

WELCOME TO CYPRUS


THIS IS YOUR ESSENTIAL GUIDE TO SERVICES
AND FACILITIES PROVIDED BY SODEXO

WE HOPE YOU ENJOY YOUR STAY IN CYPRUS.



sodexo
QUALITY OF LIFE SERVICES





Welcome to Cyprus

This is your welcome guide, about Sodexo Cyprus' services at all stations across the island.

More details can be obtained from visiting our website **www.sodexo-cy.com** under the tab *Your local services*. We at Sodexo look forward to making your time in Cyprus a comfortable and enjoyable one.

For any information please contact our Sodexo Central Helpdesk on 25 852 300 or email us at cyprus.helpdesk@sodexo.com

Akrotiri Site Office: 2527 5464

Episkopi Site Office: 25962336

Dhekelia / Nicosia Site Office: 24 744742

Ayios Nikolaos Site Office: 23 962150

Troodos Site Office: 25 967062



YOUR LOCAL **FORCES STORE** SUPERMARKET

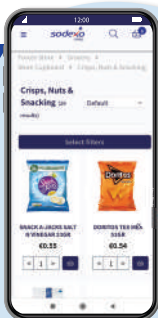
Because we care

For your daily and weekly shops you can visit your local Forces Store which are **open 7 days a week**. In addition to credit card payment you can also use contactless payment for your convenience.

You'll find an entirely British shopping experience on your doorstep which includes:

- Well known brand names - CO-OP products
- Over 800 lines of products on offer at any one time
- The largest selection of Iceland on island at the lowest price
- Free from products
- In-store Delice de France bakery with fresh bread and a variety of savouries and sweet treats
- Sandwiches, Food to Go and Roll Over hot dog!
- A great selection of local and imported beers, wines and spirits
- Military fitness clothing and accessories – "Top of the Range", "Under Armour" and "Ultimate" products
- Your favourite brands of perfume and cosmetics at unbeatable prices
- From wet sets and BBQ's to everything you need, we have seasonal items and gift ideas covered for you!
- With your ration card you will be able to purchase rationed goods such as tobacco and alcohol

There is a lot more to discover in store and our team is always there to help you...look out for our in-store events and limited period reward schemes that you won't want to miss!



**CLICK & COLLECT and
DELIVERY service**

(((www.sodexo-cy.com



cyprus.helpdesk@sodexo.com

*Greener
Together*

We're switching to wheelie bins!

UK Style Wheelie Bins are coming to your home

- You will receive 2 x new wheelie bins. One for **recycling (blue)** and one for **general refuse (green)** collection.
- The numbered bins will be added to your SFA inventory. You are responsible for the cost of replacing the bins if they are lost or damaged.
- The 2 x wheelie bins will replace the black and metal bins.

Please do not use the black/metal bins for recycling or general waste.

- **You will retain the black/metal bins at your property.** These will not be replaced if either lost or damaged in the future.

- Please only place your wheelie bin out on the day of collections.

Do not leave your wheelie bins on the pavement/road.

- Please continue to put cardboard/paper into brown bin bags and PMD (plastic bottles, metal packaging and drink cartons) into white bin bags and place these inside the wheelie bin.

If your cardboard/paper and PMD are not placed in the brown/white bags inside the bins your recycling will not be collected. A tag will be placed on your bin explaining the reason for non-collection.

- Please remember that glass should never be placed into any wheelie bin. **Glass must be taken to the recycling centres on camp.**
- Please **do not to leave plastic bags of rubbish on the ground** and only into the bin. Animals can rip them apart and rubbish then gets blown about by the wind.



Defence
Infrastructure
Organisation

THE THERMOSOLAR LTD

sodexo
QUALITY OF LIFE SERVICES

For all the updated information visit
the "Recycling" tab on our website



www.sodexo-cy.com



LOCAL RECYCLING CENTRE



Know your recyclables! At your centre you can recycle large objects that could otherwise end up in landfill, such as:

- Metal
- Wood
- Plastic Containers
- Textiles
- Mixtures of the above i.e. bikes, furniture and children's toys.
- Waste electrical equipment including white goods.
- Batteries
- Glass – Bottles and jars
- Paper, books, cardboard and magazines
- PMT (plastic, metal, tetra pack)
- Large plastic objects – Large Swimming pools/toys
- Furniture
- Garden waste
- Wires, cables and ropes



Top tip! Don't forget that clothing should be clean and in a reasonable condition.



