



“Carol Davila” University of Medicine and Pharmacy

SURVIVAL KIT

for freshers





“Carol Davila” University of Medicine and Pharmacy, Bucharest

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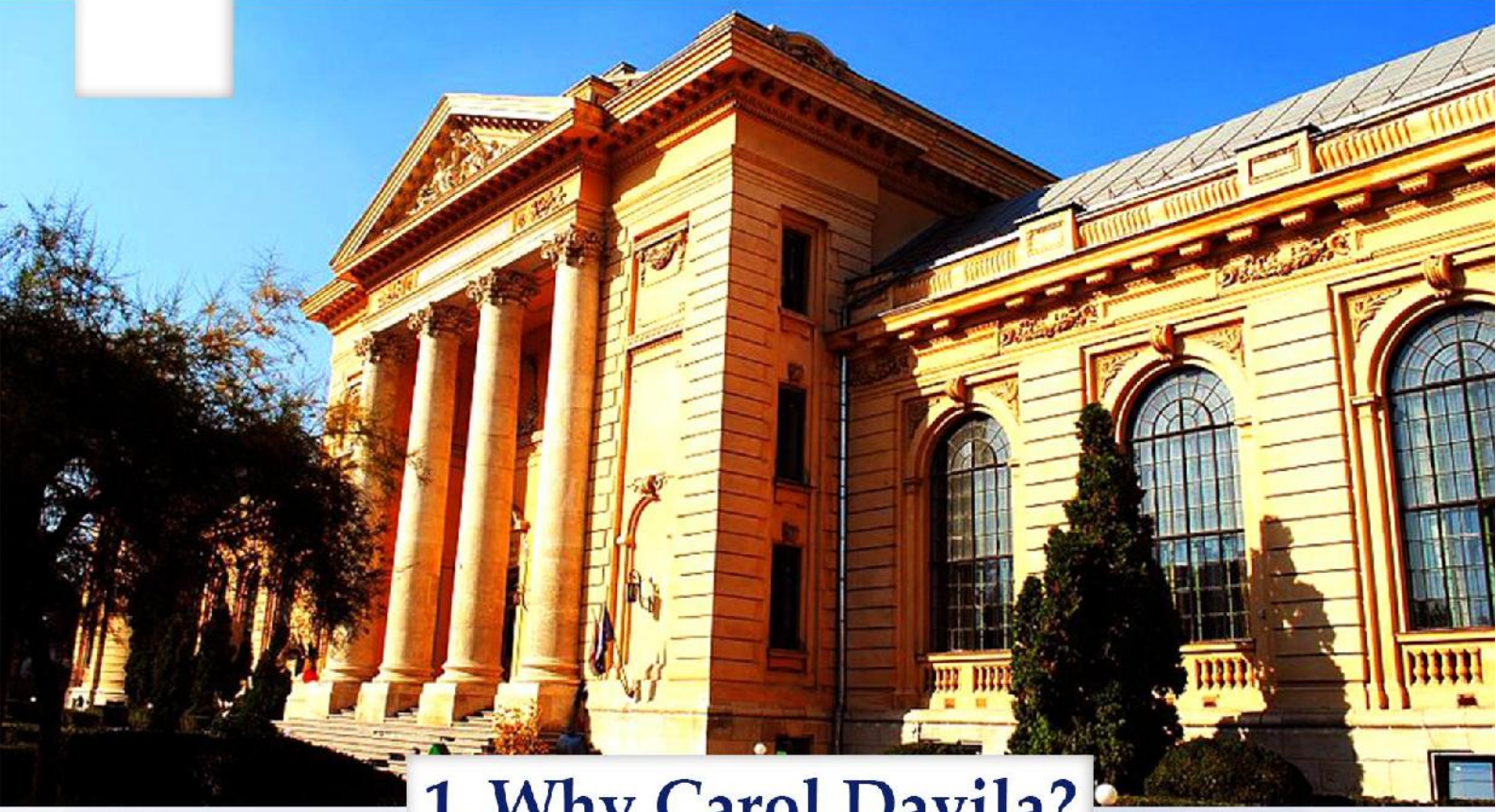
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I Introducing “Carol Davila” University of Medicine and Pharmacy



1. Why Carol Davila?

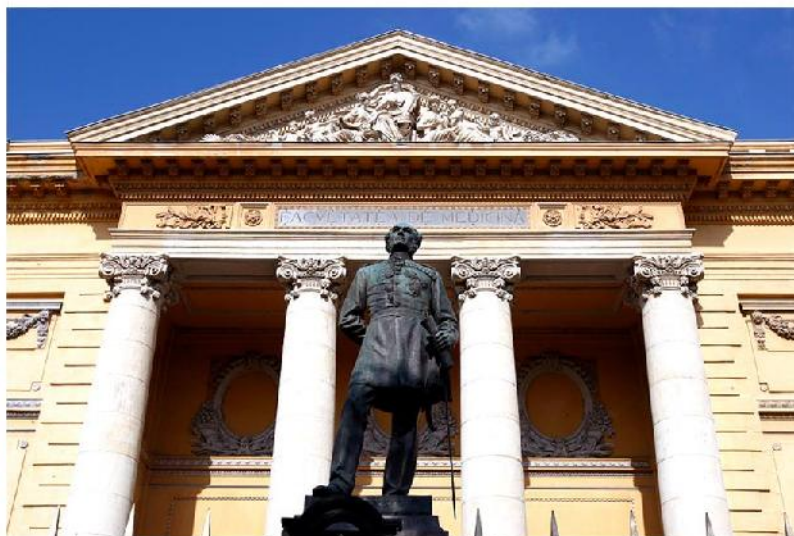
“Carol Davila” University of Medicine and Pharmacy is a public health sciences university in Bucharest, Romania. It is one of the largest and oldest institutions of its kind in Romania. The University has access to the facilities of over 20 clinical hospitals all over Bucharest. Carol Davila University is classified as an advanced research and education university by the Ministry of Education. Around 10-20% of the students come from a different country and choose to study here.

At the moment, Carol Davila University of Medicine and Pharmacy consists of 4 faculties: Faculty of General Medicine, Faculty of Pharmacy, Faculty of Dentistry and Faculty of Midwifery and Nursing.

„Because it’s a world renowned university, located in a developed and multicultural city, it offers the most opportunities for personal and professional development. Moreover, because it is a state university, I have the chance of getting one of the state-funded places.”
(Cristina - third year student)

"I chose Carol Davila for its prestige. I don't accept anything but the best and I chose this university in order to have a better future, even though it's a road full of sacrifices. The moment you step into the imposing hallway of the university your attitude changes and it gives you the confidence that you need in order to keep fighting for your dream."(Oana - first year student)

"Carol Davila was my choice because I wanted to become a doctor. It is one of the best universities in the country, which means there is a good environment for my learning process. Here I found very well prepared colleagues, as well as a high interest for our education as future doctors." (Vlad - first year student)



"For its impressiveness and its history, but also because it's closer to my home. Furthermore, I really trust state universities." (Alexandru - fifth year student)

"I wanted a high yield university, which I could be sure that it can create successful doctors. I knew there was a tight competition, but this was just another reason for my decision, as greater competition reveals a higher level of education. At the same time, the well-known prestige of the university and its teachers made me choose Carol Davila."
(Gabriel - fifth year student)

"My motivation for choosing Carol Davila was influenced by the following factors: tradition, location, access to research platforms, the high number of hospitals and the wide variety of cases." (Mihnea - lecturer)



2. How Carol Davila works

History

Bucharest medical and pharmaceutical higher education emerged over a century ago. Carol Davila, a Romanian doctor of French origins, in collaboration with Nicolae Kretzulescu, started the medical education in our country, by founding, in 1857, **The National School of Medicine and Pharmacy**. Due to his activity, several scientific societies were created in our country: “The Medical Society” (1857), “The Red Cross Society” (1876), “The National Sciences Society” (1876) and two medical journals: “Monitorul Medical” (1862) and “Gazeta Medicală” (1865). During the Independence War (1877 – 1878), Carol Davila led the military service.

In spite of the difficulties encountered, the National School of Medicine and Pharmacy developed gradually, and, on November 12th 1869, the establishment of the Bucharest Faculty of Medicine became possible. The Faculty of Medicine conducted courses for the first time on November 22nd 1869.

The Medical Students’ Society of Bucharest, also known as SSM or SSMB, was founded on January 1st/13th, 1875, six years after the foundation of the Faculty of Medicine in Bucharest and it was the first Students’ Society in Romania. It originated due to the students’ need and willingness to support each other, to exchange ideas in an organized manner and, most importantly, due to the need for rigorous scientific documentation in an age when Romanian medical literature was at its very beginnings, and neither public, nor University libraries were able to provide the books and journals required for the adequate training of future doctors.

The construction of the Faculty of Medicine was completed and inaugurated on October 12th 1903, along with Carol Davila's statue. The initiative of building a monument for Davila was taken at the first national medical congress, held in Bucharest in October 1884.

A major event in the orientation of the Romanian pharmacy was the appearance, at the beginning of 1863, of the first Romanian Pharmacopoeia. One of the most important figures in the creation of this work of art, besides Carol Davila, who initiated it, was the erudite pharmacist Constantin C. Hepites (1804 - 1890), a former professor of the Medical School.



In 1898, the Pharmacy School became a section of the Faculty of Medicine, being thus recognized as a higher education institution. This situation lasted until 1923, when the Faculty of Pharmacy was established as a separate institution of the University of Bucharest. Stefan Minovici (1867-1935) played an important role in the creation of the Faculty of Pharmacy and also encouraged pharmaceutical scientific research.

During the following decades, an important number of academic personalities, such as Iacob Felix, Nicolae Turnescu, Alexandru Sutz, Victor Babeș, George Assaky, Nicolae Kalinderu, Ion Cantacuzino, Gheorghe Marinescu, Dimitrie Bagdasar etc., brought their remarkable contributions to the development of various academic disciplines.

University Board

University board is formed by:



Rector

Acad. Ionel Sinescu, MD, PhD
Contact: rectorat@umfcd.ro

Vice-rector with scientific research

Prof. Dragoş Vinereanu, MD, PhD
Contact: vinereanu@umf.ro



Vice-rector with post-graduate studies

Prof. Cătălina Poiană, MD, PhD
Contact: poiana@umf.ro



University Board



Vice-rector for undergraduate
and Master's studies

Prof. Ecaterina Ionescu, MD, PhD
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Vice-rector with
student's problems

Prof. Viorel Jinga, MD, PhD
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Vice-rector for institutional strategy,
academic evaluation and quality

Prof. Dana Galieta Mincă, MD, PhD
pbhealth@umfcd.ro



Vice-rector for European and
international cooperation

Prof. Bogdan-Ovidiu Popescu, MD, PhD
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The administration of “Carol Davila” University of Medicine and Pharmacy Bucharest is represented by the Administration Board and the University's Senate.

In the Senate, each affiliated faculty of UMPCD has representing professors who have the task of ensuring a permanent communication between the Faculty and the University, through a two-way information system. In the Senate there are also representative students from each Faculty, who have the task of informing the students regarding the decisions that are taken during meetings, new research opportunities, external opportunities and partnerships which the University provides for students. The President of University Senate of UMPCD since 2016 is Professor Mircea Beuran, MD, PhD.



Professor Mircea Beuran, MD, PhD.

