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Dear EMSAi,

It’s a great honor for me to welcome you to the 4th Spring Assembly of EMSA in Ohrid, Macedonia. I am looking forward to getting to know more of you, and your interests and concerns for the upcoming year. This is an especially important time to be part of such a prestigious association, one that can connect and advocate for its many members.

EMSA is committed to providing a variety of opportunities to interact with medical students from all over Europe, with healthcare leaders on the European level and we very much value greater involvement towards achieving our goals. There is no better time to expand your network, and involvement within EMSA is a great way to broaden your horizons on important healthcare topics, policy making and science.

Last October EMSA Europe has become 27 years old. These were 27 years full of passion, hard work, successes and failures. But above all, they were 27 years of bringing medical students across this continent together, helping them achieve their goals and dreams and fight for a united, healthy Europe. This will always be our clear and certain vision: to enable medical students to serve people as best as they can as active, supportive and empathetic members of our society.

May we all have a great Assembly that will bring Health and Europe, Together!

Teuta AZIZI
EMSA President 2017-2018
Welcome from the VPC

Dear EMSA Family,

It gives me great pleasure to welcome you to the 4th EMSA Spring Assembly, Ohrid. I would like to begin my words by giving my thanks to the Organizing Committee of EMSA Macedonia for stepping up to host us in the beautiful Ohrid.

In this assembly, we will gather together to explore the field of Disaster Medicine, a subject that requires us to be prepared, and act immediately. As our official slogan for the event states:

When seconds count... Training makes the difference!

Throughout the assembly, we will have various sessions to discuss and expand our knowledge on the field of Disaster Medicine. Moreover, we will discuss the future of our association, vote on important motions to change our Internal Rules and candidatures for Executive Board 2018-2019, and discuss the policy statements to endorse as an association.

Soft skill trainings and workshops on various fields will be available for you to take part. In Twinning Market and Projects Fair, you will be able to explore FMOs and projects across Europe.

Each year, our association grows further, and we strive to achieve greater goals in line with our vision of united Europe. We, the students are the core of EMSA and what makes EMSA the voice of medical students across Europe. I encourage all members to take active part and use this opportunity to make the best of their assembly experience, and to return home fully immersed in blue spirit!

See you at Ohrid!

Tugce CETIN
EMSA Vice President of Capacity 2016 - 2018
Welcome from Organizing Committee

EMSA Macedonia has been given a great honor to be the host of the 4th Spring Assembly of EMSA Europe. Considering the big responsibility in our hands but also the excitement to host such an event together with the European executive board we decided to elaborate a very serious and important topic that has sparked a lot of questions this past year, Disaster medicine.

Would you know what to do in a situation of a natural disaster? Do we know how to protect ourselves in such a situation? Can we stay safe?

When seconds count… Training makes the difference!

This is our slogan for this event and throughout these few days we will try to answer this and many other questions considering natural disasters and disaster medicine. Having experience in Emergency medicine with our Emergency medicine summer school, we believe that this GA will be the perfect opportunity to broaden your knowledge and gain the skills to deal with such situations. We invite you to join us on the Spring Assembly 2018 in Ohrid and together to explore and learn Disaster medicine!

EMSA Europe Spring Assembly 2018

Organizing Committee
EMSA Macedonia is a non-governmental, non-profit organization, and a part of EMSA Europe for 17 years. Our main goal is to provide non-formal education and integration to the ambitious students of the University of Medicine – Skopje. As a part of EMSA Europe we strive to connect students from all over the world through the love of medicine and to spread the EMSA spirit throughout our University.

EMSA Macedonia is a representative of the Faculty of Medicine in the Ss. Cyril and Methodius University in Skopje, the capital city of Republic of Macedonia, located on st. „50th Division” no.6. The organization is stationed on the grounds of the University.

EMSA Macedonia has grown a lot in the last few years not only in number of projects, but also their quality, and the number of students involved. Currently, we have around 400 passive and 150 active members and 50 Alumni members and that number grows every year, while still maintaining the high level of quality of the organization. The rebirth of EMSA Macedonia was in 2009 with the implementation of our biggest project for the last 8 years now - The international Emergency Medicine Summer School. Introduced by Borislav Manev the president of the FMO, and president of EMSA Europe in 2011-2013.

