FRESHMAN NEWS

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WELCOME MESSAGE

What may this newspaper provide you?

Our experiences thus far and important information in connection with university life.

Why did we write this newspaper? We all remember what it was like to be once in your shoes. We all felt just like you, bursting with joy, yet with some fear of the unknown lying ahead of us.

Apart from happiness and a little anxiety, many other thoughts and questions swirled in our minds. Perhaps the first thought was, “From whom could we ask all these questions?” That’s what this little newspaper is for. The first supporting tool in your university life, which will be followed by plenty of help and advice from your fellow students and Instructors.

May this document for the years ahead serve as a guide for you, the new Semmelweis Citizen!

Kind regards:

The Editors
Dear University Freshmen,

First of all, let us congratulate you on your successful admission, we welcome you with open arms to Semmelweis University!

We would like to take this opportunity to invite you to the Semmelweis University Freshmen’s Week 2022! We guarantee, these six days will be the greatest experience of your summer, where you will get to know your future groupmates and build lifelong friendships under the protective wings of your instructors. We are preparing lots of programs and surprises. You have got to be there, if you want to relax and chill before the beginning of university. We are looking forward to seeing you in Tata from the 16th to the 21st of August!

Fanni Siklós and Tege Gergely Apáthy
camp organizers
INTERVIEW WITH THE RECTOR

We talked to Dr. Béla Merkely,
Rector of Semmelweis University
International education at Semmelweis University started 40 years ago – how do you evaluate this activity of the institution?

Semmelweis University is Hungary’s leading medical training institution and one of its largest healthcare organizations, which has now made its way into the top 1 percent of the world’s healthcare training institutions. The University has a tradition going back more than 250 years, but one of the main pillars of its modern-day development has been the launch of foreign language training. Four decades ago, the institution decided to establish itself in Europe and the world not only as a scientific partner but also as a medical school. This venture started with German-language teaching, a handful of teachers and students, but a lot of enthusiasm. 40 years later, we already teach in German and English in four faculties and in a wide range of disciplines. Today, we accept applicants for our courses from almost 100 countries around the world, accounting for more than a third of our students. Semmelweis University has become a colorful home based on Hungarian and European traditions, but also embracing international values. In the academic year 2022/2023, we will commemorate the first 40 years of our international education with a number of programs.

The last two years have been about the fight against the coronavirus in Hungary and also at Semmelweis University. What lessons have been learned from this period?

The pandemic has posed a challenge unprecedented in a century, not only for our university but for the whole world. Overnight, we found ourselves right in the middle of this historic situation, but quick reaction and adaption to unexpected challenges and changing circumstances is a skill that we often need in our profession. Semmelweis University has assumed a prominent role in the defense against the pandemic at national level, leading the fight against the coronavirus before the infection appeared in our country. Under the name H-UNCOVER, we conducted a national representative screening for coronavirus, unique at international level, under the leadership of the institution, with the participation of the four medical universities and the Central Statistical Office, the results of which played a decisive role in the national protection. In addition, at the university level, we also had to successfully tackle the challenges of the epidemic in terms of patient care and education. The Semmelweis Citizens proved that they were worthy of our namesake, Ignác Semmelweis, as they were not only able to cope with this extraordinary situation, but also set an example of teamwork, cooperation and sacrifice.

How have students been affected by this unusual situation?

At Semmelweis University, even during the pandemic, the quality of education was consistently high; what could be done through distance learning was seamlessly transferred to an online platform, but we also created the conditions for practical training, as medical and health science education is unthinkable without practical training and practical exams. Around 4,000 Semmelweis students have been involved in the fight against the pandemic alongside their studies, whether it was working at screenings, vaccination points or at the bedside. The goal and mission of Semmelweis University is to impart to its students world-class professional knowledge, as well as moral principles and human values that will equip them to become not only first-class professionals, but also excellent, dedicated people over the years. This “subject” is not included in the curriculum. You won’t find such a line on your diploma - but it is the very essence of becoming a doctor. I am pleased and proud to say that our students have passed with flying colors in this area and can serve as an example to the freshmen who are just starting their studies.
In addition to the pandemic, the university has reached another historic milestone with the change of the university model.

Semmelweis University is the leading higher education institution in Hungary and the region, a unique knowledge centre that is unique in the world in the field of medicine and health sciences. At the same time, the university has reached the limits of its development within the current framework that determines everyday life. A more flexible operating structure is needed to proactively adapt to the global higher education market, to participate in world-class international research and to renew clinical patient care. The change of model has given a new direction to the future of the university and set it on a vigorous, dynamic course. We have “put on seven-league boots” and are taking even bigger steps towards becoming one of the top 100 universities in the world and one of the top 5 medical universities in Europe.

How do you assess the University’s current position in higher education rankings?

Semmelweis University is not only the leading higher education institution in Hungary and the region, but is also unique in the world as a specialized university of medicine and health sciences. Our activities are based on the triple unity of education, research-innovation and medicine. All three areas contribute to making us a leading knowledge centre and the most successful Hungarian player in international rankings. We are ranked among the top 300 institutions in the world by Times Higher Education (THE) 2022, and in the top 200 in the field of Clinical and Health by THE. In the cardiovascular field, the latest ranking of the “US News Best Global Universities” places the university in 55th place, ahead of institutions such as the University of Heidelberg and Cambridge University. Its dental education is ranked in the top 200 in the world by ShanghaiRanking - the first time a Hungarian university has achieved such a high international ranking in this field. However, our goals are even more ambitious.

Newly admitted freshers are excited about their first year at university – how do you remember yours?

Constant studying from morning till night – that’s what I remember most about my first year. And then there was anatomy, which was already the hardest subject, and I guess students still consider it so. We had a very strict teacher, a tutor who gave surprise demonstrations, so we were constantly learning. However, the hard pace during the year paid off: the midterm exams have been passed relatively quickly and easily. The most difficult exam was still the anatomy exam. I spent three weeks preparing for it, in addition to studying for two years. The only time I spent this long was preparing for my specialist examination in internal medicine, which was four weeks. My longest exam period was at the end of the second year. I took advantage of every opportunity to study, I connected people, teachers, tutors who were eager to educate and teach. I started my TDK research essay quite early. I started biochemistry in the third year with Mári Sasvári, followed by pathophysiology with Professor László Selmeczi and then internal medicine with Professor József Tenczer. Finally, I did my research here, at the Heart and Vascular Center in Városmajor, with Professor Ferenc Solti. I also wrote my thesis here, at the clinic where I am now.

As the saying goes, university years are not just about learning. How have you tried to relax?

As well as preparing you for your chosen vocation, university also plays an important role in helping you find yourself, find out what you are interested in or what you are best at - both inside and outside the profession.
Of course, as a student, learning came first, but we also went to team-building parties with the group very often. These are such lasting experiences that when I look back on this period, these come to my mind the most. Before university, I played competitive sports, but those activities were practically reduced to a hobby level during the years of my medical studies. I stopped playing water polo and gymnastics. Of course, we used to go to the Physical Education and Sport Center (at Zágrábi Street) to do compulsory sports, but even so, I stopped playing sports regularly. I would not recommend this to anyone.

I believe that you can learn better when you do some sport. Fortunately, Semmelweis Citizens are now excelling in sports in addition to their studies and academic achievements: the university sports clubs are achieving excellent results in regional and university-college championships. Most recently we won the Medic’s Cup. One of the big challenges for the semester ahead will be to defend our title, plus, Semmelweis University will be host the 50th anniversary Medic’s Cup.

**What leisure and sporting activities are there for students on campus?**

At Semmelweis University, we place great emphasis on students having fun and considering the institution as their home. This has been achieved through recent developments, such as the opening of several new student spaces and the renewal of several of our facilities, classrooms and dormitories. We place great emphasis on sports and I personally encourage all students to spend their free time actively. There are many opportunities to do so on campus, from water polo to basketball and football. Most faculties also offer compulsory physical education classes, led by teachers from the Physical Education and Sport Center. We have great student organizations, the Student Self-Governing Board (SGB) and the Instructor Volunteer Group (IÖCS) organise many exciting and interesting events throughout the year, such as Smmlws Parties, Dorm Openings, the Spring Festival or the Ice Carnival. Talented students can showcase their talents at various music and dance events, but they can also join the university’s own orchestra, the Medic’s Orchestra, which has performed abroad in addition to university events.

**You are rector, teacher, doctor and researcher - how are these positions different for you?**

You cannot separate the positions of a doctor and a teacher from each other, at least I have never made a difference between them. I think of myself as a doctor, a teacher and a researcher at the same time, which in our case means primarily clinical research - all of which aims to help and heal our fellow human beings, the sick and the destitute.

From each individual case, or from the accumulation of cases, we try to formulate a hypothesis and follow it up. I also work with young people who come to us for clinical work, visiting them and taking them to the operating room. I particularly like this work. I have been Rector for four years, since 1 July 2018. Before that, I was Vice-Rector, but it’s obviously quite different when there’s no one above you to solve problems instead of you. I am the last link in the chain, always having to take a stand in decisions. It is a heavy responsibility. It is a huge institution, with almost 12,000 students, roughly the same number of staff, doctors, teachers, and specialists, in other words, almost 22,000 Semmelweis Citizens. Ultimately, however, as Rector I have the same goal in mind: to work for the people, for Hungarian health care and for the development of science. I think rectorship is an important tool to make the university a much better institution together with the Semmelweis Citizens. Together with my Vice-Rectors and my fellow leaders, we are working to make Semmelweis University one of the top 100 universities in the world.
and one of the top 5 medical universities in Europe by 2030. This can only be achieved by working together. The aim is to achieve a higher quality, tutor-mentor type, patient-focused and clinical education. This is the aim of the curricular reform, which allows for a more practice-oriented education, and it is also at the heart of the translational approach we are advocating: to ensure that scientific achievements and research results are applied directly at the bedside as soon as possible.

I believe that we need to change the paradigm and to make people aware that, in a university of medicine and health sciences, the work of healing is also a work of education and research. At the individual level, we need to be able to interest our staff in getting the best and the most out of their working time. Innovation and development thinking
must be woven into our daily lives; when we heal and educate, we must constantly think about innovation, about how we can make our work easier, faster and more effective.

**What do you think about Semmelweis Freshers’ Camp?**

Freshers’ Camp is not only a highlight for newly admitted students – that’s how I see it. I have been a regular guest at Semmelweis Freshers’ Camp for almost a decade, first as President of the Scientific Student Council and then also as Vice-Rector. This year will be the fifth time I have welcomed the freshmen as Rector. I’m always watching the young people, the sparkle in their eyes or how sleepless they are. Freshers’ Camp helps a lot in building communities and teamwork. After all, for many years these young people will be learning together and, more importantly, working as a team in the health sector.

Nothing demonstrates the importance of working together better than the work we did during the last pandemic, when we had to bring together people from all fields to fight the infection. Patient care is also a team effort, and there is no other way to approach it, because we depend on each other. We have to formulate a diagnostic plan for a patient and, based on the results, the therapy, together. In other words, working as a team is a task that has to be learned, but not everyone can do it. I have been lucky because water polo is a team sport, but you can see the difference when you miss out on such experiences. Working in a team is always a bit more beneficial because you can put your individual interests behind the interests of the team or of the patient. Freshers’ Camp is a good introduction for young people. They get the information they need and the teachers give them something to think about.

