



NINTH MEETING OF THE PARTIES TO ACCOBAMS
CROWNE PLAZA LIMASSOL BY IHG
LIMASSOL, CYPRUS
18th – 21st November 2025

REGIONS OF CYPRUS

Lefkosia (Nicosia) Region

Lefkosia (Nicosia), the world's only divided capital, blends the island's commercial heart with rich history and serene rural areas. The city itself, surrounded by Venetian walls, boasts the largest concentration of museums, galleries, and historical sites. Just beyond the bustling capital lies the countryside, with orchards, olive groves, forests, and hills. Visitors can explore the ancient ruins of Tamassos and Idalion, as well as charming villages like Fikardou, a national monument, and Alona, Pedoulas, and Kakopetria. Lefkosia offers the perfect mix of vibrant urban life and peaceful rural escapes.



Lemesos (Limassol) Region

Lemesos, Cyprus's second-largest city and main port, is a vibrant holiday hub. With a bustling marina, coastal strip full of restaurants and shops, and rich archaeological sites like Amathus and Kourion, the city is a lively blend of modernity and history. The region is also known for its wine culture, charming villages, and two unique wetlands: Germasogeia Dam and Akrotiri Salt Lake, perfect for relaxation and birdwatching. The Troodos foothills, home to the



‘Krassochooria’ wine villages, offer a peaceful retreat for hiking, cycling, and enjoying traditional winemaking, especially the famous Commandaria sweet dessert wine. Lemesos combines coastal charm with rich cultural heritage.

Larnaka (Larnaca) Region

Larnaka (Larnaca) blends East and West through its rich mix of cultures, architecture, and history. Highlights include the Church of Agios Lazaros and Hala Sultan Mosque, as well as the Medieval Castle, palm-lined ‘Foinikoudes’ promenade, and winter flamingos at the Salt Lake. The region stretches into the Troodos mountains, with traditional villages like Lefkara known for lace and silverwork, and others like Kato Drys, Vavla, and Odou offering peaceful charm. Significant archaeological sites such as Choirokoitia and Kalavassos Tenta reflect the area’s ancient past, while religious treasures like the 6th-century mosaic at Angeloktisti Church, the mountaintop Stavrovouni Monastery, and the Royal Chapel in Pyrga add to its cultural depth.



Pafos (Paphos) Region

Pafos (Paphos) is a region rich in romance, history, and natural beauty, combining old and new towns, charming villages, and scenic resorts. Its archaeological treasures, including the UNESCO-listed Kato Pafos, are centred around a quaint harbour and Medieval Castle. The region extends to the peaceful sub-district of Polis Chrysochous, which includes the Akamas National Park, turtle-nesting Lara Beach, and the fishing village of Latchi. Sites linked to Aphrodite—such as her mythical baths near Polis, Petra tou Romiou, and her sanctuary in Kouklia—enhance the area’s allure. Notable monasteries like Agios Neofytos and Panagia Chrysorogiatissa offer cultural depth, while Cedar Valley and Stavros tis Psokas in the Pafos Forest showcase rare wildlife like the Mouflon. With outdoor adventures, wineries, and religious landmarks, Pafos is a haven of nature and heritage.



Ammochostos (Famagusta) Region

Ammochostos (Famagusta) is known for its crystal-clear waters, golden beaches, and vibrant landscapes dotted with windmills and fertile red soil that produces some of Cyprus’ tastiest fresh produce. The region includes the popular resorts of Agia Napa and Paralimni-Protaras, which have grown from quiet villages into lively tourist hubs. Alongside stunning coasts and



famous nightlife, visitors enjoy fishing harbours, Medieval churches, and charming villages. A highlight is Cape Gkreko's Natural Forest Park, perfect for hiking, swimming, diving, and boat trips amid breathtaking scenery. From food lovers to sun-seekers and adventurers, Ammochostos offers something for everyone.

