

EPSU PRESENTS

# PUMS FRESHMAN SURVIVAL GUIDE



Introduction | Tips | Contacts  
Course Organization and Info  
and so much more!

**A QUICK GUIDE TO HELP  
YOU KICK OFF YOUR  
JOURNEY AT PUMS.**



# Welcome to PUMS!

## Your Med School Adventure Begins!

Hey, future doctors and dentists! You've made it to **Poznań University of Medical Sciences**—congrats!

Before diving into classes, you kicked things off with Orientation Week, a whirlwind of meeting new friends, getting the inside scoop on student life, and figuring out where everything is (yes, the campus is huge, but don't worry—you'll get the hang of it!).

We know figuring everything out can feel overwhelming, but don't worry—**we've got you!** We put together this awesome survival guide to help you navigate **PUMS, med school life, and your time in Poznań like a pro**. Let's make this journey unforgettable!

# MED SCHOOL SURVIVAL TIPS: HOW TO STAY AFLOAT



Medical school is challenging, but that doesn't mean you can't set yourself up for success from the start. Here are a few key things to do early on to build a strong foundation—your future self will thank you!



## PACE YOURSELF

Set aside a few solid hours each day to hit the books – a steady study routine helps keep stress low and makes the material stick better!



## TAKE A BREAK

Don't forget to take a break and do something that you enjoy – whatever that looks like for you! A little downtime goes a long way when it's time to refocus.



## DON'T SWEAT THE SMALL STUFF

Learning to thrive under pressure is a vital part of becoming a doctor. Just remember – you were chosen for this path because you've got what it takes to succeed.

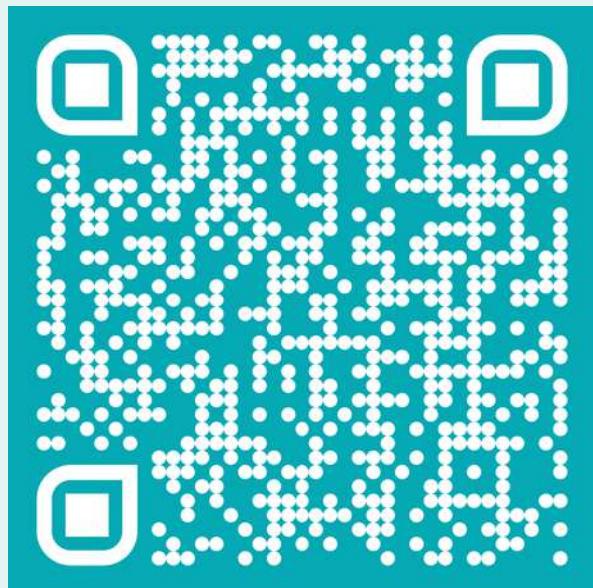


## Note:

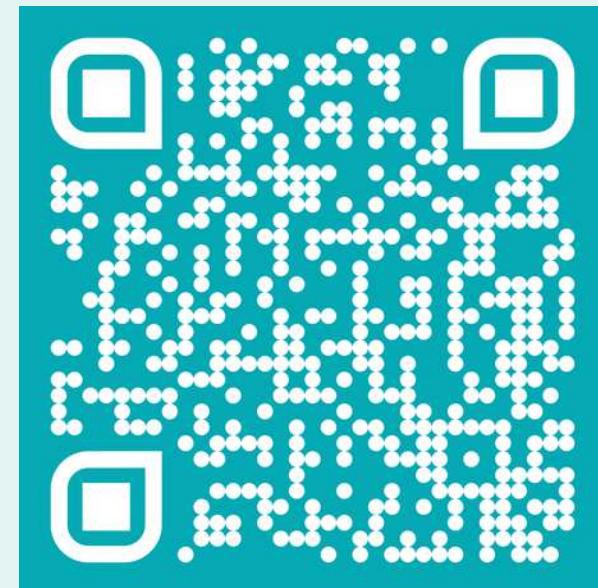
*Process requires no fees.*

# OBTAINING A PESEL NUMBER

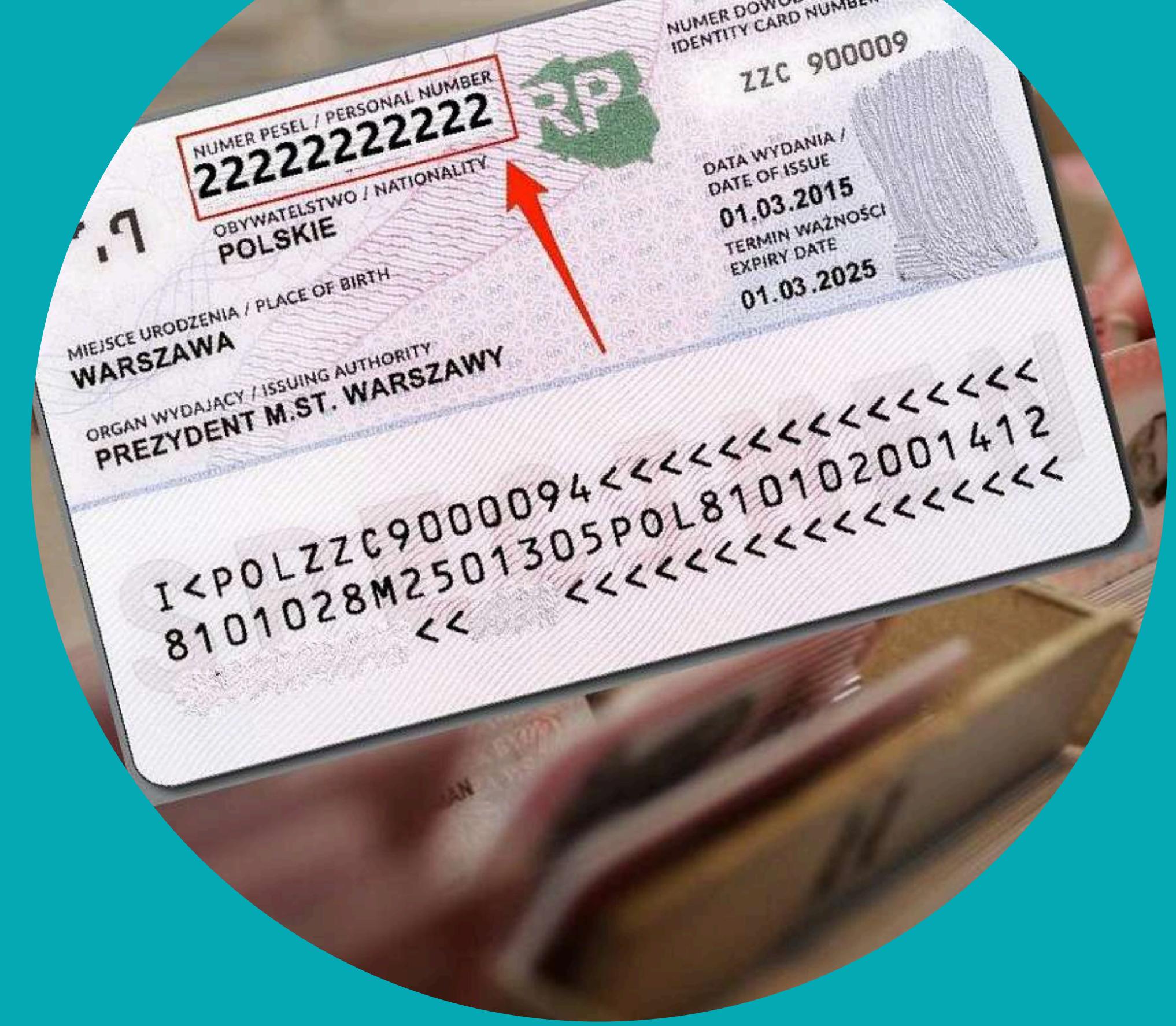
1. Call for appointment:  
**+48 61 646 33 44**
2. Fill out application form  
(link in QR Code).
3. Show up for your  
appointment at ul.  
**Libelta 16/20.**



# Detailed Instructions



## 2 Minute Youtube Video



# OBTAINING A TEMPORARY STAY CARD



## EU Citizens

EU citizens are now required to complete a one-time registration with the immigration office. The process is similar to the Stay Card application, but much simpler!

## Non-EU

Students from countries with visa-free entry to Poland have 90 days from their arrival to apply for a Temporary Residence Card (Karta Pobytu).

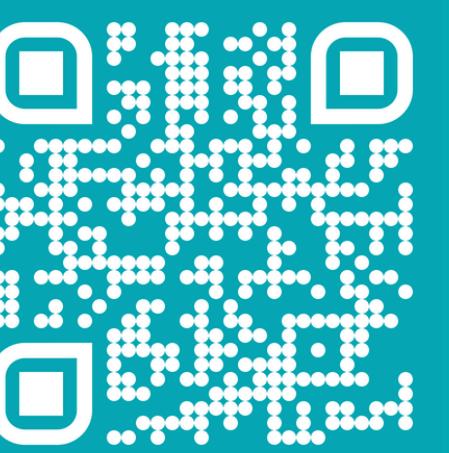
## Non-EU Citizens with 1 year visa

Same process as above categories. Ensure to apply for the stay card multiple months before the expiry of your current visa, to ensure you receive it before you leave home for summer vacations.

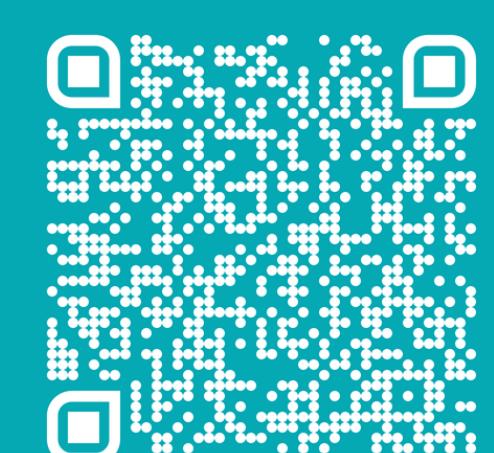
*Tip: Hiring a lawyer can shorten the process drastically!*



Dept. of  
Foreigners



Migrant Info  
Point



Application  
Assistance

**Note:**  
The process takes min. 4-5 months and up to many more months sometimes), consider applying as soon as possible!

# OBTAINING NFZ HEALTH INSURANCE

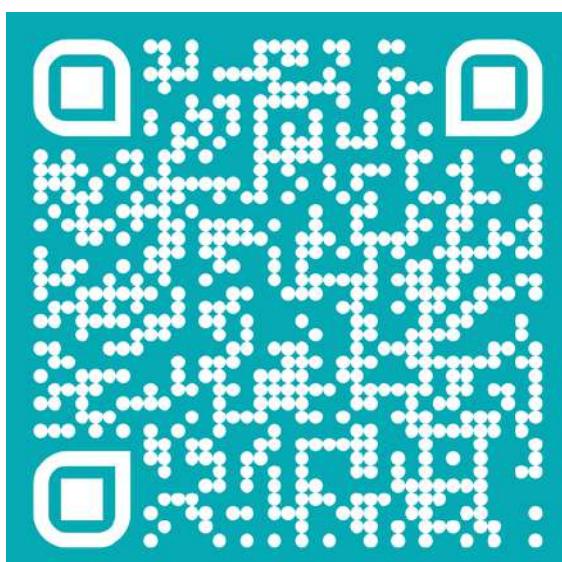


Narodowy Fundusz Zdrowia

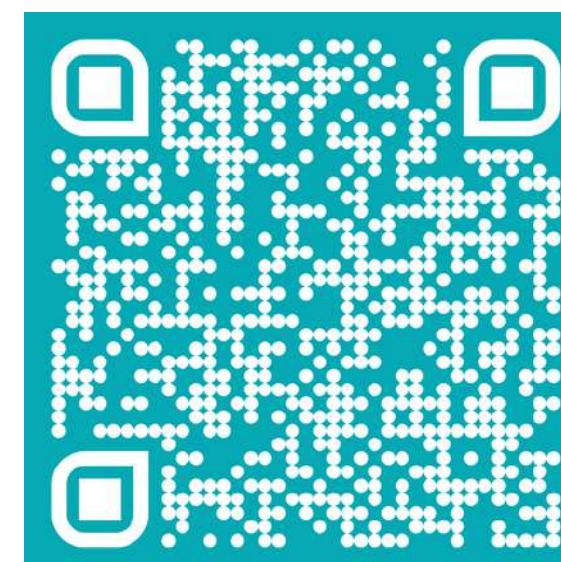


## STEPS TO OBTAINING INSURANCE:

- 1 **Acquire proof of enrollment from the DO.**
- 2 **Visit the NFZ head-office for student contact.**
- 3 **Visit the ZUS office to active your account.**
- 4 **Ensure monthly payment of 55.8 PLN in your NFZ sub-account.**



NFZ Office Directions



ZUS Office Directions



# Need Help Translating? HASA has your back!

Navigating things like TRC applications, health insurance, or opening a bank account in a new country can feel overwhelming. HASA is here to help—our Polish-speaking student volunteers can assist with translation or even accompany you to appointments to help with communication and support.

**HASA IG**

**@HASA\_PUMS**

**EMAIL**

**PUMS.HASA@GMAIL.COM**



# Want to brush up on your Polish skills? • • •



## Wanted to say hi but didn't know how?

Global Village is your chance! Drop by, meet new people, chat, have fun, and make friends!

