



**UMF**  
UNIVERSITATEA DE  
MEDICINĂ ȘI FARMACIE  
IULIU HAȚIEGANU  
CLUJ-NAPOCA

# INTERNATIONAL STUDENT GUIDE





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# INTERNATIONAL STUDENT GUIDE

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## ***Rector's message,***



*It is my great pleasure to welcome a growing number of talents from all around the world each year.*

*You have chosen a very good option – to be students in a faculty with a long tradition, 140 years of medical teaching in our school, and with a distinguished faculty staff. All of us were very glad to have had you as our students and to help you to become good doctors, and in the same time, good people.*

*We hope that at the end of yours studies, you love your school, as we do, you love Cluj and you will be ambassadors of the Cluj Medical Faculty all over the world.*

*Your commitment to medical knowledge and purpose to heal a world in need of healing is honoring. Together we begin a journey of defining ourselves as the best we can be, as doctors, as humans.*

*I embrace your enthusiasm, your diversity and the energy you bring to our University. It creates the dynamic learning and living experience that both students and staff enjoy so much. Starting from this wonderful medical community, we have built together over the years and broadening to the life of a medical student in Cluj, I know that the years we spend together are life changing and will be missed.*

*Therefore I wish for all of you to make the most of it, pursue your goals, work hard, make friends and enjoy the ride!*

Professor Anca Dana Buzoianu  
Rector of „Iuliu Hatieganu” University of Medicine and Pharmacy,  
Cluj-Napoca



## Table of contents

<b>STUDENT ACTIVITY .....</b>	<b>9</b>
ENROLLMENT PROCEDURE .....	10
REGULATIONS .....	10
ORGANIZATION OF ACTIVITY WITHIN THE FACULTY OF MEDICINE.....	11
ATTENDANCE .....	11
EXAMINATIONS.....	12
CREDITS .....	13
LEARNING ROMANIAN.....	14
ECTS STUDY GUIDE.....	14
PRACTICAL SKILLS WORKBOOK.....	14
PRACTICAL TRAINING BOOK .....	15
„VICTOR PAPILIAN” BOOKSTORE OF UMF CLUJ .....	16
„VALERIU BOLOGA” LIBRARY .....	17
STUDYING IN THE LIBRARY .....	17
CENTER OF PRACTICAL ABILITIES AND SIMULATION IN MEDICINE .....	18
OFFICIAL DOCUMENTS .....	19
FEES .....	19
SCHOLARSHIPS .....	20
MOBILITIES .....	21
TRANSMED.....	22
CONDUCT GUIDE .....	22
RULES OF CONDUCT.....	22
BEHAVIOR ON SOCIAL MEDIA .....	24
ACADEMIC CONDUCT .....	24
DIALOGUE WITH TEACHERS .....	25
BEHAVIOR IN THE HOSPITAL .....	26
STUDENT ORGANISATIONS.....	26



<b>LIFE IN CLUJ .....</b>	<b>29</b>
ARRIVAL IN CLUJ .....	30
INSTALLATION .....	30
ACCOMMODATION FOR FIRST YEAR STUDENTS	
ENGLISH AND FRENCH SECTION .....	31
DORM LIFE .....	32
HOW CAN I BE ACCOMMODATED IN A DORM?.....	33
REAL ESTATE AGENCY.....	33
FINANCE .....	34
INSURANCE .....	35
BANKS.....	35
UTILITIES .....	36
TELEPHONE.....	36
INTERNET .....	36
WEATHER.....	36
POTABLE WATER .....	38
RESIDENCE PERMIT .....	38
TRANSPORT.....	38
HEALTH .....	40
DAILY LIFE.....	44
HOBBIES .....	48
PETS .....	49
POST OFFICES .....	49
DRIVER'S LICENSE.....	50
<b>ROMANIA .....</b>	<b>51</b>
ROMANIAN CULTURE.....	52
USEFUL EXPRESSIONS IN ROMANIAN .....	57

# STUDENT ACTIVITY

## ENROLLMENT PROCEDURE

Once accepted to the Faculty of Medicine of UMF, it is necessary to know what are the required steps for the enrollment procedures: Go to the Foreign Students Department within the period mentioned in the instructions you've received by e-mail in order to complete your application file with the following documents:

- High-School Diploma and transcript – original (they remain at the university during the studies);
- Proof of tuition fee payment. 7500 EURO must be transferred to the following bank account:

**BENEFICIAR / ACCOUNT HOLDER:**

**UNIVERSITATEA DE MEDICINA SI FARMACIE-CLUJ NAPOCA**

**CONT / ACCOUNT NO: RO56BTRL01304202964565XX**

**COD SWIFT: BTRLRO 22**

**BANCA / BANK: BANCA TRANSILVANIA**

**ADRESA / ADDRESS: Str. Eroilor Nr. 36, Cod 400129, Cluj-Napoca, Romania**

- 2 copies of the study contract, the enrollment form, the statement and the appendix for the tuition fee. You will receive these forms by e-mail and they must be already filled in and signed, when submitting them.

After finishing these procedures, the Foreign Students Department will provide you with enrollment certificates in English/French and Romanian, and also with the Provision of Enrollment that you have to submit to the secretary who will be in charge with the 1<sup>st</sup> year students. The secretary will inform you about your group, your series and the first year timetable.

## REGULATIONS

The following chapter includes a brief presentation of the essential aspects regarding the University and Faculty of Medicine Regulations. Each student should get acquainted and comply with the regulations governing our institution in order to enjoy his/her stay in Cluj as a student of the Faculty of Medicine in Cluj-Napoca.

Please find the main University Regulations in extended form, both in English and French, on the website of the Faculty of Medicine ([www.medicina.umfcluj.ro](http://www.medicina.umfcluj.ro)), in the Regulations section:

- **Regulations on the organization of the activity for undergraduate studies**

- **Regulations for the graduation exam**
- **Regulations on scholarships**
- **Regulations for the application of the European Credit Transfer and Accumulation System.**
- **Code of Ethics**
- **Guide to good practices in medical research**

It is important to remember that these regulations are made in order to better facilitate the teaching process and increase the quality of your studies. Therefore, you have the obligation to be aware and follow them for the duration of your six years of study.

## **ORGANIZATION OF ACTIVITY WITHIN THE FACULTY OF MEDICINE**

The teaching activity in the Faculty of Medicine is organized in two cycles. The first three years are the preclinical years, during which you will have lectures and practical laboratories in basic sciences, organized in a linear structure (two semesters; at the end of each an exam session follows). The next three years have a modular structure, most of the teaching activity being carried out in medical clinics, where you will practice, at patient bedside, the theoretical knowledge acquired in the first years. During these clinical years, every year has 4 modules, that include 7 weeks of clinical activities (courses and clinical practice), followed by two weeks of exam sessions.

## **ATTENDANCE**

To be admitted for the exams, students must attend at least 70% of the course hours for each specialty. For the practical laboratories and during the clinical stages, you must attend 100% of them. All absences from the practical activities must be recuperated before the exam.

In case if your absence amount is more than 20% of the overall number of hours corresponding to a specialty, that module cannot be validated and you cannot be accepted for the exam.

In other words, under no circumstances can you recover more than 20% of the overall number of hours and consequently, you must make again that module.

Justification of absences may only be done on the basis of a certificate issued by the Dean's Office, following the submission of supporting documents by the student. Recovery of absences has to take place with another series studying the same subject, or within recovery sessions organized periodically by each department.

## EXAMINATIONS

### Evaluation of theoretical knowledge

This evaluation represents the theoretic or “written” exam, as you will hear it called. The theory exam is the most important and has the largest weight on the final mark, but this can vary, based on the department and the lecturer.

The theoretical exam aims to test the student with written questions in the form of open questions or multiple choice questions. The questions can come from any of the course materials, so it is recommended to go through the whole bibliography. Some departments might distribute practice questions to help guide you in your exam preparations.

The theory exam will always take place during the session, either the winter or summer session for the preclinical years, or at the end of each module for the clinical years.

### Evaluation of practical knowledge

Practicality has different weight depending on the discipline.

