ASSA is a full member of the International Federation of Medical Students’ Associations—Egypt (IFMSA-Egypt) which is a full member of the International Federation of Medical Students’ Associations (IFMSA)

The International Federation of Medical Students’ Associations (IFMSA) is a non-political and non-profit organisation recognised as one of the oldest and largest student-run organisations in the world. IFMSA was established in 1951 to serve as a platform for unity, collaboration and peace amongst international medical students. It was established by eight European countries, and has since expanded to include 97 member organizations from 92 countries in 2009. All these member organizations have local committees of medical faculty organizations who execute the work of IFMSA.

The mission of IFMSA is to create culturally sensitive medical students who are aware of national and international challenges to community health and who can make a difference in creating a healthier society. IFMSA offers its members a wide range of unique experiences in various fields related to community and global health. It is the perfect place for medical students to receive capacity building exercises in diverse areas equipping them with the necessary tools to become better physicians.

The IFMSA is officially recognised by the WHO, the WMA and the UN as the voice for international medical students, and is invited to many of their annual conferences. Amongst these conferences is the World Health Assembly organised by the WHO where the IFMSA represents the views of future physicians when it comes to international health concerns.

The IFMSA’s activities range from raising awareness on public health, human rights & peace and reproductive health issues to involving students actively in curricular reform and medical education. Our activities also encompass the largest international student exchange program, with more than 10,000 medical students given the opportunity to experience medicine and research as practiced in countries other than their own. We also have a very active training division that offers IFMSA’s members a wide range of trainings in the fields of;
leadership, strategic planning, time management, project planning, presentation skills, public relations, fundraising and marketing amongst others.

IFMSA activities are conducted through six standing committees.

- Standing committee on Reproductive Health and AIDS
- Standing Committee on Humanitarian Projects
- Standing Committee on Public Health
- Standing Committee on Medical Education
- Standing Committee on Professional Exchange
- Standing Committee on Research Exchange

SCORA (Standing committee on reproductive health including AIDS)

SCORA, the Standing Committee on Reproductive health including AIDS, is one of the six Standing Committees of the International Federation of Medical Students’ Associations (IFMSA) and IFMSA - Egypt. SCORA is a forum for active discussion for medical students interested in promoting reproductive health. Our overall goal is the implementation of an optimal understanding of the reproductive health problems and their prevention by medical students. In Egypt, SCORA started to work effectively more than 5 years ago and organizes many events for medical students, from different universities around Egypt to guide them on how to improve reproductive health issues in our country. SCORA work reached the maximum within the last 2 years. This big number of participation allowed the increase in various topics & styles of this committee’s work.

Mission

Our mission is to offer Egypt’s future physicians a comprehensive introduction to reproductive health. Through education, we aim to raise awareness on a variety of reproductive health issues amongst the wide public, and strive to stop the spread of HIV/AIDS and whilst challenging the widespread violation of reproductive rights and gender inequality.
Activities

Female Genital Mutilation (FGM) – Step down training
Place: Oxford Center
Date: 3rd-5th December 2011
Description: Female Genital Mutilation (FGM) Step-down training is a part of the national FGM awareness project. It started with a Training of Trainers that took place during October 2011 in which 2 representatives from ASSA has participated actively. Afterwards the second phase of the project was to conduct a step-down training locally to create a team capable of delivering a based on knowledge message to medical students in the next phase of the project. The step-down training was conducted by both trainers (who attended the TOT) to deliver it to 30 trainees selected upon a strict selection criteria that was mainly concerned with how much the applicant is willing to commit to other phases of the project and spread the knowledge he/she acquired through such a training. It was conducted on 3 days during which trainees got to learn more about FGM from the medical, psychological and even religious points of view. Trainees got to learn more about communication skills required to deliver such a message through a multi-booth/session. And on the final day the Trainees got to practice what they have learnt through creating their own mini-campaigns and presenting the outcome of their small working groups to the training mates in an interactive way.

