

# Newsletter 19

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## Welcome note

Dear Readers,

Welcome to the 19<sup>th</sup> issue of our Newsletter where we present our associates in Former Yugoslavian Republic of Macedonia (FYROM) and our Human Resources Manager.

In our Eco-friendly tips we report on the serious problem of underground water pollution, whilst in Health Matters we describe the Mediterranean Diet.

We continue with the ABC of Pharmacy where "Mixing" is explained and report on various topics of Corporate Social Responsibility and news.

We also include a feature article on Vassilopitta the traditional Cyprus cake that can be considered the equivalent of the Christmas cake but with a twist.

Finally, we take a glimpse at the picturesque village of Omodos.

I extend to all, my warmest Season's Greetings and best wishes for a happy and healthy New Year. ■



Charalambos Pattihis,  
Group Managing Director

## Feature Article: Vassilopitta - A Christmas cake with a twist.

According to Greek custom, Vassilopitta is cut immediately after the arrival of the New Year during the feast that follows where it is also considered that playing cards will ensure that the New Year will be prosperous.



So at precisely 12 midnight all lights are turned out and a minute later they are switched back on and everybody wishes everyone else a Happy New Year and Many Happy Returns.

The Vassilopitta is then brought to the table and the head of the family, having made the sign of the cross three times, cuts portions for each member of the family and any friends present. The first portion goes to the house (or to Christ, Holy Mary or Saint Basil the Great), the second to the head of the family, then his wife and continuing to everyone else present according to how close the family tie is and in descending age.

Finally one slice is cut for the poor people or for the house, without of course forgetting family members who for whatever reason are not present. A portion may also be allocated to the business or the company depending upon the occasion.

The cutting of the Vassilopitta may also be celebrated on any of the other 12 festival days. Ministries, offices and associations may also cut a Vassilopitta as late as February.

The tradition of Vassilopitta is a very old part of Greek mythology and originates from that practiced during the ancient festival of Kronus. The tradition was handed down to the Frankish people and this was when the custom of including a coin into the Vassilopitta was introduced so that the lucky finder could be designated the King of the Evening. According to another custom, a bean was placed in lieu of a coin and whoever found it was called Bean King.

According to Greek Orthodox tradition, 1500 years ago in Caesarea of Cappadocia, where Saint Basil the Great was Bishop, the Governor of Cappadocia threatened to capture the city with the intention of looting it. Saint Basil the Great asked the rich people of his city to gather as much gold, jewellery and other valuables as possible so that these could be offered to the potential conqueror as a "ransom". However, either because the Governor had second thoughts or, as tradition would have us believe, because of divine intervention by St Mercurius who, with the aid of many angels, removed the Governor's army from the area, the city was spared.

This left Saint Basil the Great with a problem because he did not know to whom he should to return all the valuable objects. He decided to order the baking of small breads into each of which a coin or piece of jewellery was placed and these were distributed to the congregation after mass on the following day.

Thus not only did the inhabitants survive but they also managed to keep their wealth, a combination which is celebrated every year on St Basil's Day, January the 1<sup>st</sup>.

In modern days we put a coin inside the vassilopitta and is said to bring luck to the person that finds it. ■



# Remedica Worldwide:

## Septima dooel, Former Yugoslavian Republic of Macedonia (FYROM)



The Former Yugoslav Republic of Macedonia (FYROM) is a country located in the central Balkan peninsula in south-eastern Europe. It is one of the successor states of the former Yugoslavia, from which it declared independence in 1991.

A landlocked country, FYROM is bordered by Kosovo to the northwest, Serbia to the north, Bulgaria to the east, Greece to the south and Albania to the west. The country's capital is Skopje, with 506,926 inhabitants according to a 2002 census. Other cities include Bitola, Kumanovo, Prilep, Tetovo, Ohrid, Veles, Štip, Kočani, Gostivar and Strumica.

It has more than 50 lakes and sixteen mountains higher than 2,000m (6,562ft). FYROM has been a member of the UN since 1993 and became a member state of the Council of Europe in 1995. It applied for EU membership in 2004 and was granted candidate status in December 2005; it has also applied for NATO membership.



