

BeMSA Exchanges Outgoing Booklet 2023-2024

**Belgian Medical • • • • •
Students' Association**



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About BeMSA

The Belgian Medical Students' Association (BeMSA) is a Belgian student-run organisation. As of the 2018-2019 academic year, it represents medical students from 8 faculties across the country, while also establishing international connections through the existing network of 137 national member organisations of the International Federation of Medical Students' Associations (IFMSA).

Each year we organise a series of events on a local, national and international level. Additionally, our clinical and research exchange programs send over 100 Belgian students abroad every year, while accommodating the same number of foreign students. This allows them to explore innovations in medicine, healthcare systems and healthcare delivery in various settings across the globe.

BeMSA brings people together to exchange, discuss and initiate projects with the goal of creating a healthier world. It provides medical students with the skills and resources needed to be health leaders. With the help of the IFMSA, it also advocates for the pressing issues that matter to us to shape the world we want to live in. And it does deliver: our projects, our campaigns and our activities positively impact our future physicians alongside the communities they serve.

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... Introduction

With great pleasure, we present to you BeMSA's official Outgoing Booklet. In this booklet, you will find information regarding the International Federation of Medical Students' Associations' **Professional (SCOPE) and Research (SCORE) Exchanges** - what are they, how can I apply, which countries can I go to – and the organisation behind it.

Do you want to discover foreign cultures and combine this with scientific research? Then **SCORE** might be something for you! Would you rather discover new healthcare systems while doing an internship abroad? Then don't wait any longer and apply for **SCOPE**.

Throughout this booklet, you will find that **SCOPE**, the Standing Committee on Professional Exchange, and **SCORE**, the Standing Committee on Research Exchange, will be grouped together for the most part. This is because the essentials are very similar. The differences will be highlighted and, in the end, hopefully, everything will be clear!

We highly encourage you to **read this booklet before applying**, so you can become familiar with the whole program and process. If you still have questions, don't hesitate to contact your **Local Exchange Officer (LEO) or Local Officer on Research Exchange (LORE)** from your respective university! You can find their contact information on the next page.

We wish you all the best exchange experience!



Melissa Chen
NORE-IN

nore@bemsabe



Yorick Demaerschalk
NORE-OUT



Sabrina Rhannaoui
NEO-IN






Anaïs Descoutures
NEO-OUT

neo@bemsabe

... Contact

Our exchange program is managed by a fantastic team of local and national officers. You can find the structure of the team and all their contact information below.

First of all, you have the **NEOs** (National Exchange Officer) and **NOREs** (National Officers on Research Exchange). They oversee the national aspect of the Professional and Research Exchanges. The NEO and/or NORE-out handles all the tasks related to the outgoing students while the NEO and/or NORE-in handles the tasks associated with the incoming students. SCOPE and SCORE are represented in every university or LC (Local Committee) by local officers. These **LEOs** (Local Exchange Officers) and **LOREs** (Local Officers on Research Exchange) handle the exchanges' local aspects, such as promoting exchanges and finding tutors & accommodation for incoming students. They will also answer all your questions regarding the exchanges, so don't hesitate to contact them. You can contact the LEO for SCOPE-related questions and the LORE for SCORE-related questions.

Local Committee	LEOs	LOREs
	<ul style="list-style-type: none"> · Lynn De Coene · Julie Hemeryck <p>scope@bems-gent.be</p>	<ul style="list-style-type: none"> · Maria Astashka · Sanne Swaenen <p>score@bems-gent.be</p>
	<ul style="list-style-type: none"> · Louise Corstjens <p>leo@hasselt.bems.be</p>	<ul style="list-style-type: none"> · Ermina Bergoets <p>lore@hasselt.bems.be</p>
	<ul style="list-style-type: none"> · Ellen Postma <p>leo@leuven.bems.be</p>	<ul style="list-style-type: none"> - Natasha Graafsma - Niels Nulens <p>lore@leuven.bems.be</p>

	<ul style="list-style-type: none"> · Rémy Grandjean leo@liege.bemsa.be 	<ul style="list-style-type: none"> · Pauline lore@liege.bemsa.be
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	<ul style="list-style-type: none"> - Constance Clerckx Leo@vub.bemsa.be 	<ul style="list-style-type: none"> · / lore@vub.bemsa.be
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... What is BeMSA? What is IFMSA?

The Belgian Medical Students' Association, or in short BeMSA, is an organisation of enthusiastic healthcare students that all share the same goal: **to make a sustainable change towards social, physical, and psychological well-being for all**. It was founded in 2009, when several medical student organisations from Ghent, Antwerp and Leuven decided to unite and form one big organisation.

