

ITU Joint Cyber Drill - ALERT (Applied Learning for Emergency Response Teams) for Europe 2018



Welcome Note

The National CSIRT-CY wishes to extend a warm welcome to all participants of the Cyber Drill 2018 in Cyprus.

National CSIRT-CY envisions the increase of the security posture of The Republic of Cyprus by enhancing cyber protection of its National Critical Information Infrastructures (CII), banks and ISPs. The National CSIRT-CY coordinates and assists Critical Information Infrastructures, banks and ISPs to ensure the existence of (at least) a minimum level of security, by implementing proactive and reactive security services to reduce the risks of network information and cyber security incidents, as well as respond to such incidents as and when they occur.

Also, the National CSIRT-CY also undertakes awareness actions to educate the local population and National stakeholders regarding adverse effects of cyber threats and cybercrime. In an earnest effort to enhance the security posture of the nation, the National CSIRT-CY also provide timely advisories to all its constituents and make necessary efforts to introduce advanced security services such as security testing, vulnerability scanning, and active network monitoring.

For this year, the organiser, the International Telecommunications Union (ITU) alongside with the host the National CSIRT-CY are planning the event for the **26th – 30th 2018 in St. Raphael Resort, Limassol.**

This information pack will help you understand how and what to prepare before beginning your trip, where to stay, what to do during your free time and how to handle any emergency needs.

We hope that your stay in Cyprus will be a pleasant one.

We look forward to seeing you at the event.

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Cyprus

Cyprus is an island country in the Eastern Mediterranean and the third largest and third most populous island in the Mediterranean. Cyprus is located in Western Asia, north of Egypt, and southeast of Greece.

The earliest known human activity on the island dates to around the 10th millennium BC. Archaeological remains from this period include the well-preserved Neolithic village of Khirokitia, and Cyprus is home to some of the oldest water wells in the world. Remains of an 8-month-old cat were discovered buried with a human body at a separate Neolithic site in Cyprus. The grave is estimated to be 9,500 years old (7500 BC), predating ancient Egyptian civilisation and pushing back the earliest known feline-human association significantly. The remarkably well-preserved Neolithic village of Khirokitia is a UNESCO World Heritage Site dating to approximately 6800 BC.

Due to the island's beauty and strategic location in the Mediterranean and the Middle East, it was subsequently occupied by several major powers, including the empires of the Assyrians, Egyptians, and Persians. Unfortunately, the occupation of the island is still on-going with Turkey illegally occupying (since 1974) 36.2% of the island.

Cyprus is a major tourist destination in the Mediterranean. With an advanced, high-income economy and a very high Human Development Index, the Republic of Cyprus has been a member of the Commonwealth since 1961 and was a founding member of the Non-Aligned Movement until it joined the European Union on 1 May 2004. On 1 January 2008, the Republic of Cyprus joined the eurozone.

Entry Requirements

Admission and Transit Restrictions

Entry regulations apply only to the areas controlled by the Government of the Republic of Cyprus.

Passport/National ID

A passport is required by all travellers, except for holders of:

- Laissez-Passer issued by the United Nations.
- Document issued to stateless persons and recognised refugees.

Further to the above, citizens of the European Union (EU) countries, as well as of Switzerland, Iceland, Liechtenstein and Norway may enter Cyprus with their national identity card, provided there is a photograph.

The Government of the Republic of Cyprus refuses admission to: Holders of 'passports' issued illegally by the secessionist entity, the so-called 'Turkish Republic of Northern Cyprus' (TRNC).

Visas

A list of countries requiring a Visa to enter Cyprus can be found on the website of the Ministry of Foreign Affairs: <http://www.mfa.gov.cy/>

Traveller Advice Regarding the Turkish Occupied Areas of the Republic of Cyprus.

The Government of the Republic of Cyprus is the only recognised Government on the island; a member of the EU since May 01, 2004, as well as a member of the UN and other International Organisations.

As a result of the Turkish military presence and occupation, the Government of the Republic of Cyprus is not in a position to exercise control over the occupied areas of the Republic. The so-called 'TRNC' has been condemned and declared as both illegal and invalid by the whole of the International Community through Security Council Resolutions 541/83 and 550/84.