Remedica has exported its products to FYROM since 2005 through Septima dooel, a wholesale company which was founded as a privately owned limited liability company in 2000 and in the last ten years has grown to be highly respected with established business associations with 15 foreign suppliers.

It provides these associates with not only logistical but also regulatory and marketing services and offers sales solutions of the highest quality. The team consists of 25 well educated young people who are constantly upgrading their skills and knowledge on their field.

It services more than 800 pharmacies and 5,000 doctors from its distribution centre in Skopje, which has a warehouse capacity of 820 square meters. A fleet of delivery vehicles provide an efficient distribution and logistics service throughout the country.

Remedica is a significant business partner to Septima and some of its products like Novofen<sup>®</sup> (tamoxifen), Clozarem<sup>®</sup> (clozapine), Mycoril<sup>®</sup> (clotrimazole), Storilat<sup>®</sup> (Carbamazepin) and Imuprin<sup>®</sup> (azathioprin) are leaders in the pharmaceutical market in FYROM.

All Remedica products are known by doctors, pharmacists and patients alike to be of high quality, safe and efficacious pharmaceuticals which represent a cost-efficient remedy for many conditions. ■

# Health Matters: Mediterranean Diet

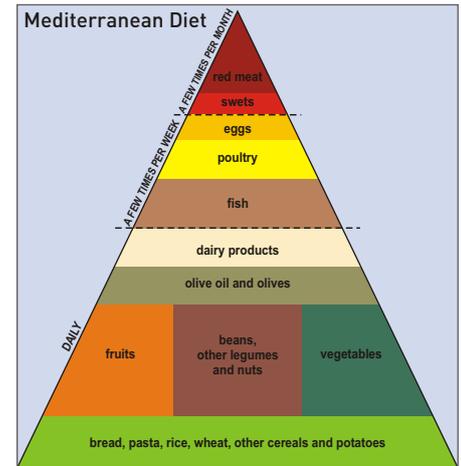
The Mediterranean Diet was recognised by UNESCO as an Intangible Cultural Heritage of Humanity (Nairobi, November 2010), after the common initiative of Greece, Spain, Italy and Morocco.

Today, modern dieticians consider the Mediterranean Diet as a lifestyle that offers longevity and good health. The name was invented by the physiologist Ancel Keys who wanted to describe the nutrition model followed by the people of Mediterranean countries included in the Seven Countries Study (the US, Finland, the Netherlands, Croatia, Serbia, Greece and Japan). The findings of this particular study indicated that the Cretans with their simple and frugal diet had the longest average life-span of all the inhabitants of Mediterranean countries. The characteristics of this diet are the following:

- High intakes of monounsaturated fatty acids, mainly from olive oil, and low intakes of saturated fats
- High consumption of fresh fruits, vegetables, legumes and cereals
- Moderate to high consumption of fish
- Low consumption of meat and animal products
- Moderate consumption of dairy products, mainly cheese and yogurt
- Moderate consumption of ethanol (mainly wine) with food

The nutritional guidelines of the Mediterranean Diet are illustrated in the traditional food pyramid, which was created in 1995 by a team of scientists from Harvard University. At the base of this pyramid there is food consumed in large quantities, while as we move towards the top, the quantities decrease. Consequently, the base includes foods consumed on a daily basis, such as cereals (rice, corn, wheat etc.), followed by vegetables, fruits, olive oil and dairy products. Items consumed on a weekly basis include fish, poultry, legumes, potatoes, eggs and pastries, whilst at the top of the pyramid, red meat is eaten about once a month. There have been numerous studies conducted over the last few years concerning the role of the Mediterranean Diet in the prevention of obesity, cardiovascular disease, diabetes and certain forms of cancer.

Olive oil is a major ingredient of the Mediterranean Diet and replaces all other fats and oils. It contains mostly monounsaturated fatty acids, which are linked to the reduction of LDL and the maintenance of



normal HDL levels. Olive oil is also rich in antioxidants that protect cells against the effects of free radicals and this in turn is considered to explain their role in disease prevention. Free radicals are formed in the body when certain molecules interact with oxygen and can damage cell membranes and cellular DNA. This can cause cells to die or behave differently leading to the initiation of cancerous conditions. Antioxidants are



molecules which can interfere with the activity of free radicals and prevent cell damage. Many of the antioxidants that are found in the body, eg vitamins C and E, beta-carotene and selenium, have to be obtained from the diet since they cannot be synthesised.