Troodos Region

The Troodos mountain range, known as Cyprus' "green heart," is a refreshing escape filled with forests, valleys, orchards, and traditional villages. Winding mountain roads reveal communities known for winemaking, intricate folk art, fruit farming, waterfalls, and natural springs. At its highest point, Mount Olympus (1,952m) offers skiing in winter, while hiking and cycling trails invite year-round exploration. Troodos is also home to 10 UNESCO-listed Byzantine churches, along with monasteries rich in religious history and art. With its cool air, natural beauty, and cultural depth, Troodos offers a unique and peaceful alternative to the island's coast.



CULTURE

Cyprus is a small island with a rich 11,000-year history, making it one of the oldest civilizations in the Mediterranean. Located at the crossroads of Europe, Asia, and Africa, it has been shaped by many cultures—from the Mycenaean Greeks to the Romans, Venetians, Ottomans, and British—each leaving behind a legacy of monuments, churches, castles, and more. The island is an open-air museum of diverse heritage, with UNESCO-listed sites, traditional villages, and vibrant museums. While much has been preserved, parts of its cultural heritage remain under Turkish occupation since 1974 and have suffered damage. Still, history and tradition are found everywhere in Cyprus, offering visitors endless opportunities to explore its captivating past. There are many options you can explore through this website: <https://www.visitcyprus.com/discover-cyprus/culture/sites-and-monuments/>

Amathous (Amathounta) Archaeological Site

Amathous Archaeological Site is recommended for visiting as it is easily accessible from the meeting venue through #30 bus Amathountos Ave. - Ancient Amathounta stop or via bike.

Amathous is one of the significant ancient city-kingdoms of Cyprus where, according to mythology, Greek hero Theseus left the pregnant Ariadne to be attended by local women. It was also an important site of worship of the Goddess Aphrodite-Astarte.

There are various, rich archaeological finds at the site, including the Agora, the public baths, the Temple of Aphrodite, early Christian basilicas and several tombs.

For more information: <https://www.visitcyprus.com/discover-cyprus/culture/sites-and-monuments/amathous-archaeological-site/>.



Amathounta archaeological site

GASTRONOMY

Cypriot cuisine is a vital part of the island's culture, tied to every social occasion and religious celebration with unique dishes and recipes. Blending Greek and Middle Eastern influences with ancient traditions, the food features hearty meats, specialty cheeses, carob- and grape-based desserts, and intensely flavoured produce thanks to the Mediterranean climate. The famous 'meze'—a feast of small, varied dishes—is the perfect introduction to local flavours, including dips, stews, fresh fish, legumes, and delicacies. Festivals bring even more culinary delights, with traditional recipes lovingly prepared and passed down through generations, making every meal in Cyprus a rich, shared experience.

Popular dishes

Appetizers:

- Talatouri
- Agrelia with eggs
- Pourekia
- Halloumi
- Ravigoles
- Olives

Salads:

- Village salad

Main courses:

- Souvlakia
- Souvla
- Octopus in wine
- Sheftalia
- Tavas
- Cuttlefish with ink
- Koupepia
- Fish

Desserts:

- Pourekia
- Palouzes
- Loukoumades
- Preserved sweets
- Sioutzioukos

Certified Cypriot Products

Protected Geographical Indication products (PGI):

- Geroskipou Loukoumi
- Koufeta Amygdalou Geroskipou
- Paphos Sausage
- Agros Rosewater
- Agros Rose Spoon Sweet
- Lountza Pitsilias
- Pitsilia Sausage
- Kypriaki patata kokkinoyis
- Hiromeri Pitsilias
- Tertziellouthkia
- Makaronia tis Smilas / Makaronia tou Sklinitziou
- Zivania
- Ouzo
- Halitzia Tillirias

Protected Designation Origin (PDO) Products:

- Halloumi/Hellim
- Kolokasi Sotiras/Poulles Sotiras
- Commandaria

You can find more information at eAmbrosia (Union register of geographical indications): <https://ec.europa.eu/agriculture/eambrosia/geographical-indications-register/>

RELIGION

Cyprus has a rich and deeply rooted religious heritage, primarily Christian but shaped by various faiths over centuries. As the first place where Apostles Paul and Barnabas spread Christianity, the island became a gateway for the new faith. Its landscape is dotted with churches, chapels, and monasteries, including ten UNESCO-listed Byzantine churches known for their sacred art and frescoes. Often called the "island of saints," Cyprus also embraces religious diversity, with Muslim, Maronite, Armenian, and Latin communities coexisting in harmony. This spiritual tapestry makes Cyprus a place of devotion, history, and welcome for all.

