freshman news
2023
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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 new student!

First, we would like to congratulate you on your successful admission and welcome you to Semmelweis University!

We would like to take this opportunity to invite you to the Semmelweis University Freshman Camp 2023! These six days are guaranteed to be the best experience of the summer, where you will meet your future classmates, make lifelong friends and enjoy unforgettable experiences. We've got lots of activities and surprises in store for you, so this is the place to be if you want to have a great time before university. We look forward to seeing you in Tata from 15 to 20 August!

Happy to welcome you:

Sára Varga and Márk Kozma
on behalf of the Students’ Union and
Réka Ábrahám and Dorottya Orbán
on behalf of the Instructor Self-Active Group
We talked to Prof. Dr. Béla Merkely, Rector of Semmelweis University
What made you decide to become a doctor?

I was initially interested in history and maths, which were my first electives at school. However, I matured in my choice of career - medicine, treating patients, is much more than a job, it is a lifelong vocation. My grandfather, who was an internist, played a big role in my decision. So, I switched to biology and physics, and after high school, I was accepted straight into what was then called Semmelweis Medical University.

What were your first experiences at Semmelweis University?

I have good memories of the entrance exam: the written exam was excellent, and the oral exam was more of a logical problem than a technical one. As I had the feeling that the admission had gone well overall, I had a pleasant summer afterward. At that time, in 1984, there was no freshers' camp, but the university did its best to help us settle in quickly: a one-and-a-half-day session was held on the meadow behind the Theoretical Building on Nagyvárad Square, in front of the Markusovszky Dormitory. There we camped, talked, and were informed about what the university would be like. I remember that even then the lecturers took great care to make us feel comfortable and to make the university our second home - a tradition that has continued to this day.

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

Studying from morning to night is what I remember most about my first year. And anatomy, which was already considered the hardest, I think students still think it is.

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: in the middle of the year the exams were relatively quick and easy. The most difficult exam was still the anatomy exam. The most challenging exam was the internal medicine exam, for which I had four weeks to prepare. The end of the second year was the longest exam period. I took advantage of every opportunity to study, I found people, teachers, tutors who were willing to teach me and teach me. I started my TDK quite early. I started my biochemistry in the third year with Mári Sasvári, followed by pathology with Professor László Selmeczi and then internal medicine with Professor József Tenczer. Finally, I did my research here, at the Vascular and Cardiac Surgery Clinic in Városmajor, with Professor Ferenc Solti. I also wrote my thesis here, at the clinic where I work now.

The university years, as the saying goes, are not all about learning. How did you spend your free time, how did you try to relax?

As well as preparing you for your chosen career, university also plays an important role in helping you to find yourself, to find out what you are interested in or what you are best at - both inside and outside of work.
Of course, as a university student, learning came first, but we also went to a lot of team-building parties with the group. These are such lasting experiences that when I look back on that time, it’s the experiences with the group that come to mind most. I was in C/2, which was a close-knit, supportive group. We went to Lake Balaton and usually went to football matches together. When Hungary qualified for the World Cup, we went to the Népstadion to celebrate the 3-0 win over Brazil. I did one thing wrong. I used to play sports competitively before I went to university, but during my medical studies, it became more of a hobby. I gave up water polo and gymnastics. Of course, we used to go to Zagreb for compulsory sports, but even so, I stopped doing sports regularly. I would not recommend that to anyone. I am convinced that you can learn better by doing sports. Fortunately, Semmelweis citizens are now excelling in sports in addition to their studies and academic achievements: the university sports clubs achieve excellent results in regional and university-college championships, and we recently won the Medics’ Cup.

**In addition to being the rector of Semmelweis University, you are also the director of the Heart and Vascular Clinic in Városmajor and hold other positions. How do you fit all this into a day?**

I strive to maintain my health while tackling professional challenges. I wake up at 5 a.m. and reach City Hall by 6. I play tennis twice a week. If I start my day here, I check my correspondence, followed by a bath at seven and a breakfast meeting at 7.30. Then, I begin my work at the house. On days when I have responsibilities as the vice-chancellor, I’m at the vice-chancellor’s office by nine, engaging in various meetings with the university administration. If I remain at the clinic, the day continues with further meetings.