Other components of the Mediterranean Diet are also good sources of antioxidants, for example fresh fruits and vegetables which also provide a good source of vitamins, minerals and fibre.

Cereals are rich in carbohydrates, which provide a source of energy for the body, are low in fats and contain enough fibre to promote proper bowel function and protect against colon cancer. The soluble fibre in cereals helps maintain total cholesterol and blood sugar at low levels. The fish in the diet are rich in polyunsaturated fatty acids which also play a part in reducing the level of cholesterol in the blood. Such a fall is associated with a reduction in the risk of heart attacks and strokes; moderate consumption of alcohol in the form of wine has been shown to reduce the mortality from cardiovascular diseases.

Legumes not only contain proteins which are of medium nutritional value, but are also rich in vitamins, minerals and fibre. The consumption of dairy products provides the necessary calcium intake which is important in keeping

bones strong and healthy: it will also help to prevent the occurrence of osteoporosis in the elderly.

The lack of red meat in the Mediterranean Diet also reduces the occurrence of coronary heart disease and colon and other types of cancer.

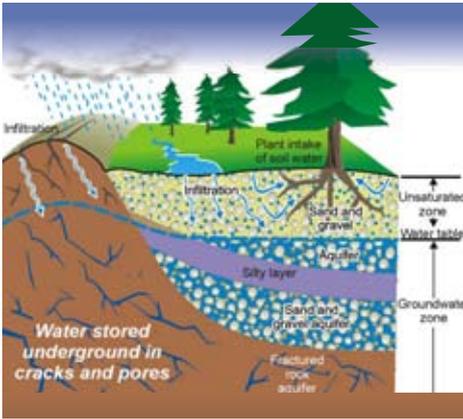
The impact of the traditional Mediterranean Diet is reflected through each one of the food groups it includes and not through any individual components. This is exactly why its beneficial effects are achieved through moderate meat consumption and high consumption of vegetables, fresh fruits, olive oil and legumes.

However, the Mediterranean Diet will not promote good health on its own and it needs to be accompanied by regular physical exercise since this has been shown to enhance the antioxidant defence system. Furthermore it should not be confused with Mediterranean Cuisine where butter is often used replace olive oil in cooking.

There is strong evidence to suggest that the Mediterranean Diet if adhered to over many years might result in people living longer, healthier lives.

Dr. Maro Tsirponouri Archontous (General Physician - Nutritionist). ■

# Environmental Issues: Groundwater pollution



The term groundwater refers to the water that accumulates below the surface of the ground due to the ability of the porous terrain to absorb water coming from precipitation or surface water sources. The accumulation of groundwater can result in groundwater streams and groundwater reserves. The utilisation of groundwater has played a major role in the development of human civilisation as it continues to provide water even in periods of drought via flowing surface streams or irrigation ditches. In addition groundwater can be extracted in dry areas via wells, thus sustaining the local population and agriculture and livestock farming.

Nowadays however, the quality and accessibility of groundwater reserves and streams is threatened by groundwater pollution due to extensive human activity. According to the European Environment Agency, groundwater pollution is defined as *the contamination of any water found under the earth's surface by pollutants, such as inorganic compounds (chlorides, nitrates, heavy metals, etc.), synthetic organic chemicals (pesticides, fertilizers, etc.) and pathogens (bacteria, parasites, etc.) which leach into the ground.*

