

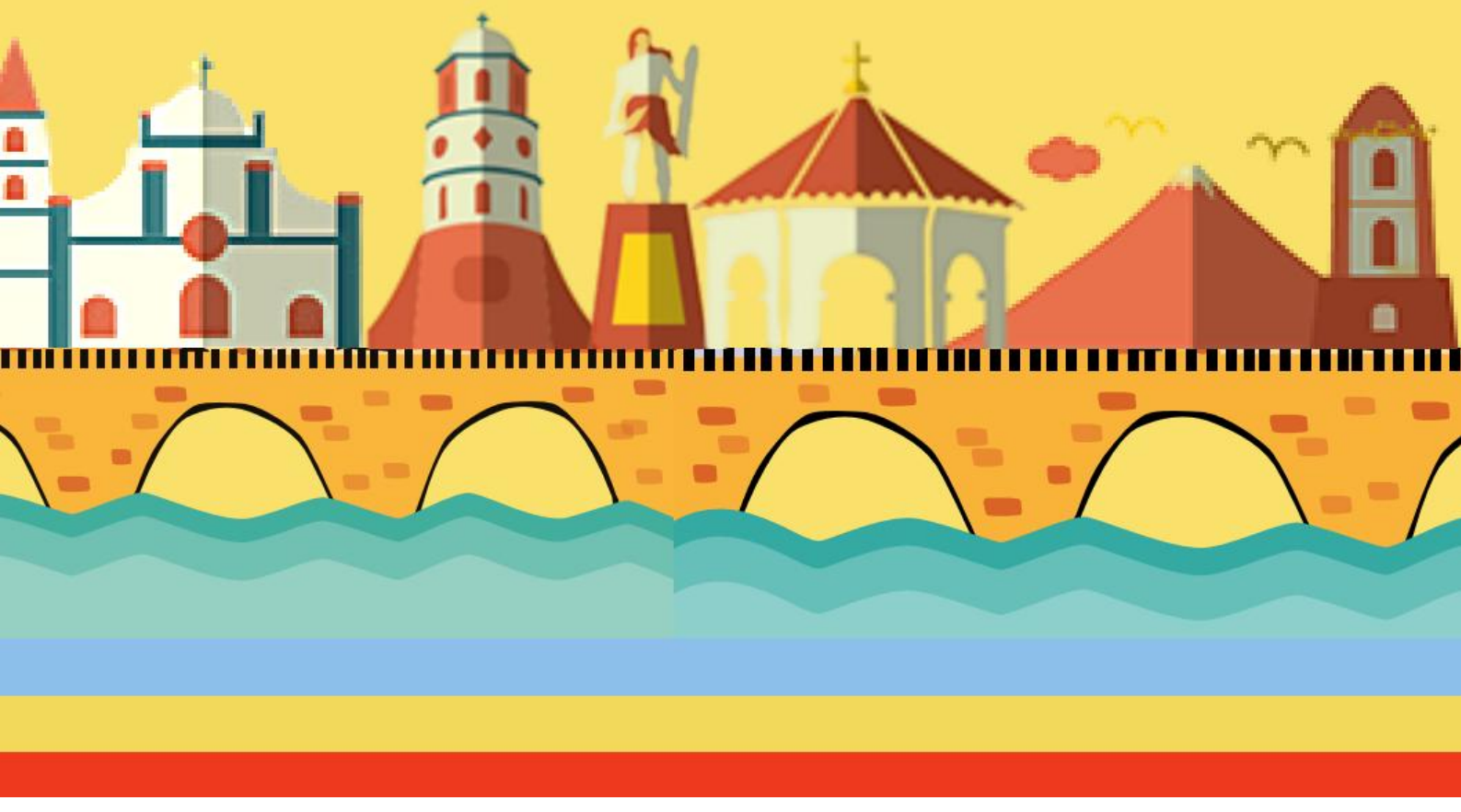


AMSEP
Asian Medical Students' Exchange Program



MABUHAY!!

AMSEP PHILIPPINES





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On behalf of AMSA-Philippines, allow me to welcome you all to the Pearl of the Orient Seas, Philippines! It is a great honor to be able to provide you with this opportunity to cascade knowledge and experience in our country's health care and medical curriculum. We hope that your experience here will open doors for discussions, academic discourse to strengthen international relations towards progressive change in Global Health.