Note the day! For your weekly opening hours

Episkopi Recycling Centre - Building 816 (adj. to Lionheart estate)

	Mon	Tue	Wed	Thu	Fri	Sat
Opening Hours	1000-1500	-	1000-1500	-	1000-1500	0900-1300

Akrotiri Station Recycling Centre

	Mon	Tue	Wed	Thu	Fri	Sat
Opening Hours	1000-1500	1000-1500	-	1000-1500	1000-1500	0900-1300

Dhekelia Recycling Centre - QM's compound

	Mon	Tue	Wed	Thu	Fri	Sat
Opening Hours	1000-1500	-	1200-1700	1000-1500	1000-1500	1000-1400



! During opening hours, someone will always be on hand to assist you. Please note that children and animals are not permitted within the recycling centres for their own safety.



Note: All MoD supplied equipment/furniture should be disposed of via the appropriate MoD route. Please speak to your station if you require further details.

Your Coffee shop



Unwind and relax at your Coffee & Co
a taste of the high street on your doorstep

Your Coffee & Co coffee shop offers an escape from your busy lives and daily routine ... somewhere you can relax and socialise during the day in comfortable surroundings and stay connected courtesy of our free Wifi.

We are proud to serve you our 100% organic Fairtrade Aspretto coffee brand along with a great range of tempting sandwiches, salads and sweet treats to eat in or perfect for a beach day take away! Seasonal selections are available keeping your experience fresh.

AKROTIRI (Located in Forces Store)

Opening Hours

Mon - Fri 08:00 - 19:00
Saturday 09:00 - 16:00
Sunday Closed

EPISKOPI

Opening Hours

Mon - Fri 08:00 - 15:30
Saturday Closed
Sunday Closed

AY.NIKOLAOS

Opening Hours

Mon - Fri 08:00 - 15:30
Saturday 09:00 - 13:00
Sunday 09:00 - 13:00



ASPRETTO

A CUP FULL of POSSIBILITIES

TRAVEL MUGS

SAVE €0.20 WITH EACH USE

Your Junior Ranks' Diner (JRD)

Your JRD is open seven days.

Please check the Core Meal Hours of each JRD station on our website
www.sodexo-cy.com



JRD is open to all except to Akrotiri which is for entitled personnel only.

What you'll find....



Action Station:

Cooking with fresh ingredients prepared directly in front of the consumer from noodle dishes to Mexican burritos



Hot Stop:

Based on a range of traditional favourites served with a choice of fresh vegetables



Quick Fix

A range of pre-packed salads, snacks and cold desserts to take away, including the Grab 'n' Go offer



Natural

Make your own salads from a wide range of fresh ingredients or choose a premium sandwich made freshly for you

STAR BREAKFAST

If you fancy a cooked breakfast, choose 6 items from the following:

Egg, Bacon, Sausage, Ham, Cheese

(Maximum of 3 proteins)

Baked Beans, Plum Tomatoes, Fried Bread Potatoes, Half Grapefruit

1 Cereal with Milk and Sugar

Or pick our healthier breakfast alternative:

1 Yoghurt or 1 Porridge

**2 Toppings: Granola, Preserve, Honey or Dried Fruit with Nuts
Fresh Fruit**

1 Poached Egg or 1 Boiled Egg or Breakfast Frittata

1 Fruit Juice

Both served with 2 slices of bread and a choice of 1 butter or spread, 1 preserve and 1 sauce and a hot drink and squash

STAR LUNCH

Choose from today's menu:

1 Main Course

2 Portions of Vegetables or Side Salad

2 Portions of Potato, Rice or Pasta

Or for a Lighter Lunch:

Select your Bread or Jacket Potato

1 Star Filling, 1 Yoghurt, 1 Fresh Fruit

Served with 2 slices of bread and a choice of 1 butter or spread, 1 sauce and a hot drink and squash or spread, sauce and a hot drink and squash

STAR DINNER

Choose from today's menu:

1 Starter

1 Main Course

2 Portions of Vegetables or Side Salad

2 Portions of Potato, Rice or Pasta

1 Hot or Cold Dessert

With your choice of hot drink and squash and 1 sauce sachet

Offer applies to items marked on the menu with a ★

All additional items will be priced as per the tariff





HOTEL & MESS SERVICES

We provide a full range of Mess Services within each Service Mess. We provide mess management services including the management of day to day activities, forward planning and functions.

In addition to our daily role we also offer full assistance with Individual Mess Events, offering help and advice to Event Organisers with the planning and delivery.

We provide full range of catering, bar and ancillary support to each of the events.