The second management structure is the Administration Board. This is made of:

- Administration Board President – Rector Academician Ioanel Sinescu
- Vice-rector for postgraduate studies - Professor Catalina Poiana, MD, PhD
- Vice-rector for undergraduate and Master’s studies - Professor Ecaterina Ionescu, MD, PhD
- Vice-rector with student’s problems - Professor Viorel Jinga, MD, PhD
- Vice-rector for institutional strategy, academic evaluation and quality - Professor Dana Galieta Mincă, MD, PhD
- Vice-rector for European and international cooperation - Professor Bogdan-Ovidiu Popescu, MD, PhD
- Dean of Faculty of Medicine - Professor Cătălin Florin Cîrstoiu, MD, PhD
- Dean of Faculty of Dentistry - Professor Paula Perlea, MD, PhD
- Dean of Faculty of Pharmacy - Professor Doina Drăgănescu, MD, PhD
- Dean of Faculty of Midwifery and Nursing – Senior Lecturer Nicoleta Măru, MD, PhD
- PhD University Studies Council Director - Professor Dumitru Lupuleasa, MD, PhD
- General Administrative Director - Ec. Doina Crișan-Hăbean
- A student representative

“The entire University's activity is taking place with and for the students, therefore the students’ presence in the decisional forum is extremely important. As representative students, we aim to be a permanent binder between our colleagues and University's management, to protect the students’ rights and to bring our contribution to the quality of University's community. “(Teodor, student representative)

Faculty of Medicine Administration



Dean

Prof. Cătălin Florin Cîrstoiu, MD, PhD

Deputy Dean for undergraduate and Master's studies
Prof. Bălgrădean Mihaela, MD, PhD

Deputy Dean for student's problems
Senior Lecturer Costea Radu, MD, PhD

Deputy Dean for postgraduate studies
Prof. Pătrașcu Traian, MD, PhD

Deputy Dean for scientific research
Prof. Ruță Simona, MD, PhD

Deputy Dean for European and international cooperation
Prof. Barbilian Adrian, MD, PhD

Faculty of Dentistry Administration



Dean

Prof. Paula Perlea, MD, PhD

Deputy Dean

Prof. Andreea Didilescu, MD, PhD

Deputy Dean

Senior Lecturer Stana Păunica, MD, PhD

Deputy Dean

Senior Lecturer Marina Imre, MD, PhD

Deputy Dean

Prof. Bogdan Dimitriu, MD, PhD

Faculty of Pharmacy Administration



Dean

Prof. Doina Drăgănescu, PhD

Deputy Dean for undergraduate and Master's studies
Prof. Robert Ancuceanu, PhD

Deputy Dean for student's problems
Senior Lecturer Elena Mihaela Pahontu, PhD

Deputy Dean for postgraduate studies
Senior Lecturer Gabriel Şaramet, PhD

Deputy Dean for scientific research
Prof. Cristina Dinu- Pîrvu, PhD

Deputy Dean for European and international cooperation
Senior Lecturer Adriana Tăerel, PhD



Dean

Senior Lecturer Nicoleta Măru, MD, PhD

Deputy Dean for studies

Senior Lecturer Adina-Mariana Ghemigian, MD, PhD

Deputy Dean for student's problems

Senior Lecturer Ana Capisizu, MD, PhD

Deputy Dean for scientific research and for European and international cooperation

Senior Lecturer Maria-Magdalena Mocanu, MD, PhD

Evaluating methods

Each academic year consists of 60 credits, allocated to its respective classes, which students must acquire in order to pass, at the latest, by October 15th of the following academic year. CDUMP carries out its professional activity in the form of lectures, practical classes, seminars, clinical stages, individual study, tutoring/ consultations, scientific circles etc.

The courses represent the theoretical part of a subject and consist of lectures about the theoretical notions, fundamental for the subject in discussion. They can last from 2 to 3 hours.

The practical classes (LP) or laboratories consist of applying the notions gained from the courses into a practical matter. They can also last from 2 to 3 hours.

Each subject has both theoretical and practical parts.

Depending on the subject, students can benefit from extra consultations in order to deepen their knowledge and to have a better understanding of the notions taught in class. Furthermore, some disciplines may organize scientific circles. Here, the students have the opportunity to learn about different aspects of the subject that are either not included in the main course, or are only briefly discussed.

The learning plan consists of compulsory and optional subjects. The assigned credits to each optional subject can be acquired only by selecting an optional subject, attending the class and passing its final examination.

During the academic year, there are 4 exam sessions:

Session I: winter, at the end of the first semester, for the subjects studied during the first semester;

Session II: summer, at the end of the second semester, for the subjects studied in the second semester. During the second exam session, students may not take or re-take exams from the first semester.

Session III: Backlog and grade-raises- between September 1st-25th (for the graduating years, this session will take place a week after the ending of session II)

Students who have completed all credits successfully, have the right, during the third exam-session, to re-take (grade-raise) maximum 3 exams; their final grade will be the higher grade from the two exams.

Session IV: Credits- between October 1st-15th (for the graduating years, this session will take place a week after session III).

Students that do not pass their exams during session IV fail the year and in the first year students' case, they will have to retake the admission exam once more, for the next academic year.

First year subjects

Faculty of Medicine

The evaluating procedure of students can vary, from exams, evaluations throughout the semester, colloquies etc. Students are graded with marks starting from 1 to 10, whole numbers, the lowest grade for passing an exam is 5. In order for a student to pass a certain subject, he or she has to receive at least the grade 5 on the exam. A lower grade automatically means that the exam will have to be re-taken during the backlog session.

| Nr. crt. | Code disc | Type of Discipline | Subject | Year I | | No. of hours of courses and Credits | | | Ex. | Colocv | CREDITS | | | | |
|----------|----------------------|--------------------|------------------------|--------------------|---------------------|-------------------------------------|---------------------|------------|------------|------------|----------------------------|-------|--------|-----------|-----------|
| | | | | Sem. I 14 weeks | Sem. II 14 weeks | Lecture s | LP/S LP/Seminars | Total | | | NO. OF CREDITS Total | Sem I | Sem II | | |
| 1 | DF I1S1M DF I1S2M | Obligatory | Anatomy and Embryology | 2 | 6 | 2 | 4 | 56 | 140 | 196 | 14 | E1E2 | - | 7 | 7 |
| 2 | DF I2M | Obligatory | Biophysics | 2 | 3 | - | - | 28 | 42 | 70 | 4 | E1 | - | 4 | - |
| 3 | DF I3S1M DF I3S2M | Obligatory | Biochemistry | 2 | 3 | 3 | 3 | 70 | 84 | 154 | 10 | E1E2 | - | 5 | 5 |
| 4 | DF I4M | Obligatory | Genetics | 2 | 3 | - | - | 28 | 42 | 70 | 5 | E1 | - | 5 | - |
| 5 | DF I5M | Obligatory | Cell Biology | - | - | 2 | 3 | 28 | 42 | 70 | 7 | E2 | - | - | 7 |
| 6 | DF I6M | Obligatory | Physiology | 3 | 3 | - | - | 42 | 42 | 84 | 7 | E2 | - | 7 | - |
| 7 | DC I7M | Obligatory | Psychology | - | - | 1 | 2 | 14 | 28 | 42 | 3 | E1 | - | - | 3 |
| 8 | DC I8M | Obligatory | Marketing | - | - | 1 | 1 | 14 | 14 | 28 | 2 | - | - | - | 2 |
| 9 | DC M19M | Obligatory | Romanian Language | - | 2 | - | 2 | - | 56 | 56 | 4 | - | - | - | 4 |
| 10 | DC II 0M | Obligatory | Physical Education | - | 2 | - | 2 | - | 56 | 56 | 2 | - | - | - | 2 |
| 11 | MIII | D/OPT OPT | Optional | 1 | - | - | - | 14 | - | 14 | 2 | - | C | 2 | - |
| 12 | | | Total | | | | | | | | | | | 30 | 30 |
| 13 | | | Total | | | | | 294 | 546 | 840 | 60 | | | 60 | 60 |

C-lectures/lp – lucrari practice/F- frontal/I- individual/Ex – examen/Colocv -colocvii DO –Discipline Obligatory / DF –Discipline fundamentala DC –Discipline

Students

The students of each faculty are organized into series, which are divided respectively into groups, their number and division being different from one faculty to another:

*General Medicine: one year has 8 series of 9 groups in the first two years, and from the third year, they will be reorganized in 16 series of 9 groups.

*Dental Medicine: one year has 3 series of 10 groups in the first two years, and from the third year they become 3 series of 12 groups.

*Pharmacy: one year has 3 series of 3 large groups consisting of 3 smaller groups (for ex. Series number 3, groups 19-21)

*Faculty of nursing and midwifery, specializations:

- General Medical Nursing: one year has 4 series of 7 groups
- Midwifery: one year has 4 series of one group
- Dental Technology: one year has 3 series of 4 groups
- Kinesitherapy and recovery: one year has 3 series of 3 groups.

Each group has a group leader who constantly keeps in touch with the representative of the series both to solve the possible problems that may occur and to organize the exam sessions.

Also, each series is deputized by the representative of the series that is elected since the first year by the students of the series. He can stay in this position throughout the years of study or he might be replaced, through an election.

Each CDUMP affiliated faculty has a particular number of representative students in the University's administrative structures.

The elections for the representative of the series and for the representative students in the decisional forums take place at the beginning of the academic year, according to the Regulation for Representative Students Election.

*Within the Faculty of Pharmacy, the elections for the representative students take place at the beginning of each academic year, according to the Regulation for Representative Students Election. During the specified day, students of the faculty have the right to vote, and, at the end of it, the votes are counted and the results are announced.



3. At Carol Davila, how do you...?

...relax?

The best way to release the stress accumulated from university classes and from studying is through a beautiful walk in Cișmigiu Park, very close to the Faculty of Dentistry (which can also be used as a place for learning) or sipping a coffee and eating an extraordinary cheesecake at The Coffee Factory. The park and the corridors at the Faculty of General Medicine offer unforgettable moments where you can get together with your classmates and relax between classes. (Stefano, 2nd year)

Student Camps

Every year, the Ministry of Youth and Sports - Youth and Students Programs and Camps Directorate - organizes The National "Student Camps" Program, which takes place at the seaside or in the mountains, during summer vacation. Students can benefit from free places in camps, within the limits of the allocated places, depending on their learning performance and on their activity in the framework of various cultural, artistic, scientific, sporting or volunteering events, with the exception of social cases (for more information, visit the website umfcd.ro).

Another option that students are very excited about are the camps organized by student societies, such as SSMB and SSCR. For more information regarding these camps, check out the websites of these organizations and follow their activity on Facebook.

...manage your workload?

For me, university comes first, I value my career a lot so I can give up on anything for studying. I try, however, not to neglect sleep. I set an achievable learning target each day so that I won't go through a day without studying. I want to train my long-term memory in order to remember the information I assimilated. (Cristina, 3rd year)

Time management is important, so I choose to study in the evening, before bedtime, even if the day was long and loaded with different activities. I've had this habit since the beginning of first year, preferring to keep up with the subjects as they are taught in lectures and practical activities, so that at the end of the semester I can focus only on repeating the subjects and remembering the information. (Alexandru, 5th year)

...afford everything you need?

