



Srpska Asocijacija ©  
Studentata Medicine

# SERBIA SUMMER EXCHANGE

## 2018

## NIŠ, SERBIA



# *Welcome letter*

Dear Exchange Students,

We are very pleased to welcome you to Serbia, Niš city, to the country of rich cultural heritage, great tradition and history, beautiful landscapes, good people, excellent food and vines, to the country with big heart.

Increased cultural competence is the stepping stone for a global tomorrow and a diverse today. The participants will have opportunity to discover new health systems, new cultures and to enhance their global health and intercultural understanding. The knowledge obtained will provide ability for each student to create a new path for oneself with fresh experiences and new friendships.

The exchange is a great opportunity for medical students across the world to experience another country and its health care system while improving their medical knowledge, both theoretical and practical. This exchange aims to give you both cultural and medical experience and we hope that you will learn as much as possible during your stay in our hospitals and that time spent here will contribute to your personal and professional growth as a future doctors.

Embark on one of the most exciting and rewarding adventures of your life. Visit amazing places, make lifelong friends, become a local, learn the language. We hope that this exchange will benefit you in the best way possible reaching the academic expectation you have set at the beginning of your exchange period.

It is our honor to host you

Kind regards,

Davor Đukić

President of SrMSA Serbia



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Studentata Medicine



Novi Sad

Beograd

Kragujevac

Kosovska Mitrovica

Niš

# Serbian Medical Students' Association

## SrMSA

Serbian Medical Students' Association - SrMSA was established 28<sup>th</sup> of June 2007 with the goal of being the focus of volunteerism and altruism among medical students in Serbia. So far, the established national networks and structures of SrMSA are at the Medical Faculty in Belgrade, Novi Sad, Niš, Kragujevac and Kosovska Mitrovica.

Founders of SrMSA are mostly medical students and young doctors, active in various projects in the field of prevention and public health, medical education, human rights, the participants of many international meetings, conferences and holders of international cooperation among students of their faculty in past years. Members are involved in projects promoting health throughout Serbia and abroad. By founding of SrMSA, guided by their past experiences based on the principles of collegiality and volunteerism and with authentic ideas and projects, the determination was set to evoke population of medics from the slumber.

Since the foundation, SrMSA in cooperation with the parent organizations, at Medical faculties of Niš and Belgrade, organizes students' exchanges. This joint cooperation is the crucial factor in enabling an exchange program and its proper and smooth function. Through international student exchanges program SrMSA promotes cultural understanding and co-operation amongst medical students and all health professionals.

SrMSA has many years of experience in delivering high quality exchange programs. Most of the members have either been exchange students or lived, worked and studied abroad. Understand the challenges involved, they are committed in providing every student high level of support and assistance throughout program of exchange.

# Welcome to Serbia

**Serbia** (*Србуја / Srbija*), officially the Republic of Serbia (Serbian: Република Србија / Republika Srbija), has connected West with East for centuries - a land in which civilizations, cultures, faiths, climates and landscapes meet and mingle. It is located in the centre of the Balkan Peninsula, in southeastern Europe. The northern portion belongs to central Europe, but in terms of geography and climate it is also partly a Mediterranean country. Serbia is landlocked but as a Danube country it is connected to distant seas and oceans. Serbia is a crossroads of Europe and a geopolitically important territory. The international roads and railway lines, which run through the country's river valleys, form the shortest link between Western Europe and the Middle East. Serbia numbers around 7 million residents, and its capital, Belgrade, ranks among the largest cities in Southeast Europe. Situated amidst Bulgaria and Romania to its east, Hungary to its north, Montenegro, Herzegovina, Bosnia and Croatia to its west and Albania and the Republic of Macedonia to its south, the country welcomes you to a world with wonderful panoramic scenery, cultural and historical monuments, fishing areas, hunting grounds and curative spas.



