SELAMAT DATANG!

We welcome you to the Official Booklet of Asian Medical Students’ Exchange Program Indonesia where you can get a glimpse of Indonesia and AMSA-Indonesia. Enjoy Reading.
Dear People of Tomorrow,
Greetings from Indonesia!
Salam hangat dari Indonesia! Apa kabar?

AMSA-Indonesia’s members are very pleased to present you Asian Medical Students’ Exchange Program (AMSEP) Booklet. We would also like to welcome you to our beloved country, Indonesia.

Indonesia is one of the most diverse countries in the world, with 700 languages, 1340 ethnic groups, and more than 3 000 wildlife species. Our 33 provinces are spread across 17 000 islands, making us the largest archipelago country.

Here in AMSA-Indonesia, all 34 AMSA-universities will do our best to offer you a new experience which collaborates our cultures as Indonesians and our knowledge as medical students to leave you with an amazing, unforgettable experience of AMSEP. Our well-known hospitality and role as the host of the 18th Asian Games have inspired AMSA-Indonesia to encourage its members to give the best service we can to our distinguished delegates from other AMSA Chapters.

Moving on to the next pages, you will see that Indonesia is a country with many potential. It would be unfortunate if you missed out. New adventures await for you here!

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”
-Mark Twain

Terima kasih, sampai jumpa di Indonesia!
Thank you, see you in Indonesia!

AMSA-Indonesia is, in fact, one of the most active chapters in AMSEP. We have conducted exchanges with Singapore, Australia, Japan, Malaysia, Philippines, Thailand, India, Taiwan, and China. Last year, we also went beyond AMSA and conducted exchanges with EMSA, more specifically Berlin and Bucharest. With this well-established background of AMSEP Indonesia, there shall be no hesitation to collaborate with us this year. Currently, more than 20 universities have participated actively in AMSEP, with various healthcare systems and cultural backgrounds to explore. Our people will accompany you throughout your stay, letting you experience AMSEP Indonesia to the fullest. With foods with unique spices and taste, places that will surely captivate you, and the warmth of Indonesian people, I am sure that your experience with AMSEP Indonesia will be nothing but memorable.

With that being said, let’s enhance our collaboration and influence our community through AMSEP Indonesia!
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Indonesia is the world’s largest archipelago with more than 17,500 islands. There are around 300 distinct native ethnic groups in Indonesia, and 742 different languages and dialects. Most Indonesians are descended from Austronesian-speaking people whose languages can be traced to Proto-Austronesian (Pan), which possibly originated in Taiwan. Another major grouping are Melanesians, who inhabit eastern Indonesia. The largest ethnic group is Javanese, who comprise 42% of the population, and are politically and culturally dominant. The Sundanese, ethnic Malays, and Madurese are the largest non-Javanese groups. A sense of Indonesian nationhood exists alongside strong regional identities.

Indonesia has about 300 ethnic groups, each with cultural identities developed over centuries, and influenced by Indian, Arabic, Chinese, and European sources. Traditional Javanese and Balinese dances, for example, contain aspects of Hindu culture and mythology, as do wayang kulit (shadow puppet) performances. Textiles such as batik, ikat, ulas, and songket are created across Indonesia in styles that vary by regions. The most dominant influences on Indonesian architecture have traditionally been Indian; however, Chinese, Arab, and European architectural influences have been significant.

Indonesian cuisine varies by regions and is based on Chinese, European, Middle Eastern, and Indian precedents. Rice is the main staple food and is served with side dishes of meat and vegetables. Spices (notably chili), coconut milk, fish, and chicken are fundamental ingredients. Indonesian traditional music includes gamelan and keroncong.
BACKGROUND
Asian Medical Students’ Association Indonesia (AMSA-Indonesia) is the peak representative body for medical students in Indonesia. Founded in Yogyakarta, August 10th 1996.

AMSA-Indonesia has been actively participating in plethora of national and international events. Its contribution to AMSA International as the roots of the organization are impressive, having hosted four Asian Medical Students’ Conference (AMSC) in 1990, 1996, 2003, 2010 and East Asian Medical Students’ Conference (EAMSC) in 2006 and 2015.