BeMSA brings people together to exchange, discuss and initiate projects in order to create a healthier world. It trains its members to give them the skills and resources needed to be health leaders. It advocates for the pressing issues that matter to us to shape the world we want. And it does deliver: our projects, our campaigns and our activities positively impact our future physicians and the communities they serve.

After tremendous growth in the past few years, BeMSA now consists of **9 active Local Committees**: KU Leuven, UAntwerpen, UCLouvain, UGent, UHasselt, ULB, VUB, ULiège, and KULAK. Each Local Committee organises multiple projects, e.g. Heart for Life, Date your Doctor, Stigma Challenge, and of course, the exchanges.

Furthermore, BeMSA is a member of IFMSA, the International Federation of Medical Students' Associations. IFMSA is a global organisation of **1.5 million students from 133 NMOs (National Member Organisations, e.g. BeMSA) in 123 countries**. IFMSA works on the local and national levels mainly via its six Standing Committees, each of them focusing on major health topics and healthcare student-related interests: **SCORA**, Standing Committee on Sexual and Reproductive Health including HIV/AIDS; **SCOPH**, Standing Committee on Public Health; **SCORP**, Standing Committee on Human Rights and Peace; **SCOME**, Standing Committee on Medical Education, and of course **SCOPE** and **SCORE**, which both focus on exchanges.



SCORA
Sexual and Reproductive
Health and Rights incl. HIV & AIDS



SCOPH
Public Health



SCOME
Medical Education



SCORE
Research Exchange



SCORP
Human Rights and Peace



SCOPE
Professional Exchange



What is SCOPE? What is SCORE?

The **Standing Committee on Professional Exchange (SCOPE)** was founded in 1951 and is one of the first standing committees within IFMSA. It has grown into one of the most extensive student-run exchange programs in the world, with around **13.000 medical students** participating every year from more than 100 National Member Organisations (NMOs). The aim of SCOPE is to promote cultural understanding and cooperation amongst medical students and all health professionals, through the facilitation of international student exchanges. SCOPE aims to allow all students to learn about global health and attains this partly by having its exchanges accredited by medical faculties across the world.

The **Standing Committee on Research Exchange (SCORE)** was founded in 1991 with the objective of giving students an opportunity to improve their skills in research in other learning settings. Presently, SCORE involves more than 80 active NMOs, offering over 1.600 research projects to provide over **3.000 healthcare students** worldwide the opportunity to participate in the IFMSA Research Exchange program and learn the basic principles of medical research such as literature studies, collecting data, scientific writing, lab work, statistics and ethical aspects related to medicine. The aim of SCORE is to develop both culturally sensitive students and skilled researchers intent on shaping the world of science.

SCOPE and SCORE allow students to participate in a **4-week clerkship or 4-week research project**, respectively, in one of the countries that BeMSA has signed a contract with.

For whom?

- SCOPE: Medical students starting from 3rd Bachelor of Medicine with at least 45 credits.
- SCORE: Medical students and students in the Biomedical Fields according to each Local Committees' rules of the hosting country start

Price?

€500 (€600 in Leuven and Ghent) including:

- A 4-week clerkship or Research Project
- Accommodation
- One meal per weekday
- Contact Person
- Pre-Exchange Training (to be held on **30/03/2024**)

Local and National Social Programs are dependent on the country and city.

Note that flight tickets, visas, and vaccines are NOT included.

20€ will be reimbursed after completion of your exchange if you fulfil the following criteria:

- Fill in the Evaluation Form that will be sent to you
- Write a report about your exchange in the correct template

••• How do I get selected for an exchange?

So, you decided to apply to go on an exchange? Amazing, you won't regret it! Let us explain how it works.

In order to get selected to go on exchange, there are two selection rounds:

ROUND 1: Motivation Letter, CV, Addendum for Extracurricular Activities and Social Engagement

For the first round, you need to write a motivation letter about why you want to go on an exchange. Also, motivate at least three departments (SCOPE) or research projects (SCORE)* you want to be placed in. Everything need to be in english.