**What is your message to the freshers accepted this year?**

Those who have been accepted to Semmelweis University have chosen one of the most beautiful vocations in the world, and they will graduate from one of the best medical and health sciences universities in the world. But you have to work for it - university studies require more serious, concentrated study and depth of study than in secondary school, because the amount of knowledge you need to acquire is incomparably bigger. But the curricular reform will help freshers, as the health professionals of the future, to gain solid and fresh theoretical knowledge as soon as possible, to gain experience in day-to-day patient care, and to shorten the time it takes to become independent in the operating room, in specialist clinics, in hospitals, pharmacies and in all health services.

This requires a uniform methodology and a clinical structure, so that universities only teach theory that can be used in the clinic. In any case, it is important that the health profession is a task for which we must be prepared. That the knowledge acquired is not just for its own sake, but for the sake of the patients who will be treated, to ensure that there is no delay in recognizing their illness. They must therefore be prepared for the lifelong learning that will complement the maximum knowledge they can acquire at university, and which will be a joy. These will be the main considerations, and the present developments foresee them finishing their careers in an infrastructurally renewed and strengthened Semmelweis University. Medical and health sciences is one of the world’s most dynamic disciplines, with knowledge doubling every two years. That is why we cannot stop for a moment. We need to train ourselves almost every day, to expand our knowledge, to maintain the often excruciatingly hard-earned skill of learning. I wish them strength, health and love for the vocation they have chosen.
My first memories of Semmelweis University are close to my heart to this day. My first emails from the University including the letter of admission as well as this Freshman News. The Freshman Camp, where I met my first university friends and with whom I’ve been making memories, both good and bad ever since.

It is an honor to be a university student, especially at Semmelweis University. I soon realized that this University is more than just an institution where I must be present every day. All students and employees at the University are like an extended family to me, a large cohesive community for which we all, including myself, would like to take measures to facilitate its development – hence, I joined Students’ Union and work together with many fellow students.

Congratulations to all our newly admitted students! You can be proud of yourself as you will expand your knowledge at the best University in the country, and I can confidently say that you will become members of a supportive, cohesive community. Being a Semmelweis Citizen is more than a matter of legal relation. Being a Semmelweis student is a lifestyle, a feeling, and if you manage to internalize it, as I did, it will remain with you in your post-university years as well.

As the President of the Students’ Union, I humbly intend to do everything to ensure that student life reaches even higher standards at our University - your integration and its facilitation into university life is a high priority task for us. We are constantly preparing exciting programs, which we hope will bring you even closer to the University and university life.

You will soon become a citizen of the University, so I encourage you to form opinions on issues affecting the University and other students. I promise that I will do my best to fulfill my duties and to represent your interests and opinions at the highest possible level in front of the management of the University. Let’s work together to shape the future of Semmelweis University.

Congratulations on your successful admission, I wish you the best of luck in your profession, perseverance, strength and, above all, to love what you have chosen - if this comes true, you are now at the beginning of a happy and successful journey.

Bálint Tripolszky
President of the Students’ Union (HÖK)
Dear newly admitted students, alias our dear Freshmen!

We congratulate you on your successful finals and admission! Perhaps you cannot even imagine it yet, but soon a new phase of your life begins, that includes a bazillion challenges and difficulties, however, at the same time it might be one of the most beautiful and adventureful periods as well. We, having been the students of Semmelweis University for years, already know something you can only presume, that thousands of new experiences, new people, new friendships and countless opportunities await you! The first steps may seem scary, but it is worth boldly starting this journey, since lots of excitement should you encounter along the way!

At Freshmen’s Week, you may meet me, the president of Instructor Unprompted Group and many other people as well. With hundreds of instructors, we have spent all summer preparing in order to make these days at least as, but rather more wonderful, than those we experienced back then.

You can get to know your future groupmates, freshmen from other faculties, and your instructors, who will help you find your way in the maze of university, and who will see you through overcoming initial hardships, just like they helped us and many other generations in the last circa 50 years. Any time you feel insecure, turn to them with trust, they will gladly share their memories and experiences with you, always feel free to ask them for help!

Also, during your Freshmen’s Week and academic years, take part in as many activities and events as you can, and seize every opportunity to look back on the most exciting years of your life with pride.

I wish you all happy and eventful academic years and I hope to see you at Freshmen’s Week.

Until then, relax and enjoy the summer!

Kata Kismarjai
President of the Instructor
the president
of Instructor Self-active Group
Our University’s history began on November 7, 1769, when Queen Maria Theresa added a Medical Faculty to the University of Nagyszombat (now Trnava, Slovakia). In 1777, the University moved first to Buda, then, in 1784, to Pest.

As of February 1, 1951, the Medical Faculty of Pest University became an independent institution as the Budapest University of Medicine. The University was named after Ignác Fülöp Semmelweis, the ‘savior of mothers’, on the Faculty’s bicentennial in 1969. In 2019, our University celebrated its 250th anniversary, making it the oldest medical institution in Hungary. By celebrating the anniversary, not only did we honor the legacy of Ignác Semmelweis, but we also looked to the future meaningful and precious years ahead of the University and its Citizens.
The staff and students of Semmelweis University are the flagships of today’s Hungarian education, research, innovation, and healthcare. This is well illustrated by the outstanding involvement and endurance shown by all Semmelweis Citizens in the fight against the COVID-19 pandemic.

“Our University strives to maintain continuity in education and patient care while maintaining near-normal operations. In addition, it has undertaken a major leading role in the treatment and screening of COVID-19-infected patients. Furthermore, our University’s researchers fight the virus and its consequences on multiple fronts by developing diagnostic and therapeutic procedures and tools,” emphasized Prof. Dr. Béla Merkely.

(Source: https://semmelweis.hu/hirek/2020/11/16/dr-merkely-bela-online-eloadason-beszelt-a-semmelweis-egyetem-szereperol-a-jarvany-ellen-vivott-harcban/)
SEMMELWEIS ON THE WEB

The internet is a fundamental part of university life. You can gain access to a plethora of events, credible information, and reliable learning materials if you follow the appropriate websites on various platforms. We have gathered the most important and useful University Web pages for you, where you can find everything you will need throughout your studies!

semmelweis.hu/english/
From the official website of our University, you can access the websites of your Faculty and its Departments with just a few clicks. On this page you can find essentially all the general information about the University, but it also answers many of your questions regarding education, research, patient care, or current news.

facebook.com/semmelweisuniversity/
You can find the latest news in connection with our University on the official Facebook page of Semmelweis. Like the page in order to be informed about the latest news of Semmelweis University!

youtube.com/user/semmelweisuniversity
Our University can also be found on YouTube. Educational videos, animated short films, and learning materials are also available here. Subscribe and stay informed!
**instagram.com/semmerweis_egyetem**

Instagram is a less formal page of intelligence. Here you can find the interesting things concerning university life, but the most important news and information will also be listed here.

**semmelweis.hu/alumni**

Even though the Semmelweis Alumni is accessible through the University’s official website, it deserves to be listed. With their services, events, and communication interfaces, they strengthen both current and former students’ bond to the University. You can also find them on Instagram; it is worth following their work.

**Semmelweisissa.com**

Through the ISSA’s (International Semmelweis Student Association) webpage you may access many important links in connection with relevant updates about the school and Hungary, events, and opportunities.

**dsvs-semmelweis.de**

DSVS (Deutschsprachige Studentenvertretung Semmelweis) website provides all information you may need throughout your studies and offers great help in both academic and non-academic questions, affairs.

**Semmelweis.hu/hok/en/**

You may visit the Students’ Union website on several occasions, as you can find all the guidance you may need for your studies. In addition, you can reach out to us with any questions you may have on this interface too, for instance regarding academic affairs, fees, and accommodation.
STUDENT SPACES
On this link you may find useful information concerning the buildings, libraries, dormitories, and services that our University provides. You can also provide feedback regarding the buildings and spaces.

EDUCATION COMMITTEE
INTERNATIONAL STUDENTS’ COMMITTEE
On these above links, you will find information with respect to the Education Committee and International Students’ Committee of the Students’ Union. You can reach out to them with any questions you may have.

facebook.com/studentsofsemmelweis
On the official Facebook page of Semmelweis University Students’ Union, you can find daily updated content, such as news, changes, and events related to the students or the operation of the Students’ Union (HÖK). You can also contact us here, through Messenger.

instagram.com/studentsofsemmelweis
From time to time, we upload photos and videos about the most important events of our University on our Instagram page. Furthermore, we will inform you about all events, news, developments, and deadlines in our Instagram stories.

facebook.com/balint.tripolszky
On the blog page of the Students’ Union’s President, you can learn about the background discussions, and have a peek behind the scenes of student life.

tiktok.com/@studentsofsemmelweis
The Students’ Union’s simplest and least formal interface.
The Instructor Self-Active Group (IÖCS) will play an important role in the beginning of your university career. Gain insight into the instructors’ activities and their daily lives. Find out what it feels like to be a member of IÖCS.

This is the official Facebook page of the Instructor Self-Active Group (IÖCS). You can find many important dates and events here, such as the Freshmen’s Ball, International Semmelweis Carnival, or the Instructor Training Program.

The Instructor Self-Active Group (IÖCS) is also available on Instagram of course. They show you what it means to be an instructor with their uploaded pictures and videos! Follow and enjoy!

Every Faculty of each year has a closed Facebook and WhatsApp group in which you will be in by the time you read these lines. Not only do you receive information on this platform, but you can also help each other, and occasionally the Students’ Union will contact you on these interfaces.

These links will be an essential part of your university years. We know that you will deal with all difficulties and discover all the secrets of Semmelweis University in the online world as well.
OUR FACULTIES
ÁOK – Faculty of General Medicine (FGM)
Dean | Dr. Kellermayer Miklós

The Faculty of Medicine is the largest Faculty of Semmelweis University, with nearly four thousand students studying in Hungarian, English, and German. Due to the large number of newly admitted students, all years are divided into groups, indicated by numbers EM01 and up, e.g.: EM03 (where EM stands for English Medicine).

The so-called modular education of medicine provides a six-year program consisting of three modules: theoretical module (first and second year), preclinical module (third year), and clinical module (fourth, fifth, and sixth year).

The theoretical module is mostly about getting used to university life and mastering the seemingly endless curriculum that lays the foundation for later years. Here you will learn what a healthy human body looks like, and you will participate in your first dissection experience.

At the end of first year, you will also take part in patient care during the summer nursing practice, where you will acquire many useful, lifelong skills.

In the preclinical module, i.e., in your third year, you will start building on the already acquired knowledge of the healthy human body by detailing all pathological disorders. Furthermore, you will learn the fundamentals of the pharmacological treatment of diseases.

In the summer following the third year, you will have the opportunity to transfer the acquired theoretical knowledge into clinical practice within the framework of summer practice of internal medicine.

The clinical module will be completely different from the previous two, as you will spend most of your days by the bedside at one of the University clinics. This module will provide an opportunity to acquire practicing medical competencies. The structure of the system will also change, as by then you will be studying the subjects in blocks, meaning that you will only participate in the lectures and practicals of a particular subject in a given period, at the end of which you will pass the exam. This is followed by the next clinical subject adequate for the group and with this, guiding you through clinical medicine.

After the fourth year, a summer practice in surgery will take place which is essentially the last summer practice within the University training. The sixth year differs from the other two years of the clinical module in terms of that by this time participation is in practical blocks only, at the end of which you will complete your studies with final exams and then, continue the journey of your chosen profession with the state exam.

FOK - Faculty of Dentistry (FD)
Dean | Dr. Gábor Gerber

The Faculty of Dentistry typically admits 80-100 people every year, thus the atmosphere is quite pleasant in all years. Before the Freshman Camp, the newly admitted students are split into study groups (usually 6). The staff of the Directorate of International Studies will assist you in managing your academic affairs. You can find the Directorate on Tűzoltó street 37-47 (EOK building), first Floor, room 1.604 a. Furthermore, you can find out who the registrar of your current year is either on the website or on the spot.