VISION
AMSA-Indonesia as an organization that enhances its members to become medical students that give welfare to the community together with Knowledge, Action, and Friendship.

MISSION
1. To learn and build intensive communication between AMSA-Indonesia’s members.  
2. To strengthen the sense of belonging of every members as a family.  
3. To enhance medical skills of medical students.  
4. To impact society with programs that collaborate with GO or NGO for healthier society.

Enhancing Collaboration, Influencing Community

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AMSEP
Asian Medical Students’ Exchange Program

“AMSEP creates opportunities for the international preclinical and clinical exchange between AMSA chapters.”
AMSEP Indonesia provides academic sessions in order to fulfill the “knowledge” philosophy of AMSA. We offer various forms of academic sessions: lecture, training, group discussion, workshop, hospital visit, clinical skills lab, practical lab, etc. All sessions will be conducted and supervised in English by experienced and professional lecturers.

Social action will be provided as well in which the delegate will participate in social services. The social services may vary in form, e.g. orphanage visit, health campaign in public place, and many others. The aim is to fulfill “action” philosophy of AMSA.

Indonesia is widely known for its richness in cultural heritage. Indonesian culture ranges from historical sites to breathtaking natural wonders. We will provide a special tour to those amazing places, to give you unforgettable memories of AMSEP Indonesia. To enhance your knowledge and interest in Indonesian culture, we will provide cultural workshops, such as traditional dancing, batik painting, cooking, language class, and others.

Academic

Social

Cultural
PREVIOUS AMSEPs

**Inbound:**

**AMSEP Indonesia for Japan**
Host: AMSA-Universitas Kristen Indonesia
December 22nd-28th, 2018

**AMSEP Indonesia for Philippines**
Host: AMSA-Universitas Indonesia
June 24th-30th, 2019

**AMSEP Indonesia for Taiwan - National Cheng Kung University**
Host: AMSA-Universitas Hang Tuah
July 19th-25th, 2019

**AMSEP Indonesia for Taiwan - China Medical University**
Host: AMSA-Universitas Hasanuddin
August 8th-15th, 2019

**AMSEP Indonesia for Taiwan - Chang Gung University**
Host: AMSA-Universitas Trisakti
August 16th-22th, 2019

**EAMSEP Indonesia for Bucharest, Romania**
Host: AMSA-Universitas Brawijaya, AMSA-Universitas Diponegoro
August 14th-28th, 2019

**EAMSEP Indonesia for Berlin, Germany**
Host: AMSA-Universitas Sebelas Maret
August 17th-27th, 2019

**AMSEP Indonesia for Taiwan - National Yang Ming University**
Host: AMSA-Universitas Gadjah Mada
August 25th-31st, 2019

**AMSEP Indonesia for Taiwan - Mackay Medical College**
Host: AMSA-Universitas Padjadjaran
August 29th-September 4th, 2019

**AMSEP Indonesia for Malaysia**
Host: AMSA-Universitas Kristen Krida Wacana
February 11th-17th, 2020

**AMSEP Taiwan for Indonesia**
Host: National Yang Ming University
February 22nd-28th, 2019

**AMSEP Malaysia for Indonesia**
Host: Universiti Malaysia Sarawak
February 3rd-9th, 2020

**AMSEP Philippines for Indonesia**
Host: SOMA of Cebu City
January 19th-25th, 2019

**AMSEP Taiwan for Indonesia**
Host: National Cheng Kung University
February 19th-25th, 2019

**AMSEP Malaysia for Indonesia**
Host: Universiti Malaysia Sarawak
February 3rd-9th, 2020

**AMSEP Japan for Indonesia**
Host: Jichi Medical University
July 27th-August 2nd, 2019

**AMSEP Phillipines for Indonesia**
Host: SOMA of Cebu City
January 19th-25th, 2019

**AMSEP Taiwan for Indonesia**
Host: China Medical University
June 24th-30th, 2019

**AMSEP Malaysia for Indonesia**
Host: Universiti Malaysia Sarawak
February 3rd-9th, 2020

**EAMSEP Bucharest for Indonesia**
Host: Carol Davila Medicine University
January 16th-30th, 2019

**EAMSEP Berlin for Indonesia**
Host: Charité-Universitätsmedizin Berlin
January 6th-16th, 2019
HOSTING UNIVERSITIES
District 1
Universitas Syiah Kuala, Universitas Sriwijaya, Universitas Jambi, Universitas Muhammadiyah Palembang, and Universitas Batam

are the AMSEP Indonesia hosts for District 1. District 1 offers amazing deep-rooted culture and remarkable places to visit.