Breast cancer awareness campaign:
A large scale local awareness Campaign aimed at raising awareness about breast cancer in addition to teaching the female students how to do the self-examination, what shall raise their suspicions and when to see the oncologist.

Preparation:
The project team attended scientific sessions including a communication skills training in cooperation with Alexandria Scientific Pharmaceutical Students’ Association (ASPSA) and Rotaract club of Alexandria Sunrise.

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Project Implementation:
- Preparatory training session for all the participants of the campaign from the three different entities, organized by ASSA, 29th October 2011
- Awareness Campaign about early detection and treatment held at the dorms of Alexandria University targeting female students studying at Alexandria University, 1st – 2nd November 2011

Project Expenses: 4,800 EGP

Anticipated outcomes and results:
Using documented statistics, the campaign showed a high level of success and ASSA was welcomed to do such a campaign annually at the Female dorms of Alexandria University.

HIV/AIDS HIV/AIDS Core Training
ASSA has been sharing in the National HIV/AIDS core training that aimed at improving the health care professionals' knowledge, attitudes, behaviors and practices toward people living with HIV (PLHIV).

The training course was conducted at the Lecture hall of Alexandria Fever Hospital in cooperation with the administration of the hospital as well as Egyptian AIDS Society with field-experienced speakers from Alexandria Fever Hospital, Care Egypt, Egyptian AIDS Society and Faculty of medicine, Tanta University for 30 participants during 28th – 29th December 2011.

SCORP (Standing committee on Human Rights and Peace)

SCORP, the Standing Committee on Humanitarian Projects, is one of the six Standing Committees of IFMSA – Egypt. SCOHP is a forum for active discussion for medical students interested in promoting humanitarian issues. In Egypt, SCOHP was initiated in 2007 to gather medical students from different universities around Egypt to guide them on how to share in and advocate for humanitarian issues and promote relevant projects in Egypt.
Alexandria Students' Scientific Association
Member of IFMSA (International Federation of Medical Students' Associations)

الجمعية العلمية – كلية الطب – جامعة الإسكندرية
عضو الاتحاد الفيدرالي الدولي لجمعيات طلاب الطب

Mission

Our mission is to offer Egypt’s future physicians a comprehensive introduction to humanitarian issues. We are dedicated to work towards empowering and improving the life of vulnerable people and alleviating the pain of those suffering.

Activities

Big Brother Initiative / Orphan's day

Continuing our philanthropic role after last year success and our contribution to get in to a close contact with orphans and get to understand their needs in a way to show our support without giving them the sensation that they are excluded in our society. We aimed at Supporting them as brothers. This project is one of ASSA main ongoing activities.

This year we headed to Ali Ebn Abi Taleb Orphanage to spend a delightful time with children playing, singing and having fun.

Project Implementation: Giving Regular visits to the Orphanage, spending a lot of nice time with the orphans and getting them gifts.

In a trial to understand the Psychological aspects of the orphans and to show Psychological support based on scientific bases we were working together along with a Psychiatrist.

The team was informed of the conditioning of the children, 30 in total, taking residence in the orphanage. We were instructed on the means of addressing the children’s emotions along with their educational and social attitudes we will be exposed to.
Blood Donation Campaign
“Donate blood … Donate life”
12 April 2012

Together with Kom el Dekka Blood Bank, the campaign was held at Alexandria Faculty of Medicine, El-Mwasah Division

Methodology:

• Partnership with Kom el Dekka Blood Bank to set fully equipped station for blood donation.
• Public awareness on the necessity of blood donation and its medical importance with the use of printed educational materials.
• The Kom el Dekka Blood Bank team established their blood collecting station with social workers, nurses and a doctor to outline for potential donors the medical specifics of the donation process.
• Blood bags were collected with those matching criteria while others willing but not capable on the day to donate were added to the database.
• Those under 18, have previously donated within previous 3 months or not fit to donate blood were excluded from the donating process but were added to the database.