Beyond these, I assure you that every visit will be a whole new adventure filled with fun. You may enjoy the country's breath-taking views of nature and immerse in our rich and diverse culture. I can even confidently say that nothing beats the hospitality and friendliness of Filipinos. With this, I would like to thank you for allowing us to make Philippines your home away from home. May your stay leave a mark not only in your minds, but also your hearts as we foster lifelong friendships.

See you all soon!
Maraming Salamat!!

RENA S. MALLILLIN
AMSA-PHILIPPINES PRESIDENT 20/21



I want to start my welcoming remarks by giving a brief talk about our country. My only problem is where to begin when there is so much to talk about. I can educate you about our long history of colonization, from the Spaniards to the Japanese to the Americans, or even introduce to you our 7,107 islands each with its own beauty and charm. I can even talk about our beaches, how white the sand of Boracay is or how clear the waters of El Nido are. In short, our country has a long and rich history that is worth mentioning, however, I believe that the best way to learn is to immerse yourself in our history, people and culture. Beautiful experiences are waiting for you and I'm very excited for you to see what the Philippines has to offer! Sana ay masiyahan kayo sa inyong pagdalaw at kami ay nagalak sa pag imbita sa inyo sa aming bansa.

MIGUEL JEMUEL O. CABUSAS
NATIONAL DOAMSEP - AMSA PHILIPPINES 20/21



We are very much excited to welcome you to our country. Philippines has so much to offer both educationally and culturally, and we can't wait to let you experience them all.

I wish to extend my deepest gratitude for taking part in this program in our effort to further promote professional and personal learnings to our future doctors. I hope that you will find everything we have install for you both valuable and enjoyable. Again, enjoy your stay, and please actively participate in what we promised to be a fruitful and memorable program!

TERENCE M. LAPEÑAS
REGIONAL CHAIRPERSON 20/21



SINULOG



JEEPNEY



FEAST OF THE BLACK NAZARENE



FILIPINO BOODLE NIGHT



TINKLING

The Republic of the Philippines - the Pearl of the Orient Sea - is a country in Southeast Asia that is famous for its natural beauty and rich biodiversity. It has a tropical climate characterized by relatively high temperatures all year round which makes the country a famous spot for beach and island vacations. The Philippines is composed of more than 7,000 islands that are divided into 3 main island groups called Luzon, Visayas, and Mindanao. There are a number of different native languages that are spoken in the country, depending on the region. The national language is Filipino which originates from the Tagalog language spoken in many areas of Luzon. The official currency used in the Philippines is the Philippine Peso (or Piso in Filipino) which has the symbol of "₱." There are six banknotes which range from 20 to 1,000, while coins are used for smaller amounts. Because of Spanish colonization in the 1500's which lasted for four hundred years, Christianity is the dominant religion in the country with the Roman Catholic branch being the most common. The next largest religion is Islam which is more common in the Mindanao region.



AMSEP *Philippines*

Asian Medical Students Exchange Program (AMSEP) is a standing committee of AMSA-Philippines that exposes medical students to cultural and academic programs both locally and internationally. AMSEP provides participants opportunities to learn about the healthcare system of a country, and to experience their culture and tradition firsthand. An exchange lasts for one week and is filled with activities that are 70% cultural/non-academic and 30% academic. AMSEP Philippines has a long history of exchanges with several countries including Taiwan, Indonesia, Malaysia, Singapore, Japan, Thailand, Germany and India.

Objectives

AMSEP Philippines aims to foster AMSA's vision of knowledge, action and friendship among members of AMSA Philippines and AMSA International. It is our goal to further strengthen our existing bonds with participating AMSA Chapters, to develop academically-competent and culturally-relevant members of AMSA Philippines, and to promote lasting personal linkages among all participants.

HOSTING UNIVERSITIES

IMAGE: IVYMAPS.COM



UNIVERSITY OF THE EAST - RMMC

it opened in 1957 and is a private medical college. It is an on-stock, non-profit foundation named after late President Ramon Magsaysay, making it the first philanthropic institution in the country

IMAGE: FOUR SQUARE | KRISTIAN G.



ST. LUKE'S COLLEGE OF MEDICINE

established in 1994 with St. Lukes Medical Center (SLMC) as its base hospital. SLMC is the first hospital in the country accredited by JCIA.