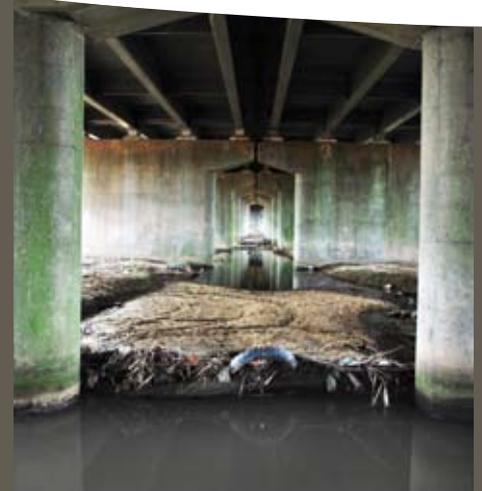
It is a consequence of the porous nature of the terrain which enables the pollutants to access the groundwater reserves. Groundwater pollution can be produced by agricultural, industrial or urban activities. Intensive farming is a major cause of soil contamination as it makes extensive usage of pesticides and chemical fertilisers. When nutrients and chemicals are applied in excess of what the crops require, this excess has to be absorbed by soil and then gains access to groundwater reserves.

Moreover, if untreated industrial wastewater is discharged onto soil or into rivers and lakes it can also cause groundwater pollution along with surface water and soil pollution. If the contaminating source introduces heavy metals, chlorides, oils and grease then these can render the water unfit for human, agricultural and animal use. Uncontrolled leakages from underground fuel tanks can lead to the contamination of soil with petrochemicals and oils which will result in groundwater reserves becoming contaminated. It should be noted that according to the United Kingdom's Environment Agency one litre of fuel oil is able to contaminate one million litres of water.

Furthermore, domestic uses can pollute groundwater via the uncontrolled discharge of untreated urban wastewater to the ground or surface water sites which may lead to the introduction of pathogens, nutrients and phenols into groundwater.

Another threat for the groundwater reserves is the intrusion of salt water into coastal groundwater due to extensive use of the groundwater for irrigation purposes. When the groundwater reserve is used for irrigation at a higher rate than it can be recharged, the void that is created may result in the intrusion of sea water due to the differential pressure. With the intrusion of salt water the reserve is no longer suitable for irrigation.

Because of all of the above, the European Union has implemented regulatory control measures and practices in order to manage and reduce the sources of groundwater pollution but it will be a long time and require considerable effort before the problem is solved. ■



# Corporate Social Responsibility: Remedica Cares

## 1) CSR conference: Awareness and Transparency. (photo 1,2)

On the 19<sup>th</sup> October in Limassol, Cyprus, a conference on “CSR: Awareness and Transparency” was held under the auspices of the Cyprus Presidency of the Council of the European Union and in the context of the European program Responsible MED. The aim of the project was to implement some of the principals of the Lisbon Treaty in order to encourage public policies in various countries and to lead their local partners involved in promoting development strategies based on knowledge and innovation, sustainable development and social integration.

Remedica was selected as the company which had developed best practice in CSR in Cyprus. During the conference Remedica's Marketing Manager Mr. Andreas Hadjipanayis presented the CSR practices of the company as well as the opportunities for the introduction of CSR strategies and the benefits to society.



## 2) “Radiomarathon”.

For the 5<sup>th</sup> year running, Remedica Volunteers participated in the activities that were held as part of the annual charity event “Radiomarathon”.

Their contribution in raising funds was significant both in the “Festival of Love” as well as in the road-side collections. Remedica also contributed financially to the Radiomarathon with a generous donation.



## 3) Memorandum of Understanding with the Cyprus University of Technology. (photo 3)

A memorandum has been signed by the Rector of the Cyprus University of Technology, Professor Elpida Keravnou Papailiou, and Remedica's Managing Director Mr. Emiliios Savvides. The Agreement between the two parties will facilitate the implementation of joint research projects, the mutual use of advanced equipment, exchange of skills and know-how, organisation of events and students' internships. Remedica is the first private company to put its collaboration with the University on a formal basis. Finally, Remedica will provide support for the university's effort to establish a much needed School of Pharmacy.



## 4) Global Handwashing Day - Awareness Campaign. (photo 4)

In recognition of Global Handwashing Day, Remedica held an internal awareness campaign led by its Environmental Officer. Amongst other things, colleagues had the opportunity to learn about the importance of proper hand washing so as to reduce the risk of transmitting viruses and bacteria. The slogan for the 2012 campaign was “Clean hands save lives”.



