



Invitation package

# Montenegro summer exchange

2017

Berane, Montenegro



# Welcome letter

Dear students, you will be most welcome to Montenegro, city Berane, in country with beautiful beaches, landscapes and nightlife...

*We are looking for bright, open minded, flexible young people who are willing to move outside their comfort zones and who want to learn about the world and themselves and learn about medicine on one new level with our wonderful mentors.*

Being an exchange student is a challenging, rewarding and fun experience. You're not a tourist or a guest. You will actually living in Montenegro as a member of our community.

It is our honor to host you

Kind regards,

Suad Šabanovic

President of MoMSIC Montenegro

Mirko Mikić,

President of Preventive Educational Center

## Welcome message from the NEO

Dear IFMSA Exchange family,

we would like to invite you to the Montenegro summer exchange – Berane 2017!

Exchanges are one of the most important activities of the IFMSA and working in it is always exciting! The NEOs and NOREs are the ones responsible for the exchange program of their NMOs and so fulfill one of the most essential tasks in order to provide every student with the best possible exchange experience! In order to get connected and meet personally, work together to solve common problems and develop our programs even further and to honor the hard work you all do and have fun together, we made step forward and went on next step only for one aim: THE BEST EXCHANGE EVER!

We are really looking forward to connect all levels of exchanges from the international to the local level, get to know to everyone of you, work with you for a better learning and fun of course and experience the IFMSA spirit together!

See you soon in Berane - Montenegro!

Warm regards,

Vladimir Obradović

LEO Berane

# Welcome to Montenegro

The picturesque country of Montenegro is a country situated in the southeastern part of Europe. Montenegro has for its neighbors the countries of Serbia to the northeast, Kosovo to the east, Albania to the southeast, Croatia to the west and Bosnia and Herzegovina to the northwest. The country of Montenegro, apart for its scenic mountains, is also known for its out-of-the-world beaches that owe their existence to the proximity that the country enjoys with the Adriatic Sea.

## Facts about Montenegro

Montenegro is the first ecological country in the world.

The oldest tree in Europe lives in Montenegrin city Bar: the Old Olive Tree is over 2,000 years old.

The monastery Ostrog is one of the biggest sanctuaries in the world. It is visited by people of all religions.

Name Montenegro in Montenegrin language literally translates to 'Black Mountain'?

There are five national parks, including Durmitor, Lovcen, Biogradska Gora, Prokletije and Skadar Lake.

Length of the sea coast is 293 km with 117 beaches. The longest beach: Velika plaža (Ulcinj) - 13 km.

The road from the beginning plateau for climbing on to the Njegos's mausoleum is made of numerous stony stairway (from the foot up to the entrance into the mausoleum there are 461 staircases).

The Bay of Kotor region is under the protection of UNESCO due to its very rich cultural heritage.

## Useful information

**Currency:** Euro

**Language:** Montenegrin, Serbian.

**Climate:** Continental-Mediterranean

**Average air temperature:** 27.4 °C

**Maximum sea temperature:** 27.1 °C

**Average number of sunny days during the year:** 240

**Time zone:** GTM +1

## MoMSIC Montenegro

Until 2007, Year MoMSIC was part of YuMSIC (Yugoslovenian Medical Student Association). Since then we are growing as an NMO. As proof of this, MoMSIC Montenegro was officially called upon by the government to organize the events and promotion of Pink October, we published the first student's textbook for medical students and we are the main partner with the Montenegrin Institute for Public Health for the Prevention of AIDS program. Beside that, we traditionally organize Teddy Bear Hospital, and also promote healthy lifestyle during: World Heart Day, World Diabetes Day, World Kidney Day.



# About Exchange

The Professional Exchange program is a full educational program offering clerkships to medical students abroad. Since the very beginning, in 1951, it was evident that exchange of medical students would be one of the main fields of action in IFMSA. As early as 1952, a total of 463 students spent a period of practice abroad, and today, it continues to be the backbone of the Federation and constitutes its longest running project. Annually, more than 13.000 students from 90 countries travel around the world to discover new health systems, new cultures and to enhance their global health and intercultural understanding.

The aim of SCOPE is to promote cultural understanding and co-operation amongst medical students and all health professionals, through the facilitation of international student exchanges. SCOPE aims to give all students the opportunity to learn about global health, and attains this partly by having its exchanges accredited by medical faculties across the world.

## Objectives

1. To increase the mobility and to widen the horizon of medical students worldwide;
2. To provide medical students with the possibility to experience healthcare in another culture with different health and education systems, and to learn how differences in culture and beliefs are of influence;
3. To create possibilities for medical students to learn about global health issues, primary health concerns and basic epidemiology of the host country, and how it differs from their home country;
4. To contribute to the education of a future health professionals with a global vision and to contribute to medical students personal development, self-reliance and openness in becoming future health professionals;
5. To provide students with the chance to improve their medical knowledge, their vision on medical issues and their practical knowledge depending on the regulations of the host country;
6. To facilitate the connection of medical students and other health professionals and to provide a platform for future cooperation amongst medical students with each other and with health professionals across the globe;
7. To maintain affordable professional exchange tuition through its governing body to ensure that medical students within the National Member Organizations can participate in the exchanges with a minimal financial burden;
8. To make sure students are aware of the ethical aspects regarding their exchange to assure the burden on society, patients, the resources and the healthcare system is as limited as possible;



# About Berane

Berane (Montenegrin and Serbian Cyrillic: Берање) is one of the biggest towns of northeastern Montenegro and a former administrative center of the Ivangrad District. It is a seat of one of many multi-ethnic and multi-religious municipalities in Montenegro. The town is located on the Lim river. Its name is derived from the Turkish word meaning "One house". The town has a population of over 11 thousand, whereas its municipality area reaches 34 thousand people, making it one of the largest centres of Polimlje area.