Our Faculty has a modular form of education that provides a five-year program consisting of three modules: a theoretical module, which includes the first and second years,
a preclinical module in the third year, and finally, a clinical module entailing the fourth and fifth years. The theoretical module is about mastering the basics of medicine with foundation subjects such as anatomy, biophysics, physiology, although students have a few practical subjects as well starting from the first year that serve as a source of relaxation beside the theoretical curriculum. You will gain a bit of experience in the drilling technique and practice interventions on dental phantom heads. In the summer following your first year you will learn the proper assistance during your dental assistance and odontotechnology practice. This will allow you to help each other’s work, experience what it is like to work next to a chair and learn about several dental workflows. During third year, in the preclinical module, you will be able to work with actual patients, but there will also be plenty of theoretical subjects. In the clinical module you will mostly take part in various practicals and gain insight into all the specialties of dentistry, nevertheless, you will still have some theoretical subjects.

GYTK - Faculty of Pharmaceutical Sciences (FPhS)
Dean | Dr. István Antal

Each year, approximately 150 applicants are admitted to the Faculty of Pharmaceutical Sciences. The practical classes will be in 8 groups, each consisting of 20 people. In the second year, two groups will break up and cease to exist, however the students who belonged here should not worry, as they can choose individually or as a team, which group they want to join. The training of Pharmaceutical Sciences is undivided and lasts for five years. In the first semester you will mainly have foundation subjects such as general and inorganic chemistry, biophysics, biology, and mathematics. Your first classes will be within the subject of ‘Introduction to Pharmaceutical Studies’, where you will receive a lot of useful information regarding university life. The training of Pharmaceutical Sciences takes place in the Hőgyes Block (Hőgyes Tömb) mainly, but you will also have classes in the NET, EOK, and ELTE. Starting from the first semester, your lab practices will also begin. From the second-year exams onwards, you will have to complete an internship, a part of which you have to spend in public pharmacies, but in addition, you can also choose a clinical pharmacy, as well as various pharmaceutical companies, firms, and research centers. Starting from the third year, you will have several subjects that allow you to have a closer look at the profession of a pharmacist; to name a few (non-exhaustive list): pharmaceutical chemistry and analysis, pharmaceutical technology, as well as botany are introduced here. Moreover, this is when the subject of ‘Pharmacology and Toxicology’ also begins, which then continues throughout fourth year. The last year, especially the last semester is all about the completion of the practices required for the final exam, writing the diploma thesis and prepare for its defense, and last but not least, the state exam. However, it is worth struggling through the years, as you will have many opportunities as a graduate pharmacist. You will be able to choose from a number of vocational programs or continue your training in various courses within the framework of a specialist pharmacist training, or at the Doctoral School.

ETK – Faculty of Health Sciences (FHS)
Dean | Gabriella Bednárikné dr. Dörnyei

The second largest faculty of Semmelweis University is the Faculty of Health Sciences (ETK), where more than 3,000 students are completing their studies in Hungarian and English. Due to the wide range of health sciences offered at our University, the diversity of the faculty is exceptionally unique. Applicants may expand their knowledge in many programs and trainings. The health care management B.Sc. with health
tourism specialization is seven semesters long. Initially, the practical classes will take place in two groups, while the theoretical classes are combined and held in blocks. The goal is to acquire a stable basic knowledge in informatics and medicine in the first two semesters, while later the emphasis will be on the health aspects and applications of informatics, complemented by continuous learning of economics, management, and mathematics.

Over the years, everyone studies the same subjects, regardless of the field of healthcare they want to work in after graduation. In addition to the undergraduate programs, master’s programs, vocational trainings, postgraduate specialist training courses, professional postgraduate programs and PhD trainings provide opportunities for learning and development. Health Sciences studies take place in the buildings of Vas street and Erkel street with a sophisticated environment and modern equipment.

In the beginning of your studies, it is worth getting a white coat as soon as possible, as it will be indispensable during your practical classes. All students of a given program (e.g., physiotherapist) take part in the theoretical lectures together. However, in the practical classes you will be divided into smaller groups, so-called ‘study groups’ to acquire the necessary knowledge. In the Neptun system, you can find a lot of important information such as which study groups have classes when, where and with which educator.

In the faculty, education in the first and second years in all programs begins with foundation subjects such as anatomy, physiology, applied biology, and fundamentals of health sciences. In the second half of the bachelor’s program, you will be introduced to specialization-specific subjects, the material and knowledge of which you will master. In the first semester, students take very similar subjects with little variation, which we call ‘foundation health science subjects’ and which provide a solid foundation for becoming a good professional in your chosen profession over the years. From the second semester onwards, you can count on more and more specialization-specific subjects and immersing yourself in
the beauties and magical challenges of your chosen profession.

The building on Vas Street has modern and well-equipped simulation tools for midwives, nurses, as well as equipment-rich gyms and training rooms for physiotherapists. Dietitian students learn the essential tricks of nutrition science in the teaching kitchen. Paramedics regularly take part in practical classes in the building on Erkel street.

The Registrar’s Office is located immediately to the left of the building on Vas Street, in the corridors of the hall. Each specialization will be assigned to its own Registrar, whom you can freely contact regarding your academic questions. Compulsory and recommended literature compiled by the educators can be purchased in the shop found in the basement of the building.

EKK - Faculty of Health and Public Administration (FHPA)

Dean | Dr. Miklós Szócska

The Faculty of Health and Public Administration, the youngest faculty of Semmelweis University operates in close symbiosis between three institutes: Institute of Digital Health Sciences, Health Services Management Training Center, and Institute of Mental Health. The orientation of this faculty is aimed at both natural sciences and social sciences. In addition, during the undergraduate course, students become acquainted with the specialties of medicine and informatics, which are supplemented with terminological, legal, ethical, management, financial and economic knowledge.

The faculty is characterized by diversity, which is strongly reflected in education. In addition to the lecturers of Semmelweis University, other educators include prominent experts from Óbuda University and Budapest University of Technology and Economics (BME). This arrangement provides a perfect foundation for acquiring accurate and solid knowledge.

The educators of the faculty are usually professionals working in their field, so it is easier and more authentic to provide students with up-to-date and realistic knowledge.

An important goal of the Faculty is to ensure that everyone receives the highest quality training during their university years. There are two internships in the curriculum, a shorter one in the sixth semester and a longer one in the seventh semester, during which you will be able to go to a health care institution or hospital.

After the undergraduate degree, you will have the opportunity to apply for a master’s degree, either at this faculty or at another University, thus, there are numerous opportunities for further study in both healthcare and other fields.

PAK - András Pető Faculty (APF)

Dean I Dr. Miklósné Tenk dr. Andrea Zsebe

The András Pető Faculty has been part of Semmelweis University since August 1st, 2017, prior to that it operated as András Pető Academy (Pető András Főiskola). At the Pető Institute, the work and education take place according to the world-famous conductive educational approach, also known as the Pető-method, which you will see in person during the practices, and you will have plenty of time to master it during the eight semesters. The goal of conductive education is to teach people with central nervous system impairment to achieve a level of self-sufficiency that their own abilities and motivation allow.

Due to the complexity of damage to the central nervous system, you will learn about certain parts of psychology, philosophy, and the social sciences. In addition, biomedical subjects such as functional anatomy, orthopedics or neuroanatomy and neurorehabilitation will also be taught. There will be three important final exams during the four years of training, which are pedagogical-psychological, conductive education and neurological subjects.

The special feature of the training is the practical orientation, which will be a part of
your daily life starting from the first semester. More specifically, your everyday life of every other week, as weeks ‘A’ and ‘B’ (theoretical and practice weeks) will alternate. In the first year, you will have the opportunity to spend your internship at two main practice places, the Conductive Training School (Konduktív Gyakorló Iskola) on Villányi street and the Kindergarten of the Pető Institute (Pető Intézet Óvodája) on Kútvolgyi street.

The specialization selection will take place at the end of the first year. In addition to the conductor BA program, you can choose from kindergarten, school, and pedagogical rehabilitation specializations. From the second year onwards, you will study a differentiated curriculum corresponding to your chosen specialization. In the first year, each grade is divided into smaller groups that do not change over the four years. The groups are divided into I/1, I/2, I/3, I/4 study groups of 20-30 people during the educational weeks. In the practice places, you will participate in the practical training in a different grouping in accordance with the institutions. These are mostly groups of 8-10 people.

In the third year, you will get an insight into the age-specific practice institutions of the Conductive Pedagogy Center (Konduktív Pedagógiai Központ). Moreover, those who did not choose the specialization of pedagogical rehabilitation can also have a look at adult rehabilitation and early childhood development. Over the course of the eight semesters, theoretical and practical training build on each other, continuously enriching your knowledge.
The official administration related to your studies is handled by the Directorate of International Studies. You can find the contact information and opening hours on the University’s website as well as here, in the Freshman News. If you need information or help in connection with your academic affairs, you can contact them primarily by e-mail or via telephone and in person. You can access the Neptun Portal through the official Semmelweis website under the Neptun tab by clicking on the ‘Students Access’ button. You can log in to your Neptun with your Neptun ID and password that you receive from the University.

The Neptun system is an essential tool for study administration, registration for subjects and exams, furthermore, you can also follow your credits, internships, and benefits here. You can reach out to the Education Committee and International Students’ Committee of the Students’ Union with any questions you may have. They will also provide help in overcoming the initial difficulties regarding the use of the Neptun system during enrollment and will give you other useful tips.

Find more information regarding the Education Committee and International Students’ Committee on the following websites:


semmelweis.hu/hok/en/about-us/central-bodies/committees-of-the-students-union/international-students-committee/

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Chancellor
Dr. Lívia PAVLIK

Vice Rectors

General Affairs
Prof. Dr. Ferenc BÁNHIDY, M.D., Ph.D., D.Sc.

Educational Affairs
Prof. Dr. Péter HERMANN, D.M.D., Ph.D.

Scientific Affairs
Prof. Dr. Péler FERDINANDY, Ph.D., D.Sc, M.B.A.

Clinical Affairs
Prof. Dr. Attila SZABÓ, M.D., Ph.D., D.Sc.

Strategic and Developmental Affairs
Prof. Dr. Éva FEKETÉNÉ SZABÓ Ph.D.

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Prof. Dr. Alán ALPÁR, M.D., Ph.D., D.Sc.
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Dr. Gábor GERBER, D.M.D., Ph.D.
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Faculty of Health and Public Administration

András Pető Faculty

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Prof. Dr. Alán ALPÁR, M.D., Ph.D., D.Sc.

Director of the Directorate of International Studies and Academic Program Director for Medicine, Dentistry and Pharmaceutical Sciences in English
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Location

37-47 Tűzoltó street, 1st Floor, room 1.604 a. (Basic Medical Science Center)

Opening hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tr>
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<td>Friday</td>
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Detailed contacts

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STUDY GUIDE

FOR AN EASIER START
TO THE ACADEMIC YEAR
University education is different in many aspects from what you are used to in high school. In the following section, we will help you navigate through the various strange concepts and seemingly complicated administration.

In addition to the most important duties, you can also read about your rights. In case of further questions or special issues, the representatives of the Students’ Union are always here to help! At the University, the educational units consist of fourteen weeks of lectures and practicals followed by an examination period.

You will find the concepts the mentioned below as well as answers to many important questions in more detail in the Study and Examination Regulations. It may seem a bit long and dry at first, but it’s worth running through so you can easily find the information when needed.

