

## A word from our Rector

Dear Students  
Dear colleagues,

It is with great pleasure that I bid you „welcome!” to our university. The beginning of autumn is my favourite time of the year. The arrival of new students brings about an atmosphere of optimism and energy with the beginning of the new academic year.



The profession you have chosen is of the noblest and most prestigious. It is most often the bridge between those suffering and the medical world. Our university, whose permanent target is excellence through its members, welcomes you in our great academic family for the next 5 years. Be alongside us in what we know to do best: taking good care of our students. You will work alongside an exceptional teaching staff, teachers involved in your daily development, not only during your student years, but also later, if you wish to continue your academic upbringing through our master's and doctorate programs

We will be at your side in everything you deem worthy doing in life, be it academic, scientific or social. We will be along side all of you, the pharmacy students community, helping you to get involved in as many activities as you can, that are positive and realistic, so that excellency becomes a common goal.

Enjoy your student years, find the balance between studying and the opportunities that the city of Cluj-Napoca offers you – a city of diversity and multiculturalism, a city of academic tradition. Make friends, find your favourite places. You have 5 beautiful years of adventure ahead of you, and made you enjoy them to their fullest.

May you depart from our university as responsible, mature professionals, prepared for the competition that is life!

Prof. Alexandru Irimie PhD  
Rector  
UMF Iuliu Hațieganu Cluj-Napoca

## **A word from our Dean**



Dear freshmen,

Welcome to Cluj, welcome to the faculty of pharmacy. Today you step into a place of knowledge, which will transform you from teenagers booming with emotion, dreams and aspirations to professionals, experts in medical drugs.

Being a student here, at the faculty of pharmacy is a great challenge, a great honour, but also a great responsibility for you, who will carry on the tradition and renown of the pharmaceutical school of cluj, and those who will ensure that our public health is in good hands.

We the teachers are more than happy to welcome you every year, to share as much knowledge with you as we can, to create a favourable environment for your personal growth so that, at the end of your stay here, you yourselves be capable of creating. We are very hopeful of you, for you represent the future in which we will all spend the rest of our lives.

My advice to you for the five years we will spend together is that it would be good for you to keep your curiosity alive, to explore your good ideas and to fill your days with life, and not your lives with days.

## **A word from Organizația Studenților Farmaciști**

Dear pharmacy freshmen,

We wish you welcome to our university's prestigious faculty of pharmacy. Moreover, we would like to congratulate you for having passed all your important examinations so far, but also for having chosen this academic centre, where you will happily spend your student years.

You definitely can't forget your first year in college. Why so? Because it is then that you begin to discover, step by step, what it means to be a student. And not any type of student, but a Pharmacy student. You will discover amphitheatres and laboratories, you will meet, university professors, you will handle test tubes and erlenmeyer flasks and you will proudly wear your white lab coat. You will enter this different, new and fascinating world, this place wherein you will spend half a decade, with your group, series and year colleagues.

Who doesn't know that "your student years are your best"? We all do, but all we can say is that, fortunately, we pharmacy students have 5 of them in which we can enjoy this. With this in mind, we would like to offer you some advice for making these years memorable:

- Look for role models around you. Find in your teachers examples of professionalism, find mentors to guide you; they will influence you not only professionally, but will also leave their mark on you and will inspire you.
- Treat seriously what you learn and what you do every day in order to become good professionals in the pharmaceutical field; think about everything you can do to add value, change or improve.
- Make the most of all the opportunities that college offers you: from research labs to Erasmus grants, the library, the gym and the parks.
- Don't forget that you are students, that you can still be children and have fun, make friends, be spontaneous, going out and having unforgettable moments.
- Capitalize on being in Cluj and on everything this city has to offer you; visit it as if you were tourists; walk around it, don't think that you will soon call it "home".
- Do not neglect the cultural aspect of this city – go to the theatre and the opera, go to the cinema, always be on the lookout for events that are taking place in Cluj and give yourselves time to go there.

If you go back to the title of the article, you will see that it references the OSF. You will find more information about us, about what we do, and how you yourselves can be a part of the OSF in the following pages of this guide. Our wholehearted advice is that you do not hesitate to give volunteering a try as well.

So, dear pharmacy freshmen, enjoy all the moments that being a student offers you!

The OSF Team



Organizația Studenților Farmacști  
Cluj-Napoca

## **Know your University**

...from its humble beginnings...

1595 – the Transylvanian Diet founds a College of medicine

1581 – the University of Cluj is founded

1775 – the Medical-Surgical School of Cluj is founded

1872 – the Medical-Surgical school becomes the Faculty of Medicine, within the newly founded “Franz Joseph” University

October 1<sup>st</sup> 1919 – the University of Cluj of Dacia Superior is founded, which included 4 faculties: Science, Medicine, Law and Letters and Philosophy

1940-1945 – the University takes refuge in Sibiu

1948 – the Cluj Institute of Medicine and Pharmacy is founded

1990 – the Institute becomes the Cluj University of Medicine and Pharmacy

1993 – the institution becomes the Iuliu Hațieganu University of Medicine and Pharmacy

1996 – the first Romanian Medical university to receive the title of First Level University in a PHARE selection competition