## Main Hospital Berane

In the area of health care, the municipality of Berane is at the very top of the Montenegrin Health whose development strategy is envisaged that Berane become a regional medical center.

Organized Health Service was established at the end of 1919, the formation of the hospital in Berane.

General Hospital Berane is a modern medical institution, medical practice base of Faculty of Medicine Podgorica, University of Montenegro. The 7,357 square meters of space are situated departments: gynecological (including maternity), surgery (including urology), internal (with the service for hemodialysis), infectious, pediatrics, department of anesthesia and resuscitation, transfusion, clinical and biochemical laboratories, X-ray. Annually it about seven thousand hospitalized patients, perform over two thousand operations, and during the year more than a thousand born babies.

All information you can find on website: <http://www.bolnicaberane.com/>



# About Accommodation

First, I would like to give you few information about your place of lodging.

You will be placed in private 2 or 3 bed apartments, equipment like dishes and sheets and pillows are already prepared for you.

Apartments are really good and they are in the center of the town.

Social coordinator will be at service 24h per day.

Student flat is safe with 24h, so no one can enter who is not living there.

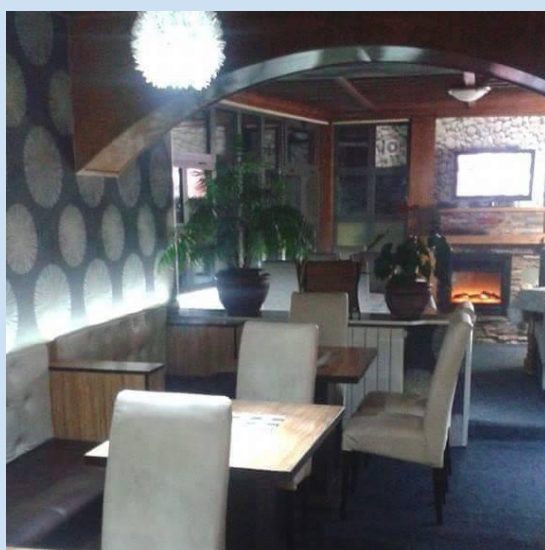






## About lunch

Lunch will be organize in restaurant Ambiente placed in main street of Berane.  
You will get lunch coupons for full lunch for every work day





# About Social Program

MoMSIC group decided to show you in this social program some parts of Montenegro. We are not so big country but , believe us, one month is too short to see everything you need to see when you come here, in this wild beauty ,so we chose couple tours to scratch the surface of everything.

Students usually visit 5-6 cities and enjoy on the see and mountains of Montenegro.

Here are some places that you will visit thought Social program











Павел Воробьев posted a photo on Instagram — at Monte Carlo Berane

10 hrs · Instagram ·

Не хочется уезжать, маленький беззаботный городок, со своими правилами и порядками, тут хорошо, тихо и душевно. Спасибо всем кто был в этот вечер рядом, проводы были на славу) #bar #montecarlo #student #travel #berane #montenegro #doctors #ifmsa #ifmsamoments #iloveifmsa

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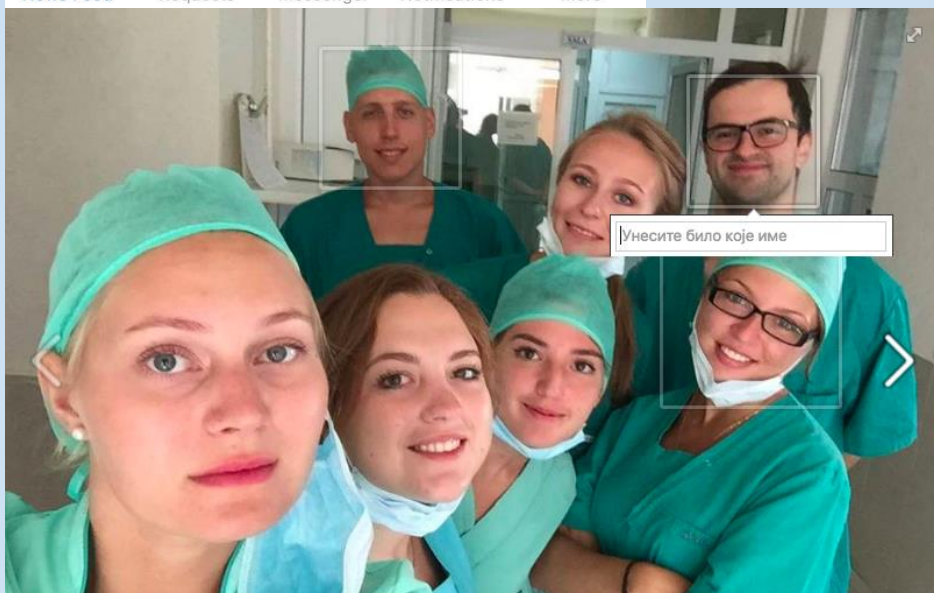
## How I spent my unfotgetable month in Berane, Montenegro



