

FRESHER'S GUIDE

2020/2021



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Dear freshmen,

It has been a while for us since we have been in the same position as you. Coming to Slovakia, Bratislava for the first time. Not knowing anybody here, encountering new places, a new university, and new people. We understand that it is stressful and exciting at the same time. As the semester begins, you find yourself facing many new situations, but as you may soon realize, the information given to you now is worth its weight in gold. That's why we decided to help you a bit by creating this guide to answer some questions you may have in the first weeks/ month(s).

Moreover, do not be afraid to ask additional questions; ask your classmates, teachers, and fellow students in the halls or at BSM. Also, keep in mind that sharing is caring, and that we can all help each other. That's why we have also created a Facebook group for your study year of 2020/ 2021 which we encourage you to use to communicate with one another.

This guide was created for the first time, so we ask for your understanding in case we missed some information or weren't precise. :)

We wish you an amazing first year at our Alma Mater - enjoy it!

Bratislavsky spolok medikov, club SCOIS

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First Semester Subjects

Anatomy

Your first contact with medicine, during which you will gradually learn about all compartments of the human body within 2 to 3 semesters (depending on dentistry and the general medicine study programs respectively). It is important to study ahead, as teachers tend to test you at the beginning of each class; something that is especially true for practical exercises with cadavers (corpses fixed with formalin) where – were you to not study beforehand - you will likely feel totally lost. In the winter semester you will have 2 simple multiple-choice credit tests whereas the summer semester will be more interesting as you begin with myology, which will be taught with means of practical exercises on cadavers. At the end, you will have a multiple-choice credit test.

In the summer semester you will additionally be divided into individual "dissection weeks", according to your study group, where you will deal with the internal organs and the vasculature of the thoracic and abdominal cavities for 5 working days. The dissection week is quite demanding due to the small amount of time to absorb a vast amount of new information. Hence, elaborative preparation is an absolute necessity. On the first day of the week you will have a brief oral examination where your teacher will judge whether you are adequately prepared. On the last day, you will have a multiple-choice credit test and a brief oral examination as well. The final exam on anatomy takes place during the winter semester of the second year for students of General Medicine and during the summer semester of the first year for those studying Dentistry.

Biophysics

Your first **serious** exam. The education is taught via practical exercises. In every practical exercise you will be filling out protocols, which you subsequently submit to your teacher for evaluation. Part of the subject is also writing a semester paper, which your examiner will be asking you about during your final examination. Due to the fact that biophysics is a subject lasting just one semester, we advise you to go to the lectures, which often cover topics not taught in the practical classes but are nevertheless crucial for the success of your final exam.

Biology

One of the most demanding subjects of the first year. The knowledge of biology will be the premise to understand living organisms and you will be referring to it a few times during the course of your study. Going to the lecture(s) compounds your overall knowledge of medicine. Lecturers will, just like in biophysics, cover topics of the final examination not taught in the practical classes.

Greco-Latin Medical Terminology

What doctor would one be when one does not know **the** language(s) of medicine? A bilingual science course with 2 exquisite languages (that shaped Western Civilisation) as its mother tongue is an absolute necessity in your medical career. "In via est in medicīna via sine lingua Latīna "(There is no way into medicine without Latin) will quickly become obvious, as most terms and names of structures you will encounter from the very first lesson of anatomy are in Latin and Greek. There are 2 credit tests in each semester and in the end of the summer semester you will have a written exam. It is an utterly enjoyable, yet fundamental subject that will give meaning to all those peculiar words that comprise the world of medicine.

First Aid

There is no need to explain its' importance. The first lesson takes the form of a seminar and thereafter you will be working with dummies in a simulation center.

Nursing

This subject is one of the first in which you will have the opportunity to practically try blood collection or dressing techniques, however, this in particular will give you an overview and knowledge on the day - to - day procedures which are necessary for taking care of a patient. At the end of each semester there is a written test for which you will have to be carefully prepared.

Medical Ethics

The subject will take the form of practical exercises and lectures on ethical issues mainly from the medical environment, but they will also be reflected from and translated back into everyday life.

Medical Chemistry

The gateway to the subject of medical (bio)chemistry. Teaching uses practical exercise and follow-ups by writing protocols and a semestral paper, which can hand in to up your final grade in the exam by up to 5 points. Most importantly, a written test will be awaiting you for each practical class, so you better be prepared at least one or two days before the test.