There are also a lot of scientific meetings, followed by my surgeries. My day usually ends with water polo training. I play three times a week at the Semmelweis University Water Polo Club, where I am the youngest rector but the oldest player. Besides me, there are several coaches and one or two medical colleagues. Of course, most of the players are young medical and pharmaceutical students, both girls and boys. When I’m in Hungary I go to the games and I can be a good substitute, but I can’t play the whole game.

**Rector, teacher, doctor, researcher - what is the difference between these positions for you?**

You cannot separate the positions of doctor and teacher, at least I have never made a distinction between them. I see myself as a doctor, a teacher, and a researcher at the same time, which in our case means mainly clinical research - all aimed at helping and curing our fellow human beings, the sick and the destitute. We try to formulate a hypothesis from each case, or from an accumulation of cases 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 theatre. I really like this work. I have been a rector for more than five years now. Before that I was Vice-rector, but of course, it’s quite different when there’s no one above you to do things for you.
I am the last link in the chain and always must take a stand on decisions. It is a heavy responsibility. A huge institution, with more than twelve thousand students, and about the same number of staff, doctors, teachers, and specialists, in other words almost twenty-two thousand Semmelweis Citizens. Ultimately, as a rector, I have the same goal in mind: to work for the people, for Hungarian healthcare, and for the development of science. I see the rectorship as an important tool to make the university a much better institution together with the people of Semmelweis. A higher quality one, tutor-mentor, patient-centered and clinical education. This is the aim of the curriculum reform, which allows for a more practice-oriented education, and it is also at the heart of the translational approach that we advocate: the aim is to ensure that scientific achievements and research results are applied directly at the bedside as soon as possible. I believe we need to change the paradigm and make people aware that in a university of medicine and health sciences, the work of healing is also the work of education and research. At an individual level, we need to be able to interest our staff in doing their best and making the best use of their time. Innovation and development thinking must be woven into our daily lives; as 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 of Freshmen Camp?

Freshers' Camp is not only a highlight for new students, I see it as such. I have been a regular guest at the Semmelweis Freshers' Camp for almost a decade, first as President of the Scientific Students' Council and later as Vice-Rector. This year is the sixth time that I have welcomed the freshers as Rector. I always look at the young people, the sparkling eyes - they will be the next generation. Freshers' Camp helps to build community and teamwork. After all, these young people will be learning together and, more importantly, working as a team in the health sector for many years to come. 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 walks of life to fight the infection. Working as a team is something you must learn, but not everyone can do it. I've been lucky because water polo is a team sport, but you can tell the difference when you miss out on those 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 the patient. The 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 first-year students you have recruited this year?

Those who have been accepted to Semmelweis University have chosen one of the best professions in the world and will graduate from one of the best medical and health sciences universities in the world.

But to achieve this University studies require more serious, concentrated, and in-depth study than secondary school because the amount of knowledge to be acquired is incomparably greater. However, the curriculum reform will help to ensure that freshers, as the health professionals of the future, gain experience in day-to-day patient care as soon as possible, with solid and fresh theoretical knowledge, and that the time it takes to become independent in the operating theatre, in specialist clinics or in hospitals, pharmacies, and all health services is noticeably shortened. It is important that the health profession is a task for which one must be prepared. That the knowledge they acquire is not only for their own sake but also for the sake of the patients they treat so that there is no delay in recognizing their illness. They must therefore be prepared for lifelong learning, which will complement the maximum knowledge they can acquire at university, and which will be a great pleasure. These are the main considerations, and according to current developments, they will finish their careers at Semmelweis University which has been renewed and strengthened in terms of infrastructure.

Medical and health sciences are one of the most dynamic disciplines in the world, with knowledge doubling every two years. Therefore, we cannot stop for a moment. We need to educate ourselves almost daily, to expand our knowledge, to maintain the often painstakingly hard-earned ability to learn. I wish them strength, health, and love for what they have chosen to do.
Dear Freshmen!