This exam will evaluate the knowledge accumulated during the practical activities or hospital rotations (modular years). For the preclinical years, the exam consists of re-performing a practical work from the semester or a discussion with the examiner about the theoretical notions from the activity. For the disciplines in which the practical work takes place in the hospital wards, the practical exam usually consists of taking a patient’s history and physical exam under the careful observation of a physician examiner, followed by presenting a diagnosis with arguments to support it. In some subjects the practical examination is conducted as a Objective Structured Clinical Examination (OSCE)

Exam submission requirements are as follows:

- In order to be admitted for the exam, you have to attend courses, laboratories and clinical stages or to complete absences recovery.
- Students are allowed to attend an examination for a specific subject only once per each examination session.
- During the first three years of study, there are 2 ordinary examination sessions, namely the winter session (in January - February) and the summer session (in June - July). Students who cannot validate their exams during the two ordinary sessions can participate in two reexamination sessions (first and second reexamination) in July.
- Between the 4<sup>th</sup> and the 6<sup>th</sup> year of study, there are four examinations sessions (one at the end of each module), as well as two reexamination sessions in July.
- Students are allowed to attend each examination for a specific subject no more than three times during an academic year.

In the case of linear programs (1<sup>st</sup>-3<sup>rd</sup> year), students can submit to the exam as follows:

- first submission in the examination session programmed in the end of the course;
- second and third submissions during the reexamination sessions

In the case of modular programs (4<sup>th</sup>-6<sup>th</sup> year), students can submit to the exam as follows:

- first exam submission with the module attended with the series he is enrolled in,
- second exam submission with other series (having the same teaching language) attending that module, or in the first reexamination session
- third exam submission in the first or respectively in the second reexamination session.

The first and the second reexamination sessions take place each year in July (for the exact dates of this period, you can check the structure of the academic year on the MedCluj app). If you still have not passed one or more of your exams after the reexamination sessions, you must retake the respective discipline in the next year. Exams consist of two tasks: a theoretical and a practical one. In order to pass the exam, you have to pass both parts.

## CREDITS

A number of credits is allocated to each subject depending on the student workload needed in order to promote it. The credits are obtained only by validating the respective exam. A number of 60 credits, 30 for each semester is allocated for one academic year. For years I - II, a student who has failed subjects totaling 10 or fewer than 10 missing credits in these years will be enrolled in a higher year of study than the last year attended. A student who has failed subjects totaling more than 10 missing credits in these years will be enrolled in a supplementary year.

For the third year, the enrollment in the year of higher year is made only after the accumulation of all credits related to the first 3 years of studies. Otherwise, the student is enrolled in the complementary year.

For years IV-V, a student is enrolled in the higher year if he/she promotes all the credits from the curriculum related to the current year.

## LEARNING ROMANIAN

In order to be able to study medicine and live in Romania, learning conversational Romanian is compulsory. You need to communicate with patients and cope with everyday life. In order to learn Romanian, there are 84 compulsory hours (3 hours/week) included in your schedule within the first three years of study. Those who wish to deepen their knowledge of Romanian have the opportunity to enroll in optional courses.

At the end of the third academic year, all the students must pass an eliminatory Romanian proficiency test in order to prove that they have acquired the necessary language skills. We recommend to become friends with Romanian colleagues and get in touch with students' associations in order to deepen your knowledge of Romanian.

### Remember!

**You will not be admitted into the 4<sup>th</sup> year of study unless you have passed all of your exams in the first three years, as well as a Romanian language exam at the end of the 3<sup>rd</sup> year of study.**

On the university website ([www.umfcluj.ro](http://www.umfcluj.ro)), you may find more useful information, as well as the University Charta, which contains the essential regulations of our academic community.

On the medical faculty website, you may also find information regarding the curricula of various courses, the faculty departments, and study guides.

## ECTS STUDY GUIDE

Information regarding the activities for each year of study, courses and practical activities (internships or clinical stages), compulsory bibliography as well as the assessment for each discipline may be found in the ECTS Study Guide. This is available online at the address <http://www.medicina.umfcluj.ro/en/facmed-uk/documente-specifice-mg-uk> and in printed form in the Dean's office, at the secretary assigned for your class. You will use it until the end of your university years.

## PRACTICAL SKILLS WORKBOOK

The goal of this book is to guide students in studying diverse medical procedures so that, at the end of the years of study, they will have the practical knowledge necessary to start a residency program in any medical system. In this book you must fill in the initials or number of the observation pages, the date you performed the medical maneuver, details about the diagnosis, the

clinic in which it was conducted, and the signature and stamp of the doctor who supervised you. This book must be completed and handed over to the Practical Skills Center by the end of the 6<sup>th</sup> year of study in order for you to be admitted to the final exam. It is important that you keep it safe, as losing it means paying more time and money in order to fill in a new one. After the evaluation, the book will be returned to you as evidence of the skills you have acquired during your 6 years of study, and you may find it useful to present at interviews.



## PRACTICAL TRAINING BOOK

The summer Practical Training Book is a tool offered by the faculty of medicine and is distributed free of charge during the first year of study by the secretary of your year (Dean's office of the Faculty of Medicine). The book contains essential information regarding the summer practical training in each year of study, pictures and examples of various medical maneuvers which you will have the opportunity to perform, and special rubrics for each year of study which must be filled in (patient history forms, maneuvers which must be performed, temperature charts, etc.). The book, together with the Evaluation form (filled in and signed by the doctor who is advising you) and the Medical Practice Agreement, must be sent to the secretary of your year until the deadline which will be posted on the university website. The students who do not comply with these regulations will not receive the 2 credits allocated to the summer practical training (ATTENTION! As specified earlier, in order to enter your 4<sup>th</sup> year of study, you must have all the credits from the first 3 years). The books



will remain at the Dean's office each year for a period of one month for the evaluation of the summer practice of the current year.

A brief description of the summer practical training and where it may be completed. Summer practical training is a mandatory didactic activity in the curriculum of the Faculty of Medicine. It is fulfilled at the end of each academic year, starting with year I and continuing until year V. Each year the summer practical training is done in a different department indicated in the curriculum of the faculty. This will allow you to deepen the knowledge you have gained during that year of study. Therefore, at the end of your first year it must be done in a family medicine practice. The summer practical training should last 140 hours (7 hours per day for a period of 4 weeks) and may be done in Cluj-Napoca (allocation of placements is done by the Dean's office), in Romania, or in your country of origin. If you choose to do your summer practical training in another place than Cluj-Napoca, you must fill in an institutional agreement which must be signed and brought back to the Dean's office before the end of the academic year. The summer practical training can be done in either state or private institutions.

### „VICTOR PAPILIAN” BOOKSTORE OF UMF CLUJ

Now that you are finally a med student you will soon be given a list of books from which you must study. You can get the books from older students, the university library or the university bookstore. At the bookstore you can buy all of the important books for your year of study. If you choose the bookstore then you will find the following information useful:

**Location** of Bookstore „Victor Papilian”: Emil Isac, nr. 13

**Schedule:** open from 08:00 to 14:30 (Monday through Friday). It is closed on the last working day of the month.

**Phone:** 0264 597256 int. 2926 or 0374834926

**e-mail:** librariaumf@umfcluj.ro

Also, you can find the catalog of all the books in the library by accessing the following link and downloading the excel file: <http://www.umfcluj.ro/component/k2/item/2117-carti-disponibile>.



## „VALERIU BOLOGA” LIBRARY

Founded in 1949, „Valeriu Bologa” Library owns a patrimony of over 300,000 volumes, books and journals, out of which an important rare book fund can be found in the Medical History branch office. At present, there are over 6,000 registered users.

The library is entirely computerized, and the entire active documentary fund is searchable online. All operations regarding acquisition, cataloging, user enlistment, and lending transactions are made using the integrated system Liberty3.

The computer network designed to serve the users with Internet access has 60 working stations.

„Valeriu Bologa” Library is a member of EAHIL (European Association for Health Information and Libraries).

„Valeriu Bologa” Library is composed of two branches: one on Str. Victor Babes Nr. 8, and the other on Str. B.P. Hasdeu. In order to gain access to the library’s resources you will need a library card which can be obtained immediately on location from one of the library’s staff from: the 4<sup>th</sup> floor of Str. Victor Babes Nr. 8 or from Str. B.P. Hasdeu.

## STUDYING IN THE LIBRARY

Feel free to choose either of the two branches of the university library. The Victor Babes branch has two floors: the 3<sup>rd</sup> floor contains the resources for the 4<sup>th</sup> – 6<sup>th</sup> years, while the 4<sup>th</sup> floor contains the ones for the 1<sup>st</sup>–3<sup>rd</sup> years and it provides computers with internet access. The Hasdeu branch has 3 floors, the last two with internet access. Borrowing items from the library. You can borrow items such as: books, courses, journals, or CD/DVDs from the Victor Babes

branch. In order to borrow items you must have your library card with you. Furthermore, it is recommended to return the items back on time, otherwise you will be charged a fine.

