Welcome to EMSA!

Being a new member of the European Medical Students’ Association you have entered a European network of amazing projects. You are now part of an organization that is influencing health care and medical education on various levels.

All EMSA projects are gathered under the Department of Internal Affairs, consisted of five pillars; European Integration & Culture, Medical Ethics & Human Rights, Medical Education, Medical Science, Public Health and European Health Policy. Each pillar has created a couple of projects to get your blue hormones raging.

This booklet was mainly prepared by DIA 2014/15 and edited by us in August 2016 for your local and most up-to-date needs. It contains a couple of examples of EMSA’s leading local projects, to give you an idea of the kind of activities you can organise on a local level. We hope it will bring you inspiration for your future activities in your FMO. We hope it will help you create new projects on the local level and help you with the work on existing projects. Be amazed by activities going on all around Europe!

Are you ready to take your EMSA experience to the next level? Check out EMSA’s webpage to discover many more activities you can get involved in, such as publications, events and Joint European Projects: www.emsa-europe.eu

If you have any questions or suggestions regarding our projects, do not hesitate to contact the Vice-President of Internal Affairs (vpi@emsa-europe.eu or safacansimd@gmail.com) or any of the pillar directors.

Europeally yours,

Safa CANSI, MD
EMSA VPI, 2015/16
Content

- European Medical Students’ Association
- Medical Education
- Medical Ethics & Human Rights
- Public Health
- Medical Science
- European Health Policy
- European Integration & Culture
Our Vision

EMSA envisions a united and solidary Europe in which medical students actively promote health.

Our Mission

EMSA empowers medical students to advocate health in all policies, excellence in medical research, interprofessional healthcare education and the protection of human rights across Europe.

We are committed to ensuring the highest standards of healthcare and medical education in a united Europe where medicine is practised in accordance with the highest ethical principles.

Our Objectives

- Empower students to take part in European mobility and exchange programmes, and foster their intercultural understanding and compassion toward disadvantaged groups in society;
- Empower medical students to defend and actively promote human rights within society whilst raising awareness of ethical matters in healthcare throughout the continent;
- Empower medical students to take a role in shaping a medical education system, that promotes advances in medicine, new learning technologies, philosophy of education and interprofessional collaboration;
- Empower medical students to be key pioneers in the popularization of a healthy and active lifestyle, preventive medicine and health education;
- Empower medical students to raise awareness about mental health issues and health threats in society, and to encourage informed lifestyle choices;
- Empower medical students to read and publish scientific articles by enhancing their theoretical and practical skills through education and training whilst raising appreciation of medical science;
- Empower medical students to play an active role in the European advocacy of lifestyle policies, and collaborate with relevant partners in the implementation of objectives related to public health.
Medical Education

Vision & Mission

A Europe of the highest standards in healthcare education and a continuous integration of medical curricula across the continent and a prosperous exchange of best practices in interprofessional education.

Empower medical students to be part of shaping an education, that responds to advances in medicine, new learning technologies and philosophy of education.

Objectives

- Connect students and professionals passionate about teaching, learning and gaining new skills;
- Expand the educational scope by offering extra-curricular activities;
- Advocate for a continuous evidence-based development of medical education on a local and international level;
- Promote the exchange of information related to education through networking, conferences, publications and online activities;
- Empower medical students to be peer-educators;
- Collaborate with relevant partners in the implementation of objectives related to Medical Education.

Medical education pillar brings together students and professionals passionate about teaching, learning and gaining new skills. We recognize the importance of an education programme that focuses on preparing today’s students to be the doctors of the future - with the necessary knowledge, competences and skills. We aim at the medical education that respond to advances in medicine, new learning technologies and development in educational thinking. In this pillar we strive to provide EMSAi the best opportunities to explore the world of medical education by attending numerous summer schools and conferences all around Europe.

All your Medical Education related requests can be directed towards: education@emsa-europe.eu.
Local EMSA Medical Education Projects

Summer Schools

The EMSA Summer Schools offer medical students from all over geographical Europe to study a specific field of medicine during the summer in an international group. Teaching language is English, and the topics are a broad variety, covering the whole spectrum of medical science, always taking into consideration the ethical approach as well.