## What is Global Village?

It's a student-led social event that brings together students from both the Polish and English programs. At Global Village, we:

- Connect with each other
- Explore new cultures
- Share meaningful conversations
- Learn about others—and ourselves
- Build intercultural and communication skills
- Think creatively and broaden our perspectives

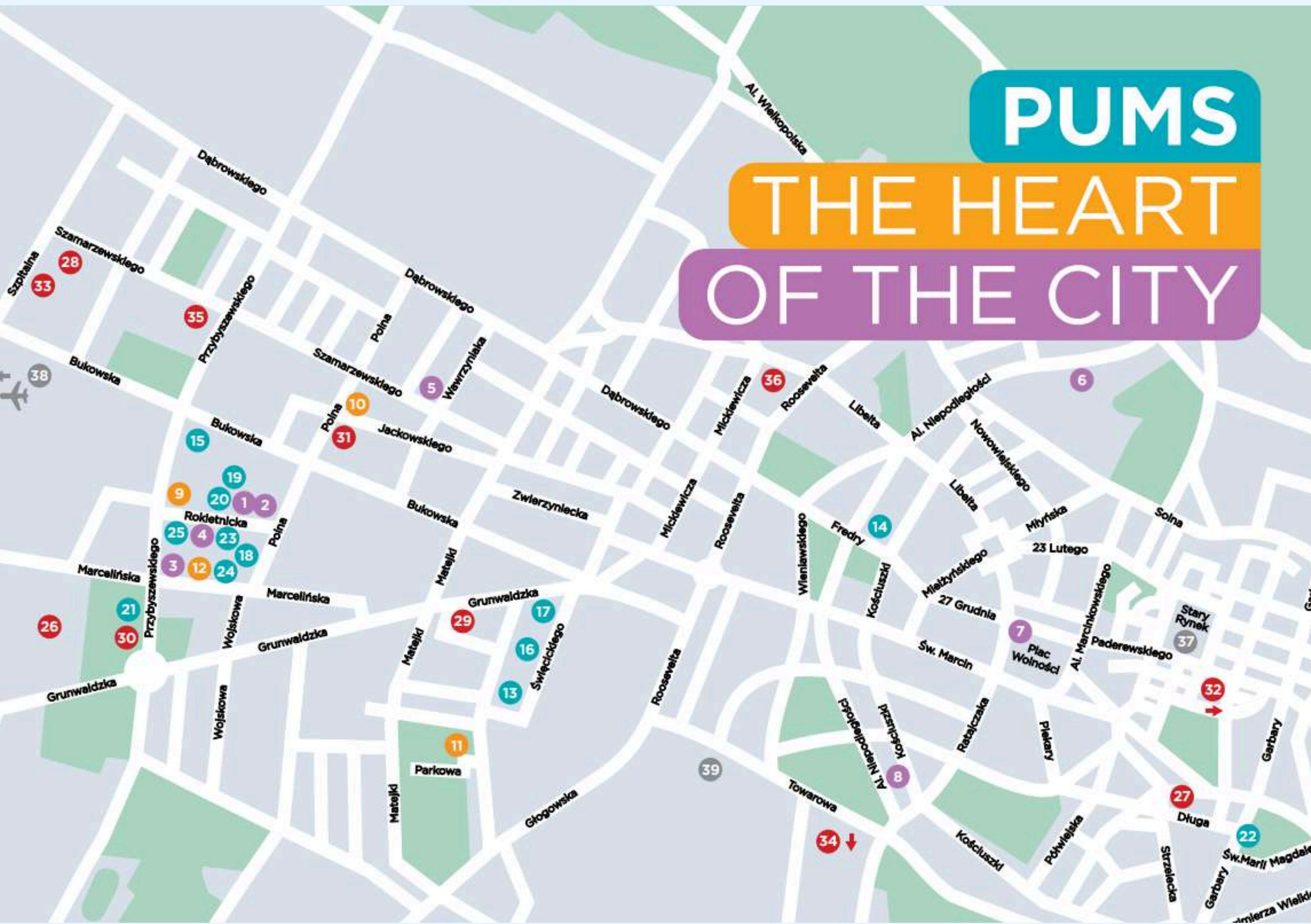
MORE INFO



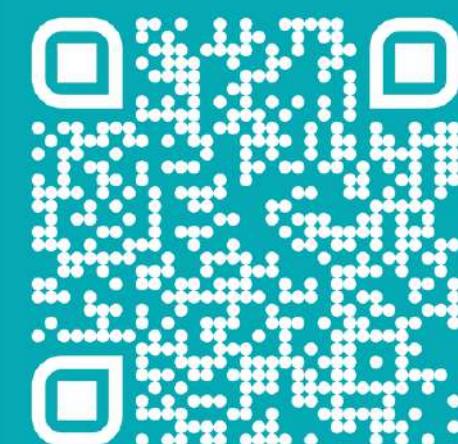
# NAVIGATING PUMS

Check out this map to find all the key spots and buildings related to PUMS!

## CAMPUS MAP

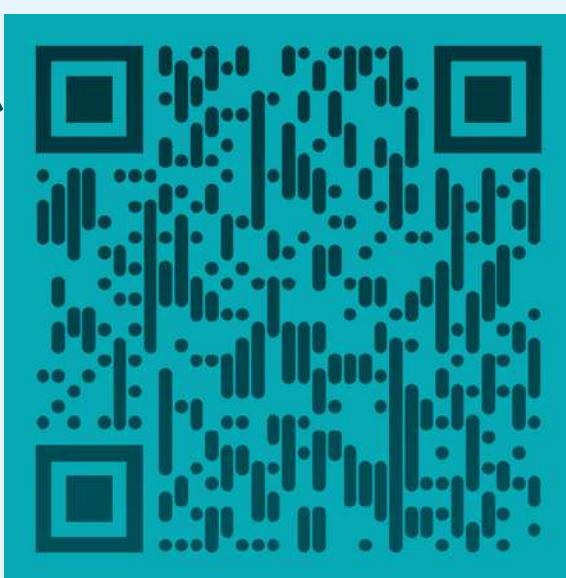


Scan below  
for a full  
map  
description  
and a  
campus  
tour!

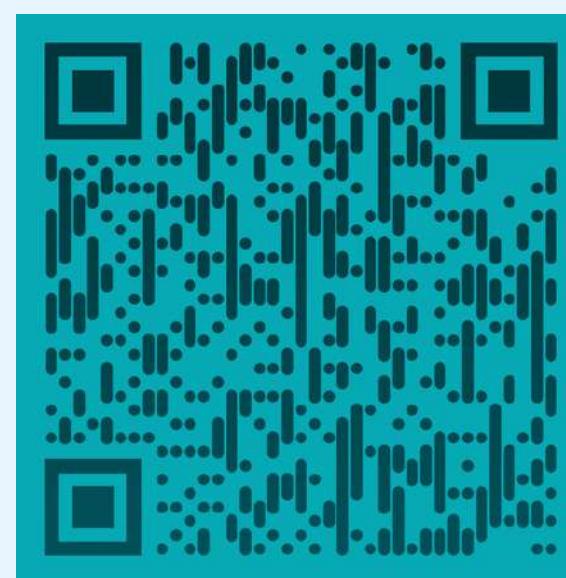


# USEFUL LINKS

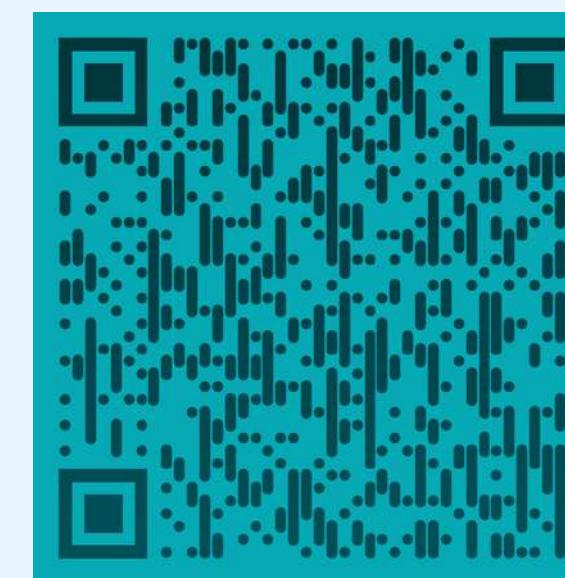
Here are some important links from the university website that you may need at some point during your time at PUMS. Whether it's academic resources, administrative forms, or student services, having these on hand will make life a little easier.



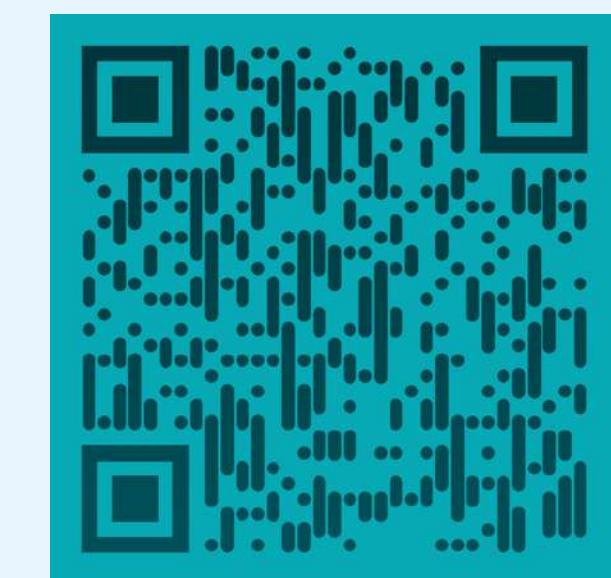
School  
Regulations



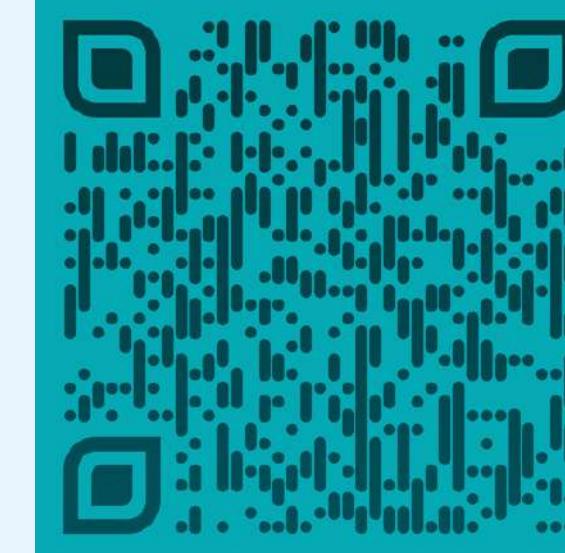
Academic  
Calendar



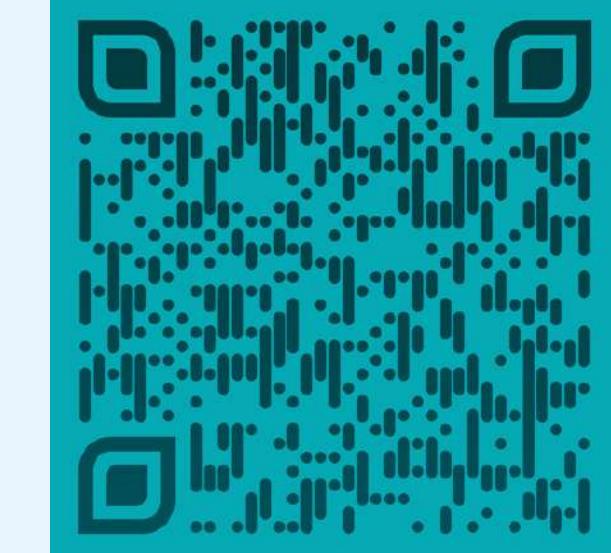
Curriculum  
Overview



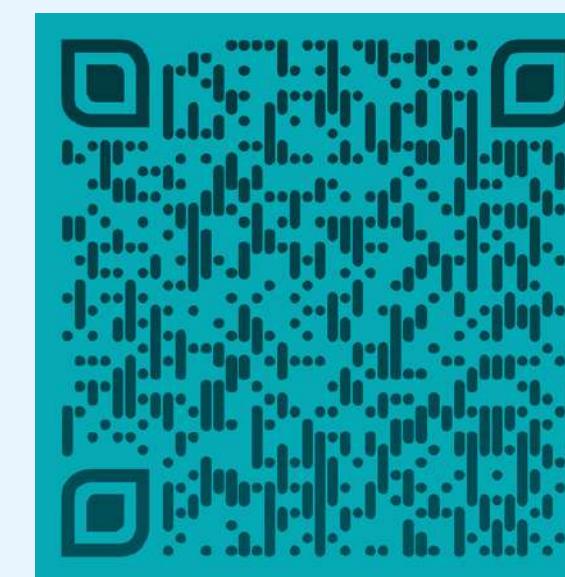
Student  
Accommodation



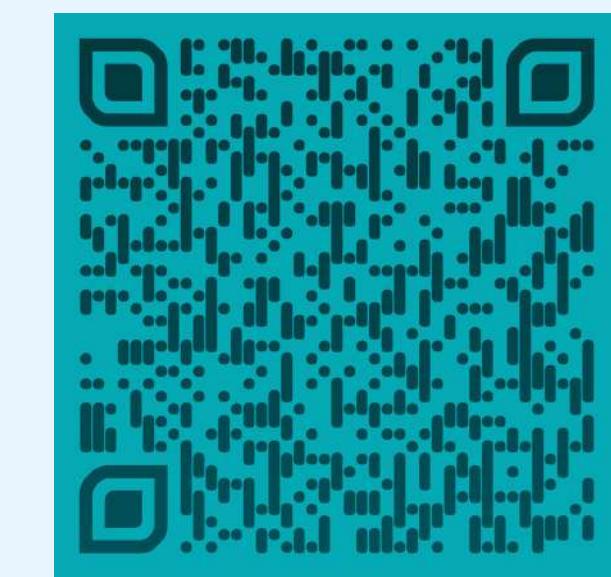
MD Booklist



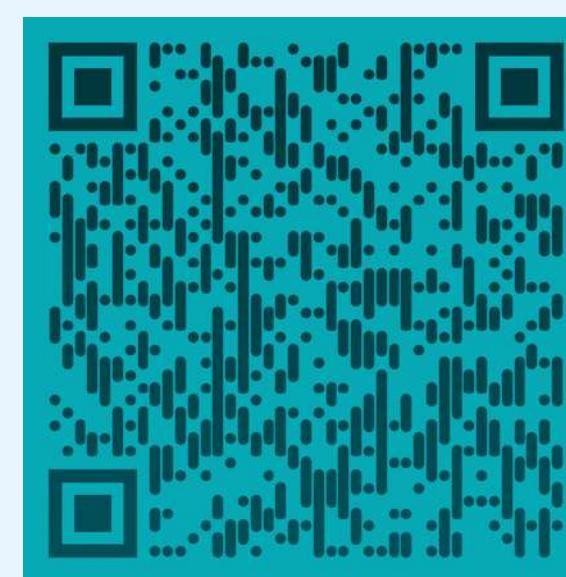
DDS Booklist



MD Tuition &  
Cost of Living



DDS Tuition &  
Cost of Living



Financial  
Aid

## LIBRARY & STUDY ROOMS

From a massive collection of books and journals to top-tier online databases and learning tools, the university library has everything you need to fuel your studies. Around campus, you'll also find great spots for solo or group study – plus dedicated spaces to sharpen your clinical skills.