IMAGE: FLICKR | BRO. JEFFREY PIOQUINTO



UNIVERSITY OF THE PHILIPPINES

established in 1905, located in Ermita, Manila. It is a state-funded medical and research university. Philippine General Hospital serves as its teaching hospital

TRADITIONAL/OFFLINE

January, March

March

February-April

VIRTUAL/ONLINE

January, July, November

December

January - April, August-November

SELECTION OF HOSTING MEMBER ORGANIZATION



Negotiation of AMSEP Directors of each chapter



BIDDING: The call to host for any AMSEP partner is sent by the AMSEP National Director



Interested LMOs sends a proposed schedule, budget and poster to the amsep director



The final hosting member organization is voted upon by the President, Regional Chairperson for AMSA International and the AMSEP National Director

IMAGE: FACEBOOK | FEU- NRMF PAGE



FAR EASTERN UNIVERSITY - NRMF

In 1970, it was converted into a non stock, non-profit educational foundation and was born from the vision of Dr. Nicanor Reyes, Sr

IMAGE: POLITIKO CAMPUS



UNIVERSITY OF SANTO TOMAS

Founded in 1611, it is the oldest existing university in Asia and the first royal and pontifical university in the Philippines. It is the only university to have been visited by 3 popes.

IMAGE: ENCINAREAL



BICOL UNIVERSITY

In 2014-2015, it opened its doors to the pioneer batch of BU-College of Medicine with 62 students. It is the premier regional state university in Bicol Region.

IMAGE: CIM OFFICIAL MWEBSITE



CEBU INSTITUTE OF MEDICINE

It is located at the uptown section of Cebu City and it has grown to become a leading medical institution outside of Metro Manila.

January-April

January, March

January, June - July

August-December

July

January, August - September

**The hosting periods are subject to change due to the shift of the academic year

OTHER LOCAL MEMBER ORGANIZATIONS (LMO)

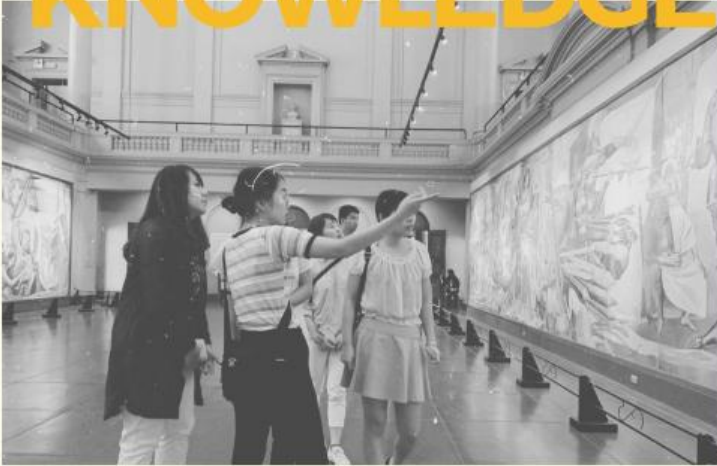
The following LMOs can also host depending on their availability:

- Advocates for Consciousness and Social Involvement Society (Ateneo School of Medicine and Public Health)
- Asian Medical Students' Association - Jonelta (University of Perpetual Help Rizal JONELTA Foundation School of Medicine)
- Asian Medical Students' Association - University of Perpetual Help Dr. Jose G. Tamayo Medical University
- Asian Medical Students' Association - West Visayas State University (WVSU College of Medicine)
- Community Development and Research Society (Pamantasan ng Lungsod ng Maynila College of Medicine)
- Future Physicians for Health and Human Rights (St. Louis University School of Medicine)
- Philippine Medical Students' Association (Our Lady of Fatima University College of Medicine)
- Social Action Medical Students Association (San Beda)
- Tambal (University of St. La Salle - College of Medicine)



final hosting member organization shall be declared by the AMSEP National Director

KNOWLEDGE



ACTION



FRIENDSHIP



ACADEMIC and COMMUNITY SERVICE

AMSEP Academic events comprise a very integral part of the AMSEP experience. They provide opportunities for the delegates and participants to better understand the framework of the Philippine health system, to participate in educational discussions, and to get a glimpse of the Philippine medical curriculum. They serve to highlight the similarities, differences, advantages, and disadvantages of the participating countries' health systems and practices. Ultimately, these activities aim to form a lasting partnership between participants, strengthened by the wealth of knowledge and information that they are able to share with each other. Examples of academic events include local hospital tours, research facility tours, educational discussions about relevant health issues and policies, and workshops, notable of which are those on herbal medicine. These activities are a way to share knowledge and practices, and hopefully encourage collaboration between partner countries.