With the sole exception of Turkey, no state in the world or International Organisation recognises the secessionist entity. Presently, it is possible for foreign tourists who visit the government-controlled area of the Republic of Cyprus, to cross to the occupied areas. It is prudent to note the following precautions:

- Staying in Greek Cypriot owned hotels in the occupied areas, which are being illegally exploited, would put you at great risk of possible legal action on the part of the owners.
- Any entry into the territory of the Republic of Cyprus via any other port or airport in the Turkish-occupied areas of Cyprus is illegal, and travellers doing so may face legal consequences. Therefore you are urged to travel via the recognised ports of entry (Larnaka and Pafos International Airports / seaports of Lemesos (Limassol), Larnaka (Larnaca), Pafos (Paphos) and Latsi).

More information can be found on the website of the Ministry of Foreign Affairs: <http://www.mfa.gov.cy/>

Currency

Since being an EU country, the currency used in Cyprus is Euro.

Transport

Cyprus is easily accessible by air.

Larnaca International is an international airport serving the cities of Larnaca, Limassol and southeast Nicosia, which is located 4 kilometers southeast of Larnaca, in Cyprus.

It is the main international airport of the island along with Paphos International Airport, located in the southwest of Cyprus.

Larnaca Airport is the main international airport and the busiest in Cyprus.

Aside from moving around on foot and by bike, you can also travel around the island by bus or taxi. Cyprus does not have a train or underground transport system.

Visitors are advised to always confirm itineraries and prices with the appropriate company before travelling, as these are subject to alterations.

There are four types of bus service in Cyprus:

- Airport Transfer Buses: linking all the towns to the island's two airports of Larnaca (Larnaca) and Pafos (Paphos).
- Interurban buses: linking all major towns on a daily basis, and with frequent routes.
- Urban buses: linking different areas within the towns and operating frequently during daytime. In certain tourist areas, during the summer period, their routes are extended till late in the evening.
- Rural buses: linking almost all villages with the nearest town, but with limited frequency.

More information can be found on the website of the Ministry of Transport, Communications and Works: <http://motionbuscard.org.cy/>

Accommodation

Hotel	Room Type	Rates per night (EUR) approximate
St Raphael Resort	Standard	110* *Special offer for Cyber Drill participants Use the link below to book please https://www.raphael.com.cy/en/csirt-2018 Valid until 19 November 2018

St Raphael Resort

The sun, sea and sand aspect of Limassol has long attracted visitors from all over the globe to this sunny resort, but there are many more valuable attractions awaiting visitors of this town. Being the second largest town on the island, and largest sea-side resort consisting of a population of nearly 180,000 people, Limassol has so much to offer visitors as an all year-round destination.

The city stretches between two of the most spectacular archaeological sites in Cyprus which are built on cliff tops offering spectacular views over the sea – the ancient city-kingdoms of Amathous to the east and Kourion to the west. Excavations from these sites have been held in such high accord that they are exhibited in museums such as the Louvre Museum in Paris and the Metropolitan Museum of Art in New York.

Limassol is also situated in an ideal location between the two international airports of the island. Larnaca airport is approximately half an hour from the hotel while transfer time from Pafos airport is approximately 45 minutes. Flights into either of these airports from many destinations are easily attained and having the choice of both arrival airports makes it easier to find a flight that suits you.

Limassol is the island's main port as well as being the centre of the wine industry. A wide spectrum of activities and a great number of museums and archaeological sites are available to the interested visitor. The ancient Amathus ruins, the first perfume factory in the world, Curium Amphitheatre, Kolossi Castle, the Medieval Limassol Castle, traditional Cypriot villages, to name but a few, are all to be seen in this vibrant and cosmopolitan town.



Participants will be responsible for hotel accommodation costs and all incidental costs to be paid directly to service providers.

Weather Details

Temperatures usually cool off significantly in Limassol (and around Cyprus) during November, but nonetheless remain on the warm side. The daytime temperature rises to an average maximum of 22-25°C and falls to an average overnight minimum of 13°C.