EMSA Week of Medical Education (Local/European)

A week long umbrella event that encompasses several projects on medical education: lectures, conferences, seminars, activities, workshops etc. Do you and your local committee want to learn about “What it’s like to be a neurosurgeon?” then arrange a place to meet and ask a neurosurgeon for a presentation! Gather the students. voila! Do you want to feel more competent in communicating with people with a hearing deficit and want to gain some basic sign language skills? Just an activity ahead! If you feel the need: Go for the Surgical Suturing Skills Workshop! Do you know how to perform “Basic Life Support”? If your answer is no, then it is one thing that needs to be fixed for a medical student! If your answer is yes, then the question is: how competent you are? Maybe an Advanced Life support is needed"."
Medical Ethics & Human Rights

Vision & Mission

A Europe with a common understanding of Human Rights, where medicine is practised according to the highest ethical values.

Empower medical students to defend and actively promote Human Rights within society, whilst raising awareness of ethical matters in health.

Objectives

- Promote a full integration of ethics into the medical curricula;
- Encourage discussion of ethical issues between medical students and healthcare professionals on the local and European level;
- Advocate for the highest Human Rights standards and understanding in all European countries;
- Raise awareness and promote protection of Human Rights throughout the continent;
- Collaborate with relevant partners in the implementation of objectives related to Medical Ethics & Human Rights.

Medical Ethics and Human Rights pillar strives to seek answers to many questions: As Healthcare personnels, what do we do? Why do we do that? and How should we do it? We touch on the grey zones in medicine which is concern to all of us. Treating a patient just the sake of treating should not be our only interest. Our approach is more integrated and comprehensive as we take human being into consideration as a whole in terms of morals, ethics and rights. We believe that looking at the big picture instead of looking just lab results is the solution to problems that we have today in healthcare.

Your Medical Ethics & Human Rights Director will answer your needs via ethics@emsa-europe.eu.
EMSA Medical Ethics and Human Rights Projects

**Movies & Medicine**

Medicine is a full time occupation, even when we’re watching movies. So we thought, we might as well do this together, and use the time in the end for discussion! With a guest doctor to comment on the medical aspects covered in the film, the conversation becomes even more interesting. Along with clinics, medical knowledge, laughter, and good taste in cinema...

**Local Week of Ethics**

Raising awareness to ethical problems, finding potential solutions and hearing opinions of specialists. European Week of Ethic takes place as an international event. Think of this event as a four day long pillar session! Together we discuss topics regarding medical ethics, learn about medical culture and have all the fun that any EMSA event has to offer! Trainings, conferences, panels, workshops, delicious food and great music are part of the package! This step is the first of many to come in the following years, maybe even as simultaneous events taking place in multiple FMOs!

Being inspired by its European version (EWE); Local Week of Ethics is a project you can realize in your FMO with inviting your professors, some close externals and people of your FMO as participants! Should you require more information about the project, please contact your Ethics & Human Rights Director!

**Transplantation**

Our ‘square one’ will be to gather people interested in that topic and discuss ways of popularization of blood donation and post-mortem organ transplantation. With this project our goal is to expand potential bone marrow donor database with EMSAi’s help and dedication by organizing local initiatives focusing on organ substitution awareness. To achieve this we prepare posters and handouts, set stands in the campus, shopping mall, squares to get donations, organize campaigns.

**International Women’s Day**

Empowering women is in itself empowering the mankind. 8th of March is a good excuse for focusing on women’s health issues and gender roles in the society “again” and EMSA takes good advantage of it. Publishing magazines on current struggles that women face, starting social network campaigns to reach more people, hosting seminars and webinars are good example of this local project.
Public Health

Vision & Mission

A Europe of universal well-being, where all policies and practises promote to health and where all have equal access to a high quality health system.

Empower medical students to be key pioneers in the popularization of healthy lifestyle, preventive medicine and health education.

Objectives

● Empower students to take active part in health education of the society to encourage informed lifestyle choices;
● Promote a healthy and active lifestyle;
● Raise awareness in society regarding health threads and mental health issues;
● Play an active role in European advocacy regarding lifestyle policies;
● Collaborate with relevant partners in the implementation of objectives related to Public Health.