ASSA Annual Charity Iftar

On 30th of July (11th of Ramadan), As it has been going on for years, ASSA organized its annual charity Iftar sponsored by Segafredo Zanetti Café at Stanly and the charity surplus was directed to the ICU unit of Shatby Pediatrics Hospital.

SCOPH (Standing committee on Public Health)

SCOPH, the Standing Committee on Public Health, is one of the six Standing Committees of the International Federation of Medical Students’ Associations (IFMSA) and IFMSA - Egypt. SCOPH is a forum for active discussion for medical students who work together to improve the public’s awareness, encourage them to take on healthy life styles and get rid of wrong health beliefs, which are the major factors in most health issues that we face in our country. In Egypt, we deeply believe in the vital role that should be played by the Public Health sector...
and are compelled to and concerned with all issues that affect Public Health. The SCOPH team gathers medical students from many universities all over Egypt. Together we work hand in hand for the good of the public’s health and to promote public awareness.

**Mission**

Our mission is to offer Egypt’s future physicians a comprehensive introduction to public health issues, who will in turn improve public health awareness. We are dedicated to try to influence the public health status in Egypt.

**Activities**

**Healthy Life Style – World Health Day**

*Add life to years day out Lagoon Resort and Spa, Alexandria*

**Description:**

We Cannot forget about elderly people because while Youth is supposed to be the ‘time of our life’, a life stage we associate with freedom, fun, and friends, being happy and socializing. On the other hand Certain groups of elderly are pushed to the margins of society and prevented from participating fully in their society. This can be expressed in the term of Social exclusion.

We carried the responsibility on our shoulder to promote a Healthy ageing and specifically actively promoting the health of older people.

ASSA Carried a Car wash at Lagoon Resort – Alexandria on 30th March 2012, supporting the national Celebration that was carried a week after at the same place.

**World Diabetes Day**

*10 000 Steps per Day, Keeps Diabetes Away*

14th November, World Diabetes Day, Was the alert that awakened us to stand face to face against a widespread disease, DIABETES. We managed to reach our objectives in collaboration with Alexandria Scientific Pharmaceutical Students Association (ASPSA) a member in Association within International Pharmaceutical Students’ Association (IPSF).
Goals of the Awareness Campaign:

- Highlighting the Importance of early diagnosis of pre-diabetes.
- Emphasizing on the role of a healthy life style and its relation to fighting diabetes and Hindering the advancement of a diabetic patient.

Project Implementation:

In a trail to spread the alert and Awareness how can such disease be avoided or controlled, we held our project on three Phases Sponsored by Alborg Labs, Alexandria.

Phase I: Creating a conjoint team from both Associations and preparing them through conducting a communication skills session in the Health Behavioral change to enhance their skills and widen up their scope while disseminating their health awareness Message. 23rd November 2011

Phase II: Widening the scope of dissemination of our message and in trail to reach the maximum of our target we carried our awareness campaign at Alexandria Sporting Club after prior agreement with the club administration and a pre campaign announcement within the club. 25th November 2011

Phase III: Carrying an Awareness campaign within Faculty of Medicine, Alexandria University. Medical students are the core of our society who deals with different diseases. Upon that we carried the mission of enhancing their Knowledge concerning Diabetes and keep them updated with latest trails and advancement in facing Diabetes. 28th November 2011

Hand Hygiene Project – World Hygiene Day

“Save lives ... Clean your hands
16th -20th November 2011
Hand hygiene refers to removing or killing microorganisms (germs) on the hands. When performed correctly, hand hygiene is the single most effective way to prevent the spread of communicable diseases and infections. In health
care, hand hygiene is used to eliminate transient microorganisms that have been picked up via contact with patients, contaminated equipment or the environment. Hand hygiene may be performed either by using soap and running water, or with alcohol-based hand rubs.

Target Groups: children under the age of six and Medical Students at Faculty of Medicine, Alexandria University.