1997 – the English section is founded

1998 – the ECTS system is introduced

2000 – the French section is founded

...until the present day

- the most dynamic University of Medicine and Pharmacy in Romania
- one of the universities with the highest percentage of promotion for the residency programme.
- a centre of excellence in education, research, medical and pharmaceutical assistance, the university of Medicine and Pharmacy with the most efficient European cooperation programmes (LLP Erasmus, CEEPUS, DAAD, AUF, Leonardo da Vinci)
- the medical school which has offered the most academic scholarships abroad in the last few years
- a modern, efficient and innovative centre for modern education
- academic teaching staff
- european curricula
- EU grants and scholarships
- modern methods of student reviews of the educational process
- the certitude of quality high education training
- modern laboratories equipped to European standards
- the advantage of the experience and prestige of the Cluj medical school
- the perspective of a performing professional path ahead

## **EDUCATIONAL OFFER**

- Undergraduate programs
- Master's degree programs
- Ph.D. Studies
- Residency
- Post-university training courses (Continuing medical training)

The university trains graduates as future specialists in all health fields

3 Faculties:

- Medicine
- Dental Medicine
- Pharmacy

8 study programs :

- Medicine
- Nursing
- Radiology and Medical Imaging
- Physio-Kinesiotherapy and Rehabilitation
- Dental Medicine
- Dental Technology
- Pharmacy
- Nutrition and Dietetics

3 study program\*:

- Romanian
- English
- French

\*for Medicine, Dental Medicine and Pharmacy



## **Who was Iuliu Hațieganu?**

Called “the professor of Romanian medicine” by Tudor Arghezi, Iuliu Hațieganu (1885-1959), the professor after whom the Cluj University of Medicine and Pharmacy is named, was the one who set the foundation for the superior medical education system of Cluj.

In 1910 he graduated the Faculty of Medicine at the University of Cluj, later becoming the assistant to the then well-known professor, Zsigmond Puryesz, whose successor he became in time.

His special merits and Puryesz’s vision helped Iuliu Hațieganu become professor of medical clinics at the University of Cluj and the first dean of the Faculty of Medicine between 1919 and 1920 and, in the early 1930’s, the rector of the University of Cluj.

Iuliu Hațieganu put much emphasis on physical education, considering it necessary in superior education institutions. Therefore, between 1930 and 1932, he founded a youth park, the “Iuliu Hațieganu” sports park, on the Someș river.

In 1935, professor Hațieganu wrote “It has been proven that physical education is the best form of education, which synergically contributes to the strengthening of body and soul alike, to building character”

Author of several treatises, published in the most important journals in Europe, Hațieganu is also remembered as the author of the so-called “Elementary treatise of semiology and medical pathology”. The three-volume book was re-edited several times until modern times.

Iuliu Hațieganu was a valuable man for his time, but also for his followers, both for his role in medicine, but for his great rhetoric. He was a great speaker, an outstanding teacher, close the students’ hearts, and a good man.

Professor Iuliu Hațieganu is respected for his merits as clinician and teacher, renowned man of science, master of humanist culture – it is even said that he learned to love his neighbour from Hippocrates and from Pasteur patriotism.

## Your first days at the UMF

*Your first steps into the Aula...  
your first laboratory, wearing the coat that will become over the years your best friend...  
the first shudder you get when a university professor speaks to you...  
your first time going out with your colleagues...  
your first exam session...  
the first broken test tube of many to come...  
the first multicolour finger from all the reactions...  
the first feeling that you're a student...*

You will engage and partake in all this, in time. These, and many others which you will certainly feel on your own, because each of you is unique and every student at the Faculty of Pharmacy has their own story ... we open-heartedly open yours.

Meanwhile, to make your life just a bit easier, we've thought to offer you some information and guidance about your student life at the Faculty of Pharmacy:

**Student groups and series:** Students in a year are alphabetically organised in groups of approximately 10 students and split into two series. Beginning with the 4th year, the Romanian students are joined by their counterparts from the French section, studying their practical assignments together. Students in a series will attend their courses together, in the same amphitheatre. The series will have different timetables, but the same teachers in most subjects, so that the course material is the same, as well as the final examination.

**Student ID:** Proves that you are a student and is received (free of charge) at the Opening Ceremony, at the end of October, which is stamped every year, at the Deanship. In case of loss/damage to the student ID you may request a duplicate from the Deanship, after paying a tax which you can find in the Tax Annex.

**Study contract:** is signed by every student, during the registration in the 1st year of study and includes the student's and the University's rights and obligations concerning the educational process and is the foundation of establishing the financial obligations of the student. Registering from the 2nd year onwards and signing the Tax Annex of the study contract is made annually, by filling out the registration form. Completing this form must be made within the first 15 days of the school year.

**Library ID:** is given out by the UMF Library, on demand, free of charge. In order to receive your ID you need: your Student ID and your personal ID. The ID is valid for one school year, with the possibility of renewal.



**Travel ID:** is received in the 1st year and is stamped every year. This gives you the right to travel by train to any part of the country, free of charge. Free train transport will be given to all students registered in an accredited higher education institution: state or private, from study programmes to all the three cycles (Undergraduate, Master's, Doctorate), irrespective of the study finance method (budget/tax), irrespective of age, nationality, for an unlimited number, distance of route of the trips, including during the holiday period, by all railway operators.