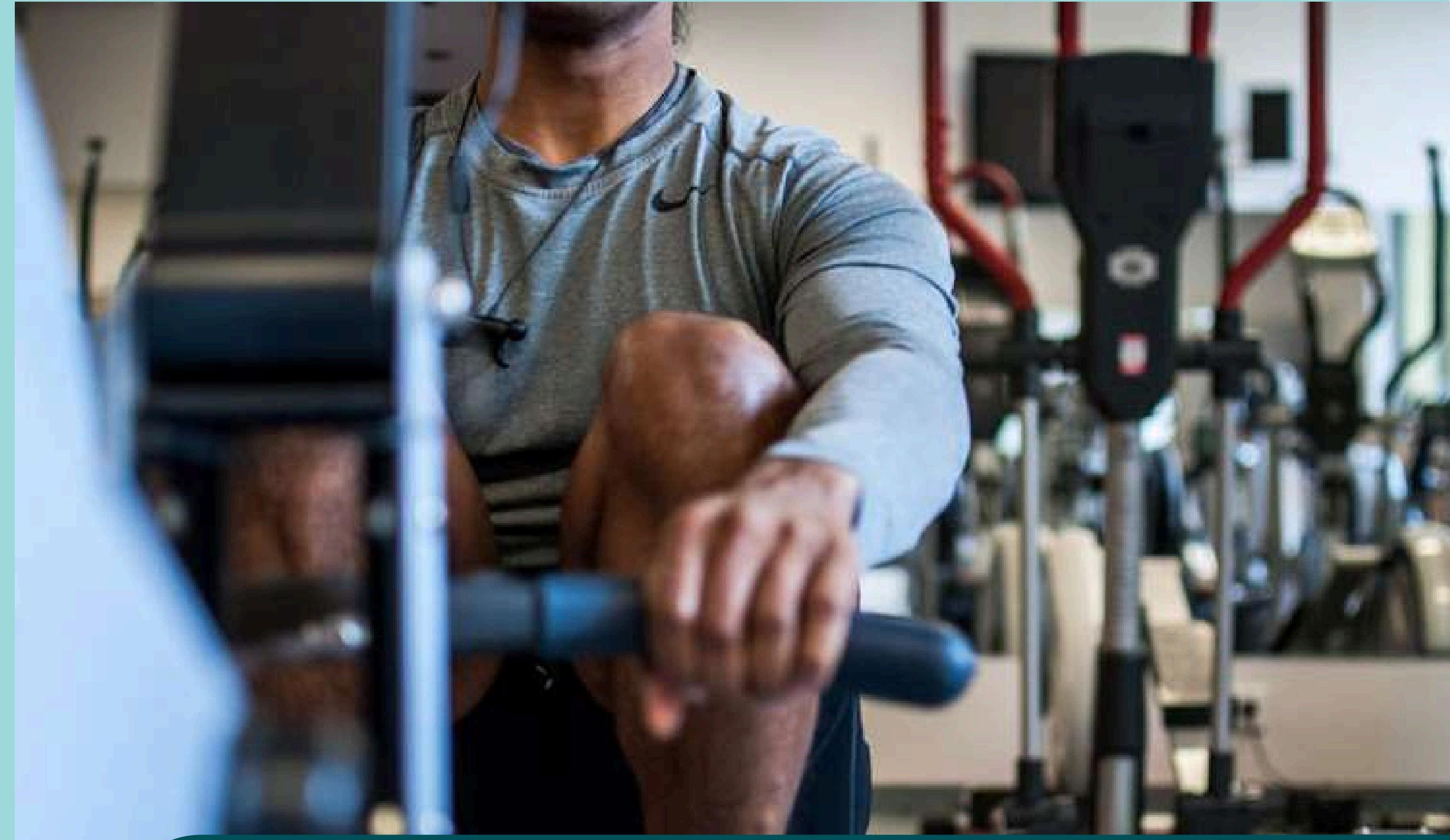
SCAN BELOW FOR MORE INFORMATION ON LIBRARY AMENITIES AND SERVICES.



UNIVERSITY FACILITIES

## ATHLETICS & FITNESS

Whether you're into soccer, tennis, basketball, or even table tennis, PUMS offers sports training in nearly 20 different disciplines – including access to a gym and cardio facilities. Our sports teams proudly represent us in national academic competitions each year! And if you're looking for something more chill, there are plenty of student-led clubs for yoga, jogging, and more.



## UNIVERSITY FACILITIES

# UNIVERSITY SERVICES

SCAN THE QR BELOW FOR MORE INFO ON ALL OF THESE SERVICES.



## MEDICAL ASSISTANCE

Need to see a doctor? Basic medical care is available for English Program students through our on-campus GP services – just make sure to register ahead at the Center for Medical Education in English (open Monday to Friday).



## COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Need someone to talk to? PUMS offers free counseling and psychological support for English program students. Whether you're adjusting to life abroad, feeling stressed, or just need some guidance, our CAPS team is here to help.



## ACCOMODATION FOR STUDENTS WITH DISABILITIES

The disability advisor works closely with the Dean's Office to help arrange academic accommodations for students with medical or accessibility needs. In some cases, a visit to a medical specialist may be needed to determine the most suitable support.



## HARASSMENT & ASSAULT STUDENT ADVOCACY (HASA)

HASA is dedicated to supporting students who experience harassment or assault, on or off campus. The service offers a safe, confidential space to report concerns, seek guidance, and access resources.



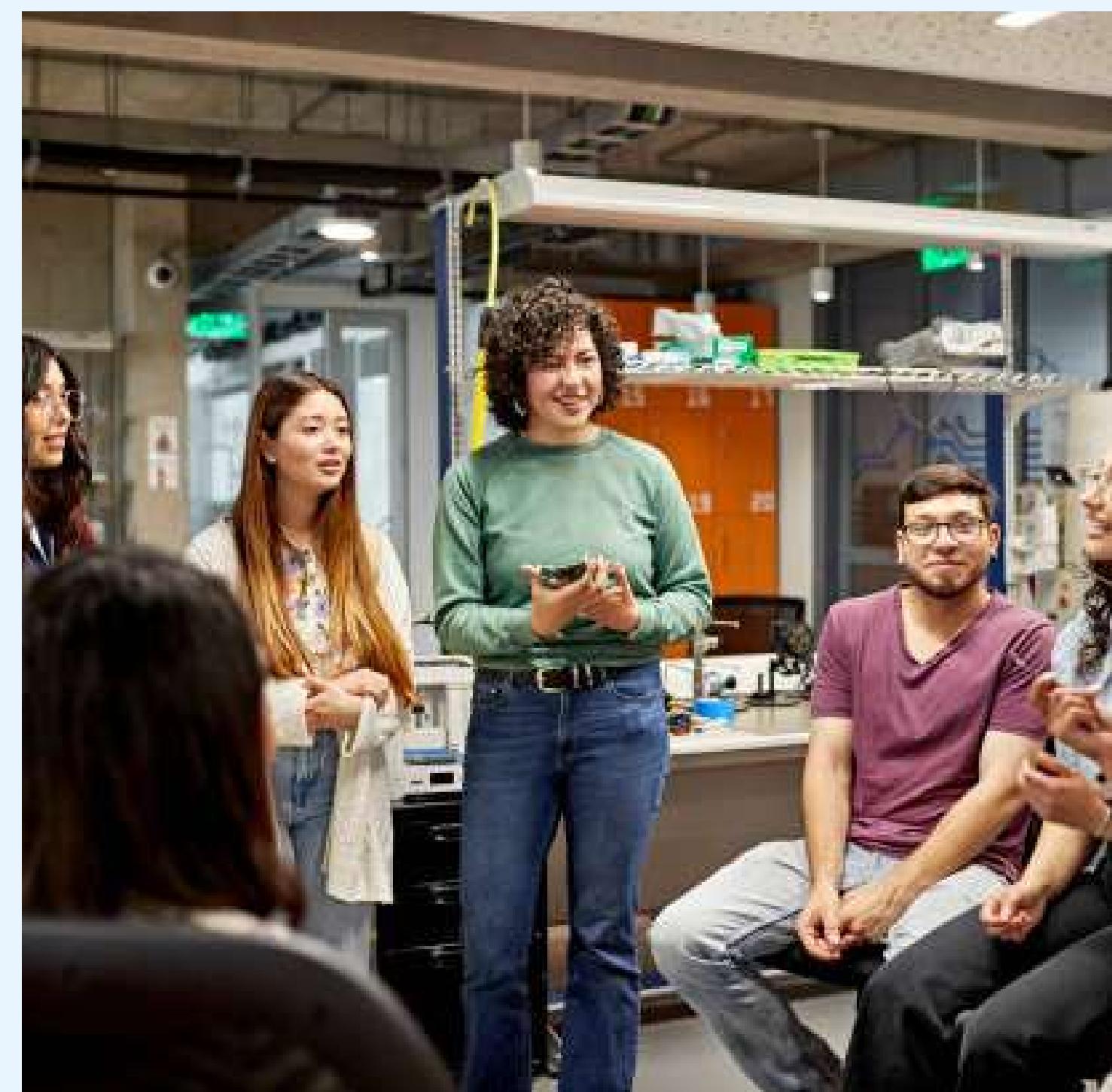
## PSYCHOLOGICAL AND LEGAL HELP OUTSIDE OF PUMS

If you've been affected by a crime, dedicated support is available – including psychological counseling and legal assistance to help you navigate the situation.



# STUDENT-LED ORGANIZATIONS

Here's a quick look at some key branches of the student body that play a big role in shaping the PUMS community—these groups are your go-to for support, events, and everything that makes student life here special!



## EPSU

The English Programs' Student Union is a vital part of our student community here at PUMS. Acting as a bridge between students and university administration, EPSU works closely with the Dean's Office to ensure the English Division runs smoothly and that students' needs are met.



## CRC

Class Representative Council is made up of class representatives from each year and program within the university. The CRC closely with EPSU, the Dean's Office, and course coordinators to relay student concerns, suggestions, and feedback, ensuring that the needs of each class are addressed.



## ESRA

The English Students' Research Association connects students of the English Division with clinical research opportunities and supports them in publishing their work. Members have the chance to participate in conferences and events such as the Beyond Science International Remote Conference and the International Congress for Young Medical Scientists.



## CLUBS & ORGANIZATIONS

With over forty active clubs and organizations, PUMS offers students countless opportunities to connect, grow, and explore their interests beyond the classroom. These groups create a strong sense of community, allowing students to engage with like-minded peers, develop new skills, and deepen their knowledge in areas they are passionate about.



# INTERESTED IN JOINING OR STARTING A CLUB?

**EPSU is your go-to for student life and clubs!**

From medical specialties to hobbies and sports, there's something for everyone. Join clubs that interest you, meet new people, and explore new passions. You can find active groups through the EPSU Facebook/Instagram page and start getting involved right away. If you've got a fresh idea, you can even start your own club—many have launched just this year! It's a great way to build community, grow your skills, and make the most of your time at PUMS.