The semester consists of 14 teaching weeks, throughout which you can learn the given curriculum through practicals, lectures, and seminars. Of course, during this time, there might be midterms, either orally or in writing, which are obligatory in all instances (retake chances are provided in case of absences).

At most of the lectures, the whole year is present at the same time, and you listen to the lecturer for 1-1.5 hours, who presents the theoretical material of a certain topic. The seminars are held in smaller groups. During these classes, there is an opportunity to extend your knowledge and understanding, ask questions based upon the lectures and think together. Practicals, as the name suggests, focus on applying what you have learned. For instance, you study anatomy in the dissection rooms, and during biochemistry you learn the correct use of equipment in the lab.

1. SIGNATURE
At our University, it means that you have met all the requirements for a given subject during the semester, thus you can take the exam where you will have to give an account of your knowledge.

2. ABSENCES
The most important requirement in the semester is to attend the practical sessions and seminars with the required number of attendances. Always keep the number of your absences in mind! If you have exceeded the number of absences allowed, you will have to make up for the given practical sessions/seminar! In case you fail to do so, the semester signature will be denied, and you will not be able to take the exam in that subject. Participation in lectures for the Faculties of Medicine, Dentistry and Pharmaceutical Sciences is not compulsory, but you must be present for at least 75% of the practicals and seminars. During the first week, pay attention to the institute’s handbooks in connection with special information and the possibility of making up for absences.

3. MIDTERM
The midterm exams can be either oral, written or on computers, depending on the subject. For more important subjects (e.g., Anatomy), it is strongly recommended to prepare for the midterms, as in many cases...
the curriculum is immense and difficult to master. If you follow this advice and prepare regularly from week to week, and do not reach the limit of absences, you will have a significant advantage for the exam period.

4. GROUP
Before the beginning of the first semester, your year will be divided into groups. You will be informed about your group via email. During your training, you will attend the practicals and seminars with your designated group. It is important for subject registration as well, since the allocation of obligatory subjects is done in a way that there will be no overlaps by group, thus, you will surely be able to register for all.

5. EXAMINATION PERIOD
It is usually 7 weeks long and begins after the fourteen weeks of practicals and lectures. You do not have to attend lectures or practicals during this time. On the other hand, you must take exams on the dates you have registered for via Neptun. These exams can be written, oral or a combination of both written and oral. You can take an exam three times (1 exam 2 retakes) in each subject per semester. The third retake examination, which would be the fourth try is allowed only in one subject per academic year.
- The first two exams are free of charge, however, for subsequent tries (3rd to 6th) a retake fee has to be paid
- You can correct the grade of your previously passed exam by a retake exam within the examination period, however, there is also a possibility of receiving a lower grade
- If you did not show up for the exam, you will not receive a grade and you must prove your absence with a medical certificate (within 3 working days). If you fail to do so, you will reduce the number of exam opportunities for that subject by one and you will be required to pay a missed exam fee which is specified in the Regulations of Refunds and Allowances.
- If you fail the exam in a given subject, you may retake it a minimum of 24 hours later, in other words, you can try again a day later.
- For many subjects, you can receive an offered grade or exam bonuses based on your outstanding performance during the semester (such as a good midterm average or a high score in a study competition). In this case, you can either take a simplified exam or even be exempted from the full exam.
- If an exam from a prerequisite subject has not been passed, the subjects that are built on it cannot be taken in the next semester. To make up for a subject, you can register for the given subject in the Neptun system in the form of a ‘CV’ course each semester, which means that you ONLY have to take the exam in the following semester, you do not have to repeat the practicals again.
- The ‘Semifinal’ and ‘Final Examination’ are important since only the final examinations (final evaluation of several semester subjects) and the prominent semifinals are included in the diploma average.

6. CREDIT SYSTEM
Credit is a study point assigned to each subject or curriculum unit. If the subjects are successfully completed, i.e., if you have obtained at least a grade 2 (pass), you will receive the credit points assigned to the subject. You may complete a subject once, thus, if you have obtained a grade 2 or higher and do not take a retake exam from that subject during the examination period, you will not be able to take it again after the exam period, so you will not be able to correct your grade.
When registering for subjects, in addition to the compulsory subjects, it is recommended
to take the obligatory and elective subjects proportionally during the semesters in such a way that you get 30 (± 3) credits per semester (since, in order to obtain a diploma, an average of 30 credits are needed per semester). Don’t take on too much in the first semester, as you will have plenty of opportunities to complete additional subjects later. Focus on the mandatory ones first.

7. SCHOLARSHIP
Tuition fee can be reduced in case of excellent study record. An application for a reduction in the amount of the tuition fee may be submitted by a student who:
- has at least one completed semester in the same faculty,
- completed his/her studies in the first or second semester of the first year and every subsequent semester without interruption with a weighted average of above 4.50,
- obtained at least 20 credits at the University in the given semester,
- has completed the compulsory subjects required by the sample curriculum for the given semester,
- was not exempted from any subjects in the given semester, and
- no ethical, disciplinary, or criminal proceeding has been initiated against him/her at the time of the application.

The reduction of the tuition fee according applies to one semester, and its extent shall be determined by the weighted average of the semester:
- between 4.51 and 4.99, the reduction is 10%,
- in case of 5.00, the reduction is 15%.

8. REGISTRATION (ENROLLMENT)
In the first semester of first year, registration is only possible after in-person enrollment. Enrollment (registration) is compulsory for all students with legal student status in each semester and can be found under the “Administration” menu item in the Neptun system where you need to declare whether you want to enroll with an ‘Active’ or ‘Passive’ status in a given semester.

Passive semester: If a student pauses his / her studies, the given semester is considered a passive semester. Only enrolled students can apply for deferral. You can de-register for the semester within the first month of the fourteen-week term. First year students may submit a deferral request only due to extraordinary, unforeseen reasons before the start of the first semester!

Don’t worry if this sounds complicated, we will make you videos explaining every important step!

9. BOOKS
For each subject, the official written source for the subject will be provided. If not, you can contact the course supervisor or the year’s representative of the Students’ Union. At the beginning of the academic year, we also organize a book sale, where you can buy the used books of upper year students, at a good price. Compulsory books can also be borrowed in a limited number from the Central Library of the University.

You can find more information on the following website: lib.semmelweis.hu/loan

10. ACADEMIC CALENDAR
The academic calendar can be found at this link: https://semmelweis.hu/english/education/academic-year/

10+1. OMHV
In exams, educators give feedback on our knowledge, however students also have the opportunity to give feedback on the given lecture, practical, exam or the whole subject through the Student Evaluation of Teaching (OMHV) system. This will considerably help the work of educators and institutes. This will help in fixing any possible deficiencies and highlighting the well-structured classes. You can read the results of the previous OMHV evaluations here and the administrative plans on the websites of the individual institutes. Make sure to take the time to fill them out because you can receive benefits in return!
Medicina Kiadó (Medicina Publisher)
Stores:
– on Üllői street, at the Semmelweis Clinics metro station
  (1091 Budapest, Üllői street 91./A)
  Opening Hours:
  Monday-Thursday: 09:00 to 17:30
  Friday: 09:00 to 15:30
– on Baross Street, next to the FOCI (Faculty of Dentistry) building
  (1088 Budapest, Baross u. 21.)
  Opening Hours:
  Monday to Thursday: 08:30 to 17:00
  Friday: 09:00 to 15:30

Semmelweis Publishing’s sample stores is Legendus Bookstores in NET building
Store:
  1089 Budapest, Nagyvárad square 4., Aula
  (Semmelweis University tower building / NET)
  Phone: 210-4408, extension 459-1500 / 56353
  E-mail: info@semmelweiskiad.hu
  Opening Hours:
  Monday to Wednesday: 09:00 to 16:00
  Thursday 9:00 to 18:00
  Friday: 09:00 to 14:00
ADVICE
FROM THE LEADERS
OF THE STUDENTS’ UNION

ÁOK - FACULTY OF MEDICINE (FM)

From the first week of your studies, for the anatomical dissections it is recommended to get a scalpel, a pair of anatomical forceps and a padlock for your lockers. You may purchase all these items in the medical instrument store found on the ground floor of the NET building. You can acquire a significant portion of the textbooks (based on your practical educators’ advice from the first week) from the Semmelweis Publisher bookstore in the NET or the Medicina Publisher bookstore located opposite to the Semmelweis Clinics metro stop.

Norbert Völcései

FOK - FACULTY OF DENTISTRY (FD)

In the first two semesters, you will have practicals in the dissection rooms as part of your Macroscopic Anatomy course. Make sure to bring a padlock with you to these practical sessions, as you must leave everything in the lockers except for the necessary tools.

Since you will perform dissections as well, it is recommended to get a scalpel and a pair of anatomical forceps in the first few weeks, which you can buy in the NET building. Don’t throw away your calculators and colored pencils either, as you will need them for the practicals, and prepare for the physical education classes with sports shoes and appropriate clothing.

Norbert Völcései
Also, take care of the name tags you receive during enrollment, as you will need to wear them during clinical practices as well as in practicals of some introductory subjects. From the third year onwards, you will also take part in a clinical work, thus, you could buy a pair of white trousers and shoes, but you still have plenty of time for that.

**SUMMER PRACTICES**

In addition to the practices held throughout the academic year, you will also have summer practices, all of which focus on performing tasks related to the dental profession. After the first year, a two-week-long practice in dental assistance and dental technology will introduce you to the duties of an assistant and a dental technician. After mastering the basics of tooth extraction during the oral surgery practicals in your third year, and after you yourself have gone through the thrills of the first extraction, you will take part in an extraction practice for a week during the summer practice, where you will be able to take care of patients waiting to have their teeth extracted. In the summer following the fourth year, you will attend a general dental practice, where you will now be able to treat patients completely independently and practice a wide range of interventions.

Patrik Kreuter

**GYTK - FACULTY OF PHARMACEUTICAL SCIENCES (FPHS)**

The most crucial piece of equipment for a pharmacy student is the medical gown, which you should attain sooner rather than later. It's practical to purchase one that is long sleeve, easy to take off, and 100% cotton, in case there is an accident. If needed, safety glasses, rubber gloves, and other necessary items will be provided by the corresponding Institute. You needn't worry about it until you successfully complete your first year, but from the second year onwards, you will need special gloves and safety glasses. It's also tactful to purchase a scientific calculator, with which you can save lots of time when writing your midterms. A laptop doesn’t hurt either, for the majority of your lecture materials will be on Moodle, in an electronic format, which will come in handy when you’re preparing for your exams or midterms. On the other hand, it might be worthwhile to get a tablet, which allows facilitated note-taking directly onto your lecture slides or for independent studying. Meanwhile, all of you will need sports clothes and indoor tennis shoes, because physical education is a mandatory subject for all students throughout the university years. During the first weeks and months, turn to your upper-year peers for advice about educators and studying tips. Furthermore, you can even reach out to your Faculty Representatives for inquiries regarding education and further topics.

Imre Richárd Nagy

**ETK- FACULTY OF HEALTH SCIENCES (FHS)**

A white coat is an essential accessory for practical lessons, which you should obtain in the first week. You will also need a hospital gown, as you will be doing several external practicals in hospitals over the years. All first-year students of Semmelweis University receive financial aid to help them buy a gown, which you will automatically receive. Besides the previous necessities, the equipment you will need varies according to your specialization. For example, while paramedic and nursing students will need a phonendoscope, physiotherapists will need a full set of swimming gear during their years at the University. In the first few weeks, feel free to reach out to your fellow upperclassmen about the specific things some instructors ask for/like so that their students can work more efficiently.

