

INFORMATION FILE

Dear reader,

Good to hear that you're interested in the International Federation of Medical Students' Associations - VU medical centre, also known as IFMSA-VUmc!

As a member of IFMSA-VUmc you can organise different projects, lectures, workshops and of course volunteer work. You'll be able to make sure that international internships go well and you'll be able to gain experience with in a board, with growth opportunities in the organisation! IFMSA will grant you new and special experiences, but you'll also have a lot of fun with tons of new people of different studies, all with the same goal: improving *global health*.

We have five big working groups and three smaller working groups. De bigger groups are: Human Rights and Peace, Sexual Health and Rights, Medical Education, Public Health and Summerschool, Internships and Exchanges.

Within IFMSA we have different names for these working groups: **SCORP** – Standing Committee on Human Rights & Peace **SCORA** – Standing Committee on Sexual & Reproductive Health including HIV/AIDS **SCOME** – Standing Committee on Medical Education **SCOPH** – Standing Committee on Public Health **SCOSIE** – Standing Committee on Summerschools, Internships & Exchanges.

The smaller working groups are:

SCOSA – Standing Committee on Social Activities

PR – Public Relations

Acquisitie - sponsorships

The bigger working groups are divided in smaller groups (commissies), which organize different projects. The smaller working groups aren't divided in these groups. In this information file you can read all about every working group, there goal and the projects they organise.

Do you want to become a member of IFMSA-VUmc? Then you can fill in the application file. In the file you'll be asked for which two working groups your preference goes out to. You'll be placed in one of those working groups, but you can always help with projects of the other groups or visit their events.

During the verbal application we would like to get to know you and hear what you want to do and which goals you want to reach within IFMSA. You'll get the chance to explain which working group you'd like to be part of and why. In this file you'll find information about all the working groups and their projects within IFMSA-VUmc, hopefully this will help you with making a decision and become part of our family.

Hopefully this information file will make you even more enthusiastic than you already are and that you'll want to be a part of *the* medical students' association of the VU! Kind reminder that you have until the 6th of October to apply.

If you have any questions, you can always send an e-mail to:
vumc@ifmsa.nl

We hope to see you during the interviews! ☺

Lots of love on behalf of the entire board of IFMSA-VUmc,

Manar Issa, President IFMSA-VUmc
2019-2020 E-mail:
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General information

IFMSA is an international association and is currently active in 122 countries. The name 'IFMSA' is used by each country, but we also all have our own name. The IFMSA-name of the Netherlands is IFMSA-NL. Within the Netherlands there are different IFMSA's, coupled with the 8 medical faculties in the Netherlands. That's why our association is called IFMSA-VUmc.

Local Meetings (Dutch: Ledenvergadering (LV)) Once a month we have a Local Meeting, here you'll get updates from the other working groups and the board. It's always on the first monday of the month, around 18:00. We will make sure that there's a meal available and we'll go for drinks afterwards. As a member of IFMSA we expect you to always be present during an LV.

General Assembly (Dutch: Algemene Vergadering (AV)) Four times a year all faculties in the Netherlands come together to have a meeting. These meetings are called General Assemblies (AV), it's a national meeting from IFMSA. As member of IFMSA you're always welcome to join us! This is a good opportunity to meet people from different faculties and discuss the projects. After the meeting we'll have time for fun and parties! A General Assembly always takes place during the entire weekend. Friday evening we have the WoCo's, on Saturday we have the General Assembly and on Sunday we have a fun activity. It can take place in each IFMSA-city in the Netherlands, the hosting city will make sure that there's enough places to sleep for members from different cities. There's also a possibility to get a refund on the money you spend travelling.

General terms IFMSA uses a lot of different abbreviations and terms, which can be confusing for new members. Below are listed some of these terms, to make it all a little easier for you ☺.

- **Committee:** IFMSA-NL is divided in 8 committees. Each medical faculty in the Netherlands has one. Amsterdam for example has two faculties: IFMSA-VUmc and IFMSA-UvA.
- **AV:** As explained above, AV stands for Algemene Vergadering or General Assembly, which takes place four times a year. It's the national meeting of IFMSA-NL.
- **LV:** Local Meeting, this takes place each month on the VU.
- **Werkgroep:** IFMSA-VUmc has 8 working groups → SCORP, SCORA, SCOME, SCOPH, SCOSIE, SCOSA, PR en Acquisition. Each working groups organises different projects. An explanation about these projects can be found

further on in this file. - **Commission**: a commission exists out of a few volunteers within a working group, who work on organising a project together. Each working group has a couple of commissions. - **Working group coordinator** Each working group has its own coordinator, who keeps in contact with the members and makes sure that the projects are organised well. They guide the members and are always available for questions. The coordinator also represents its working group during LV's, AV's and WoCo's. - **WoCo**: During each AV there's a WoCo. All members and their coordinators meet to update each other on their projects, knowledge and they brainstorm about new projects! - **OPAD**: Open Pre AV Vergadering (Open Pre-AV Meeting). During this meeting we go through the documents that will be voted on during the AV. This takes place shortly before the AV itself.