## Most populous cities of Serbia:

- **Belgrade** (Serbian: Beograd / Београд) is the capital and largest city of Serbia. It is located at the confluence of the Sava and Danube rivers, where the Pannonian Plain meets the Balkans. Its name translates to "White city". Belgrade has a reputation for offering a vibrant nightlife; many clubs that are open until dawn can be found throughout the city. The most recognizable nightlife features of Belgrade are the barges (splav), spread along the banks of the Sava and Danube Rivers.
- **Novi Sad** (Serbian Cyrillic: Нови Сад) is the second largest city in Serbia, the capital of the province of Vojvodina. Novi Sad is a typical Central European town. Since 2000, Novi Sad is home to the EXIT festival, one of the biggest music summer festival in Europe.
- **Niš** (Serbian Cyrillic: Ниш) is the largest city of southern Serbia and the third-largest city in Serbia. From 1981 Niš is the host of Nisville International Jazz music festival which begins in mid-August and lasts for 4 days.

## Facts about Serbia

*Name of state:* **Republic of Serbia**

*Capital city:* **Belgrade**

*Geographic location:* **Southeastern and Central Europe, Balkan Peninsula, Western Balkans**

*Climate:* **moderate continental**

*Longest river:* **Danube, Serbian section, 588 km**

*Highest mountain peak:* **Đeravica (in the Prokletije range), 2656 m**

*International dialing code:* **+381**

*Official currency:* **Serbian Dinar (RSD)**

*National Internet domain:* **.rs**

*National vehicle code:* **SRB**

*Drives on the Right*

*Official language:* **Serbian**

*Official script:* **Cyrillic**

*Religion:* **Serbian Orthodox Church (Major)**

*National anthem:* **"Boze pravde" (God of Justice)**

*National symbols:* **double-headed eagle; national colors: red, blue, white**

*Time zone:* **central European, CET (GMT + 1 hour)**

*Electricity:* **220 ~ 230V, 50 Hz**

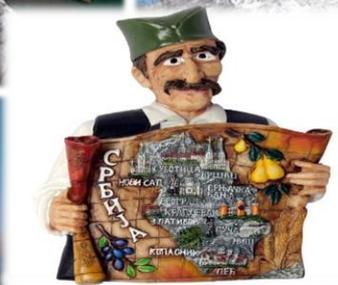
*Water from public mains:* **Safe to drink**

*Major Airports:* **Belgrade Nikola Tesla Airport (BEG) and Niš Constantine the Great Airport (INI)**



## Interesting facts about Serbia

1. The name “Serbia” comes from the Greek language, meaning “land of the Serbs”.
2. For 500 years Serbia was ruled by the Ottoman Empire (Turks).
3. The majority of Serbian last names end with ‘ić’.
4. ‘Vampire’ is a Serbian word, and it is known all over the world.
5. According to statistics, Serbians are known to be the most hospitable people in the world. They believe that they won’t gain any favor from the gods if they are not hospitable to their guests.
6. Serbians love the game of football.
7. *Ivo Andric* is the only Nobel Prize winner from Serbia. Apart from *Nikola Tesla*, who is certainly one of the most important inventors in history, *Mihajlo Pupin* (physicist and physical chemist), *Milutin Milanković* (mathematician, astronomer), *Josif Pančić* (botanist, doctor and famous lecturer), *Mileva Marić* (physicist) and *Vuk Stefanović Karadžić* (philologist and linguist) are some of the other renowned scientists from Serbia.
8. Another famous person from Serbia from the field of sports is *Novak Djoković*.
9. **Belgrade**, the capital of Serbia, has been ranked the highest among party places in the world by Lonely Planet.
10. A fifth of all Roman rulers were born in Serbia between the 3rd and 4th centuries.
11. In the south of Serbia, near the town of Kuršumlija, lies one of the 8 Serbian Wonders of Nature - **the Devil’s Town**. Đavolja varoš is known worldwide for its 202 peculiar rock towers created by soil erosion.
12. Europe’s largest gorge is the **Derdap Gorge** and it is situated in Eastern Serbia. In Western Serbia, however, stands the second deepest canyon in Europe - the **Drina river canyon**.
13. The very first video transmission between North America and Europe that took place in 1963 featured “the White Angel” fresco from the Mileševa monastery in Serbia.
14. Serbia’s nature has many mysteries yet unsolved. Such is **Mount Rtanj** - a 500,000-year-old pyramid. Because of its pyramidal shape, Rtanj is believed to house a ‘pyramidal’ mothership left behind by aliens thousands of years ago.
15. **The Church of Saint Sava** is not only the largest Serbian Orthodox church, it is the largest Orthodox place of worship in the Balkans and one of the largest Orthodox churches in the world.
16. Statistically, the most-visited tourist destinations are the cities of **Belgrade**, **Novi Sad** and **Niš**, the mountains of **Kopaonik** and **Zlatibor** and the spa towns of **Vrnjačka Banja**, **Sokobanja** and **Niška Banja**. Other touristic products that Serbia offer are also many Orthodox monasteries across the country.



