



AMSEP
Asian Medical Students' Exchange Program



MNUMS
Mongolian National University of
Medical Science

AMSEP MONGOLIA

Promotional Booklet 2021





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AMSEP Mongolia-2020

It is my great honor and pleasure to welcome you to Mongolia. Over the past few years, we've watched ideas grow and develop over several AMSA-Exchange Program.

First of all, Our beautiful country of forever-blue sky is surrounded by Hig Altai Rocky Mountains in the west; dense forested areas in the north, vast plain in the east, and Gobi desert in the south.

I believe that you can explore nomadic culture and vast, untouched landscapes.

During the course of this exchange program you will experience a plethora of academic workshops, lectures and Mongolian cultures.

Of course, you'll visit our Mongolian National University of Medical Science and University Hospital. We're going to introduce healthcare system of Mongolia and you would attend morning examination at University Hospital.

We welcome each one of you to come and be a part of AMSEP Mongolia.

Can't wait to meet you all!

Sincerely,
Khulan Bayarkhuu
National Director of AMSEP Mongolia
RC of AMSA Mongolia

About Mongolia

Mongolia, with a land area of about 1.6 million sq. km. and a population of about 3.0 million is the world's most sparsely populated country. The land ranges from desert to semi-desert to grassy steppe, with mountains in the west and south-west.

- **Capital:** Ulaanbaatar
- **Official languages:** Mongolian
- **Time zone:** UTC +7
- **Currency:** Tugrik (MNT), about MNT 2680 = USD 1 (by NOV 2019)
- **Weather:** Average summer temperature +35'C, average winter temperature -30'C,
- **Electric current:** 220 volts/50 HZ



Participating University:

Mongolia National University of Medical Science

Mongolian National University of Medical Sciences (MNUMS) was founded in 1942 as a medical faculty of National University of Mongolia and produced more than 90 percent of medical and health professionals of Mongolia.

MNUMS provides undergraduate, graduate and postgraduate programs in medicine, biomedicine, traditional medicine, pharmacy, public health, dentistry and nursing

Students Association and Clubs

Over 60 clubs and associations are working effectively at the MNUMS

Students have the opportunity to experience extracurricular activities according to their chosen fields via some of the more prestigious clubs.

School of Medicine

This is the oldest school of MNUMS and it is a starting point of our university. Today 90% of the entire health workforce in Mongolia are alumni of our School of Medicine. In 2016, our Medical doctor program is accredited by the acclaimed ASIIN organization for the first time in Mongolia. Currently we implement block-integrated curriculum with capacity-based program

University Hospital

(Mongolia-Japan teaching hospital)

The hospital consists of three main parts including six wards namely outpatient clinic, inpatient ward with 104 beds, training section, lecture halls, meeting rooms, and library. To provide ambulatory check-up serve to over 600 people a day and over 180,000 people a year and receive 4300 inpatients, perform surgeries on approximately 2300 patients, and conduct more than 10,000 diagnostic imaging procedures.

So all AMSEP delegates could attend morning examination or surgery with Mongolia doctors and medical residency at University Hospital. Delegates will practice clinical workshops with mentors and advisers



Academic events

- UNIVERSITY TOUR
- UNIVERSITY HOSPITAL VISIT
- ACADEMIC WORKSHOPS
- PATIENT EXAMINATIONS
- CLINICAL SKILL WORKSHOP

Nonacademic events

- WELCOME PARTY
- TOUR OF ULAANBAATAR
- CULTURAL EXCHANGE WORKSHOP
- SHOPPING

Must see in Ulaanbaatar, Mongolia

Winter Palace of Bogd Khan.

Built between 1893 and 1903, this palace is where Mongolia's eighth Living Buddha, and last king, Jebtzun Damba Hutagt VIII (often called the Bogd Khan), lived for 20 years. For reasons that are unclear, the palace was spared destruction by the Russians and turned into a museum.



Sukhbaatar Square

In July 1921 in the centre of Ulaanbaatar, Damdin Sukhbaatar (the 'hero of the revolution') declared Mongolia's final independence from China. A square later built on the spot now bears his name and features at its centre a bronze statue of the revolutionary astride his horse.