Please upload the following documents in the Form ([SCOPE](#) and [SCORE](#)), by **October 29th, 23h59 CET. Late applications will **NOT** be considered. :**

- **Motivation letter** (Max. 2 pages) (lettertype: Calibri ; letter size: 11)
- **Curriculum Vitae** (Max. 2 pages)
- **Addendum with specific information about your extracurricular activities and social engagement** (Please, make sure to you use [THIS](#) template)

* On [THIS](#) page you can find the Research Projects that are currently active in the country you wish to go. Attached to this booklet, you will find the country list for this year. Things to keep in mind:

- Always read the **Exchange Conditions** of each country carefully before applying;
- Sometimes the exchange is month specific;
- Sometimes there are specific requirements to go on exchange to a country (e.g. language requirements, level of studies, ...). Note that you have to comply with these specific requirements, otherwise we can not select you for that country.

SCOPE-applications will be reviewed by two LEOs (one from your own LC and one from a different LC) and one NEO.

SCORE-applications by two LOREs (one from your own LC and one from a different LC) and one NORE.

Applications will be reviewed based on the following criteria:

SCOPE	SCORE
Motivation and interest in other healthcare systems	Motivation and interest in other research settings
Social Engagement and Extracurricular activities	Social Engagement and Extracurricular Activities
Interest in the clinical field	Interest in research
Motivation for chosen departments	Motivation for chosen projects
	Previous research experience
Professional impression of the application	Professional impression of the application
Previous Contact Person for BeMSA	Previous Contact Person for BeMSA
If you already applied for a research exchange, but didn't pass the first round	If you already applied for a research exchange, but didn't pass the first round
Points will be deducted if you've already been on a SCOPE Exchange	Points will be deducted if you've already been on a SCORE Exchange

IMPORTANT:

To make sure we can score your social engagement and extracurricular activities properly, we ask you to fill in the addendum for Social Engagement and Extracurricular Activities template. This addendum explains precisely what it is you do, how much time it takes, and an estimation of the workload.

Click [HERE](#) to access the template

IMPORTANT:

Don't overstep **the 2-page limit** for your CV and motivation letter; otherwise, your application will be **invalid!**

The only things not considered as invalid when exceeding the page limit are certificates, recommendation letters, or any other related document. You can upload these documents separately in the Google Form.

ROUND 2: Online Interviews

Selected students will then be notified by the national officers and asked to choose a time slot for the second round, the **Online Interviews**. Online Interviews will be held on **Saturday and Sunday, November 11th & 12th 2023**. We ask all applicants to keep both of these days free, as you need to do the Online Interview to get selected to go on an exchange. Unfortunately, if you cannot attend the online interview, we cannot select you to go on exchange.

During the Online Interview, the local and national officers will ask some basic questions to determine your level of English, motivation and knowledge. Suppose you apply for a country where another language is mandatory according to the other country's Exchange Conditions (e.g. French in Canada-Québec or Spanish in Guatemala), then this language will also be tested during the interview. Note, this is only for SCOPE as the only required language for SCORE is English

After the Online Interview, all students will be notified whether they are selected or not and what country they will go to on Friday, November 17th. Thus, the selected students will go on an exchange to that country, but the application process is **not yet finished**. The department/research project and city division are dependent on the country of destination, so you will have to write **short additional motivation letters** for your choice departments and projects. This will, however, be explained after the selection by your LEO or LORE.

IMPORTANT: The deadline for the payment will be **within 5 days after receiving** your country by mail. Keep this in mind when you are applying.

... Testimonials

You can find more testimonials about SCORE and SCOPE exchanges via [this link](#).



SCORE
Research Exchange

SCORE Exchange Rabat, Morocco

I must admit that I'm a little jealous of everyone that has never been on an exchange. This means they get to experience that magical feeling you get on your first IFMSA exchange.

My SCORE exchange in Morocco was more than I could ever have wished for. It was fun, educative and most certainly heartbreaking when it came to an end. During this (short) month, I've gotten a glimpse at the healthcare and academic research system in Morocco as well as the humans behind it, their perspectives and work ethics. I've gotten to experience the heartwarming Moroccan culture to the fullest and discovered the most beautiful places Morocco has to offer during the National Social Programs. Now, I'm left with a life experience no one can ever take away, friends all over the world for life and a whole lot of nostalgia. If you're hesitating, my advice is: Go for, you're really missing out on a whole lot out there!



Finally, to my Moroccan Exchange Family: **Choukran** for this unforgettable summer!