Banda Aceh
Grand Mosque of Baiturrahman
With its bright white walls and majestic black domes, the 130-year old grand mosque is a magnificent site. The mosque stood still when Tsunami strikes Aceh in 2004.

Mie Aceh
Mie Aceh is a spicy noodle dish. The thick yellow noodles are served with slices of beef, goat meat, or seafood, such as shrimp or crab.

Lampuuk Beach
The white sand beach is beautiful and famous for its sunset. The beach has always been the main destination of the local activities including surfing, diving, and snorkelling.
Palembang
Ampera Bridge
The landmark of Palembang City, linking regions Seberang Ulu and Seberang Ilir separated by the Musi River.

Pempek
Pempek is the well-known Palembang’s dishes made of fish and flour. Served with yellow noodle and kuah cuko (vinegar sauce), this dish is a must try if you visit Palembang.

Kemaro Island
This island is one of Palembang’s tourism spots. It is a small manmade island for Buddhist to pray. It has a beautiful pagoda and other buildings.

Jambi
Lake Gunung Tujuh
Scientifically, this lake was a large crater formed by the collapse of a volcanic cone. It is located at the height of 1,996 meters above the sea level. The attractive tourism object of this is enveloped by natural beauty of the landscape, birds, and last but not least its fresh and clear air.

Mie Celor
One favorite food in Jambi and you can find it almost in every corner of Jambi City. It is a savory noodle soup dish traditionally from Jambi. A serving of it consists of noodles, coconut milk, dried shrimp broth, egg, and various vegetables.
Batam

Balerang Bridge
The Barelang Bridge is a chain of 6 bridges of various types that connects the islands of Batam, Rempang, and Galang, Riau Islands built in 1997. Barelang also refers to the islands themselves, which are all administratively part of the municipality of Batam.

Nongsa Coast
Nongsa is another tourism site which is packed with a lot of resort selection. The Turi Beach Resort, The Nongsa Marina, Batam View Beach Resort, Puri Jaya Resort and Tering Bay Resort. It is one of the pioneering tourism sites built by the authorities back in the early days. An unquestionable destination for tourists. Situated in the up most north eastern point of Batam Island, the coastal location is a natural beauty. It is a favourite spot for tourist who enjoys beach life and water sports.
District 2

Universitas Indonesia, Universitas Tarumanagara, Universitas Pelita Harapan, Universitas Kristen Indonesia, Universitas Pembangunan Nasional “Veteran” Jakarta, Universitas Katolik Indonesia Atma Jaya, Universitas Kristen Krida Wacana, and Universitas Trisakti

are the AMSEP Indonesia hosts for District 2. District 2 consists of the capital city of Indonesia, Jakarta, and Tangerang. They are ready to host you in this highly-populated historical city!

Jakarta

National Monument
Popularly called as “Monas” (Monumen Nasional), the 137 meters tall National Monument is obelisk shaped, and is topped with bronze flame with 32 kg of gold.

Kerak Telor
The famous Betawi traditional savory omelette dish in Indonesian cuisine. Made from glutinous rice cooked with egg and served with serundeng (fried shredded coconut), fried shallots, and dried shrimp as toppings.

Ketoprak
Ketoprak is a vegetarian dish from Jakarta, Indonesia consisting of tofu, vegetables, rice cake, and rice vermicelli served in peanut sauce.
Jakarta

**Shopping Malls**
When you are in Jakarta, consider spending a day at shopping malls to find latest products from international and local famous brands, haul for youngsters.

**Kepulauan Seribu**
The Thousand Islands (officially Kepulauan Seribu), are a chain of islands to the north of Jakarta’s coast.
District 3
Universitas Padjadjaran, Universitas Jenderal Achmad Yani and Maranatha Christian University

are the AMSEP Indonesia hosts for District 3. District 3 is located in the capital city of West Java, Bandung, the third large city in Indonesia. Bandung has cooler temperature year-round than most cities in Indonesia because of its geographical position (2520 ft above sea level).