**Front of house
Services**



**Administrator
Services**



**Accommodation
Services**



WATCH LIVE SPORTS
LIVE BANDS
KARAOKE
GAMES NIGHTS AND
MUCH MORE
FREE WIFI

**THE
WATERING
HOLE**

EAT IN - TAKE AWAY - DELIVERY*

AKROTIRI

Working Hours:

Monday - Friday 17:00 - 23:00

Weekend 12:00 - 23:00

Call Order / Takeaway

*Delivery Monday - Sunday 18:00 - 21:30

Telephone number 25276861

DHEKELIA

Working Hours:

Monday - Wednesday 08:00 - 16:00

Thursday - Friday 08:00 - 14:30, 17:00 - 23:00

Saturday 10:00 - 23:00

Sunday 10:00 - 15:00

Call Order / Takeaway

Telephone number 24724227



 THE WATERING HOLE (Akrotiri / Dhekelia)



RAF Akrotiri

eat fresh.



**what's
your
usual?**



Opening Hours:
Monday - Sunday 11:00 – 22:00

Chelona Beach Club

Akrotiri

Enjoy your day
at the beach!

This is the perfect spot to relax and enjoy Cyprus sun and sea. There is no place better to soak up the sun and enjoy the sea! Enjoy a bite to eat from our delicious menu which includes wraps, Panini's, salads and the famous build your own burger which are just some of the choices.

FREE WIFI

Opening hours

MONDAY	CLOSED
TUESDAY	CLOSED
WEDNESDAY	1100 - 1500
THURSDAY	1100 - 1500
FRIDAY	1100 - 1500
SATURDAY	1100 - 1800
SUNDAY	1000 - 1700

See you there



POOL CLUB

at Episkopi

FREE WIFI

WATCH LIVE SPORTS

LIVE BANDS

KARAOKE

GAMES NIGHTS

AND MUCH MORE

**EAT IN, TAKE AWAY
OR DELIVERY**

Opening Times
Monday - Friday: 15:00 - 22:00
Weekend: 12:00 - 22:00



POOL CLUB ☎ 25 211519

Pizza delivery times – 17:00 - 21:30 to Episkopi

Garrison. Minimum order for delivery €9.00

HELPDESK

We're here to help



The new **Sodexo Central Helpdesk** provides you with an effective means of communicating with us.

Contact us for:

- Customer feedback; let us know how we're doing
- Reporting an issue with the services that we have provided, or are scheduled for provision, e.g. bins not emptied, roads not swept
- Removal of dead animals (by the roadside or washed up upon the sea shore)
- All furniture/furnishings enquiries and ad-hoc cleaning jobs, e.g. chimney sweeping, carpet cleaning. Please call **WSBA Supply Point** on **25-275437/5438** and for the **ESBA Supply Point**, please call **2474 4752**.
- For any general information request, e.g. opening hours, bin collection days, gas bottle deliveries

visit the Sodexo
web-site today

*for all you need
to know*



The Interserve Helpdesk (Tel.80002400) should be contacted for repairs to cookers, water elements, leaks, drainage issues, or other issues pertaining to the fabric/structure of your SFQ

 **25852300/02**

 **cyprus.helpdesk@sodexo.com**

 **www.sodexo-cy.com**

OPERATING HOURS

MON - FRI: 0800 - 1600

www.sodexo-cy.com



A warm welcome

Logistic Support Unit (LSU)

At Sodexo, we believe that the best way to have a real and lasting impact is to make people the central focus for our services. Upon arrival at your new home a member of the Logistic Support Unit team will be in attendance at your Move-in to guide you through the process and assist you with your furniture and utilities questions. Throughout your tour our experienced team will be on hand to support you and your family and ensure all your requirements are catered for.

For the **ESBA** Supply Point
Please call 24 744752

For the **WSBA** Supply Point
Please call 25-275437 , 25-275438



Offers promotions and events scanned for you!



DOWNLOAD NOW!

Stay in touch with everything that's happening on your site from great deals to delicious meals!

Download Radar and get scanning for the best offers and events around.

Don't miss a thing find it all on Radar!



1

Download Radar by Sodexo and register using the onsite access code

2

Verify your email to log on straight away

3

Take advantage of offers, promotions and events scanned for you



Download on the
App Store



GET IT ON
Google Play

Ask a member of the onsite team for your sites Radar access code.

Contact us:

 **25852300**

 cypus.helpdesk@sodexo.com



Proud to be part of your community

We will continue to support your community, events and charitable organisations. Making your time here as memorable as possible is not just about the services we provide, it is also about how we support you to do the things that make a difference to your everyday lives.

Yes - Nai

No - Ohe

Hello - Ya Sou (Ya Sas when addressing a group)

Good morning! - Kalymera!

Good afternoon! - Kalyspera!

Good night! - Kalynekta!