Histology

Is an important subject that you will use in many specializations. Studying histology can be quite challenging. It requires constant preparation and the study of microscopical slides. Each class will take over the new curriculum and the following that, you will work with histological specimens that you will draw and describe into a specific notebook. That notebook will be graded at the end of the semester.

COMPENSATION OF MISSED CLASSES

Even though the rules regarding the compensation of missing class(es) varies across different departments, and sometimes even individual teachers, the general rule that applies in the majority of cases goes as follows:

If, for any reason, you cannot attend a class, you should compensate for it ideally within the same week with another group of students from your year. First, you need to look at the timetable for a class that has the same or a similar subject you need to make-up. The best-case scenario is to attend a class where they are teaching the topic you missed. However, note that this will not always be the case. Next, you kindly ask the teacher of the class you need to redo – before(!) the class takes place - for permission to enter his or her class as a substitution of the class or topic you missed. It is always polite to remember the name of your teacher as the teacher is more likely to grant your request. At the end of the lesson, your teacher will sign a paper slip and write a brief letter confirming your attendance of their class. Finally, you must present this signed permission slip to the next class you have with your own teacher.

Please note that some teachers want you to substitute their class with no other teacher but themselves. Thus, we advise you to always ask your assigned teacher from the first lesson about the rules regarding substituting missed classes.

Slovak Language

During your stay in Slovakia it will become increasingly clear that you need to use the official language of the country. Whether in a shop or in the hospital (also during practicals), among friends and university personnel. Basic knowledge of the Slovak language will come in handy in your daily life, even during the very first semester. Also, for Slovakia to become your new home, you will definitely need to speak the language of the guest family. Otherwise, you will not feel like a member of it but like a foreigner in an unknown's household.

1) Take Advantage of the Slovak Course Offered By the University

Even though usually perceived by students as an additional drag, the Slovak language course taught during the first 4 semesters is a most crucial step in order to start new journey. Experienced teachers will be teaching you, just like the professors of anatomy, the musculoskeletal system, a similar system where the vocabulary plays the role of the muscles and grammar the one of the skeleton. Individual words may be found in a dictionary, but grammar has to be learned and understood in order to place these words in a comprehensible way and form that makes sense, in the same way that muscles have to be inserted on a bony element for an articulation to be motional.

2) Use It or Lose It; Use The Language As Often As Possible In Your Everyday Life

This applies to any skill and even though the beginning may be especially hard, over time and with effort it will become a useful habit. And as Aristoteles said: “the power of habit is man's second nature.”

3) Come to “Practical Slovak” Event and Make New Friends

“Practical Slovak” is an event taking place weekly in the BSM building and typically lasts an hour. There you can come and, just as the name implies, improve your Slovak by talking with a native speaker who speaks English as well (for simple explanations). It is free and you get to choose the topic of the conversation and where you would like to improve. However, the best part is that, just like in any BSM activity, you can create friendships with Slovak-speaking students, an undeniably useful thing to do have during your stay in Slovakia.

ISIC

Your ISIC is a very handy tool. It allows for identification as a student in the Slovak Republic as well as other countries. Your ISIC must be **activated** every year. To do so you will have to go to the main hall of the main faculty building. There you can find a small screen on the pillar to the right. Simply scan your ISIC and follow the prompts appearing on the screen.