In order to afford everything you need in our university, you can try saving some money, for example the restaurants near the dorms tend to have cheaper menus. Also, there are many shops (for medical supplies, clothes, books and so on) that have discounts for students. Is this valid for english module students? because we haven't had any transportation discounts so far... they ask for a 'legitimatie' which we don't have.... (Alexa, 3rd year)

"One piece of advice I would like to share with my younger colleagues would be to get an ISIC Student Card. You can get it directly from ISIC or you can use your BRD Credit Card as well. Many international or local companies, as well as cultural or entertainment venues offer discounts for students who have an ISIC Card. For the complete list of places where you can get discounts access <http://www.isic.ro/reduceri/local> . Also, if you need to open a bank account, you should go for BRD Bank, as they charge no fee for medical students at Carol Davila." (Vlad, 4th year)

...make friends?

Being a friendly type, I got along well with my group and series colleagues from the very first day of university and I managed to make many friends. Besides, engaging in extracurricular activities with other students has helped me a lot in getting to know some people with whom I've created beautiful friendships and I can have fun with. We also help each other study. (Mihaela, 3rd year).

The best opportunity to make friends is to join a student society (see section Student Societies). You will get to know a lot of people and make new friends with whom you can share new ideas and passions. The projects, activities and group gatherings will have you spend time with a new family that will help you become a better doctor and a better person. (Stefano, 2nd year)



...get help?

Help can be provided through many sources. As you already know, the first options are your family and friends. Most of the time, they are the providers of moral support and help. But, if you are in need, you shouldn't hesitate to ask your teachers. They can help you with most of your school related problems. Some students also consider seeking counseling in special centers. (Alexa, 3rd year)

Another way to get help and support in your student life is the university's Career Counseling and Orienting Center, where you can find a team of psychologists dedicated to students. Any questions can be asked at the e-mail address centru.consiliere@umfcd.ro (you can find more information in section III. 5. Supporting you).



4. Global Carol Davila

The Erasmus program was created in 1987 by the European Union, which, for six years, sponsored various pilot exchanges between universities in different countries. The program bears the name of the Catholic monk Desiderius Erasmus of Rotterdam who throughout his life lived in several large cities in order to have access to libraries and to observe the different mentalities of the locals. At the same time, starting with the word Erasmus, the official name of the program is "European Region Action Scheme for Mobility of University Students". CDUMP students can take part in this program by choosing, depending on their results on the exam, between 5 or 9-month-long internships at universities in countries such as Germany, France, Spain and Italy.

The selection process consists of a test with 60 multiple choice questions with one correct answer. Questions will be prepared by the Contest Commission, using the bibliography displayed on the University's website. The time allocated for resolving the questionnaire will be 120 minutes. Upon completion of the written test, the work will be checked by a teacher in the presence of the candidate and of another student. If there are several students with the same score and further selection is necessary, the criterion will be the weighted average obtained in the previous year of study.

Courses will be held in the language of the country concerned and candidates must meet the following conditions in order to be considered:

1. Romanian or European Union students in their 2nd, 3rd or 4th year of study at the Faculty of Medicine
2. The arithmetic average of all exams over 8.00, certified by the Dean of the Faculty of Medicine (the arithmetic average of the weighted averages obtained in the previous years of study)
3. At the time of enrollment in the Contest, the student did not fail any exams held during the academic year 2016-2017 and he/she is not a repeater, as certified by the Dean of the Faculty of Medicine
4. They have not received an Erasmus scholarship or internship previously.
5. Application form and a one-page long curriculum vitae (CV format EuroPass)
6. In the application form, he/she specifies the foreign language for which he/she is applying.
7. Knowledge of the language of the country for which they are applying.



The International Federation of Medical Students Associations (IFMSA)

The International Federation of Medical Students Associations (IFMSA) was founded in 1951 as an organization of medical students, for medical students, and by medical students. For more than 60 years, the Federation has not only been a dynamic platform of opportunities for future physicians, but has also served as their voice at an international level.

The Medical Students' Society of Bucharest (SSMB), as a member of the Romanian Federation of Medical Students' Associations, is part of IFMSA and provides annually the opportunity for more than 60 students from Bucharest to participate in SCOPE-SCORE summer internships all over the world.



IFMSA is the world's oldest and largest independent organization representing associations of medical students internationally. It currently maintains 132 National Member Organizations from more than 124 countries with over one million students represented worldwide. IFMSA is recognized as a non-governmental organization within the United Nations system and the World Health Organization, and also works with the World Medical Association. IFMSA was created to impact the world and to empower its members in taking their vision and ideas and making them a reality. IFMSA has inspired generations of medical students to develop their leadership abilities and skills, to take on challenges and to improve the world around them in an early, yet crucial period of their career. Engaging in IFMSA encourages both professional and personal collaborations irrespective of geographical, social, cultural, religious, racial, sexual and political differences. As a result, future doctors are becoming more culturally aware and sensitive physicians.

More information about IFMSA: <https://ifmsa.org/>

The International Association of Student Surgical Societies (IASSS)

Student surgical societies have been present for decades around the world. The purpose of most of these societies is to encourage surgical exposure, interest and education at an undergraduate level. The overall purpose of the IASSS is to expand this to an international level. By joining forces, we hope that surgical societies across the globe can work together to promote surgery more effectively. We hope that you will join us in this vision!

The specific objectives of the IASSS are to:

- a) Create an international hub that serves as a platform for communication between student surgical societies around the world.
- b) Encourage the exchange of ideas regarding current and potential societal activities.
- c) Create a central hub that provides links to student surgical society facebook sites and websites internationally.
- d) Provide opportunities for members to conduct surgical research abroad.
- e) Foster a culture of surgical research by giving members a platform to post their own published/unpublished abstracts and papers.
- f) Provide opportunities for members to experience surgical electives around the world in different medical settings.
- g) Work together to establish new student surgical societies internationally.

More information at
www.iasss.org



European Medical Students' Association (EMSA)

Is it a non-governmental non-profit organisation for medical students; it offers various opportunities for its members and provides a voice for medical students across Europe, representing their interests to other European institutions and organizations. EMSA was founded in Brussels in 1990. It integrates medical students throughout Europe through activities organized for and by medical students. EMSA's network and platform encourage medical students from various countries in Europe to actively engage in matters related to health care, medical education, medical ethics, medical science, and general societal well being, by acting as a conduit for increased interaction and sharing of knowledge among European medical students in these areas.

The Medical Students' Society of Bucharest (SSMB) is an active part of EMSA and organises annually a significant number of twinning projects with universities worldwide, offering the chance for students of the Faculty of Medicine to learn about different cultures and medical schools.

More information about EMSA:

<http://emsa-europe.eu/>



The European Dental Students Association (EDSA)

Was founded in Paris in November 1988. Now, the EDSA represents over 65,000 dental students in the European region. More and more dental students recognize the need to come together and talk about their differences and about the things they have in common. The goals of the organisation

- to inform students about the E.C. organisation and politics in relation to dentistry
- to promote, inquire and describe the standardisation of dental curricula within European dental schools
- to promote exchange programs and encourage students to take part in these programs
- encourage national dental students associations to cooperate on a national level
- to create possibilities to encourage students to meet each other on an individual level

Twice a year, all the delegates of the European Dental Students Association come together to brainstorm for new projects. Furthermore, we discuss dental politics, social and domestic affairs. Representatives of the national members (full and prospective) attend these general assemblies.



The International Association of Dental Students (IADS)

Was formed in 1951, to unite the dental students of the world and allow them to exchange knowledge and experiences about dentistry at an international level. As the only worldwide association for dental students, we represent the future members of the dental profession at a worldwide level.

Aims of IADS meetings?

The aim of IADS meetings is to bring representatives and delegates of IADS members, partners of IADS and people interested in the association together in order to exchange ideas, update each other, brainstorm and work together. The possibilities for conduction of these activities are diverse: The General Assembly, the Committee Meetings, scientific programs, workshops, social activities.

How often does the association meet?

IADS has a tradition of organizing two meetings each year. The Annual World Dental Student Congress, which is the biggest event of the year, usually takes place at the end of summer; it always hosts the General Assembly and this is where the annual elections take place. The Mid-Year Meeting, which usually takes place at the end of winter or beginning of spring, is an intermediate meeting between two Congresses to evaluate and optimize the work of the IADS.



European Pharmacy Students' Association (EPSA)

It is the association of all European pharmacy student organizations, representing more than 160,000 students from 37 countries. The association consists of a permanent management office based in Brussels, which coordinates its work through congresses, trainings, publications and student exchange programs, as well as through collaborations with pharmaceutical and medical organizations and professionals in the health field.

The European Association was established in 1978 and aims to develop the interests and opinions of European pharmacists and to encourage contact and cooperation between them.



EPSA organises and encourages opportunities for European pharmacy students to network and learn from each other, providing a platform for sharing knowledge and experience. Also, facilitates and promotes collaboration and interaction between European pharmacy students and other students, professionals and relevant stakeholders. It actively advocates for the development of a harmonised pharmacy and healthcare education in order to ensure consistently high standards across Europe. EPSA facilitates and encourages student mobility and cultural exchange within Europe to ensure that European pharmacy students start work life equipped with the knowledge and skills that correspond to the needs of modern healthcare. EPSA represents pharmacy students and has an active voice in professional and student platforms that shape the future of the pharmacy profession and healthcare in general.

More information here: <http://www.epsa-online.org/>

International Pharmaceutical Students' Federation (IPSF)

Is the leading international advocacy group for pharmacy students and recent graduates, promoting improved public health through information, education, networking, anthology writing and a range of publications and professional initiatives. IPSF currently represents about 313.000 members from over 80 countries around the world. The federation is a non-profit, non-political and non-religious organization divided into five regions APRO, EMRO, PARO, EuRO, and AfRO. The main objective of IPSF is to promote the exchange of ideas by international correspondence and by encouraging full dissemination of scientific and professional knowledge. Activities run by IPSF include Public Health Campaigns, Professional Development Events, Moving on Education Research, Student Exchange Programs, Leadership training, World Congresses and Regional Symposia.

More information here: <http://www.ipsf.org>

International
Pharmaceutical
Students' Federation



II

Fees, funding & living costs



Fees

For each faculty and generation, at Carol Davila there is a certain number of both budget and tax schooling places Note: For English Module students there are only tax schooling places. The number of places and the tuition fee do not change for a generation, they are constant from the first year to the last, according to the contract sealed with the University in the first year. The top is based on the GPAs obtained each year, as it is possible for Romanian students to change their status as a tuition or budget student.

The tuition fee is paid in three instalments:

- The first instalment: 50% of the amount in the first 30 days of the academic year
- The second instalment: 25% of the amount, until the end of January
- The third instalment: 25% of the amount, until the end of May

Concerning tuition-paying (lei) full-time learning students, for the accurate bookkeeping of the sums cashed in through banking institutions, it is necessary for the following information to be accurately declared each time a payment is made:

- Beneficiary: U.M.F. Carol Davila – București
- Tax identification number (Fiscal code): 4192910
- Name and surname: (the ones written in the learning contract)
- Personal identification number: 13 characters
- Faculty coding: (General Medicine, Dental Medicine, Pharmacy, Nursing and Midwifery)
- Academic year: I, II, III, IV, V, VI
- Tuition fee coding: Undergraduate, Graduate, PhD, Post-graduate courses, Re- sit (Subject name)

The sums are to be paid in cash at the following banking institutions and *all their branches*:

- Banca Română de Dezvoltare (BRD-GSG) Account IBAN RO25BRDE410SV62398444100;
- Banca Comerciala Romana (B.C.R.) Account IBAN RO19RNCB0090000509620104;
- Banca Transilvania (BT) Account IBAN RO72BTRLRONINCS000771401.