How are you? - Ti Kanis;

I'm well - Poli kala

Thank you - Efharisto

Please - Parakalo

Sorry! - Sygnomi

Do you speak English? - Milatte anglika;

What time is it? - Ti ora ine;

How much is it? - Posso kane;

Come on! - Ela!

How's it going? - Pos pai;

I don't understand! - Den katalamveno

Can I have the bill please? - Logiariasmo parakalo

Delicious food! - Nostimo fagyto.

MOST
essentials
PHRASES
YOU NEED TO KNOW
in Cyprus



YOUR **TOP 9** *essentials*

AVAILABLE IN YOUR



Mosquito repellent – don't let the bed bugs bite!! Check out our comprehensive range of insect repellents to keep you and yours bite free.



Sun tan lotion – stay safe in the sun. You've arrived at the hottest time of the year...we want you to tan not burn so protect yourselves and check out our range of sun care products



Ant powder – darn those pesky critters! Unfortunately a fact of life here but one that's easy to solve with our range of anti-ant products, now at lower prices



Inflatables – take a deep breath and check out our fun inflatables!



Kids' sun protection – happy kids make happy parents! Take a look at our great range of kids' sun protection products all designed to keep your little ones safe in the sun



Halloumi / lounza – Once tasted, never forgotten! The Cypriots are mad for it and with good reason. Before you try anything else, check out the taste sensation that is "halloumi and lounza...the perfect combination for any meal!



BBQ – No need to worry about the weather here...Cyprus was made for BBQs! Dare to go native with our traditional, Cypriot BBQs or go for the easier, modern versions...either way it's the only way to cook in Cyprus!



Get in to the local spirit!
– We've slashed the prices on all local beers and wines so you can sample everything that Cyprus has to offer



Water coolers – it's thirsty work living in Cyprus! Take a look at our water coolers, the cheapest and easiest way to stay cool & keep hydrated



THE **TOP 10** **BEST**

OUTDOOR ACTIVITIES IN CYPRUS

- 
- 1. Xs Watersports**
 - 2. Poseidon Dive Centre**
 - 3. EcoTour Adventures**



4. Aphrodite Hills Riding Club

5. Discovery Sightseeing Boat

6. Excursion Blue Lagoon Trip



7. Cave Dwellers Jeep Safari

8. Waterworld Water Park

9. Venus Sea Cruises

10. Pafos Zoo

CYPRUS RECIPES

TRADITIONAL CYPRIOT DISHES

You can make these authentic recipes at home.

Sheftalia recipe



Method

Wash the caul fat well under running cold water and place it in a bowl, add the lemon juice and leave for 10-15 minutes. Rinse and let it drain.

In a medium sized bowl add the meat, onions, garlic, parsley, salt, pepper, cinnamon. Squeeze any excess water from the bread and add this to the rest of the ingredients. Mix thoroughly.

Lay out the caul fat flat and cut it into square pieces about 7x7cm. Put about a tablespoon of the meat mixture in every piece of caul fat, fold in the outside edges and roll.

Thread a metal skewer with 3-4 sheftalia lengthwise or with a special fork type skewer 4-5 sheftalia widthwise. Place the sheftalia on a charcoal barbecue, or under a preheated grill on high, and cook for 10-15 minutes turning them from time to time until they are cooked thoroughly.

Ingredients

500g minced pork

2 onions, finely chopped

2 cloves of garlic, finely chopped

6 tablespoons parsley, finely chopped

1 slice of bread, remove crust and soak in 2 tablespoons of water

1 teaspoon salt

teaspoon pepper

teaspoon ground cinnamon

1 peice of Caul fat

1 lemon, the juice of

iAM
THE
CHANGE

RETHINK

PLASTIC

JUST SAY **NO**
TO PLASTIC STRAWS!



*Greener
Together*

sodexo
QUALITY OF LIFE SERVICES

THE ARMED FORCES CHARITY

WELCOME TO SSAFA CYPRUS. AS PART OF THE GLOBAL SSAFA NETWORK WE ARE COMMITTED TO PROVIDING LIFELONG SUPPORT FOR OUR FORCES AND THEIR FAMILIES

With staff and volunteers across the island, we understand the unique and diverse needs of the British Forces Cyprus community and are always here to help. Whether you are currently serving in the forces, a forces veteran or a family member, SSAFA will provide practical support whatever the problem, whenever and wherever it is needed – every single day of the year.



Sodexo (Cyprus) Ltd

Government & Agencies

Sodexo Headoffice, Building 164

RAF Akrotiri, BFPO 57

+357 25852329

+357 25852302

communications.cy@sodexo.com