**Transport facilities:** students in Cluj can benefit from public transportation discounts by obtaining any of the different Student ID cards (Studcard, Omnipass, ISIC). Students in the "Budget" section will benefit from a 100% discount on two public transport routes, while those in the "Tax" section will benefit from a 50% discount for the pass. The discount can be obtained from the RATUC kiosks, with your Student ID, Student Card and your Travel ID. A passport-type photograph and a 2 RON tax are also necessary for procuring your pass.

Year Tutors: they are teachers assigned by the Professoral Council to guide and support the students.

Year 1

Pharmacy

1st Series RO – Asist. dr. Bogdan Feier

2nd Series RO – Asist. dr. Sînziana Gheorghe Cetean

French series – Şef lucr.dr. Anca Cherfan

Nutrition and Dietetics – Asist. drd. Daniela Ciobârcă

Each assigned tutor will guide their series until its graduation.

**Student Doctor's Office:** you can find it in the Haşdeu dorm VII, it offers free medical assistance to UMF students. Here you must bring your medical forms necessary for motivating your medical absences.

## Mobilities

**ERASMUS Grants:** Study mobilities programme, based on interinstitutional accords between the UMF and partner universities whose purpose is to allow students to take advantage of the educational, linguistic and cultural experience of studying in universities abroad. At the same time, it promotes cooperation between institutions and enriching the educational environment of the host institutions, as well as contributing to the development of human resources comprised of qualified open-minded youths, with international experience in their profession. Any student can partake in Erasmus by going through the selection process, based on a portfolio and an interview, in order to have the opportunity to study between 3-13 months or to complete their practical training/research stages in another country. At the University level, this programme is managed by the Department of International Relations, and at the Faculty level, the Prodean responsible with the administrative activity, the material basis. For more details, the External Relations VP of the OSF is always at your disposal: [vp.externe.osfcluj@gmail.com](mailto:vp.externe.osfcluj@gmail.com).

**Interfarma:** A FASFR (Federation of Romanian Pharmacist Student Associations) programme, organised by the OSF, through which any student can apply and spend a week in another Romanian Faculty of Pharmacy. Participating students (after being selected) have the obligation to partake in all scholarly activities of the “host” University so that, with the University’s accord, all their presences are recognised upon their return to Cluj-Napoca. For more information concerning this topic you can contact the External Relations coordinator: [coord.educational.osfcluj@gmail.com](mailto:coord.educational.osfcluj@gmail.com).

**Interpractis:** A national project organised with the help of the FASFR, meant for pharmacy students. The project offers the possibility to complete their summer practice in other academic centres in the country, for two weeks. After their practice hours, the organisers and the volunteers offer the students from other centres other social activities, such as visiting the local city, but also to make friends. Moreover, the participants can join workshops on their professional development as pharmacists, as well as personal development. For more information, please contact the Educational Department Coordinator: [coord.educational.osfcluj@gmail.com](mailto:coord.educational.osfcluj@gmail.com).

**SEP (Student Exchange Programme):** IPSF programme (International Pharmaceutical Students’ Federation) which offers students all around the world an unique cultural and educational experience, the chance to see what the pharmaceutical field implies abroad, the project being implemented in Romania through the FASFR. This way, you have the chance to complete your summer practice in community pharmacies, in a hospital pharmacies, clinical pharmacies, research or industry. Participants are chosen based on a written application (CV and letter of intention) and an interview in English, coordinated by a Local Exchange Officer (LEO), who is the person responsible with an SEP centre. The number of participating students is different every year, according to the number of students accepted by a centre. A student may apply for 3 countries, their order being taken into consideration. Priority is given to older students, who also have some volunteering work within our organisation. If you wish to volunteer in this project, you may partake during 3-4 weeks during the summer vacation. For more details, you may contact: [leo\\_cluj@gmail.com](mailto:leo_cluj@gmail.com).

**TWINNET:** An international Student exchange programme, coordinated by the European Pharmacist Students' Association (EPSA). The purpose of this programme is to interconnect EPSA members by exploring the views, traditions, universities and pharmaceutical market in the member centres, specific to each country. This is done by a reciprocated one-week visit of two different centres in different countries by student groups. During that week, students will get to know the cultural centres, the local customs and the touristic points, they will come into contact with the host students and will gain new insight on how student life is in other centres, as well as their standards, how the University and the Faculty of Pharmacy look like and will engage in numerous unforgettable experiences.

Twinnet first took place in Cluj-Napoca between February 27th - March 3rd 2018, organised by the OSF, with help from the FASFR. During this period, the students from Cluj had the opportunity to get to know the students from the Association Amical des Étudiants en Pharmacie de Besançon (AAEPB), France. The experience was most interesting and captivating.



## **Organisation and Leadership of the Iuliu Hațieganu University of Medicine and Pharmacy, Cluj-Napoca**

The Administration Council ensures the operative leadership of the University between the Senate meetings. It is comprised of: Rector – as president, prorectors, secretary of the Senate, faculty Deans, the general administrative director and the student representative.

At the Administration Council meetings, the rector may invite various other persons from the academic and administrative leaders of the University.