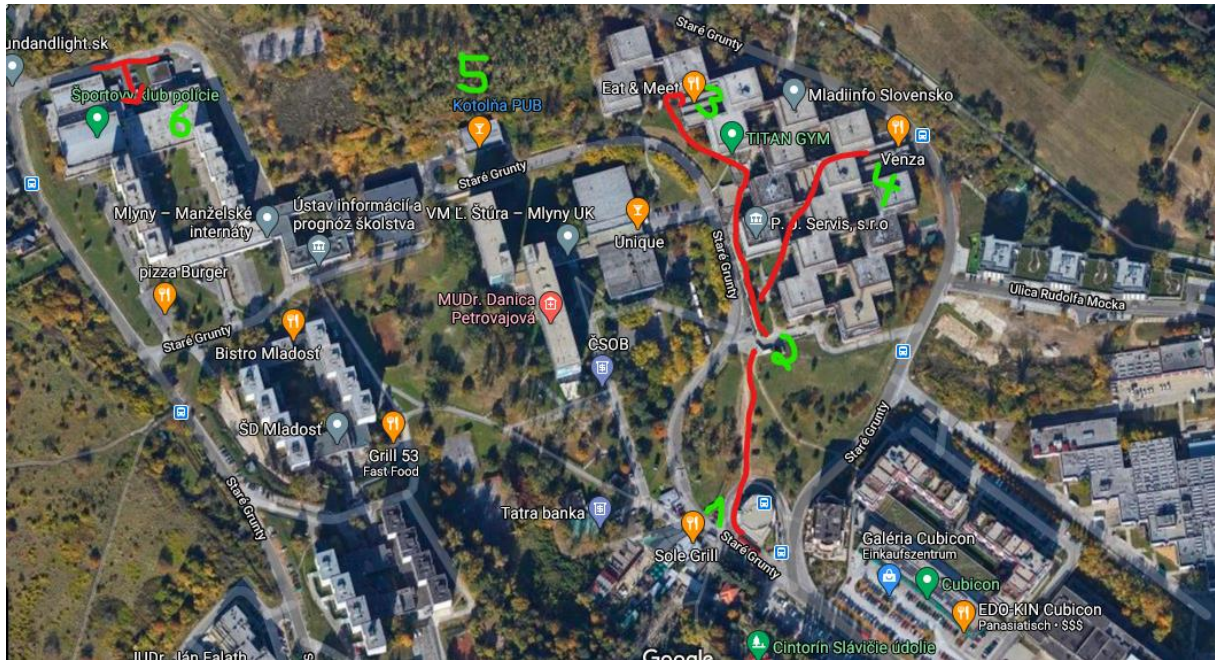
Following are a few functions of your **activated** ISIC has:

- reduced prices for public transport
- access to the library
- identification at examinations (together with your Index)
- free train tickets (if ordered beforehand as there are only a few free seats per train)
- reduced prices for certain free time activities such as: cinema, theatre, museum etc.
- reduced prices at the “Oxford Bookshop”

For more information on what your ISIC can do refer to this link: <https://www.isic.org/discounts/>

Mlynska dolina

Is a part of the city where most of the student dormitories are located, together with the university gym (6), many pubs, clubs (p.e 5), canteens, and shops. You are most likely to meet Slovak or Erasmus students here. You can go there by bus with the following lines: Bus stop „Na sitine” number: 139 or bus stop „Cintorín Slávičie údolie”(1) of number 39, 31.



Student Canteens

The student canteens at Mlynska Dolina are called Eat and Meet (3) and Venza (4), they offer many choices of food (including gluten free, vegan, vegetarian). More info about them here: <https://mlyny.uniba.sk/en/cafeteria/>

To get inside, you must walk through a tourniquet (2), which opens by using your ISIC. However, if your ISIC is not activated, you will not be able to go inside. In both canteens you show your ISIC for a student discount and pay by cash. Otherwise, just do what the other students do and follow proper etiquette. Don't be afraid of not speaking or knowing Slovak, since there are a lot of people who speak other languages. Pointing at food will be enough and other items are written in English on the menu.

Another canteen, which is in the faculty area, is located in the main faculty building (close to the large auditorium), when you enter the building, turn to the right and pass through the door. To eat there, you must firstly buy food tickets at the Buffet (located on the left on the same hallway). Once you buy a food ticket, go to the canteen ("Jedáleň"), check what will be cooked the day after, and mark one of your tickets. Meaning: you can "order" what you will eat the next day. There is also a possibility to come, order and eat on the same day, but you often cannot choose what you want - they will give you only what they have cooked extra.

Physical Education

From the bus stop “Cintorín Slávičie údolie” (I) you will have to head uphill through the building blocks. It takes about 10-15 minutes. To enter the building of the gym - if the door is closed - use your ISIC or get someone to open the door for you from the inside. You must then change into appropriate gym clothes and shoes (the separate changing rooms are opposite of the main gym), tell the responsible teacher that you arrived and after your allocated time passes, you must go again to the teacher to let them check off whether you were present.

On Google Maps the location can be found under the tag “Police Sports Club”

The timetable, contact and further information about the subject can be found here:

<https://www.fmed.uniba.sk/en/departments/institutes/institute-of-physical-education-and-sports/>

University mail and MS Office

Once you are a student, the faculty assigns you a faculty mail address, in the form of your AIS login name + @uniba.sk, e.g. musterman1@uniba.sk.

