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The eHealth era

... and much more!
Dear EMSAi,

It is with great pleasure that I welcome you all to this Autumn Assembly. I hope that you will have a great time as participants in this event. As this term is coming to its end, I invite us all to use this Assembly both as a time for consideration of what we have achieved and as a chance to look at tomorrow’s challenges.

Being a member of EMSA is being able to look at one’s future, beyond just medical school. EMSA can give you the opportunity to see yourself, as a medical student and future doctor, as part of the complex world of healthcare. EMSA can support you in getting involved more, advocating for well-being in Europe and beyond. Within EMSA we have a voice, and it is a strong one.

Now getting closer to EMSA’s 30 years anniversary, it is imperative that we look at the current problems with more attention than ever before. The issues that health professionals face are some of the hardest yet, and our response to those should be equally matched.

I wish us all a great Autumn Assembly and let's bring Health and Europe, Together!

Teuta Azizi  
EMSA President 2017–2018

Dear participants,

On behalf of the Organizing Committee team, I wish you all a warm welcome to our dear city of Cluj and I can ensure you that we will make our best for you to have a comfortable and productive environment to share and grow ideas.

We hope you will get a better overview of EMSA and give your input, learn about eHealth, make long-lasting friendships, fruitful collaborations all over Europe and just have a memorable time all-together.

See you soon in Cluj!

Cristina-Nelida Bora  
Autumn Assembly OC President
Dear EMSA family,

I am honored to welcome you to the 28th Autumn Assembly of our Association, in Cluj-Napoca, Romania. I would like to begin my words by giving my thanks to the Organizing Committee of EMSA Cluj for their tireless efforts to make this event possible.

The theme of this Autumn Assembly is the eHealth Era, which is a complex and vast but only recently explored area. WHO defines eHealth as “the cost-effective and secure use of information and communication technologies in support of the health and health-related fields including healthcare, health surveillance and health education, knowledge and research.” When we look at the origins of the word eHealth, we see that it has been first used in 1999, almost 20 years ago. Since then, eHealth and digital medicine has grown immensely, yet, a consensus on the meaning of the word and sub-domains of the area has not been reached.

In this assembly, we will try to acquire a deeper understanding of eHealth, through symposiums, workshops, pillar sessions, and trainings dedicated to the theme. Moreover, this event will be an opportunity to meet, talk, discuss and form lasting friendships with medical students from across Europe. These moments should be cherished by all of us, and indeed used to broaden our minds and bring our continent more closer together.

This is why I invite you to take part in a meaningful way to all the proceedings of this assembly, from the detailed discussions of the plenaries to the thought-provoking pillar sessions, to workshops and soft-skills trainings. The ideas formed through discussions and knowledge gathered in this event will only help bring us a step closer to achieving our vision of bringing Health and Europe, Together.

May we all have a great Assembly, and may the Blue Spirit always be with you!

Tugce Cetin
EMSA Vice President of Capacity
2017–2018
Romania is situated in the south-eastern Europe. Guarded by the imposing Carpathians Mountains, crossed by the lengthy Danube River, and wetted by the Black Sea, our country is home to almost 20 million people. The capital city is Bucharest and our neighbours are Hungary, Ukraine, Moldova, Bulgaria and Serbia.

Romania is the land where extremes meet – majestic mountains and the warm sea; old, traditional villages and full of life, sleepless cities with parties that end at the break of the dawn; wise, elderly people and the young, with unlimited energy, high hope and dreams, building the future of our country.

2018 is an anniversary year for Romania: we are celebrating 100 years of existence as the country we see today. On the 1st of December 2018, all the historical Romanian regions were united under a single nationality and a single king, King Ferdinand.
The Romanian **Palace of Parliament** in Bucharest is the second largest building in the world, next only to the Pentagon in the United States. The palace was initially used as the personal residence of Ceausescu. Today it’s used by the Parliament, being the largest administrative building, as well as heaviest and most expensive.

Bram Stoker’s character, Dracula, is a Transylvanian Count with a castle located high above a valley perched on a rock with a flowing river below in the Principality of Transylvania. This character is often confused with Vlad Tepes (Vlad the Impaler), sometimes known as Vlad Dracul, who was a Walachian Prince with a castle, now in ruins, located in the Principality of Wallachia. Because **Bran Castle** is the only castle in all of Transylvania that actually fits Bram Stoker’s description of Dracula’s Castle, it is known throughout the world as Dracula’s Castle.

Our roads will take you across our highest mountains, crossing through scenery that looks as it was cut out from a fairy tale. Crossing the Carpathians Mountains, the **Transfăgărășan Highway** is a twisting, conforting road, situated at a high altitude, passing through some breathtaking wild scenery. Jeremy Clarkson from Top Gear called it “the best road in the world”.