NATURE

Cyprus offers breathtaking natural beauty, from glittering coastlines and secluded beaches to forested mountains, waterfalls, and winding trails. Nature lovers and explorers can discover rare plants, shy wildlife, and vibrant birdlife, including flamingos at salt lakes and the elusive Mouflon in the forests. The island's beaches are nesting grounds for green and loggerhead turtles, while dolphins and Mediterranean monk seals are spotted offshore. Botanists will enjoy the many endemic herbs and flowers, such as the Cyprus orchid and tulip. With stunning landscapes and diverse wildlife, Cyprus is a paradise waiting to be explored.

Diving

Cyprus is a diver's paradise, offering warm, clear waters year-round, top-ranked wrecks, and diverse marine life. With excellent visibility and sea temperatures ranging from 16–27°C, it boasts one of the Mediterranean's longest diving seasons. Divers can explore underwater caves, tunnels, ancient amphora, and thriving reefs—both natural and artificial—that shelter colourful fish, coral, octopus, and more. Sea turtles are frequent visitors, and even the rare Mediterranean monk seal can sometimes be spotted, making each dive a unique and vibrant underwater experience.

Near the meeting venue withing walking distance, there are two designated artificial reefs sites, that can be visited. Artificial Reefs enhance marine biodiversity and consequently fish stocks. These are in the area of Dasoudi and Amathounta, which are designated as Marine Protected Areas (MPAs).

There are three diving routes and one snorkelling route in the marine protected area 'Dasoudi'.

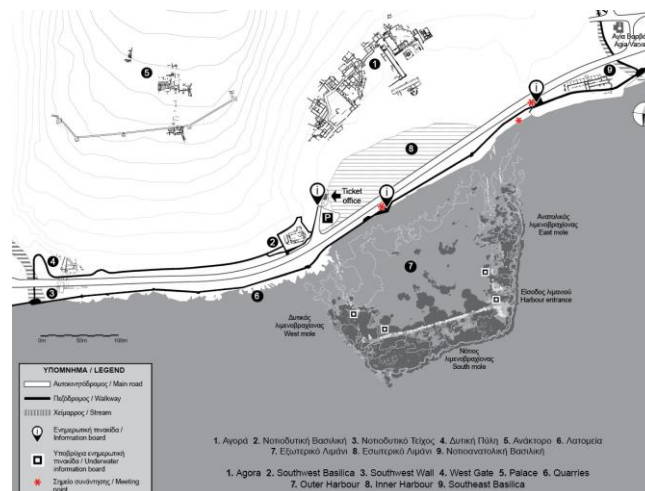
The routes include environmental and scenic areas, showcasing the rich ecosystem of the artificial reefs:

- A linear, two-way snorkelling route has been created in the shallow coastal zone (0-5m) along the seven breakwaters which were constructed almost 30 years ago and now gather a wide variety of marine organisms.
- A circular diving route has been created around the Constandis trawler at maximum bottom depth 23 – 25 meters. The boat has 23 m length and 8,5 m width. The diver is invited to start from the hull of the boat located at the bottom and with spiral movements to climb to the mass of the trawler.
- A circular spiral route has been created around the passenger ship Lady Thetis at maximum bottom depth 18-19 meters. The ship has 30 m length and 8 m width. The diver is invited to start from the hull of the ship located at the bottom and with spiral movements to rise to the surface.
- The artificial reef in Dasoudi includes a circular diving route with eleven submerged structures (14 – 21 meters bottom depth) offering unique diving experiences. The structures host a rich, fascinating ecosystem.

More information about the artificial reefs in the Limassol area can be found on the mobile application 'Diving Limassol', available free of charge both at Apple Store and Google Play.