AMSEP community service events are conducted to provide participants health perspectives from the ground. As an example from past exchanges, an outreach program was previously held in Old Balara, Quezon City. The objective of the activity was to immerse our foreign delegates into the local health culture of the community and to impart essential health education lessons that will allow children from the community to take better care of themselves. The health education program taught by the delegates covered bathing, proper handwashing, nail cutting and proper cough etiquette. The program lasted for 3 hours with games and interactive songs interspersed for the children's enjoyment. Food was also distributed to the community.



IMAGE: AMSA PHILIPPINES FACEBOOK PAGE

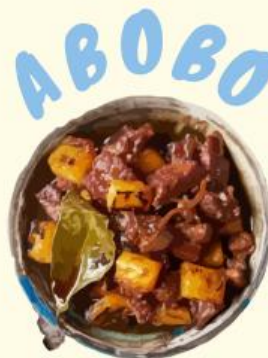
SOCIOCULTURAL PROGRAMS



MANILA

Manila as the capital of the Philippines is indeed a socio-cultural hub and melting pot with its rich and diverse culture. History buffs can take a trip down memory lane and stroll around Intramuros to marvel at the Hispanic architecture while immersing themselves in the history and bravery of the Filipinos who fought for our freedom. Another emblematic location commemorating independence is Rizal Park, the place of execution of the national hero of the Philippines, Jose Rizal. This is often visited by throngs of people who want to jog or go on family picnics. Within the park's vicinity is the National Museum of Fine Arts, a place that is sure to satisfy art enthusiasts with its historic, intricate, and symbolic pieces of art, such as the award-winning Spoliarium by Juan Luna. Get to know the country's endemic flora and fauna at the National Museum of Natural History where you can get up close and personal with the Philippine eagle, tarsier, tamaraw, and even Lolong himself, the largest crocodile in captivity in the world! Indulge in archaeological finds and anthropologic discoveries at the National Museum of Anthropology. Those who would like to delve into a unique experience could try Art in Island, where paintings come to life and you can take loads of pictures in a cave, on a flying carpet, or fighting off a chariot. You can also take mind-boggling and IG-worthy pictures in the Upside-Down Museum. Science and art lovers could also get the best of both worlds in the Mind Museum or try Lakbay Museo to get to know Philippine culture interactively and creatively.

After a day of adventure around the city, you are bound to get hungry, but with tons of restaurants and street food crawling every corner of Manila, even eating would be a heavenly cultural experience. Want to cool off the heat from traveling? Try sorbetes! It is a trademark Filipino ice-cream with cheese and ube as popular flavors. You can also go for halo-halo, another delicious Filipino dessert made of shaved ice, jelly, sweetened beans, flan, and evaporated milk topped with ube ice cream. You may also opt for other street food such as kwek-kwek, a deep-fried hard-boiled egg coated with orange batter, fish ball, kikiam, and banana-cue (deep-fried skewered banana coated in caramelized sugar). If you are brave and would want to indulge in more exquisite food, you could try balut, a boiled fertilized duck egg, or isaw (barbequed innards of chicken or pig)! For savory meat dishes, kare-kare, sisig, and adobo are must-taste food in any Filipino restaurant. Despite the hustle and bustle of the City of Manila, it is a cultural haven offering lots of historically rich places, diverse activities, and delicious food that would satisfy your senses and give you a warm fuzzy feeling comparable to a hot pot of soup made of different ingredients. .



explore BICOL



AMSEP Philippines is here to win your hearts and to provide you with an immersive journey of the country. We'd like to introduce you to one of its majestic regions, Bicol. See the famous cone-shaped Mayon Volcano, the famous landmark shortlisted in UNESCO's World Heritage Site. Learn the traditional medicine by our traditional healers, and even go surfing at Lola Sayong Eco-Surf Camp. This region is perceptibly shining as a hidden tourist gem offering innumerable activities for leisure, fun, relaxation, and travel. Many of these destinations have never been featured in travel literature and awaits discovery.

Food is also a great part of the Bicol experience and the local cuisine is one of the most interesting fares in the country. Among the region's renowned local dishes are Bicol express, pinangat (a dish combining layered taro leaves cooked in coconut milk with fish or pork to add flavor), kinalas, pili nuts, and sili ice icleam, a dessert made from famous scorching chili that comes with varying degrees of hotness. The regions' diversity in culture, language, practices, and beliefs has made Bicol a place with so much to discover. We are thrilled to welcome you to our humble province of Bicol.