Shangri-La Mall

The Shangri-La Mall is located at the heart of Ulaanbaatar, a prime location for a wide range of shopping, dining and entertainment. It delivers a relaxed yet world-class shopping experience that will satisfy all your shopping aspirations



Must see in Ulaanbaatar, Mongolia

Equestrian statue of Genghis Khan

The Genghis Khan Equestrian Statue, part of the Genghis Khan Statue Complex is a 131-foot (40 m) tall statue of Genghis Khan on horseback, on the bank of the Tuul River at Tsonjin Boldog (54 km (33.55 mi) east of the Mongolian capital Ulaanbaatar)



Gandantegchinlen Monastery

This is a Mongolian Buddhist monastery in the Mongolian capital of Ulaanbaatar that has been restored and revitalized since 1990. The Tibetan name translates to the "Great Place of Complete Joy". It currently has over 150 monks in residence. It features a 26.5-meter-high statue of Avalokiteśvara



Zaisan Memorial

Built by the Russians to commemorate 'unknown soldiers and heroes' from various wars, the Zaisan Memorial features stirring socialist realism imagery with Soviet mosaics and reliefs, including that of Stalin and Lenin



Must see in Ulaanbaatar, Mongolia

Gobi Cashmere Factory

Has slightly lower prices than the cashmere shops in the city centre, although much of it is last year's stock. Next door is the flagship shop with a full range of items, and regular fashion shows during summer.



National Academic Theatre of Opera and Ballet of Mongolia

The Mongolian State Academic Theater of Opera and Ballet is one of several fabulous building situated around Sukhbaatar/Chinggis Khan Square



Galleria Ulaanbaatar

Galleria Ulaanbaatar, located right in the heart of the city next to the main square, is an ideal place for experiencing Mongolia all at once



Mongolian traditional foods



Dairy products called "tsagaan idee"

It differs greatly about in variety and taste and includes milk, which is regarded as a symbol of unselfishness, purity and kindness, urum (a thick layer of cream), Mongolian butter, aaruul (dried curd), and a soft of kefir yogurt, curd, etc other milk products.



Guriltai Shul - The Mongolian soupy noodles

This traditional dish is basically mutton soup or stock served with noodles and veggies. The authentic recipe calls for fatty meat, though loin meat can also be used.



Buuz - A variation of dumpling

Flour dough, filled with shredded beef or lamb, cooked with onion, garlic and pepper, and then steamed.

Mongolian traditional foods



Khuushuur

Mongolia's version of a handheld meat pastry. It's a circle of wheat flour dough folded in half around a filling of minced or ground mutton, sometimes beef, and pan- or deep-fried



Airag

Airag is the traditional national beverage of Mongolia. The most important animal of the Mongols is the horse. Horses don't only serve as riding animals, the mare's milk also has a special status.



Boortsog

The most common home made cookies in Mongolia

About Visa

Please check online via this link:
http://www.mfa.gov.mn/?page_id=28254&lang=en to see if you would need to get tourist visa

Expectations

- The recommended minimum amount of money for each delegate to bring is 210'000mnt
- If you have any requests, please let the AMSEP Officers know at least 3 weeks before the exchange



What to pack

- Laptop, notebook, pens
- Medical scrub
- Medical shoes
- Comfortable light boots for walking
- Socks
- Long sleeved shirts
- Pants and/ or shorts
- Rain coat, cloak with cowl proof of water and wind
- Warm coat or jacket
- Scarf, hat, gloves
- Sunglasses and glass case
- Electric converters and adapters
- Powerbank
- First aid kit
- Allergy medicines
- Cold medicines and throat lozenges
- Multivitamins
- Sunburn relief
- Eyedrops

Let's meet in Ulaanbaatar

Mongolian dialect

- Hello- Sain baina uu
- My name is _____-- Namaig _____ gedeg
- Yes/No- Tiim/Ugui
- Thank you- Bayarlalaa
- Can you help me- nadad tusalj boloh uu
- Food is delicious- amttai
- How much- Hed ve
- Bye- Bayartai





See you soon!

In Mongolia

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