The mailbox can be accessed via the <https://outlook.office.com/mail/> webpage, and you should check it often for information from the study office; as this is the mail they use for official communication purposes rather than your personal mail.

Moreover, the faculty offers its students a full Office 365 Package for the duration of the study. To access this Office Package, use your @uniba mail. All information as to how to log in and use the Microsoft Office package can be found here: <https://uniba.sk/en/about/faculties-and-units/cit/citps/university-e-mail-and-office-365/>.

To use the Office Apps - such as “Word” - you will have to download them first and activate them by logging in with your university email. You will then be referred to a login page of our faculty.

Due to the move to online education, the faculty also bought access to MS Teams, where you use the same name and password. Lectures and many more are now held digitally.

Documents

If you need an official document such as a “transcript of records”, “proof of enrolment” or “evidence of grades”, you will have to contact the study department. The study office is located in the Dean’s building. The name of your counselor at the study department is written down on a window in the hallway which is open only during office hours – the person responsible for your class. However, sending them a short mail beforehand allows them to prepare your documents in advance and is thus greatly appreciated.

Office hours as well as contact information can be found here: <https://zona.fmed.uniba.sk/en/study/for-students/>

Wi-Fi

To use the free Wi-Fi in the vicinity of faculty areas you will have to log into the Wi-Fi named “Eduroam”. Upon trying to connect to the Wi-Fi you will be asked to log in with your login name (same as AIS) and a password that has been generated for you. To find out your current password or generate a new password follow this link: <https://cdo.uniba.sk/?lang=en>.

Study rooms

Large Library at City Center – Univerzitna kniznica v bratislave “UKB”

The library is located in the Palác Leopolda de Pauliho, the entrance is situated in the Venturska street. Information about the library and its opening hours can be found here: <https://www.ulib.sk/english/service-time/>.

To be able to use the library you will have to **register** first. This is done by going to the reception on the right side of the entrance. The clerk will then want to see your “ISIC” and a form of identification, i.e. your passport or ID card (a driver’s license is not sufficient). You will have to pay a small fee for the whole year. Upon payment they will activate your ISIC to function as your key card, allowing you to enter the library via the terminals.

You are not allowed to enter with a jacket or a backpack (small handbags are, however, allowed). So, once you are registered and before entering the library through the terminal you will have to head downstairs, take a locker key from the clerks for a locker and repack your study essentials into a see-through plastic bag. They are handed out downstairs.

To go inside the library itself you will need your ISIC to go through the terminal. The library offers several different study rooms, computers, printers, scanners and other equipment for you to use. You can also use the Wi-Fi in the library by logging in with your ISIC number and the password given to you upon registration.

Be aware that the library only has a limited amount of space and the rule is ‘first come, first serve’, especially during the examination period. When you study in the library rooms, you can take any book from the shelf- unless you rent it, you cannot take it home. To rent a book you use their website to order it, and once it is ready to be picked up you get an email. For more detail information on how to rent books, you ask at the reception, they speak English, for the most part.

Small Library at the Faculty

It is located in the building which is on the right when you walk towards the Dean’s building from inside of the areal of the faculty. At the entrance is a return box for books. The reception is on the first floor where you can pick up a book you pre-ordered online. On the second floor there are a few study rooms, when you walk in you must sign into a book with your name, the time of your arrival and the time you are leaving. Sit wherever you like.

More information about renting books from this library, electronic databases and remote access to many different books/journals can be found here- <https://www.fmed.uniba.sk/en/departments/library/>

Books

The faculties own bookstore is located between the big auditorium (where you will have biophysics lectures) and the small auditorium. This small bookstore is managed by a nice lady, which, unfortunately, doesn't speak English very well. Therefore, this will be your first training ground for the Slovak language. Apart from that, they usually have all the books necessary in stock but it's more of a 'first come, first serve' principle. With this being said: it could happen that they run out of some books and need to restock them. If this happens you will either have to get it somewhere else (online or other bookstores) or wait for them to restock. Following is a list of books you are going to need for the first semester:

Biophysics: *Basics of Biophysics*, Prof. MUDr. Elena Kukurová et al. (this one is available online so you don't necessarily have to buy it (also it's just a printout))

Latin language: *Greco-Latin Medical Terminology*, Maria Bujalková & Anna Jurečková (available in the bookstore for 10€)