First of all, let me congratulate you once again on your successful admission! It's a special day for you and for all of us that you have the honor to be among the citizens of Semmelweis University from today.

When I received the letter of admission, I was full of emotions, as you probably feel now. Will it be difficult? Will I enjoy it? Will I make friends? Who will help me if I get stuck? My advice is: don't be afraid! Dare to immerse yourself in the diversity of university life and the beauty of science, but don't forget to make new experiences and friends.

As President of the Students' Union, it is my job to make your everyday life easier. We are constantly working to make your time at university as memorable as possible. Our aim is to give you the opportunity to relax, have fun and enjoy yourself during the week, in addition to your studies.

But more importantly, we want to support your studies and make you feel that we are an advocacy group that you can always count on when you face obstacles! We will be there for you from your first memorable days at university to your last happy moments.

I feel that Semmelweis University is an extremely cohesive community. This is evidenced by the positive and supportive relationship between the university management and the students, thanks to which we are moving forward together, setting new goals and aspirations. From today, you are part of this family.

The only thing you should feel now is pride and joy because you have made it! I wish you success and good luck in your chosen vocation, and strength and perseverance for the difficult days ahead!

I hope to see you at the Freshman Reunion and Freshman Camp!

Csenge Gecsey
President of the Students' Union
WELCOME MESSAGE OF THE INSTRUCTOR SELF-ACTIVE GROUP

Dear Newly Admitted Students, i.e., Dear Freshmen!

Congratulations on your successful graduation and admission! You may suspect that you are about to enter a period of your life that will be full of challenges and difficulties, but I can assure you that it will be one of the most beautiful and rewarding periods of your life!

We, who have been students at Semmelweis University for several years, already know what you can only imagine: many experiences, new people, new friendships, and countless opportunities await you! Starting a new life is always scary, but from experience, we know it's worth it!

As President of the Instructor Self-Active Group, one of the places you will meet me is at Freshmen Camp. Together with the Instructors, we have been working all summer to make these days as good for you as they were for us, if not better.

You'll meet your future classmates, freshers from other faculties, and your instructors, who will help you navigate the maze of college and help you through the initial difficulties, just as they have helped us and so many generations over the past nearly 50 years.

If at any time you feel unsure, you can turn to them with confidence, they are always happy to share their experience and expertise, and you can turn to them for help.

And during your freshers' camp and throughout your time at university, take part in as many activities and events as you can, seize every opportunity and compete, so that you can look back with pride on one of the most exciting times of your life.

I wish you all a happy and enriching university year and hope to see you at Freshmen Camp!

Until then, relax and enjoy the summer!

Viola Nóra Virág
President of the Instructor Self-Active Group
The history of our University began on 7 November 1769, when Queen Maria Theresa added a Faculty of Medicine to the University of Nagyszombat (now Trnava, Slovakia). In 1777 the University moved to Buda, and in 1784 to Pest.

On 1 February 1951, the Medical Faculty of the University of Pest became an independent institution as the Budapest University of Medicine.

The university was named after Ignác Fülöp Semmelweis, the 'saviour of mothers', on the occasion of the faculty's bicentenary in 1969.

In 2019, our University celebrated its 250th anniversary, making it the oldest medical institution in Hungary. With this anniversary, we honored Ignác Semmelweis's legacy and looked forward to the meaningful and valuable years ahead for 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/)
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/semmelweisegyetem**
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!

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

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.

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.

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.

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.

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.

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.

**https://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.

**https://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.
OUR FACULTIES
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.
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.

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.

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
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
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.

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 Kútvölgyi 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 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 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.

PAK - András Pető Faculty
Dean I Dr. Miklósné Tenk dr. Andrea Zsebe
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.
Head of the Center for Education of International Studies
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
Prof. Dr. Miklós CSALA, M.D., Ph.D., D.Sc.