Bandung

Kebun Teh
Kebun Teh or Tea Garden is the most touristic destination go in Bandung, located in Ciwidey.

Floating Market Lembang
Floating marketplace Lembang is a tourist favorite destination in Lembang, Bandung. Here, you can find some traditional Indonesian foods which were cooked and sold on the boats.

Siomay Bandung
Siomay is an Indonesian steamed fish dumpling with vegetables served in peanut sauce. It is traditionally made from tenggiri (wahoo) fish meat. Other complements to siomay are steamed cabbage, potatoes, bitter gourd, boiled egg, and tofu.
Bandung

Tangkuban Perahu
Tangkuban Perahu is a volcano, 25 kilometers north of Bandung yet in close proximity to Lembang. Tangkuban Perahu is an interesting destination that everyone there is always keen to visit. When seen from Bandung, Mt. Tangkuban Perahu has a distinctive shape, like an upside-down boat. Tangkuban Perahu means (in fact) “up-turned boat”. This peculiar shape has stimulated the fantasy of the Sundanese people from early times as expressed in the Legend of Sangkuriang.

Patenggang Lake
This lake is a natural lake in an area called Ciwidey at an altitude of 1600 meters above sea level. The temperature is colder when compared to other areas in Bandung. This is a very busy place over the weekend but during the weekdays, you will probably be the only one there.
District 4
Universitas Diponegoro, Universitas Palangka Raya, Universitas Sebelas Maret, and Universitas Gadjah Mada

are the AMSEP Indonesia hosts for District 4. District 4 is located in the province of Central Java and Central Kalimantan (Central Borneo), spread through four cities: Semarang, Yogyakarta, Palangka Raya, and Solo. This district is rich in Javanese culture and also Kalimantan culture.

Yogyakarta

Keraton of Yogyakarta
The palace is the main seat of the Sultan and his family, located in the city of Yogyakarta, Indonesia. It serves as a cultural center for the Javanese and contains a museum that displays the Sultanate’s artifacts.

Jomblang Cave
Goa Jomblang is one of the natural highlights of Yogyakarta. The cave is located in Semanu, Gunung Kidul Regency. Jomblang Cave is a vertical cave with dense ancient forests below. A 300-meter alley with its beautiful natural ornaments will bring you to the edge of Gua Grubug (Grubug Cave), a place where you can see light from heaven.
Yogyakarta
Prambanan Temple
The temple compound, a UNESCO World Heritage Site, is the largest Hindu temple site in Indonesia and one of the biggest in Southeast Asia. Its tall and pointed architecture, with a central building inside a large complex, are characteristics of a Hindu temple.

Gudeg
Gudeg is a traditional Javanese cuisine from Yogyakarta and Central Java. Gudeg is made from young unripe jack fruit boiled for several hours with palm sugar and coconut milk. Additional spices include garlic, shallot, candlenut, coriander seed, galangal, bay leaves and teak leaves, the latter giving a reddish brown color to the dish.

Solo
Serabi Solo
Serabi Solo is a snack originating from Solo, Central Java. This food is made from rice flour mixed with coconut milk and fried over charcoal, which makes it delicious.

Batik Village
If you are looking for homemade small batik boutiques. This village is surely a place to visit. It is located in a narrow street full of Colonical Javanese houses.
Semarang
Lawang Sewu
Lawang Sewu (Thousand Doors) is a landmark in Semarang, Central Java, initially built as the headquarters of the Dutch East Indies Railway Company. The colonial era building is now known as a haunted house, though the Semarang government has attempted to rebrand it.

Lumpia Semarang
Lumpia Semarang is the food being looked for by many people because it has a delicious and distinctive taste. It is a snack made out of bamboo sprout and prawn wrapped in pastry skin. It is completed with sweet sauce made out of pickles, fresh green chili and fresh chives.

Palangka Raya
Kahayan Bridge
The bridge is the landmark of Palangka Raya City, Central Kalimantan Province. Kahayan Bridge crosses the Kahayan river connecting with other regions.