Panna Bánhidi
EKK - FACULTY OF HEALTH AND PUBLIC ADMINISTRATION (FHPA)

It is important to note that you will be doing a lot of IT due to the structure of the course. For this reason, it's highly recommended that you get a device that will enable you to work with basic office software. Outside of IT classes, you will have the opportunity to discover many different fields, so it is encouraged to keep an open mind when approaching problems and finding solutions. Luckily, the Management classes will be of great benefit in this. In addition to consistent focus and frequent inquiries, you will also need to get your hands on a data booklet and a good-quality calculator for Mathematics. It is also a good idea to broaden your knowledge of online cloud services, as most of your course material will be uploaded to a portal and you will use plenty of these kinds of software. All in all, I particularly recommend keeping up with your Math and Computer Science lessons, as these subjects will be essential to your studies.

Attila Hámori

PAK - ANDRÁS PETŐ FACULTY (APF)

Practice makes perfect! From the second week onwards, you will start your continuous practical training, where you will begin to learn the fine details of the profession of a conductor. It is therefore pivotal that you arrive on time, well rested, and appropriately dressed to support the children’s development in every aspect.

You will come into daily contact with many of the conductors during your practicals, and it’s always worth taking their advice, as they will help you with your professional inquiries. A few words about clothing: a pair of comfortable sweatpants (not tight under any circumstances), a T-shirt with a high neck (not low-cut under any circumstances), comfortable slippers, and socks. Your clothes should always be clean and neat. It’s crucial to pay attention to your attire, as you will be taking on the role of an educator, who is a role model for children, staff, and parents alike. There are changing rooms in both the Kútvölgyi and Villányi Road practical areas where you will be able to store your belongings.

It is a good idea to bring some sort of device (laptop or tablet) for the theoretical weeks, as it is often more straightforward to take notes with them. You will also find the PAK Library on Kútvölgyi Road, where you will find tons of literature alongside the theses of previous university students. Here you will have the opportunity to study in a quiet and peaceful environment.

Eszter Németh
UNIVERSITY BUILDINGS
Semmelweis University has a large number of buildings, which are used for teaching, research, and patient care. Most of the buildings are scattered throughout Budapest. A special feature of these buildings is that they bear stylistic features from many different historical periods. They are the scenes of your university life, the places of friendships, romance, and shared studies.
The Basic Medical Science Center (EOK), located at 37-43 Tűzoltó Street, is a modern and outstanding building that hosts the education of nearly 2,000 undergraduate students and is the site of the teaching of a variety of subjects and courses.

The large area of the building can accommodate a huge number of students and provides the conditions for world-renowned research and Ph.D. courses. It includes a 300-seat lecture hall, two 180-seat lecture halls, a 280-seat lecture hall, 25 laboratories, several seminar rooms and study rooms. However, it is not these rooms that catch the eye at first glance, but the elegant, huge auditorium, lounge, and hall where you and your fellow students will surely look forward to relaxing between lectures at the ping-pong or foosball tables. During exam periods, the library (on the ground floor) is sure to be one of the most popular places to visit, and it tends to be packed almost every day.

Moreover, the Directorate of International Studies can be found here on the 1st Floor, room 1.604 a. for handling your academic affairs.

The EOK offers trilingual education in Hungarian, English, and German. Interested students can take their first steps in research here. Our University is also involved in the “student researcher” program, which gives secondary school students a glimpse into the work of research laboratories and the researcher’s way of thinking.

The building of the Institute is located next to the EOK, at Tűzoltó street 58. Arriving at the institute, you can immediately see the huge wrought-iron gate, which has a smaller side entrance on the left that you can use to enter and exit the Institute’s courtyard. Entering the recently renovated yard equipped with smart benches and charging stations, you will see the bust of Professor Géza Mihálkovics, and on the right you will find the Anatomy Museum housing specimens that can help you prepare for your exams.

Entering the main entrance, you will see the imposing staircase of the Institute. Going up to the first floor, you will find the lockers on both sides of the stairs, where you can lock your valuables and bags before your practical. The historical lecture halls of the Institute can be found on the ground floor and the second floor, while the histology practice rooms can be found on the first floor of the right wing of the building. The dissection rooms can be found on the ground floor and first floor of the left wing of the building, as well as in its attic.

This is the so-called Kútvölgyi Block, where you will spend a considerable amount of time. It is a multi-story building, which can be divided into ‘A’ and ‘B’ sections, connected by a glass corridor (you will hear this name many times). On the ground floor of building ‘B’, you will find the Study and Student Center, the Career Office, the Students’ Union Office, and the Student Room. On the first floor of this building are the teaching rooms where the classes will be held. These are not lecture halls for several hundred students, as the student numbers do not justify it. The furniture was replaced in the corridor.
last year, so you will be surrounded by modern student spaces. And speaking of student spaces, the aforementioned Student Room was refurbished in the summer of 2021 and will be just for you, a place where you can eat, relax, study, sleep, and chat. Building B is also home to the Dean’s Office, where several educators have offices, and you may be taking one of your exams in one of these. Here you will find the cafeteria, also renovated, and refurbished in the previous semester, with several tables where you can buy your lunch or drink a coffee. One of the changing rooms is also located here. As you walk through the glass corridor, you pass another set of educator’s offices. The A’ part of the building is now mainly the Pető Kindergarten area, where you will also have your practicals in the pre-school, early years, and adult areas. Educator offices, a changing room, and the Library can be found here as well. The Assembly Hall is also located here, where major events and physical education classes are held.

VILLÁNYI STREET BUILDING-SCHOOL, DORMITORY (PAK)

📍 1118 Budapest, Villányi street 67.

The building on Villányi street is the other location of the program, as the practice of the school’s specialization can be found here, in the Pető School and Vocational School. We are talking about a multifunctional building, as it is both a school and a dormitory, where both the boarding children and students live. The András Pető Dormitory is an excellent choice for PAK students, but you will also meet a few students from other faculties. In the basement, storerooms and student changing rooms can be found. On the ground floor you will see the rooms for the upper grades and on the first floor for the lower grades and the foundation classes. On the second floor houses the dormitory rooms, a library, and an assembly room. The building also has a beautiful courtyard where children can go outside to play.
The building has a pleasant atmosphere due to the boarding children and students, which is enhanced by the fact that after a short period of time everyone's smiling face will be familiar.

DENTAL EDUCATION CENTER (FOCI)

📍 1088 Budapest, Szentkirályi street 47.

The Dental Education Center, FOCI, is located at Szentkirályi street 47. You can reach it by tram 4-6 from Corvin-negyed or by metro M3/M4 from Kálvin square. It is one of the most modern buildings of the University. On the ground floor, you can find the cafeteria and the library. There are two entrances, one for patients and the other for students. From the first year, you can explore the teaching laboratories in the general dental prosthodontics course, and from the third year, you can treat patients during your practices. Close to FOCI, at Mikszáth Kálmán Square, you can enjoy locally roasted coffee at Lumen Café or the weekly specials at Little Swallow Press.

NAGYVÁRAD SQUARE THEORETICAL BUILDING (NET)

📍 1089 Budapest, Nagyvárad square 4.

The NET is one of the tallest tower buildings in Hungary, with 24 floors accommodating the laboratories of the University’s departments. However, teaching takes place in the much larger lower part of the building, so this is the first place you will get acquainted with in the first weeks. If you take one of the staircases to the left of the tower, you will find yourself opposite the main entrance. If you turn immediately right after the stairs, you will see the Student Center, more commonly known as the Aquarium, where you can take a break between classes. Here you’ll find the offices of the Students’ Union (HÖK) and the Instructor Self-Active Group (IÖCS), as well as a communal area with armchairs. After stepping through the main entrance of the NET, you will be greeted by a large lobby with two ping-pong tables, where you can play a game of table tennis for fun whenever you want. Looking around to the left, you’ll find the Medikus specialist shop, Legendus bookshop, the University café, and the restaurant. You’ll see the lifts as you walk past the front desk, which is located at the main entrance. Turning right from the lobby, a wide staircase leads up to two large lecture halls (Green and Brown), several seminar rooms and laboratories (labeled Sz and L), and at the top of the stairs, immediately to the left, in the corner, you will find the Dean’s Office of the Faculty of Medicine, where academic administration is carried out. From the right corner, a corridor leads to the Student Center (DC) and the gallery above the auditorium, the „bridge”, where there is always a place to study during the day in relative peace and quiet. The cafeteria and restaurant are highly praised and well worth a try. Turn left from the lobby and you will find the Council Chamber and walk up the stairs to the newly designed student space, where you can also relax and have fun.

SPORTS CENTER

📍 1103 Budapest, Zágrábi street 14.

It is the center of university sports life and the venue for several events. The complex includes an indoor gymnasium, one artificial
grass football field, three tennis courts, and a large backyard. The sports complex will be of great importance for the teaching of PE subjects, but if you wish, you can rent the outdoor artificial pitch or the indoor court for basketball, handball, and volleyball. In terms of events, the Semmelweis Matinee and Sleepless Semmelweis events, which were very popular in the previous semester, were held here, along with sports tournaments and sports days.

**FERENC SQUARE BLOCK – LANGUAGE INSTITUTE**

1094, Budapest, Ferenc square 15.

Ferenc square is a must-see for all students in the first year of University, as this is where the language institute is located. In addition to mastering the Latin technical terms, you can learn several other languages as well. Walking towards the institute, either from the Semmelweis Clinics or the Corvin-negyed, you will find a pleasant space surrounded by cafés and bakeries. Before the language classes, it is worth revising the material with a coffee in the strudel bakery right next to the institute. The park is suitable not only for walking, but also for other sports, including running on the running track around the park.

**ETK - VAS STREET BUILDING**

1088 Budapest, Vas street 17.

Most of the students of the Faculty of Health Sciences spend their days in Vas Street. Our beautiful building won the title of the most beautiful University building in Budapest in a 2018 online vote. On the ground floor of the multi-story building, you’ll find the Study Department and the Student Information Office, while the Dean’s Office is located on the first floor - these are the most important places for administration purposes. In the basement, you will find a restaurant with a wide selection of food, but if you just need to heat up your food you can do so in the „microwave” room. On this floor, you will also find the Students’ Union office, where you can come for help at any time. The building’s courtyard and bridge are a great place to relax. The large building offers plenty of space for students to study or relax for a few minutes. In addition to lecture and practical rooms on each floor, you will find gymnasiums and department offices. There are numerous opportunities to drink a coffee or try new flavors near the ETK building. The Apricot café and the De Fincsii buffet are popular in student circles. The faculty also boasts another building on Erkel Street, next to the Bókay János Dormitory. The building in Újpest is mainly used by the paramedic students.
FACULTY OF PHARMACEUTICAL SCIENCES – HŐGYES BLOCK

📍 1092 Budapest, Hőgyes Endre street 7-9.