The tuition fee can also be paid at the University Count room, 37 Dionisie Lupu Street, Rector's Office ground floor.

For English Module students:

School taxes can be paid in the following account in Euros:

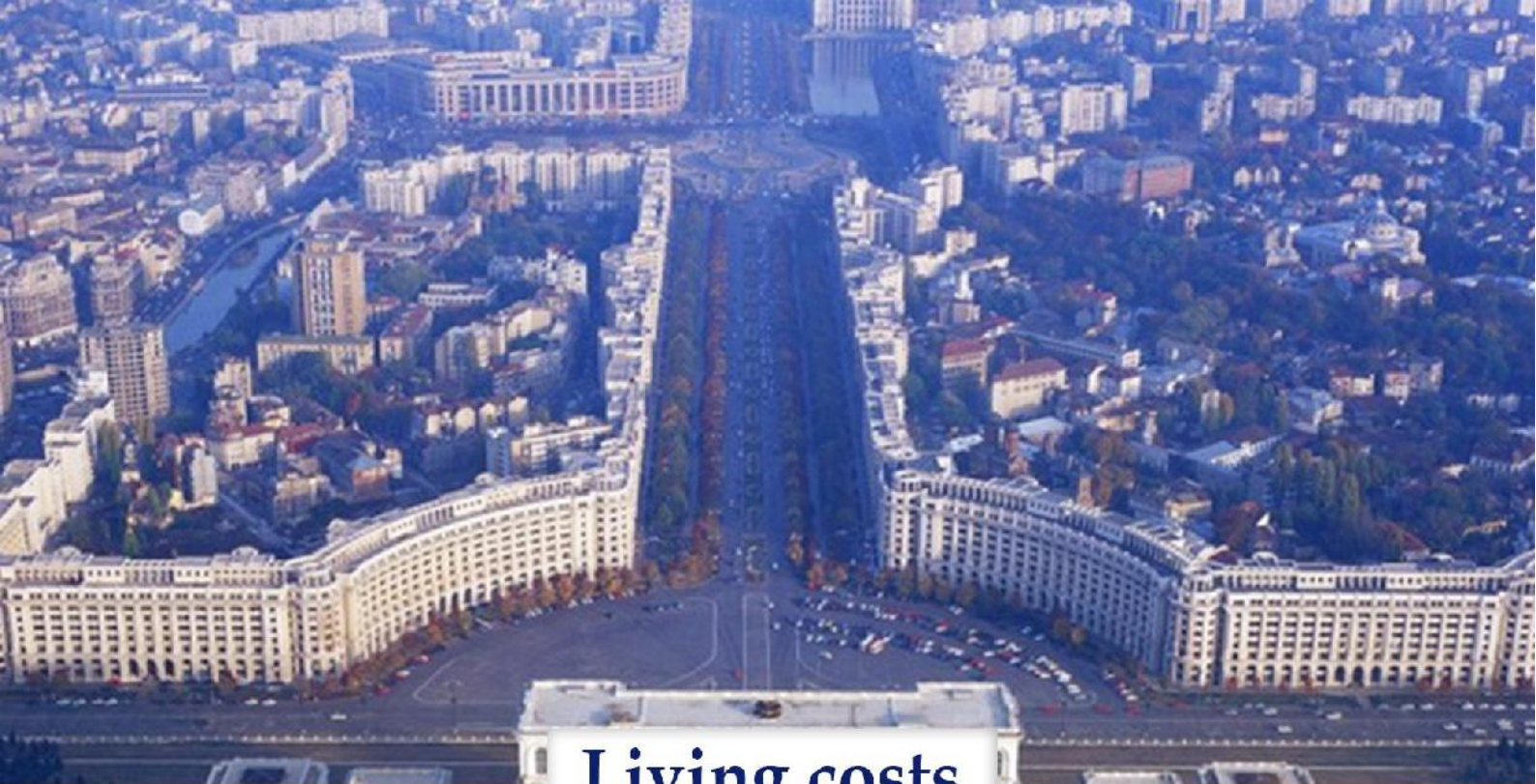
Beneficiary: U.M.F. Carol Davila – București

Fiscal code: 4192910

Account: RO57TREZ70220F330500XXXX

Bank: Trezorerie sect. 2

Notes: Student's name, faculty, year, semester



Living costs

Monthly living costs vary from one student to another, according to their budget and preferences.

For accommodation, the most affordable option is the University Dorm, with campuses in Regie-Grozăvești and Izvor, where only budget students can live. There are more types of dorms available, the best option being the 6 U Dorms (U1-U6), where students live 3 in a room equipped with a kitchen, a bathroom, a balcony and a storage space. The rooms are furnished and the kitchen and the bathroom are equipped with all necessities. The rent is 200 lei a month (with all utilities included). There are also other types of dorms with lower prices, but not so good conditions. On average, the rent for a studio apartment is 150-200 euro a month and for a two-room apartment 300 euro a month. An advice for minimizing costs is either living in a dorm or sharing an apartment with one or more friends.

More information on dorm accommodation is available here:

<http://umfcd.ro/studenti/studenti-social/informatii-pentru-studenti/>

Transportation

The main means of transport in Bucharest are the buses, trams, trolley buses, all of them pertaining to Regia Autonoma de Transport București (RATB), and the subway, pertaining to Metrorex.

A monthly pass at full price for all routes costs 50 lei for RATB and 70 lei for the subway. Passes for RATB can be discounted by the faculty, only if you prove their purchase at the Social Service, by showing there the bill stamped at the RATB center. Note: Does not apply to students without a Romanian ID.

Other means of transport are the taxis, where the prices starts from 1,39 lei/km or Uber. Sometimes, it is difficult to find a taxi in Bucharest. To avoid being overcharged for your ride, make sure you ask for a receipt at end!



Food & drinks

The area with the cheapest prices for students is Regie itself, next to the university's dorms. Here you can find a lot of places that serve food at affordable prices. Moreover, law and engineering schools' canteens are the favorite places for medical students, because they have various menus at good prices, being at the same time close to the faculty of medicine.

Next to each faculty from CDUMP you can find „5 to go” cafes, a place where every coffee, beverage, sandwich costs 5 lei.

III

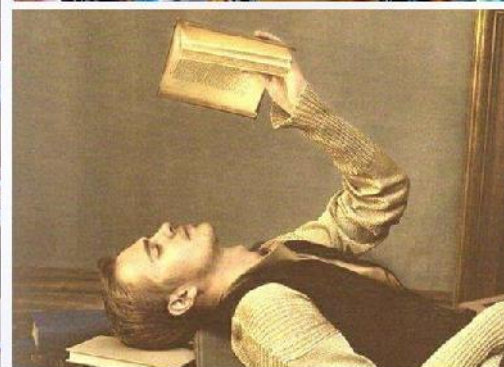
Support for you and your studies



1. Libraries

The University provides numerous prestigious titles useful to any student. In order to have access to the books, atlases and encyclopedias available to the university, you only need an access pass to the library. It is issued by each faculty's library after the payment of a card issuance fee of 10 RON and you only need an ID type photo. With this card you have access to any library of the university and the card can be renewed every year (5 RON/ year).

Students, teachers, researchers of UMF "Carol Davila" Bucharest, as well as specialists from various medical/ pharmaceutical sectors or other fields of activity, interested in consulting medical publications, have access to the central library and subsidiary libraries based on the reader card/pass.



The reader card/ pass is issued as follows:

For the students of the Faculty of Medicine, Faculty of Dental Medicine and Faculty of Midwifery and Nursing:

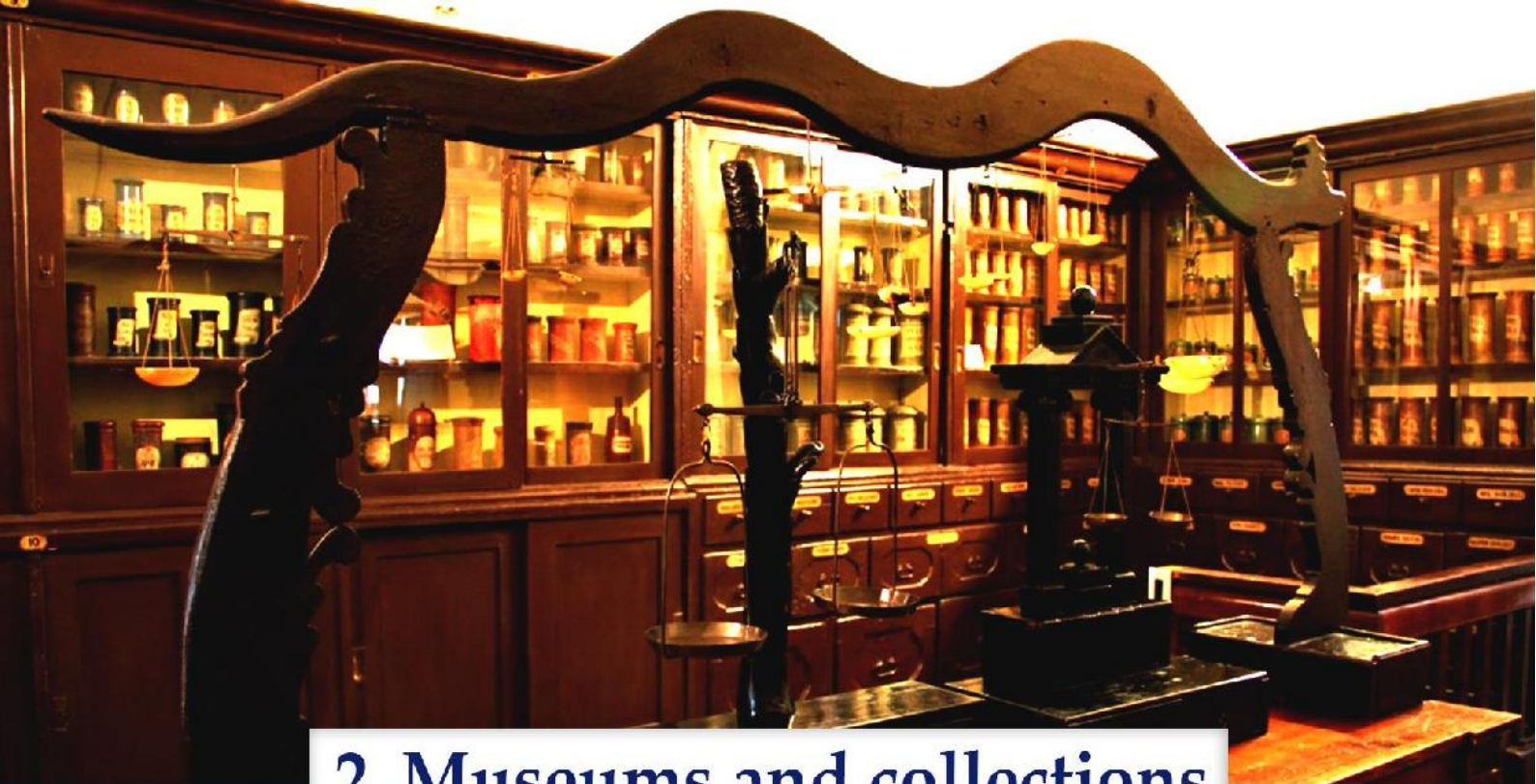
Years 1-3 – CARD type pass, library's secretariat (1st floor, Faculty of Medicine)

Years 4-6 – traditional pass with BARCODE, Lecture hall D. Danielopolu (ground floor, Faculty of Medicine)

For students of the Faculty of Pharmacy – the main office from Traian Vuia street, no. 6, 3rd floor, at the Lecture hall – Pharmacy.