### Composition of the Administrative Council

- Can be viewed by accessing the following link:  
<http://www.umfcluj.ro/component/content/article/13-ro/universitate-ro/33-consiliuadministratie-ro?Itemid=216>

The Senate is the superior leadership forum of the entire academic community in all its fields and is composed of teaching staff and students. Senate members are chosen according to the Electoral Rulebook, written and approved by the Senate, separated for the teaching staff and the students. Members of the University Senate are chosen according to the LEN nr. 1/2011 by those they represent (the entire academic community, including all students). All members have real rights and obligations.

The President of the Senate is chosen by popular vote by all the members of the Senate during the first Senate meeting. Now, this position is held by Prof. Ioan Ștefan Florian PhD.

Students make up 25% of the total Senate members, and the number of students from each Faculty is directly proportional to the total number of students of each Faculty. Therefore, the Senate has 6 students from the Faculty of Medicine, 2 students from the Faculty of Dental Medicine, 2 students from the Faculty of Pharmacy and one student from the English and French sections respectively. Senate decisions are only taken by popular vote, by a simple majority if the number of those present makes up at least 2/3 of the total Senate members. Absolute majority and secret vote procedures are applied any time the members of the Senate deem them necessary.

## **Organisation and Leadership of the Faculty of Pharmacy**

The Faculty of Pharmacy is the second faculty in Cluj meant for higher medical education, founded after the Great Union. Being in a developed academic centre, the faculty had a large growth in the number of Romanian and foreign students, as well as a permanent diversification of the educational offer.

The leadership of the Faculty of Pharmacy is represented by:

- Dean – Prof. dr. Gianina Crişan
- Prodean charged with teaching activities – Prof. Dr. Mariana Palage
- Prodean charged with matters of scientific research – Prof. Dr. Laurian Vlase
- Prodean charged with administrative affairs – Conf. Dr. Mirela Moldovan
- Faculty chief Administrator - Mihai Gudea

The Professoral Council for the Faculty of Pharmacy is chosen by all faculty teaching staff by secret vote for a period of 4 years

- Prof. Dr. Marcela Achim
- Prof. Dr. Gianina Crişan
- Prof. Dr. Ofelia Crişan
- Prof. Dr. Felicia Loghin
- Prof. Dr. Cristina Mogoşan
- Prof. Dr. Ilioara Oniga
- Prof. Dr. Radu Oprean
- Prof. Dr. Mariana Palage
- Prof. Dr. Valentin Zaharia
- Associate Prof. Dr. Lorena Filip
- Associate Prof. Dr. Cristina Iuga
- Associate Prof. Dr. Mirela Moldovan
- Associate Prof. Dr. Adina Popa
- Lect. Dr. Rareş Iovanov
- Lect. Dr. Carmen Pop
- President of the OSF



+ 4 student representatives, chosen at the beginning of each school year

Deanship activities are also greatly aided by the Secretariat staff.

## **Structure of the school year**

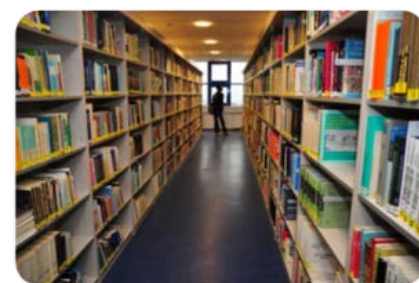
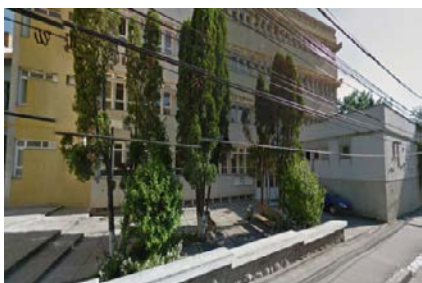
### **1st SEMESTER**

1 October 2018 – 21 December 2018 = didactic activities (12 weeks)  
24 December 2018 – 4 January 2019 = Christmas holidays (2 weeks)  
7 January 2019 – 18 January 2019 = didactic activities (2 weeks)  
21 January 2019 – 15 February 2019 = examination session (4 weeks)  
18 February 2019 – 22 February 2019 = winter holidays (one week)

### **2nd SEMESTER**

25 February 2019 – 07 June 2019 = didactic activities (14 weeks +1 week  
Easter holidays; 29 April -03 May 2019)  
10 June 2019 – 05 July 2019 = exam session (4 weeks)  
  
15 July 2019 – 19 July 2019 = reexamination session I  
23 July 2019 – 26 July 2019 = reexamination session II

## The University offers you modern study facilities



✓ new or modernised study facilities :

### Str. Louis Pasteur, nr. 6A

- Victor Preda Amphitheatre (2nd floor)
- Pharmacology, Physiology and Physiopathology department (1st floor)
- Physical Chemistry department (2nd floor)
- Drug Analysis department (2nd floor)
- Bromatology, Hygiene and Nutrition department (3rd floor)
- Toxicology department (3rd floor)

### Str. Louis Pasteur, nr. 6

- Biochemistry department (1st floor)
- Microbiology department (2nd floor)
- Pharmaceutical Physics – Biophysics department (ground floor).

### Str. Louis Pasteur, nr. 8

- Mathematics – IT department

**Adjacent buildings:**

- Modern languages department
- Physical training and Sports department

**Str. Louis Pasteur, nr. 4**

- E. Popper Amphitheatre
- Analytical Chemistry and Instrumental Analysis department
- Practică farmaceutică Medical Devices department. Pharmaceutical practice.
- Faculty of Pharmacy Deanship (nr. 4 A, 2nd floor).