Time Zone

Eastern European Summer Time, Time zone in Cyprus (GMT+3)

Communications

The country telephone code is +357 and there are area codes for landline (22 for Nicosia, 25 for Limassol, 26 for Paphos and 24 for Larnaca). Fax facilities and Broadband Internet connection are available at most hotels.

Major Cities

Nicosia (The capital, Population of ~ 200,452), Limassol (Population of ~ 154,000), Larnaca (Population of ~ 72,000), and Paphos (Population of ~ 35,961).

Language

The official language is Greek, however considerable part of population also fluently speaks English.

Religion and Traditions

Welcome

One of the first aspects of the Cyprus culture experienced by foreigners in Cyprus is the warm welcome. Cypriots are known worldwide for the genuine and sincere hospitality and friendliness. The words 'Kalosorisate' (Welcome!) and 'Kopiaste' (Come join us!) are frequently called to locals and foreigners alike.

Plate Smashing

The smashing of plates is an old time Greek tradition which spread to many of the Greek islands including Cyprus. Demonstrated at weddings, and other parties and celebrations, plates would be thrown to the floor and smashed while singing and dancing.

Name Day

You will notice that birthdays are not such a celebrated event in Cyprus as they are in the rest of the world. However, Name Days are very much celebrated. Children are typically named after the Patron Saint of their region, with the eldest son often being named after his paternal grandfather and the eldest daughter after her paternal grandmother. Because of this tradition, you will often find cousins with the same name. The Name Day is the feast day of the saint after whom a child was named. Some Saint's Name Days get celebrated more than one time per year.

Orthodox Easter

Unlike the Christian Easter, Orthodox Easter is the first Sunday after the full moon of the vernal equinox, so the date varies each year. In 2018, Cyprus Orthodox Easter will be from Friday 6th April (Good Friday) through to Tuesday 10th April. Orthodox Easter ends 50 days of lent, during which fasting takes place.

Water and Electricity

The safety of food and drinking water quality in Cyprus is monitored by the Health Inspectors of the Medical and Public Health Services of the Ministry of Health and the Local Authorities.

Food and drinking water are of high quality, absolutely safe and no food or water-borne diseases occur. Cyprus is also free from dangerous infectious diseases. There are no vaccination requirements for any international travellers.

The electrical supply is 220V~240V AC, 50Hz. The plugs used in most hotels are three-pin.

Traditional Foods

The Cypriot Cuisine

Cypriot cuisine is closely related to Greek and Turkish cuisine; it has also been influenced by Byzantine, French, Italian, Catalan, Ottoman and Middle Eastern cuisines.

Frequently used ingredients are fresh vegetables such as zucchini, green peppers, okra, green beans, artichokes, carrots, tomatoes, cucumbers, lettuce and grape leaves, and pulses such as beans (for fasolia), broad beans, peas, black-eyed beans, chick-peas and lentils. Pears, apples, grapes, oranges, Mandarin oranges, nectarines, mespila, blackberries, cherries, strawberries, figs, watermelon, melon, avocado, citrus, lemon, pistachio, almond, chestnut, walnut, hazelnut are some of the commonest of the fruits and nuts.

The best-known spices and herbs include pepper, parsley, arugula, celery, fresh coriander (cilantro), thyme, and oregano. Traditionally, cumin and coriander seeds make up the main cooking aromas of the island. Mint is a very important herb in Cyprus. It grows abundantly, and locals use it for everything, particularly in dishes containing ground meat.

For example, the Cypriot version of Pastitsio (locally known as macaronia touournou) contains very little tomato and generous amounts of mint.

The same is true of Keftedes (meat balls, which are sometimes laced with mint to provide a contrast with the meat. Fresh coriander or cilantro (commonly known as kolyandro or kolliandros on the island) is another commonly used herb. It is often used in salads, olive breads, spinach pies (spanakopita) and other pastries. In some regions of the island it is also used to flavour hot dishes, particularly tomato-based ones, such as yiachnista.