Furthermore, you can also access the virtual library of the University. Through it, you have the opportunity to document and to be up-to-date with the latest news from various national and international publications in the medical and pharmaceutical fields, with databases and even with Ph.D. theses and master's theses. All you need to do is obtain a user ID and a password for mobile access (outside the university) to the electronic resources of the library (scientific journal articles from the following databases: **Science Direct, Scopus, SpringerLink, Oxford Journals, Wiley, Thomson ISI**) by sending an email to bibliotecaumf@gmail.com with your contact data.

Further information can be found at: phone – 021.318.08.62 int. 134 or e-mail: biblioteca@umfcd.ro, bibliotecaumf@gmail.com, www.biblioteca.umfcd.ro



2. Museums and collections

The collection of The Museum of Anatomy comprises more than 1000 pieces of an inestimable scientific value such as George Emil Palade's doctorate thesis – a Nobel Laureate in Physiology or Medicine in 1974 (*"The uriniferous tubule of dolphin. Morphology and comparative study"*), which is one of the most important exhibits. This museum is the result of the activity of our University's great anatomy professors, the oldest piece dating back from 1862. Thus, we cannot forget the historic importance of this museum which hosts works of the most important figures of Romanian Medicine. For almost 150 years, the exhibits have endured earthquakes and wars, giving the possibility of physiological and pathological analyses to the students due to the congenital malformations represented by most of them.

The History of Pharmacy Museum

The Faculty of Pharmacy from Bucharest prides itself on holding “The History of Pharmacy Museum” which is located on the 4th floor in faculty center, within the Department of Management and Marketing. Lecturer Dr. in Pharmacy Zisi Fârșirotu is named the father of the History of Pharmacy Collection from Bucharest and is one of the founders of the museum collections of History of Pharmacy in Romania.

The exhibits of the museum in Bucharest had been collected over time, as the museum was established in 1962. The Collection comprises old documents and books about Pharmacy, pharmacy equipment and furniture of the epoch.

“I have gathered it with hard work, I can say, for more than 20 years” – he will declare in his archives, being unable to hide his dream of seeing the museum revived. The Collection has been and is continuously enriched through the donations from pharmacists, professors from The Faculty of Pharmacy and by other people or personalities who were attached to the past of Romanian Pharmacy.

The furniture of the epoch found in the Collection, which dates back from 19th century, comes from a pharmacy from Târgoviște. Nowadays, the Collection is hosted by the Department of Management and Marketing, Faculty of Pharmacy and it is part of “The History of Pharmacy National Museum”, Bucharest.





3. Research Possibilities

Within the Faculty of Pharmacy, students can work together with professors on various research projects. Students' works and discussed topics can be presented within The Student Scientific Communications Session organized by The Pharmacy Students' Society, Bucharest or within various national and international congresses.

Another research opportunity arises from the medium of the practice program InterPRACTIS through which students can choose to go to The Chemical and Pharmaceutical Research and Development National Institute. The main purpose of this institute is to provide new technologies, products and services for medication industry and for therapeutic practice, as it is the only research unit in the medication domain in Romania capable of finishing the entire development cycle of a new drug, from the synthesis of the pharmacologically active substance to the required documentation for the eventual placing on the market.



Within The Faculty of Medicine students benefit from the support and guidance of professors while carrying out research projects. Their works can be presented at national and international congresses, contests, at Scientific Communications Sessions (a SSMB project; SSMB = The Medical Students Society, Bucharest) where they will receive detailed feedback, or within the other SSMB projects also designed for medical research (IMSCB and ZEM). Moreover, The Medical Students' Society from Bucharest is I'm not sure what you mean... raising money? for giving assistance to the young researchers and encouraging students' initiatives by organizing competitions for research grants for students.

A useful tip for students who are eager to begin their scientific research activity early on is to ask personally the faculty assistants and professors about research opportunities, whereas many of them perform simultaneously their teaching activity and scientific research. Some examples of chairs that provide the opportunity of working in research laboratories are those of Physiology, Neurosciences, Biophysics, Biochemistry, Cellular Biology, Immunology, Pharmacology.



4. IT Services

Institutionalized e-mail addresses

Starting this year, each student of UMPCD has a personal e-mail address on which they will receive the necessary information regarding scholarships, RATB passes, schedules or different events and projects organized by the University or by one of the Faculties. These addresses have the purpose of prioritizing/compiling/streamlining the information circuit and easing the access towards the information for students.

The Digital Communications Service within the Directorate of Information Systems and Digital Communications continues the implementation process of the institutionalized e-mail addresses. In order to improve the identity of UMFCD on digital communication media and to facilitate students' access to online platforms dedicated to them, e-mails as name.surname@stud.umfcd.ro were created for all students. Other benefits provided by your institutional e-mail account include:

- GMAIL mail access interface
- Unlimited mail storage
- Unlimited access to Google Drive and other features provided by Google Education
- Developing a unique access to the electronic platforms in the University
- Information from teachers / secretaries

For any other information regarding institutional email addresses, you can e-mail at com.digitale@umfcd.ro.



5. Supporting you

Center for Psychological, Educational and Professional Counseling

According to the Law of National Education no. 1/2011, university education institutions must offer psychological and educational counseling to students.

Thus, with the approval of the Board of Directors and the decision of the Senate of "Carol Davila" University of Medicine and Pharmacy in Bucharest, on 01.10.2016 the UMFCD Career Counseling and Orientation Center was established, hereinafter referred to as the psychological, educational and professional Counseling Center.

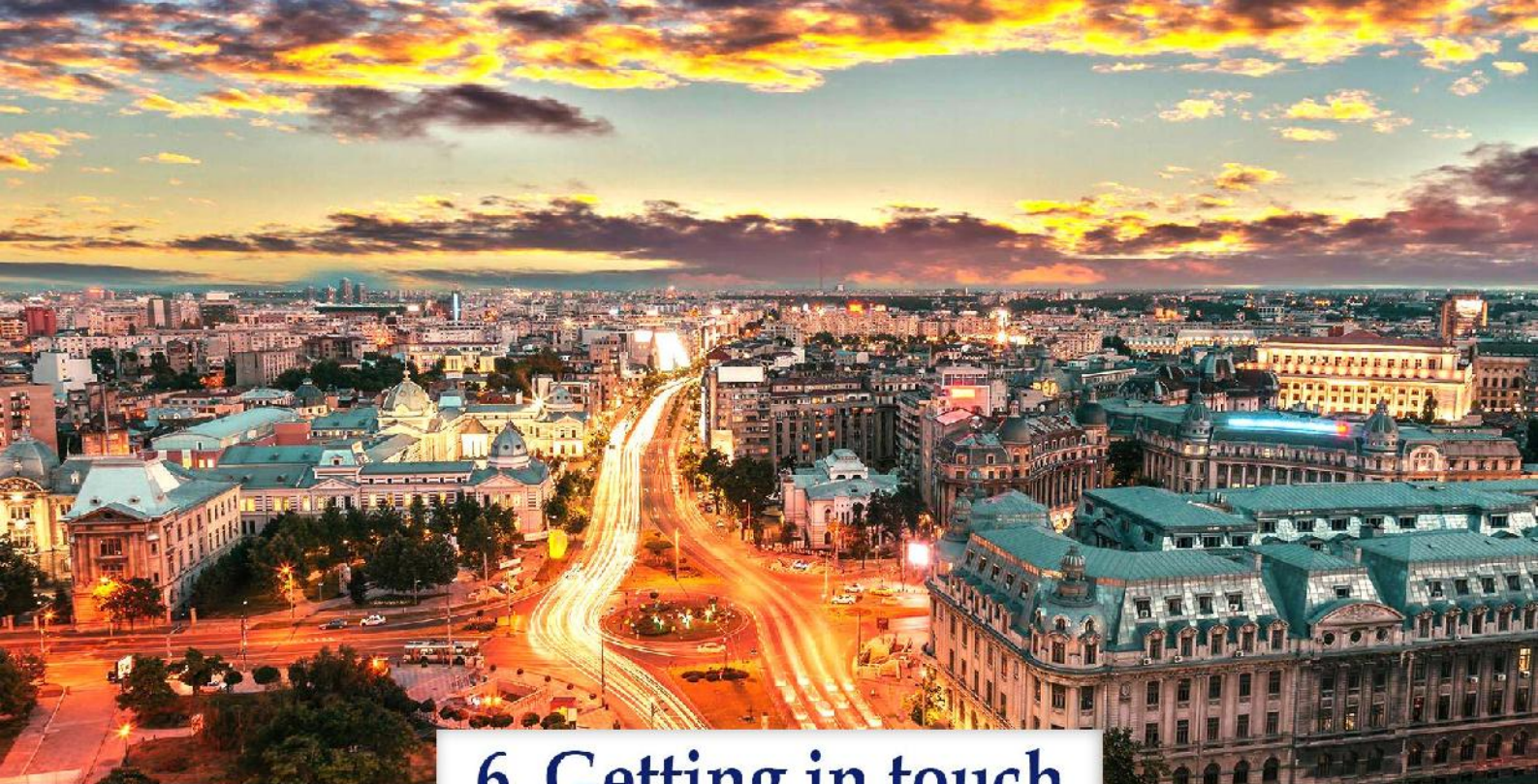
Counseling Areas:

- Educational counseling;
- Career / professional counseling;
- Psychological counseling;
- Other services relevant to the activity of the counseling center.

For appointments or other information you can send an email to: cent.consiliere@umfcd.ro.
Psychologist Cristina Ciubotaru, e-mail: center.consiliere@umfcd.ro

Psychologist Diana Lupu, e-mail: diana.lupu@umfcd.ro Psychologist Andreia Coman, e-mail: andrea_coman@umfcd.ro

Career guidance counselor Alexandru Ștefănescu, e-mail: alexandru.stefanescu@umfcd.ro



6. Getting in touch

Rector's Office, Dionisie Lupu Street number 37, Bucharest; Telephone: 021 318 0719

Social Directorate, Dimitrie Gerota Street nr. 19-21, Bucharest Telephone: 021 315 75 17

More information can be found at: <http://umfcd.ro/contact/>

Faculty of Medicine, Eroii Sanitari Boulevard , no.8, Bucharest, Sector 5, Romania

Telephone: 021.318.07.60

Chief Secretary: Daniela Grecu- 021.318.0762, 021.318.08.62

E-mail: decanatmedicina@umfcd.ro

Faculty of Pharmacy, Traian Vuia Street no.6, Bucharest

Dean's office: 021.318.07.53

Chief Secretary: Nicoleta Stamanichi - 021.318.07.50

Faculty of Dental Medicine, Calea Plevnei no.17-21, Bucharest

Secretary: 021.315.86.49

Dean's office: +40.784.273013

Tel/Fax: 021.315.86.49

Email: decanatmedicinadentara@gmail.com

IV

Extracurricular activities



1. Volunteering

SSMB

The Medical Students' Society of Bucharest (SSMB) was founded on January 1st 1875, only six years after the inauguration of the Faculty of Medicine of UMFCD. It was created as a result of the students' desire to have access to many medical scientific papers, as they were not available at the time in libraries. At present, SSMB unites the strengths of more than 1,000 medical students in Bucharest who want to spend their free time in a friendly environment, carrying out activities that aim mainly at personal development, medical knowledge and many other skills. Students can choose to engage in over 52 projects (humanitarian activities, various informative campaigns, and other such initiatives). At the same time, they have the opportunity to take part in trainings with a wide variety of themes (from time management and public speaking to teambuilding), conferences (both supported by specialists or other students on medical topics and those presenting how to write a medical scientific paper) and educational tables.