**Str. Ion Creangă, nr. 12**

- I. Simiti Amphitheatre (ground floor)
- Therapeutical Chemistry department (1st floor)
- Drug Industry and Pharmaceutical Biotechnologies department (1st floor)
- General and Inorganic Chemistry department (2nd floor)
- Pharmaceutical legislation and organisation department (2nd floor)
- Pharmacognosy department (3rd floor)
- Clinical Pharmacy department (3rd floor)
- Dermatopharmacy and Cosmetology department (3rd floor).

**Str. Victor Babeș, nr. 41**

- Organic Chemistry department (2nd floor)
- Pharmaceutical Technologies and Biopharmacy department (1st floor)
- Pharmaceutical Chemistry department (1st floor)

**Str. Victor Babeș, nr. 8**

- UMF Rectorship (6th floor)
- Valeriu Bologa Library (3rd-4th floors)



### **Str. B. P. Hașdeu**

- Valeriu Bologa Library – Hașdeu Branch

### **Str. Gheorghe Marinescu, nr. 23**

- "Iuliu Hațieganu" Hall
- Theodor Goina Amphitheater, ground floor
- Pharmacy Botanical Discipline (3rd floor)

### **Conference Center Hotel Central (Victor Babes Street 13)**

#### **✓ Specialized laboratories equipped with European standards**

✓ **Upgraded modern library (1700 sqm)** - equipped with computers connected to the Internet, with access to more than 3000 titles of electronic books and over 10,000 national and international databases. Starting with the academic year 2013-2014, the collection of the library is divided between the two locations: Victor Babeș 8, 3-4 floors and B.P. Hasdeu. The UMF Library "Valeriu Bologa" was born in 1949 and currently holds a heritage of more than 300,000 volumes, books and magazines, of which an important rare book fund is found in the branch of the History of Medicine. The library is entirely computerized, and the entire active documentary fund is accessible online. All acquisition, cataloging, reader and borrowing transactions are done using an integrated system. The library is a member of EAHIL (European Association for Health Information and Libraries).

#### **✓ publishing house, bookstore and medical magazine**

✓ **modern student restaurant:** UMF Restaurant is located on Babeș Street no. 13, on the ground floor of the home of the same name. The restaurant was renovated in the 2013-2014 academic year and can provide excellent dining conditions for students and young doctors, pharmacists, nutritionists (university assistants, doctoral students, resident doctors), but also having the opportunity to organize various festivities.

#### **✓ Sports base**

#### **✓ Accommodation in dormitories**

**House VI, Observatory complex**  
**Cluj-Napoca, Observatorului Street no. 34**

Mixed dormitory (girls and boys), Observatory Hall VI has rooms with 1, 2 or 3 seats. Each room has its own bathroom, and the food preparation office and automatic washing machines are of common use, located on each level.

**Home I Observatory**  
**Cluj-Napoca, Observatorului Street no. 34**

Home for girls in 1, 2 or 3-room rooms for both students and residents. There is a food-processing office and automatic washing machines for shared use on each floor, and toilets and showers in each room.

**House IX Haşdeu**  
**Cluj-Napoca, str. B.P.Haşdeu, no. 38-66**

Home for girls, 4-seater rooms, food-making office, toilets, showers, automatic washing machines, shared use on each floor.

**Homes VII and X, Hasdeu**  
**Cluj-Napoca, str. B.P.Haşdeu, no. 38-66**

Booths for girls and boys in the Haşdeu VII. Hall (to which are added the seats in the new wing of the dormitory, which are intended for the residents and the students / married residents), respectively the Haşdeu X House, in the 4-person rooms, the office for food preparation, , showers, washing machines, common use on each floor.

**The studios B11 and B13**  
**Cluj-Napoca, str. B.P.Haşdeu, no. 38-66**

They are intended for married students and students with outstanding school performance.

**Victor Babes House 13**  
**Cluj-Napoca, Victor Babeş Street no. 13**

Intended to accommodate students coming through different inter-university cooperation programs.



## **Dorm versus rent**

One of the most difficult decisions we have to make when we become students, especially when our choice when it comes to college takes us away from home: student dorm or rent?

This decision can be quite complicated, because both the student dorms and renting have their own advantages and disadvantages, which a student must analyse carefully in order to make the right choice!

**Student Dorms:**

Socialisation is the defining trait of the student dorms, because you have either 2 or 3 roommates if you live in Haşdeu (H7, H9, H10) or Observator (O1, O6), or one roommate if you live in the B dorms. You manage to meet plenty of different people and make numerous friends in a very short period of time, and the older colleagues are very reliable when you need a helping hand or some friendly advice.

At the student dorms you develop your selfless spirit, sometimes you depend on your roommates, other times they depend on you. But you never risk being alone during all those times you need someone close, and the student dorm is the perfect place to form longstanding friendships. Still, you must be a tolerant, compassionate, open person and you have to be able to give up certain habits which might be bothersome.

Financially, staying in the student dorms is very advantageous, because everything is included in the bundle, you don't need to pay any extra bills.