## 5) Donation to the Cyprus Association of Cancer Patients and Friends (PASYKAF). (photo 5)

As part of the annual event, Remedica's staff raised funds and donated the proceeds to the Cyprus Association of Cancer Patients and Friends. The Association offers services like home care and relief, psychological support, physiotherapy, lymphoedema clinics, day care centres and free transportation for cancer patients and their families. These services create conditions that are aimed to promote the dignity and quality of life of cancer patients and their families. ■

# The ABC of Pharmacy:

## Mixing



In the Pharmaceutical Industry there are very few cases where a product consists of only one component. In most medicines the formula contains a number of ingredients (known as excipients) in order for the dosage form to function as desired (Aulton, 2007). Therefore, when we have more than one component in a dosage form a mixing stage is required in order to ensure:

- An even distribution of the active pharmaceutical ingredient (API).
- An even appearance of the solid, semi-solid or liquid form (Aulton, 2007).

### MIXING OF SOLIDS

The mixing of dry powders used in the production of solid dosage forms (tablets and capsules) can be carried out in a tumbling mixer/blender. The active ingredient and some or all of the excipients are placed inside the blenders and mixed: this can involve a number of stages if some excipients are added sequentially. Once the final mixture has been produced, the lubricant (most often Magnesium Stearate) is added to the blender and mixed. The lubricant is necessary for all tablet and capsule production in order to prevent friction between both the powder particles within the mixture and the mixture and the metal surfaces during production.

It is critical to choose the mixer with the appropriate volume in order to avoid over-filling or under-filling since this may reduce the efficiency of mixing.

The correct mixing time of the powder mixture is chosen after analyzing samples taken at different mixing times which can also demonstrate if any segregation has occurred (Aulton, 2007).

### Tumbling mixers/blenders

Tumbling mixers are also suitable for mixing granules with powders, granules with granules and powder with powder. There are many designs of tumbling blenders available such as the Y-cone blender, the double cone blender, the cube blender and the bin blender: All designs are usually rotated in one axis. In some cases the blender can be tilted with respect to the rotation axis which imposes a double movement on the contents which results in more efficient blending.

### MIXING OF LIQUIDS

Whilst liquids with low viscosity are easily mixed, viscous liquids are much more difficult to mix and this is a major consideration in the selection of the most suitable mixer.

### Propeller mixers

The propeller mixers are suitable for the mixing of liquids with low viscosity. The propeller has angled blades which force the liquid to circulate in the axial and radial direction (Aulton, 2007). It is important to prevent the formation of vortices (which induce frothing and foaming) within the fluid and this can be achieved by mounting the propeller in a position other than at the centre of the vessel.

### Turbine mixers

This type of mixer is suitable for the mixing of more viscous liquids. The impeller consists of four flat blades surrounded by perforated inner and outer rings such that as the impeller rotates it sucks the liquid up and then forces it through the perforated rings (Aulton, 2007). This arrangement generates high shear forces which overcome the resistance to flow.

### MIXING OF SEMI-SOLIDS

The major problem with mixing semi-solids is the fact that they do not flow easily. If this type of material finds a so called 'dead spot' it will stay there. For the mixing of semi-solids planetary mixers are used.

### Planetary mixer

The working principle of a planetary mixer is much the same as that of a domestic mixer that might be found in some kitchens, like, for example, the Kenwood mixer (Aulton, 2007). ■

# Remedica News

## 1) Remedica sponsors the “Buy Cyprus Goods” campaign. (photo 1)

In the midst of the economic crisis, Cyprus University is holding a campaign to promote the sale of locally produced products under the slogan “Buy Cyprus Goods”. According to the associated press release the campaign begun with the creation of a website urging the students, who currently number more than 8000, and the twelve thousand graduates of the university to buy local products. The University’s Dean, Professor Konstantinos Christofides, stressed that “each one of us should try and contribute as far as possible to saving as many local jobs as possible”.