The most well-known SSMB projects are the Faculty of Medicine Admission Simulation Exam and the National Congress for Students and Young Doctors.

- **Faculty of Medicine Admission Simulation Exam** being the only event of its kind recognized by the Carol Davila University of Medicine and Pharmacy, is an emblematic project within the SSMB that supports all those who are preparing for admission to the Faculty of Medicine, offering the opportunity to take part in an exam in conditions similar to the admission itself, through which pupils can test their level of knowledge and can also familiarize themselves with the atmosphere and the exam conditions, by checking their ability to adapt and solve the requirements during the allotted time and under the conditions of pressure and emotions of an official evaluation. Each year more than 2000 students take part in this project. This impressive number reflects, on one hand, the professionalism and seriousness that SSMB proved in the start of this project, but at the same time confers true results, since each candidate can appreciate his position in a final ranking with a number of contestants close to the one of the admission exam.



- **CNSTM** (The National Congress for Students and Young Doctors) is one of the oldest projects of the SSMB, being already at its XXth edition. Participants have the opportunity to choose from a large number of conferences held by renowned speakers and "hands on" workshops that will develop their medical skills and will promote deepening of knowledge at the highest level.

SSMB projects are carried out by different departments, including:

SCOME - Standing Committee on Medical Education is the department dedicated to the implementation of a pleasant and modern study environment in medical higher education institutions. SCOME is not just a department but also a discussion forum for students interested in the adjacent sides of traditional medical education, interdisciplinary and multi-focal development. Projects:

- o BASIC LIFE SUPPORT involves the organization of courses and workshops by accredited medical trainers, through which medical students become familiar with first aid techniques in emergency situations such as an accident, a drowning person or fire.

- o MEDICAL EDUCATION DAYS is a project that aims to professionally direct students towards medicine through scientific events. The main objective of the project is to support medical education, complementary to the university program, by organizing conferences and workshops



- o TRANSMED is a biannual project (traditionally in November and March- April), which addresses to students in the second to sixth years of study and requires student exchanges for a week. Participating Centers: Cluj, Iași, Târgu-Mureș, Chișinău, Timișoara, Brașov, Sibiu, Oradea, Craiova, Galați. The distribution of students is based on their options and the score obtained according to criteria nationally established (e.g. volunteer activity within the member societies of the Romanian Federation of Medical Students' Association-FASMR, the GPA of the previous year, participation in medical-themed scientific activities etc.).

- o MEDICAL SCIENTIFIC SESSIONS is a project that aims to provide medical students with the opportunity to familiarize themselves with Case Reports, to practice their public speaking skills and to supplement their medical knowledge. Students can enroll as active participants, as passive participants or as volunteers in the organizing team.

SCOPH - Standing Committee on Public Health aims to educate and raise awareness among people on disease prevention and a healthy lifestyle. SCOPH is the largest department of our organization, having the largest number of projects with the widest addressability within the SSMB. Medical students do various campaigns like providing valuable information in schools and high schools (Together we beat tuberculosis), blood donation (Donate blood! Be a Hero!), prevention (Anti-tobacco, Anti self-medication, World Diabetes Day, Take me home! etc.), children's projects (Teddy Bear Hospital, Sports for Sickness) and health education lessons (Little sanitarians). There are also child-supporting campaigns (Wings of Care, Health in Dance Steps) or others aiming to help people who don't have access to the sanitary system (Together for rural health) as well as simulations of traffic accidents (Road Safety).



SCORA - The Standing Committee on Sexual and Reproductive Health, including HIV/AIDS, is one of the 6 committees of IFMSA. Through SCORA, medical students from all over the globe work locally, nationally and internationally to raise awareness among the general public of a variety of reproductive health issues, to inform about Hepatitis, HIV / AIDS, STIs, and to reduce the stigma and discrimination of HIV-positive people.

SCORP (Standing Committee on Human Rights and Peace) is one of the 6 IFMSA committees. SCORP involves various informal educational activities and information campaigns (age-related) on discrimination, using different material resources (flyers, stickers, etc.) and human resources. It is trying to increase awareness and inform the population, raising an alarm signal on the violation of Human Rights. Within this department, the following projects are regularly carried out:

- *Bioethics club*
- *Teach'n'Colors*
- *Engage in refugee' shelter*
- *Let's get to know human rights!*
- *Peace test*
- *Go SCORP*
- *Orphanage Initiative Romania*
- *SCORP Magazine- Freedom to imagination!*



In order to participate in projects organized by SSMB as a volunteer or participant (where applicable), you must join the Facebook group and wait to be notified about the registrations: <https://www.facebook.com/groups/ssmbucuresti/>.

For more information, you can contact us at ssmb.umfcd@gmail.com, or on our website: <http://www.smb.ro/>

RSSS

The **Romanian Students' Society of Surgery (RSSS)** is a student-driven organization established in 2004 with the purpose of fostering surgical training for medical students through scientific events, hands-on workshops and summer schools.

Objectives

The objectives of the RSSS are to inform, train, and provide career orientation for students wishing to pursue a surgical specialty, by encouraging them and facilitating their access to practical, applied and innovative learning.

“It’s not just for the cool workshops and academic opportunities that I would advise students to join the RSSS, but mainly for the great opportunity of meeting inspiring colleagues, getting the chance of nurturing your passion in an open, innovative environment and paving your way to a bright surgical career. Ask your older colleagues! If you are not driven by a passion for surgery, there’s no problem! You may catch it sooner than you think!” (Vlad, 4th Year)



Hands-on Surgical Workshops

The RSSS fulfills its promises by regularly organizing hands-on surgical workshops, ranging from the famous elementary “Knots & Sutures” three-day workshop, to more advanced ones such as “Basic Surgical Skills” consisting of 5 days of surgical and medical hands-on procedures, and even specialized workshops with a wide variety of surgical areas.

“The Knots and Sutures Workshop was the highlight of my first year as student’s practical experience. You sign up for a practical course, but what you get is an inspiring weekend, new passionate friends and the dream that one day you will become a surgeon. The first thing you wish after the workshop ends is to come back as a trainer and teach others what you have previously learned. ” (Ahmed, 2nd Year)



Students’ Scientific Conferences

Do you have a passion for surgical procedures, feel the need to share your work with others as an aspiring surgeon or simply want to take part in the most student-friendly surgical conferences? The monthly Students’ Scientific Conferences offer you the opportunity to present your work before a jury consisting of doctors and an audience of curious, passionate students that will one day shape the future of surgery.

“I was given the opportunity to present my work at the Students’ Scientific Conference and I felt so privileged, humbled and grateful. I am also advising other foreign students to come and be part of such an amazing experience.” (Ayana, 3rd Year)

Principles

The association's principles are:

Autonomy

Volunteering

Transparency regarding the management of resources and the association's activities

Partnership and teamwork

Professionalism

Currently, RSSS has 11 branches (Bucharest - the main branch, Braşov, Cluj, Constanţa, Craiova, Galaţi, Iaşi, Oradea, Sibiu, Târgu-Mureş, Timişoara) and over 3.300 members. On a national level, its activity is coordinated through the biannual General Assembly. The RSSS Governing Body is in Bucharest. In the current academic year, the RSSS has over 700 volunteers enrolled in its 11 branches, 330 of which are in Bucharest alone.



In order to take part in RSSS projects, all you have to do is to search www.sscr.ro, sign in as a user and then follow their activities on the site or on the Facebook page: <https://www.facebook.com/SocietateaStudenteascaDeChirurgieDinRomania/>. For further information, you can contact us at contact@sscr.ro

SOMS

SOMS stands for **Scientific Organization of Medical Students**. It is a student association dealing exclusively with scientific and apolitical issues.

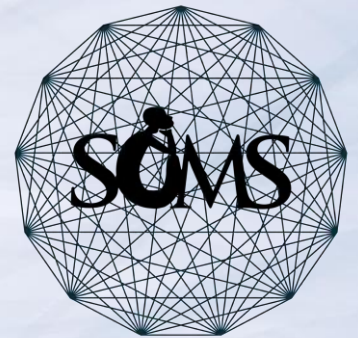
It was in 1987 that the founding members started SOMS, with the goal of furthering medical research and education. Over the years, members have strived to keep those original goals in mind. At the same time, they have sought to bring forward their own take on medical education. Today, as ever, we try to raise awareness of medical research in all fields, and to outline the importance of continuously updating medical knowledge. Furthermore, we facilitate students' access in practical scientific experiences, so they can decide whether such a career fits them.

How do we do it? Our projects cater both to the general public and to students focused in various medical domains. You will find the former under the SOMS banner - SOMS Student Sessions, Basic Research Skills, TIPS – Training with Interactive Presentations for Students and, most prominently, MEDICS – our flagship international conference. These events promote medical education and help us connect with like-minded people. In addition, we enable students to take part in national congresses and conferences, either as volunteers or as participants.

Areas of focused interest are served by SOMS departments - Neuro, Cardiovascular, Molecular and Ophthalmology. They organize events suited to a particular medical field. Some prominent examples are:

- BAW – Brain Awareness Week at SOMS Neuro
- PACE – Practical Arrhythmology and Cardiac Electrophysiology for SOMS Cardiovascular,
- COMPASS – Comprehensive PCR Applied SOMS Session at SOMS Molecular,
- Basic Clinical Skills in Ophthalmology for our newest department, SOMS Ophthalmo.

We find that networking is a quintessential quality, and at SOMS, you'll find the perfect opportunities to prove your scientific self. If you have an idea, get in touch and get started as a SOMS associate member! We eagerly await you!



LifeSIM

LifeSIM Medical Simulation Center is coordinated by the Center for Human Resource Development “For Life” and it’s is an NGO that was established in 2009 with the purpose of training healthcare professionals.

Mission: We wish to be partners in developing and implementing training programs and curricula for medical students, medical residents, specialists, nurses, midwives, and auxiliary staff. We also offer consultancy on themes related to patient safety with the help of medical simulation.

Vision: We want to contribute to the improvement of the patient safety and the medical act by promoting educational opportunities offered on a national and international level medical simulation.

The word that defines us is “TEAM”. We are a Family made up of medical students, we form a trust circle and we are brought together by the will of doing more. We are Organised and we ensure all the activities conducted under the “For Life” name are of the highest quality. We have a receptive attitude and we are always open to suggestions and new ideas. We commit to respect the feedback we receive. We believe Loyalty is an important quality in our work, one that must exist in every collaboration. We are up to date with the needs of the current medical practice and we are Informred about the newest methods which our team can satisfy. The unpredictable doesn’t worry us, for we are Flexible and we adapt to any given situation. Our Energy and communication skills allow us to run a great number of projects in a pleasant and professional environment.