Meats grilled over charcoal are known as souvla or souvlaki, named after the skewers on which they are prepared. Most commonly these are pieces of pork or chicken and sheftalia, but grilled halloumi cheese, mushrooms and loukaniko (pork sausages) are also served. They are typically stuffed into a pitta or wrapped in a thin flatbread, along with a salad of cabbage, parsley, and raw mild onions, tomatoes and sliced cucumber.

Although less popular than souvlaki and sheftalia, Gyros is commonly eaten. Gyros is grilled meat slices instead of chunks, and the taste is made different by the salad or dressings added. It is made from various cuts of lamb, pork, or occasionally chicken, and very rarely beef.

Pourgouri, the Cypriot name for bulgur, is the traditional carbohydrate other than bread. It is steamed with tomato and onion; a few strands of vermicelli pasta are often added to provide a texture contrast.

Along with pourgouri, natural yogurt is a staple. Wheat and yogurt come together in the traditional peasant meal of tarhana/trahanas, a way of preserving milk in which the cracked wheat is steamed, mixed with sour milk, dried, and stored. Small amounts reheated in water or broth provide a nourishing and tasty meal, especially with added cubes of aged halloumi.

Pourgouri is also used to make koupes, the Cypriot form of kibbeh, where the pourgouri is mixed with flour and water to form a dough, which is formed into a cigar shape. A hollow is made through the cigar and a mixture of minced meat, onions, parsley and cinnamon is packed. After sealing the meat mixture inside the cigar, they are deep-fried before serving with lemon juice.

What to Buy

What to bring home from your visit in Cyprus? Which gifts are the best to buy and where can one find them?

Very few are:

Palouzes and shushukos (exclusively known as traditional Cypriot delicacies), Olive oil and olives, Wine, Carob Products, Traditional Jam and traditional spoon sweets, Halloumi cheese and Fetta, Traditional lacework and embroidery

Business Hours

Banks (hours open to the public)

Monday to Thursday: 08:00-14:30 and Friday: 08:00-14:00

Banks are closed on weekends and public holidays. Some banks in central tourist areas are open in the afternoons specifically to provide services to tourists.

Shops

Shop opening hours vary depending on their type and location and whether they are located in urban, tourist or rural areas.

Generally, shops will open between 07:00 – 21:00 on Monday – Saturday, but this can vary an hour or two either way, depending on the type of shop and the area it is located in. On Sunday, opening times are later, typically around 11:00, and closing times vary from 14:00 – 22:00, again depending on the type of outlet and its area.

Some shops still observe a half-day closing on Wednesday and Saturday afternoons, and close on Sunday, although in most of the tourist areas of Cyprus, both shops and supermarkets stay open till late at night, and are also open on Sundays.

Hair Dressing Salons and **Barbershops** are closed on Thursdays but are open on Saturdays.

Health and Safety Information

Cyprus has an excellent reputation for being a safe and friendly place. You can help keep it that way. A few basic precautions can be enough to protect your belongings. Crime in Cyprus is, comparatively, at a very low level.

The Police Force is always ready to provide any assistance to persons who need help.

Dial the telephone numbers below for the various police departments:

In case of emergency: 112.

For complaints: 1460

For drugs information: 1498 (Policy Drug Law Enforcement Unit)

Emergencies / Hospitals

In case of emergency, immediate response is given by the following telephone numbers, where English is spoken:

Island-wide

- Ambulance: 112
- Fire Service: 112
- Police: 112
- Night Pharmacies: 11892
- Centre for drugs and Poisoning: +357 90 901 401
- Search and Rescue Coordination Centre (Naval and Air Accidents): 1441

Regional Hospitals

- Lefkosia General Hospital: +357 22 603 000 (Accidents & Emergency)
- Makareio Hospital: +357 22 405 000
- Lemesos General Hospital: +357 25 801 100
- Larnaka General Hospital: +357 24 800 500
- Pafos General Hospital: +357 26 803 100

Medical Services

Medical care needs in Cyprus are met through Government General Hospitals (as listed under the Emergencies / Hospitals section), and Private Clinics / Hospitals. The majority of doctors can converse in English, whilst nursing staff speak a range of languages.

Government General Hospitals and Private Clinics / Hospitals are mostly concentrated in urban areas, while health centres, sub centres, and dispensaries function in the rural areas, providing a network to meet the medical needs of the whole population.