Throughout the years we tried to provide a network for medical students, to connect colleagues and share experiences so that we can build a stronger, international and multicultural EMSA family. We focus our attention on our members and their personal developments such as gaining skills in leadership, public performance, teamwork and many other valuable soft skills. Our faculty has been our greatest supporter and motivator from the very beginning and throughout the years we have build a strong symbiotic bond. We also cooperate with other organizations such as the Cancer Society - Borka, Red Cross and many others.
EMSA Macedonia works on many projects throughout the entire year and focus on different fields in the pillars of Medical science, Public Health, Medical education, and European Integration. We are currently working on 24 projects including Teddy Bear Hospital, Twinning Projects, Stay Negative campaigns, Medical Mission, Differential Diagnosis Step by Step, the Emergency Medicine Summer School and many more.

- **EMSS (Emergency Medicine Summer School)**
  In 2017, the EMSS took place in the city of Ohrid for the 8th consecutive time. It is a 5 day project that focuses mainly on practical skill improvement, Emergency medicine lectures, with the number of participants around 80-100 including international students.

- **Twinning Project**
  This 7 day project is based on the collaborations between two or more EMSA members. In 2017 the members involved were Macedonia and The Netherlands with the project being held in Skopje and Groningen.

- **Motivational Weekend**
  These projects take place every year, this year for the 7th time in a row and are dedicated to soft skills trainings (motivation, creativity, teambuilding...) with the number of participants around 25-40.

- **Teddy bear hospital**
  One of our most fun and playful project dedicated to removing the fear in children of doctors and teaching them healthy eating habits. It included 160 medical and pharmacy students last year and we had also two open day TBH in a mall to make the project approachable to more children.
EMSA Macedonia

‣ **Campaigns**
Every year we organize a various number of campaigns dedicated to raising awareness of health problems. In 2017 we organized a National Donor Day (followed by a blood-donating action), World Water Day, Euromelanoma event and many others.

‣ **GA**
Every year we organize a General Assembly, generally in December in which the elections of the new board of EMSA Macedonia takes place for the following year.

‣ **Other activities**
We have organized many different projects and lectures in the pillars of Medical Science, Education, Ethics, Public Health, and European Integration such as Secret Science Club, Deep Vein Thrombosis lectures, Medical Missions, Eurotalk, Educational Workshops (vein puncture, suturing) and soft skill trainings.

Executive Board of EMSA Macedonia - 2017
The Faculty of Medicine in Skopje was founded in 1947 and is the oldest in our country, as a part of the University of Ss. Cyril and Methodius in Skopje. It is a part of the University clinical hospitals in Skopje involved in the educational process. Our Faculty has been our biggest support throughout the year. Our Deans, Vice-deans and professors have always motivated us, lectured lots of our projects and have been an irreplaceable part of the annual Emergency Medicine Summer School.

We have to thank our Rector Prof. Dr. Nikola Jankulovski and our Dean of Medicine Prof. Dr. Sonja Topuzovska for the great support they have given us for this event.
Meet the Executive Board

**TEUTA AZIZI**
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**KUBILAY KAYMAZ**
**TREASURER**
EMS Koc, Turkey

treasurer@ems-europe.eu
Meet the Organizing Committee

Organizing Committee will be comprised of the following members:

1. President of the Organizing Committee: Tamara Angelovska
   - General management of the Spring Assembly 2018
   - Coordination of the Executive Board of EMSA Europe with the Organizing Committee of SA2018
   - Overseeing the work of the Organizing Committee
   - Maintaining and establishing the contacts with relevant institutions that will contribute for the SA2018
   - Preparing invitation letters
   - Ensuring the financial stability of the organization together with the treasurer

2. Vice President: Matej Nikolov
   - Assist the president of the organizing committee in accomplishing the above mentioned tasks
   - Substitute for the OC President when she is out of office
   - Financial management of the SA2018 with the president and treasurer

3. Treasurer: Nikola Manev
   - Financial management of the SA’18
   - Bookkeeping and management of the official bank accounts
   - Keeping the board up to date on financial status. Providing the members with all relevant information when the need arises
   - Issuing official invoices and receipts
   - General management of SA’18 together with the Fundraising Officer, President and Vice President
   - For receiving and delivering all payments during SA’18
Meet the Organizing Committee

3. Liaison Officer with the Faculty of Medicine: Hristina Ampova
   - Maintenance of good relations with Faculty of Medicine
   - Communication with Dean of Medicine, Vice Deans and other professors
   - Planning and Coordinating with possible fundraising officials

4. Public Relations and Social Media Officer: Andrej Jordan
   - Maintenance of the Facebook event page and Instagram account of the SA’18
   - Creation of the promotional campaigns for SA’18 through social media platforms
   - Promotion of SA’18 to local and international medical students
   - Sending the confirmation mails and invitation letters of the participants