*Miryam Serry, Vrije Universiteit Brussel, 3rd
Bachelor of Medicine*



SCOPE
Professional Exchange

SCOPE Exchange Florianopolis, Brazil

In September 2018, I went for one month on a SCOPE-adventure to Brazil, Florianopolis. Known as the 'Miami of Brazil' and with its 42 beaches around the island, I almost forgot I had to do an internship in General Surgery there as well. In September, it is 'winter' in Florianopolis and most of the medical students have tests during that month. Except from me, there was also one guy from Ecuador, one girl from The Netherlands and one girl of Israel. The four of us hired a car and made a marvellous road trip to Porto Alegre and Gramado during one weekend. During weekdays, I did an internship in the General Surgery department. It was quite a big shock to see the differences between our high-tech operation rooms and the operation rooms there. Unfortunately, the surgeons did not speak English very well, which made communication during surgery quite hard. However, I had the chance to learn a lot there and to participate in lots of surgeries. I think I would recommend this city to everyone in Belgium because of its beautiful nature and lovely people.



I know I will definitely visit Florianopolis again!



*Tim Philips, Universiteit Gent, 1st Master of
Medicine*

••• Important Links

Here you can find the **specific Exchange Conditions** for each country, for **SCOPE**.
<https://exchange.ifmsa.org/exchange-conditions/scope>

Here you can find the **specific Exchange Conditions** for each country, for **SCORE**.
<https://exchange.ifmsa.org/exchange-conditions/score>

This is a database with all projects from all countries. You can, however, only apply for the projects in the **countries that BeMSA signed** a contract with (**see country list**).
<https://exchange.ifmsa.org/research-projects>

These are the SCOPE- and SCORE-webpages from the **BeMSA website**.
<https://www.bemsa.be/scope/>
<https://www.bemsa.be/score/>

These are the international SCOPE- and SCORE-webpages from the **IFMSA** website.
<https://ifmsa.org/professional-exchanges/>
<https://ifmsa.org/research-exchanges/>

This is **BeMSA's Privacy Policy**.
<https://www.bemsa.be/privacy>

This is **IFMSA's Exchanges Privacy Policy**.
<https://ifmsa.org/exchanges-privacy/>

Check out our **Instagram Page** for more information:
<https://www.instagram.com/bemsa.exchange/?igshid=YmMyMTA2M2Y%3D>

••• Abbreviations

SCORE	Standing Committee on Research Exchange
SCOPE	Standing Committee on Professional Exchange
LEO	Local Exchange Officer
LORE	Local Officer on Research Exchange
NEO	National Exchange Officer
NORE	National Officer on Research Exchange
IFMSA	International Federation of Medical Students' Association
BeMSA	Belgian Medical Students' Association
SCORA	Standing Committee on Sexual and Reproductive Health including HIV/AIDS
SCOPH	Standing Committee on Public Health
SCOME	Standing Committee on Medical Education
SCORP	Standing Committee on Human Rights and Peace
SC	Standing Committee

LC	Local Committee
CV	Curriculum Vitae
NMO	National Member Organisation
PET	Pre-Exchange Training
NGA	National General Assembly

... Privacy

The BeMSA Exchanges Outgoing Booklet 2023-2024 is the only official information given about our exchange program. Here, we would like to convey information concerning the personal data acquired through the application process for SCOPE and/or SCORE. For further enquiries about privacy, you can email nore@bemsa.be or neo@bemsa.be with the subject [DATA]. With the data collected through the Curriculum Vitae and Motivation Letter, candidates are selected for an exchange based on established outgoing selection criteria.

We collect the following personal identifiers through the Curriculum Vitae: first name, surname and e-mail address of the applicant. The personal identifiers are only collected for the purpose of contacting applicants regarding their application status. The data is stored on the BeMSA Google Drive, which is only accessible to relevant BeMSA Officials, as well as the Local Exchange Officers and Local Officers on Research Exchange of BeMSA. BeMSA is not responsible for any copies of the documents that are stored anywhere else except in the BeMSA Google Drive. The data collected is stored for two years after the applicant submitted their Curriculum Vitae, Motivation Letter and Addendum for Extracurricular Activities and Social Engagement. If you wish for any of your data to be deleted, you can email neo@bemsa.be or nore@bemsa.be with the subject [DATA]. However, if the request to delete the data is received before the exchange student participates in the exchange, the student will not be able to take part in the exchange.

By submitting a Curriculum Vitae, Motivation Letter, and Addendum for Extracurricular Activities and Social Engagement you agree to the IFMSA Privacy Policy (www.ifmsa.org/privacy/) and Exchanges Privacy Policy (www.ifmsa.org/exchanges-privacy/), as well as the BeMSA Privacy Policy (www.bemsa.be/privacy/).