**EPSU Insta**



**EPSU FB**



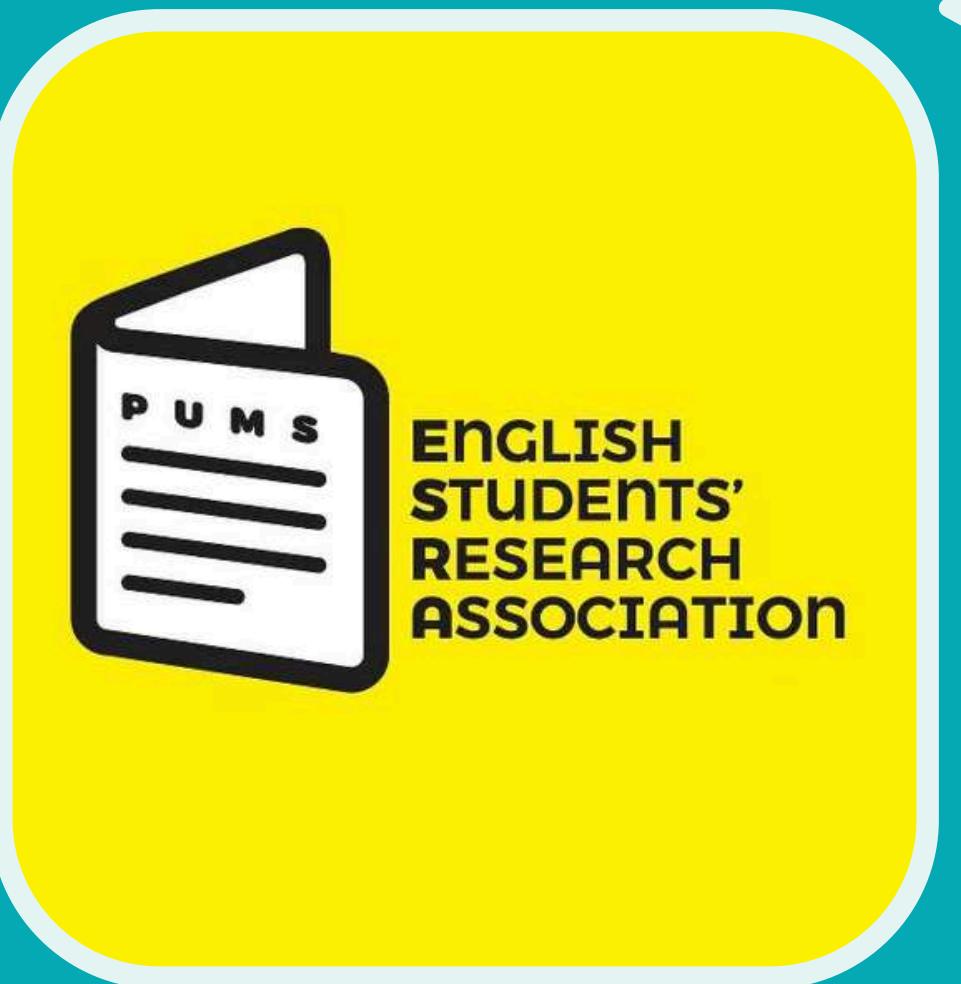
**CLUB LIST**



# RESEARCH INVOLVEMENT

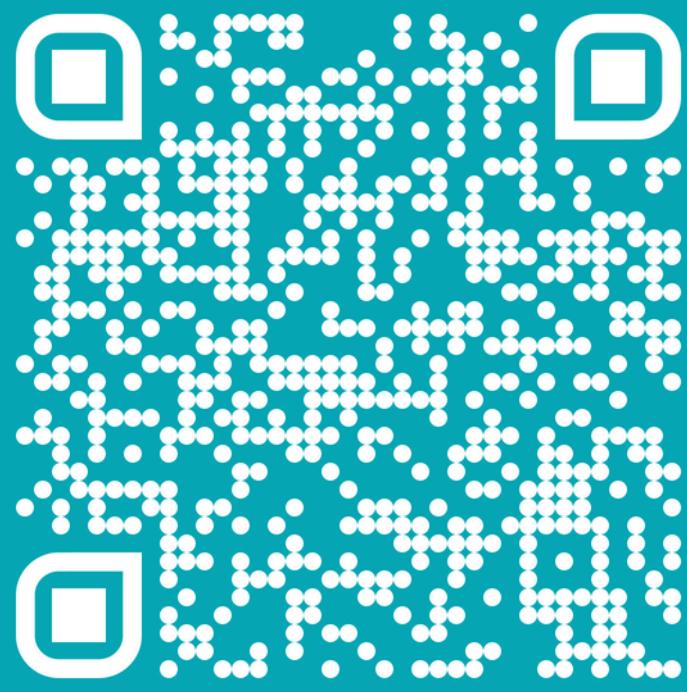
## WANT TO GET INVOLVED IN RESEARCH?

Make sure to follow and get in touch with our main student research associations!



Don't forget to join the ESRA discord!

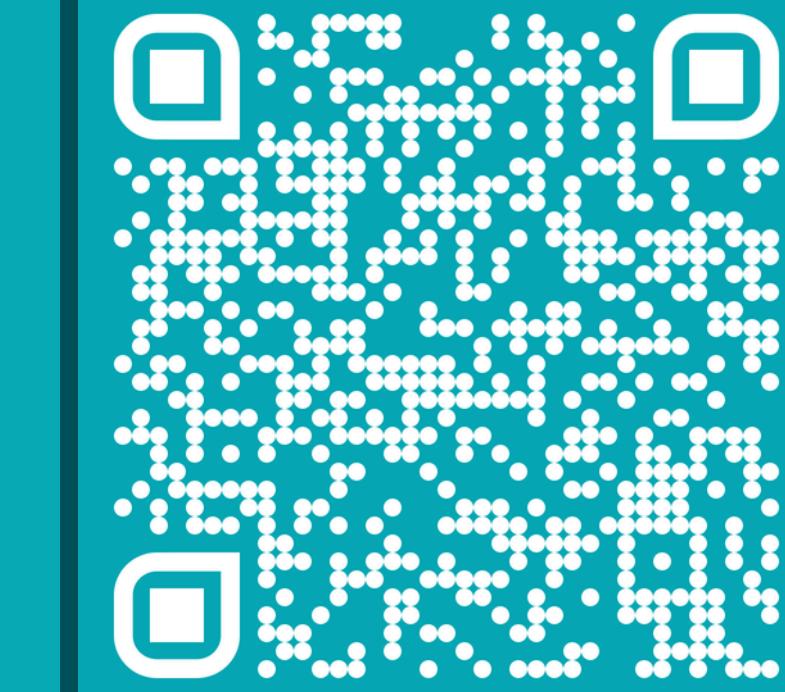
# IMPORTANT CONTACTS



## Administration Contact

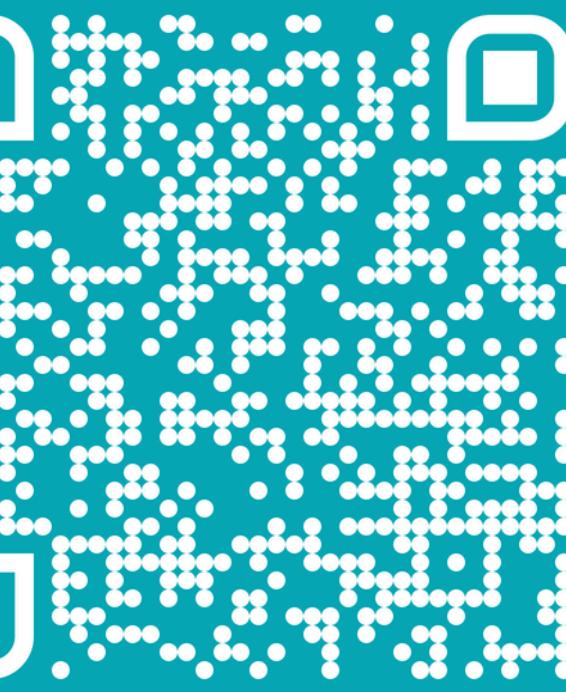
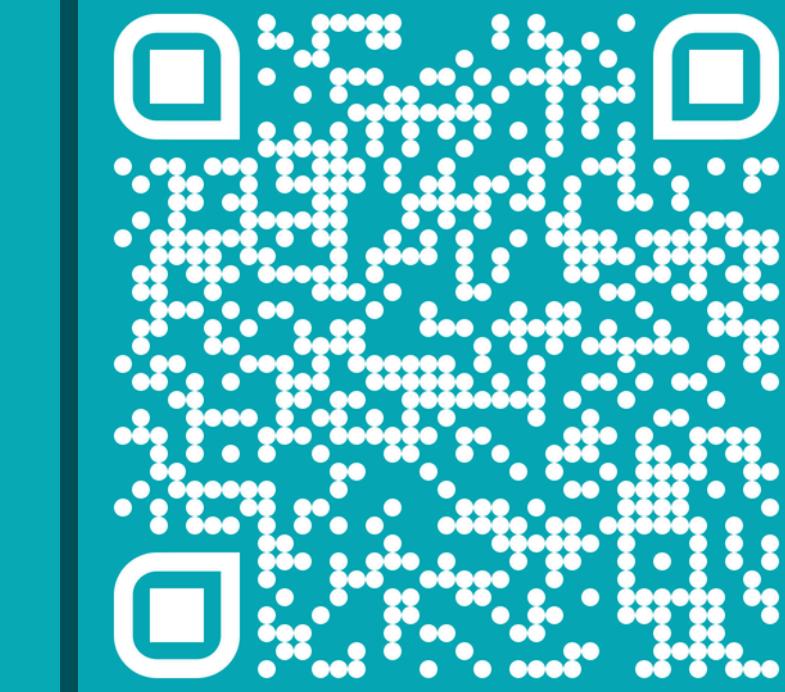
Contact information for your class coordinators, as well as staff from the Dean's Office, Admissions Office, and Bursary Office.

When reaching out, be sure to include your Student ID in the email, and please allow up to 7 days for a response.



## School Authorities

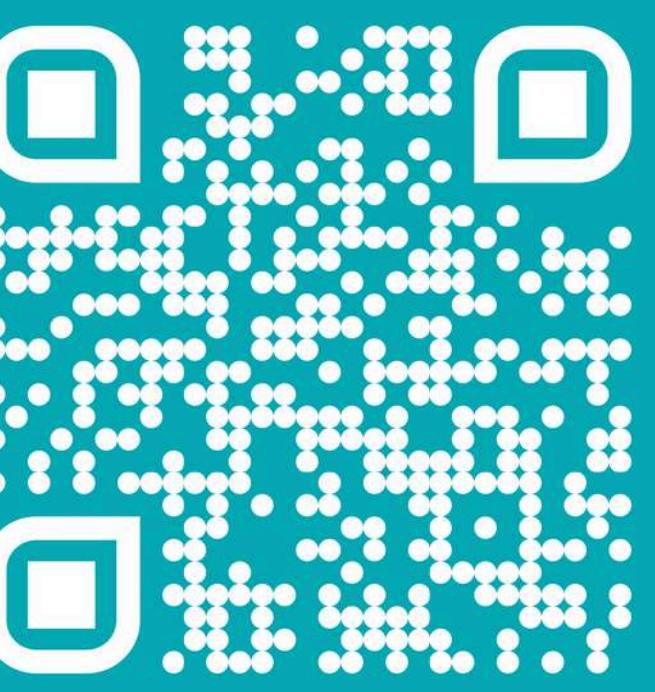
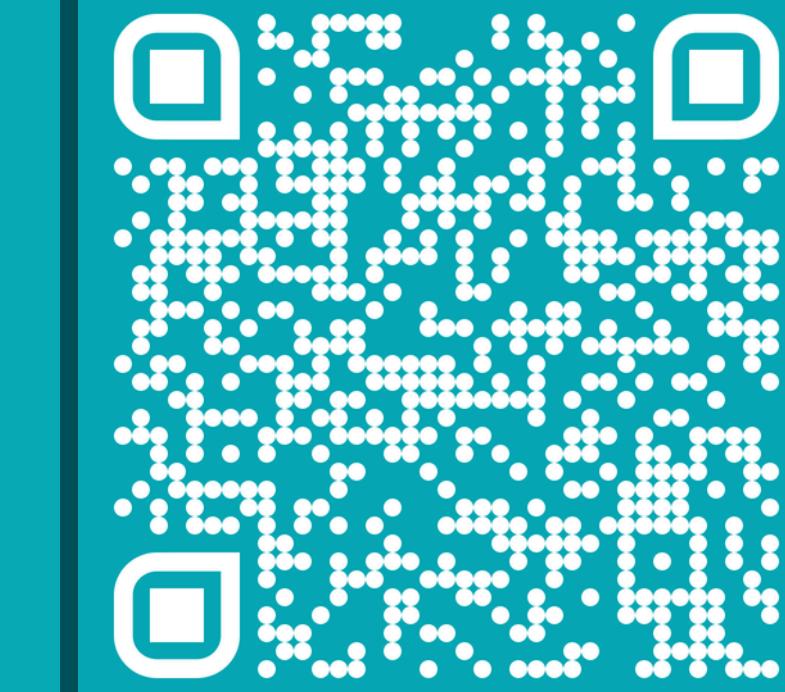
Make sure to reach out to your class coordinator first before contacting any higher authorities—they're your go-to for most questions and concerns.



## Faculty Search

You can find your teachers' contact information here. Please remember to always communicate with faculty respectfully and professionally.

For any issues or questions that concern the entire class, only Class Representatives should reach out on behalf of the group.



## Student Leaders

Scan to access resources and contact information for our network of international student organizations at PUMS.

# RESOURCES PROVIDED BY PUMS

Here are some key study tools and resources offered by the university. Take some time to get familiar with them—especially the NBME exams, which are now an essential part of our curriculum. Exploring these will help you make the most of your study time!

## NBME Examinations

The NBME provides standardized exams to assess medical students' knowledge across disciplines, offering performance data that can be compared with peers worldwide. Only MD students take these exams!

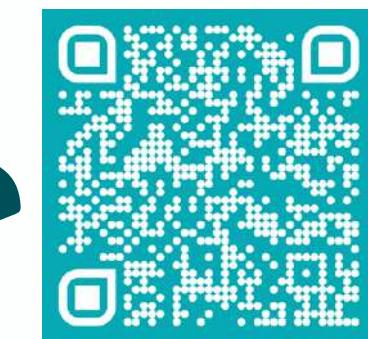


Familiarize yourself with NBME structure and regulations!



## Kaplan Step 1 Course

In third year, you'll formally take the Kaplan Step 1 prep course—a crucial milestone in your path. It gets you ready for the CBSE, which all third-year MD students must pass to start clinicals, and it lays the groundwork for doing well on the USMLE Step 1. It also helps prepare you for the INBDE! That said, Kaplan resources are available to students starting from first year.



Sign up instructions in this link!

## AMBOSS + UWorld

AMSA PUMS often shares exclusive discounts on top-tier USMLE study tools like AMBOSS and UWorld. Be sure to follow them to stay in the loop on upcoming deals!



## Complete Anatomy

Complete Anatomy lets you explore, customize, and truly understand the body in 3D with incredible detail. Sign up using your student email to get a free one-year subscription!

# FIRST YEAR

## HEAVY HITTERS:

### NBME & INTERNAL

Next up, we're diving into some of the biggest, most intense courses you'll face in your first year at PUMS – what to expect, how to tackle them, and which resources will be your best friends along the way!



