

# **STUDENT INTEGRATION IN MOBILITY** at Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova

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# Our University

**N**icolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova (hereafter *Nicolae Testemitanu SUMPh*) was founded in 1945 and it is the only higher medical education institution in Moldova which provides high quality education and research in the fields of Medicine, Public Health, Dentistry, Pharmacy, Optometry and Nursing to about 6000 students, including 2500 international students.

# What do we offer to an international student in mobility at Nicolae Testemitanu SUMPh

## Administrative integration

**N**icolae Testemitanu SUMPh has an **International Office** at central level, responsible for policy-making and implementation in the domains of international scientific cooperation, student and teaching staff exchange, international programs and participation in institutional networks. The International Office provides practical arrangements for the reception of incoming foreign students and staff and all kind of support measures they may need – support to obtain visa, find accommodation, enrolment



etc., by easing their settlement formalities in Chisinau. The International Office keeps continuous contact with the partner University through various communication channels – e-mail, virtual and in-person meetings, phone etc. It ensures the coordination and monitoring of international mobilities.

The International Office provides opportunities for incoming students and staff willing to acquire a new language to be involved in Romanian language classes and organizes various activities to integrate international students and staff in the cultural life of

the University. *Nicolae Testemitanu* SUMPh provides academic facilities – lecture halls, university clinics, simulation centre and other type of facilities like: library, computer centers, sports halls, accommodation, cafes etc.

After mobility *Nicolae Testemitanu* SUMPh, as host institution, will provide the mobile students with transcripts of their records, which stipulate the number of ESTC accumulated during the mobility period.





## Legal integration

Foreign citizens arriving in the Republic of Moldova to studies from European Union countries, CIS countries, the USA, Israel, and other countries do not need an entry visa on the territory of Moldova. At the border crossing point, a stamp will be applied to the national passport, with appropriate entries by the state border authorities. Since the stamp has been applied, the alien has the legal right to be on the territory of the Republic of Moldova for 90 days. Foreign citizens, who have come to mobility at the University, are obliged to attend *Nicolae Testemitanu* SUMPh at the Admission, Documentation and Evidence of International Students Department for 3 days from entering the territory of Moldova, to initiate the documentation procedure for obtaining the right to temporary stay in studies if their mobility lasts more than 90 days. For filling the papers at the Migration Office, students will need to present the criminal record with their country of origin and passport valid for at least one year.

## Academic integration

International cooperation is one of the priority areas for strategic development of the University, making it comply with the policy of integration into European structures including internationalization of the teaching and learning process. Internalization of the higher medical education contributes to integration of the University into the European and world educational systems, development of mobility programs for students, residents and teaching staff, as well as implementation of new methods of instruction, study, diagnosis and treatment.



The faculties of *Nicolae Testemitanu* SUMPh: Medicine No. 1, Medicine No. 2, Dentistry, Pharmacy and Residency.

# Student life

## Social integration

The Association of Students and Residents in Medicine (ASRM) is an independent students' organization at Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova. Through the medium of the students' and residents' association management the number of certain activities is being implemented and realized. The enthusiastic youth and people who are trying to bring a new breathe into the University life are involved and welcome to the Association. The ASRM includes 9 departments: Education, International Relations, IT and Mass-Media, Project, Science, Social, Living, Sport and Culture. Once in two years, the Association of Students and Residents in Medicine organizes the International Congress MedEspera, where medical students from different countries participate.



# Scientific Medical Library and IC The Library

Collection of the Scientific Medical Library includes over 900,000 copies of textbooks, guides and other teaching aids (CDs, medical journals) and about 1,000 titles of medical editions from our country and abroad are acquired every year. Information about the publications included in the library collection can be accessed from the database, which contains about 60,000 bibliographic descriptions. The University Library is connected to the Internet and offers online access to the biomedical databases, digital catalogues, and also uses up-to-date





W. H. BISHOP  
*Textbook of*  
**SURGERY**  
 The Principles and Practice of the Art

informational technologies that allow diversification of the rendered services. The library has optimal conditions for self-studying. Three reading rooms are modernly furnished and are technically equipped and have an extended working program. Library services provided to the undergraduate and postgraduate students and faculty are free of charge (payment is received for special requests like multiplication of papers, scan, access to Internet etc.). Contacts: 27, Nicolae Testemitanu str., <https://library.usmf.md/>, [library@usmf.md](mailto:library@usmf.md), tel.: +373 22 205 553, +373 22 205 592.