Library Hours

Monday-Friday: 08:00 – 20:00

Saturday: 09:00 – 15:00

Sunday: 9 – 15 (open 3rd floor, 4th floor closed)

Extended Library opening hours during exam period.



## CENTER OF PRACTICAL ABILITIES AND SIMULATION IN MEDICINE

We know that once you are accepted to the Faculty of Medicine you would want to give subcutaneous injections, place a venous line, perform the Heimlich maneuver, and have your very first patients, so, starting with the 3<sup>rd</sup> year you will have access to the Center for Practical Abilities and Simulation in Medicine of the University of Medicine and Pharmacy „Iuliu Hatieganu”. It is located on Str. Marinescu Nr. 23. Here, under the supervision of an instructor, you can be an internist (in the Laboratory for basic medical procedures), a surgeon (in the Laboratory for basic surgical techniques), or an emergency doctor (in the Laboratory for emergency maneuvers). Don't worry! You can make as many mistakes as you wish, the mannequins will not mind. The aim is to improve your abilities so that when facing real patients you can offer them top medical care in maximum safety conditions. The Center for Practical Abilities and Simulation in Medicine offers opportunities to learn and train for all levels of medical practice, in the majority of specialties, so you will continue to return to the center for the duration of your medical studies and maybe even afterward, during your residency.

## OFFICIAL DOCUMENTS

- Student Report Card

This item proves you are student in the Medical Faculty and contains your ID. It will be asked for at each examination along with your national ID, the two documents being compulsory in order to be admitted to an exam. Your marks will be written in it. It will be delivered in the beginning of the first year and you will have to keep it all through the six years. If – for any reason – you need a new one, you will be charged a fee of 50 lei.



- Library Card

In order to have access to the University Library (and borrow books!) you will need a library card. This card can be obtained at the Library reception (blue UMF building, 4<sup>th</sup> floor) for free.

## FEES

Tuition fee amounts are available on the university website. The yearly enrollment fee is 7500 Euros, which must be paid in full or in 2 equal installments:

- 1st installment due: is paid when the admitted candidate confirms the place;
- 2nd installment due until: 17 February 2023



For the first 60 days of delay, the faculty charges a penalty of 0.1%/day of delay, depending on the amount due.

Each absence in practical activities must be recovered. Unless justified (health/personal issue), each absence recovery is charged a fee of 30 Ron/hr.

If you have to attend the exam in the 3<sup>rd</sup> reexamination of a discipline (either because you have failed or were absent during the previous ones), the entrance fee is 100 Ron for EU citizens, 100 Euros for Non-EU citizens.

University fees have to be paid at the Fees Office or the Cashier's Office („Birou Taxe” or „Casierie”), in 4<sup>th</sup> Pasteur Street.

*Birou Taxe is the first room on your right as you enter this door, „Casierie” is on your left.*

Casierie and Birou tax are open between 8:00 and 14:30, from Monday to Friday. The cashier is closed on the last working day of each calendar month

## SCHOLARSHIPS

Students achieving good educational performance are awarded professional performance scholarships of maximum 3750 euro/semester. The students' ranking for scholarships shall be done according to the average of grades, in compliance with the Regulation on scholarships available on the website.

## Scientific performance scholarships

### Research grants

In order to apply for one of the research grants valued at 2000 euro, you just need an idea that you wish to transform into a topic of research or the desire to work and a mentor that can guide you. You need to discuss your idea with the mentor you have chosen and together transform it into a project that will convince the panel that your project deserves to be invested into. The criteria for the projects are published a few weeks before the final due date.

If your project is chosen, you will go on to present your action plan in front of a selection commission for research grants. If you convince them, you will become a grant director, and for a period of 1 to 2 years depending on your contract, you will be responsible for the development of the project. You must also know you will be responsible for reporting on your progress each month. Good luck!



## MOBILITIES

All over the world, there are thousands of other students like you attending medical universities and living their dream. You may study in other universities and have a great experience in reputed medical schools all around the World, through the International mobilities the university offers you.

Mobility stages within the Erasmus Program offer a complex experience and provide students with the opportunity to study in other medical faculties in Europe, for one semester or for one year.

Our university has partnerships with many universities in Germany, France, Italy, Spain, Austria, and many other countries, so you might have the chance to explore lots of new cultures.

The experience of living in a different city, learning medicine in a different environment and in a different language and meeting new people implies personal development that cannot be achieved anywhere else.

For more specific details about the application process and requirements, visit: <http://www.umfcluj.ro/universitate-ro/administratie-ro/relatii-internationale/erasmus>

<http://www.erasmusprogramme.com>

You should try to gain the benefits of this program once during your student years!

## TRANSMED

TransMed is a national exchange program for medical students, which allows them to attend the courses of another medical faculty in Romania and Moldavia. 10 medical universities in Romania are involved in TransMed, and the program is short-term, usually lasting one week. During that week you will attend the same disciplines that you are currently taking in your year of study, but you will get to interact with the students in that study programme and explore a different university environment.

For any questions, you may contact the student association.

## CONDUCT GUIDE

By choosing our university and a profession in the medical field, you need to understand that it is essential to comply with a set of rules and regulations, in order to acquire a professional conduct and to be able to build a doctor-patient relationship based on trust and respect.

In order to facilitate your transition into the study of medicine, we will present the main rules of conduct for the university and hospital environments. These help you to have good relationships with your colleagues, teachers and patients.

## RULES OF CONDUCT

Hair – women must have their hair pulled back, and males must have a neat appearance and their hair groomed. Males are to attend the clinical environment clean-shaven. Such measures are taken in order to avoid contamination and for hygiene reasons.

Nails – must be cut short and without nail polish/varnish. Gel or semi-permanent nails will not be accepted. Long nails can injure the patient or yourself and can be a breeding place for microbes.

Make-up – avoid very intense make-up and choose a more natural look, which is more appropriate in an academic environment.

Clothing – your attire should be decent, put-together, inspire trust and empathy for your patients, respect towards your professors and suggest professionalism. In the first years you will be required to wear a white lab coat in the practical laboratory activities. You may purchase it at a variety of medical supply shops and pharmacies in the city. There is a shop on Republicii Street, the first to the right from „Casa de Cultura” or you may also check the pharmacies on Clinicilor Street – „Strada Clinicilor”.

Alongside your clean and ironed lab coats, we recommend that you wear the following:

- Males – may wear classy long trousers, a clean, pressed dress shirt and a pair of loafers or dress shoes. Sweatpants, sandals and flip-flops are not acceptable.
- Females – may wear skirts (mid length), trousers (not sweatpants) and a dress shirt, or dresses which cover the shoulders and back. We advise against shoes with very high heels, flip-flops, low-cut tops, and skirts whose *length* should go no *more than* 3 inches above the knee.

**IMPORTANT:** we strongly recommend that during didactic and medical activities you remove any visible piercings from the face and ears and cover the tattoos.



## BEHAVIOR ON SOCIAL MEDIA

Keeping in mind the profession you have chosen, you must observe some basic rules of behavior on social media, in order to avoid situations which can affect the University image, your or your colleagues' public image, or can have legal implications:

- Photos taken in your clinical uniform, in the hospital wards are strictly prohibited.
- Do not post photos taken during a medical procedure or during a surgical intervention.
- Never post photos of patients!
- Do not post any photos taken of the cadavers in the anatomy labs.
- Your posts should not include racial insults or have any xenophobic or non-ethical character.
- It is not recommended to add your patients as friends on your social media.

## ACADEMIC CONDUCT

As a student, you must observe certain rules not only during your university activities, but also in your private life as a future physician. Being a good professional does not only mean having the necessary knowledge and skills to diagnose diseases or perform surgeries, but also showing empathy and care for your patients.

We have compiled a list of essential rules for you as our students and as future doctors, dentists, and pharmacists:

- Know your limits and your abilities, do not hesitate to ask for help, whenever necessary. You will be more appreciated for doing this than for making an error.
- Do not miss your courses and practical activities. Remember! If you miss them you must recover them completely in the case of practical works/stages and pay the necessary fees for such recovery.
- Observe due dates for turning in assignments.
- Be punctual to courses and practical activities
- Respect your professors and colleagues.
- Give feedback when it is asked of you and reflect upon your responses.
- Mind your posture during courses; lying down or putting your feet up on chairs is disrespectful to your professors.
- During your activities in the hospitals, do not sit on the patients' beds or go to sleep on hospital beds. If your teaching assistant allows you to sit down, it is preferable that you use a chair.
- Do not eat, drink, or talk during your courses!
- It is impolite to chew gum when you are speaking to a professor or to a patient.
- Do not be on your mobile phone when your professor is explaining something. This applies to both courses and practical works. Your phone should be kept on silent mode during the entire duration of the course/practical work.
- In order to have a proper relationship with your patients/professors/colleagues, it is recommended not to have your face covered
- If you have complaints about anything, express them in a courteous manner and report the incident in the evaluation form you submit to the department. Justify the claims you are making.
- Should any problems occur during your didactic activity, please report them in writing to your tutor and/or to the Dean of the Faculty within due time.