For more information about our workshops and how to become part of our team:
<http://cedru-forlife.ro/ro/>

Join our facebook group: <https://www.facebook.com/groups/1657622517831932/>

LifeSIM
CENTRU DE SIMULARE MEDICALĂ

LSMDB

Dental Students League from Bucharest (LSMDB) is an independent NGO (non-profit non-political organization) with a socio-professional character, created to represent the students' interests as well as they can. LSMDB is a member of the European Dental Students Association (EDSA), International Association of Dental Students (IADS), Romanian Students' Union (USR), and it has a partnership with the National Union of Dental Associations.

Team spirit is very important in this league because our aim is the success of our projects.

It all begins with an idea that is brought to life by students' interests. This way, LSMDB supports each dental student's initiative and encourages/promotes the development of an efficient communication between its members.

The Executive Committee is elected every year by the General Assembly after candidates apply for all eleven positions. LSMDB has also seven departments and its coordinators are selected by interview.

Every year, we organize together national and international events by which we try to approach major dental topics and also to create a professional environment for the Romanian dental students so they can collaborate.

The most famous LSMDB project by far is **The International Congress for Students and Young Doctors 'stuDENT'**. In March 2017, this was organized together with the First International Congress of Medical Dentistry, UMF Carol Davila, gathering together more than 1500 students and doctors. During 4 days, with more than 100 lecturers including foreign lecturers like Prof. Dr. Michael Glick, Prof. Dr. Jean-François Roulet and many more as workshops and scientific sessions for students and doctors, the Congress brings a large variety of knowledge in the dental field and it also encourages the scientific participation of students.



The Scientific Week, held in December, invites young students every day after courses to take part in dental conferences presented by university professors and during the weekend there are many workshops, trainings and presentations in which every student can take part.

Last year, **The Simulation of The Entrance Exam for the Faculty of Medical Dentistry** reached the 8th edition with 750 participants. It has become an emblematic event for the league and the faculty. It is a preliminary exam with an important role in the evaluation of our future students' preparation. It is held in the same conditions as the official entrance exam.

The goals of the simulation entrance exam are:

- to make candidates aware of their preparation levels compared to other candidates
- to familiarize candidates with the conditions of the exam
- to increase the standard of future results

Many students involved in extracurricular activities, well prepared, motivated and serious constitute/represent/form the organization team of the simulation exam every year. Gaining experience and having support from the University, we are convinced that this year the simulation of the entrance exam will take place in the best conditions. Furthermore it will show results closer to the official ones. In this way, it will be a quality selection of future dental students.

Every year, the **Public Health Department** of LSMDB organizes many prophylactic projects like:

- - Prophylaxis in Schools, project held in schools from Bucharest reaching a target of 1800 pupils

- 'SMILE' Project held in Universities from Bucharest in order to educate students about the right methods of brushing and dental hygiene.

- 'Primary Teeth' contest, first edition in 2017, held at II-IV grades of the School I-VIII grades, Nr 12, Bucharest. Students with the best results at the tests paper about prophylaxis had the chance to participate in National Phase/Stage/Level of the Competition.

- Prophylaxis Campaigns in schools outside Bucharest such as School Nr. 1 from Brănești.

InterDentis is a student exchange program held once a semester. By taking part in this project Dental Students have the opportunity to go to Cluj, Timișoara, Iași, Craiova, Târgu-Mureș for a week to experience the students' lives at Universities from other cities and to make new friends. Around 80 students choose to come to Bucharest through this project each semester.

Dental Project is a camp for professional development made for students and young doctors who have proven their worth and abilities at University, but also in their free time - their involvement in activities of students' organizations, good grades and active participation in research

- represents the elite of this country in this field. Until now it has recorded 10 editions of winter camp in Predeal and 1 summer edition in Costinești.



For more information you can find us at contact@lsmdb.ro, on our Facebook page: <http://www.facebook.com/lsmdb/> or on our website: <http://www.lsmdb.ro>

SSFB

Bucharest Pharmacy Students' Society (SSFB) is a student organization, active for 25 years, which was dissolved during communism and reinstated in 1991. Since then, SSFB has promoted the constant education of future professionals, but also public health and its importance in today's society. Moreover, SSFB represents over 1000 pharmacy students and has more than 140 active volunteers.

Our vision: We bring positive changes in population through the personal and professional development of pharmacy students!

Our mission is:

- To initiate projects based on the students' and volunteers' needs;
- To build a tight-knit community of pharmacy students;
- To represent and promote our students' rights and regulations by cooperating with our professors in adapting the educational program;
- To facilitate our students' access to national and international opportunities.



*De un sfert de secol definim excelența
formând profesioniști în sănătate!*

Organisation:

- Director-President committee, Internal Vice president, External Vice president, Financial Vice president, General secretary;
- Executive board: Public Health Coordinator, Pharmaceutical Practice and Education Coordinator, Human Resources Coordinator, Public Relations Coordinator, Student Exchange Coordinator, Liaison Secretary, Student Exchange Officer, Design & Image Coordinator;
- Censor committee.

Public Health Department aims to determine a positive change in the attitude of the masses, by creating projects focused on widespread health issues. Furthermore, these projects are to give our volunteers new opportunities to broaden their knowledge in these specific areas. The activities of the Department are addressed to people of all ages through local projects that are also implemented at a national (FASFR) and international level (EPSA, IPSF).



In order to help a student to conquer his/her realm of dreams, to successfully survive the 5 years of university, to graduate and to achieve their ideal career, SSIFB founded the Pharmaceutical Practice and Education Department. Unlike the other parts of our society, this department focuses all its resources on the professional development of pharmacy students, promoting and encouraging scientific research. Additionally, it inspires high school students to discover what it's like to be a pharmacy student through presentations in their high school and projects like the Admission Exam Simulation. On that account, we want to efficiently promote our profession, to eliminate the stereotypes which are circulating in today's society and to inform our students regarding the opportunities they have after acquiring their bachelor's degree.

Student Mobility Department aims for cultural and professional development in the shape of projects like *InterFarma* (during the year) and *InterPractis* (during summer). Their purpose is to give a preview of what it's like to be a student in another university -through *InterFarma*- or an employee in their future field of expertise -through *InterPractis*-.

The Public Relations Coordinator is responsible for our image and acts as a liaison for several publications and institutions, facilitating media partnership and collaboration. He also distributes press releases and manages our social media accounts, blog and „pHarma Student” magazine.

Every year SSFB organizes over 40 projects based on the needs of our students and the message we deliver reaches more than 11 000 pharmacy students in our country and more than 45 000 persons of the general public.

In order to fulfill the mission of our Society, we have joined and have started cooperating with several associations and federations, both national and international, such as the Romanian Pharmacy Students’ Federation (FASFR), European Pharmacy Students’ Association (EPSA), International Pharmaceutical Students’ Federation (IPSF), National Alliance of Romanian Students’ Organizations (ANOSR) and VOLUM Federation.

In 2014, SSFB received the prize for „The most active students’ association” during the special edition of the Pharmacy Gala and has been nominated for *Top 3 most influential associations in Europe* during the 38th EPSA Annual Congress in April 2015, Toulouse.



For more details you can contact us at office@ssfbucuresti.ro or you can follow our activity on:
www.ssfbucuresti.ro
<https://www.facebook.com/SSpHarmaBucuresti>
Instagram: [SSpHarmaBucuresti/](https://www.instagram.com/SSpHarmaBucuresti/)
<https://blogulssfb.wordpress.com/>



2. Sport

The Faculty of Medicine's swimming pool is a half-olympic sized pool, 25 meters long and 15 meters wide. The water is permanently purified by filtering and modern ultraviolet disinfection and warmed up to temperatures between 29 and 32 degrees. Pool maintenance is done regularly and excellent conditions are provided over the entire year. The students have free access to it during the PE classes as long as they sign up for this sport. In case they want to gain access outside the official classes, the students are entitled to a discount.



3. Music & Drama

VOX MEDICALIS Choir aims to prove that a young, semi-professional choir can reach the performance of a first-rate choir and bring joy to avid music lovers by initiating them into the secrets of this art. Moreover, they wish to lead the talented youngsters towards choral music and to increase the general public's knowledge about the inexhaustible Romanian cultural heritage and also infuse them values of the universal art. They can boast about having been credited with praise from high-ranking personalities like the sopranos Angela Gheorghiu, Felicia Filip, and Mariana Nicolesco, the conductors Horia Andreescu, Iosif Ion Prunner and Voicu Enăchescu, the countertenor Cezar Ouatu, the actor Radu Gheorghe and many others.

MD Drama the theatre team of the Faculty of Medicine, University of Medicine and Pharmacy "Carol Davila", Bucharest, was founded on the 13th of January 2011. Despite being caught up into lots of courses, exams and books of endless pages, they succeeded in staging plays like *The man who is talking to himself* by Matei Vişniec on the 17th of June 2011 and *The Living Corpse* by Lev Tolstoy on the 6th of June 2013.

V

Courses



The structure of the academic year

Faculty of Medicine

The academic year starts on the first of October of every calendar year, except from when this date falls on a weekend, and it is made out of:

- For students from the first year to the third it consists of:
 - The first semester consists of 14 weeks followed by the Christmas holiday and the first session of exams and it ends with the beginning of the inter-semester break
 - The second semester consists of 14 weeks followed by the Easter holiday, then the second session of exams, the summer practice and it ends with the beginning of the summer holiday
 - Students from the second and third year must partake in 3 weeks of medical practice during the summer holiday
 - In September, the third session of make-up exams (from 1st to 25th of September) and grade improvement (from 15th to 25th of September) takes place.
 - In the first two weeks of October, the fourth session of credit exams takes place and after that, the academic year begins.

- For students from the first year to the third it consists of:
 - The first semester consists of 18 weeks followed by the Christmas holiday and the first session of exams and it ends with the beginning of the inter-terms holiday
 - The second semester consists of 18 weeks followed by the Easter holiday, then the second session of exams, the summer practice and it ends with the beginning of the summer holiday
 - Students from the fourth and fifth year must partake in 3 weeks of practice during the summer holiday.
 - In September, the third session of make-up exams (from 1st to 25th of September) and grade improvement (from 15th to 25th of September) takes place.
 - In the first 2 weeks of October, the fourth session of credit exams takes place and after that, the academic year begins.

Faculty of Midwifery and Nursing

The academic year starts on the first of October of every calendar year, except when this date falls on a weekend, and it is made out of:

- The first semester consists of 14 weeks followed by the Christmas holiday and the first session of exams and it ends with the beginning of the inter-terms holiday
- The second semester consists of 14 weeks followed by the Easter holiday, then the second session of exams, the summer practice and it ends with the beginning of the summer holiday
- Students from the second and third year must partake in 3 weeks of practice during the summer holiday.
- In September, the third session of makeup exams (from 1st to 25th of September) and grade improvement (from 15th to 25th September) takes place.
- In the first two weeks of October, the fourth session of credit exams takes place and after that, the academic year begins.