# University Simulation Centre in Medical Training

The main purpose of the University is to integrate medical education of our country into the international system of medical education, to improve the existing policies of professional formation of the medical staff and to amplify the practical component of the training process by implementing new training methods, such as simulation, problem-based learning etc., oriented towards a clinical thinking. For these purposes the Simulation Centre covers the following areas: Anesthesiology & Intensive Care, Emergency Medicine, Family Medicine (Standardized Patient Method), Mini-invasive Surgery (virtual laparoscopic surgery and endoscopy), Mother and Child Health. Contacts: 137 A, 31 august 1989 str., [www.cusim.md](http://www.cusim.md), [cusim@usmf.md](mailto:cusim@usmf.md), tel.: +373 22 205 695.





# Other activities

International students in mobility at *Nicolae Testemitanu* SUMPh have the same access to all activities as local students and can participate in any extracurricular and socio-cultural events organized by different departments of the university such as scientific conferences, workshops, flash-mobs, sport competitions, concerts, excursions etc.

## Accommodation

The University can provide accommodation to foreign students in university campus. The university dormitory is equipped with kitchens, shower rooms, internet facilities. The cost of accommodation is 150-240 euro per month, depending upon the chosen accommodation (single, double or triple room). Foreign students can also easily hire flats in Chisinau. On the websites: <http://www.moldova.md> and <http://www.travel.md> you can find dates about accommodation in the Republic of Moldova, including hotels in Chisinau and in other parts of country.

## Medical services

Foreign citizens arriving at *Nicolae Testemitanu* SUMPh are obliged, under the legislation of the Republic of Moldova, to purchase any insurance company – Optional medical insurance valid for 3 months or to present health insurance in the country of origin / International residence, valid also for the Republic of Moldova. It is mandatory for health insurance to cover the costs of treatments for infectious diseases. Health care services are provided at University clinics and other medical institutions in accordance with the current regulations regarding the payment for health care services.

Contacts of the University's Primary Health Care Clinic: 137 A, 31 august 1989 str, <http://www.clinica.md/>, [clinica@ms.md](mailto:clinica@ms.md), tel.: **+373 22 205 623**, **+373 22 205 602**.



# About Moldova and Chisinau

## History of Moldova

The history of Moldova can be traced to the **1350<sup>s</sup>**, when the Principality of Moldavia, the medieval precursor of modern Moldova and Romania, was founded. The principality was a vassal of the Ottoman Empire from **1538 until the 19<sup>th</sup> century**.

In **1812**, following one of several Russian-Turkish wars, the eastern half of the principality, Bessarabia, was annexed by the Russian Empire.

In **1918**, Bessarabia briefly became independent as the Moldavian Democratic Republic and, following the decision of the Parliament (Sfatul Țării), united with Romania.