**IMPORTANT  
CONTENT!**

**USMLE  
FIRST AID STEP 1  
2025**



*NOTE: NBME Examinations only apply to MD students.*



# INTERNAL VS NBME - WHATS THE DIFFERENCE?

## INTERNAL EXAMS

Internal examinations are designed to assess the material covered in class lectures, discussions, and the assigned readings, ensuring a comprehensive understanding of the course content.

Focus on specific factual details.

Involves memorizing key facts.

Refer to the textbooks in syllabus.

Require less time and effort as they focus on particular topics

Focus on clinical application.

Demands a strong grasp of the material.

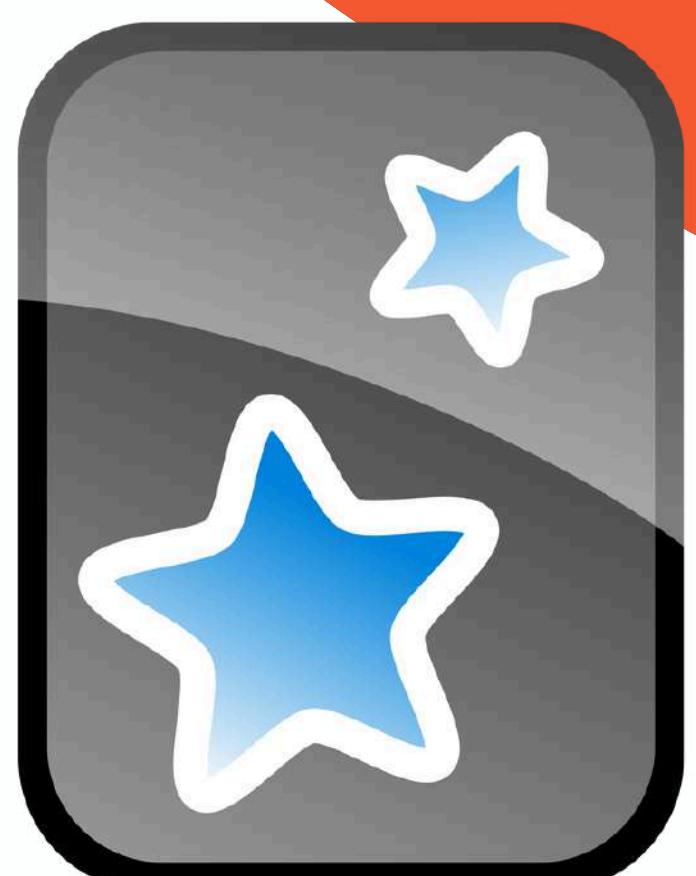
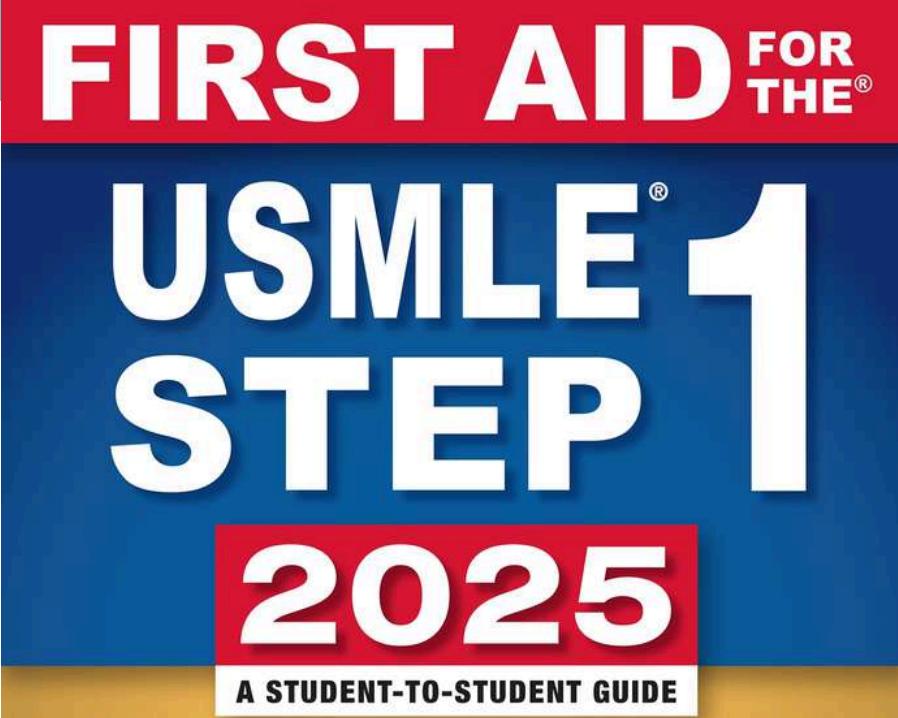
Additional resources (like UWorld, Kaplan, etc.) are recommended

Significant time and effort due to the high volume of content.

## NBME EXAMS

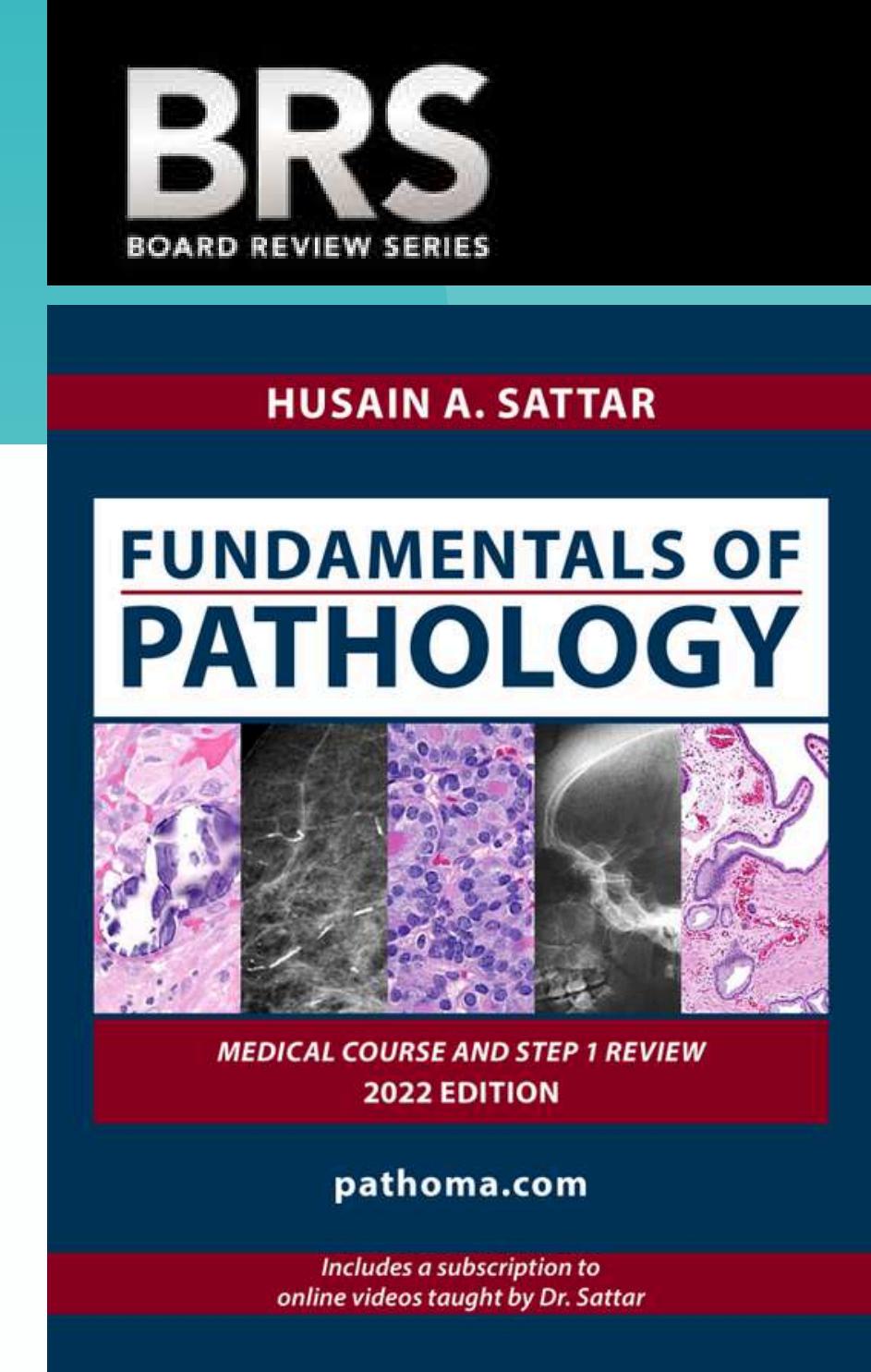
Evaluates your comprehensive understanding of a wide array of material, testing not only foundational knowledge but also the application of key concepts across various disciplines.

**NOTE:** More information about NBME exams will be provided by AMSA PUMS - don't miss it!



# PRE-CLINICAL STUDY RESOURCES

*Essential aid for internal and NBME examinations.*



# GROSS ANATOMY



## INTERNAL EXAM

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- Seminars, lectures, labs are fair game.
- BRS style questions - familiarize yourself with the book.
- Multiple block exams throughout the year.
- Final exam consists of:
  - MCQ examination
  - Practical examination (anatomical pins)
- Examination grade (factors into GPA).

## NBME EXAM

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- Includes Anatomy and Embryology.
- Clinical vignette style questions.
  - Make sure you're able to dissect the question.
- Possibility of visual questions.
  - CT, X-ray, MRI, etc...
- FirstAid review is super important.
  - Use it like a study guide!

## STUDY RESOURCES

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*Understand first, then memorize and apply*

ST. MATTHEW'S  
UNIVERSITY  
SCHOOL OF MEDICINE



### 100 must important GA conceptions

Dr. Mavrych, MD, PhD, DSc  
Dr. Bolgova, MD, PhD

Top secret



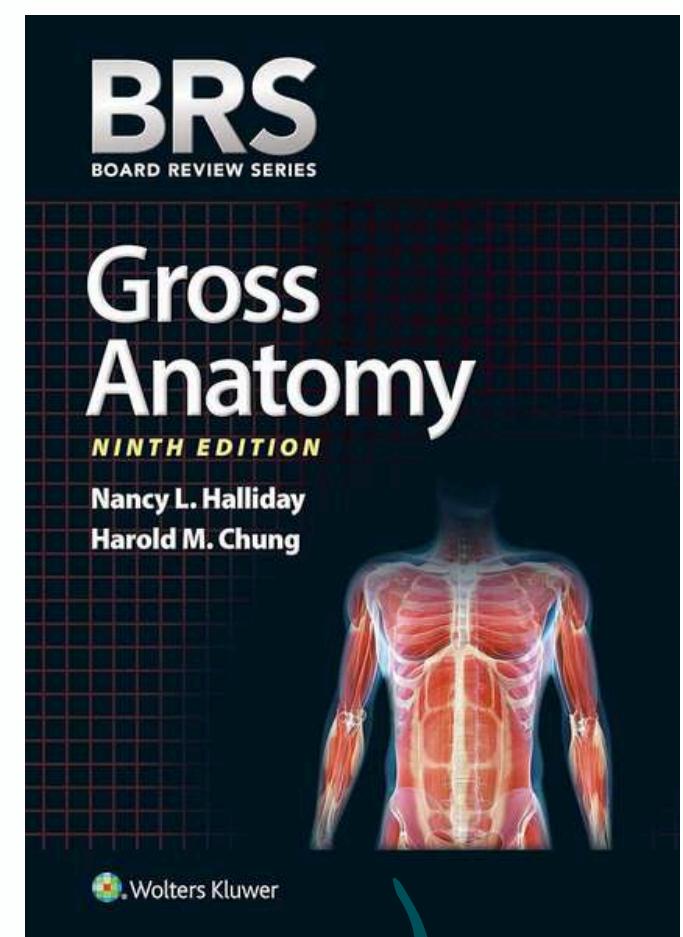
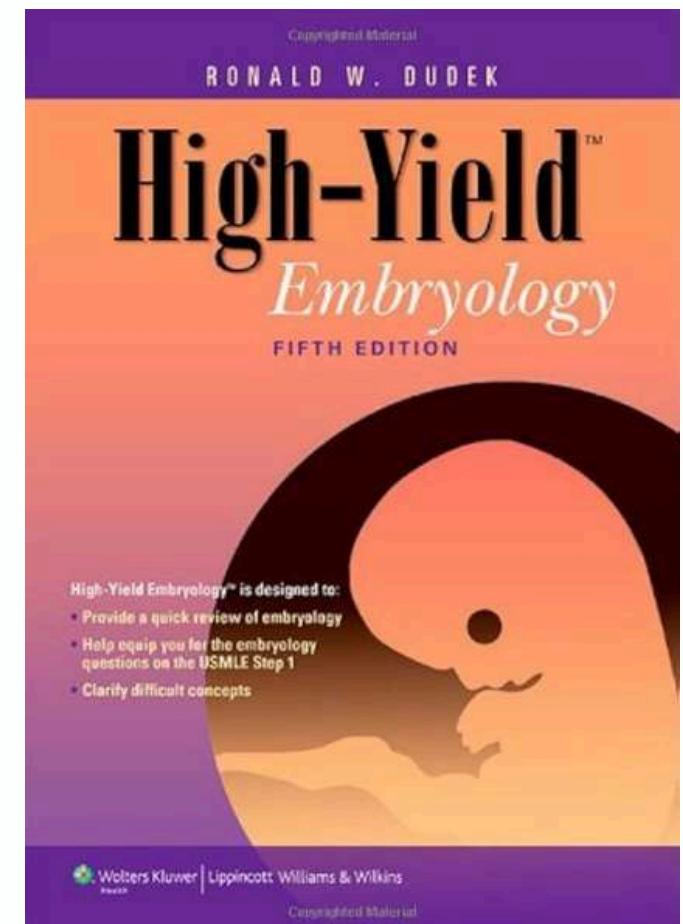
Dr. Mavrych, MD, PhD, DSc prof.mavrych@gmail.com

Reflects the NBME;  
go-to resource



Good way to  
familiarize yourself  
with NBME question  
format

#1 resource for internal/blocks  
+ good practice for NBME



# PHYSIOLOGY



## INTERNAL EXAM

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- Constanzo's Physiology is the gold standard regardless of internal or NBME. Having a good grasp on it will reeeaaaaally ensure success on exams.
- Online modules provided by the physio department help with block exams, a lot of questions come out of there.
- Examination grade (factors into GPA).