“Madya na saka mag ogma digdi sa Bicol”



IMAGE: EXPLORER TRAVEL AGENCY

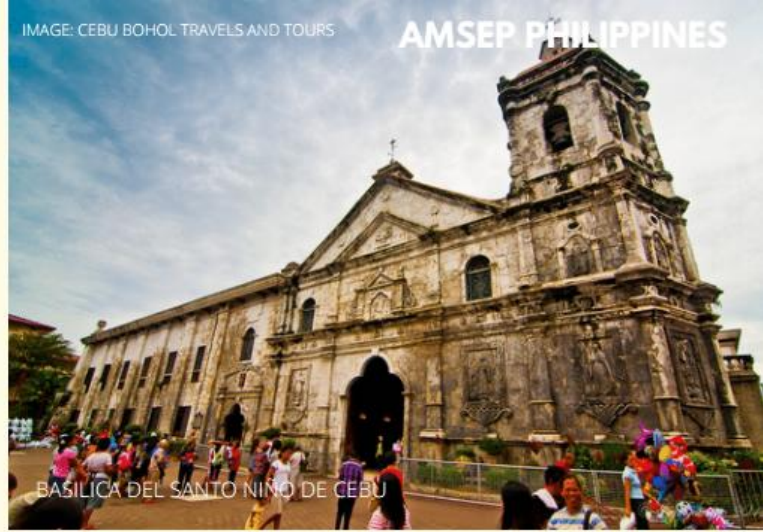


IMAGE: CEBU BOHOL TRAVELS AND TOURS

AMSEP Philippines is delighted to sweep you off your feet with the captivating beauty of one of the country's provinces, Cebu. Dubbed as the Queen City of the South, the island of Cebu is a tropical paradise where it is surrounded, from North to South, by beaches that are known for its clear blue waters and white sands. As its seascapes are breathtaking, divers can also enjoy the unremarkable wonders of Monad Shoal, also known as "Shark Point", in Malapascua Island. It is located in the Northern part of Cebu where it is famous for being the home of the incredible thresher shark. Aside from oceans, Cebu also has several breathtaking waterfalls. Among them is Kawasan Falls, which is admired for its turquoise blue water; the waterfall is the perfect place for relaxation and rejuvenation.

about CEBU

Considered as the oldest city in the Philippines, the capital of Cebu has historical landmarks that will let you revisit the past. Magellan's Cross, Heritage of Cebu Monument, and Fort San Pedro are among the places that serve as embodiments of the richness of Philippine history. An epitome of classic Filipino architecture, the Casa Gordodo Museum will bring you back to the Spanish colonial era. Also, the highly-esteemed Basilica Minore Del Sto. Niño, one of the oldest cathedrals in the country, and the Carcar Church, which depicts byzantine architecture, will leave you speechless with their grandiose structure and antiquity. Cebu's alluring scenery, diverse culture, and affluent history will surely please your versatile taste.



IMAGE: PHOTOS.COM | KEVIN MILLER

MAGELLAN'S CROSS



Amseps *Amsoya*
THROWBACKS

IMAGES: AMSA PHILIPPINES AND AMSEP PHILIPPINES FACEBOOK PAGE

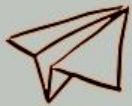


A D V
E N T
U R E

VISA REQUIREMENTS AND RESTRICTIONS

Passport holders from many countries can enter the Philippines visa-free for up to thirty (30) days, given that they present a booked ticket to their port of origin or to their next port of destination and their passports are valid for at least six (6) months before the period of stay. Brazilian and Israeli nationals can stay for up to fifty-nine (59) days. Some countries may still need to apply for a Philippine visa for their visit.

Listed below are the issuing countries that need to apply for a Philippine visa upon arrival:



- Afghanistan
- Albania
- Algeria
- Armenia
- Azerbaijan
- Bangladesh
- Belarus
- Bosnia and Herzegovina
- China
- Cuba
- Egypt
- Georgia
- India
- Iran
- Iraq
- Jordan
- Kosovo
- Lebanon
- Libya
- Moldova
- Montenegro
- Nauru
- Nigeria
- North Korea
- North Macedonia
- Pakistan
- Palestine
- Sierra Leone
- Serbia
- Somalia
- South Sudan
- Sri Lanka
- Sudan
- Syria
- Taiwan
- Tonga
- Timor-Leste
- Ukraine
- Yemen

If your passport is from one of the countries mentioned above, we advise you to prepare the requirements needed, such as a return ticket to your port of origin or to your next port of destination, proof of financial capability, extra passport photos, and visa fees.



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Canva.com



IMAGE: AMSA PHILIPPINES FACEBOOK PAGE

INGAT! HANGGANG SA MULI..