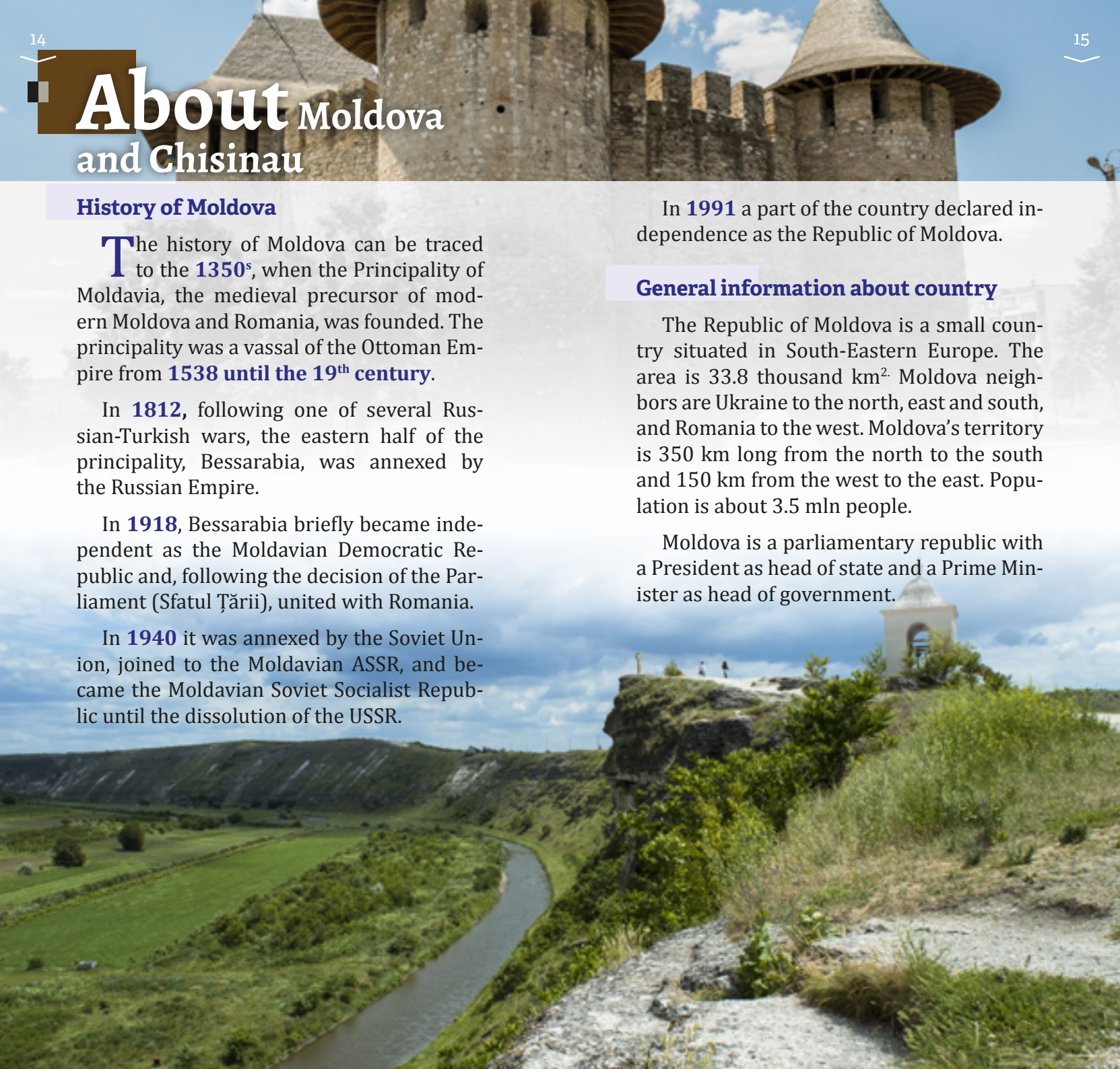
In **1940** it was annexed by the Soviet Union, joined to the Moldavian ASSR, and became the Moldavian Soviet Socialist Republic until the dissolution of the USSR.

In **1991** a part of the country declared independence as the Republic of Moldova.

## General information about country

The Republic of Moldova is a small country situated in South-Eastern Europe. The area is 33.8 thousand km<sup>2</sup>. Moldova neighbors are Ukraine to the north, east and south, and Romania to the west. Moldova's territory is 350 km long from the north to the south and 150 km from the west to the east. Population is about 3.5 mln people.

Moldova is a parliamentary republic with a President as head of state and a Prime Minister as head of government.