Project Implementation:

Raising awareness of 250 Health workers at Alexandria Faculty of Medicine about hand washing, self-hygiene and infection control measures through surveying, delivering a health message and analysis of the survey results. 16th November 2011.

Educating children under the age of six at Children’s House Nursery about the correct way of teeth brushing and hand washing through demonstration and self-practice and delivering health messages about germ transmission. 17th November 2011.

Teddy Bear Hospital Project

Introducing the clinical examination to children aged between 4-6 years in a playful way in order to reduce their fears and at the same time provide an opportunity for medical students to learn more about pediatrics and interaction with children.

Target Group: Children aged between 4-6 years

The delivered health messages:
- Don’t be afraid of doctors, they are friendly and they will help you get better when you feel pain.
- Always try to tell your doctor everything you feel to help him diagnose your case and prescribe the right medication.

Implementation: At Pioneers Language School, we guided the children around various activity stations. The children’s teddy bears stood in for patients in need of help, with tummy aches, sore throat and even broken legs. The children played the roles of the medical team. They were dressed up as doctors and performed examinations and operations.
SCOME (Standing committee on Medical Education)

SCOME, the Standing Committee on Medical Education, is one of the six Standing Committees of the International Federation of Medical Students’ Associations (IFMSA) and IFMSA - Egypt. SCOME is a discussion forum for students interested in the different aspects of medical education in the hope of pursuing and achieving its aim. Medical Education should be a concern of every medical student as it shapes not only the quality of future doctors, but also the quality of healthcare. In Egypt, SCOME was first officially introduced during the 2002-2003 term. Since then dozens of initiatives, projects and activities were launched and carried out.

Mission

Our mission is to build awareness on topics needed for changing the Medical Education for the better.

Activities

Integrative Symposium on Renal Failure
22nd April 2012

Believing that Medical Student are the future physicians and the core of Health care professionals, they should be prepared with the advanced tools and the skills to look up different aspects of diseases and informal learning tools to get to understand and keep with utmost and latest updates in medicine.

Linking advanced health care professions and doctors in an event fully prepared by Young medical students is a hard task and couldn’t be done except with perfect guidance under supervision of the Standing committee on Medical education to prepare the participating medical students with research and Presentation skills they need.

The event aims at introducing Renal Failure in a comprehensive symposium that includes essential basic knowledge, practical clinical experience and recent researches which are
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Member of IFMSA (International Federation of Medical Students' Associations)

The scientific content has been reviewed by the distinguished staff members of Alexandria medical school and will be presented entirely by a team of well-prepared students.

The Event was held at the Conference hall, Faculty of Medicine, Alexandria University. 22nd April 2012.

German Recruitment Session
4 December 2011
In collaboration with DR. Holldorf German Recruitment Agency, ASSA shared in preparing medical students to get involved in such session to help medical students to start their carrier in Germany.

The session was held at Bristo Acaccia and can be summarized in the following points:

1- Language and professional requirements to start a career in Germany
2- Cooperation with Sprachzentrum Fur Deutsch as for the Language requirements
3- The Application and the hiring process
4- Offer and demand today and in the future
5- Examples from real life
6- Recommendations

SCOPE/SCORE (Standing committee on Professional/Research Exchange)

SCOPE, the Standing Committee on Professional Exchange, is one of the six Standing Committees of the International Federation of Medical Students’ Associations (IFMSA) and IFMSA - Egypt. SCOPE is the first IFMSA Standing Committee to be created. It constitutes the largest exchange program within the IFMSA and it has been running since the organization’s foundation in 1951.

SCORE, the Standing Committee on Research Exchange, is one of the six Standing Committees of the International Federation of Medical Students’ Associations (IFMSA) and IFMSA - Egypt. SCORE provides medical students from around the world the unique opportunity to participate in exceptionally rewarding and affordable clinical or pre-clinical research projects in a foreign country. Through this international exchange program, SCORE hopes to contribute to the
Mission

Our mission is to promote international understanding and co-operation amongst medical students and all health professionals through international exchange of students and to offer medical students from around the world the opportunity to participate in a unique research and cultural experience through clinical or pre-clinical research projects.