All Government General Hospitals as well as some private clinics have Accident and Emergency Departments for emergency cases. Holidaymakers can also make use of their health insurance, which covers medical expenses, provided that this insurance covers the length of their stay on the island. The visiting hours for private doctors (on weekdays) are: 09:00 - 13:00 / 16:00 - 19:00.

Most hotels can make arrangements for Medical Services for their guests upon request. Almost all brands of manufactured medicines are available in Cyprus. Local newspapers and the internet list pharmacies which are open during the night and on weekends/Public Holidays, as well as the names of doctors who are on call on weekends/Public Holidays.

More information can be found on the website of the Ministry of Health: https://www.moh.gov.cy/moh/moh.nsf/index_en/index_en

Driving Safely on the Island

Please note the following:

- Traffic moves on the LEFT hand-side of the road, NOT on the right
- International road traffic signs are in use, and placed along the roads and highways, on the left hand-side
- Distances and road speed limits are posted in kilometres and kilometres -per hour (km/h) respectively
- The maximum speed limit on the motorways is 100 km/h and the lower speed limit is 65 km/h
- On all other roads the general speed limit is 80 km/h, unless a lower one is indicated.
- In built-up areas, the speed limit is generally 50km/h, unless a different one is indicated
- The use of seat-belts is compulsory (front and back)
- Children must use the child restraint appropriate for their weight
- Rush hours in the towns are approximately between 07:30 - 08:00 / 13:00 - 15:30 and in late afternoon 17:00 - 18:00 in winter, or 18:00 - 19:00 in summer.
- Driving, or being in charge of a motor vehicle or pedal cycle with alcohol concentration in breath or blood above the prescribed limit, is an offence. The permissible limit in the blood is 50 milligrams of alcohol in 100 millilitres of blood (BAC 0,5mg/ml). The permissible limit in breath is up to 22 micrograms of alcohol in 100 millilitres of exhaled air
- In case of an accident, call 112 immediately

Pedestrians

- Pedestrians must remember that traffic moves on the LEFT side of the road
- Pedestrians are not allowed to enter motorways, nor are they allowed to walk on the edge of the motorway.

Tourist Attractions

Ancient Kourion



Kourion, was an important ancient city-state on the southwestern coast of Cyprus. The acropolis of Kourion, located 1.3 km southwest of Episkopi and 13 km west of Limassol, is located atop a limestone promontory nearly one hundred metres in height along the coast of Episkopi Bay. The Kourion archaeological area lies within the British Overseas Territory of Akrotiri and Dhekelia and is managed by the Cyprus Department of Antiquity.

Nicosia Walls



The Venetian Walls are a series of defensive walls which surround the capital city of Nicosia in Cyprus.[a] The first city walls were built in the Middle Ages, but they were completely rebuilt in the mid-16th century by the Republic of Venice. The walls are still largely intact, and are among the best preserved Renaissance fortifications in the Eastern Mediterranean. They are a major tourist attraction.

Paphos Archaeological Park



Its sites and monuments date from prehistoric times through the Middle Ages. Among the most significant remains so far discovered are four large and elaborate Roman villas: the House of Dionysos, the House of Aion, the House of Theseus and the House of Orpheus, all with superb preserved mosaic floors. In addition, excavations have uncovered an Agora, Asklepieion, Basilica, Odeion, Hellenistic-Roman Theatre, and a necropolis known as the "Tombs of the Kings". In 1980 Nea Pafos was inscribed on the World Heritage List of UNESCO for its outstanding ancient remains.

Paphos Castle (Paphos harbour)



It was originally built as a Byzantine fort to protect the harbour. It was then rebuilt by the Lusignans in the thirteenth century after being destroyed in the earthquake of 1222. In 1570 it was dismantled by the Venetians. After capturing the island, the Ottomans restored and strengthened it. Throughout the ages it has seen many uses. It has served as a fortress, a prison and even a warehouse for salt during the British occupation of the island. More recently the castle serves as a backdrop to the annual open air Paphos cultural festival which takes place in September.