Further information about diving in Cyprus can be found here:

- https://www.visitcyprus.com/wp-content/uploads/files/CYPRUS_DIVE_SITES.pdf
- [https://www.moa.gov.cy/moa/dfmr/dfmr.nsf/All/3A9815356D247F4F42257FF5002F4D2A/\\$file/TEXNHOTI%20YFALOI%20en.pdf?OpenElement](https://www.moa.gov.cy/moa/dfmr/dfmr.nsf/All/3A9815356D247F4F42257FF5002F4D2A/$file/TEXNHOTI%20YFALOI%20en.pdf?OpenElement)
- <https://websites.ucy.ac.cy/marelab/en/research/andikat-project.html>
- <https://www.diveinourislands.com/en-us/Cyprus/Limassol/Ancient-Port-Amathounta-Limassol>



Amathounta ancient port Marine Protected Area

LANGUAGE

Greek

Greek has a long and continuous history that spans over 3,000 years. It is one of the oldest languages in Europe with a rich literary tradition. There are several phases of the Greek language:

- Ancient Greek: The classical language of ancient Greece, used by philosophers like Socrates, Plato, and Aristotle, as well as the writers of epic poetry like Homer.
- Koine Greek: A simplified version of Ancient Greek that emerged after Alexander the Great's conquests. It became the lingua franca of the Eastern Mediterranean and the Near East.
- Medieval and Modern Greek: The language evolved through the Byzantine period and into Modern Greek, which is spoken today in Greece, Cyprus, and Greek communities worldwide.

Cypriot Dialect

Cypriot dialect, a variety of Modern Greek, uses many unique words and phrases, often differing from Standard Modern Greek, influenced by the island's long history and multicultural interactions.

Speakers of Standard/Modern Greek can usually understand Cypriot Greek, though they may find it challenging due to the differences in vocabulary, pronunciation, and some grammatical structures. Cypriot Greek speakers can easily switch to Standard Greek, especially in formal settings. However, in casual conversation, they may stick to the local dialect.

Greek Words & Phrases

English	Phonetic Pronunciation	Greek
Hello / Goodbye	YAH soo	Γεια σου
Nice to meet you	HEH-ro po-LEE	Χαίρω πολύ
How are you?	tee KAH-nis?	Τι κάνεις;
I'm well	Kah-LAH I-me	Καλά είμαι
Good morning	ka-lee MER-ah	Καλημέρα
Good afternoon	kah-lee-SPER-ah	Καλησπέρα
Good evening	kah-LOH VRA-thee	Καλό βράδυ
Goodnight	ka-lee NEEK-tah	Καληνύχτα
Thank you	eff-kha-ri-STOH	Ευχαριστώ
Please/you're welcome	para-kah-LOH	Παρακαλώ
See/talk to you later	tah LEH-meh	Τα λέμε
What is your name?	pos se LEH-neh?	Πως σε λένε;
My name is ...	me LEH-neh	Με λένε...
Yes	neh	Ναι
No	OH-hee	Όχι

Excuse me/sorry	See-GHNO-mee	Συγγνώμη
Where is the bathroom?	Pou EE-neh ee tua-LEH-tah	Πού είναι η τουαλέτα;
Do you speak English?	Mee-LAH-teh ag-li-KAH?	Μιλάτε αγγλικά;
How much is it?	POH-soh KAH-nee af-TOH?	Πόσο κάνει αυτό;
I don't understand	Then Kah-tah-lah-VEH-noh	Δεν καταλαβαίνω
Help!	voh-EE-thee-yah	Βοήθεια!
Oops!	OH-pa	Ωπα!
Water	neh-ROH	Νερό
Coffee	kah-FEHS	Καφές
Beer	BEE-rah	Μπύρα
Wine	krah-SEE	Κρασί
White	lef-KOH	Λευκό
Red	KOH-kee-no	Κόκκινο
Rosé	Roh-ZEH	Ροζέ
Bread	pso-MI	Ψωμί
Chicken	ko-TOH-pooh-loh	Κοτόπουλο
Fish	PSAH-ree	Ψάρι
Meat	KRE-us	Κρέας
Enjoy your meal	kah-LEE OH-reh-xi	Καλή όρεξη
Cheers!	STIN ee-YAH mas	Στην υγειά μας!
Left	ah-ree-STEh-rah	Αριστερά
Right	thek-SEE-ah	Δεξιά
Straight ahead	BROH-stah	Μπροστά
Behind	PEE-soh	Πίσω