Slovak language: *Slovenčina ako liek*, Milota Haláková, Marína Kšiňanová, Janka Bábelová (available in the bookstore for 40€, this one is what most teachers work with right now, because they published it themselves but it's actually pretty good)

Nursing: *Professional nursing procedures 1*. Grežďová, I., Polhorská, M. 2018. (available in the bookstore. There is also a "Professional nursing procedures 2" which you will need in the second semester)

Biology and Genetics: *Introduction to Medical and Molecular Biology*, Daniel Böhmer, Vanda Repiská, Ľuboš Danišovič (available online or as printout)

Anatomy: Anatomy is kind of a special subject when it comes to "necessary" books, since the teachers will give you a whole list of useful books for this subject and while they might be right about the books you will only need an anatomy atlas of any kind with English/Latin description. As long as you have at least the Latin description, anything goes. Below is a short list of possible books for this purpose:

-*Color Atlas of Human Anatomy*. Vol.1-3, Platzer, W. (ca. 120€ for all 3)

-*Sobotta Atlas of Anatomy*. Vol. 1-3, Paulsen, F., Waschke, J. (ca. 180€ as complete package)

-*Prometheus, Lernatlas der Anatomie* Vol. 1-3, Michael Schünke, Erik Schulte, Udo Schumacher (ca 220€)

You can buy second-hand books from older students, using this Facebook group:

<https://www.facebook.com/groups/aims.comenius>

AIS (Academic Information System)

Is the portal where you can find all kinds of information, like grades, averages, information letters of subjects, pre-requisites of courses, a recommended study plan, and registering for exams. We will try to explain the most important things. However, the system now is being updated, and the new version will be new to all of us, so we all will have to find the way around the website.

At first, type the proper URL link- <https://ais2.uniba.sk/> (image.1)- change the language to EN and sign in using your name and password.



Image 1

Then the main screen will open (image 2).

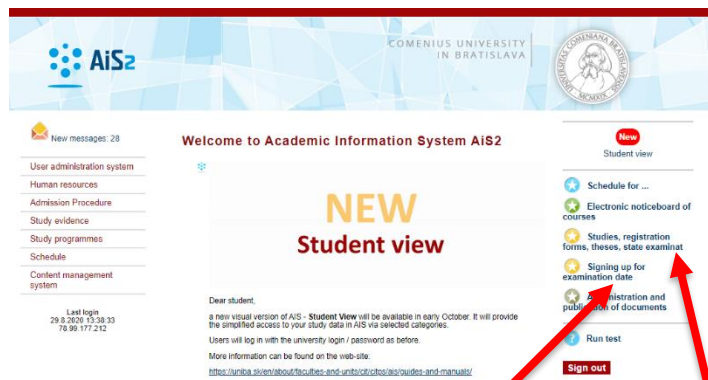


Image 2

At this main screen, the two most important are – “**Studies, registration forms, theses, state examination**” and “**Signing up for examination date**”.

“Studies, registration forms, theses, state examination” – even though the name is not self-explanatory, you will find through this button information about grades and averages; you can sign up for subjects (in 4th and 5th year), sign up for the diploma thesis, look for pre-requisites, the recommended study plan and more (if you are patient :D).

As on Image 3, a new window will pop up (you must allow pop-up windows for this website in your browser- most browsers give you a prompt immediately). Here you can see your name, the number of your study group, and the registered years (in my case it's six, you will only have one ;).

To get where you need, you must select the year that you want to know more about (this is just a hint for the later years, not the first), once selected it will be grey (as you can see the sixth year row is grey). Then you click the **running man** or the right button of your mouse while the pointer is in the bottom box, a drop-down menu will appear (Image 4), from where you choose what you want (this one is quite self-explanatory).