While a practitioner treats people who are sick, those of us in public health field try to prevent people from getting sick or injured in the first place. Public health refers to “the science and art of preventing diseases, prolonging life and promoting health through organized efforts and informed choices of society, organizations, public and private, communities and individuals.”
EMSA Public Health Projects

Teddy Bear Hospital

We’ve all been children. In our little innocent worlds we had fears. Some of us were afraid of the “white coated people”. In Teddy Bear Hospital Project our goal is to help children overcome their white coat anxiety. This is a community-based project run by medical students and has benefited thousands of primary school children, in the past few years. The highlights is a consultation between special Teddy Bear Doctors (clinical medical students) and the child, where a “sick” teddy can be treated. The ultimate aim is to help young children overcome their “White Coat Anxiety” in going and talking to the doctor. Since some years, by the valuable cooperation of European Pharmaceutical Students’ Association (EPSA), Teddy Bear Hospital is in great importance bringing medical and pharmaceuticals students together.
European Awareness Days

An easy, but very visible way to promote public health in through the use of awareness days, known world-wide as well as smaller local ones. Awareness day actions can range from very small one man actions, like handing out flyers, to actions organised with big groups, like flash mobs. The beauty of it is to put in your own creativeness and if need be, look at campaigns from big players, like WHO, and help support their campaign. The main awareness days that are set out worldwide are the ones from the WHO and are as follows:

- World TB Day, 24 March
- World Health Day, 7 April
- World Immunization Week, last week of April
- World Malaria Day, 25 April
- World No Tobacco Day, 31 May
- World Blood Donor Day, 14 June
- World Hepatitis Day, 28 July
- World AIDS Day, 1 December

These days are the same every year, making it easier to have yearly actions. Do not hesitate to also raise awareness on days important to you our your local FMO.

EMSA-EPSA Project ‘Drug-Alcohol Interaction’

A new project that looms on the horizon is one between medical and pharmaceutical students. For a while EMSA and EPSA have been working together, on a European level, to develop leaflets aimed at raising awareness and educating people on the risks of combining alcohol with medications. These leaflets will be rolled out to our local members (from both EMSA and EPSA) in the near future.

Our Public Health Director remains at your disposal via phealth@emsa-europe.eu
Medical Science

Vision & Mission

A Europe that prospers in the field of medical science and where students are engaging actively in advancing healthcare through scientific research.

Create a student platform which encompasses many key research principles and practical skills that are essential for every future healthcare professional, whilst raising appreciation of medical science.

Objectives

- Provide a strong base for students for their professional scientific career by offering various workshops and scientific projects;
- Raise appreciation of medical science in society through promotional activities;
- Promote communication and exchange of best practices amongst European medical professionals as well as students;
- Empower medical students to read and publish scientific articles, by enhancing their theoretical and practical skills through education and training;
- Collaborate with relevant partners in the implementation of objectives related to Medical Science.

Medical Science Pillar encompasses many key research principles and practical skills which are essential for every future physician. Its aim is to provide a platform where all the students who are interested in medical science can communicate with each other, learn from good examples, try themselves in various workshops and get inspired by best European scientists. Our projects are designed for everyone - a very beginner or a proficient researcher who is ready to publish first publication! We believe this pillar will help students to put a strong base for their professional scientific career.

EMSA’s Medical Science Director is there for you at science@emsa-europe.eu.
EMSA Medical Science Projects

Secret Science Club

This project aims to spread a word about science not only to medical students but also to more global audience: local people from your city or patients. Journal clubs, seminars, symposiums, scientific discussion hours and scientific courses allow medical students to develop their knowledge and skills about medical science.

EMSA Science Valley

This project is an original idea of various workshops and lectures where students will be able to improve their practical skills in different fields of medicine (General Surgery; Oncology; Cardiology; Pediatrics). Before practical skills workshop students will be guided by several different lectures about fundamentals; basic technique and maneuvers. All the workshops will be filmed and uploaded in EMSA Science Valley channel. This original project created by EMSA Students Scientific Society from Lithuania will keep you strongly motivated!

Why So Curious About Science?

The goal of this project is to spread the word about newest scientific inventions and try to answer an everlasting question - why you got so curious about science? Project offers a platform for students to meet innovative researchers and to know how they started in science. Last year project took a place in Turkey and now we are offering any Faculty Member Organization to try it by themselves. Why don’t you be part of it and ask inspiring people - “Why So Curious About Science”?
European Health Policy

Vision and Mission

A Europe in which all policies address public health questions creating a European health care system that promotes patients' empowerment and safety, and provides fair working conditions for the health care workforce.