Activities

Outgoing Exchange Division

Through SCOPE/SCORE ASSA gives around 30 students every year the chance to participate in an international exchange program to gain clinical and research experience from different hospitals and research institutes around the world. Selection of the Exchange candidates passes through phases of exams and interviews to provide a fare and clear criteria of selection for all medical students in Alexandria University.

Incoming Exchange Division

Through SCOPE/SCORE ASSA hosts around 30 incoming Exchange students every year arranging boarding, lodging, scientific and social program for them. ASSA incoming exchange division is constantly receiving wonderful feedbacks from exchanges worldwide for its well organized, sustainable and professional arrangement.

IFMSA-Egypt 4th National Weekend 2012

19th – 21st July 2012

NWE 2012 is the event of the year in the New Egypt where the amazing blend of cultures will conjure a spell-binding gathering. It’s where medical students meet from all over the world to get the chance to join us in a life changing experience under the serene skies and splendid beauty Egypt.
As usual ASSA participated in this event and the incoming exchange students were excited to spend such weekend. Moreover, the Head of Registration Committee was Mr. Mohamed Bassam, ASSA local exchange officer.

**LOCAL ACTIVITIES**

**TSD (Training Support Division)**

The Training Support Division is one of the Support Divisions in the IFMSA. Medical professionals are continually pressed to take roles in management and improvement of health systems performance. The IFMSA is taking a key role in developing future leadership for global health and training. Developing key human resources is becoming increasingly important to provide medical students with these necessary skills that the strained academic field often fails to provide. (www.ifmsa.org/training) In IFMSA-Egypt, the newly developed Training Support Division aims to provide IFMSA -Egypt members, the future physicians, with the essential skills to potentiate work within the organization and to better prepare them for their future medical careers. We believe that training will equip medical students with the skills, knowledge and attitude that they need to make the world a healthier place for all people.

**Mission**

Our mission is to provide professional standard training that will help develop our Organization and its members to achieve their fullest potential.

**Activities**

Throughout the year ASSA organizes multiple trainings on different soft skills, those trainings are either attended by ASSA members, all medical students and even non-medical students. The trainers are all IFMSA certified international trainers and the certificates issues are IFMSA certified certificates.

**Communication Skills training**

9th April 2012

In the present day information revolution and formation of knowledge societies, it becomes important to communicate effectively in today's fast paced life, everyone is asked to do more with less. In such a scenario effective communication holds the key.

From this point of view, ASSA conducted a training for our members to make them cope with our society needs.
Presentation Skills Training
21st April 2012

ASSA Conducted a Presentation Skills training as a part of preparing the Team speakers participating at the Integrative Symposium of Renal Failure. Number of Attendance: 15 ASSA members. The training was conducted by a certified IFMSA trainer who covered the main presentation skills topics needed by a presenter for active engagement with his audience.

Conference Organization

The Conferences committee is responsible for organization of ASSA Annual conference as well as different conferences held by different faculty departments and research institutes inside and outside the campus.

This year our organizing team made a great success in organizing various successful Events.

Annual Conference of the Chest Department - Alexandria Faculty of medicine

Theme: Sleeping Disorders
Date: 8th – 9th March 2012
Place: Hilton Green Plaza Hotel, Alexandria

The tasks assigned to us included:
- Pre-conference and on spot registration
- Preparing the hall to receive chairpersons and guests
- Providing technical support during sessions

Conference of the Chest Department - Alexandria Faculty of medicine

Theme: Latest advances in chest diseases
Date: 3 May 2012
Place: Hilton Green Plaza Hotel, Alexandria