## Cuisine

Serbian cuisine is largely heterogeneous, sharing characteristics of the Balkan, the Mediterranean, Turkish, and Central European (especially Austrian and Hungarian) cuisines. Food is very important in Serbian social life, particularly during religious holidays such as Christmas, Easter and feast days i.e. slava.

Bread is the basis of all Serbian meals, and it plays an important role in Serbian cuisine and can be found in religious rituals. A traditional Serbian welcome is to offer bread and salt to guests. Meat is widely consumed, as is fish. Serbian specialties include *ćevapčići* (caseless sausages made of minced meat, which is always grilled and seasoned), *pljeskavica*, *sarma*, *kajmak* (a dairy product similar to clotted cream), *gibanica* (cheese and kajmak pie), *ajvar* (a roasted red pepper spread), *proja* (cornbread), and *kačamak* (corn-flour porridge).

Serbians claim their country as the birthplace of *rakia* (*rakija*), a highly alcoholic drink primarily distilled from fruit. *Slivovitz* (*šljivovica*), a plum brandy, is a type of rakia which is considered the national drink of Serbia.



## Typically Serbian!

It does not take long for foreign visitors to Serbia to discover the hospitality, kindness, openness and warmth of the country's residents.

Shaking hands, done using the right hand, is customary when being introduced or meeting somebody of either gender. Kissing is not a necessity when meeting somebody for the first time, but every time you meet from then on, if you have developed affection for the person in question, kissing three times on the cheeks is the order of the day in Serbia. Of course, nobody will object if you only kiss once or twice while giving a long and sincere hug.

In Serbia, toasts are usually made with traditional rakija (brandy), often home-distilled. Toasts are made by clinking glasses, making direct eye contact and loudly proclaiming "Živeli!" A speech is usually only made on formal occasions, normally by the host, but a guest may give one, too.

Serbs enjoy rich and flavorsome food and normally have three meals a day, with lunch being the largest.

Paying the bill in restaurants is a big part of the Serbian mentality. The host will almost never allow a guest to pay for lunch, dinner or drinks because it is customary for the host to take care of all expenses while a guest is staying with him or her.

In contrast to the rest of Europe, there is no single day of the week in Serbia when you cannot have a night out and that holds true for all generations, for all lifestyles and musical tastes and for all available budgets. After a wild night out, somewhere around three or four o'clock in the morning, people continue onward in search of grilled meat or burek.



# Welcome to Niš

And in the south there is Niš, the birthplace of the Roman Emperor Constantine the Great, in whose time Christianity became the official religion of the Roman Empire. It was the Celts that have named this old city, and they did it after the river Nišava that still runs through it. In their language, its name is *Navissos* - the Fairy's river. According to one of the legends about the foundation of Niš, it was built "in time before history".

Today Niš is a modern tourist center with museums and historical sites that are on European must see maps. With the population of more than 250,000 people, it is the third largest city in the country. Niš is a big university center with 13 faculties and more than 40,000 students. The Niš Constantine the Great airport is the second most important airport in Serbia.

There was always something magical about Niš. Exotic and mystical East and reserved but elegant West are nowhere so well reconciled as they are here. Southern Serbia is known for its energetic music, flavorsome food, peppers and kačkavalj (caciocavallo) cheese. In Niš, do not miss out on tasting the best grilled meat in the whole of Serbia. After the rich food, you will appreciate the sharp mountain air of Stara Planina, eastern Serbia's most beautiful mountain, where you will enjoy skiing or hiking in the midst of unspoiled nature.