Working Groups

Working Group Human Rights and Peace SCORP: **Standing Committee on Human Rights and Peace**

Since 1983 'The Standing Committee on Human Rights and Peace' unites students who aspire to create an equal and peaceful world, and believe in international, intercultural and interpersonal solidarity. This working group is all about creating awareness for human rights and peace, fighting for equality and offering help to those who are deemed to be "lower" than others. Do you want to fight for human rights? Do you want to help others? Do you want learn more about human rights in the medical world? Do you want to be a part of a group of varied, enthusiastic members? Maybe you even already have ideas for projects yourself! SCORP is the place for you! We have a different structure in comparison to the other working groups, as most of our projects will be running in the period from September till December. After December we will create new projects, which will run from January till April. This means that you, as a new member, will have a lot of say in which projects will be doing next year! As a 'SCORPion' you can put all of your passion and creativity in the already existing projects, but also in brand new projects! If you have questions or want more information you can send an e-mail to: scorp.vumc@ifmsa.nl

Peacetest Peacetest organises lessons about Human Rights on high schools. We created our own interactives lessons, with the goal to teach young students more about human rights. The lessons are made to fit different types of schools, which means that there's a lot of variation within the lessons itself: an interactive game for big groups (up to sixty students) or a board game for smaller groups. Within the project you'll be able to contact schools, create new modules, recruits students to teach and give your own lessons.

Benefiet (Fundraiser) Our fundraiser (in Dutch: benefiet) will be a big project, in which we want to raise as much money as possible for a charity, for example Doctors without Borders. Think of an event with music, performances, food and different stalls with fun activities! We want to involve as many cultures as possible, to really make it connect to SCORP. As a new member you'll have a lot of influence in what the fundraiser will be like and be able to do plenty of different tasks, such as promotion. As it's such a big event, you'll really learn new organising skills!

Immigration & Health Immigration & Health has its focus on the integration of immigrants in our society. This can be reached in multiple ways, so the options are truly endless. This project hasn't been done before, so you'll have a lot of influence in what

it's going to be like. We, for example, have the following possibilities for these projects: Dutch lessons for asylum seekers, game days for refugee children, workshops for (para)medical students about immigrants in health care. Within this project we'll really be able to make a difference in our society!

Panel Female Genital Mutilation (FGM) The panel about FGM is a coöperation between SCORP and SCORA (the working group on Sexual Health and Rights). We'll be working together with for example Plan Nederland, to create awareness around FGM, which is particularly important for (para)medical students/professionals. This panel will be held before December, meaning that in January there will be a whole new project in its place. This means that you are not only able to create an awesome event, but you'll also have a big say in what we'll organise after this. In this way you'll also learn how to create a new project, which is good for your own development.

Werkgroep Seksuele Gezondheid en Rechten SCORA: Standing Committee on Sexual and Reproductive Health including HIV/AIDS

Standing Committee on Sexual and Reproductive Health including HIV/AIDS, SCORA, is the working group for sexual and reproductive healths and rights. We want to stop the taboo around sex and make it something that is easy to talk about. We do this through sex education at secondary schools, and through creating awareness about varied subjects that have to do with sex. Within SCORA there are several commissions you can join. SCORA also organises a few events a year with the entire working group, for example on World Aids Day or International Womens Day. We are also a very close working group and try to organise as many fun teambuildings as possible. In every commission you will have an meeting around one time a month. Closer to the projects, it can get a little bit busier, but it is easily combinable with your study! So, are you not afraid to talk about sex? And do you want to make contacts with people from all kinds of (para)medical studies? Than SCORA is definitely something for you! For more information you can e-mail to scora.vumc@ifmsa.nl

Het Voorspel

This commission organises sexual education at secondary schools. Mostly these lessons are for 1st till 3rd grade. We try and also show the fun sides of sex, because these are often forgotten during the biology lessons. To create an open sfeer, the lessons are given by peer-educators. There is an standard lesson plan in which we discuss anticonception, STI's, and other sex related subjects. Besides this do the students have a change to ask you anything about sex. Ofcourse you can decide what you do and do not want to share. If you decide to get active within this commission, you will be busy with planning and organising the lessons. You contact schools, peer-educators and make the lessons. Ofcourse you can also start giving lessons! All members of SCORA will be trained to become a peer-educator. Are you interested in becoming an educator, but not a member of IFMSA-VUmc? This is also possible (Dutch speaking only!). Send an e-mail to voorspel.amsterdam@ifmsa.nl to apply.