A great place to visit nearby Cluj is the **Turda Salt Mine**, located 100 meters underground. Used in the past for salt extraction, it has now been turned into an amusement park that looks like something out of space. Among the activities that you can try in this salty cave are bowling, mini golf, boating, taking a ride on the ferris wheel or some other fun sports. It was ranked the most beautiful underground place in the world and 22 among the most spectacular tourist destinations in the world by the Business Insider.
Cluj-Napoca

Situated in the heart of Transylvania, Cluj-Napoca, also known as Klausenburg or Kolozsvár, is the second largest populated city in Romania.

Napoca was the original name of the ancient settlement in the times of Dacia, before the Roman Empire conquered the land. In 1213 it was firstly mentioned under the Medieval Latin name Castrum Clus and it has been known as Cluj ever since. In 1974, the communist authorities added ”-Napoca” to the city’s name as a nationalist gesture, emphasising its pre-Roman roots, but the full name is rarely used outside of official contexts.

Surrounded by beautiful landscapes, Cluj is now rich in history, architecture, traditions and... students. With 10 universities in town and over half of the population under 35, you are guaranteed a dynamic and vibrant atmosphere. Some people say this is the best city to live your student years in and we could not agree more. Apparently Europe also agrees, since in 2015 we held the title of European Youth Capital.

Our city symbol is the St. Michael’s Church in Unirii Square, built in the 14th century and named after the Archangel Michael, the patron saint of Cluj-Napoca.

With numerous pubs, clubs and caffees, a remarkable botanical garden, a National Theatre and a National Stadium (Cluj Arena), there is no way you can get bored!
Iuliu Hatieganu University of Medicine and Pharmacy

- was founded in 1919, as a part of the Superior Dacia University and it was named in honor of the romanian scientist Iuliu Hatieganu.
- has now over 8000 students, out of which approximately 2100 are international students.
- has over 1,100 teachers and researchers working on a national and international level.
- is considered the most dynamic university in Romania.
- has the most efficient programmes of European cooperation (LLP Erasmus, CEEPUS, DAAD, AUF) in the country.

Simulation and Practical Skills Center - offers great learning opportunities and training in all levels of medical practice for most fields (basic medical procedures, basic surgical techniques, Emergency procedures, Anaesthesia and Intensive Care, ultrasonography, endoscopy, obstetrics).

Laboratory animal facility - Centre for Experimental Medicine - offers optimal conditions for conducting research on laboratory animals.

Research Center for Functional Genomic, Biomedicine and Translational Medicine - with ten laboratories and storage facilities for biobanking, the center is able to develop projects related to human diseases, at molecular and cellular level.
25 years have passed since our local medical students’ association - OSM - was established, the first of its kind in Romania. Its creation came around to bridge the gap between the students and the faculty. Now, the organization gathers around 900 volunteers working on over 25 projects.

OSM is structured on 7 main departments: 6 of them according to the IFMSA system and the 7th one representing EMSA Cluj. The department has its own projects and is also in charge of the bidirectional exchange of information with the European level.

EMSA Cluj started its journey 5 years ago. Since then, we have around 100 volunteers every year. We organized 8 Twinning projects so far, with Amsterdam, Tbilisi, Ankara, Istanbul, Munchen, Kosova and Pavia. Our division is the proud organiser of the H.E.A.R.T. - Healthcare, Education and Research Talks conference which brings every April around 400 participants - students and young doctors, to witness great presentations on medical education and innovation.

Along with the Twinning project and HEART, we also have online campaigns and teambuilding activities. So far EMSA Cluj organised Movies and Medicine a few times a year. We often invited a local speaker to spark discussions based on the movie.

EMSA Cluj has been actively involved in the work of EMSA on a European level, being represented both in the European Board and in every General Assembly so far.
ORGANIZING COMMITTEE

Meet the OC

PRESIDENT
Cristina-Nolida Bora
- general management-EEB/UMF contact person

VICE-PRESIDENT
Georgeta Pop
- general management – OSM/UMF contact person

TREASURER
Iulia Crisan
- finance management – bank account keeper

SECRETARY
Bianca Sava
- registrations and participants management

FUNDRAISING
Alex Dascalu
- sponsorships and partnerships

LOGISTICS
Claudia Ispas
- accommodation, transport and materials management

SCIENTIFIC
Ruxandra Simonescu-Colan
- symposium and workshops management

GRAPHIC DESIGN & PHOTO
Irina Stoleru
- event design – photo team management

SOCIAL
Mihnea Dima
- social and teambuilding activities management

SOCIAL MEDIA
Catalina Creanga
- social media accounts management

HUMAN RESOURCES
Iulia Teodora Muth
- volunteers and workload management
Our main hall, **Marinescu Aula**, is the biggest amphitheatre, with 364 comfortable seats and natural illumination. At the assembly it will serve as the **plenary hall**. The room has all the neccessary facilities for its purpose and it is very accesible, being located within a walking distance* from the accomodation and also from the city center.

(*It's less than shown on the map, we promise!)