The capital city is Chisinau, over 500 thousand residents. The city is Moldova's main industrial and commercial center, and it is located in the middle of the country. The origin of the city's name is unclear, but in one version, the name comes from the archaic Romanian word *chișla* (meaning «spring», «source of water») and *nouă* («new»), because it was built around a small spring, at the corner of Puskin and Albisoara streets. Founded in 1436 as a monastery village, the city was part of the Principality of Moldavia (which, starting with the 16<sup>th</sup> century became a vassal state of the Ottoman Empire, but still retaining its autonomy). At the beginning of the 19<sup>th</sup> century Chisinau was a small town of 7,000 inhabitants.



## Climate

Moldova's climate is moderately continental, with some modification of conditions by the Black Sea. The summers are warm and long, with temperatures averaging between 20°C and 25°C, but can sometimes reach 40°C during heat waves. The winters are moderately cold and dry, with daytime January temperatures between -4°C and -7°C, and minima often far below -10°C.



## Culture and Society

About three-fourths of Moldova's population consists of ethnic Moldovans. There are smaller populations of Ukrainians, Russians, Gagauz, Roma (Gypsies), and Bulgarians.

The overwhelming majority of ethnic Moldovans, Russians, Gagauz, and Ukrainians are Eastern Orthodox Christians.

The state language is Romanian, the inter-ethnic language of communication – Russian.

Devotees of arts may take part in the cultural life: concerts of classic and folk music, jazz and rock, abundant museums and exhibitions. Hearty-eaters will be enthused either: our country sees vast networks of restaurants to offer national cuisine with high quality of service.



National currency – Leu (MDL). 1USD = 17 MDL, 1 Euro = 19.5 MDL.

Useful directory: the largest operators are Orange, Moldcell, Unite. The country code is **+373**, and the code of Chisinau is **22**.

If you happen to have an emergency situation you can call the emergency service: 112 (ambulance, fire service, rescue service, police, gas service/gas emergency).

The oldest museum in Moldova was founded in October 1889 still by Baron A. Stuard. Museum building was built in 1905 in an oriental style, making it a unique building of its kind in Moldova. It is known for rich collections of geological, paleontological, zoological, entomological, archaeological, ethnographic and numismatic.

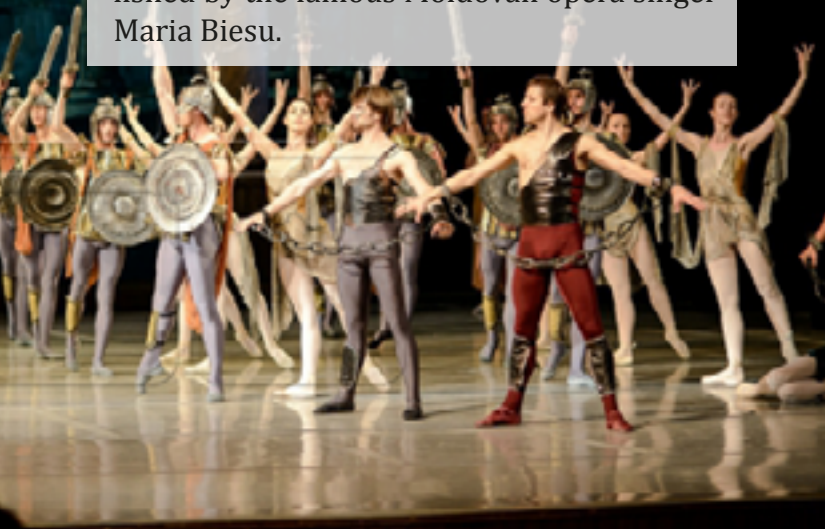
The National Museum of History of Moldova is a place dedicated to the memory of the past; it preserves, researches, and displays the most significant artifacts that have been discovered on the territory of the Republic of Moldova from prehistoric times to the present. The museum, founded in 1983, is located in a monumental building, which



is located in the center of Chisinau and is remarkable for its history and architecture. In front of the building there is a monument “She-Wolf with Romulus and Remus”, which has a deep symbolic significance and gives the museum a special individuality.

