



WELCOME TO POZNAŃ UNIVERSITY OF MEDICAL SCIENCES

Organizations and Clubs

English Programs' Student Union (EPSU)

Dzień dobry all incoming students; welcome to Poznan University and to your home for the next few years!

A few months from now, you'll look back to realize that you have grown, learned, and established not only a new community, but an entirely new way of living. As you are inundated with advice on how to succeed during your time here, remember to always take care of your personal well-being. Adopt work-life balance as your mantra, even when there are increasing demands on your time. Be kind to yourself. Make some good friends with similar aspirations; they will be your backbone throughout your studies.

On this note, I would encourage you to join in on the activities of EPSU affiliated organizations and clubs that are of interest to you! They will connect you with like-minded students with similar goals who will support you on your journey. Most importantly, be sure to join our Facebook group where you will find latest updates on university news and events—academic and recreational—watch our weekly takeovers on Instagram, and above all: get involved!

Facebook: EPSU English Programs' Student Union

Instagram: @englishstudentunion

Email: pums.epsu@gmail.com

Feel free to always reach out, we will always support you.

Sincerely,

Edward Dabrowski, EPSU Chair



Class Representative Council (CRC)

Congratulations on making it to PUMS! Find your strengths, improve weaknesses, embrace change, promote learning and become an active participant within your respective classes.

The Class representative council (CRC) welcomes you to become that active person. The CRC is an organization that represents the class representatives within every year. A class representative is someone who has been elected by their fellow classmates to act as a voice and intermediary between the Center of Medical Education in English (CMEE), class coordinators and the authorities of the Poznan University of Medical Sciences. Each representative speaks on behalf of their class, to help bring about necessary changes to further enhance your learning experience. You can find out more information on orientation week from your respective Facebook groups as well. Continue to strive for success, this is the first step to becoming the health care professional you truly want to be.

Sincerely, Oladapo Olajumoke, CRC Chair



Harassment and Assault Student Advocacy (HASA)

Welcome incoming students and congratulations on your acceptance into PUMS. We, the Harassment and Assault Student Advocacy (HASA), are a collective group of student advocates and faculty members whose goal is to make PUMS a safer place for ALL. We provide the necessary support and resources that will help you in situations of harassment or assault, both in and out of campus. At PUMS, incidents of harassment, discrimination, racism and bullying are taken very seriously, and victims are encouraged to file anonymous reports, which will always remain confidential. Please reach out to any of the R.A.s in your dorm or reach out to us directly via email. You can also follow us on social media to stay connected and up-to-date with available resources.

Facebook: PUMS HASA

Instagram: @hasa_pums

Email: harassment@ump.edu.pl

Poznan's Nie to Nie website: <https://nietonie.com/en/home/>

Poznan's 24-hour Crisis Intervention Center: 61 835 48 65/66

Sincerely, the HASA Team



American Medical Student Association (AMSA)

On behalf of the American Medical Student Association (AMSA), we'd like to congratulate you on your first steps towards your future career as a physician. AMSA is the oldest and largest independent association of physicians-in-training. Based in the US, AMSA organization prides itself on uniting future physicians with a common interest in medicine, healthcare, and the opportunity to make a difference. As the leading chapter in Poland and third largest in Europe, we represent students at PUMS on an international scale. AMSA is devoted to helping students become well-rounded activists in their school community and overall medical community. Through workshops, volunteering events and mentorship programs, we aim to help students in their time at PUMS, and their transition to US and Canada.

We invite you to become part of our PUMS AMSA family. To keep up with our latest activities, add/follow us on social media!

Facebook: AMSA PUMS International Chapter

Instagram: @amsapums

Email: amsapums@gmail.com

Sincerely, Claudia Olszewski, AMSA President



Association of Norwegian Students Abroad (ANSA)

Dear incoming students, on behalf of ANSA I would like to welcome you as a new student at our University. ANSA is a non-profit and membership based student organization aiming to voice the educational, cultural, political and economic interests of Norwegian students studying abroad. It was founded in 1956, and has more than 10.000 members all over the world, with national boards in 27 countries (Poland being one of them). ANSA Poznan aims to provide students with a good social, cultural and learning environment; our events throughout the year reflects this. We offer a support membership to non-Norwegian students, which will make you eligible to reduced prices to our events. Our local board of students are always available to help, if you need information or have other requests.