The central building of the future pharmacists should be approached from the station “Corvin district”. From the metro, take the escalator to exit H and head towards the pharmacy. In front of the Museum of Applied Arts is the small street that gives the building its name. Turn left and walk past the shared building of the Institute of Pharmaceutical Chemistry and the Institute of Pharmaceutical Organization of the University Pharmacy, then turn left again at the next gate. You will arrive at an inner courtyard, surrounded by the Faculty of Pharmaceutical Sciences building complex. As you enter the courtyard, a set of stairs to the left is hidden behind the door leading to the Hőgyes Lecture Hall. You will have several theory classes in this room over the five years of your studies. A little further into the courtyard, you will see a truly historic building reminiscent of Budapest, home to the laboratories of the Institute of Pharmacy and, on the second floor, the student laboratory of the Institute of Organic Chemistry. On the right, you will find the Seminar and Informatics rooms, and on the top floor, the Student Center with a quiet and relaxed atmosphere and computers. During breaks between classes, courtyard benches provide a cozy atmosphere for lunch and writing. Unfortunately, there is no snack bar, but there are many fast-food restaurants and cafés nearby.
A big part of the first year and a half of a future pharmacist’s life is traveling, and it’s not just about finding the right café. Under the agreement between GYTK and ELTE, you will have courses that will be taught at ELTE. The easiest way to get to the TTK buildings is to take tram 4-6, which will take you to the Buda side of Petőfi Bridge ("Petőfi híd Budai hídő" station). At the stop, you will find yourself opposite the Park of University Students (Egyetemisták Parkja), behind which is the ELTE Northern Block. Here you will have classes in general and inorganic chemistry and analytical chemistry. There is a cafeteria here, and you can get cooked food relatively cheaply.
Learning is central to your life during your university years. During the semester, and especially during exam periods, you can gather a lot of motivation from working together with your fellow students to overcome the challenges of University. The University libraries are a great place to study, chat, and occasionally relax together.
EOK Library
1094 Budapest, Tűzoltó street 37-43
https://semmelweis.hu/eok/en/services/library/

If you are looking for the best place to study, you should definitely visit the EOK’s two-story library. There is a greenhouse conservatory for students, which adds a tranquil, modern touch. The library is open 24 hours a day and has all the books you need for your studies, as well as Wi-Fi and a few computers. If you get tired, you can easily grab a coffee and a snack from the cafeteria or from the store next to the building. The library is also a great place to meet other students, make friends, and study together.

PAK library
1125 Budapest, Kútvölgyi út 8.
https://semmelweis.hu/petokonyvtar/

The Hári Mária Faculty Library and Resource Center is the unique library of the András Pető Faculty, which is an integral part of the training and further education of conductors. The main goal of our library is to provide not only conductor students with appropriate literature but also everyone who is in some way connected with or interested in the conductive education of the disabled. From a student’s point of view, I also consider it important to highlight our Konpedita electronic library, where you can find numerous books, journals, and articles that can help you write a paper, prepare for exams, or expand your knowledge and organize it. The epidemic situation was proof of how useful it is nowadays to have online access to the documents you are looking for. All students are entitled to use the electronic library and to borrow books free of charge if they are active students.

Semmelweis University Central Library
1088 Budapest, Mikszáth square 5.
https://lib.semmelweis.hu/nav/english

Many people visit the University’s largest and most iconic library, the „Mixi”, during exam periods. The location of the building on Mikszáth Square makes it an easy place for a relaxing coffee with friends or a refreshing lunch while studying. The library has all the important textbooks, plus specialist books and scientific journals. Computers are also available in the computer rooms. In the corridor, the Students’ Union provides coffee for you. In addition, if you study here, you will most certainly meet some of your friends and acquaintances, as the library is open 0-24 every day of the year (including New Year’s Eve and Christmas).

ETK Library
1088 Budapest, Vas street 17.

The ETK library (for FHS – Faculty of Health Sciences) is in the basement of the ETK building on Vas Street; when you enter on the ground floor, take the first staircase down on the left side and you will reach the library. Here, students of all specializations can find relevant literature for their studies. You are welcome to use it freely, even during the exam period, as it has capacity for more than 80 people. Although the subject may seem daunting, come study Macroscopic Anatomy here, since in addition to textbooks a full-sized skeleton is available to help memorize the material. Furthermore, if you run into a problem, the librarians can help you, even with an IT issue. Besides borrowing books, you can make photocopies and you can print your own notes here. No Library Card is required to borrow a book. Please check the opening hours before visiting the library at the beginning of the year, as it may vary.
ACCOMMODATION, DORMITORIES

The University also offers help in finding various housing opportunities. The locations range from being directly adjacent to the University to being anywhere in the city.

Dean’s College Hotel
https://deanscollegehotel.com/

Dean’s is the closest location to the theoretical building, the EOK. It is convenient for students arriving from abroad, due to their wide range of facilities. From student dorms, study rooms, to bistros, Dean’s has it all!

Contact Information
Location: Tűzoltó street 50-56, 1094 Budapest, Hungary
Phone Number: +36 70 626 7776
E-mail: info@deanscollegehotel.com

Semmelweis Dormitories - Students’ Union Dormitories

The University itself also has student housing at dormitories. These are various buildings around the city available for Semmelweis students. An entire committee in the Students’ Union is dedicated to representing and helping the current and future residents’ alike. You can find all further information application forms on the link above.

Semmelweis Housing
https://semmelweishousing.com/

Semmelweis Housing will help you find a place to live at a good price anywhere in the city. It’s meant to facilitate your search for an apartment as a Semmelweis citizen.

Contact Information
Location: Semmelweis Egyetem EOK, 1094 Budapest, Tűzoltó street 37-47 ground floor
Phone Number: +36302989892
E-mail: info@semmelweishousing.com
Semmelweis citizens can enjoy a wide variety of events, which you may attend even before enrolling. We have collected a few of these to give a little taste of what the University has in store for you.

**POOL PARTY**

The Pool Party will open the school year, happening on the evening of September 2nd. Join us for a night of music, dancing, and splashing in the magical night atmosphere of the Széchényi Spa.

**MATINEE**

If you want a relaxing break from studying, this is the event for you. Come for our urban picnic with music, light sports, and unforgettable experiences.

**ICE CARNIVAL**

Who wouldn’t love to skate with their groupmates or sip mulled wine or tea at the edge of the rink while reminiscing about the past semester? The boldest can even enter a costume contest, with individual and group prizes. For the Semmelweis Ice Carnival, the Városliget ice skating rink will be rented out just for us: you’ll hear good music playing and many familiar faces will glide past you.
They say the greatest minds are also the most creative ones. This undoubtably applies to all Semmelweis citizens as well! Playing music, singing, reading, learning languages, dancing, and painting are all activities close to our hearts and that we engage in at different levels. There are several organized by the University where you may show your own talent, as well as admiring others'.
INTERNATIONAL SEMMELWEIS CARNIVAL, Food Feast

One of the great traditions of our University (and one of the biggest events) is the International Semmelweis Carnival, co-organized by the Students’ Union (HÖK) and the three largest self-active groups of the University: the IOCS (Instructor Self-Active Group), ISSA (International Semmelweis Student Association) and DSVS (Deutsch -sprachige Studentenvertretung Semmelweis). We welcome the start of each spring with this event.

The purpose of this multicultural event is to celebrate and present all the different nations and cultures represented at our University. Perhaps the best way to portray the traditions of the nations is through their diverse dishes. So, the Food Feast is organized to accompany the Carnival and greet new students at the beginning of each year. The event is even more delicious than it sounds: over 20 different nations demonstrate their culture through flavorful snacks and bite-sized meal samplers year after year. The entire Carnival is a feast full of life.

SEMMELWEIS SPRING FESTIVAL

Another great event held each year is the Semmelweis Spring Festival, a two-day arts and culture event. Citizens of the University may showcase their talents in different branches of art. The Contest of the Virtuosi, the Dance Competition, and the Poetry Competition welcome everyone. The Create! literary competition awaits your writings. The program ends with the Charity Gala and demonstrations of the award-winning pieces.

FRESHMEN’S BALL

Every freshman can experience the transformation of the University building into a magical place thanks to the hard work of the instructors. You have two tasks as a freshman during this evening: wear your most beautiful outfit and enjoy the evening event as you become a university citizen. Don’t worry, several renowned bands and DJs create the necessary atmosphere for it each year.
Mens sana in corpore sano - A sound mind in a sound body

Physical activity has always been an important part of student life at Semmelweis University.

There are many professional trainings, leisure sports, and competitions taking place at our University.
At our University, physical education is a compulsory subject in all faculties. You have several options to obtain the signature. The first option is the classic weekly 60-minute physical education class, which is an interactive experience held by the gym teachers at the sports center on Zágrábi Street. You must attend the class at least 9 times during the semester, which consists of 14 weeks. Alternatively, you can participate in sports programs that are organized by the Events Committee of the Students’ Union (HÖK) and the Sports Center. We will inform you about these opportunities before each event!

Training with a University sports team is another option to obtain the signature. This applies especially to more experienced athletes, but it is also possible for enthusiastic newcomers to join the teams. You can apply to join teams preparing for the Medics’ Cup (handball, basketball, soccer, volleyball, water polo) as well as for hockey, women’s soccer, cheer dance and cheerleading trainings. These training sessions are usually twice per week for 90 minutes.

The Medics’ Cup is the largest sports-related event, during which the four medical universities of Hungary play against each other in 5 sports (handball, basketball, soccer, volleyball, water polo) and Cheerleading over the span of a few days. The matches have a great atmosphere, with energetic cheering from the ultras and drums at each game; the evenings you can expect to party, party, party!

Students can compete against each other in several sports! Form your own teams for this casual, pleasant all-day tournament.

The University organizes a semester-long Beer Pong Tournament, especially for students blessed with surgical precision-throws. The event has been hugely successful so far. The tournament takes place at a pre-announced location where several tables are provided to play in teams of two against each. In addition to winning the title, the triumphant team will receive a gift worthy of the name of the tournament.

A challenge with a long tradition, it is also quite tall: race up 497 steps, 22 floors, to conquer the tallest university building in Budapest!

We organize a Darts tournament that runs throughout the semester. The most skilled Darts players receive valuable prizes.

We organize charity running races for the benefit of the University’s clinics.
University life comes with many opportunities and responsibilities. Your time and attention will be split between study assignments, family, current and future friends, as well as the endless stream of programs that the University and Budapest itself offer. Later, your time will become even more limited due to exam periods, summer practices and events by our student organizations. Moreover, you will have the opportunity to engage in some exciting research, and sooner or later you will find employment in order to gain experience and earn money.

Be prepared that as your University progresses, there will be more and more things competing for your time. The temptation may arise to save some time by not sleeping, eating, or exercising regularly. Your body may temporarily manage, endure, or even not show any alarming signs; but your body will eventually have to pay for all this damage with interest.

Whatever faculty you begin your studies in, consider yourself lucky. You have chosen a profession that is currently in high demand, and it will be even higher in the upcoming decades. When you master the knowledge required for your chosen career, you will receive quite a few hard-to-refuse opportunities and job offers in overwhelming measures.
Therefore, at the start of your journey, it is a good idea to create your own prioritization framework, which will serve as a guide for managing your time and organizing tasks based on importance. The first and most important thing is to determine the necessary conditions to maintain your health, a structure to not overwhelm yourself physically or mentally. For instance, pay attention to your weight, the content and timing of your meals, your level of physical activity (three times a week), and the amount of sleep you need. Not only are these critical for physical balance, but they are also important for the efficient functioning of your brain which allows you to study (and later work) well. You also need these good habits to have the energy and stamina long-term, so you can continue to practice your profession.

The way you live your life also sets an example for your patients. By paying attention to your health, you will feel better in your skin, be healthy for a longer time, and be a more authentic professional. Our Health Promotion Center, along with several other University institutes, works together to help you with this.

The Health Promotion Center has been operating at our University since the beginning of 2019. Our goal is to make Semmelweis University a place that represents health awareness at all levels of its functioning, along with expanding and developing its available tools.

Join the Health Promotion Center and show how you live a healthy life and how you can promote health! Join the ‘Move Semmelweis!’ movement, a program through which we will host an interactive competition that will last for two semesters in 2022 as well.