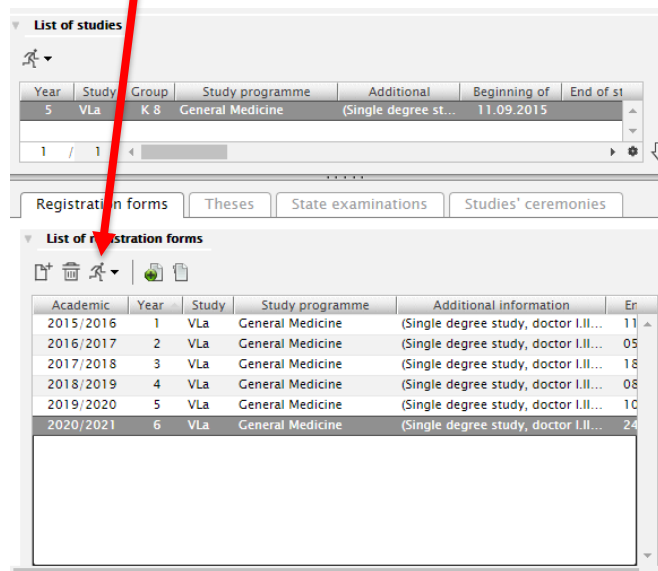


Image 3

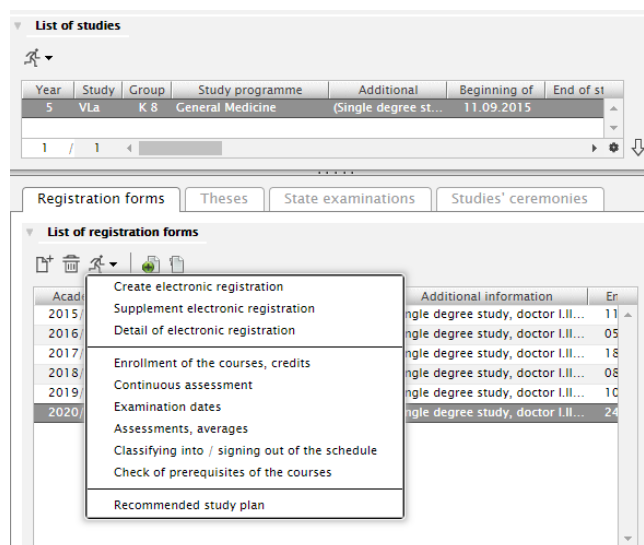


Image 4

“Signing up for examination date” is self-explanatory. Click on it, a pop-up window will appear looking like Image 5. Each subject you will ever take has its own specific code (079 is ophthalmology). Click “+” to sign in- the rectangle must be green in order to sign in. Click “i” to see more information (like which subject it is, when you can sign in, a deadline for when you can still sign out, who the examiner is, and additional information like where the exam will take place).

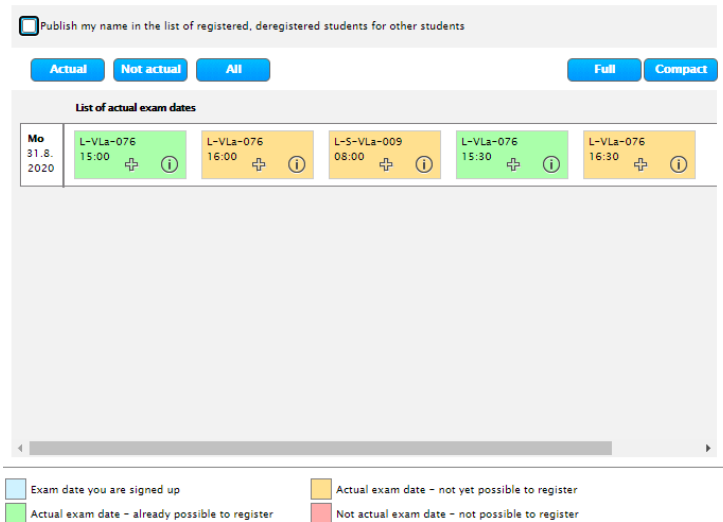


Image 5

Each exam can be taken a max. of 3 times in the examination period. The departments are obliged from the study regulation to allocate 1.5 times more places for an exam than the registered number of students. However, we do not recommend waiting until the last day to take an exam. Use your time wisely, as the sooner you pass the exams, the sooner you have more time before the beginning of the next semester.

In case you fail all three times, or do not make it to the exam three times (e.g. because the department decides not to open new places, or other reasons), you transfer the exam to the next exam period. In case of the transferred exam, you have only two chances. After that, you must retake the entrance examination. We sincerely hope that won't happen to any of you.

Additionally to this, there is also a difference in transferring from the winter to the summer exam period of the same academic year, and from the summer to the winter exam period of the next academic year. In the second scenario, you cannot transfer more than 12 credits! Also, in the following winter semester, the exams which belong there often have pre-requisites (subjects from the previous years), therefore you often must take the transferred exams first. The faculty itself separated the two last weeks of semester for them, and departments respect that, giving the students a chance to pass the transferred exams first.