Nearby the Aula, there are two smaller amphiteatres that can be used (around 80 seats each). The same building hosts the Simulation and Practical Skills center where the **workshops** will take place and it's located on Marinescu Street no. 23.

The **NC sessions, pillar sessions and trainings** will be held in another building from the campus, where the rooms offer the possibility of re-arranging the seats. There are 15 halls of different sizes that will be available for our use.

Wireless internet will be available in both buildings.
We will offer accommodation provided by our University, in one of the recently renovated dormitories - **Dorm no. 1**, located in Observator Campus, in a quiet and green area within 15 to 20 minutes walking distance from the venue.

The building can fit all the participants, which we believe is very convenient. It has 5 floors and it's equipped with an elevator. There is a minimall with a Lidl store right across the street, several restaurants, caffees and a fastfood nearby. The bus station to the city center is right outside the campus.

Each room has 3 beds, desks, wardrobes and it's own bathroom. Simple yet neat. Bed sheets are provided but towels are not. Don't forget to bring your own towel!
Also, there is a kitchen facility on every floor. Wireless internet is available in the dorm.

At the check-in, a 5 € security deposit will be retained from each participant. The deposit will be refunded at check-out if no damage was caused to the room.
The Romanian cuisine is a unique blend of different dishes from several cultures it has come in contact with along its long history. It has been significantly influenced by the Ottoman Empire and it included culinary elements from other fellow Balkan neighbour countries.

The meat products (pork, chicken, lamb, beef) are quite popular, in both traditional dishes such as slanina (smoked pork fat), sausages, sarmale (cabbage rolls), mici = "tiny ones" (rolled minced meat) and also in international ones, like shaorma or snitzel.

Romania also has a wide range of traditional vegetarian and vegan food, such as Beuf Salad, zacusca (vegetables spread), eggplant salad (also as a spread), cheesy polenta and "curly" cheese pies.

Talking about cheese, there are a few authentic Romanian cheese varieties you have to try, such as burduf cheese or caș.

We are sweets lovers and there's no better way to end a good meal, than with cozonac (sweet bread filled with nuts or raisins, often baked for Christmas), papanasi, cornmeal cake or other homemade goodies.

The most popular Romanian drink is palinca (= țuica) - the 60-70 degrees spirit usually made of plums (also pears, apples or other fruit). No need to worry about those for whom it's too strong, we also have first class Romanian wines to choose from and local crafted beers.

Traditional and international, meaty and vegetarian, we will carefully choose the dishes for diverse and healthy meals and the food will be catered to the venue.
How about a postAA road trip?

90 EMSA people, 3 days, 2 busses, 1 big happy familly.

We know that some quality time with your European friends and relaxation is what you need after 5 full working days of plenaries and working sessions so don't worry, we got you covered.

Yes, you heard that right, we are planning a 3-day road trip through the main touristic spots of Transylvania.

We'll wake up early in the morning, a long day will be awaiting for us. We'll grab a breakfast to go and leave around 8 o'clock.

After visiting two of the most beautiful places in Transylvania, we'll arrive in the evening at the accomodation place (near Brasov) and have a traditional Romanian dinner.

Saturday will be more relaxed: after a big breakfast, we'll visit Bran Castle (yup, that's the one, Dracula's Castle) and then wander around Brasov. Then back to the accomodation place for another traditional familly dinner.

Time to go back to Cluj. (!!! People who have the returning flight from Bucharest might want to skip this part and go straight there.) With a small detour to visit a few more beautiful places, we'll arrive in Cluj in the afternoon.

More details about the field trip will be provided on the Facebook event page and via e-mail.
**Getting here**

The easiest way to get to Cluj is to fly directly into Cluj International Airport. The are many flights from cities like Bergamo, Berlin, Bucharest, Charleroi, Eindhoven, London, München, Rome and so on.

Another option is to fly to other surrounding airports like Budapest, Bucharest, Timisoara or Iasi and then take either another flight to Cluj, a bus or a train.

Cluj also has good connections to other European cities via bus or train. We'll be here to assist you in making the best choice.

**Passports and visas**

Romania is part of the European Union, therefore EU citizens can enter the country with the ID card.

For non-EU citizens, a passport and/or a visa might be required. You can find more info about this here: www.mae.ro/en/node/2040.

We will provide everyone, on request, with a letter of invitation and assistance in obtaining the visa. Please be aware that the process might require some time so be sure to apply early enough for the visa!

**Currency**

The Romanian currency is **LEU** (pl. **LEI**).

There are plenty of exchange places (also banks and ATMs) near the accommodation place and in the city center which are safe, charge no commission and have fair rates. You can also pay by card at any merchant without commission.
Save the dates!

Representatives registration:
20\textsuperscript{th} of April – 15\textsuperscript{th} of May

Members registration:
25\textsuperscript{th} of May – 20\textsuperscript{th} of June