Campagnes

This commission we will organise activities around subjects that are chosen by SCORA-NL. This way, everybody from SCORA in The Netherlands will be working on the same subjects. We don't know what the subjects will be for upcoming year, but last year they were genderbased violence & SRGR among refugees. Are you interested in brainstorming about these kind of subjects, contact speakers and organise readings/pubquizes/panels/et cetera? Then join the commission campagnes!

SeksSessions

The commission SeksSessions is working on their last project and than we will unfortunatly stop. SeksSessions organised readings about taboo subjects in sex. We also tried to focus on mainly positive aspects. We organised an reading about sex with an handicap, and are now working with SCORP on our last project: a panel about female mutilation. Do you want to help us make this last project a succes? Sign up!

Werkgroep Medische Educatie **SCOME: Standing Committee on Medical Education**

SCOME is the working group for Medical Education. Over the years, the curriculum within medicine has changed a lot, but students still believe they have a shortage of certain (practical) skills. For this reason, SCOME aims to approve the medical curriculum. Our committees organize various projects to achieve our goal! The projects are: Medical Spanish, Breaking the Silence and Get Practical. If you want more information about SCOME or about one of our committees, you can mail to: scome.vumc@ifmsa.nl

Medisch Spaans

Medical Spanish is a project in which medical students (but also students who do another study) learn the basics of the Spanish language with a medical touch. The course is primarily intended for students who go on an internship to a Spanish-speaking country. English is often spoken in Spanish-speaking countries. We offer this course to lend a hand to the students who do an internship here. The course focuses on learning enough skills to conduct a consultation in Spanish. In addition, cultural differences will also be addressed. Students who go on an internship via IFMSA-NL to a Spanish-speaking country will get in first on this course. This committee deals with recruiting students and (light) administrative work. The Spanish language is offered for 8 weeks and ends with an oral exam with some tasty Spanish food! If you have affinity with the Spanish language, or you just manage to organize a course, then Medical Spanish is for you!

Breaking the Silence

Breaking the Silence is a medical sign language course for medical students (but also students who do another study). The interaction between medical staff and hearing impaired patients is often difficult. This is largely due to ignorance. The aim of this course is therefore to improve the relationship and communication between (future) doctors and their hearing impaired patients. During this course, students learn how to communicate with the hearing impaired: this can be done in addition to sign language, for example by finger games or by inventing a gesture yourself when the official gesture is not known. In addition, practical tips emerge, for example how you can attract the attention of a hearing impaired person. During the lecture deaf culture, which is part of the course, many tips come forward that the students can take with them in their later career. This committee deals with recruiting students, making contact and maintaining

contact with teachers, organizing a lecture and (light) administrative work. Here too it is an 8 week course, followed by a test consultation. Does the deaf culture appeal to you, or do you just enjoy organizing a course, then Breaking the Silence is the way to go!

Get Practical

The practical skills are a big part of working as a doctor, in some specializations even more than in others. The physical examination of a patient, wound dressing and suturing are just a few examples of this. There are various moments in the curricula of medicine courses where these practical skills are discussed and taught. It has been described that an earlier contact with surgical skills later in a post ensures that the students are more confident and the quality of the skill is a lot higher. This only emphasizes the importance of education in these skills. This committee is, among other things, involved in contacting teachers and arranging materials. If you like variety and workshops, then you should mainly sign up for get practical!

Werkgroep Public Health SCOPH: Standing Committee on Public Health SCOPH

The Standing Committee on Public Health (SCOPH) is working group which deals with public health. There are currently four committees within SCOPH that organize various projects aimed at improving public health. The committees within SCOPH are: House, Donor Request, Teddy Bear Hospital and Berendokter. For more information about SCOPH and the committees you can mail to scoph.vumc@ifmsa.nl.

Dr House commissie The Dr. House committee organizes House evenings on which we watch an episode of the well-known House M.D program. Within this project we invite a doctor, researcher or sometimes a patient who'll talk about the subject of the episode, syndrome, diagnosis and the treatment. Nowadays we link a Dr. House evening with a specific theme, for example stem cell donation or HIV / AIDS. The proceeds of that evening usually go to the organization with which we collaborate or a charity that represents the same theme.

Donor commissie This committee deals with everything related to organ, blood and stem cell donation. Throughout the year we try to pay as much attention as possible to donation and of course also to recruit donors. We do this by organizing street promotions during special days and giving lessons at secondary schools. The lessons are given by so-called "peers". These are students who are trained to give the lessons. As a committee member you are busy with; organizing a peer-training evening, you maintain contact with the schools and peers and plan the lessons, which you will teach yourself and you'll also be able to join activities on special occasions.