Bundaran Besar
Bundaran Besar is located in the heart of the city, the center of Palangka Raya. Bundaran Besar is currently a place for people to gather and interact with one another. In addition, this area is also used as an exercising spot, such as jogging.

Ujung Pandara Beach
The location which is far from the city crowd, can give you good relaxation. It has soft white sand. You can find big woods around carried by waves ashore.
District 5
Universitas Airlangga, Universitas Hang Tuah, Universitas Brawijaya, and Universitas Muhammadiyah Malang, Universitas Jember

are AMSEP Indonesia hosts for District 5. Heavenly landscaped and exotic cuisines will definitely give you an unforgettable experience.

Mount Bromo is a part of the Bromo Tengger Semeru National Park that covers a massive area of 8000 square kilometers. The magnificent Mt. Bromo will not disappoint with its spectacular views and dramatic landscapes. At 2392 meters tall, Mt. Bromo is absolutely stunning and beautiful.

Batu Night Spectacular (BNS)
Batu Night Spectacular (BNS) is a tourist resort that can be found at night. Your travel plans will be definitely with this resort. BNS is located in Batu-Malang, East Java. It is about 30 minutes from Malang City, Batu Night Spectacular is designed for night recreation. You can enjoy the game adventures like rollercoaster, lantern garden and the biggest firework show.
Surabaya

Monumen Jalesveva Jayamahe

Jalesveva Jayamahe Monument (Our Glory is at the Seas) is a statue of an Indonesian Navy Officer with his sword of honor, staring far to the sea, as if he is ready to challenge the ocean’s tide. The construction started in 1993 by Indonesian Chief of Naval and designed by I Nyoman Nuarta to represent the nation’s future generations' optimistic values towards the accomplishment of the Indonesian dream.

Lontong Balap

Lontong Balap is one of the national dishes of East Java. It is called “Lontong Balap” because all the lontong merchants in one area wants to sell as quick as they can, hence the term “Balapan”. Lontong Balap is made from lontong, taoge (bean sprouts), fried tofu, lentho (fried mashed beans), fried shallots, sambal petis (shrimp paste) and sweet soy sauce.
District 6
Universitas Hasanuddin, Universitas Muhammadiyah Makassar, Universitas Muslim Indonesia, Universitas Tadulako, Universitas Halu Oleo, Universitas Pattimura, Universitas Alkhairaat and Universitas Sam Ratulangi, Universitas Bosowa

are AMSEP Indonesia hosts for District 6. District 6 is located in Sulawesi and Maluku. Be amazed by the districts’ display of crystal-clear seas and its varieties of foods and delicacies!

Makassar

Losari Beach is a beach located to the west of the city of Makassar. The beach is a place for the citizens of Makassar to spend time in the morning, afternoon, and evening, enjoying the scenery of the beautiful sunset.

Fort Rotterdam
Fort Rotterdam is a 17th-century fort in Makassar on the island of Sulawesi in Indonesia. It is a Dutch fort built on top of an existing fort of the Gowa Kingdom. The original fort, Jum Pandan (allegedly named after the pandanus trees frowing in the vicinity).

Es Pisang Ijo
Es Pisang Ijo is another Indonesian drink that is made with es (ice), pisang (banana), and ijo (green). If you combine all these words, es pisang ijo in English is called green banana ice. Es Pisang Ijo is one of the most popular drinks in Indonesia.
Moramo Waterfall is one of the must-visit places when you are around South-East Sulawesi. This waterfall will indeed challenge you to venture the forest’s authentic atmosphere where you will breathe fresh air away from air pollution. You need to hike to enjoy this beautiful panorama.

Bokori Island
The small (0.15 km²) uninhabited paradise island Bokori can be reached in 45 min from Kendari by car and boat. Relax and take a walk on the white sandy beaches and enjoy the impressive panorama of the sea. Crystal-clear, turquoise-shining water lures to swim and snorkel.

Labengki Island
Labengki Island is a new paradise of nature tourist destination at South East Sulawesi Province and located at North Konawe.

The bridge, with its two 20-meter-high arches, spans over the center of Sulawesi, Indonesia, impresses with its two 20 m high arches. The bridge spans 126 m with 9 m wide and a room for pedestrian walkaways on both sides.