## DIALOGUE WITH TEACHERS

When you are addressing a teacher, irrespective of rank in the university, you may address them as „Doctor” (in Romanian you will hear „Domnul Doctor” for males or „Doamna Doctor” for females). Your dialogue must be in a civilized and academic tone; show them all due respect, no matter what their age or position might be.

## BEHAVIOR IN THE HOSPITAL

In our Faculty we emphasize on developing practical skills and early clinical contact with patients. In order to improve the quality of the clinical didactic activities, it is essential for you to comply with the following regulations:

- Always wear your UMF Cluj nametag and introduce yourself with your last name, first name, and your status as student in the corresponding year of study. Do this with patients as well as the staff in the clinics or hospitals.
- Do not discuss the cases you have seen in the hallways of the hospital in public places, or on social media. Respect patients' confidentiality!
- Do not give your opinion in front of patients about the diagnosis or treatment that their physician is giving!
- Do not give a prognosis to the patients.
- Do not use your mobile phone during a patient examination, nor when a patient is speaking to you. Keep your phone on silent mode, as it is unpleasant for those who suffer to be disturbed by its noise.
- Do not chew gum when you are speaking to a patient.
- Do not sit on a patient's bed. Always stand on his or her right side (and if the location of the bed does not allow it, you may stand on the opposite side).
- Do not talk over your group assistant when you are in a hospital room and they are presenting a case.
- Do not run or shout in the hallways, this could frighten the patients.
- Do not give advice to patients over the advice their doctor has already given them, even if they ask.
- Respect the patients and their choices, do not judge them.
- Earn the trust of your patients through professionalism.
- Make sure your attire is appropriate and respectful, as it has been described above. If you are wearing inappropriate attire when you go in front of a patient, it is better to change into scrubs and wear a white coat over.
- Wash your hands before and after any procedure and between seeing different patients. It is recommended to carry with you a disinfecting gel in your white coat pocket, as this can be more efficient.

## STUDENT ORGANISATIONS

EMSA – English Medical Students Association, represents the interests of students enrolled in the English study program of the Faculty of Medicine, „Iuliu Hatieganu” University Cluj-Napoca. EMSA and its members support the foreign students' ideas, needs and interests. Through a good collaboration

with the other student societies, its target is to facilitate a better integration of foreign students within the academic environment, the Romanian society and culture. The association is managed by a President, a Vice President and a Senate representative, who are elected each year.

Several other students help them in managing the „departments” they lead, recruiting volunteers and organizing events.

The class representatives, the second group of elected students, represent their series within the EMSA Council, mainly for administrative matters.

The main goals of the association are as follows:

- To facilitate the communication between students enrolled in the English program and the administration of the Medical Faculty and University
- To solve students’ problems and try to answer their questions
- To represent the foreign students enrolled at the Faculty of Medicine, English program
- To integrate foreign students in the Romanian culture and academic environment through common projects realized together with the other student societies in the University.
- To help English learning students to socialize.

For more information, visit:

<https://www.facebook.com/emsaclujnapoca>



LIFE IN CLUJ

## ARRIVAL IN CLUJ

### AIRPLANE

- TAROM – it is the national Romanian Flying Company, which operates several external flights
- WIZZ AIR – You can take the „Wizz Discount Club” card, which you will appreciate quickly. It costs 30 euros/year during the first year and 20 euros/year after the first year. This allows you to have discounts on your flights.
- Lufthansa
- EasyJet
- Vueling

### TAXI

- The average cost of a cab commission from the airport to the city center is up to 30 lei.
- Make sure the driver starts the meter in the beginning of the drive.
- If you can't find a taxi, you can call one to come to your place (see Transport)

## INSTALLATION

- Accommodation
- Dorms

*Student dorms*



Since we know it is difficult to find accommodation when you move to a new country, especially at a good quality-price ratio, our university offers students in the first year the possibility to be housed in one of our student dorms.



Student housing is one of the best experiences of the university years; you have the possibility to meet people from various different countries and to immediately make friends with people who might be your friends for a lifetime.

## **ACCOMMODATION FOR FIRST YEAR STUDENTS ENGLISH AND FRENCH SECTION**

To the attention of FIRST YEAR students from the English and French section who want to apply for accommodation in the dorms of UMF „Iuliu Hațieganu” Cluj-Napoca. In order to apply for the dorms it is mandatory to have the following papers:



- Copy of the student card for those admitted in the first year of study. The student card will be given to you at the beginning of the studying year and you have to present a copy of it no later than 3 days after receiving.
- Copy of the ID card or passport.
- Copy of the country residence permit.
- Epidemiologic notice, released by the general practitioner. There is also the possibility to obtain it from the medical point located in Căminul VII – Complex Haşdeu (Dorm VII – Haşdeu Complex).
- Certificate that you are a Scholar of the Romanian State (Bursier al Statului Român), which can be obtained from the secretary of the year in the Dean’s Office of the faculty you belong to.

It is also mandatory to complete the registration form before 10 of September, after this date you will be contacted via email for confirmation of your stay in the student dorms.

## DORM LIFE

In order to live in the dorms and enjoy „dorm life” there are a few basic rules of conduct and responsibilities which you should fulfill:

- Respect your roommates – fortunately, we are all very different; accept you roommates and admire them for who they are. Don’t focus on their flaws, but look at their good qualities.
- Respect quiet hours - your schedules might not coincide, and each person has the right to his/her own way of life, so be discreet and don’t be so loud that you make yourself heard on other floors.
- Try to be tidy, clean up after yourself and stay organized - you will stay in a small space in which there won’t be enough room for too many things. Bring along only things that meet your bare necessities.
- Don’t eat your roommate’s food if they do not offer and don’t go through their things without permission.
- Keep the rooms clean – we recommend that you make a cleaning schedule with your roommates in which you split up the chores every week.
- Keep commonly shared spaces clean – such as the bathrooms and the kitchen. It’s quite simple – leave the space the way you would like to find it!
- Follow the washing machine schedules.
- Pay your dorm fees in due time.
- Respect the staff that work in the dorms and comply with the rules, which they do also.

- Follow the exam session period; all other activities in the dorms are to be stopped in order to have proper studying conditions.

## HOW CAN I BE ACCOMMODATED IN A DORM?

The dorm available for you is student dorm Observator 1/6. It is a modern, recently renovated one, and provides very good living conditions. The dorm is located in the Observatory campus, a true student life symbol in Cluj. Supermarkets, gyms, and restaurants surround it. Furthermore, it is situated just 10-15 minutes from the university's academic center, and 15 minutes from the city center. Public transportation stops are just a few steps away from the dorms. If you choose to live in one of our university's dormitories, you will have the opportunity to live with colleagues from the faculty and you will always be in the middle of student life here in Cluj.

The rooms at Observator 1/6 are spacious, fit for 3 people, and have their own bathroom. Each student has his/her own desk and access to the Internet. Students also have access to commonly shared rooms available on every floor, which include a kitchen, a dining room, and a laundry room equipped with a washing and drying machines. Also, each dorm has a study hall, equipped with computers and Internet access.

Housing rates depend on dorm.

## REAL ESTATE AGENCY

### *Other options for finding a residence*

If you do not wish to live in a student dorm and you prefer having your own apartment or room, this is not an issue, as Cluj-Napoca offers a great variety of rental places at a good price. The rent prices may vary depending on the neighborhood and facilities offered. For instance, a one-room apartment may cost between 100-200 euro/month, and a two-room apartment will be between 250-500 euro/month.

The best areas for a medical student in Cluj-Napoca are the following: Pasteur Street, Clinicilor Street, neighborhoods of Zorilor, Centru, Plopilor, Mihai Viteazu Square, Gradini Manastur, Grigorescu, Gheorgheni, etc.

Below you will find a list of real estate agencies in Cluj and their e-mail addresses, which can offer counseling in finding the best living option for you:

- Blitz Imobiliare – no 4-5, 1 Mai Square / Phone: 0264 333 777 / blitz-imobiliare.ro
- Eden Imobiliare – 44 Dunarii St./ Phone: 0733 980 081 / edenimobiliare.ro
- Edil Imobiliare – 17 Iuliu Maniu St. / Phone: 0721 290 522 / edil.ro
- RBC Imobiliare – 47 Livezii St./ Phone: 0364 147 538

Also, you can find renting offers online on piata-az.ro, tocmai.ro and olx.ro.