5. Fundraising Officer: Vanja Kitanova
   - Strategy planning on finding financial support from institutions and distribution of the funds
   - Finding sponsorships, grants and other means of financial support
Meet the Organizing Committee

6. Logistics Officer: Hristina Ilievska
   ‣ Coordination of accommodation, meals, transportation and other materials
   ‣ Coordination of the logistics team

7. Marketing, Logistics and Promotion Officer: Darko Aleksovski
   ‣ Designing all material about the SA’18
   ‣ Creation of design for the supporting material (gift bags etc.)
   ‣ Coordination of the marketing & logistics team
   ‣ Planning and coordination of SA’18 communication through the coordination of communication plans with EMSA Europe working plan and scheduling the future activities

8. Social Programme and Participants Officer: Alexandar Krajceski
   ‣ Organization of the Opening Ceremony and Night Events
   ‣ Planning and Coordinating post SA’18 excursions
   ‣ Coordination of participants during the working days
   ‣ Coordination of the participants team
Information about the Location

The Republic of Macedonia is located in the center of the Balkans and is very accessible to travel. Its neighbors are Serbia, Kosovo, Albania, Bulgaria and Greece. It is well connected with all of those countries. There is an international airport in Skopje and Ohrid with flights from and to Brussels, Copenhagen, Berlin, Frankfurt, Dortmund, Hamburg, Munich, Hanover, Venice, Budapest and many other flights from all over Europe are available with Wizzair. There are many bus line connections with Istanbul, Tirana, Vienna, Sarajevo, Sofia, Prague, Thessaloniki and many others. For more information about buses please check website of the international Skopje bus station.

We have decided to apply to host the Spring Assembly in Ohrid: the city by one of the deepest and oldest lakes in Europe with the clearest water. If you are wondering how to arrive to Ohrid, the precious pearl of Macedonia that is shielded by UNESCO, it is very easy. You only need to decide what kind of transport you prefer.

You can arrive in Ohrid with a car/bus or a plane. Because it might be a little easier and closer for participants to come to Skopje, we will have a transportation arranged for all participants from Skopje to Ohrid and Ohrid to Skopje, arriving on the 23rd of March and leaving on the 28th of March, prepaid by the OC. There is also a possibility to take a flight from Skopje to Ohrid. And if you arrive sooner or later than the arrival and departure dates, you can find cheap buses on the site listed above.

From the airport you can take a shuttle bus or a taxi to the center of the city both in Skopje and Ohrid. You can find some pictures of our airports, bus stations and numbers of taxi companies below.

Information about the Location


Ohrid bus station - http://mktransport.mk/stations/station/ohrid

Taxi companies in Skopje

Yellow – 15-185
Panorama – 15-199
Express 15-196

Taxi companies in Ohrid

Delux – 13-088
Mobidik – 13-111
Mercedes – 13-800

Emergency numbers

194 First aid
193 Fire brigade
192 Police

Country code for Macedonia +389
Accommodation and Venue

We will be accommodated in three hotels in a 300m radius apart from each other.

1. Hotel Sileks is located in tourist complex St.Stefan, 4 km away from Ohrid center, on the regional road Ohrid – St.Naum, and 10 km from Ohrid airport “St.Paul The Apostle”. Hotel Sileks spreads on the shore of Lake Ohrid, placed between crystal blue lake water and greenery of the pine forest, where you can follow the trail that leads to monastery St.Stefan - 720 m altitude above sea level. Its unique location is a great opportunity for combination of mountain and lake tourism.

The meeting venues are in the Hotel which is a great advantage. It has 2 great halls that accommodate 250 and 100 people and many smaller rooms for trainings and workshops. Two more halls are present with 50 seats and there are many smaller rooms with 20 seats. Most of the meeting rooms have beamers. The Hotel has a free wifi that can be used at all times. If there is a need for more venues there are extra rooms in a hotel which is 5 minutes walking distance.

The rooms can accommodate two or three people. The hotel is not so close to the city center, but we will have arranged busses for activities in the city center as well as social program.
Accommodation and Venue

We will be accommodated in three hotels in a 300m radius apart from each other.

Hotel Klimetica and Hotel Maiva: The other two hotels are Hotel Klimetica and Hotel Maiva that are very close to Hotel Silks (200 meters). Hotel Klimetica is the hotel in which we have the summer school every year. All the participant who will be accommodated in one of these hotels will have the three meals in their hotel. We will be having the plenary sessions and workshops in all three hotels, depending on the needs.
Registration Periods and Fee

The assembly will take place on **23-28 March 2018**. The estimated fee with accommodation is **200 EUR** and there will be no early/late fee system.