Pusentasi (some people call it Pusentase or Puset Laut) is known as a sink hole. There is also a beautiful white sand beach next to the sink hole where coral reefs like underwater. Pusentasi is located in Towale, Donggala, Central Sulawesi.
Maluku

Masjid Al-Munawwaroh
Masjid Al-Munawwaroh is a mosque in Ternate, North Maluku. It is a mosque built by the Government in the beach town of the city of Ternate. The mosque is so captivating and can be seen from the sea, with two towers built in the sea providing beautiful scenery. Masjid Al-Munawwaroh is now a city landmark.

Ngurtavur Beach
Ngurtavur Beach is located on the island of Waha, right in front of Warbal Island has white sandy beaches that protrude or extend without interruptions into the sea along the 2 kilometers and a width of 7 meters.

Ora Beach
Ora Beach is a beach located in the island of Seram, Central Maluku. The beach is located at the western end of the bay, next to Sawai Saleman Village at the forest edge of Manusela National Park.
**CURRENCY**

Indonesia’s currency is the Rupiah (IDR), abbreviated as Rp. The largest banknote is the red Rp 100,000, although it may be only 10 USD, but it is still conveniently large for most purchases. Next in the series are Rp 50,000, Rp 20,000, Rp 10,000, Rp 5,000, Rp 2,000, and Rp 1,000. Many hotels quote rates in dollars, but all accept payments in Rupiah and many who quote in USD seek conversion of the bill into Rupiah, regardless of the currency you were quoted with. ATMs on the international Plus / Cirrus networks are common in all major Indonesian cities and tourist destinations, but may be harder to come by in the backblocks.

Beware of withdrawal limits as low as Rp 500,000 (US $55) per day in some machines. As a rule of thumb, machines loaded with Rp 50,000 denomination notes (there’s a sticker on the ATM) do not dispense more than Rp 1,250,000 per transaction. ATM with Rp 100,000 bank notes can result in greater money withdrawal up to Rp 2,500,000 at once. Note, however, that bigger bank notes are harder to be used in rural non-tourist areas. Bank branches generally like to exchange high-value notes taken from their ATMs into smaller ones at no charge.

**ELECTRICITY**

The electricity voltage in Indonesia is 220V 60Hz with two rounded prong plunge. If your devices have different connector shape, please kindly bring a plug adapter / transformer.

**VISA**

Indonesia allows free entry to citizens of the following countries: Brunei, Cambodia, Chile, Ecuador, Hong Kong, SAR (Special Administrative Region), Laos, Macau SAR, Malaysia, Morocco, Myanmar, Peru, Philippines, Singapore, Thailand, and Vietnam. The nationals of these countries who are going for a holiday, attending conventions or engaging in similar activities are allowed to stay in Indonesia up to 30 days without a visa. This type of visa cannot be extended, transferred, or converted to any other kinds of visa; nor can it be used as a working permit. Those visitors eligible under the visa waiver program have a visa issued at the Indonesian border checkpoints with the issuance subject to the discretion of the visa officer. The visa is not for employment and is not extendable. Nationals of countries not listed previously are required to apply for visas through the nearest Indonesian Embassy or Consulate. Single-entry visas are valid for 60 days and priced around 50-100 USD depending on individual countries and prevailing exchange rates.
HOME PREPARATION

DRESSCODE
Miniskirts and tight-fitting clothes are best avoided. Ensuring that you are well-covered from ankle to neck would be the best. Being modest is one of Indonesia’s most-appreciated culture. You may follow international trends. However, wearing sleeveless tops are not recommended though not inappropriate. You do not have to worry about the weather because it is sunny all year in Indonesia, though it may rain at times. So, appropriate cotton clothes are recommended.

THINGS TO BRING
- Suitable clothing
- Laptop and personal gadgets
- Umbrella
- Cap
- Camera
- Personal medicine
- Souvenirs from your country
- Visa, passports, and other administrative documents
- Enough money
- SIM Card (available in Indonesia)

ETIQUETTE IN INDONESIA

GREETINGS
When greeting or introducing oneself, smiling, handshake (salam) and slightly nodding are good gestures. A medium to soft handshake grip is sufficient, since gripping too hard could be considered rude or an act of aggression.