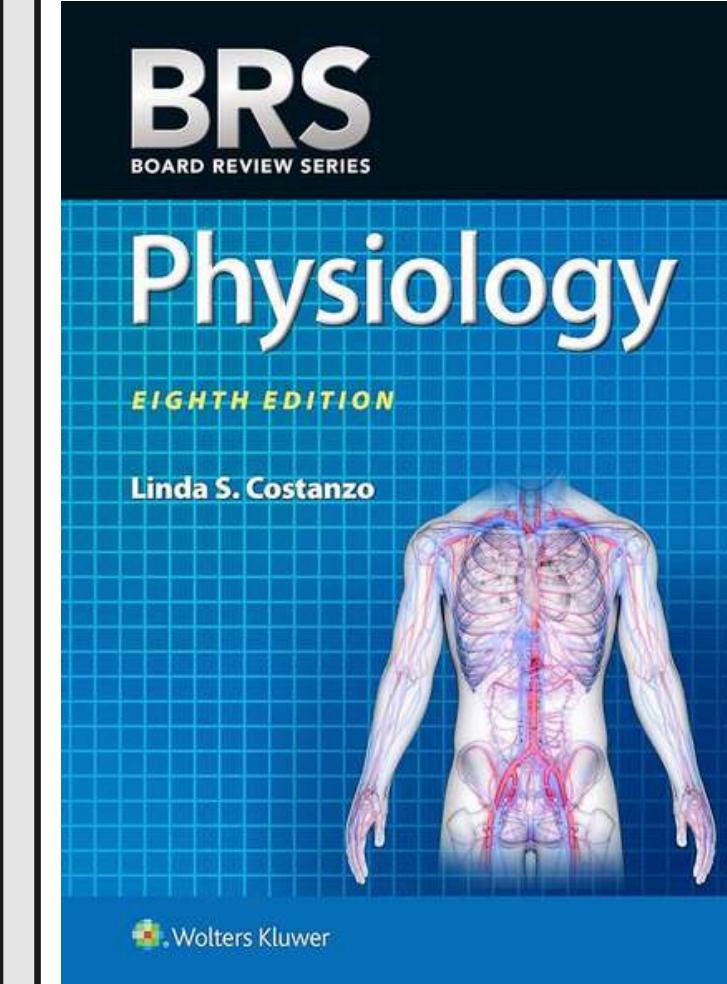
## NBME EXAM

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- Anki (AnKing specifically) tagged with Constanzo serve as a really good review.
- Cannot stress this enough, **KNOWN CONSTANZO**.
- Memorize formulas related to Physio!
- Don't omit any pathophysiology - its HY on the NBME.

## STUDY RESOURCES

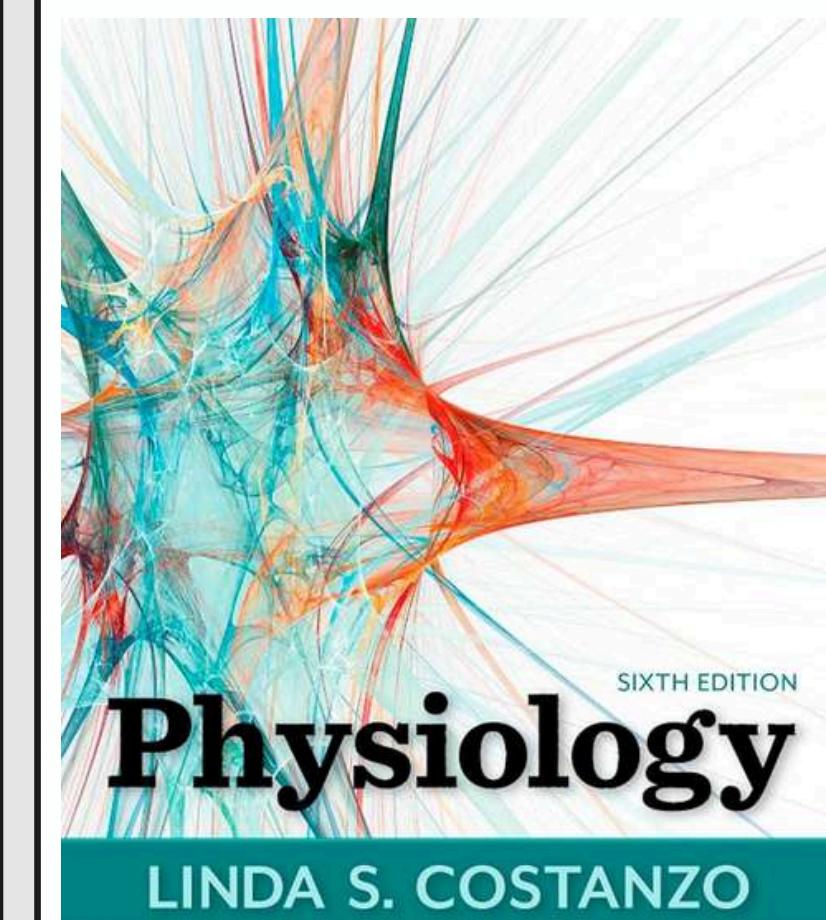
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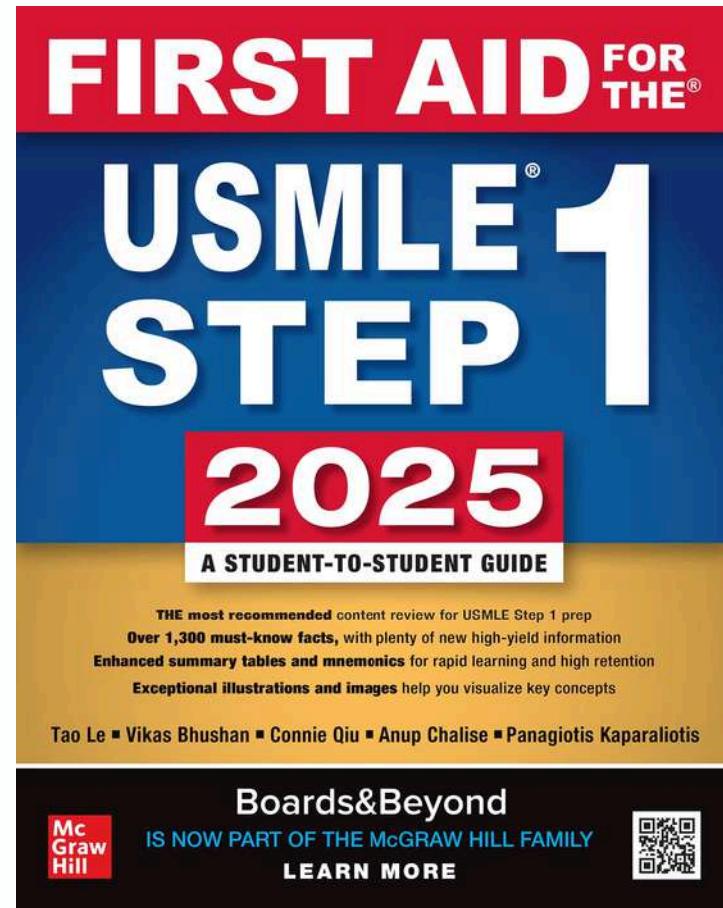
Good  
sources for  
question  
practice!



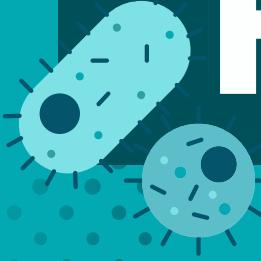
Lecture notes are great  
for the NBME



Supplement  
with FA to  
reinforce  
your  
knowledge!



# HISTOLOGY, EMBRYOLOGY, & CELL BIO



## INTERNAL EXAM

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- Course is made up into:
  - Block exams
  - Theoretical final
  - Practical final
- Junquiera and Lange are bible for internal curriculum; cannot go wrong with either one.
- Good practice for the practical final:  
[HistologyWorld.com](http://HistologyWorld.com)
- Examination grade (factors into GPA).

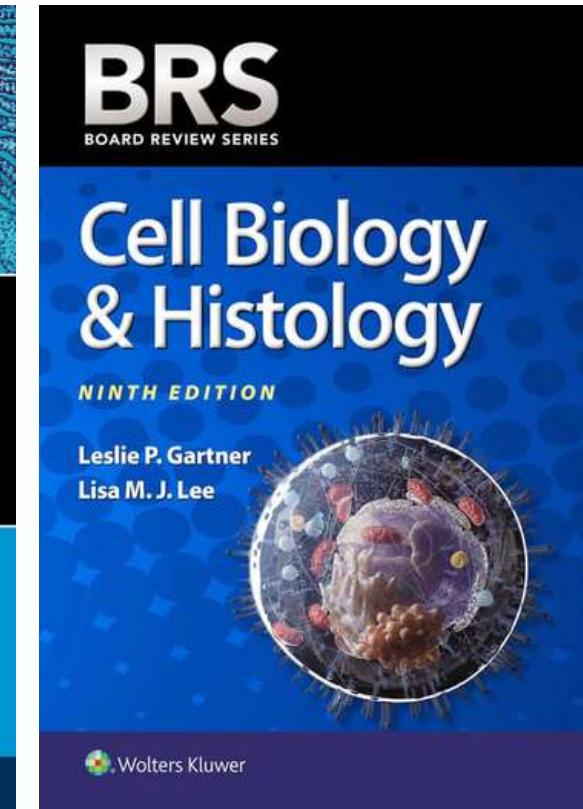
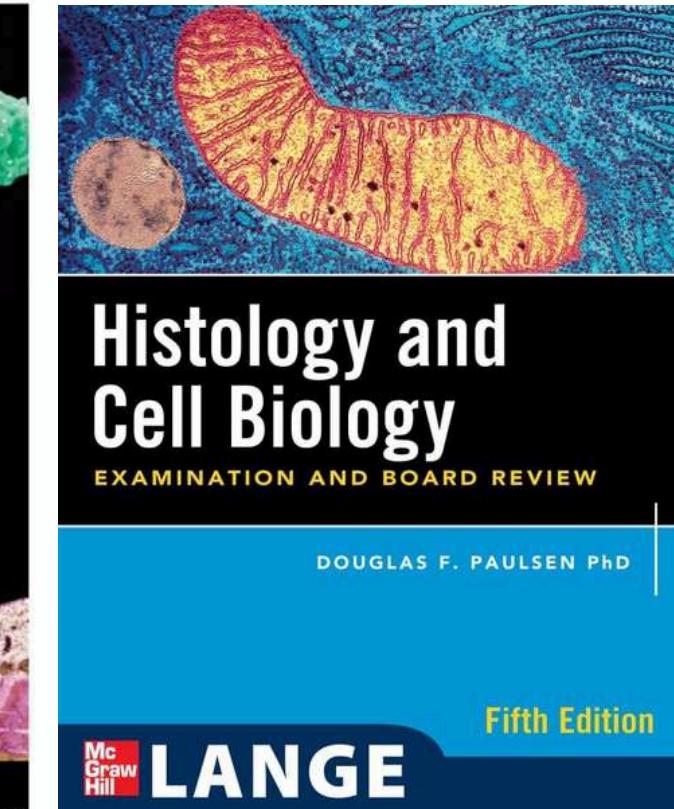
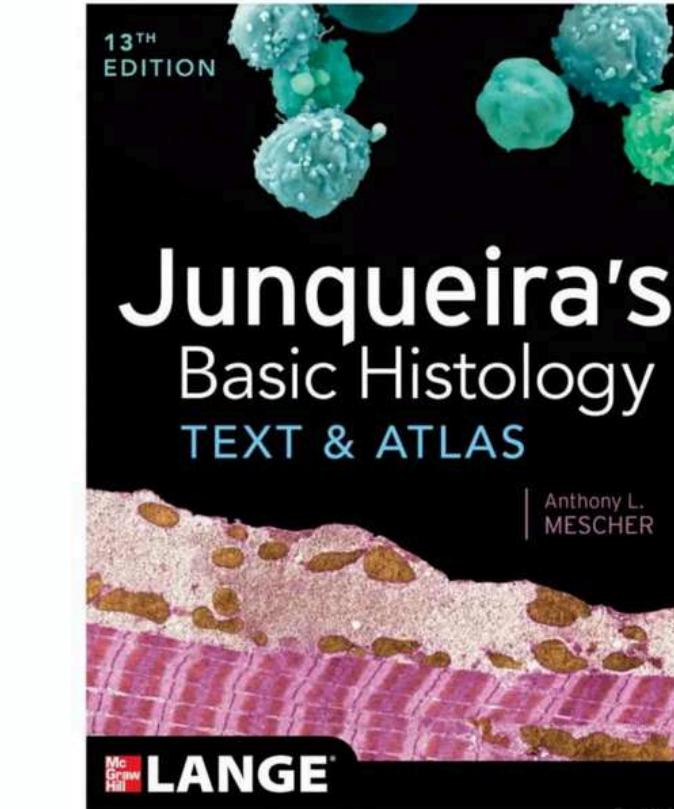
## NBME EXAM

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- Questions similar to Lipincott and BRS.
  - Best resource for histo NBME practice: BRS
- PreTest is good for learning concepts.
  - Warning: questions tend to be hard
- Anki for Junquiera to reinforce knowledge.