... COUNTRY LIST

1. SCOPE: Professional Exchange

NOTE: if you want to be placed in a certain city, you have to check the availability of this city in the exchange conditions of this country. It is possible that you can go on an exchange to this country in e.g. July, but not in the city you want to go to. You can check the availability in the subsection 'calendar' by pressing on 'click here to see the calendar'.

[Here](#) you can find the invitation packages from some of the countries in this list. In these invitation packages you can find more information about the country, social programs and the internships!

Country	Available month (s)	Exchange Conditions
Europe		
Bosnia and Herzegovina	July/Aug	LINK
Bulgaria	J/A/S	Link
Croatia	J/A/S	Link
Estonia	July/Aug	Link
Finland	July/Aug	Link
France	J/A/S	Link
Germany	J/A/S	Link
Hungary	J/A/S	Link

Italy	July/Aug	Link
Lithuania	J/A/S	Link
Malta	Aug/sep	Link
Poland	J/A/S	Link
Portugal	J/A/S	Link
Romania	J/A/S	Link
Slovenia	J/A/S	Link
Slovakia	July/Aug	Link
Switzerland	J/A/S	Link
Americas		
Brazil (DENEM)	J/A/S	Link
Brazil (IFMSA)	J/A/S	Link
Ecuador	J/A/S	Link
El Salvador	J/A/S	LINK
Chile	J/A/S	LINK
Canada – Quebec	J/A/S	LINK
Eastern Mediterranean Region		
Egypt	J/A/S	Link

Lebanon	J/A/S	Link
Morocco	J/A/S	Link
Palestine	July/Aug	Link
Tunisia	J/A/S	Link
Jordan	J/A	LINK
Asia Pacific		
Taiwan	J/A/S	LINK
Korea	J/A/S	Link
Kazakhstan	J/A/S	LINK
Africa		
Burkina Faso	J/A/S	Link

2. SCORE: Research Exchange. Make sure to read the Exchange Conditions before applying for a country!

If you are not a medical student then please make sure that your country also accepts **non-medical students!**

We work with categories (this is obligatory for your candidature to be valid). You have to choose 5 different countries.

You can choose:

- 2 countries out of category A, B or C
- 2 countries out of B or C
- and one additional country out of C.

For example, 1A - 3B - 1C OR 1A - 4C OR 2A - 1B - 2C, etc.

This is the country list at the publishing date. Some countries might have been added or the available month might have changed. Please check the following [Spreadsheet](#) for the most up-to-date information. Look at the Exchange conditions [here](#) (note: if the acronym between brackets is different, make sure to select the correct one on the database i.e. Brazil (DENEM) or Brazil (IFMSA-Brazil). These are two different organizations and might therefore have different exchange conditions)

Country	Available month(s)	Category
Europe		
Switzerland (swimsa)	J/A/S	A
Estonia (EstMSA)	J/A/S	B
Finland (FiMSIC)	J/A/S	B
Greece (HelMSIC)	J/A/S	B
Italy (SISM)	September	B
Portugal (ANEM)	July	B

Spain (IFMSA-Spain)	J/A/S	B
Slovenia (SloMSIC)	July, August	B
Bosnia and Herzegovina (BoHeMSA)	J/A/S	C
Bulgaria (AMSB)	July	C
Czech Republic (IFMSA-Czech Republic)	July	C
Hungary (HuMSIRC)	J/A/S	C
Macedonia (MMSA)	J/A/S	C
Poland (IFMSA-Poland)	J/A/S	C
Romania (FASMR)	J/A/S	C
Serbia (IFMSA-Serbia)	J/A/S	C
Slovakia (SloMSA)	J/A/S	C
Americas		
Canada-Quebec (IFMSA-Quebec)	J/A/S	A
Brazil (DENEM)	J/A/S	B
Brazil (IFMSA Brazil)	J/A/S	B
Panama (IFMSA-Panama)	J/A/S	B
Peru (IFMSA-Peru)	J/A/S	B
Mexico (AMMEF)	J/A	C

Eastern Mediterranean Region		
Jordan (IFMSA-Jo)	J/A/S	B
Tunisia (Associa-Med)	J/A	B
Lebanon (LeMSIC)	J/A/S	C
Palestine (PMSA)	J/A/S	C
Oman (MedSCO)	J/A/S	C
Asia Pacific		
Taiwan (FMS-Taiwan)	J/A/S	A
Indonesia (CIMSA-Indonesia)	J/A/S	B
Hong Kong (AMSAHK)	J/A/S	B
China (CFMSA)	J/A/S	B