The price includes the accommodation with three meals per day in 4* hotels, because the working hours of the assembly will be in the hotel. The price includes the transportation from Skopje to Ohrid and Ohrid to Skopje. Transportation from the center of Ohrid to the hotels will be provided every day when needed.

There will be three registration periods.

- **20.11 - 11.12** Representatives registrations
- **18.12 - 07.01** Members registrations
- **15.01 - 25.01** Open registrations

Official cover and logo
Skopje - A Mixture of Cultures

Skopje is the capital of the Republic of Macedonia, which lies in the heart of the Balkan Peninsula, at the crossroad of important communications, and is a city with a 2000 years history. Skopje is a modern city with population of almost one million and presents Macedonia’s major political, economical, educational and cultural center. Skopje is a very attractive tourist destination with its fortress, cultural and historical monuments, archaeological sites, sport halls, caves in the canyon of the River Treska and Lake Matka and a health spa in the eastern part of the city.

Skopje is steadily becoming a vital regional route for international flight operators. The town with the beautiful quay of the Macedonian river “Vardar”, the narrow streets in the Old Bazaar which is the biggest bazaar preserved in the Balkans today, and internationally famous for being the birthplace of Mother Teresa. Skopje has blossomed into a thriving, stimulating city to explore, defining itself as an exciting tourist destination with the 1500 years old fortress Kale and monastery St. Pantelejmon with the fresco “Lamentation of Christ”, with the first signs of the Renaissance, the Islamic monuments Sultan Murat’s- Hunkar Mosque, the Davut Pasha’s bath.
Ohrid is one of the oldest human settlements in all of Europe. The lake itself is over three million years old. Ohrid town is first documented in Greek documents from 353 BCE, when it was known as Lychnidos - or, “the city of light.” Only much later, in 879 CE, the city was renamed as Ohrid. The name probably derives from the phrase “vo hridi” – meaning roughly, “in the cliff.” It comes from the time when the town was limited in a small area on the lake side of the hill, which in fact is a huge cliff rising above the lakeshore. The town as we know it today was built mostly between the 7th and 19th centuries. During the Byzantine period, Ohrid became a significant cultural and economic center, serving as an episcopal center of the Bulgarian Orthodox Church. Along with Preslav, it became the site of the first Slavic universities in the 9th century. At the beginning of the 11th century, Ohrid briefly became the capital of the Bulgarian Empire, ruled by Car Samuil, whose fortress still presides over the city today. The city center and the old town is compact and best seen on foot. An interesting walk to visit the main attractions starts in the main square. The city’s museums are in this area. From here, you should visit St. Sophia Church, the Antique Theater. Finally, walk up the hill to King Samuil’s Fortress. Plaoshnik, and St John - Kaneo can be visited on the return trip.
St. Sophia Church. 11th C. - Cathedral of Ohrid archbishops. Fourth basilica built on this same spot (the oldest one being a Roman basilica (courthouse)). Present church was built in 1035 by archbishop Lav, front facade with the towers and the open galleries was built in 1317 by Archbishop Gregory. The side porch was added when the church was turned into a mosque by the Turks. Inside is the biggest composition of 11th century frescoes preserved in the world. The main altar has scenes from the Old Testament and an emotional procession of angels bowing to Virgin Mary. The side altars have a fresco of the 40 martyrs (Roman soldiers left to freeze because they didn’t want to give up Christianity) which is very rarely depicted (in the left altar) and (in the right altar) portraits of Patriarchs from Constantinople, Jerusalem and Antioch, archbishops from Ohrid and Roman Popes (Ohrid archbishopcy always flirted with Roman Catholicism, so it would keep its important position with the Orthodox church). The small square in front of it was the main forum in ancient times.