Feel free to reach out via email or Facebook or stay connected with us on Instagram; wishing you all the best!

Facebook: ANSA Poznan

Instagram: @ansapoznan

Email: poznan@ansa.no

Sincerely, Maiken Wang, ANSA President



Dental Student Association (DSA)

Congratulations DDS '25! We formally welcome you to our wonderful school! DSA is a pivotal part of the DDS community. We put on a variety of events throughout the year including a mentorship program, annual Halloween party, Christmas social, and more. We also focus on providing dental opportunities such as outreach to local schools/orphanages, free checkups by students, workshops (didactic/hands on), and interesting lectures! I guarantee your first year at PUMS will be the first of many wonderful years ahead in your education, and I encourage you to participate in as much as you can, so that you can make your time in Poznań the very best!

We will be looking for delegates to join us, so keep your eyes on our social media pages!

Facebook: Dental Student Association

Instagram: @dsa_pums

Email: dsa.info.pums@gmail.com

Cheers, Mishti Sharma, DSA President



Irish & British Student Group (IBSG)

Congratulations to you all as you begin your new journey here at PUMS! Organisations such as IBSG are great in helping you discover all the possibilities available to you. We focus on preparing and assisting those who would like to work in Ireland or Britain after graduation regardless of the country you originate from. IBSG hosts multiple events on the application process and examinations required. We aren't all work though, we also plan events to create a sense of our own little Irish/British environment. IBSG are also the organisers of the End of Year Ball, a night full of dancing and entertainment that you will not want to miss. Check out our Facebook and IG pages for relevant updates regarding events!

Facebook: PUMS IBSG

Instagram: @ibsg.pums

Sincerely, Lydia Adeogun, IBSG President



International Federation of Medical Students Association (IFMSA)

Congratulations on starting your journey at PUMS! It is with great excitement that International Federation of Medical students Association (IFMSA) welcomes you to Poznan Medical school of science (PUMS). We invite you to discover IFMSA, it is the world's largest student-run-organization, and this our second year for the English division.

Our organization is unique since we offer professional/research exchange programs to various countries (123 countries). There are four main global areas in IFMSA; Public health, sexual& reproductive health, medical education, and human rights & peace. Last year we were also able to get an English section for our English writer in our schools magazine/newspaper. Our exchange program is based on points you will collect through taking part of events, creating an event under us, assisting, and so much more.

We hope you have pleasant stay in Poznan for the next few years.

Facebook: PUMS Medical Student Association

Instagram: @ifmsapoznane

Email: pums@poznan.ifmsa.pl



North American Student Group (NASG)

On behalf of the North American Student Group, I wish to welcome and congratulate all PUMS incoming students! NASG is a student organization that is dedicated to assist students that wish to achieve residency in either the United States or Canada. We host several workshops to help prepare for NBMEs, USMLEs, Electives and ultimately Matching into fields and locations of interest. Additionally, we host several events and fundraisers. These events and workshops are a great way to meet upper year students and ask questions. We are more than just a student group; we are a community that supports one another and strives for success for all. For more information about our events and organization. Be sure to follow us on Facebook and Instagram!

Facebook: NASG

Instagram: @nasg_pums

Email: nasg.info.pums@gmail.com.

Sincerely, Gabrielle Szemraj, NASG President



PUMS Dormitories, Residential Assistant (RA) Team

Welcome classes of 2024, 2025, and 2026! On behalf of the whole RA Team, congratulations on your acceptance to PUMS. These next few years will be the hardest and best years of your life. Make the most of it, study hard, and take advantage of the breaks and travel! The RA Team is responsible for community building, social and educational events/activities within the dormitories and university. We are available to help ease the transition from living away from home, in a new country. We are here as a liaison between students and dorm administration, to advise you on academic or personal issues, and refer you proper assistance/resources. Whether you live on-campus or off-campus, you have an entire RA Team willing to help you!

Facebook: PUMS Dormitories

Email: resadv@ump.edu.pl

Sincerely, Samantha Cuizon, Director of Residential Advisors



Swedish Student Society (SLF)

Dear freshmen, Congratulations for getting accepted to Poznan University of Medical Sciences and welcome! The Swedish Student Society is a national organization geared towards helping students who express an interest in working in Sweden. We host a number of events during the year which inform and guide students to internships, work experience and jobs. We also host events/parties which helps our members to get to know each other and for Swedish students to feel closer to home. Looking forward to meeting you all; good luck!