**Renting**

Renting a place during college is very different from dorm life, as it offers you the possibility to choose both the people you stay with, as well as their number. Be they friends from your own or other colleges, by renting you have the chance of having your own room, meaning much more privacy than a dorm.

Another advantage is independence, to which we also add the much needed quiet during your study periods. Obviously, you can keep all the habits you would have had to give up if you had to stay in the dorms.

Financially, rent is more expensive, with the addition of having to worry about monthly bills, which is not necessarily a disadvantage, as it helps you to become more responsible.

The choice of dorm versus rent is made according to your personality and your budget, but no matter where you end up staying during the school year, the student life gives you the possibility to accumulate memorable experiences which you will certainly tell your grandchildren.

## **Being an UMF Student Representative**

*At the beginning of every school year, the freshmen choose a representative, a colleague whom they trust with being a good leader and that they would find a way to solve any issues that might arise over the course of a school year. Someone who will fight for your rights before the Deanship and the Professors, someone organised and responsible, energetic and willing to listen. You're probably thinking it's complicated business, too much on your plate, but things are a bit different.*

You've come through the amphitheatre door and felt a strange feeling, a kind of joy for things to come fused with a kind of anxiousness because everything around you is new: many unknown faces, or which you vaguely remember from the admission exam, the student look that you've brandished, maybe even the city and your home. But you see a friendly face in the crowd and, whether you know them or not, you head towards the empty seat next to them. "Socialising" is the key word for that day. Your first day in college as a student. So many things happened around you that you couldn't even tell when two weeks already flew past and it is time for you to vote for your series representative. Who is the capable, trusty person you can rely on?

Let's see... Maybe throughout high school you didn't step aside when it came to involving yourself in projects. Maybe *the determination, initiative, leadership spirit, wide smile and diplomacy* are not strangers to you. One time, without realising that you were the leader, you organised your friends for an action, and it went really great!

Or another time when there was an issue to solve in your old high school class, someone had to speak to the class master and calmly express the opinion of your colleagues, and that someone was you. Don't you remember, with a smile on your lips, all the small details of that situation? Surely you've thought of yourself as being the leader of a group. Or maybe this is the first time, but you wish to overcome your limits. Why not be a series representative, a student representative in the Faculty Council or even in the University Senate?!

Basically, **what do you have to do as series representative?** You will have to be receptive to the various issues that may arise over the course of the year: grant offers, student projects, staff announcements that must be transmitted. But the greatest challenge is during the examination period. *It is the series representative who sets de date of the exams.* So, after you succeed, one way or another, to please your colleagues with the proposed dates, you will have to negotiate the amphitheatres with the older students. It is probably one of the biggest responsibilities of the series representative. Especially because there are always complaints, but my friendly advice is to listen to the majority.

They may seem many, but it is not really so. It is normal to be more *reserved* in the beginning, but an *active, leading* person, who approaches the situations with *diplomacy and tactfulness*, ready to answer your colleagues' questions *punctually and logically*, who keeps their *calm and their head on their shoulders* in more tense situations is **the ideal candidate**. And because

these qualities can be polished and need some willpower and determination to come out, I advise you to think about yourself!

**Who? Me? Yes, you!** Because you certainly have at least some of those qualities! In addition, it's worth it to try something new or scary. Do you think the professors will eye you? Yes, but at least they will get to know you. Do you think you will get into trouble for speaking your mind? Come on! As long as you speak *politely* and especially *rationally*, anyone will appreciate *initiative* and will listen to you.

Don't think that because you are a series representative you'll start prancing around the halls of the UMF as if they were a boulevard. You are first and foremost a student and a small example for your colleagues. Your absences will not be motivated for being a representative and you won't get any extra marks in your exams. You will find sympathy from the teaching staff, but don't expect favoritisms. "What you get" from all this is *the respect of your colleagues and your teachers alike, experience, new perspectives and the possibility to grow*.

That being said, see you around the UMF. Maybe at the council or in the OSF projects, parties, or exchanges!

## **Things you need to know about representation**

Each student **group** must have a group representative which is chosen by direct, open and public vote. Any student has the right to run for *Student Group Representative*.

Each student **series** must have a series representative chose from the students of said series. Any student in the series has the right to run for *Student Series Representative*.

The winner is the candidate who receives at least 50%+1 of the total number of votes. The Series Representative then informs the secretariate of the results.

**Group** and **series** representatives have the following *rights*:

- ✓ to be informed of all decisions affecting the group/series/year they represent
- ✓ to program the exams of the students they represent, after consulting both them and the examining teachers

At the same time, **group** and **series** representatives have the following *obligations*:

- ✓ to inform the students they represent of the adoption of decisions that affect them, including decisions of the Departments, of the Faculty Council and the University Senate
- ✓ to consult with Council and Senate student members regarding representation activities.

**All Student Representative elections (regardless of their type) are only considered valid if during the voting process at least 50%+1 of that total voting members are present.**

**Being an OSF Volunteer** means having the passion necessary to spare from your time in favour of activities helping to develop your society and profession. It means working with friends and future best friends in order to create things that you can be proud of. Being an OSF volunteer means not only the volunteering work itself, but also being adopted into a great united family you won't want to ever leave

It is impossible to summarize all our feelings on the subject, but you can say that an OSF volunteer is that person who is always ready to come to your aid, waiting nothing in return, a person who cares about the future and about how it will look. Always surrounded by friends and always willing to learn and grow, ALWAYS AN OSF-ist.