Empower medical students to have an impact on policy making processes of the European Institutions addressing public and global health issues for a long-term improvement of the European health situation.

Objectives

- Raise awareness among medical students on European health policy processes.
- Motivate students to engage in health policy discussions and to become part of the opinion synopsis.
- Provide a platform for students to exchange and discuss the initiatives and projects on the EU health framework and agenda, on patient-centered health care and on working conditions of health care professionals.
- Enable medical students to integrate their opinions in the health policy processes through training, education and capacity building.
- Voice the consensus opinion of our members and coordinate actions to shape health policy on a European level.
- Continuously evaluate and refine the construction and implementation of this pillar, its vision, mission, and objectives.

EMSA European Health Policy Projects

As the newest pillar of the EMSA Department of Internal Affairs, the EMSA European Health Policy Pillar does not yet have any projects to show for - but you can change that! If you have an idea for a project, we are happy to assist you in building a strong initiative to promote students' engagement in the European health policy making process. Please contact policy@emsa-europe.eu for further communication!
European Integration & Culture

Vision & Mission

A united Europe without boundaries, with common values and solidarity, providing equal opportunities for healthcare students and professionals, whilst embracing cultural variety.

Empower students to participate in European mobility and exchange programmes and to foster their intercultural understanding and compassion toward disadvantaged groups in society.

Objectives

- Promote European values set by the Council of Europe;
- Prepare a generation of European doctors through mobility programmes and exchange projects;
- Facilitate intercultural understanding by organizing social and cultural events;
- Enhance understanding and facilitate contact between medical students and disadvantaged groups in society;
- Encourage interprofessional collaboration in all aspects of health care;
- Collaborate with relevant partners in the implementation of objectives related to European Integration & Culture

What better way is there to integrate if not by learning from one another? This pillar is all for and about making new discoveries. So if you’re up for that little extra that makes you stand out not just as a medical student but as a member of EMSA then the European Integration & Culture Pillar will most definitely be of interest to you.

The European Integration & Culture promotes travelling, learning about different cultures and customs, medical systems, while you taste the best traditional meals and drinks, dance sing etc..

The EMSA European Integration & Culture Pillar Director is available for all your questions via integration@emsa-europe.eu.
EMSA European Integration and Culture Projects

Twinning Project

Twinning Project is a bilateral exchange project involving 15-20 medical students from two faculties in Europe, all willing to spend together with their twin an amazing week, filled with both educational and social activities. The goal is to strengthen the bonds between medical students in Europe, to learn more about different healthcare systems, to broaden the knowledge of customs traditions and even a foreign language, to visit another city and last, but not least, to have fun!

Erasmus Medicus

Thanks to the new changes in the Erasmus + structure, the Erasmus program can now reach even more students across Europe, giving them the opportunity to train in a different medical system, to improve a foreign language, to visit a different country, to integrate on all levels, make friends from all over the globe - all in all, to have a life changing experience. But things might be a bit scary at first, so it’s really helpful if you hear from somebody who has been through the same experience as you. This is what Erasmus Medicus tries to achieve - a how-to booklet made by Erasmus students for Erasmus students.
**Best Buddy Project**

Do you have a brother or sister? Do you wish you had? The Best Buddy project offers you the change to be like an elderly brother to a child in need, whether he is coming from an unfavorable background or is challenged by a physical or mental disability. A caring heart and a friendly smile can go a long way for these little ones and their hugs are just the thing you need to keep you warm and fuzzy on the inside. So make a change in your community, make a change in their lives and be their Best Buddy!

**Different Christmas / Different Day**

Christmas is supposed to be spent together with your family and loved ones. But imagine the sad scenario of people who cannot do this anymore, because they have no one left? Elderly people did a lot for the young people in their lives and now it’s time for the young people to do something for the elderly as well. Bring some Christmas cheer and spirit into the homes for the elderly and the feeling of accomplishment will stay with you for the year to come. And why stop at Christmas? You can even start a Different Day; you don’t need a specific day of the year to bring some light into someone’s life.

**Cultural Injection**

Medical students are hungry for understanding “human” and arts have an undeniable role in this. With this project we intend to bring fine arts to our level and injecting its harmony and beauty into our lives! The project focuses on getting free tickets to shows, plays and concerts from the sponsors and distributing them among future doctors.