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DIRECTORATE OF INTERNATIONAL STUDIES
- DIVISION OF ENGLISH LANGUAGE PROGRAMS -

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

Opening hours
Monday 13.00-15.00
Tuesday 13.00-15.30
Wednesday closed
Thursday 9.30-12.00
Friday 10.00-12.00

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STUDY GUIDE
for an easier start to the academic year
University education is different in many ways from what you were used to in high school. This section is designed to help you navigate the various unfamiliar terms and seemingly complicated administration. As well as the main responsibilities, you can also read about your rights. If you have any further questions or special problems, the Students' Union representatives are always there to help! At the University, educational units consist of fourteen weeks of lectures and practical classes, followed by an examination period.

You can find out more about the concepts mentioned below, as well as answers to many important questions, in the Study and Examination Regulations. It may seem a bit long and dry at first, but it's worth reading through so that you can easily find the necessary information whenever you need it.

The semester consists of 14 study weeks, during which you will be taught the required knowledge through practicals, lectures and seminars. Of course, during this time there may be mid-term exams, either oral or written, which are compulsory in all cases (in case of absence chances for retaking the exams are provided). In most lectures, the whole year is present at the same time and you listen for 1-1.5 hours to the lecturer presenting the theoretical material on a particular subject. Seminars are held in smaller groups. During these classes you will have the opportunity to deepen your knowledge and understanding, ask questions based on the lectures and think together. Practicals, as the name suggests, focus on applying what you have learned. For example, you will study anatomy in the dissection rooms and biochemistry in the laboratory, where you will learn how to use equipment correctly.

**BASIC CONCEPTS OF THE UNIVERSITY:**

**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 Book III. Student Standards, Part III.4. Student Allowance and Fee Payment Regulations (hereinafter: AFPR).
- 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%.

Ne aggódj, ha ez bonyolultnak tűnik, készítünk nektek videókat, ahol minden fontos lépést elmagyarázunk!

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!
BOOKSTORES

MEDICINA KIADÓ (MEDICINA PUBLISHER)
on Üllői street, at the Semmelweis Klinikák metro station
(1091 Budapest, Üllői street 91/A)
on Baross Street, next to the FOCI (Faculty of Dentistry) building
(1088 Budapest, Baross u. 21.)

Opening Hours:
Monday-Thursday: 09:00 to 17:30
Friday: 09:00 to 15:30

SEMMELWEIS PUBLISHING’S SAMPLE STORES

Legendus Bookstores (in NET building)

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):

I’m Gábor Koós, Faculty Leader of Medicine. My warmest greetings and congratulations on your successful admission. I know how much work you have put in over the past twelve years, and you really deserve a summer break. The most exciting time of your life will begin in September. Many of you are starting independent lives and may be miles away from your family and home. Medical school will also present you with challenges that you have never faced before in your studies. For all these reasons, it is important that you know from the start that this is the university where you will have all the friendly and professional support and opportunities you need to cope mentally and physically over the years. Try to make as many friends as possible, get involved in university events and, of course, do a lot of sports.

On behalf of the Students’ Union, we encourage you to contact us if you have any problems and we guarantee that your requests and questions will not fall on deaf ears!

In a friendly spirit:

Gábor Koós

FOK- Faculty of Dentistry (FD):

During the first two semesters you will have practical sessions in the dissecting rooms as part of your Macroscopic Anatomy course.

Make sure you bring a padlock to these practical sessions, as you must leave everything in the lockers except the necessary tools. As you will also be carrying out dissections, it is recommended that you purchase a scalpel and anatomical forceps in the first few weeks, which you can buy in the NET building. Don’t throw away your calculator and crayons as you’ll need them for the practical sessions, and be prepared for PE with trainers and proper clothing. Make sure you keep the name badges you receive on enrolment, as you will need them during clinical placements and some introductory courses. From the third year, you will also take part in a clinical placement, so you could buy a pair of white trousers and shoes, but there is plenty of time to do so.

Summer practices:
You will also have summer practices, all of which focus on performing tasks related to the dental profession. Once you have mastered the basics of tooth extraction during the oral surgery practical in your third year, and have experienced the thrill of your first tooth extraction, you will spend a whole week in a clinic during the summer placement, where you will be able to see patients waiting to have their teeth extracted. In the summer following your fourth year, you will join a general dental practice where you will be able to see patients completely independently and carry out a wide range of procedures.