Remedica is included on the list of companies with local products. It is worth mentioning that Remedica provides direct employment to hundreds of people (500+ in Cyprus), especially graduates of tertiary education. In addition, via its activities in over a hundred countries worldwide, it contributes significantly to the local economy including the inflow of millions of Euros from its exports, contributions to the tax authorities, social insurance and other government funds. It also offers indirect employment to hundreds of people in other companies who supply Remedica with material and services and also promotes Cyprus as a country with advanced technological expertise. Finally, Remedica invests millions in new technology, research and development, and contributes significantly to the development of the pharmaceutical manufacturing sector, which is not only one of the few remaining industrial sectors but also responsible for about 40% of the country’s total exports.



## 2) Conferences. (photo 2)

Remedica’s local sales team attended 3 conferences where participants (doctors and other health care professionals) had the opportunity to be briefed on both new and existing Remedica products.

The conferences were the 22<sup>nd</sup> Pancyprian Orthopaedic Conference, the 1<sup>st</sup> Master Course on Hypertension of the European Society of Hypertension in Cyprus and the 6<sup>th</sup> Pancyprian Obstetrics & Gynecology Conference.



## 3) Remedica wins mini-football tournament. (photo 3)

Congratulations to Remedica’s football team that reached the 1<sup>st</sup> place (amongst 12 teams) in a charity football competition.

All net profits were given to the Cyprus Antileukemia Society “ZOE” and the charitable fund “Day for Loving Kids.” Remedica’s employees take part in many charity and non-charity football events and competitions thus promoting volunteerism and a healthy lifestyle through exercise. ■

# Remedica People

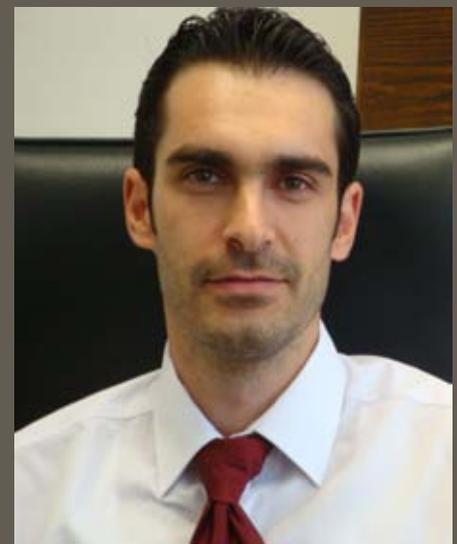
## In this issue we present our Human Resources Manager, Mr. Martinos Demosthenous

After completing his studies in Communications and Media at the National and Kapodistrian University of Athens, Mr Demosthenous returned to Cyprus where he worked as a communications specialist at a clinic and as a Programme Supervisor at a therapeutic community for drug addicts. He continued his studies with an MBA in Human Resources from the University of Liverpool.

Having completed his postgraduate studies, he worked as a Consultant at an Employee Assistance Programmes Company in Greece and in 2009 he returned to Cyprus joining Remedica as an HR Officer but was soon promoted to HR Manager.

Mr Demosthenous is a member of Remedica’s Strategic Team, the Cyprus Human Resource Management Association (CyHRMA) and the Limassol and Pafos Committee of CyHRMA.

Over the years he has attended various conferences, seminars and training courses on Human Resources Management and he has published articles on Corporate Social Responsibility and career counselling. ■



# A glimpse of Cyprus: Omodos

Omodos is situated 42 km northwest of the city of Limassol, in the geographical district of Krasochoria (wine-making villages), and it's built near the western bank of river Ha, at an average altitude of 810 meters.

The village was most probably established at the end of the Byzantine era or at the beginning of the Frankish occupation, following the destruction of the settlements of Ano and Kato Koupetra, situated on the eastern bank of the river Ha. According to folklore, Isaac Comnenus, despot of Cyprus (1185-1191), having been defeated at Kolossi by the English King Richard the Lionheart, found refuge in Koupetra until the King summoned him to Limassol to discuss a potential truce. Consequently, this means that Koupetra probably existed at least up until 1191.

After the settlements at Koupetra were demolished, a new one was built around the already existing Monastery of the Holy Cross which was given the name Omodos.

Nevertheless, during the Frankish domination, the village did exist and De Mas Latrie is referring to it as fief. The Medieval chronicler Leontios Machairas indicates that Omodos was granted to the nobleman Jean de Brie by King Jacob the 1<sup>st</sup> of Cyprus on the occasion of his election in 1382. The village appears on old maps as Homodos, Homocios and Omodos.

