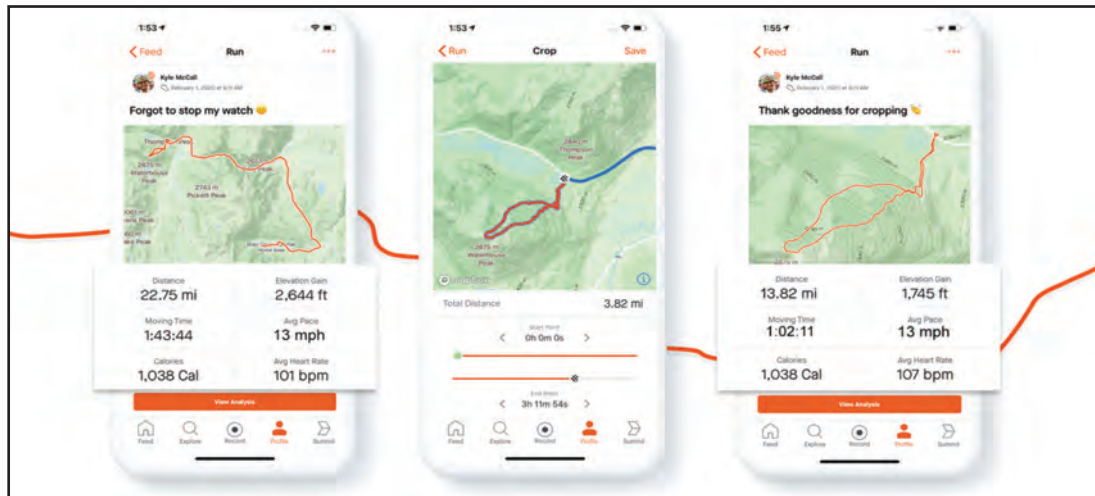
The researchers say their findings highlight risks and opportunities for young people and suggest that more needs to be done to expand digital literacy lessons at school to focus on health.

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 Univer-

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



sity 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 expand 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 Salford, added: "The research is a world-first, addressing a major and pressing gap in health knowledge by providing unique insights into young people's experiences of digital health technologies promoting 'healthy lifestyles'.

Meghan urges girls to drown out online 'noise' with positivity

MEGHAN, Britain's Duchess of Sussex, on Tuesday told nearly 40,000 teen girls and young women from around the world to drown out sometimes "painfully loud" negative online chatter with positivity.

In remarks delivered via video to the United Nations Foundation's 2020 Girl Up Leadership Summit, Meghan noted that the generation she was speaking to grew up with digital technology and knew online media better than anyone.

"You understand that our online world has the power to affirm and support as much as it does to harm," said Meghan, the wife of Queen Elizabeth's grandson Prince Harry.

"There will always be negative voices and sometimes those voices can appear to be outsized, and sometimes they can appear to be painfully loud," she said.

"You can and will use your own voices to drown out the noise," she added. "Because that's what it is - just noise. But your voices are those of truth and hope. And your voices can and should be much louder."

Meghan, Harry and their baby son Archie now live in Los Angeles, having stepped down from royal duties at the end of March.

Russian teen intrigued by long village name teaches herself Welsh

By Claire Hayhurst

A RUSSIAN teenager has described learning Welsh as her "biggest passion" despite never having visited Wales or having any roots in the country.

Nastya Lisitsyna, 16, who was born in Smolensk and studies in Moscow, decided to learn the language nine months ago after seeing it on Instagram.

She has since completed the Welsh course on Duolingo, uses the Teach Yourself Welsh book and takes part in online workshops organised by Learn Welsh Pembrokeshire on behalf of the National Centre for Learning Welsh.

"Last summer, I heard the name of the village Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch in

a video and thought it would be a good idea to learn how to pronounce it," Nastya said.

"I had to learn Welsh pronunciation rules to do it and I mastered it in the end.

"This led me to learning the language, and after nine months I am still as excited about learning Welsh as I was on the very first day."

Nastya, who is studying natural sciences at the Higher School of Economics Lyceum in Moscow, has been studying online due to the coronavirus pandemic.

"Welsh is my biggest passion, therefore I would like to contribute to its popularisation in Russia and share my love for it. I want to become fluent in Welsh and learn more about the country and its culture," she said.