Our center offers many other options as well. As part of an individual consultation, we can create a personalized health plan. As part of this, you get feedback on your current health, body composition, calorie needs and additionally, we can help you develop the proper lifestyle related to nutrition and exercise. And our group sessions offer the opportunity to maintain your health next to your studies by joining a health-conscious community. We are also happy to see you at our events and conferences! Once you become a second year or higher student, we invite you to join our volunteer team, where can acquire practical prevention skills necessary for your professional career, and you can even test out your skills in practice!

You can find more information on our website: [https://semmelweis.hu/egeszsegfejlesztes/en/](https://semmelweis.hu/egeszsegfejlesztes/en/)

Dr. Magor Papp,
Health Promotion Center
My name is György Purebl, director of the Institute of Behavioral Sciences at Semmelweis University and a practicing psychotherapist. Our Institute has services that help reduce the psychological burden on both the students and university staff. We operate the University Counseling Service (alias Student Counseling) and, along with the Health Promotion Center, its smaller sister service, the University Staff Counseling Service. We provide assistance in three ways: individual conversations (the most popular one), groups sessions, and telephone consultations.
Being a first-year student or ‘freshman’ comes with a number of challenges. Firstly, you have to study way more than in high school and in a different manner. This requires new studying methods that must be developed. For some students this goes naturally; others may get help from upper year students. But those who feel they are unable to cope with study problems should reach out to Student Counseling.

Another common challenge for many first-year students is moving out of their home for the first time and starting an independent life, with all its charms and challenges. Thirdly, even first-year students may encounter some of the challenges that come with this very beautiful, uplifting, but often difficult career in healing - be it as a doctor, dentist, pharmacist, or physiotherapist. This may be a lot at first, but you can receive a lot of help from upper year students through the Mentor Program.

SO, WHAT TOOLS MAY HELP FRESHMEN?

First and foremost, ask professors and upper year students for advice and share the information among your classmates. Solving problems alone is more difficult, but doing it together makes it easier and more fun! Stick together, make friends - as man is by nature a social being - thus, everything is easier with others! The other important tool is our lifestyle: a healthy diet and regular exercise keeps our body fit, provides psychological stability, and helps us study effectively. The third important thing is consistency. Do not leave studying for just before the midterms and exams, but continuously keep up with the material!

This is also necessary since the curriculum is much larger than in high school. It is also a good idea to increase the efficiency of your studying methods: memorizing without understanding the material won’t serve you; rather, from the start practice how to talk about what you have learned since on the oral exam this is what you receive the grade for! You can study together by continuously asking questions from each other, even on the metro or tram! Do not study just the curriculum, but also the learning methods, in other words, how to study quickly and efficiently! It’s an extra investment at first, but it will pay off during your academic years.

Rest and relaxation are also part of effective learning, as expended energy must be replenished. I have already talked about the importance of a healthy lifestyle; nevertheless, regularly making time for activities that you enjoy is just as important. Even during the hardest exam period, spend at least half an hour on these pleasurable activities! This means that you “put yourself on a charger” so that afterwards, you have the energy to continue studying. And as I have mentioned earlier, you can give each other a lot of energy!

The University Counseling Service (or Student Counseling) also offers significant help. You can turn to this service if you would like to learn new study methods, in case you have life management issues, relationship problems, or if you feel like you are drowning. You can book an appointment at this email address: studentcounselling@net.sote.hu, and can read more about its operation on this website: https://semmelweis.hu/magtud/en/health/student-counselling/

Sometimes you may become discouraged, lose enthusiasm, or attach too much importance to an exam. In that case, remember, the ultimate goal is to become doctors, pharmacists, etc. and exams are just challenges to overcome to achieve this goal. Draw strength from this thought, as well as from your friends and classmates! University friendships are connections that help us not only in our university years, but also on this beautiful but challenging journey.

Dr. György Purebl
Director, Institute of Behavioral Sciences
The purpose of school in people’s life is to learn how to learn, to awaken their thirst for knowledge, to experience the joy of a job well-done, to taste the excitement of creation, and to find a job they will love. “

Albert Szent-Györgyi

Students’ Scientific Association - TDK

The Students’ Scientific Association and scientific research work are popular among university students. Feel free to join in if you love challenges, like to make new connections, or dive deeper into a topic that interests you. The world of scientific research can draw you in almost any time, but it is worth waiting until you successfully complete the first year in order to get used to the university environment. The majority of students start research work after completing the foundation subjects.

By initiative of the Students’ Scientific Association Council, an optional subject called ‘Introduction to the Principles of Students’ Scientific Research’ has been launched starting from the 2019/2020 academic year. The aim of the course is to acquaint students with the basic skills needed to start work in the Students’ Scientific Association. Based on previous student feedback, the course provides valuable insight that helps students select an area of research interest, demonstrates the scientific process, and helps prepare students for the successful presentation of their research results at both Hungarian and international conferences.

The website of the Students’ Scientific Association lists the research topics announced by researchers at the FGM, FD,
FPhS, FHS, FHPA, and AFP, from which you can choose. The person responsible for the TDK of the given institute or clinic will help you to choose a topic and will inform you about the available topics and supervisors. It is also possible to contact the supervisor of your choice directly by e-mail or in person. They will be happy to tell you about their specialty as well as your opportunities. A Students’ Scientific Conference is held in February each year, where students can present their research results to the entire University. The research results are published in the journal called ‘Orvosképzés’ (‘Medical Training’). Those who get first and second place at the conference will be awarded a cash prize. The most successful will have the opportunity to participate in the biennial National Students’ Scientific Conference.

TDK encourages students’ scientific activities several ways. Research work can be rewarded with up to five credit points, depending on the results achieved by the student in the given semester (local and national TDK conference, publishing a scientific manuscript, etc.). They support the participation of students in other domestic and international conferences, which may include the financing of the registration fee, accommodation, and travel. TDK membership and work is also an advantage for other applications outside the University, for example Erasmus, National Higher Education Scholarship.

The TDK office is located in the NET Building at 1089 Budapest, Nagyvárad square 4 (TDK Office). Students are welcome every weekday from 10:00 AM to 2:00 PM.

Contact: semmelweis.tdk@gmail.com

Kerpel-Fronius Talent Support Program

The Senate of Semmelweis University operates a talent support program named after Ödön Kerpel-Fronius, a former professor at the University, to identify and continuously care for the University’s talented students. Among the Hungarian and foreign language students on the University’s List of Excellence, those deemed worthy after an interview with the University’s Talent Support Council can participate in the program.

Around 5% of students (under the age of 35) of each year can be added to the List of Excellence by submitting an application summarizing academic, scientific, and other outstanding achievements. Once a year, the University’s Talent Support Council announces an application to all students of the University, as well as the Doctoral School’s first- and second-year students and the Residents to be included in the University’s List of Excellence. Further information on the Kerpel-Fronius Talent Support Program can be found on the semmelweis.hu/english/students/talent-support/ website, or in person at the Kerpel Student Center office at a pre-arranged time. (1089. Budapest, Orczy street 2-4) The nearest application opportunity is February 2023.
EUNIWELL PROJECT

WHAT IS EUNIWELL?

EUniWell stands for European University for Well-Being. The European University of Well-being is a large-scale initiative between Semmelweis University, Leiden University (The Netherlands), Linnaeus University (Sweden), University of Birmingham (Great Britain), University of Cologne (Germany), University of Florence (Italy), and the University of Nantes (France), comprising of a European University Association implemented through the ERASMUS + program.

WHY IS EUNIWELL GOOD?

EUniWell was launched in November 2020. During the first three-year pilot phase, the seven universities aim to encourage knowledge exchange and student mobility between universities, creating new opportunities for university citizens for personal development while also preparing universities for the global challenges of the 21st century.

EUniWell’s mission is to improve the quality of life for university students, educators, researchers and, through them, European citizens. The project provides international learning opportunities and fosters collaborative research projects between the universities. EUniWell’s fundamental philosophy is that development can only be imagined with the involvement and active participation of the future’s opinion-shapers: students and young researchers.
WHY IS EUNIWELL AN EXCITING OPPORTUNITY FOR STUDENTS?

Students play a key role in this University Association. Now you can also take part in shaping EUniWell! EUniWell currently offers the following opportunities:

» You can take part in programs and initiatives organized jointly by universities from seven countries
» You can take part in interdisciplinary working groups dealing with Europe’s most recent challenges. Through this network, you will establish close international contacts and collaborations, gain great experiences, and develop new perspectives
» You can join in for exciting developments from partner universities, such as the EUniWell Mobility Skills Scheme, which offers language, understanding and intercultural communication courses for EUniWell citizens, or the EUniWell Student and Staff Identity initiative

» We would love to see you at EUniWell events such as hackathons and international conferences.
All this is a great opportunity to gain insight into different European education and political systems. Co-operation with students from other European universities also offers valuable networking opportunities to develop your diplomatic skills.

In addition, you can visit the countries of EUniWell’s partner universities in person, which offer particularly exciting opportunities. A jovial meeting in the vineyards of Florence, Italy, or on the coast of Kalmar, Sweden, is definitely a special experience.

If you are interested in this opportunity, you can join immediately. EUniWell is launching new work groups and programs to which new students can join as well. If you want to join, look for the Semmelweis members of the EUniWell team.
MEDICS’ ORCHESTRA

Besides playing a central role in the cultural life of the University, the Medics’ Orchestra of Semmelweis University has given highly successful concerts in Bayreuth (Germany), Switzerland, and Budapest, including at the Liszt Music Academy and the Palace of the Arts (Müpa). The ensemble, which operates mostly in a symphonic line-up, is comprised of active medical students, but also includes doctors, pharmacists, ambulance officers, and students from several other Hungarian higher education institutions. Founded in September 2008, the Medics’ Orchestra is a staple performer at Semmelweis University events but also accepts outside invitations. In addition to the regular orchestra concerts, members also play in string quartets and wind ensembles at smaller events. The work of the ensemble is also regularly assisted by professional musicians. Since 2009, the orchestra has been under the artistic direction of conductor Gergely Dubóczky.
To be a successful student, it is important to find active relaxation opportunities to balance completing your university work. The events organized by SMMLWS Parties by HÖK (Students’ Union) offer an excellent opportunity for relaxation and entertainment. Throughout the semester, there will be a number of music and dance events held in downtown Budapest. Join us at some of the most popular nightlife venues in Pest, such as Akvárium, Story, Ótkert, Heaven, and many more. Well-known performers will entertain you on stage and behind the DJ booth, including BSW, Jauri, Walcus, Virus, Milan, as well as some of the University’s own DJs, including TheChocolateWhite, Sodor&Voko, and V&V.

To properly kick off the semester, we’ll have a Semester Opening party, where several famous performers perform in front of nearly 2,000 students. This is followed by a weekly series of different events and themed parties during the. The events often have a retro theme to satisfy some of our older students! In contrast, themed parties include a festive atmosphere, Latin nights, Halloween costume parties, and many other themed events.

At the end of the semester, the Semester Closing party is held, where students say goodbye to each other for a while before they spend most of their free time studying. However, at the end of the examination period, there will again be an opportunity to celebrate the successful exams at the ‘Vizsgatemető’.

In essence, these parties are where students from all faculties and years meet several times during the semester and have fun together throughout the night. If you don’t want to miss these events, follow the Facebook pages of the Students’ Union and the SMMLWS Parties by HÖK!
The Students’ Union (HÖK) is the major student organization of the University whose range of tasks and responsibilities is quite diverse. You can meet us for the first time at the six-day long Freshman Camp, where we will give you insight into university life, answer your questions about starting at Semmelweis, and you will have the chance to get to know your future classmates while enjoying many great programs. Throughout the semester, we organize and host a variety of programs, such as the Semester Opening, the Freshmen’s Ball, the International Semmelweis Carnival, the Pool Party, and the Ice Carnival. Students’ Union (HÖK) is also responsible for representing the interests of students, helping fellow students navigate the maze of the University’s bureaucracy. We inquire about and represent the opinions of students towards the University and its leaders; we represent you in the major University decision-making bodies. Our organization’s representatives can give advice to fellow students in need, whether on academic or social issues. If you ever need help, reach out to your Year Representative, or write to HÖK on Facebook Messenger @studentsofsemmelweis!