At first I have never been in Montenegro before and for me it was little bit difficult to imagine this small country with such mystical name, that is why I decided to go there. I did not regret even on a single moment that I came here.

Organization.

Everything was on a high level. I would like to express my gratitude and gratefulness to my pretty and cool social coordinators Mirko Mikic, Vladimir Obradovic and Suad S. Sabanovic. These guys provided us with excellent conditions. We lived in a big house full of conviniences of every sort, it was in ten minutes walk from our hospital. Every day we ate in the restaurant where we could choose the dishes. Mirko and Vlado were in touch with us everytime they solved all our problems and requests. They organized for us interesting and exciting social programm. During this month we tried to travel around the whole country and visit the most important historical and modern sightseeings.



Ylia Fort

19. август ·

Day 22. Watched three operation and made a lot of photos. In the evening said goodbye to ours members of Russian diaspora 😊 Now only six of us staying in wonderful country... — са Luba Kozyr, Masha Dinkevich и Julia Kovalenko.

Свиђа ми се Коментар Подели

Павел Воробьев и Luba Kozyr



Прокоментариши...

Захтеви за пријатељство

Прикажи све



### Hospital.

In the hospital everything was fabulosly too. Maybe I have not been in well-equipped hospital, and did not see the most modern devices, but I noticed another important and great feature, I saw a respectful attitude of medical staff to students, here we were on the first place. I was really suprised and pleased to be in such kind of conversation with surgeons, of course for me it had been the main point. Doctors and agency gave us complete freedom of choise, and that is why I tried to visit and explore all departments. At first time I was in general surgery and gynecology. I saw a lot of different and difficult operations in which doctors tried to explain us the principle and sequence of their actions, but then when I began to visit orthopedic operations I fully interested in it and stayed there till the end of practice, also after operations we worked in ambulance. During this exchange I understood that here everything depends on student, I mean it depends on our abilities, efforts and readiness to learn something new. Whatever you want just take it and do it well, and there is no doubt that eventually you will find a help and support from all doctors. I exerted myself maximally and in the end got maximal result. I assisted in complicated orthopedic operations. It was great and I felt a big responsibility. In my achievements first of all I want to thank Dr. Budimir Dabitic, Dr. Sasa Novovic, Dr. Milic Mimovic, they supported me everytime.



Some words about Berane.

If you want to know all customs and traditions of some country just go to a small town and live there. For Montenegro Berane is an excellent example. It is a town

situated in the mountains with charming nature, the weather is rather changeable and unpredictable, that is why be ready for surprises. People are very friendly and kindly, they are always ready for help. For this month I plunge in Beranes way of life. I ate burek, different sweets and drank coffee everyday. I had an opportunity to visit the annual festival "Thunderfest", concerts with national songs, and of course I found here a lot of friends.

I spent a perfect time!



# Registration and unilateral fee for exchange in July and August 2017

## 4 WEEK EXCHANGE:

July and August

Early Registration is open until: 01.03.2017 \*unilateral fee 350EUR

Late Registration is open until: 15.06.2017 \*unilateral fee 400EUR

## 2 WEEK EXCHANGE:

01.JULY-15.JULY

15.JULY-30 JULY

Registration fee 300 EUR

01. AUGUST -15.AUGUST

15. AUGUST -30 AUGUST

Registration fee 300 EUR

# What is arranged on exchange program (INCLUDED IN UNILATERAL FEE)???

Boarding in student flat for all period of exchange.

An accommodation has 2 or 3 beds rooms with kitchen.

Practice all month with your mentor.

Montenegrin SIM cards for phones (possible)

## Prices in Berane:

- Hot-dog 1,5€
- Coffee in bar 1,2€
- Marlboro cigarettes 2,4 €
- Bread 0,6 €
- CocaCola in supermarket 1,1€ (2L)
- Vodka in night-clubs 2,5 €

## Are you interested?

Contact us : [mirko.mikic@t-com.me](mailto:mirko.mikic@t-com.me) or [vlado.obr@gmail.com](mailto:vlado.obr@gmail.com) or via your Local exchange officers in your Cities.

**IF YOU ENJOY HAVING FUN, MEET INTERESTING  
PEOPLE**

**...LOVE NATURE AND SEASIDE...**

**...IF YOU ARE WAITING FOR ADVENTURE... ...  
THAN MONTENEGRO IS WAITING FOR YOU...**

**CONTACT**

**MAIL:**

**mirko.mikic@t-com.me**

**vlado.obr@gmail.com**