Sincerely, Ida Von Ehrenheim, SLF President, and Paresto Karimi, SLF Vice President



PUMS Student Surgical Society

Welcome fellow colleagues! PUMS Students Surgical Society is here to provide students with opportunities to explore the many fields of surgery, to learn or improve on basic surgical skills and to explore specialty options and interests. The events we host range from informational talks, shadowing sessions with surgeons both in and out of the surgery room, suturing workshops and group conference attendances. We aim to create a community of students who are interested in surgery so we can collectively learn about pathways to help students become surgeons and share exciting things happening in the world of surgery. So whether you would like to pursue a career as a surgeon, or you would like to simply explore the field of surgery, then this society is here to help!

Facebook: PUMS Student Surgical Society

Instagram: @pumssurgery

Email: pumssurgery@gmail.com

Sincerely, Sachin Kalra and Aya Kraiz, Co-presidents of the PUMS Student Surgical Society



Student Pediatric Society (SPS)

Welcome to Poznan University of Medical Sciences! The Student Pediatric Society is an long-standing organization at PUMS that provides an opportunity for all students to experience the exciting world of pediatrics! We offer a large variety of events and volunteer work, which means there is something available for everyone. Whether it is our annual Teddy Bear donations on the wards at the Children's Hospital, getting involved in volunteer work with Bread of Life charity, being a teddy bear hospital doctor in the primary school, or teaching kids how to behave in emergency situations, we have something for you and we would love you to get involved! For further information about our projects and events please visit us on facebook or email us directly! Good luck on your journey ahead.

Facebook: PUMS Student Pediatric Society

Email: sps.pums@gmail.com

Sincerely, Adam Brzezinski, SPS President

Taiwanese Student Group (TSG)



Dear freshman, Welcome to Poznan University of Medical Sciences. Taiwanese Student Group, TSG, hope to accompany students through their professional and personal growth during their years in PUMS, to provide a home away from home for all Taiwanese students. We also want to introduce Taiwanese culture to students from other backgrounds as well. In addition, we would like to assist students pursuing medical careers in Taiwan post-graduation. We welcome students of all origin to come to our events, whether it's our National Holiday BBQ or our New Years Eve dinner, come join us to enjoy delicious Taiwanese food and get to know us better. For more information, follow us on social media. Hope to see you soon!

Facebook: PUMS TSG

Instagram: @PUMSTSG

Email: tsg.pums@gmail.com

Kind Regards, Sharon Huang, TSG President



EPSU Clubs

As you are hopefully familiar with by now, EPSU serves many functions and will become your go-to source when it comes to up-to-date information regarding school activity as well as extracurricular opportunities. One of these functions is the facilitation of campus clubs! **EPSU clubs** vary in subjects from medical specialty focus groups to pure hobbies and sport. Once you are settled into your new home, we urge you to pursue old and new interests alongside your classmates by joining clubs that are of interest to you!

To give you an idea of the clubs that are currently active, we've added a list below. Be sure to join EPSU on Facebook, then search for any of these groups and join whichever pique your interests. This way, you'll get access to real-time updates and information on how to get involved and begin attending events right away! Additionally, if you have an interest you'd like to share with the community that isn't currently active, we encourage you to establish a club of your own with EPSU! This year alone, over six of the existing clubs were founded and we are excited to see extracurricular opportunities for students expand this year as well!

EPSU Run Club

EPSU Cricket Club

EPSU Pilates Club

EPSU Volleyball

EPSU Yoga & Mindfulness

EPSU Salsa Club

EPSU Simulation Club

EPSU Women's Health

EPSU Radiology Club

EPSU Charity and Volunteering

EPSU Dental Skills Club

EPSU Table Tennis Club

EPSU Self Defence Club

EPSU Musicians Club

EPSU Photography Club

EPSU Family Medicine Interest Group

EPSU Ultrasound Medicine Interest Group

EPSU Christian Club

EPSU Dermatology Club

EPSU Non-Traditional Student Association

EPSU Basketball Club

EPSU Norsk Medisinstudentforening Poznan (NMF/NMISF)

Whether it is with questions regarding existing clubs or advice on how to get started with establishing a new one, feel free to reach out to me at any time via email or facebook messenger. Wishing each of you a happy, healthy, and engaging first year of studies! Congratulations and welcome to PUMS. Sincerely,



Shamy Benjamin, EPSU Clubs Supervisor