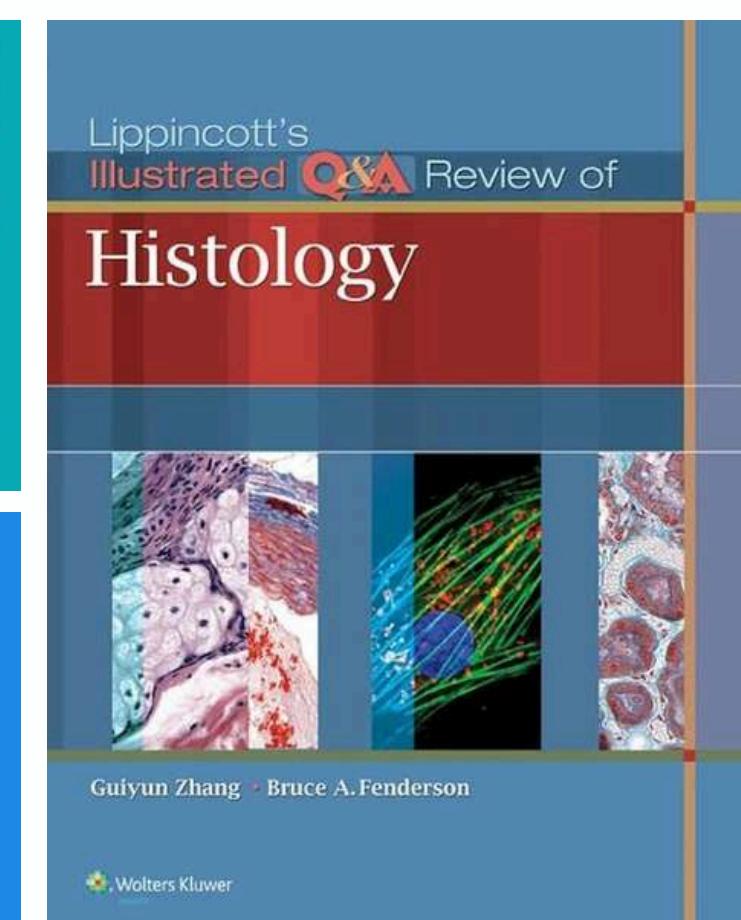
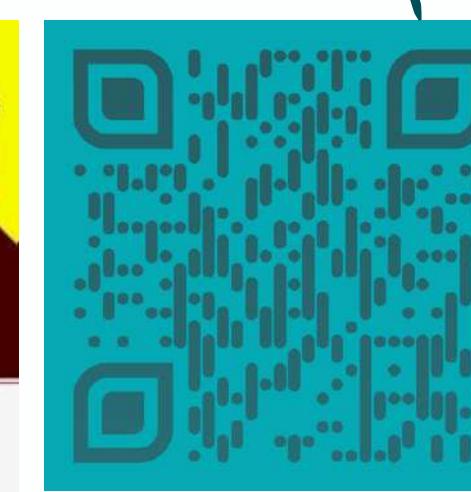
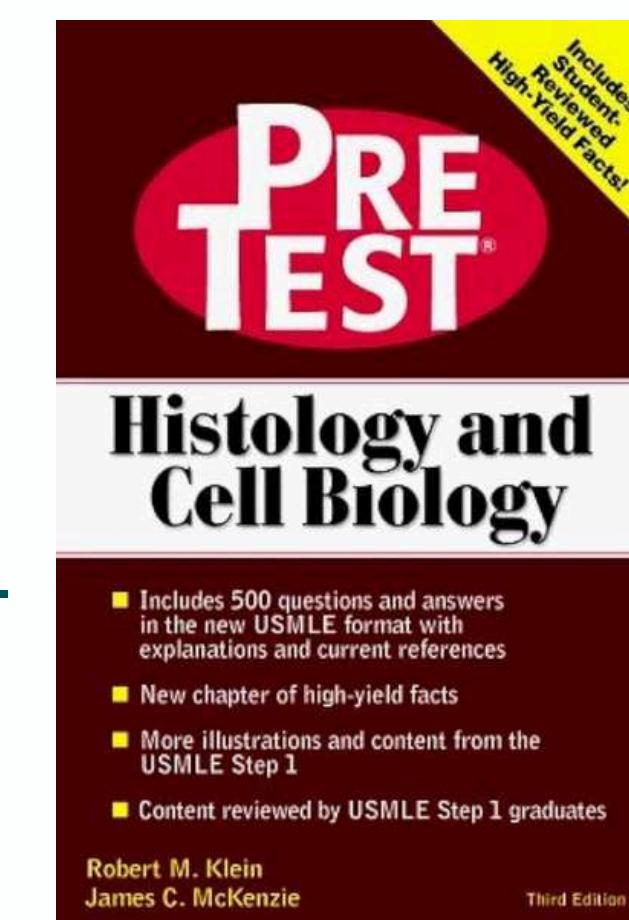
## STUDY RESOURCES

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Histology Bibles

Good resources for practicing questions



Histology World

# BIOCHEMISTRY

## INTERNAL EXAM

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- In-class content is important to go over.
  - Important concepts will be highlighted in red on lecture and seminar slides; be sure to look out for them!
- Lippincott and BRS are really good review resources for internal examinations.
- P/F for first year, Exam Grade for second year (factors into GPA).

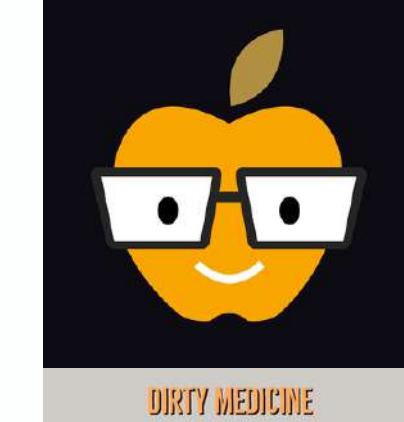
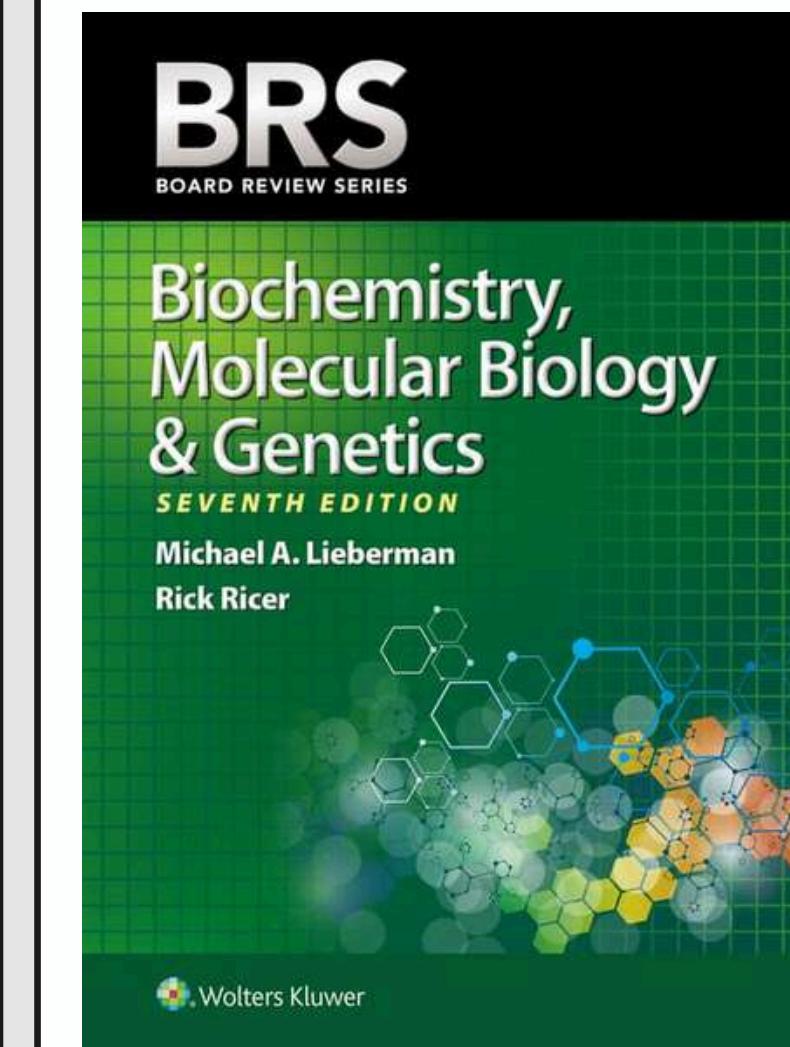
## NBME EXAM

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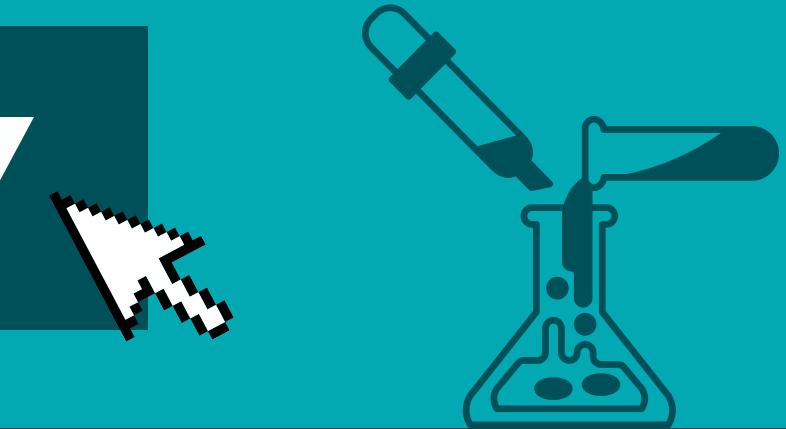
- Contains Molecular Biology and Genetics.
- Mehlman Medical and Dirty Medicine Biochemistry videos are a huuuuuuuge help.
- Zanki (Anki Deck) + First Aid is a lethal combo for reinforcing knowledge.

## STUDY RESOURCES

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# MEDICAL CHEMISTRY



## INTERNAL EXAM

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- Exam content is heavily based on lecture, seminar and lab content.
- Be sure to go over any hand outs or slides provided.
- The required textbook (Principles in Biochemistry by Moron, et. al.) is crucial!
  - Most course content is based on it!
- Examination grade (factors into GPA).