### **Why volunteer?**

Because student life grows differently when you are part of a team, because you can be so much more than a mere student, you can gain new insight and overcome barriers you would have never thought possible to reach.

Because nothing compares itself to the satisfaction of success in a group of friends and colleagues with whom you share the same passions. You will have the chance to develop, help and be helped, to have fun in ways you never have before. The OSF is an unique experience that shapes you, it is a team waiting to be completed by you and your enthusiasm.

Because we always say that nothing ever changes and want to show that we are the change

Because, with us, your new ideas can materialise, and this way you can leave your mark in the development of OSF projects and educating society.

### **How to volunteer?**

...it's very simple! Look for our contact data, visit us in our HQ, take part in the department meetings, be a part of our team. Be involved in projects, contribute and surprise us with new ideas. We know you can, you just need to want to!

In order to better familiarise yourself with the OSF, we invite you to partake in the "Freshmen Week", an event dedicated to you, fresh student of our faculty, which will take place in the third week of school.

Moreover, if you wish to join our team, to become an active member of our organisation and be a part of our departments, we are looking forward to knowing you better at the Interviews and to go to the "Recruitment camp", where you will get a taste of your first team building experience with older volunteer, from which you will be able to learn all about the organisation's life.

### **How to be more than a volunteer?**

As you get a taste of the OSF life and gain more experience, you will certainly wish to get more involved. You will have the chance to run for a position in the Management Office or be a national member of the different federations that the OSF is part of.

If you have any questions or concerns you can visit our Facebook page or contact us directly at [osf.contact@yahoo.com](mailto:osf.contact@yahoo.com) .







## **The Federation of Romanian Pharmacy Students' Associations (FASFR)**

The **FASFR** is a non-profit NGO founded in Timișoara in 2002 and is currently comprised of 7 member organisations – SSFB (Bucharest), OSF-Cluj, OSF-Craiova, SSFI (Iași), LSfT (Timișoara), ASF (Tg. Mureș) and the ASFO

(Oradea).

The **FASFR** is the voice of all Romanian Pharmacy students and its main **objectives** are:

- encouraging and developing international student mobilities
- creating a bond between the FASFR and the local associations
- increasing visibility for students, organisations, institutions and companies

Our projects are oriented towards different fields: **Education and pharmaceutical Practice** – Rational Automedication, Antistres, Fight the Fakes  
**Public Health** – AntiAIDS, InfoDiabet, Tobaccontrol, Anticancer, World Health Day, AntiTBC, Vampire Cup, **Student Exchanges** within the FASFR take place nationally through the InterFARMA, InterFASFR and InterPractis programmes. Moreover, there are the the international **Student Exchange Programme** (SEP) and the **Individual Mobility Project** which is addressed both to students in the first years of college as well as to graduates, these two programmes being available to us due to the IPSF (International Pharmaceutical Students Federation) and EPSA (European Pharmaceutical Students Association)

“Dear students,

Today begins a new stage of your life, and you become responsible for the future you build yourselves. You start your journey on the road that will transform you into healthcare professionals and you will have the power to embody the change and to contribute to public health.

The Faculty of Pharmacy will offer you all the knowledge you need in order to become the professionals of tomorrow.

But what would it be like if we were all left only with the information we got from our teachers, if we weren't curious to do more? Our authenticity would disappear, we could not challenge ourselves to make a change or to put heart into what we love.

This is why I advise you that during your student years you take part in as many volunteering actions as you can, that you make the most of all the opportunities you receive and that you allow yourself to get out of your comfort zone.

Attend national and international events, choose to do your summer practice outside your university centre and always be on the lookout for new things.

We at FASFR and OSF Cluj will always be at your side and will offer you the possibility to develop on both a personal and professional level, to be our best, because <<Only together can we make the future of Pharmacy students better>>.”

FASFR President, Pîslă Maria-Isabelle



## **The National Romanian Pharmacy Students' Congress**

The spring of 2019 will welcome us with an extremely important event for the future specialists in the pharmaceutical field, namely the 17th edition of **The National Romanian Pharmacy Students' Congress** which will take place in the city of **Cluj-Napoca**.

Wondering why this is so important? The Pharmacy Students' Organisation of Cluj-Napoca will answer this question! During the congress there will be conferences covering topics that are relevant to the pharmaceutical field and the main points of this profession: the challenges and opportunities of a Pharmacy graduate. Besides that, there will be contests to test the participants' rigour in preparing medicines according to a prescription, the tenacity in communication with patients and the perspicacity and clinical skills. The students who worked during the year on research papers will have the opportunity to present them in a session of scientific communications. Among all these activities, we will organise several workshops to create and develop skills necessary in a professional environment. If until now you aren't convinced by the importance of this event, we have another reason to give you: the **Romanian Pharmacy Students' Associations Federation** will have their General Assembly at the same time as the congress, in which the future of the Federation and local associations will be discussed and the Board for the 2019-2020 term.

At the end of these four days full of various activities, among the lots of pleasant memories and newly formed friendships, we hope to form a new outlook on the pharmacy-related professions and the role each one of us has as to develop and increase the credibility of this profession.