**Important:** If you decide to rent/buy an apartment, ask the real estate agent about insuring the place. Some apartments are already insured, but other places might require that you purchase rental insurance separately after you have signed the rental contract. We advise you to opt for a quality insurance plan in order to protect yourself against any harm. Your real estate agent can guide you to an insurance agency upon request.

## FINANCE

Now that you have decided to attend university in a foreign country, it is important to realize that you have left home and you are responsible for your own actions, including managing your financial resources. Budgeting your money is a difficult thing every student must cope with, but after the first few months and more so, after your first year, doing your calculations and adapting your budget to different needs will become much easier.

We recommend these simple tips for balancing your budget:

- Calculate your overall monthly INCOME (money from parents, scholarships, jobs, etc.)
- Establish your main EXPENSES (rent, utilities, food, books, etc.)
- Set aside a certain amount every week for going out, fun activities, etc.
- Keep track of all of your expenses, receipts, bills, etc.

Utility bills will vary based on individual necessity and will fluctuate depending on the month and time of year.

**Tip** - *In the first month of university you will generally spend more money, so do not panic if in the beginning it seems that you slightly surpass your budget.*

Generally speaking, your list of expenses should look something like this: (poza cu o lista de cumparaturi)

### *Essential expenses:*

Rent + utilities (dorm)

Food

Household products

Books + school supplies

Phone + internet

Transportation

### *Auxiliary expenses:*

Going out

Clothing

Miscellaneous

On average, a student spends about 600-800 euro/month (this varies based on your apartment/dorm).

In Romania, the national currency is the „Leu” (RON). For a simple calculation, you can use the following conversion rate 1 Euro = 4.9 lei.

## INSURANCE

**Flat insurance** – When you rent a flat in Romania, it is not necessary to have insurance. However, we highly recommend it. Your property owner might tell you (s) he already has one, but it only covers accidents. You would not be covered if you forgot to turn off the gas!

## BANKS

The money used in Cluj Napoca is the RON (or „leu; plural „lei”).

There are lots of different banks in Cluj-Napoca. As a student, it is highly recommended to create an account in lei and transfer money from your home country to Romania, rather than using a credit card.

However, if you need to use your foreign account, here is some advice:

- It is, of course, possible to use a credit card from your country, but additional fees with ATM will be considered (which will be less in the office). Withdrawing cash directly from the office is always cheaper.
- As an example, let's imagine you come from Germany. Your account is in euro and you need cash for your life here. On the day I am writing this text, you could get 4.62 lei for 1 euro using an ATM, whereas if you go directly to the bank to make a withdrawal you would get 4.82 lei for 1 euro. This small change rate makes the same action 7% cheaper. (An ID is almost always required when you withdraw/change money in a bank office in Cluj)

For most banks, additional fees are applied when you are abroad. For this reason, we recommend you to open a bank account in Cluj and transfer your money to this account.

Lots of bank offices are all over the city.

Please note that these banks allow you to make withdrawals directly in euros from a foreign bank account in euro (such as for your rent). Thus, you only pay the card fees and not the change rate twice.

Other available financial services are Western Union and Moneygram. They allow the transfer of money from your country to Romania within several minutes. Using the number provided by the emitter, you can withdraw the money with a simple ID. It allows a quick transfer, but it is more expensive than the other one (5% of the total amount is to be paid as a fee).

## UTILITIES

Other utility services, which include water, gas, sanitation and building maintenance, will usually be paid directly to the building administrators, who comes once or twice a month to collect the fees, or may be paid directly to your landlord or to the administration office in the case you are not at home on the established date. This depends on how each landlord decides to do it. Depending on each service supplier, you can pay the bills directly at their office or online. Many banks and grocery stores also have electronic machines where you can scan and directly pay your bills.

## TELEPHONE

Upon arrival, you will want to visit a mobile phone service provider shop. The three most commonly used networks by students in Cluj are Orange, Telekom and Vodafone. These companies offer you a pre-pay option (select an option with various national minutes, international minutes and data, and just refill your credit every month) or sign a contract for a set amount of minutes and data. Monthly credit options vary greatly in price depending on what you choose, but 6-10 € is the average price. Contract prices also depend on the amount, and are usually signed for 6 months to 1 year.

Romania's country code for telephone numbers is **+40** and anybody outside Romania can call by dialing this code. If you are in Romania and you dial a Romanian number, you simply leave off the **4** and start dialing the number starting with **0**.

## INTERNET

You will be happy to know that Romania has one of the highest Internet speeds of all the countries in the world, and the service is relatively inexpensive. Your property owner may or may not leave you an Internet router, but you can easily purchase one from any electronic store or supermarket. For Internet service you can get in touch with Digi Mobil Company (RCS & RDS) in order to open an account with them, or other Internet providers. Many companies offer packages including telephone, Internet and television services at various prices. On average, just for Internet service at home you will pay around 10 € per month and the connection is very good.

## WEATHER

Cluj has a continental climate, characterized by cold winters and warm summers. Commonly seasons change from winter to spring around March, and from autumn to winter around November.

During the past years, we have noticed that winters are with temperatures as low as  $-20^{\circ}\text{C}$  and less and less snow. However, summers are warmer every year and temperatures often exceed  $30^{\circ}\text{C}$ .



## POTABLE WATER

Still tap water is drinkable. However, you can have some problems due to the change of water from your native country. You may feel dizzy and need some time to adapt your body to it. This is something completely normal. If your condition does not improve, try filtered or bottled water.

## RESIDENCE PERMIT

**Please read carefully!**

The Romanian law requires you to register to the Immigration Services once you are settled in Cluj. As an immigrant person, you need to have an Immigration Number (called CNP – or PIN). In order to get it, you need to go to the City Hall (Eroilor Street) where you will have to pay an immigration tax of 2 lei. As you arrive there, take the first stairs on your right and go up to the first floor, where you will get the payment proof and be able to make the payment. It might take a lot of time (up to 5 hours) to queue, so, this is why we recommend you get there early in the morning.

After making the payment, you have to go to Iulius Mall, then to the Immigration Services (add photo). You will receive a form to fill in. With the proof of payment, you have to go to Iulius Mall, with the Form, the Attestation of Enrollment (you will get it from the secretary at the university), the proof of payment. You will have to return there in the 24 next hours in order to get your CNP. For students aged over 26, a social security attestation is also required.

**You have 3 months after your arrival to register and you need to come back to the immigration service every time you change of address to update your file.**

You should always have a photocopy of your CNP with you.

Iulius Mall immigration service is opened between 8:30-10:00 for EU-citizens and between 14:00 - 16:30 for non-EU citizens.

## TRANSPORT

**Taxi** – Taxis are a very fast means of transportation; after ordering one, it usually takes about 2-3 minutes to arrive at your place and the prices are quite affordable. The usual taxi fares with major taxi companies in Cluj are the following:

- Start: 3 Lei
- Price/km: 3 Lei/during the day, and 3.25 Lei/during the night.
- Some general prices: Taxi from the airport – city center 30-40 Lei, Taxi from the Center to the mall: 20-25 Lei

- ▶ Taxi Diesel – Tel: \*9946
- ▶ Taxi Napoca – Tel: \*9953
- ▶ Taxi Clima&Confort – Tel: \*9943

There is also a mobile app allowing you to order a taxi to your exact location. You can download it from the App Store or on Google Play => Clever Taxi, Bolt, Uber.

**Public Bus and Tram Transportation** – The public transportation network in Cluj consists of buses and trams. The stations are strategically placed throughout the city and they are the most common means of transportation for Cluj residents. A 2-ride ticket costs 6 lei and it can be purchased at the bus stations or ticket machines. You may also purchase a ticket via text message. Send the BUS LINE NUMBER in a text to 7479 (for example: 6, 25, 3) and after receiving a confirmation text, you will benefit of 1 valid ride on the indicated line for 45 minutes starting with the time when you received your confirmation text message. The total cost of the text: 0.6 Euro + VAT. The bus/tram schedule and maps may be found on the following website: [www.ctp.ro](http://www.ctp.ro)

**Bikes** – Clujbike is the bike-sharing system in our city. Every resident can pick up a bike from one of the stations found throughout the city for free, and then leave it at any other station. This system facilitates an ecologic and healthy means of transportation throughout the city. In order to use this system, you need to have an access card, which can be obtained by following the steps indicated on [www.clujbike.ro](http://www.clujbike.ro).