The tasks assigned to us included:
- Pre-conference and on spot registration
- Preparing the hall to receive chairpersons and guests
- Providing technical support during sessions
- Guiding information during breaks
- Delivering attendance certificates
Conference of the Dermatology Department - Alexandria Faculty of medicine

**Date:** 24th – 25th May 2012  
**Place:** Helnan Palestine Hotel, Alexandria

The tasks assigned to us included:
- Preparing Conference promotional materials
- Pre-conference and on spot registration
- Preparing the hall to receive chairpersons and guests
- Providing technical support during sessions

The Integrative Symposium on Renal Failure

**Theme:** Hand in Hand to Combat Renal Failure  
**Date:** 22nd April 2012

ASSA in collaboration with Alexandria Medical Students Research Association [AMSRA] and under supervision of the Egyptian Association of Advancement of Medical Basic Sciences [EAMBS] in an attempt to engage young medical students together with Medical professionals to introduce Renal Failure in a comprehensive symposium that includes essential basic knowledge, practical clinical experience and recent researches which are precisely integrated to enable physicians and medical students to tackle this common health problem in the best way possible.

The scientific content has been reviewed by the distinguished staff members of Alexandria medical school and was presented entirely by a team of well-prepared students.

The Symposium was held at the Conference Center, Faculty of Medicine, Alexandria University

**Session I:** Basic Medical Sciences  
**Session II:** Clinical Knowledge  
**Session III:** Recent Updates in Clinical Research

Implementation phases:
- Preparing a team how is motivated and committed to the conference program
- Conducting regular meetings between the scientific team and Supervisory doctors to ensure the perfection and integrity of the Scientific content prepared by the students
• Conducting a presentation skills training for the presenting team to assure their performance on stage

Social Activities

ASSA Orientation Session
25 November 2011

It was held at the Medical Education in Alexandria Faculty of Medicine aiming at introducing ASSA vision and activities and presenting ASSA Board members and their different fields of work to all faculty students in order to increase their involvement in different extracurricular activities.

Trip to Cairo

It was held on 6 April 2012 and the program included visiting the Great Pyramids of Giza, Al-Azhar Park, Al-Hussein mosque and a Nile cruise.

Graduation Day of Class 2010

ASSA shared in the organization of the graduation day held on 10 May 2012.

National Events

HIV / AIDS Core Training

ASSA had the pleasure of hosting the HIV/AIDS national core training that was organized by Karim M. Abu Zied the national coordinator with the help of some of the highly motivated ASSA members. The national core training was held at the Lecture hall of Alexandria Fever Hospital in cooperation with the administration of the hospital as well as Egyptian AIDS Society with field-experienced speakers from Alexandria Fever Hospital, Care Egypt, Egyptian AIDS Society and Faculty of medicine, Tanta University.
World Health Day Celebration

ASSA was hosting the National World Health Day held on 30th March 2012 at Lagoon Resort and Spa carried the responsibility on our shoulder to promote a Healthy ageing and specifically actively promoting the health of older people.

First we Conducted a training session by an official IFMSA trainer about Stereotyping at old age to emphasize on the rights if the elder people to live a healthy life without being isolated from their community.

After forward we managed to engage with aged personals from an Elderly shelter in a funny way as we managed to play some old music and games they used to have back when they were young.

Advanced Project management/Leadership Workshop

ASSA was honored to host such great event held at Faculty of Medicine, Alexandria University.

The workshop was held and conducted on the 19th and 17th February 2012 with around 25 participants. The workshop was conducted by the IFMSA Project Support Division Director 2011 - 2012, Mr Phillip Chao.

The Workshop provided an intensive session that provided the proven knowledge and competencies to permit current and aspiring team leaders and IFMSA members to excel in their work.

Participants, took the skills and knew how to get the very best of every manpower, and make a real difference in the effectiveness and productivity of their teams and learned how to set and accomplish objectives, coach, delegate and motivate and review performance.
Alexandria Students’ Scientific Association

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