HAND GESTURES
In Indonesia, some people abhor the use of the left hand because it is considered rude, so try to avoid gesturing with your left hand. Pointing towards someone with a forefinger is considered rude. While pointing with the whole palm or just a thumb (with other fingers folded) are considered most polite.

TABLE MANNERS
Indonesian meals are commonly eaten with the combination of a spoon in the right hand and fork in the left hand to push the food onto the spoon. In many parts of the country, it is quite common to eat with one’s bare hand especially in traditional restaurants. Indonesia is a Muslim-major country, so majority of Indonesians observe halal dietary law which prohibits the consumption of pork, blood, and alcohol.
TESTIMONIES
I loved this project. The whole committee was incredibly nice and well organised, in Malang as well as Semarang. We were very warmly received, starting with the airport/train station pick up, our hosts and the very nice welcoming parties. The teachers were very friendly and eager to exchange some knowledge about our different health systems. They have introduced us into the Indonesian health care system and I am very grateful for this opportunity. The social activities were nice and also a good way to meet local people. We have also enjoyed very much the cultural activities, such as batik painting, batik history and the very nice trips into the nature. Bromo mountain and Borobudur temple were definitely my favourites. Malang is a nice city with great food and very pleasant weather. Semarang is a bit warmer, but bigger, with a lot of great coffee and food places. This project was a great opportunity for me, I would gladly recommend it to everyone.

Medrihan Lavinia,
Carol Davila Medicine University,
delegate of EAMSEP Indonesia for Bucharest

This summer, 10 of us from NYMU in Taiwan travelled to Jogjakarta, Indonesia to participate in AMSEP 2019. The experience was one filled with learning, laughter, cultural enrichment, and the establishment of strong friendships between students from NYMU and UGM. The week consisted of many interesting activities, usually with the day kicking off with some lectures on topics including infectious diseases, diarrhoea etc; Lab work, and also a faculty tour of the medical department at UGM. After we had stimulated our brains, we were treated to great delicacies from Jogjakarta. The afternoons and evenings were usually spent exploring the city, visiting famous attractions, and immersing ourselves in the rich culture that embodied Jogjakarta, for example watching the Ramayana Ballet at the Prambanan Temple. Overall the week was one that was extremely memorable for us Taiwanese delegates, not only because of the enriching activities we were able to participate in, but more so because of the amazing and inspiring people we were able to meet on this trip. We hope our friendship will last for a long time, and that one day, UGM students will have the opportunity to visit us in Taiwan!

Laura Tsai,
National Yang Ming University,
delegate of AMSEP Indonesia for Taiwan
When I got home to Cebu, the first thing I felt was separation anxiety. It’s weird because I have only known their people for a week and yet when you think about them, there’s this empty feeling inside—a longing you can’t describe. AMSEP Universitas Indonesia, I can’t really explain in this limited amount of words how much you have made me feel as the host for this exchange program. I can literally see the tiredness from your eyes when you drive us back to our accommodation at night. We can see the uncertainty from your faces whenever you welcome us to a place in Jakarta if we’d like it or not. You talk to us—on a constant basis, making us feel welcomed like we’re home. Jakarta wasn’t really a destination that would make me feel this way but AMSA/AMSEP UI, made me feel at home.

I thought going to Indonesia, Bali was the only thing that could make me feel like I could have fun. But in the hustling and busy streets of Jakarta, I found companionship and unforgettable memories. Thank you, AMSEP Indonesia.

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Throughout our stay in Indonesia, we really enjoyed all programs AMSA-UKI had prepared. We had an opportunity to learn about malaria, an uncommon disease in our country, with a lecture and visit at the laboratory. We also experienced Indonesian traditional music, cuisine and cultures. We didn’t know well about Indonesian tradition and custom, but AMSA-UKI members had taught us everything in detail. It was a precious experience to learn about Indonesian cultures and lifestyles from Indonesian students.

Besides the activities in the program, AMSA-UKI students had treated us with hospitality. We didn’t feel the slightest bit uncomfortable during the program. I guarantee everyone participating in AMSEP Indonesia will have a wonderful experience in Indonesia.
CONTACT US!

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# AMSEP OFFICERS

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