**Coaches** – In order to travel from one city to another within Romania (and to other countries) you may choose to take a coach. The maps and connections for the different cities can be found at [www.autogari.ro](http://www.autogari.ro). The tickets are very reasonably priced, and most coaches' leave from the bus station called „Autogara Beta” or „Autogara Fany” (the two are right next to each other) located on 1-3 Giordano Bruno Street.

**Train** – In Romania, the trains are an efficient and inexpensive way to travel within the country, and also offer the possibility to see some incredible scenery in the mountainous regions and the countryside. The train schedules and ticket prices can be found on [www.infofer.ro](http://www.infofer.ro).

**Car Rental** – If you wish to move freely through Cluj or anywhere in Romania and beyond, you may opt to rent a car. Prices vary based on the company and the car chosen, but are usually between 20-80 euro/day. Some companies offer services to bring the car to your place and pick it up from your residence.



## HEALTH

### a. Healthcare

#### Why should you choose a private insurance to study abroad?

First of all, it can be considered as the guarantee to limit the financial problems that may occur in the case of a major health problem (accident, fall, critical disease). Costs of hospitalization or medical repatriation can be extremely expensive.

When you sign up for insurance, you have to mention that you are a student in Romania.

Most healthcare systems in European countries will not cover for any medical fees while you are abroad. You should contact your embassy in order to get more information regarding your rights.

For Europeans students, the European Health Insurance Card is a free card that will cover your medical fees in Romania, according to the price you would be covered for in your home country.

### b. Vaccines

There are no mandatory vaccines that you need to have here. However, we highly recommend you the following:

Hepatitis A (you might be exposed to it in clinics)

Hepatitis B (you might be exposed to it in clinics)

Tuberculosis (there are a lot of cases in Romania and most of the Romanian students are vaccinated during high school. You should do the same).

### c. Emergency assistance



In Romania, the European telephone number for emergencies is used: **112**. You can dial this number free of charge in the case of an emergency, and after a discussion with the operator they will transfer you to the ambulance, SMURD, the Romanian police, or the fire department, depending on the case.

**Attention!** This number is strictly available for emergencies; do not abuse the use of this number or you will be held responsible for misusing it. More importantly, the inappropriate use of this number can withhold these services from action in other real emergency situations!



*Emergency services – UPU (Unitatea de Primire Urgențe)*

In the case of a medical emergency you can also go directly to the medical services situated on 3-5 Clinicilor Street, phone number 0264-431-876. In order to benefit from the medical services, you must have your ID and medical insurance card with you.

**Psychiatrist:**

- *Dr. Traian Strîmbu:* [tstrambu@yahoo.com](mailto:tstrambu@yahoo.com), tel. 07 45 35 93 37-43 A Str. Cardinal Iuliu Hossu, Ap.11
- *Dr. Vlad Zdrenghea:* [vlad\\_zdrenghea@yahoo.com](mailto:vlad_zdrenghea@yahoo.com)
- *Prof. dr. Ioana Miclutia:* [ioanamiclu@yahoo.com](mailto:ioanamiclu@yahoo.com)
- *Dr. Codruta Botis:* tel. 07 51 28 46 02
- *Dr. Octavia Capatana:* tel. 07 43 08 52 33
- *Emergency service of the adult psychiatric clinic:* Str. Victor Babes nr. 43

**Psychologist :**

- *Center for psychological counseling:* Dorm VII, Campus Hașdeu
- *Dr Codruta Alina Popescu,* [cpopescu@umfcluj.ro](mailto:cpopescu@umfcluj.ro), tel. 07 22 95 71 95
- *Psiholog Maria Giurgean -* [maria.giurgean@umfcluj.ro](mailto:maria.giurgean@umfcluj.ro)
- *Psiholog Ana Maria Tegzesiu -* [tegziesiu.anamaria@umfcluj.ro](mailto:tegziesiu.anamaria@umfcluj.ro)
- *Conf. Dr. Horea Coman:* [hcoman@umfcluj.ro](mailto:hcoman@umfcluj.ro), tel. 07 45 64 60 43
- *Dr. Gina Neamtu:* tel. 07 43 88 51 97

#### d. Local Health Centers

As a student at our university, you can benefit from free medical services at our student clinic. If you need a medical examination you may go to Dr. Augustina Burnete. The clinic is located on the second floor of Victor Babes Street, no. 13 (above the student restaurant). You can find the exact location using the app Med Cluj App.

Schedule:

Mon. & Wed.: 13:00 - 18:00

Tues. & Thurs.: 08:00 - 13:00

Fri.: 08:00 - 13:00

**IMPORTANT! In order to benefit from the free service, make sure you have your stamped student report book with you!**

Also, you may opt for medical services provided by the private medical clinics in Cluj. Some of them are listed below:

- ▶ Regina Maria (polyclinic): 72 Louis Pasteur Street, Tel : +40 21 9268
- ▶ Medstar (polyclinic with multiple locations in Cluj):  
1-3 Mehedinți Street,  
+40 371 789 789
- ▶ Roneuro (neurology):  
37 Mircea Eliade Street,  
tel: +40 374 460 000
- ▶ Interservisan (polyclinic and surgical unit)  
5 Nicolae Pascaly Street,  
tel: +40 264 414 133

#### e. Dental Care

▶ **Dr. Bogdan Culic** – Stomatological Centrer Smart Dental  
Address: 105 Dorobantilor Street, email: office@smartdental.ro  
Tel: 0264 410 699

▶ **Dr. Lavinia Florian**  
Address: 21 Al Vlahuță Street, Apt. 21  
Tel: 0264-420 608

▶ **Dr. Moga Radu-Andrei**  
Address: 20 Aurel Suciu St., bl.2, staircase II, floor I, Apt.22  
Tel: 0740 000 767  
Website: <http://www.dental-moga-and-moga.ro>

▶ **Dr. Horea Almasan (Specialist in oral and maxillofacial surgery)**  
Address: 3/5 Turturicii Street  
Tel: 0745 287 887

*email:* dr.almasan@gmail.com

#### **f. Center for Psychological Counseling and Career Orientation**

The first few months in a new country and a new school can be difficult for anyone. If you feel that you need a person with whom to speak, who can give you objective advice in a professional manner, you can address the university psychologist for students, Dr. Codruța Alina Popescu.



Our university offers students free of charge access to the Center for Psychological Counseling and Career Orientation. This is located on the ground floor of Dorm VII of the Hașdeu campus. You can find the exact location on the MedCluj app.

You can access these services in the case you have problems adapting to the academic environment, interpersonal or relationship problems, intellectual or emotional burnout, anxiety about performance, academics, unhealthy diet, etc.

Furthermore, here you can find psychological support for choosing a future medical specialty you wish to pursue.

In order to benefit from these services at the counseling center, you must make an appointment beforehand by email at [cpopescu@umfcluj.ro](mailto:cpopescu@umfcluj.ro).

#### **g. Pharmacies**

As Cluj is known for its medical centers, there is no shortage of pharmacies here. No matter where you are, you will most likely find one in your proximity within a few minutes' walk. You will discover that you may purchase many medications without a prescription, but for those requiring prescriptions you may see the university physician (see corresponding section), who can also send you to a specialist.

Most pharmacies are open every working day of the week, from Monday to Friday, from about 8/9:00 until about 18:00 and some are open Saturdays and Sundays for a few hours (the pharmacies in the malls will be open on weekends too).

Below is a list of pharmacies that are open 24 hours a day in Cluj, in case you find yourself needing medication in the middle of the night or early in the morning:

- ▶ Farmacia Viafarm in Centru—in Mihai Viteazu Square (next to McDonald's)
- ▶ Farmacia Ducfarm in Mănăştur 75, Calea Floreşti Street (across from Billa)
- ▶ Farmacia Remedium in Mărăşti 131, 21 Decembrie 1989 Boulevard
- ▶ Eco Farmacia in Gheorgheni, 15 Timotei Cipariu Square

And of course, if you need urgent medical attention, call 112

## DAILY LIFE

### a. Shopping

- ▶ **Iulius Mall** – Large shopping center (clothing, Auchan supermarket, electronics, Food Court, gym, pool, cinema...)