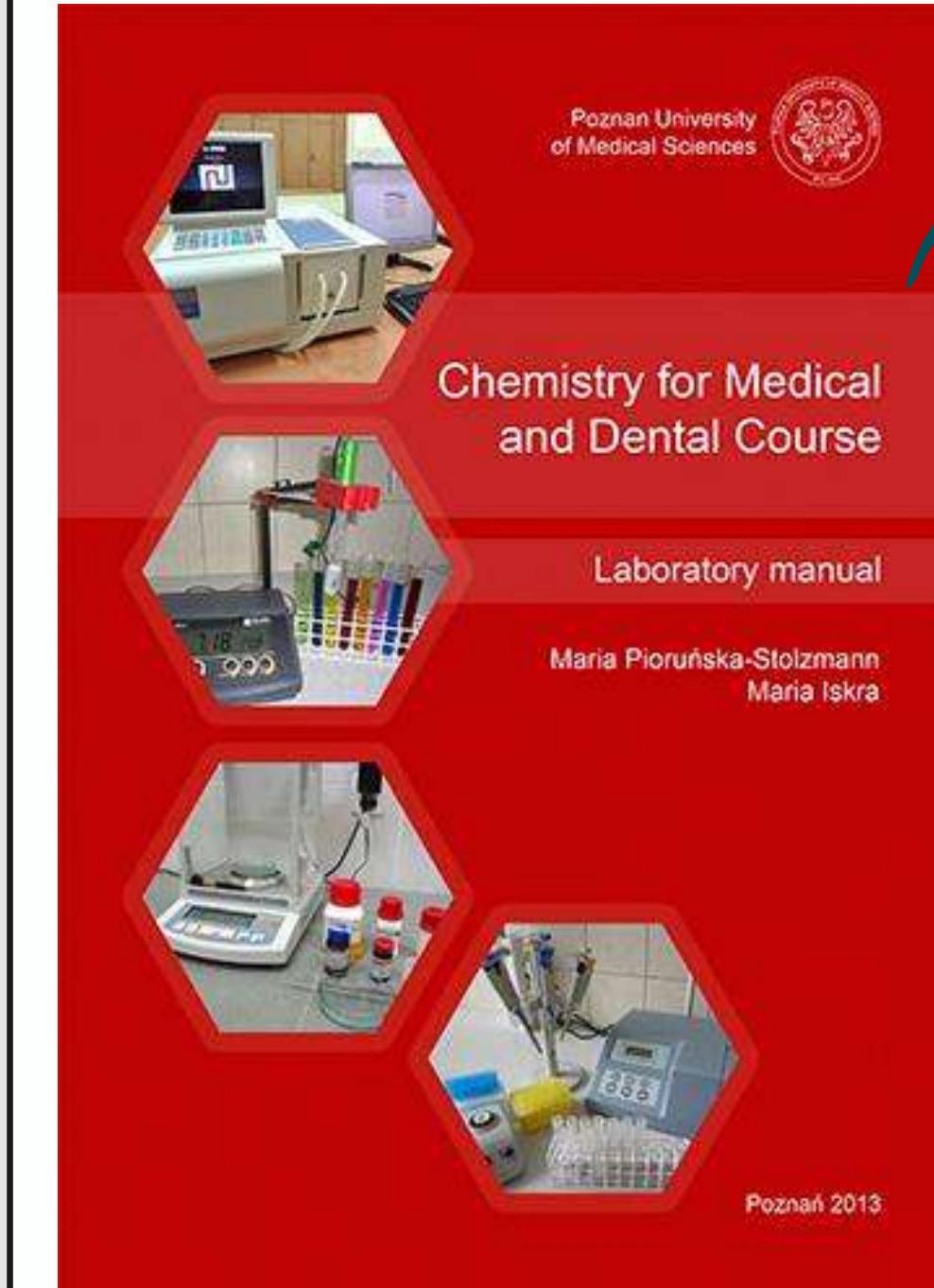
## NBME EXAM

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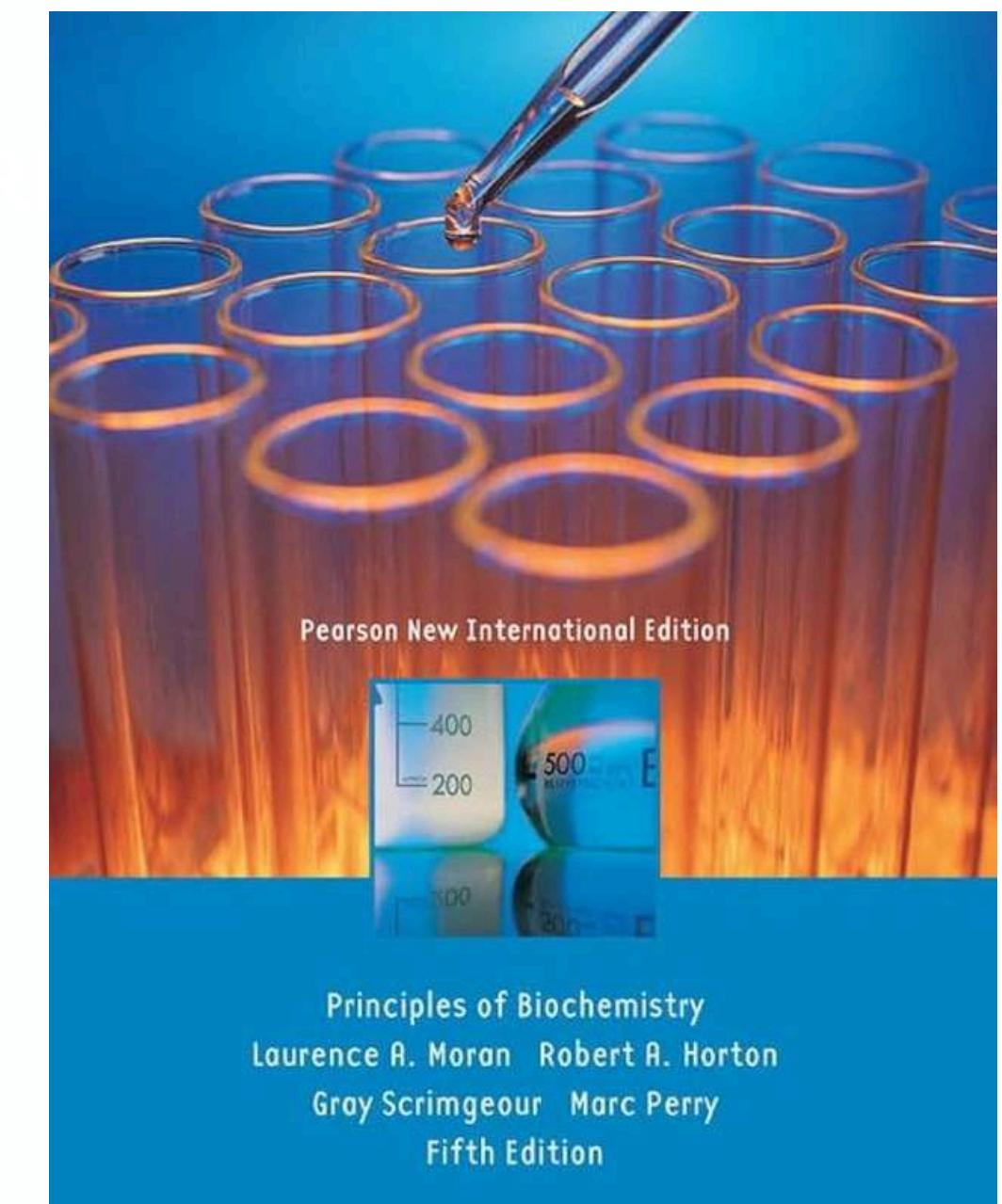
- While there's no standalone NBME exam for Medical Chemistry, key concepts will appear on the Biochemistry NBME — so it's important to have a solid understanding of the material!

## STUDY RESOURCES

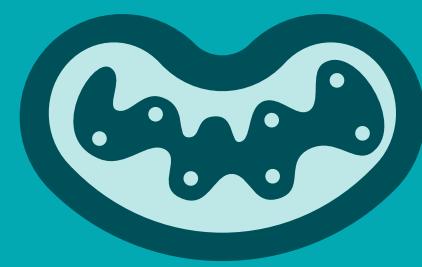
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Important!



# MOLECULAR BIOLOGY



## INTERNAL EXAM

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- Just like with medical chemistry, exam content is heavily based on lecture, seminar and lab content.
- Be sure to go over any hand outs or slides provided.
- Lippincott's is a good question review for the final!
- Examination grade (factors into GPA).

## NBME EXAM

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- Similar to Medical Chemistry, there's no separate NBME exam for Molecular Biology — but it will be covered within the Biochemistry NBME, so be sure to prepare thoroughly!"

## STUDY RESOURCES

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# BIOPHYSICS

$$E_K = \frac{1}{2}mv^2$$

## INTERNAL EXAM

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- The go-to resource for this course is **Laboratory Exercises in Biophysics** by Marek Tuliszka.
  - Quizzes, exams, and all assessments are largely based on this book, so it's definitely worth having.
  - You can grab a copy from the university library or at the club book fair—or, if you're lucky, get it handed down from an upper-year friend!
- Note: Lab tests are *super* useful for acquiring bonus points! This helps take off pressure for seminar tests in order to avoid integrative for the course.
- Examination grade (factors into GPA).

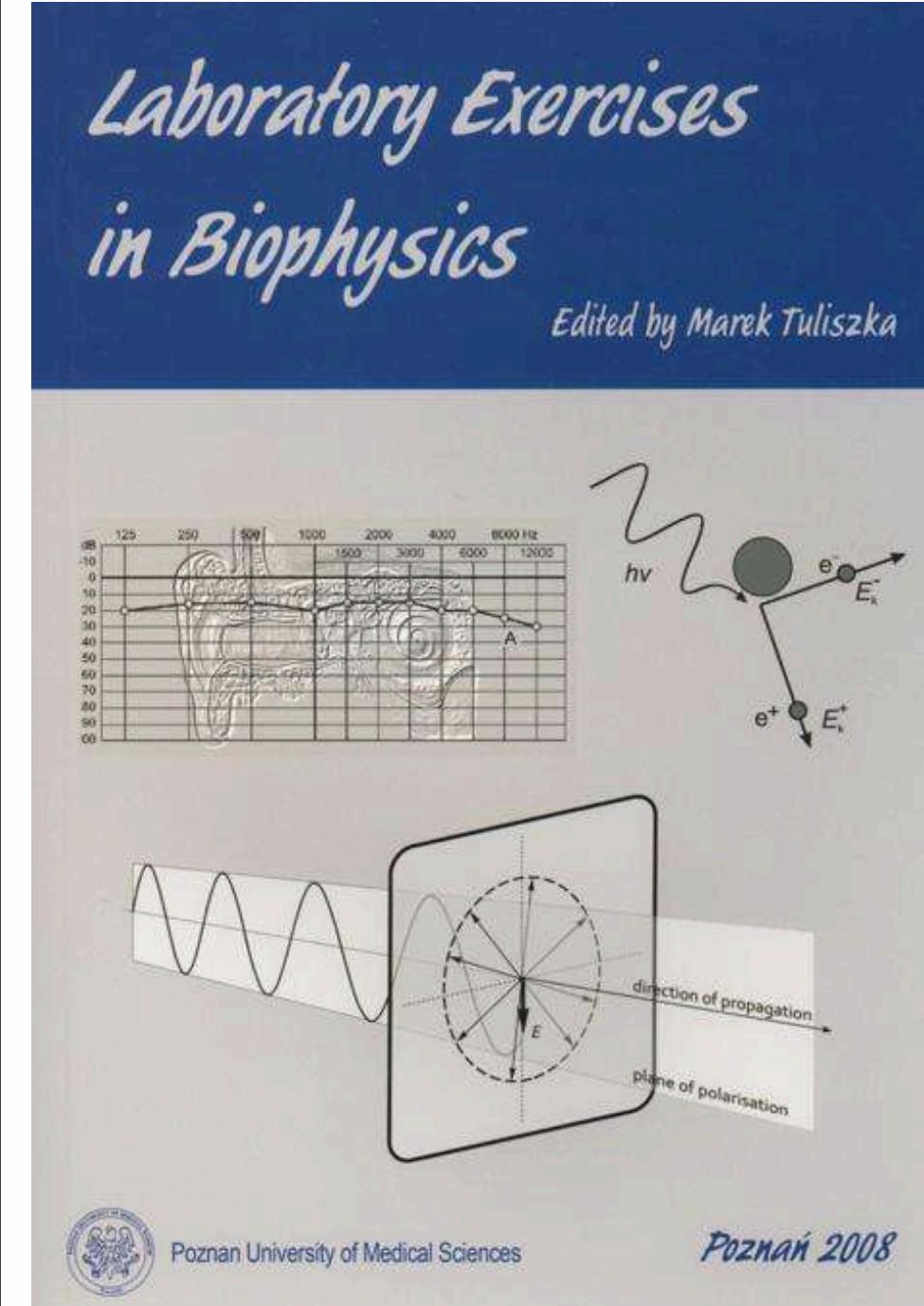
## NBME EXAM

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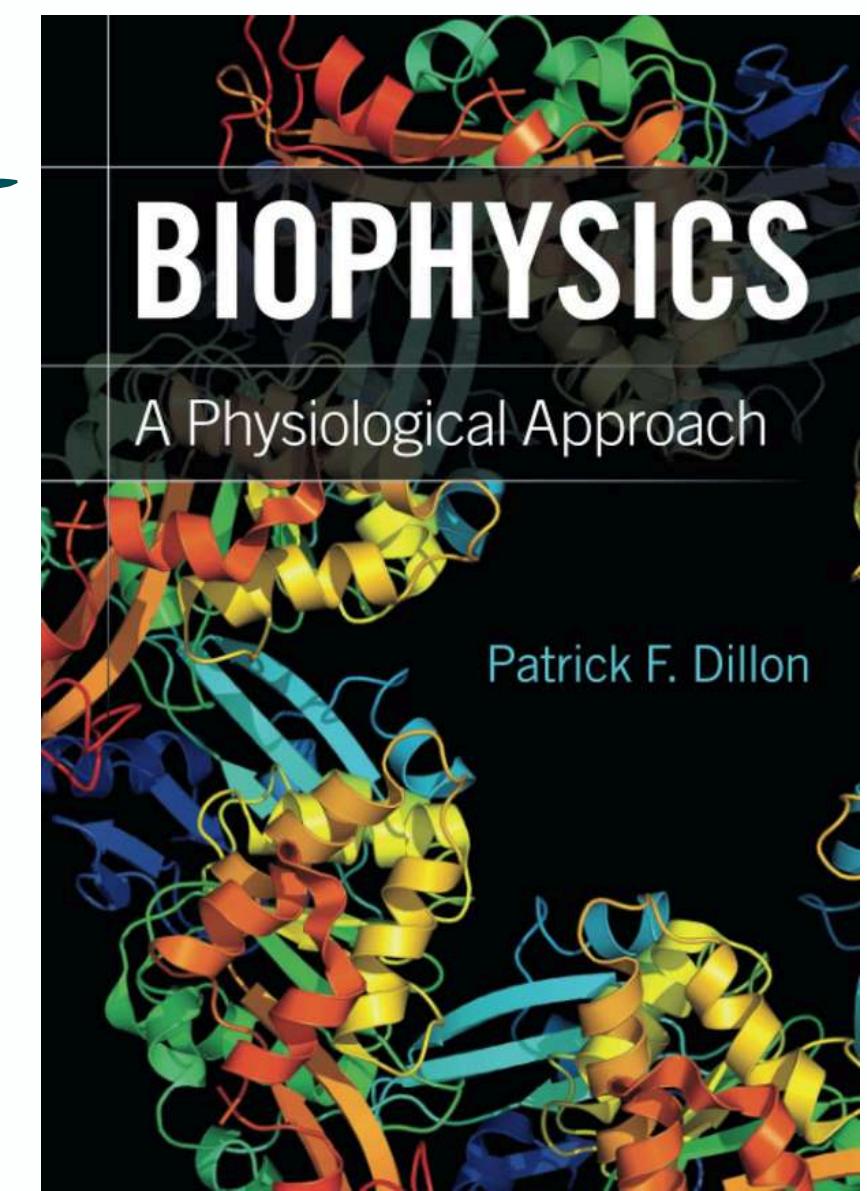
- There's no NBME exam for Biophysics, so you can skip this one!

## STUDY RESOURCES

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Big help in learning topics!



# THAT'S A WRAP!

That's all from us (for now)—thanks for reading our Freshman Survival Guide!

We hope your first year at PUMS is everything you hoped for: exciting, successful, and full of unforgettable experiences.

Good luck with your studies, don't forget to take care of yourself, and most importantly—have fun along the way!

Oh, and one more thing...

Be sure to join the official university Discord for regular updates from EPSU, CRC, ESRA, student clubs, and more. It's your one-stop hub for all things PUMS!

Welcome to the family—you've got this!