Faculty of Dentistry

The academic year starts on the first of October of every calendar year, except when this date falls on a weekend, and it is made out of:

- The first semester consists of 14 weeks followed by the Christmas holiday and the first session of exams and it ends with the beginning of the inter-semester break
- The second semester consists of 14 weeks, followed by the Easter holiday, then the second session of exams, the summer practice and it ends with the beginning of the summer holiday
- In September, the third session of make-up exams (from 1st to 25th of September) and grade improvement (from 15th to 25th of September) takes place.
- In the first two weeks of October, the fourth session of credit exams takes place and after that, the academic year begins.

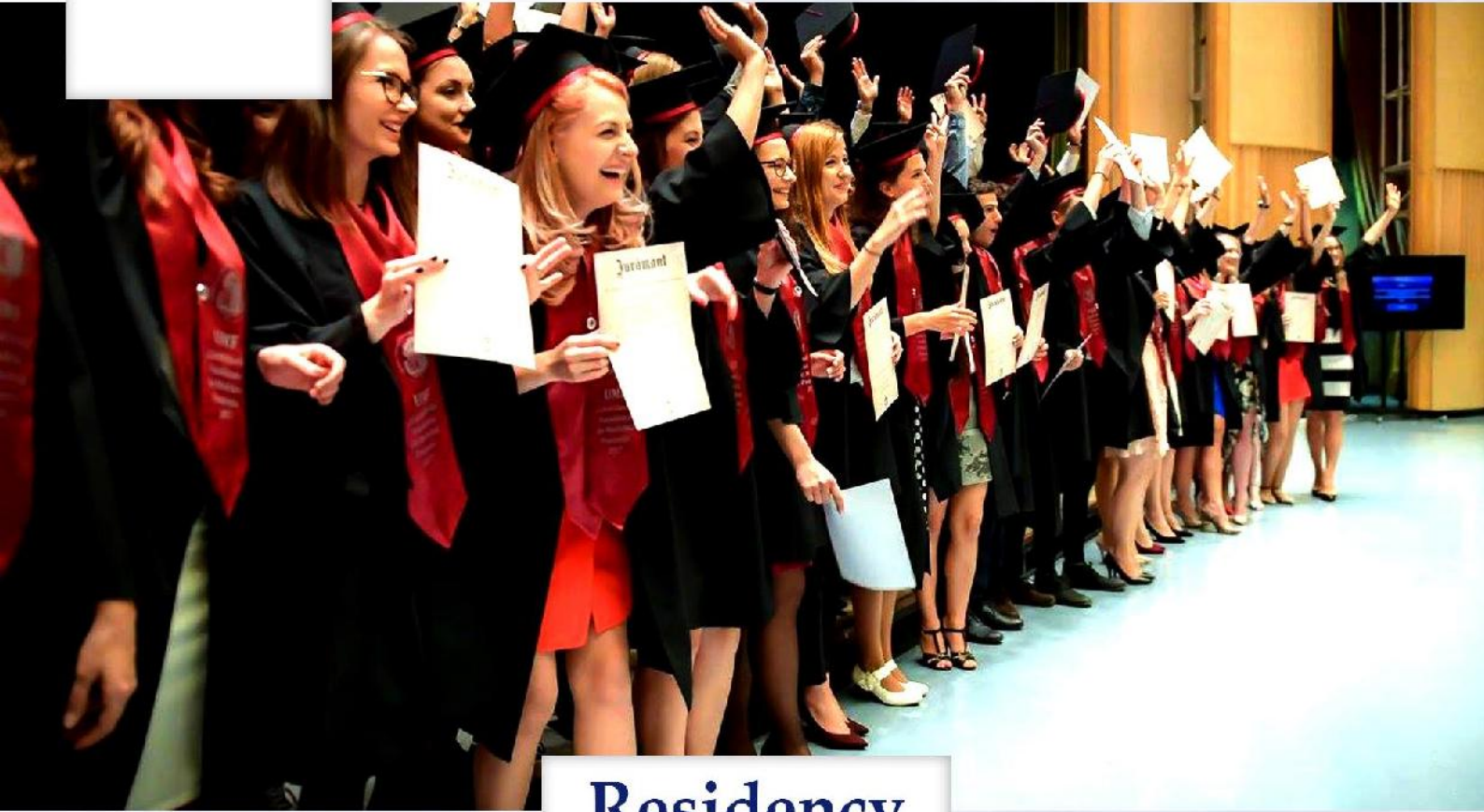
Faculty of Pharmacy

The academic year starts on the 1st of October of every calendar year, except when this date falls on a weekend, and it consists of:

- The first semester: for students from the first year to the fifth year it lasts for 14 weeks, it includes the Christmas holiday, the first session of exams and ends with the beginning of the inter-semester break.
- The second semester: for students from the first year to the fourth year consists of 14 weeks, englobing the Easter holiday, the second session of exams, summer practice and it ends with the beginning of the summer holiday.
- The second semester: students in the fifth year begin with an internship at community pharmacies and hospitals for 26 weeks, continues with the third session of makeup exams and it ends with the preparation and taking of the bachelor's degree.
- In September, the third session of make-up exams and grade improvement exams will be held.
- In the first 2 weeks of October, the fourth session of credit exams will take place and after that, the academic year will begin.

VI

Your career after Carol Davila



Residency

Residency represents a specific form of post-graduate education for licensed graduates of the Faculties of Medicine, Pharmacy and Dentistry, which ensures the necessary training for obtaining one of the specialties found in the Nomenclature of Medical specialties, dental and pharmaceutical specialties for the health care network. A residency exam is organized in order to fill existing places and vacancies, which last 3 to 7 years, depending on the specialty. Admission into existent/vacant residency positions is based on the results of a national exam organized by the Ministry of Health. The exam is regularly organized in one session only during the fourth semester of the year. The contest can take place based on the levels of the universities, based on an agreement between the Ministry of Health, the Ministry of Education, Research, Youth and Sports and the universities of medicine and pharmacy. The curriculum and the bibliography of the contest, as well as the methodology for the course of the contest, is available on the Ministry of Health's website (www.rezidentiat.ms.ro) and on the website UMF Carol Davila reserved for the residency with at least 6 months before the contest.

The number of vacancies is distributed by the Ministry of Health based on the region's necessities and the training abilities of the universities. Registrations for the residency program are made to the local public health authorities and those from Bucharest. The clinical distribution of the residents is made based on the limited number of vacancies established by UMF Bucharest through the Residency Training Department, based on the residents' preferences, and in order of the scores attained at the contest. The final evaluation of the residency takes place in the form of a specialist doctor's exam, specialist dentist or specialist pharmacist, organized by the Ministry of Health. The specialty confirmation is gained after completion of the entire training program, certification by the leader of the residency program and after passing the specialist doctor's, dentist's or pharmacist's exam.

For more details go to: <http://rezydentiat.umf.ro>

The Faculty of Pharmacy's residency lasts for 3 years and the specialties are Clinical Pharmacy or Clinical Laboratory.

PhD school

Ph.D. school is an administrative and organizational structure within IOSUD (Organizational Institution of Ph.D. studies) UMF "Carol Davila".

The Ph.D. school includes the Ph.D. leaders and Ph.D. students.

IOSUD is led by CSUD (Council of Ph.D. studies).

VII

In and around Bucharest



The Palace of Parliament is situated in central Bucharest, in Sector 5, on Arsenal Hill. According to the World Records Academy, the Palace of Parliament is the second biggest administrative building for civil use, the most expensive administrative building, and the heaviest building in the world.

University Square is one of the most important squares in the capital, situated in its center. Its shape is inspired by the haussmann model of “Great-Crossroad” (La Grande Croisee), a tribute to the Parisian influence in the Romanian capital. The square settled the north-south and east-west axes of the city to encourage urban development in the Parisian spirit.

Calea Victoriei is an avenue with a long-lasting history in Bucharest. Before the rule of Constantin Brâncoveanu (Prince of Wallachia in the 18th century), the street was not part of Bucharest and consisted only of the section between the National Military Centre and Victory Square. Along Calea Victoriei you can find plenty of historical landmarks and museums such as the **National Museum of Romanian History**, the **Doamnei Church**, the **National Military Centre**, **Casa Capșa**, **Odeon Theatre**, the **Cantacuzino Palace** (hosting the **George Enescu Museum**), the **National Museum of Art of Romania**, the **Central University Library**, and the **Romanian Athenaeum** among others.

Bucharest Old Town is represented by a central area of the capital with a surface of approximately 0,50 square kilometers, situated at the western boundary of Sector 3. It is the only area in Bucharest where nightlife, shopping, culture, art and history blend at every step you take.

Grigore Antipa National Museum of Natural History is situated on Kiseleff Road, number 1. It houses over 2 million items, arranged in several zoological, paleontology, mineral, and ethnographic collections.

Bucharest's Arch of Triumph is a monument situated in Northern Bucharest, Sector 1. It is one of the monuments that honor Romania's contribution to the Allied Powers in the First World War, an effort that led almost all Romanian populated territories to be united under the same flag.

Mogoșoaia Palace is a historical building in Mogoșoaia, Ilfov county, approximately 15 kilometers from central Bucharest. The domain contains the palace itself, the gardens with the watchtower, the kitchen, guest house, ice-keeping facilities, and the burial vault of the Bibescu family. Close to the palace, you can also find "Sfântul Gheorghe" Church (St. George's Church). The palace bears the name of the widow of the boyar Mogoș, who owned the land where the palace was built.

"Dimitrie Gusti" National Village Museum is one of the main attractions in the capital, its fame surpassing our national borders. The museum can be found on the shore of Lake Herăstrău on Kiseleff Road, number 28-30, Sector 1. You can also enter the museum from Herăstrău Park by using Poarta Miorița (Miorița Gate). Along with the picturesque outdoor domain, you can also find an extensive collection of manuscripts, movies and artefacts from the monographers who helped build the National Village Museum into what it is today.





Herăstrău Park is a large park in Northern Bucharest, build on the shore of Lake Herăstrău in 1936. It has been declared a historical A-class landmark.

Cișmigiu Gardens are the oldest public gardens in Bucharest. Located in the center of the city, they have an area of 16 hectares and they are bordered by two important avenues: Regina Elisabeta Boulevard and Schitu Măgureanu Boulevard. The Cișmigiu Gardens were built in the English park style and they are on the list of historical landmarks of Bucharest.

Manuc's Inn (Hanul lui Manuc) is one of the most important landmarks in Bucharest as it is both a historical monument but also a cultural affluent spot with numerous cafés, restaurants, and shops that it hosts today.

George Enescu Festival is an internationally renowned music festival. Throughout its history, the festival which is housed by the Romanian Athenaeum and Radio Hall, has hosted orchestras and famous musicians such as the Wien Philharmonic, conducted by Herbert von Karajan or the Stockholm Philharmonic, conducted by Sergiu Celibidache.

Street Delivery is an urban arts and architecture event which takes place every summer on the Arthur Verona Street in Bucharest. Each year, the street is closed for traffic and taken back by pedestrians who provide ideas to improve the city and the daily experience of its citizens - a city for people, not cars.

Summer Well Festival is the most important alternative music event of Bucharest, hosting both local and foreign artists. It takes place each year during a weekend in August, on the Știrbey Domain in Buftea.

VIII

Bucharest Metro Map





“Carol Davila” University of
Medicine and Pharmacy, Bucharest