Medical care

The medical system in Slovakia is regulated by the Ministry of Health of Slovak Republic. Doctors work either in the public or the private sector. Doctors of the “first contact” are **general practitioners** (“všeobecný lekár”), who you can choose according the insurance company (most likely you will not have Slovak insurance so you can go to anyone). The GP must not reject to examine you; however, it can happen that in the case that they don’t speak English. In case you need to see a specialist, except dentist, a gynaecologist, a psychiatrist, a dermatologist or an ophthalmologist (only in the case of a prescription for glasses), you must get a **referral card from your Slovak GP**. Without it the specialist will not accept you.

A list of GPs can be found on this website. It is only in Slovak and only a simple list, so you must call them yourself to find out if they speak English:

<https://www.zzz.sk/zariadenia/bratislava/praktickylekardospeli>

Free trains in Slovakia

To be eligible to claim the zero-fare ticket, you must be enrolled at any University in Slovakia and be below 26 years of age. Moreover, you must register either online or personally at any of the listed places: <https://www.zssk.sk/zoznam-pokladnic-s-kvc/>.

You will need your ISIC and a document of identification (ID or passport). Upon registration you will receive a new card with a number you will use when ‘buying’ the train ticket.

Once you are registered, you can buy tickets online at the website mentioned above, or in person at a train station. Keep in mind that there are always limited free places per train (you should buy tickets in advance if possible); even if you don’t get a free place, you still travel with the student discount of 50% with your ISIC.

Public Transportation

In Bratislava we recommend using the website <https://imhd.sk/ba/>, also available in English. To buy tickets, check out the app called “IDS BK - cestovné lístky” (available also in the Apple store and the Google Playstore).

Bratislavský spolok medikov



BSM (<http://www.bsm.sk>) has been founded in 1920. It's an association of students at the Faculty of Medicine of Comenius University. It helps students in their study and the development of their personality by organizing various courses, workshops, lectures and more.

It's a part of IFMSA, acronym for International Federation of Medical Students' Associations (<https://ifmsa.org>).

BSM consists of seven clubs:

- **Club of Foreign Matters** – *SCORE* and *SCOPE*
- **Club of Sexual Health** – *SCORA*
- **Club of Public Health** – *SCOPH*
- **Club of Education of Medicine Students** – *SCOME*
- **Club of Human Rights and Peace** – *SCORP*
- **Club for Foreign Students** – *SCOIS*
- **Club of 3D Printing and Design**

Other than that, you can come to BSM anytime and relax, drink free coffee and tea, buy books, lab coats and other equipment you'll need during your study at Faculty of Medicine. You can also spend some time at BSM during breaks, meet new people and make new friendships.

BSM clubs



SCOPE
Professional Exchange



SCORE
Research Exchange

Club of Foreign Matters

The main goal of this club is to enable you to travel to foreign country as an exchange student. There are 2 types of exchanges: *professional* (at the clinic) and *research* (in the labs). You can travel to many countries from Europe, Asia, or America. We select the best students from our university. To be selected, you'll need to collect points for activities, such as participation in clubs or sports competition and more.

For more information, contact us at dokumentykza@gmail.com.



SCORA
Sexual & Reproductive Health
including HIV/AIDS

Club of Sexual Health

This club's goal is to spread the word about sexual and reproductive health. We organize many workshops for students of primary and secondary schools and public, such as:

- **FGC – First Gynaecological Control**, where we talk with young women about the importance of a gynaecological examination and teach them about the prevention of cervical and breast cancer.
- **MI's – Men's Issues**, where we talk about ongoing puberty and the prevention of prostate and testicular cancer.
- **Sex education in a nutshell – SexTED**, focused on issues of all genders during their puberty (physical and mental changes).
- **WAD – Worlds AIDS Day**, which goal is to educate public about HIV and AIDS.
- **October – the month of breast cancer awareness**, where we educate the public about the self-examination of breasts.
- **Movember**, which is focused on prostate cancer.

Contact info: kzs.bsm@gmail.com



SCOPH Club of Public Health

Public Health

The main goal of this club is to increase public health awareness.

The most popular event of this club is **Nemocnica u medvedíka** (free translation: “Hospital at teddy”), where you can visit young children at the hospital. This way you’ll learn how to communicate with children about (their) health.