# Clinical Center Niš

Clinical Center Niš is a republic institution, established on November 14, 1990. It is the second largest health institution in Serbia, which provides services to the entire southeast and south of Serbia, with about 3 million inhabitants. Clinical Center Niš is a teaching center within the Faculty of Medicine in Niš, with about 240 experts from this institution who participate in the education of new staff. With 28 clinics, institutes and departments, as well as supporting services, Clinical Center represents a unique health, educational, scientific and research system. Clinical Center Niš has 1,465 beds on its disposal, and it is the only organization in Serbia with no excess of space and hospital beds. Annually in the Clinical Center, around 56,000 patients are hospitalized, performs about 76,000 surgical procedures and more than half a million specialist examinations.

Clinical Center Niš is a health, education and teaching center of the Faculty of Medicine Niš. They conduct their activity by improving the conditions for scientific and research work in terms of organizing and conducting fundamental and applied research in the field of medicine, following the latest scientific developments and their implementation in the working process of Clinical Center Niš.



# About Exchange

SrMSA Exchange program promote valuable people-to-people contact among health care students and foster the exchange of knowledge and ideas. Our goal of this program is to allow medical students studying abroad to participate in clinical clerkships at the Clinical Center Niš under the supervision of the physicians of the various wards. These clerkships will enable you to discover new health systems, new cultures and to enhance their global health and intercultural understanding.

The possibility of partaking in exchange abroad is intended to broaden medical students' knowledge, and introduce them to different approaches in clinical investigation, medical education, healthcare and ethical research standards.

Main objectives of the exchange program are to provide medical students with the possibility to experience healthcare in another country with different health and education systems, and to learn how differences in culture and believes are of influence, and most important to provide students with the chance to improve their medical knowledge. During the exchange, the students have the chance to observe a different health care system and learn from foreign tutors. All students are assigned to a physician supervisor, who acts as a tutor and mentor.

## Practice in Clinical Center Niš

**Dates: 01.-30. July**

**01.-30. August**

*\* Depending on the number of students possible exchanges dates are also in another time of the year*

**Unilateral fee 350 EUR**

**Who can apply for summer exchange program in Niš, Serbia?**

**MEDICAL STUDENTS** in their clinical years

**DENTAL STUDENTS** in their clinical years

**NURSES**

## Working Conditions

*5-day week, Monday to Friday, about 6 - 8 hours per day, depends on the department*

*The exchange student must show adequate knowledge of the English language or the Serbian language*

*What to Bring: white coat or surgical suit and stethoscope for medical students*

*Practice with mentor in Clinical center Niš*

### Practice are available in the following departments:

Anesthesia	Neurology
Cardiology	Neurosurgery
Cardiovascular surgery	Obstetrics/Gynecology
Dermatology	Ophthalmology
Endocrinology	Orthopedic
Gastroenterology	Pediatrics
General surgery	Plastic surgery
Hematology	Psychiatry
Internal medicine	Urology
Nephrology	

## Accommodation

You will be placed in private 2 or 3 bed apartments, which are near to the Clinical center where you will have practice. You will be together with all students from exchange. On every floor there is kitchen that you can use 24 h. Equipment like dishes, sheets and pillows are already prepared for you. Also, there is laundry room and Wi-Fi in every room. Student flat is safe within 24h, so no one can enter who is not living there.

Contact persons will be at service 24h per day.

*Serbian organizations and individuals who providing accommodation to foreigners, must register the foreigners stay with the local police station within 24 hours of the foreign visitor's arrival.*

## Social program

You must begin in the heart of the city at the **Niš Fortress** (best preserved Ottoman fort in this part of the Balkans). Inside there are restaurants, cafés, ice cream vendors and music stages. When you are already here, don't miss walking along the quay next to **Nišava**, and coffee in the thick shade of the Niš Fortress.