Erasmus cuts are 'not acceptable'

PROPOSED cuts in the EU's long-term budget for research and the Erasmus programme to support education are not acceptable, European Parliament President David Sassoli said on Wednesday.

"There is a proposal on the table, but we would like to improve that, above all by trying to give answers to some of the cuts that we've deemed unjustified," he told a news conference a day after European Union leaders agreed on 1.1 trillion euro (\$1.27 trillion) budget for the bloc from 2021-27.

"We cannot cut the budget for research and young people and Erasmus, we can't," he added. Sassoli said negotiations on the long-term budget would be needed before parliament approves it, but the assembly was already "very satisfied" with an attached 750 billion euro fund to help EU economies recover from the coronavirus pandemic.

GCSE and A-level students are expected to receive higher grades this summer

GCSE and A-level students' results are likely to be higher this summer than previous years after exams were cancelled and schools submitted grades, England's exams regulator has said.

Ofqual has said it is "not surprising" that grades calculated by many schools and colleges were more optimistic, as teachers "naturally want to do their

best for their students".

Many students will receive at least one grade next month that has been adjusted amid standardisation by exam boards to ensure results are not significantly higher and the value of grades are not undermined.

If the teacher-assessment grades had not gone through the standardisation process,

this year's results would have been 12 percentage points better than in 2019 at A-level and nine percentage points at GCSE, Ofqual said.

"Improvement on such a scale in a single year has never occurred and to allow it would significantly undermine the value of these grades for students," the regulator warned.

But even after moderation, Ofqual has predicted that students' results this summer will be "better" than last year's, with an increase of one per cent for GCSE across the grades and around two per cent for A-level grades.

"Results for students will therefore almost always be broadly in line with centres' and

teachers' expectations, reflecting the skills, professionalism and integrity of those involved," they said.

GCSE and A-level students will be awarded calculated grades on the usual dates next month based on teacher assessments which will be standardised by exams boards using a model developed by Ofqual.

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Educational Methodology and Programmes of Study

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- Economics and Management

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- 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)

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cilitates 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.

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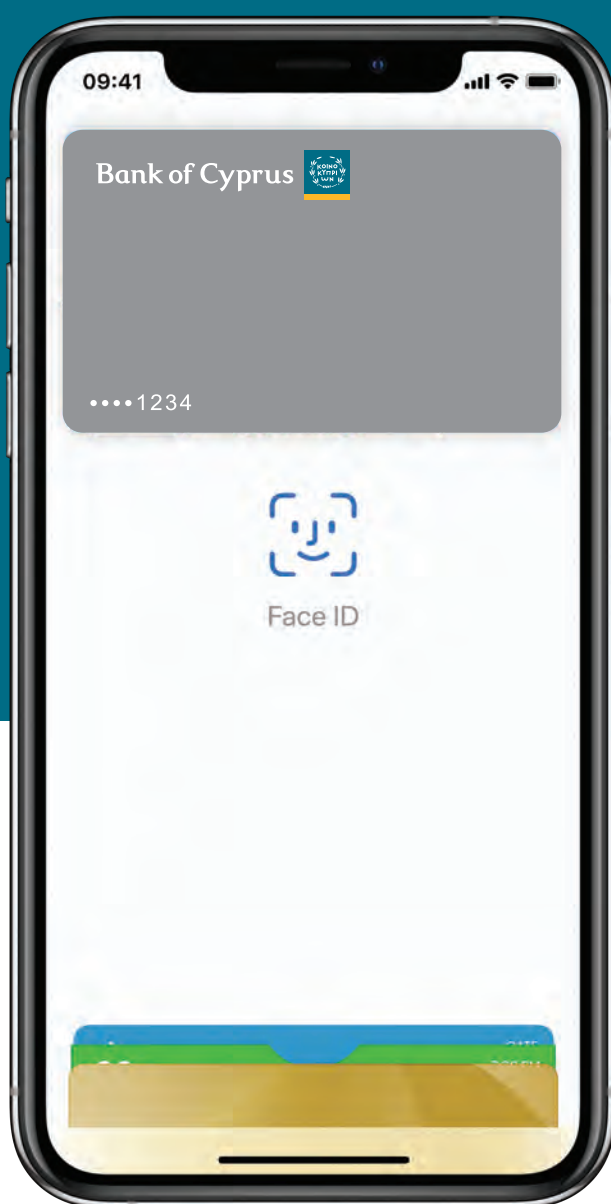
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