Anyone with an active student status studying at Semmelweis University can become a proactive member of the Students’ Union. If you would like to participate in the work of the Students’ Union (HÖK), contact us at semmelweis.hu/hok/en/join-us/! We welcome any fellow students who are enthusiastic, wish to collaborate with us, or are just interested in the activities of Students’ Union (HÖK)!

The Students’ Union (HÖK) central leadership office is located in the NET Building at Nagyvárad Square, but we also operate a student office in the ETK (FHS) building. We also have a Student Center (Diákcentrum, DC), a study place, and a social lounge for you. We are constantly working to expand our student spaces!
**MEMBERS OF THE PRESIDIUM:**

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<tr>
<th>Name</th>
<th>Position</th>
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<tr>
<td>Bálint Tripolszky</td>
<td>President</td>
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<td>Félix Takács</td>
<td>Vice President, Head of Social Issues</td>
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<td>Zsombor Mátyás Papp MD</td>
<td>Educational Vice President</td>
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<td>Csenge Gecsey</td>
<td>Event planning Vice President</td>
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<td>Norbert Völcsesi</td>
<td>Head of Faculty of Medicine</td>
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<td>Patrik Kreuter</td>
<td>Head of Faculty of Dentistry</td>
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<td>Gábor Filipszki</td>
<td>Head of Faculty of Pharmaceutical Sciences</td>
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<td>Panna Bánhidi</td>
<td>Head of Faculty of Health Sciences</td>
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<td>Attila Hámori</td>
<td>Head of Faculty of Health and Public Administration</td>
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<td>Eszter Németh</td>
<td>Head of András Pető Faculty</td>
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<td>Tamás Frei</td>
<td>Head of Dormitory Committee</td>
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<td>Omid Naderi</td>
<td>Head of International Students’ Committee</td>
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<td>Alexandra Pop</td>
<td>Head of Media Committee</td>
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<tr>
<td>György Árpád Keskeny</td>
<td>Assignee of e-learning</td>
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<tr>
<td>Attila Szűcs</td>
<td>Secretary</td>
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Our website, you will find a lot of useful pieces of information:

https://semmelweis.hu/hok/en/

Our Social Media pages:

https://www.facebook.com/studentsofsemmelweis
https://www.instagram.com/studentsofsemmelweis/
https://www.tiktok.com/@studentsofsemmelweis?
https://www.youtube.com/studentsofsemmelweis
SELF-ACTIVE GROUPS

ISSA

ISSA (International Semmelweis Student Association) is a group that is under the International Directorate and the Vice-Rector of International Studies. ISSA is composed of students coming together from various cultures and nationalities, aiming to be a guide and a support system for international students in the University. We provide answers to questions, act as an intermediary for international students and the administration, facilitate issues, give relevant updates about the school and Hungary, plan events, and work with school administration to provide external opportunities for students. You can find more detailed information on our official website: Semmelweisissa.com

DSVS

DSVS (Deutschsprachige Studentenvertretung Semmelweis) is an honorary association of students from all German-speaking faculties (General Medicine, Dentistry, Pharmaceutical Sciences) of Semmelweis University. It was founded in 2006. It serves as a mediator between students and the University, in addition to providing help regarding all academic and non-academic questions. Firm, permanent projects of the DSVS include the welcoming of freshmen in Budapest and introduction to the operations within the University, decision-making in the senate and Faculty Councils, regular meetings with the management of the German-language programs, the organization of medical and non-specialist lectures and the promotion of international relationships between the students.
WHAT IS THE IÖCS, I.E., THE INSTRUCTOR SELF-ACTIVE GROUP?

IÖCS is Hungary’s largest self-active student organization with currently 2,200 active members. What does an instructor do? Each year we will organize the Freshman Camp, the Freshmen’s Ball, the Freshmen’s Boat, and plenty of other events where you can be with your classmates, friends, and the entire Semmelweis family. However, the job of an instructor is not just about organizing a program. In our organization you can discover yourself, learn how to evolve into the best version of yourself, how to step out of your comfort zone, which is already much bigger than you imagine, trust us! We will show you how to organize smaller and larger programs, how to book venues and bands, all in the most economical and greenest way possible, without any excess. You can also gain skills such as: time management, financial management, small and large group communication, and cooperation.

WHY ARE WE DOING THIS?

Because being an instructor is a lifestyle. Because being an instructor is happiness, studying while having fun. Because it is our tradition that we have received and that we pass on. Because this is our second family.

Contact:

iocs.hu/facebook.com/instruktorkrok
instagram: iocs_officialinfo@iocs.hu

President
Kata Kismarjai
Vice President
Zoltán Bánfalvi
Organisers of Instructor training
Lídia Vígh, Nóra Virág Viola
Organisers of Freshmen’s Camp
Fanni Siklós, Gergely Tege Apáthy
Organisers of Freshmen’s Ball
Orsolya Demeter, Fruzsina Szél
Would you like to see the World while you are a student involved in health promotion? Would you like to do a few practices abroad, meet new people? Join the Budapest Medical Students’ Association! The Association currently has more than 500 medical students who, in addition to their studies, are already engaged in health promotion and health maintenance as a part of social responsibility. As a member, you have the opportunity to be trained and train further in the seven prevention topics held by us, and then hold interactive classes for high school students.

Apart from high schools, we also go to kindergartens to hold our Teddy Maci sessions, where we aim to better understand medical examinations and reduce children’s anxiety. In addition to the prevention classes, you can take part in the organization of many Health Days, World Days, and the Semmelweis Health Competition. You can also get involved in the charitable activities of the Association through the BOE’s Human Rights Section. And in our relatively newly formed Sports Section, you can join a truly sporty and health-conscious community.

You will receive BOE points for your activities in the Association. You can use them for professional and scientific exchanges abroad, in addition to the exchanges you can also participate in international twinning programs as a member. Feel free to contact us (see contact details below) and join an active, effective student community!

Our official e-mail address: boe@humsirc.hu
Instagram: @budapestmedicalstudents
Webpage: https://semmelweis.hu/boe/en/
HuPSA, the Hungarian Pharmaceutical Students’ Association, is a national organization of studying, prospective, and newly graduated pharmacists in Hungary. It is a member of the European Pharmaceutical Students’ Associations (EPSA) and the International Pharmaceutical Students’ Federation (IPSF). Our main task and goal is to represent students, help them plan their professional progress, and provide them with the opportunity to exploit and develop their skills they already have. We map the current state of pharmaceutics and post-graduate opportunities for students.

We are constantly striving to build new domestic and international relations. HuPSA organizes the National Meeting of Pharmacy Students and the Pharmacy Exchange every year and is also the co-organizer of the Pharmacy Student of the Year competition. As a member, you are able to take part in several large-scale trainings held by renowned representatives of the domestic and international pharmaceutical profession. With their help, you can gain insight into the versatility of your future profession, as well as acquire skills that are not strictly related to pharmaceutics but will be remarkably useful in life later. As a member of HuPSA, you may attend international congresses.

Our association offers its members the opportunity to spend their compulsory summer practice abroad within the framework of an exchange program, the SEP (Student Exchange Program). This gives you the opportunity to see as much of the world as possible, to learn about other cultures, to develop your language skills, to build new relationships and to gain useful experiences. Join us as soon as possible so you don’t miss out on these exceptional opportunities and become active members of a cohesive, enthusiastic team!

Follow us on our Instagram and Facebook pages or contact us via info@hupsa.org.

Contacts:
hupsa.org/en
instagram.com/hupsaofficial/
info@hupsa.org
It may be strange to think about it now, but the university years are quickly going by and after successfully completing the years, you step out of the gates of our University with your diplomas. As a student, Semmelweis University will always look out for you, and this will be no different after graduation.

The Alumni Network is a community of alumni whose mission is to ensure that the relationship between the student and the institution during the university years is maintained throughout their later careers. Our vocation and goal is to facilitate contact with current and former students of Semmelweis University, inform about events related to the University, and nurture this community.

In addition, we will inform you about the new courses, events, research results and scientific conferences and news of Semmelweis University. We pay special attention to the career path of our alumni graduated at the University and we organize class meetings. You can already gain insight into our work as a student at our University, as we provide you with the following opportunities during your journey:

- Career guidance service:
  Within the framework of career counseling, you have the opportunity to personally address issues related to your career paths with our contemporary counselors,

- There is an annual University Career Day and Job Fair where you can meet both employers and find out about the latest opportunities ahead of you,

- We organize several workshops: Apart from your university education, you can take part in several courses and trainings, where you have the opportunity to develop yourself extracurricularly: public speaking, CV writing, developing presentation skills, developing studying techniques.

We would like you to receive as many discounts as possible as members of the Semmelweis Family, therefore you can enjoy already during your student years the discounts of our partners.

If you experience any difficulties during your university journey and feel that you need a hand, you can always count on us!

Once again, we welcome you as the youngest members of Semmelweis Alumni Network!

semmelweis.hu/alumni/en/
INTRODUCTION

The previous work of the Students’ Union focused on operations within the University, but we felt it was time to develop our institution in terms of environmental protection and sustainability. Therefore, the Students’ Union has launched the Green University Project, within the framework of which we would like to reduce the ecological footprint of our community by working together with the leaders of the University. Following the motto ‘Think globally, act locally!’, we would like to emphasize the importance of everyday decisions’ role in protecting the environment.

OUR MAIN GOALS

Our primary goal is to develop environmental education. We would like to draw the attention of all students at Semmelweis University to the fact that both individually and globally we are responsible for our environment. Then the next step is to develop individual environmentally conscious thinking and implement it in everyday life. Finally, we would like everyone at Semmelweis University to fight together for a better and more sustainable future.

WHAT WE HAVE ACHIEVED SO FAR

We have set up a Green University Facebook group to inform you about current projects and also, you can actively take part in reducing our University’s ecological footprint. We look forward to hearing from you! We have increased the number of recycle trash cans on our campus to collect all recyclable waste here, and we have also participated in the Plastic-Free July Movement. Students are encouraged with discounts and coupons to shop at package free stores. We are constantly expanding the range of partner stores!
ONGOING PROJECTS

Given that education is extremely important to us, the Green University elective subject has been introduced, within the framework of which we will provide you with new and interesting knowledge. We definitely recommend this subject! Furthermore, we work on a lot of media material that promote environmental protection. We also plan eco-friendly community programs for you throughout the academic year, such as a used clothes fair or a vegan food fair. Disposable PET bottles will soon be removed from the University’s canteens, and you can get your soft drinks in reusable glasses instead, thus reducing the ecological footprint of our University. Additionally, we would like to introduce a meat-free Monday and put together a menu with a variety of vegetarian and vegan options to choose from.

PLANS FOR THE FUTURE

We want to significantly increase the number of bicycle storage facilities in University buildings, thus encouraging the use of zero emission transport. As university students, we have a huge curriculum, so it is extremely important to minimize our paper usage. We would like to achieve this by moving to online curricula, for which we will make an effort to give you every possibility in the future.

We have also introduced the so-called Green Points system, which you can collect by participating in eco-friendly programs and then redeem them for great gifts at the end of the semester.