Bernadett Kovács
One of the most important accessories a pharmacist should have is a lab coat from a reliable shop. It is important to choose one with long sleeves and made of 100% cotton to avoid any possible accidents. Goggles and other equipment will be provided by the institute. You will need special latex gloves from the second year onwards. You will need a scientific calculator, as well, which will save you a lot of time during examinations.

A notebook is also useful, as a lot of lecture material is available in PDF format, and the uploaded slides can be very helpful when studying for an exam.

For practical sessions, a white lab coat is an essential accessory that is worth getting in the first week. The coat, white medical uniform and non-slip clogs will be necessary during the hospital practices.

All first-year students at the University receive support for purchasing the lab coat. In case you forget your lab coat at home, you can borrow one (available in limit numbers) at the Students’ Union office before the practical session. Apart from the lab coat, all specializations will need other equipment as well.

Nursing students will need a stethoscope during and after their studies. Dietitian students should wear closed toe shoes during teaching kitchen classes to avoid accidents. Everyone will need sports clothing, as physical education is a compulsory subject at the University and physiotherapy students will need to have full swimming equipment for swimming classes.

Physiotherapist students will be required to wear comfortable clothing, but not necessarily sportswear. In the first weeks, feel free to ask the upper year students what other things some educators ask for or like, in order to work more efficiently.

Notebook, notebook, notebook! Nowadays, due to accelerating digitalization, it is quite difficult to live without a computer. As an EKK student there is a much higher need for a laptop, since it is an essential tool for informatics classes (of which you will have quite a lot). There are also plenty of online learning materials available, for which a well-functioning device provides great help. Furthermore, a good quality calculator and a data booklet will be very useful.

Extra tip: Reviving your math and computer science knowledge will be of great asset during the first semester and examination period.

Since you start the practicals from the second week, it is important to get the necessary clothing. Always have an extra pair of shoes to change into, which can be comfortable slippers or sneakers, the most important thing is that they are clean and safe to walk in.

Your top should not be provocative or ‘weird’ patterned/inscribed t-shirt, and as for pants, comfortable, light sweatpants are ideal.
It is worth paying special attention to your clothing, as you will play the role of a pedagogue and set an example for the children, staff, and parents. You will also meet the children's parents, the children, and their pedagogues, thus, this detail is also important.

There are two changing rooms on Kútvölgyi street and one changing room on Villányi street, where everyone will choose their own locker (one locker is usually used by two people). You can mark yours by placing a padlock on it, so bring a padlock with you on the first day.

The library on Kútvölgyi street is a great help in obtaining textbooks. You can read more about it in the Libraries section.

_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" (Hungarian abbreviation: TDK) program, which gives secondary school students a glimpse into the work of research laboratories and the researcher's way of thinking.

It is no exaggeration to say that anatomy is the foundation of all medical thinking and action. This extremely exciting and amazing subject, which at the same time is very difficult to master and requires endless diligence, has been taught by the Department of Anatomy, Histology and Embryology for 123 years now.

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.
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.
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.

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 hid 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.
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.

KÚTVÖLGYI STREET BUILDING - ANDRÁS PETŐ FACULTY (PAK)

1125 Budapest, Kútvölgyi street 8.

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)

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.

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.
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.

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.

SEMMELWEIS UNIVERSITY CENTRAL LIBRARY
1088 Budapest, Mikszáth square 5.

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 utca 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.

PAK LIBRARY
1125 Budapest, Kútvölgyi street 8.

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.
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 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: +36 30 298 9892
E-mail: info@semmelweishousing.com

SEMMELWEIS 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.

Contact Information
E-mail: hok.dormitory@semmelweis-univ.hu
EVENTS

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.
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.

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.
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, “FOODFEST”

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 IÖCS (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.
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.
SPORT

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.
PHYSICAL EDUCATION AS A SUBJECT:

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.

SPORT EVENTS:

MEDICS’ CUP
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!