Another activity this club organizes is **Medická kvapka krvi** (free translation: “Medical drop of blood”) focused on donating blood and thus saving lives.

The new starting project are **Smoke free days** where we try to decrease the rate of smoking between students at our university.

Contact info: scoph.bsm@gmail.com



SCOME Club of Education of Medicine Students

Medical Education

The goal of this club is to help students in their education by organizing various events like:

- **Course of surgical suturing**, where you can acquire practical skills about sewing wounds you’ll later need as a doctor.
- **The night with a personality**, where you get to meet people from the world of medicine.
- **FyzioHD**, where you can better understand practical exercises from physiology.
- **Race of medics**, where not only medical and non-medical students race and improve their own health, but also help patients at various clinics with money raised at this event.

Other events this clubs organizes are the **Course of blood drawing and lumbar puncture**, the **Course of wound dressing** and the **Course of laparoscopic suturing**.

For more information, contact us at: scoph.bsm@gmail.com.



SCORP

Human Rights & Peace

Club of Human Rights and Peace

As future doctors, we should care about the problems of others. This club is focusing on understanding and helping the community by organizing events like:

- **Pancake day**, where we bake pancakes at BSM and the money we raise will help building a school in Afghanistan. This event is initiated by our doc. Nasir Jalili.
- **Help for people without home**, where people donate clothes and hygiene products for homeless people.

Contact info: scorp.bsm@gmail.com

<https://www.facebook.com/groups/1421298128178222>



Club for Foreign Students

The goal of this club is to organize activities for both Slovak and English students and thus help them make new friendships, learn new languages and get to know other cultures.

We organize events such as:

- **Practical Slovak**, where we help English students learning Slovak, which they'll need when visiting hospitals here in Slovakia.
- **German conversations**, where we practise speaking German with German speaking students.

Once a semester we organize events like **Speed-Friending**, where you can make new friendships or **Sightseeing**, where we take you to see all kinds of monuments in Bratislava.

This way we can bring English and Slovak students closer together and learn new languages the fun way.



For more information, contact us at: <https://www.facebook.com/scoisuk>.

Club of 3D Printing and Design

This club was created by students who see a big potential in 3D printing and its application in surgery, stomatology, and regenerative medicine.

SSŠZL (Slovenský Spolok Študentov Zubného lekárstva)

Free translation: “**Slovak association of students of dentistry**”

SSŠZL is an association for dentistry students in Slovakia – LF UK and LF SZU in Bratislava and universities in Martin and Košice are part of SSŠZL. We organize multiple events to help students in their study of dentistry and oral health. We are part of EDSA (European association of dental students) and IADS (International association of dental students).

TIPS for the Best Study Experience:

1. Learn the Slovak language as soon and as well as possible. It is a crucial part of your clinical years, to be able to communicate with the patient(s).
2. Ask Slovaks from your year to stand up for you when you need to communicate anything to the faculty. Moreover, they are eligible to be part of the Student Senate of Academic Senate; it helps your year and other English students with a lot of things.
3. Be nice to the ladies at the Student department, they do a lot for us, we can't even imagine.
4. Organize meetings as a study group, it's the first place you can make new friends.
5. Take part in BSM events, they will give you a lot, including new friendships (it's also more likely to meet Slovak students there).
6. Join as many extracurricular activities as you can manage whilst studying. There is a lot of them, just ask older students and find what makes you happy. You are not only a medical student; you can be much more by helping in any volunteering organisation. Moreover, with every year passing, you will have less time to do anything extra apart from studying.
7. You can take part in many different internships. While BSM is part of IFMSA (International Federation of Medical Student Associations), you can travel around the whole globe, experiencing internships of your choice! Find out more by asking the members of the SCOPE/SCORE club of BSM.
8. Spend your free time experiencing different internships (apart from the obligatory ones). It is the chance to find which speciality is for you. Trust us when we say that the obligatory semester practicals won't show you nearly enough what that particular speciality is actually all about.
9. If it is possible for you, think about doing Erasmus+. It is a time of life you will never forget, you will learn medicine in another country and make life-long bonds. As a medical student, you can participate for 2 continuous years. Find more about it here:
<https://www.fmed.uniba.sk/en/international-relations/international-mobility-programs-for-students/erasmus/>
10. Explore Slovakia with the free train tickets. Trust us, there is a lot to visit! :) Ask Slovak friends for recommendations!