Open: 10:00 - 22:00, Taxi fare is about 13 lei from „Casa De Cultura”, Bus: 24, 24B, 25

- ▶ **Polus Center** – Large shopping center (clothing, Carrefour supermarket, electronics, Décathlon, Food Court)

Open: 10:00 - 22:00, Taxi fare is about 15 lei from „Casa De Cultura”, Bus: 24B, 43P

### Manastur neighborhood

- ▶ **Kaufland** – Supermarket, Câmpului Street / Fabricii Street, 8:00 - 22:00

- ▶ **Carrefour Market** – Supermarket, 8:00 - 22:00 Mon. - Sat. and 8:00 - 20:00 Sun., Regele Ferdinand Street

- ▶ **Sora Shopping Center** – Small shopping center with a 24 hr supermarket 21 Decembrie 1989 Boulevard, No. 5

- ▶ **DM** – Beauty and hygiene products (males, females), cosmetics, cleaning and household products, and a small aisle of organic foods.

### Calea Motilor

- ▶ **Farmer's Market** – Vegetables, fruits, and other inexpensive products from small local producers, Mihai Viteazu Square (Multiplex Leul)

### Zorilor neighborhood

- ▶ **Carrefour Market** – Supermarket, 8:00 - 22:00 from Mon. to Sat. and 8:00 - 20:00 Sun., Zorilor Street
- ▶ **Profi** – Supermarket, 8:00 - 22:00 from Mon. to Sat. and 8:00 - 20:00 Sun., Observatorului Street
- ▶ **Lidl** – Supermarket, 8:00 - 22:00 from Mon. to Sat. and 8:00 - 20:00 Sun., Observatorului Street
- ▶ **Farmer's Market** – Vegetables, fruits, and other inexpensive products from small local producers, Zorilor Market (Zorilor Street)

### b. Restaurant and Snacks

SNACK - Eating not far from the faculty

- ▶ **Victor Sandwich** – squeezed juice, quality pastries and coffee, babes street
- ▶ **Sandwicheri** – Customizable sandwich (you can choose the meat, vegetables and sauces) at the entrance of Haşdeu Street
- ▶ **New Croco** – Restaurant with a good variety of food and affordable prices, on Babeş Street.
- ▶ **La Tina Pizza** – Cheap with a nice Price/Quality ratio at the entrance of Haşdeu Street
- ▶ **Placinta** – Babeş Street, in the small grocery down the street.
- ▶ **Piadina** – Potaissa Street, at the first perpendicular street to Napoca Street
- ▶ **Restaurant of the University of Medicine and Pharmacy** – The restaurant is located on Str. Victor Babeş nr. 17 and is the ideal place to have a meal, a quick lunch or a snack at a student price, during your breaks between classes. The opening hours are from 12:00 to 17:00 from Monday to Friday. It is a self-service restaurant and offers a quality and diverse menu with both vegetarian and non-vegetarian options. Depending on your selections, the price of a lunch varies between 10 and 18 lei.
- ▶ **Casa Vega** \*Bar/Restaurant\* – A very quiet and pleasant restaurant offering a good wine at an affordable price. The atmosphere is something between a bar and a restaurant. Location: Inside the National Theatre Cluj “Teatrul National Cluj-Napoca”. You go by the entrance of the artists.
- ▶ **Livada** \*International\* – Very nice restaurant, you will enjoy the greenery of the terrace in summer. Address: St. Clinicilor
- ▶ **Casa Bohema** \*International\* – Recently renovated restaurant, setting very nice interior. You can book for a large number of people (birthdays).

In summer, the terrace is very relaxing and calls for relaxation. Address: St. Iuliu Maniu, Nr. 34

- ▶ **Roata** \*Romanian\* – Typical Romanian cuisine so that you can discover the culinary habits of this country that will be yours during these 6 years. Address: St. A. Ciura, Nr. 6
  - ▶ **Cabinet Of Wine & Cocotte** \*International\* - Certainly one of the best restaurants in Cluj, where the dishes are refined, the wine very good and serving nicely. Address: St. Eroilor, Nr. 5
  - ▶ **Pizza Prata** \*Pizzeria\* – A small pizzeria who makes some of the best pizza in Cluj, for an excellent value for money. Address: St. Bogdan Petriceicu Hasdeu, No. 47-49
  - ▶ **Via** \*Italienne\* - A small Italian restaurant, comfortable with a romantic atmosphere. Recommended booking. Address: St. Inocentiu Micu Klein, No. 6
  - ▶ **Indigo** \*Indian\* – Take your taste buds on a journey full of Eastern spices. Address: St. Piezișă, Nr. 10
  - ▶ **Camino** \*Internationale\* - cozy atmosphere and light music in this restaurant where we find pasta “la vie en rose”. Address: Piata Muzeului Nr. 4
  - ▶ **Nobori** \*Japanese\* – Sushi and other Japanese specialties (sushi platter + main course + dessert) is highly appreciated. On the other hand, you have to be patient; 1 hour minimum waiting. Address: St. Napoca Nr. 6
- You can also opt for home delivery with the apps Glovo and Takeaway.

### c. Bars

- ▶ **Strada Piezisa**, an assortment of bars along a street that separates Strada Clinicilor (central) and the outskirts of the UMF, Strada Pasteur. Recommendations: the Uni pub and the Big Apple.

#### In the center:

- ▶ **Yolka** – A very nice place with its green wall. Generally quiet during the day, it fills up quickly in the evening. Address: Piata Unirii, take the “tunnel” of the My Way and take the stairs on the right.
- ▶ **Shto College Bar** – A large bar recommended by Romanian students, with a young and trendy decoration. Address: strada Memorandumului 6, on the right side when coming from Unirii Square. Open your eyes to find the small sign indicating the entrance.
- ▶ **Soviet** – An unmissable bar for its excellent varied and low-cost cocktails and its decoration on the theme of the USSR. st. Sextil Puscariu Nr. 9.

- ▶ **Zorki** – Often crowded on Saturday nights, a bar on the theme of young and cheap photography. Small terrace quite intimate in summer. Address: st. Ion Ratiu Nr. 10.
- ▶ **Moonshine** – Just below Zorki, a nice bar to study during the day and have a drink in the evening. Address: st. Ion Ratiu Nr. 10.
- ▶ **L'Atelier** – Trendy bar, a little “hipster”, often packed in the evening, especially on Thursdays when concerts are offered. Address: st. Memorandumului Nr. 9, the name of the bar is projected on the sidewalk.
- ▶ **Insomnia** – Large colorful bar, with a terrace open in summer. The prices are rather attractive and the atmosphere relaxed. Address: st. Universitatii Nr. 2.
- ▶ **Enigma Secret Garden** – A haven of peace in the city center, with its large garden open to sunny days. The choice of drinks is wide, from teas and coffees to alcoholic beverages. Address: st. Iuliu Maniu Nr. 12.
- ▶ **Old Shepperd** – Small bar located in the basement, offering an impressive menu of shooters with friendly names. Perfect to restart the evening or start it a little later. You can also watch football matches on the nights of big matches! Address: Matei Corvin Street
- ▶ **Casa Tiff** – A modern and trendy café, associated with the Transylvanian International Film Festival. Address: Universităţii Street, No. 6
- ▶ **Bruno** – A small, intimate bar that offers a wide selection of wines from all over the world, by the glass or by the bottle. There is something for every taste and budget. Address: Constantin Daicoviciu Street
- ▶ **Submarine** – A bar that has been talked about beyond the borders of Romania for its decoration particularly worked on the theme of – you guessed it – submarines. Address: Piața Unirii No. 2, next to Orange.
- ▶ **The Lab** – Drink your cocktail in an Erlenmeyer, dose your vodka with a volumetric pipette, it's possible in this bar that looks like a TP room. Address: Avram Iancu Street
- ▶ **Jobben** – Recently opened steampunk bar in Cluj, very nice atmosphere that compensates for the slightly high prices compared to the average. Address: Avram Iancu Street, No. 29

#### d. Nightclubs

- ▶ MIDI Club – Where: Berăriei Street, no 6, Music: electro, house, techno
- ▶ The Gazette – Where: Călărășilor Street, no 1, Music: electro
- ▶ Euphoria – Where: Calea Mănăștur, no 2-6, Music: Commercial
- ▶ CARO – Where: Piața Muzeului, no 6, Music: Commercial
- ▶ Janis – Where: Memorandumului Street, Music: varied



- ▶ Revolution Club – Where: Memorandumului Street, No. 13, Music: Commercial
- ▶ After 8 – Where: Brassai Sámuel Street, No. 12, Music: commercial

## HOBBIES



Several gyms have affordable offers for students

- ▶ **Gym**
  - Bamboo** – Location: Multiplex Leul, piata Mihai Viteazu.
  - Olympus** – Location: Strada Victor Babes, Nr. 33.
  - Good Sport** – Location: Strada Observatorului , Nr. 82-86.
- ▶ **UMF Football court** – Synthetic courts for 12 players require booking by calling 0749 426 659
- ▶ **Tennis courts** – Location: Parc Babeş. Open until 22:00
- ▶ **Golf** – Location: Sun Garden, Strada Poiana Cerbului, nr. 1000 (25 minutes away from Cluj), Practice + 9-hole.
- ▶ **Swimming pool** – Location: Parc Babeş, open until 22:00
- ▶ **Central Park** – A nice place to jog or use the different public exercise machines.