There are three possible explanations for the derivation of the name: -

1. From the Cyprian word "Modos", which translates as "take your time, tactfully and carefully". The residents of Koupetra, seeing a light on the opposite mountain every night, went to find the source and discovered it to emanate from within a dense and inaccessible shrub. In order to go through, they had to cut the shrub down, so they chanted the expression "me to modo sou" (take your time), until they found a cave with a wooden cross and a lighted candle inside.
2. There are many roads starting from the village leading towards the surrounding ones. The adverb "Omou" (together) and the word "odos" (road) formed the name "Omodos".

3. As indicated in Frankish documents, the feudal lord Homodeus lived in this area; so most likely the village took his name.

Ancient artifacts were found in and near the village, indicating that the area was inhabited possibly as long ago as the prehistoric era. Moreover, other names in the region have ancient origins, such as the mountain Afamis, whose name indicates that Euphemian Zeus was worshipped at its summit, Kremmos (cliff) of Era (ancient Greek goddesses Hera) etc.

Omodos was renowned from the olden days for its exquisite grapes and delectable wines. According to tradition, Afamis' exceptional Muscat, which got its name from the homonymous mountains on the east of the village, prompted the drunkard Sultan Selim the 2<sup>nd</sup> to conquer the island in order to own this famous wine. The production of this traditional wine in Omodos since the olden days was also evidenced by the well-known medieval winepress, located a short distance from the Monastery of the Holy Cross.

The residents of Omodos, except from viticulture and the production of fine wine and Zivania, are also engaged in the making of soutzouko (dipping strings of almonds into palouze), palouze (a sort of pudding made of grapes), kkioterka (dried must jelly in rhomboid pieces) and koulourka (rusks). The arkatena koulourka (loaf with chickpea flour starter) of Omodos are also very well-known and popular throughout Cyprus. They also make traditional and exceptionally tasty desserts from local fruits. Cottage industries also flourish in Omodos and the women of the village make beautiful handmade embroidery, such as brocades, tablecloths, threaded quilts, pacifiers and laces.

Omodos, built on the slopes of the mountain, surrounded by a carpet of verdant vines and by mountains, is one of the most picturesque villages of Cyprus. The village's large and scenic square in front of the majestic Monastery of the Holy Cross, the medieval winepress, the narrow little streets and the stone houses, which are surrounded by lush vegetation, give Omodos a unique charm and

a fairytale beauty. All the houses are extremely interesting from an architectural point of view, having as main elements the tiled roofs or terraces, the pretty upper floors, the decorated wooden doors and the cobbled backyards filled with flowers. The gateways, balconies and elongated rooms are also heavily decorated and earthenware jars are used to add interest to the surroundings.

The real pride and joy of Omodos is the Monastery of the Holy and Life-Giving Cross, which is located at the heart of the village. Majestic and imposing, it constitutes an important part of the island's cultural heritage, since it's also one of the oldest and most historic monasteries on Cyprus.

Folk art is also preserved in the interior of the houses in a traditional manner, in the form of tall beds with embroidered mosquito nets, carved sofas, fibre rush chairs, walls covered by pictures made from silkworm cocoons, copper pots decorating the kitchen chimney together with tsestos (whicker baskets) and tatsia (sieves). Additionally, massive red earthenware jars for wine storage can be found in the storage room of the house, which primarily serves as a workroom for grape processing. Still preserved are also the old plow, the wineskin, the grape grinder, the traditional baskets and the boiler of the renowned Zivania (a Cypriot alcoholic beverage produced from a mixture of grape pomace and local dry wines).

Today, Omodos is a bustling tourist resort with the main attraction being agriculture. The residents took advantage of the opportunity to have the village declared as listed. As a result, visitors can stay in renovated traditional residences and restored guest houses. It is worth mentioning that today there are more than 40 apartments with a capacity of 140 beds available for renting. There are also many taverns, restaurants and cafés that all serve traditional dishes. ■

References: Omodos Village



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FOR A HEALTHIER WORLD

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