**Does it sound interesting? Keep an eye on the OSF Cluj-Napoca Facebook page in order to stay updated on the information regarding the signup!**



## **Cluj - a University, Cultural & Medical Center**

**Cluj** - one of the historical capitals of Transylvania, a city full of history, tradition and culture, host to numerous medical institutions, educational and cultural centers.

Some of the main cultural points of interest include: the "Lucian Blaga" National Theatre located in the Avram Iancu Square - one of the most important theatrical institutions in Transylvania, also hosting the Romanian National Opera. Moreover, the Hungarian State Opera and the Hungarian State Theatre are both functional and are located on 26-28 Emil Isac street, as well the Transylvania State Philharmonic, 1-3 Lucian Blaga Square.

Art is also present in the city, as the Bánffy Palace is the Arts National Museum headquarters (30, Unirii Square), home to countless important art collections and periodic temporary exhibitions. The city center also encapsulates the Transylvanian History National Museum (2, Constantin Daicoviciu street), the Pharmacy Museum (28, Unirii Square), the State Museum (Tăietura Turcului street), the Mineralogy Museum (1, M. Kogălniceanu street) and the Zoology Museum (5-7, Cincilor street) - the latter two being under the aegis of the Babeş-Bolyai University.

As for foreign educational institutions, Cluj offers a variety of cultural centers such as: The French Cultural Center (22, Ion I. C. Brătianu street), the "J. F. Kennedy" American Cultural Center (22, Iuliu Maniu street), the British Cultural Center (11, Arany Janos street), the German Cultural Center- Deutsches Kulturzentrum Klausenburg (7-9, Universităţii street), the Italian Cultural Center (7-9, Universităţii street), the Japanese Art and Culture Center (57-62, Plopilor street) and the Sindan Cultural Center (3-5, Universităţii street).

Cluj-Napoca is an important medical center, partly due to its established prestige as a university center. Here, you can find numerous medical institutions, clinics, as well as elite Romanian institutes and hospitals.

As a university center, Cluj is home to old academic traditions, with a very developed cultural and spiritual life. The possibilities are diverse, and it is for this reason that tens of thousands of both Romanian and foreign students crowd the Universities. Here are few of these Universities: "Iuliu Haţieganu" University of Medicine and Pharmacy Cluj-Napoca (8, Victor Babeş street); "Babeş-Bolyai"-UBB-(1, Mihail Kogălniceanu street), the biggest University in the entire country; Technical University (28, Memorandumului street); University of Agricultural Sciences and Veterinary Medicine (3-5, Calea Mănăştur); Art and Design University (31, Unirii Square) etc.

Through its numerous well-known educational institutions, Cluj attracts both Romanian and foreign students, being one of their top choices, which explains the growth in the number of students each year.

## Useful INFO

The OSF HQ is in room 18, Dorm X in the Haşdeu Complex, Cluj-Napoca

Contact: [osf.contact@yahoo.com](mailto:osf.contact@yahoo.com), [facebook.com/OrganizațiaStudentilorFarmaciștiCluj](https://www.facebook.com/OrganizațiaStudentilorFarmaciștiCluj)

>> Coming up next: “**Freshman week**”. A program dedicated to those who have just come into the university world, in order for them to get familiar with what it means to be a student beyond the amphitheatre desks and lab tables. This year, being the 9th edition, the event will contain a wide range of activities, from which the new students can choose, such as: presentations of OSF projects, trainings on various topical issues, including talks on volunteer work, discovering new places in Cluj, parties, workshops and many practical activities. It is a week dedicated to you, dear freshmen, a week which you will certainly never forget, so we, the OSF team, are looking forward to meeting you!

### Adrese utile:

- [www.umfcluj.ro](http://www.umfcluj.ro) site cu informații utile legate de Universitatea de Medicină și Farmacie “Iuliu Hațieganu” Cluj Napoca,
- <http://www.farmacie.umfcluj.ro/> pagina Facultății de Farmacie
- [www.osfcluj.ro](http://www.osfcluj.ro) site-ul Organizației Studentilor Farmaciști unde puteți găsi date despre proiecte, activități și multe alte informații.
- [www.cluj4all.ro](http://www.cluj4all.ro) harta Clujului și multe alte informații
- [www.miniexpo.ro/tour/complex-hasdeu](http://www.miniexpo.ro/tour/complex-hasdeu) tur virtual Complex Studentesc Haşdeu
- [www.cluj.info](http://www.cluj.info) informații și adrese utile din Cluj Napoca
- [www.ratuc.ro](http://www.ratuc.ro) site cu programul liniilor de transport în comun din municipiul Cluj Napoca
- [www.zilesinopti.ro](http://www.zilesinopti.ro) află unde poți să-ți petreci timpul liber

### Advice:

1. Always check your email!
2. Be up-to-date with your rights and obligations by reading the regulations!
3. Respect the visiting hours!
4. Be civilised no matter what!
5. Do not smoke outside the designated smoking spaces!
6. Try to keep your working space in good order!
7. For any issues regarding academic life contact your year tutor or the OSF Vice-President!
8. Follow the news on [www.osfcluj.ro](http://www.osfcluj.ro) and [www.umfcluj.ro](http://www.umfcluj.ro) !

# The Structure of the current OSF Management

## Executive Management

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