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

BEER PONG 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.

NET STAIRCASE RUNNING
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!
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, Heaven, and many more. Well-known performers will entertain you on stage and behind the DJ booth, including BSW, Jauri, Walcus, Virus, Milan.

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!
MAJOR UNIVERSITY ORGANIZATIONS AND PROGRAMS
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

Gecsey Csenge  President
Nagy Imre Richárd  Vice President
Nyirády Loretta Enikő  Internal Administration Vice President
Bakó Benedek  Event Planning Vice President
Keskeny György Árpád  Educational Vice President
Kovács Gábor  Head of Faculty of Medicine
Kovács Bernadett  Head of Faculty of Dentistry
Filipszki Gábor  Head of Faculty of Pharmaceutical Sciences
Fekete Rea  Head of Faculty of Health Sciences
Németh Eszter  Head of András Pető Faculty
Hámori Attila  Head of Faculty of Health and Public Administration
Frei Tamás  Head of Dormitory Committee
Kovács Karina  Head of Foreign Affairs Committee
Pop Alexandra Júlia  Head of Media Committee
Pál Kinga Ágnes  Head of Student Welfare Committee
Jakab Benjámin Szilveszter  Secretary

Our website, you will find a lot of useful pieces of information:
https://semmelweis.hu/hok/en/

Social Media pages:
https://www.facebook.com/studentsofsemmelweis
https://www.instagram.com/studentsofsemmelweis/
https://www.tiktok.com/@studentsofsemmelweis
https://www.youtube.com/studentsofsemmelweis
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.
IÖCS

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.

President
Nóra Virág Viola

Vice President
Orsolya Demeter

Training organizers
Edina Nagy, László Filipszki

Freshman Camp organizers
Réka Ábrahám, Dorottya Orbán

Freshmen's Ball organizers
Csenge Sáfrán, Márk Forgács

Contact:
iocs.hu
facebook.com/instruktorok
facebook.com/semmelweisgt
info@iocs.hu
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
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.

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.
Careers advice service: As part of the service, you have the opportunity to discuss issues regarding your career path with our experts on a one-to-one basis.

There is an annual University Career Day and Job Fair where you can meet employers and find out about the latest opportunities available to you.

The Board is also active on social media, where alumni and students can easily connect, share information and ask questions.

The Alumni Network is a community of former students whose mission is to ensure that the strong bond established between the student and the institution during their years of study is preserved throughout their future careers. Our role and purpose is to maintain this connection and to keep you informed of University related events and opportunities. We also send out newsletters to our members to inform them about upcoming courses, events, research results, scientific conferences and news from Semmelweis University.

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- There is an annual University Career Day and Job Fair where you can meet employers and find out about the latest opportunities available to you.

"Alumni" is a Latin term used by universities and higher education institutions to refer to former students who have graduated. This might seem strange to think about now, but those wonderful years you spend at the University go by quickly and you’ll graduate sooner than you think.

The Semmelweis University Alumni Directorate was established to provide a long-term network of support and contacts for former students of the University. The Board's mission is to strengthen the alumni community, maintain and nurture relationships, and promote the professional and personal development of recent graduates.

We encourage Semmelweis University alumni to stay in touch with the institution and share their insights and work experiences with current students. This will give the younger generation the opportunity to learn from inspiring examples and receive guidance that will help them start a successful career.

Our activities include organising events, workshops and lectures that bring together the alumni and current student communities. Such sessions provide a platform for interactive learning and professional and personal networking.

SEMMELWEIS ALUMNI

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The Semmelweis University Alumni Directorate was established to provide a long-term network of support and contacts for former students of the University. The Board's mission is to strengthen the alumni community, maintain and nurture relationships, and promote the professional and personal development of recent graduates.

We encourage Semmelweis University alumni to stay in touch with the institution and share their insights and work experiences with current students. This will give the younger generation the opportunity to learn from inspiring examples and receive guidance that will help them start a successful career.

Our activities include organising events, workshops and lectures that bring together the alumni and current student communities. Such sessions provide a platform for interactive learning and professional and personal networking.