During the day you can visit numerous museums of Niš and sites of great historical importance. Anyone interested in history and ancient Rome should visit the remains of Emperor Constantine's palace in "**Mediana**" and revive the time of its fame (remains of a luxurious Roman settlement). "**Čele kula**" ("The Skull tower", a unique structure built by the order of the Ottoman Hursid pasha using the skulls of Serbian soldiers killed in the Battle of Čegar during the First Serbian uprising) is actually a tower made of skulls, about 3 meters tall. A tour of the **Red Cross Concentration Camp** brings on sickening feelings and immense sadness - a truly horrific time in European history. And then, by night, listen to some music at **Nišville jazz festival** or watch a movie at "**Filmski sureti**" (Cinematic meetings) film festival.

Beside numerous historical sites, you shouldn't miss walking down the city's main street or tasting the Serbian cuisine and having lunch in one of its well-known "**kafanas**" (Serbian traditional taverns).

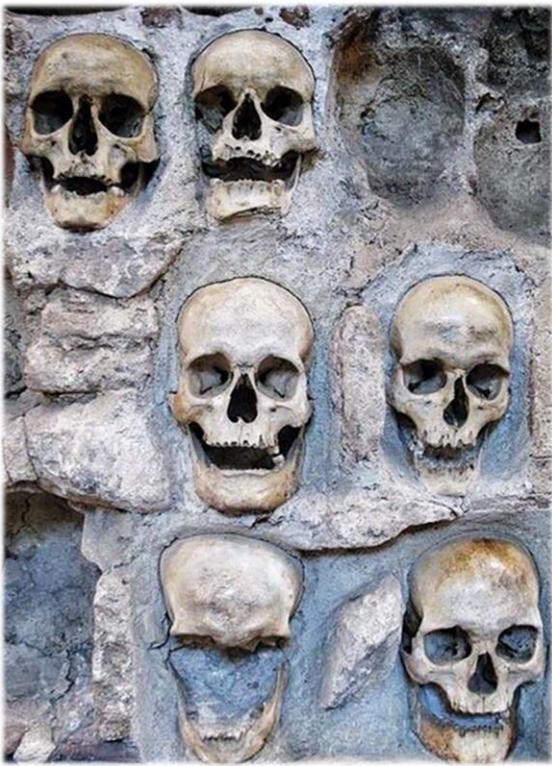
Get ready for a wide variety of flavors, great barbecue and abundant food portions with a lot of meat and spices but also don't miss the local "**burek**" (a kind of cheese pie).

The main street will take you to the monument to **Stevan Sremac and Kalča**, where you should definitely turn into the cobble street "**Kazandžijsko sokače**". This bohemian quarter of Niš, which means "Tinkers Alley" or "Coppersmith Alley," is situated in the old town, on what used to be a street lined with craft workshops. Today it forms a pedestrian-friendly zone of restaurants and kafanas (cafés that serve more meat than they do coffee). Several of the buildings here date back to Turkish rule and fell the spirit of old Niš.

**Niška banja** (the Spa of Niš) is located just 10 km far from the city, and **Sićevačka klisura** (the Sićevo gorge) is also near. When in the city, you can easily arrange an excursion to a natural environment, relax with friends and enjoy the beauty of the area.

Don't miss talking with the people from Niš and experience the warmth and hospitality of the southerners.

Students usually visit Belgrade and Novi Sad during weekends or tourist attraction near Niš. Also they can enjoy on the sea and mountains of Montenegro couple of days.





## What is arranged on exchange program?

Lodging in student flat for all period of exchange. An accommodation has 2 or 3 beds rooms with kitchen and bathroom

Practice all month with mentor

Contact persons support 24h per day

*Welcome to Niš, the city that will win you with charm and warmth of the South, the city where the first Christian Emperor was born, the city built at the crossroads, known through centuries as a meeting point of Eastern and Western civilizations, the city of turbulent historical past and unique monuments, the city of hospitable hosts, excellent food, good music, the city of writers, actors and bohemians. In Nis everybody feels like home!*

## Are you interested?

Contact us on [srmsa2007@gmail.com](mailto:srmsa2007@gmail.com) or via your Local exchange officers in your cities.

**See you in Serbia! Welcome!**