

# SCORA X-CHANGE project IFMSA-Poland 2006

## **aims:**

- To act for improvement medical knowledge about HIV/AIDS treatment and medical care among medical students from different countries.
- To show practical way of social care for people living with HIV in Poland, including governmental and non-governmental activity.
- To act against socio-cultural stigma associated with HIV/AIDS affected patients.

## **participation & conditions:**

The number of participating students in the SCORA X-change project in Poland in year 2006 will be maximum 6. If possible medical students will be selected from various countries.

## **duration:**

7th of August - 25th of August 2006.

## **requirements & application deadline:**

To participate in our exchange program you have to send us:

1. Motivation letter
2. Curriculum Vitae
3. Information about your HIV/AIDS related experience
4. Microbiology OR virology OR national HIV and STD course OR other HIV/STD activities

The Application Deadline is **10<sup>th</sup> of May**

You will be informed if you were accepted till 17<sup>th</sup> of May

## **fee:**

The fee is 150 Euro paid to IFMSA-Poland Bank Account till 1<sup>st</sup> June after you were qualified.

The fee covers accomodation and one meal a day.

Transport between cities and additional catering will be extra paid by participants.

## **visa & travel:**

If you need a visa to come to Poland (Poland is a member of EU) please contact Polish Embassy in your country. We will provide you with invitation letter.

If you need help with finding train/bus/flight to Warsaw contact with us.

## **prices in Poland:**

1 euro= 4,2 pln (Polish Zloty)

a loaf of bread – [2] pln

spring water 1,5L – [2] pln

coca cola 1L – [3,50] pln

one way citybus ticket – [1-2] pln

train ticket between cities – [50] pln

cigarettes – [4,50-7] pln

beer shop – [2,0-3,5] pln

beer pub – [4,5-10] pln

disco entrance – [0-15] pln – depending on local, usually free or 5 pln, Warsaw bit more expensive

condoms per set of 3 :-)) – [3-7] pln

**SCORA X-change program:**

clinical work, lectures and visits to:

**Cracow** (from 6th to 12th of August)

- University Clinic for Infectious Disease and HIV/AIDS, Collegium Medicum of Jagiellonian University,
- Monar: the home for HIV positive patients and drug addicted people.

**Warsaw** (from 13th to 19th of August)

- Medical University Clinic for Hepatology and Acquired Immunity Deficiencies (HIV/AIDS), Hospital for Infections Diseases,
- Medical University Clinic for Infectious Diseases of Children (HIV/AIDS),
- National AIDS Centre,
- Out-patients Clinic for HIV positive patients.

**Gdansk** (from 20th to 25th of August)

A trip through man's growth:

- Infertility clinic (in vitro fertilisation, growth of embryos, cause of infertility),
- Prenatal tests (amniocentesis, prenatal ultrasound),
- Genetic guidance service (genetic counseling, common genetic disorders),
- Neonatology.

**official language:** English

## **tourist information:**

### ***Cracow***

The capital of Poland until the end of the sixteenth century, but is often still referred to as the country's cultural capital.

The world-renowned Jagellonian University, Wawel Castle and one of Europe's largest market squares are all contained in one of the best-preserved medieval city centres in Europe. The largely unspoilt Old Town has now been declared a World Heritage Site.

Cracow is a vibrant city with great cultural and historical dignity, which provides a glorious backdrop to all the fun. Hey, what other World Heritage site can boast the highest density of bars and pubs in the world? You get the idea! Visiting them is obligatory when coming to Cracow!

### ***Warsaw***

Warsaw – Poland's largest city which has been the capital for four centuries – with a rich history, interesting historical monuments and a fascinating present, is located in the heart of Poland, close to the geometrically calculated centre of Europe. Warsaw today is a busy metropolis, the seat of the highest national authorities, the most important administrative, scientific and cultural centre of the country as well as one of the main industrial and business centres.

Everyone will find something interesting here. First of all, the historical monuments such as Old Town with Royal Castle, most beautiful of the parks- Lazienki or Palace of Culture, the Stalinesque skyscraper, towering over the city. Warsaw is also a lively arts centre. In the summer, when professional theatres close for the summer holidays, the Open-Air Theatre Festival begins. Multitude of cafes, pubs, night clubs and discotheques which never allows Warsaw to sleep.

### ***Gdansk***

Three cities at seaside making up one entirety:

\*Gdansk- this 1000- year- old city invites visitors to its charming lanes and historic interiors; it offers numerous museums, concerts, fairs, exhibitions, and street theatrical events,

\*Sopot- entertainment centre with hundreds of discos and clubs; also one of the most famous beaches in Poland,

\*Gdynia- a harbor

## **useful links:**

Warsaw	<a href="http://www.e-warsaw.pl/index.php">http://www.e-warsaw.pl/index.php</a>
Gdansk	<a href="http://www.gdansk.pl/en/">http://www.gdansk.pl/en/</a>
	<a href="http://www.immt.gdynia.pl/">http://www.immt.gdynia.pl/</a>
	<a href="http://www.immt.gdynia.pl/immt_gb.htm">http://www.immt.gdynia.pl/immt_gb.htm</a>
Cracow	<a href="http://www.krakow.pl/en">http://www.krakow.pl/en</a>
Zakopane	<a href="http://www.zakopane.pl/">http://www.zakopane.pl/</a>

## **contact:**

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