- Careers advice service: As part of the service, you have the opportunity to discuss issues regarding your career path with our experts on a one-to-one basis.
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• **We organise various workshops:**
  Alongside your university education, you will have the opportunity to attend a range of courses and training sessions to develop your own extra-curricular skills: public speaking, CV writing, presentation skills, study techniques. We follow the careers of our alumni and organise class reunions, alumni meetings and a graduation ball.

Even as a student at our university, you can get to know our work by taking advantage of the following opportunities along your journey:

As a member of the Semmelweis family, we encourage you to make the most of the discounts offered by our partners ([https://semmelweis.hu/csaladbarat/en/](https://semmelweis.hu/csaladbarat/en/)) during your studies, which are specially designed for the Semmelweis Family.

As the newest member of the Semmelweis Alumni Network and Semmelweis University, a warm welcome awaits you!

**Contact:**
www.semmelweis.hu/alumni/
www.facebook.com/alumnisemmelweisuniv

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**Dr. Tamás Hegedűs**
Director
Alumni Directorate

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[ALUMNI SEMMELWEIS EGYETEM](#)
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/

Dr. Papp Magor,
Health Promotion Center
acting director
MENTAL HEALTH - CHALLENGES AND
WAYS TO MANAGE IT
(DR. PUREBL GYÖRGY’S WRITING)

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?

A 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. Purebl György,  
Director,  
Institute of Behavioral Sciences
OPPORTUNITIES TO FLOURISH AND GROW IN KNOWLEDGE AND SKILLS

“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:**
https://semmelweis.hu/tdk/en/
semmelweis.tdk@gmail.com

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**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 2024.
EUNIWELL

WHAT IS EUNIWELL?

EUniWell stands for European University for Well-Being.

The European University of Well-being is a European University Association, which currently has 11 members: Semmelweis University, University of Birmingham (Great Britain), University of Cologne (Germany), University of Konstanz (Germany), INALCO (France), University of Murcia (Spain), University of Florence (Italy), Linneus University (Sweden), University of Santiago de Compostela (Spain), University of Nantes (France) and The Taras Shevchenko National University of Kyiv (Ukraine).

WHY IS EUNIWELL GOOD?

EUniWell was launched in 2020 as part of the ERASMUS+ programme. Its aim is to promote knowledge transfer and mobility between universities.

EUniWell's mission is to improve the quality of life of university students, teachers, researchers and, through them, European citizens. It provides cross-border learning opportunities and creates international research projects.

The underlying philosophy of EUniWell is that progress can only be imagined through the involvement and active participation of future opinion leaders, students and young researchers.
WHY IS EUNIWELL AN EXCITING OPPORTUNITY FOR STUDENTS?

Students play a key role in this university alliance. EUniWell currently offers opportunities to:

- participate in programmes and initiatives jointly organised by 11 universities;
- join interdisciplinary working groups on Europe’s most topical challenges, build strong international links and collaborations, and gain great experience and new perspectives;
- participate in joint developments with partner universities;
- be welcomed to EUniWell events such as hackathons and international conferences.

All this is a great opportunity to gain insights into different European education and policy systems. Working with students from other European universities also provides valuable networking and other opportunities to develop your diplomatic skills. In addition, successful applications will give you the chance to visit EUniWell member countries in person, which is a particularly exciting opportunity. A friendly working meeting in the vineyards of Florence, Italy, or on the shores of Kalmar, Sweden, is sure to be a special experience. If you are interested, you can get involved right away.

EUniWell is currently running workshops and programmes that students can take part in. If you are interested, look out for the Semmelweis members of the EUniWell team.

EUNIWELL TEAM AT SEMMELWEIS UNIVERSITY

Project Leader: Prof. Dr. Miklós Kellermayer
International Relations: Dr. Marcel Pop
Project Manager: Dr. Ádám Orosz
Head of Communication: Eszter Turopoli

E-mail:
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turopoli.eszter@semmelweis.hu

SCAN THE QR CODE AND JOIN NOW!

@euniwell
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.