Teddy Bear Hospital This is the best known and largest project of IFMSA-VUmc in which children from 3 to 6 years come to VUmc with their 'ill' teddy bear. At VUmc we simulate a complete teddy bear hospital every year: with waiting rooms, a plaster room and a real radiology department! Within five days, around 900 children will come by with the aim of familiarizing the children with what is going on in an hospital and reducing the fear of doctors and hospitals. As a TBH committee member, it is your job to set up this project and make it successful. Some of these are approaching schools, arranging materials and sponsoring and recruiting students to help as bear doctors. On the days themselves you will set up all parts of the bear hospital, guide the groups with primary school children and inform the students / bear doctors. As a committee member you will learn all the ins and outs of the TBH project!

Berendokter The bear doctor committee is concerned with visiting children who are in the pediatric ward in the hospital. Together with us, the child will improve their 'ill' teddy bear with a role play. This role play provides a distraction from the child's own illness. In addition, it often helps with the child's processing through such a hard time. What we try to do is that the child steps out of the role as patient and into the role as doctor. It is so incredibly special to see how this project puts a smile on their faces again! This committee provides insight into how everything is going in the children's departments of OLVG West and East (hospitals in Amsterdam). As a committee member you maintain contact with the departments, you recruit students who help as bear doctors and you arrange other matters related to the project such as role-playing materials. You will also go around once every two weeks as bear doctor to the departments and supervise and train other students.

Werkgroep Summerschool, Stages en Uitwisselingen SCOSIE: Standing Committee on Summerschools, Internships and Exchanges

SCOSIE is a working group that focuses on internships, exchanges and travel. A group made for travelers, trainees and enthusiastic students who would like to receive foreign colleagues in our beautiful city to teach them everything about our culture and city. Students from the Netherlands are also evoked to get an internship elsewhere in the world. In short, if you are a global person then certainly one of the committees below will appeal to you! For more information you can send an email to scosie.vumc@ifmsa.nl!

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Twinning Project Twinning Project is an exchange project for medical students. As a committee, you look for a university somewhere in Europe to "twin" with. You organize a medical educational program and a social program in Amsterdam. As a committee you will participate during the week in the exchange country and you will supervise the week in the Netherlands for foreign students. You will also look for students who want to participate in an exchange. It is important that you are available in both weeks! A very nice project in which you make many (international) friends and also take a look at the medical education of other countries.

SCORCE SCORCE is a committee that deals with clinical internships and research internships abroad. Students are sent to a country of choice and where they wish to gain medical experience in a foreign hospital. The SCORCE committee will become a cooperation committee consisting of UvA (University of Amsterdam) and VU (Vrije Universiteit) students. As a member of SCORCE you will certainly broaden your horizons and make social contacts that will stay with you for life!

Adam Summer School The ADAM Summer School is a very popular annual event at IFMSA-VUmc. ADAM stands for *Anesthesiology Directed to Acute Medicine*. At the end of June / beginning of July, a program is set up for a week in the simulation center of the VUmc in the anesthesiology department. Twenty-five international and five Dutch students can participate in this program. The program consists of lectures, workshops and simulations. In addition, every day ends with a social activity and super fun parties! Do you enjoy organizing a Summer School? Then this working group is for you! You will be working with 10 other members on the preparations for this great week. Are you excited about fun activities, parties and dinner parties? If so, then putting together the

social program is the job that will do. Do you rather enjoy planning the medical program? Within ADAM this is certainly also possible.

Working group Social Activities SCOSA: Standing Committee on

Social Activities The working group Social Activities is about creating solidarity within IFMSA-VUmc. They organise social activities for our members, for example the new years dinner, a BBQ at the end of the year, lasergaming and tons of other fun activities! Have you always wanted to organise fun teambuildings and parties for people, then we are looking for you! Do you have creative ideas and do you want to organise something for a bigger group of people? Then SCOSA is the place to be! For more information you can send a mail to: secretaris.vumc@ifmsa.nl.

Working group PR PR: Public Relations

Public Relations is the working group that's devoted to the promotion of IFMSA-VUmc. This means that you get to create posters, flyers and videos, check the PR-material from members and help them create their own material. You can get admissions from all projects, so your work will be very diverse. You can easily combine another project with PR, so you could also join one of the other working groups. PR is a fun group, with great people. We work with programs such as Photoshop, iMovie and Wondershare. It would be great if you have experience with these projects, but it's not mandatory! We organise a course, so that you can upgrade your skills before you get started! For more information you can send a mail to: vve.vumc@ifmsa.nl.

The acquisition commission

In order to create the most amazing projects, we need sponsors. This commission is completely devoted to getting sponsors and helping members with finding sponsors. You will be contacting companies who might want to sponsor us. You'll be responsible for keeping relationships with our sponsors. It's quite a diverse task, you'll be sending mails to companies, but you can also visit the company in person. You don't need any previous experience with sponsorships to join this commission, you'll learn as you go! For more information you can send a mail to: vve.vumc@ifmsa.nl.