Moldovan and foreign artists present their achievement at the gallery C. Brincusi. The collectors and amateurs of art visit local galleries, admire the exhibitions and fill up their own collections. Foreign collectors visit the Republic of Moldova very often for paintings of talented Moldovan painters – which are not very expensive, but correspond, to the highest requirements. Every picture can be a nice souvenir or gift for your relatives.

The international Opera and Ballet Festival takes place every year, in September, in *Maria Biesu* National Palace, Opera and Ballet Theater and other concert halls of Chisinau since 1990. This festival has been established by the famous Moldovan opera singer Maria Biesu.



## Transport in Chisinau

There are several means of transport in Chisinau: public transport and private transport. Public transport includes buses, trolleybuses and mini buses (maxi taxi). The most widely spread public transport is mini bus. You should pay 3 Moldovan lei in mini bus. Trolleybuses are also widely spread in Chisinau, but they have not so many routes. You should pay for a ticket 2 lei. Unlike in mini bus, in trolleybuses you should always be given a ticket. Buses are not widely spread in the capital of Moldova. They have not so many routes, it takes longer to wait for them, and you should pay for a ticket 3 lei. Like in trolleybus you should be given a ticket. Taxi services are widely spread in Chisinau. If you come from airport you should take into consideration that airport lies outside the city and the price for taxi may be higher. Taxi is always cheaper if you phone to taxi-office than if you just snag a taxi on the street. You can find the taxi phone number on the site <http://www.webtaxi.md/>.



## Moldovan food

Traditional Moldovan food is delicious. It's based on meat, fish, vegetables, cereals, and cheese.

Centuries ago, the traditional food was influenced by Greek (when the Greeks used to have colonies near Nistru, Danube river and the Black Sea) and Turkish cuisines. The food later incorporated elements from Russian, Ukrainian, Gagauzian, and Bulgarian cuisines.

When you are in Moldova, don't miss **mamaliga** (mashed corn) served with fried meat, sour cream and Moldovan **cheese called brinza**, which is made of sheep milk. Usually brinza is salty, but not always. You may also want to try **sarmale** which is made of rice, meat and vegetables rolled in cabbage leaves.





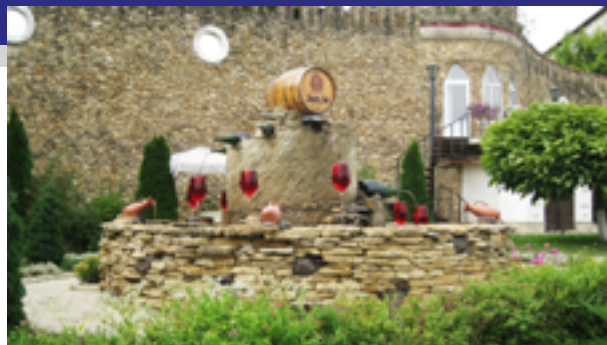
Another traditional and very popular dish, made especially during the holidays, is **placinte**, which are pies usually stuffed with cheese (brinza), potatoes, cabbage or apples.

Moldovans cook a lot of meat: chicken, pork, beef, lamb, duck, and goose. The meat is fried, baked, or grilled. You may also try the **meatballs**.

Because Moldova is multiethnic, the food may be different depending on the region with a touch of Moldovan, Ukrainian, Gagauzian, Bulgarian, or Russian cuisine.

The best food you can try in Moldova is homemade food, especially in the villages where the traditions are best preserved.

And, most importantly, don't miss the **Moldovan wine**. The wine produced on this land was famous for centuries for its rich



taste, all thanks to the climate, soil, and the way people make it.

Moldovans have a special attitude towards wine, much more so in the villages. Practically every family in the villages grow their own grapes and produce wine at home.

Moldovan wine factories are real tourist destinations with underground tunnels and amazing wine cellars. There, you could try remarkable wines that have won multiple international awards.



For any further information,  
we are all here:

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