St. John the Theologian - Kaneo church 13th C. – most known for its scenic location, standing on a cliff over Lake Ohrid. Notable about the cute architecture is Armenian influence in the zig-zag line of the roof of the dome.
St. Panteleimon – Plaoshnik - It has been a very important religious center since early Christian times, maybe even before then. It is the site of the first university in Europe, opened in the 10th c. and it is the place where the Cyrillic alphabet was created. The church below is a reconstruction of the church St. Klement built when he came to Ohrid and opened the university. The early Christian basilica in the middle of which the church stands is from the 5th century (interesting mosaics can be observed in the baptistery and in the side chapel which is covered with red plastic roof). The atrium was built on the side since there was no space available in the front. It is thought to be the cathedral in early Christian times. When St. Klement came here in the 10th century just the small round chapel that today serves as an altar existed. Because of the large influx of worshippers who followed him, he enlarged the church by building the central part of the church and turning the existent church into an altar chapel, and he dedicated the church to St Panteleimon (protector of health). The closed porch and the belltower were added to the church later in the 13th Century. Before St. Klement died he prepared his own grave inside the church. When Turks came to the city the church was torn down after a rebellion. It attracted large number of worshippers and pilgrims so they built a mosque above it. Until recently both the mosque and the church were standing in ruins. The reconstruction is mainly done from imagination since they didn't know anything but the shape of the church. The height, the shape of the domes and the decorations are a wild guess.
Old Bazaar - Since Ohrid was a big religious and cultural center, it never was an important trade center, which is evident by the size of its bazaar. It is a simple bazaar consisting of just one street. It starts with the food market (it used to be the animal market in the past). After the market the bazaar begins with a small square. On the square there is a 1000 year old tree and a nice fountain. Above the square the clock tower of Ohrid stands. As you walk down the bazaar on your left there are couple of stone stores, which is the only section of original stores in the bazaar. In the past, the bazaar was covered with grape vines, protecting shoppers from the sun and the rain. Very few crafts are preserved. The bazaar ends with the main square that used to be the food market in the past.

King Samoil Fortress - To reach the fortress from Plaoshnik take a small path through the woods. In the second courtyard there are ancient graves, remains of a round tower and a cistern. It offers a great view over the lake and city of Ohrid.
**Ohrid - The City of UNESCO**

**Antique Theater** - The theatre is the only visible monument from ancient times. It is also the only Hellenistic theater in Macedonia, the other three are from Roman times. Only the lower section of the theater is preserved, it is not known how many people it seated since the upper section is missing (the arches in the behind are just decorative it is not something they unearthed).

**Ohrid Traditional Architecture** - When the Turks came they settled on the flat land along the lake and that became the Muslim part of town and the part on the hills inside the walls was always the Christian part, with the bazaar as a meeting place. As the city grew and the Christians were not allowed to build outside the walls, Ohrid developed very specific architecture with tight narrow streets and tunnels (houses built over the streets). The houses had tiny yards usually enclosed in the ground floor, and the houses grew over the streets on the upper floors since the locations were small. The steep terrain enabled each house to have a good view of the lake and because of the strong sun the houses were painted white, so they would reflect the sun. Because of the winds from the lake the houses in Ohrid don’t have the open spaces that traditional houses in other towns in Macedonia have.
Ohrid Traditional Architecture (Continued) - Interesting houses can be seen all over the old town but the best examples are along “Car Samoil” and “Ilindenska” streets. Robevci & Uranija houses are the two best examples of traditional architecture. They are houses of very rich families (normally the houses were not this big). Especially rich in terms of architecture is Uranija house, with entrances on different levels and inside galleries. They have been turned into museums today. If you don’t have time, we advise you to visit Uranija house which has free entrance, even though the top level of Robevci has great views, nice wood carvings, and some furniture. The house next to St. Nikola Gerakomija church is one of the few traditional houses that has been nicely and carefully preserved. It has been turned into a hotel now; Kanevce House On the right from the main facade of St. Sophia church, is the small house that belonged to Kanevce family. It has beautiful proportions and it is a good example of how they built on small locations.

Night Life - Ohrid has a very vibrant night life, with bars, discos, clubs and so much more. During your stay here, we’ll make sure that you completely enjoy every single night, and emphasize the multicultural gathering that is happening. Just a few of the famous bars are : Liquid, Jazz-In, Kadmo, The Duck etc. And if you want you can simply chill out at one of the many Cafes and Restaurants.
Message from the OC

Dearest EMSAi,

We are overwhelmed of joy having the opportunity to be the host for the next Spring Assembly and being able to meet so many amazing people from whole of Europe. It is such a pleasure working to give you all the best possible event. We assure you that in Ohrid you will learn lots, have amazing trainings and workshops, many productive days, but most of all, we promise you tons of fun. If you were worried about the parties, don’t give it another thought. We have planed an unforgettable opening party, theme parties, crazy rock and roll and many more surprises. You will be charmed by the beauty of Ohrid and its amazing buildings as well as very friendly people.

We also promise many hours without sleeping, but not to worry, they will be an experience of a life time.

So do not hesitate, don’t let people tell you about the charming city and great assembly in Ohrid. BE THERE!

Lots and lots of hugs.

EMSA Europe Spring Assembly 2018 – Organizing Committee
Disaster Medicine: When seconds count... Training makes the difference!