- ▶ **Cluj Arena** – Box training and gym room.
- ▶ **Cinema** – The movies are in Original Version, Romanian subtitled. Schedules programming can be found on the Internet:
  - Iulius Mall, last floor
  - Polus Center, 4<sup>th</sup> entrance
  - Cinema Victoria, Eroilor Boulevard, No. 51
  - Cinema Florin Piersic, piata Mihai Viteazu
- ▶ **Paintball** – War Zone, *Website:* <http://paintball-airsoft.ro/ce-este-paintballul/>, *Telephone:* 0740 249 225, *Location:* Livada Steluta, Colonia Breaza, Cluj-Napoca
- ▶ **Bowling** – *Website:* <http://www.bowlingclubcluj.ro>, *Telephone:* 0264 450 561; 0740 780 184, *Location:* Calea Dorobantilor, Nr. 30-32, Mon.-Sun. from 11:00-03:00
- ▶ **National Theatre** - *Location:* Ștefan cel Mare Square, No. 2-4
- ▶ **Transylvania State Philharmonic** - *Location:* Students' Cultural House - Lucian Blaga Square, No. 1-3

## PETS

Although lots of Romanians do it, you are not allowed to go with your pet in parks, children playgrounds, or public transportation.

Remember to vaccinate your pet. There are several places where you can adopt an animal in Cluj and the veterinary students often propose lost animals. Please note that taking your animal with you back home or finding a foster will be a recurrent problem, mainly during the summer holiday.

## POST OFFICES

Post offices will have a red sign that reads „Poșta”. You may go to any of these in order to send or receive packages or letters.

- **The Main Post Office** is located in 33 Regele Ferdinand St., Open: Mon. - Fri. 07:00 - 20:30, Sat. 08:00 - 13:00, Sun. Closed.
- **Near the university**, there is the Post Office Nr. 4, on 6-8 Petru Maior St., Open: Mon. - Fri. 10:00-16:30, Closed Sat. and Sun.

## DRIVER'S LICENSE

### Required documents:

- 1) A 6 month old PIN / CNP (see residence permit)
- 2) Police Record Certificate.

To get it:

- Application Form
- A revenue stamp.
- A fee (it can be paid at the police or the City Hall)
- ID card / Passport
- Birth Certificate

**Where?** City Police, 6 Decebal St.

**When?** Mon-Tue-Wed : 8:00 - 14 00 / Thu: 8:00 - 14:00 and 16:00 - 18 :00  
/ Fri: 8:00 - 12:00

- 3) Medical Examination + Psychological test

**Where?** New Medica, 6 Marinescu St.

**When?** Mon-Wed-Fri: 11:00 – 13:00 / Tue-Thu: 15 – 17 :00

### Driving License:

- Prices may vary depending on the school
- Around 15 training sessions
- Fee to withdraw your license
- Exam tax
- Notarial declaration that you do not have a license in another country
- Photo ID format

**Theoretical:** 30 minutes a 26 MCQ test (maximum 4 wrong answers allowed)

**ROMANIA**

## ROMANIAN CULTURE

Romania is situated in Southeastern Europe and is an area where the Western-European culture meets that of Eastern Europe. It is situated in the „Carpatho-danubiano-pontic” space, which refers to three major geographical landmarks: the Carpathian Mountain range, the Danube River and the Black Sea. The people are the descendants of two ancient civilizations, the Roman Empire and the Dacians. In the formation of the Romanian people there are also influences from the civilizations with which we had contact during the ages: the Byzantine Empire, the Slavic people, the Turkish. The Romanian people have both Latin and Balkan influences that come together in a unique way. Modern Romania emerged on December 1, 1918, when the Great Union occurred in Alba Iulia. December 1<sup>st</sup> is therefore the National Day of Romania. Our country became a member of NATO in 2004 and a EU member in 2007.



The central and northern part of Romania's landscape is dominated by the Carpathian Mountains, which reach an altitude of over 2500 m. Beyond the Carpathian foothills, the Romanian plains lay to the south up to the border formed by the Danube River, which travels towards the Black Sea, where it changes into a delta before flowing into the sea. Romania's geographic diversity offers visitors different landscapes of unique beauty. Furthermore, the relatively short distances allow one to travel across the country from the heart of the Carpathians, which is the city of Braşov, to the Romanian coastline in 4-5 hours.

The national language is Romanian, and Romania is the only country in Eastern Europe to have a Latin-derived tongue. Our language has much in common with other Latin languages, including Spanish, French, and Italian. Besides the words of Latin origin, our vocabulary also includes words inherited

from the ancient Dacian language or borrowed from the Slavic languages, Turkish, and Hungarian.



The population of Romania is 20 million people, of which 90% are Romanian. The Hungarian population represents an important minority, especially in Transylvania. We also meet many German-Saxon minorities (Sibiu, Braşov, Timișoara), Slovaks (Bihor), Serbians (Timișoara), and Ukrainians (Maramureş). Moreover, in Dobrudja, in the South-Eastern part of Romania, we find another minority, the Turks.



Romanian folklore represents all Romanian spiritual creations, the traditions inherited from the past, and finalized throughout hundreds of years. The folklore is different depending on the region of the country, which plays an important role in the differences that appear as a result of contact with different civilizations throughout history. The folklore is more developed in the rural areas, where many villages preserve the traditions inherited from the elders and they continue to live and practice old habits. For holidays and celebrations they wear traditional costumes and organize parties where they play traditional folkloric music and dance specific dances.



A traditional Romanian folk dance is called the „Hora”. The dancers hold each other’s hands and the circle spins, usually counterclockwise, as each participant follows a sequence of three steps forward and one step back.



The Hora is popular during wedding celebrations and festivals, and is an essential part of the social entertainment in rural areas. For the New Year's Eve people dress up in costumes representing mythical beings and go from house to house wishing the hosts health and rich crops for the year to come, driving out the bad spirits and proclaiming a good and fruitful new year.

Romanian food is very tasty. A traditional lunch usually consists of a spread of cheeses, tomatoes, salad, ham, a soup, the main dish, and dessert. In Romania many people choose to cook their food at home, so if you ever end up in one of our villages you may taste a variety of home-cooked dishes: ham, pickled vegetables, salads, jams, tomato paste, and many other delicacies prepared in the traditional way without chemical additives. The Romanian cuisine contains a multitude of traditional foods. „Mămăliga”, or polenta, is a traditional replacement for bread, made of corn flour, and is never missing from a traditional table. „Sarmale” are a culinary specialty, made almost always during holidays or special events. They are rolls made of ground beef or pork mixed with rice and vegetables and wrapped in a cabbage leaf.



„Tochitura” is made with pieces of pork meat in a vegetable sauce and is served traditionally with mămăligă, salted goat cheese, and pickled vegetables. „Ciorba de burtă” is the most famous among the soups and contains tripe, served with sour cream, hot pepper, and vinegar. We hope that these words have sparked your curiosity and that you will take advantage of your years here at university to discover for yourself the beauty of Romania!





## USEFUL EXPRESSIONS IN ROMANIAN

**Bună ziua** - Hello (formal)

**Bună** - Hi (informal)

**Da** - yes

**Nu** - No

**Alo** - Hello (on the phone)

**Salut!** - Hi (between friends)

**La revedere** - Good-bye

**Pa** - Bye (informal)

**Bună dimineața** - Good morning

**Bună seara** - Good evening

**Noapte bună** - Good night

**Mulțumesc/Merci** - Thank you/Thanks

**Unde este...?** - Where is the ...?

**Cât costă?** - How much?

**Biblioteca** - Library

**Cu plăcere** - You're welcome

**Ce faci?** - How are you?

**Bine!** - I'm fine!

**Numele meu este** - My name is

**Noroc!** - Cheers (toasts when you drink)

**Scuze!** - Excuse me

**Te rog, vă rog** - Please (informal, formal)

**Apă plată** - Still Water

**Apă minerală** - Sparkling Water

**O bere, vă rog!** - One beer, please

**Numbers:** Unu (1), Doi (2), Trei (3), Patru (4), Cinci (5), Șase (6), Șapte (7), Opt (8), Nouă (9), Zece (10)

# INTERNATIONAL STUDENT GUIDE