



CONGRATULATION!

CONGRATULATIONS WITH THE AWARD OF A WELL-DESERVED TITLE!

Kharkiv National Medical University is pleased to congratulate Professor Nima Rezaei on the award of the honorary title of "Honorary Professor of KhNMU" (Decision of the Academic Council from 30.09.2020)



This title is a convincing evidence of high professionalism. Since 2016, it is thanks to the initiative of Professor Rezaei that cooperation with Tehran University of Medical Sciences and other leading universities of Iran has begun.

The same year the Ukrainian office of USERN a Universal Scientific Education and Research Network was opened at Kharkiv National Medical University, where Professor Nima Rezaei was the ideological inspirer, founder and current president.

The Universal Scientific Education and Research Network was established in 2015 as an independent international organization with the main purpose of peaceful and humanitarian promotion of education and research universally. The Network comprises top 1% scientists in all scientific fields who are the members of the Advisory Board as well as the Organization's members, leading and young scientists.

Annually, the Universal Scientific Education and Research Network holds the Festival coincided with World Science Day for Peace and Development. Thus, in 2017, the Congress and Festival was held in Kharkiv. The event was organized by USERN and the Consortium of Kharkiv Universities. Leading scientists and teachers of the world took part in the discussions.



This year, the USERN celebrates its 5-year anniversary. Kharkiv National Medical University sincerely congratulates the USERN office and its President Nima Rezaei. We wish you the implementation of creative ideas, scientific inspiration and new achievements!

KhNMU is proud of the fact that Prof. Nima Rezaei is an honorary professor of our University. Our sincere appreciations for support and inspiration!

According to the materials of the International Relations Office

THE INTERNATIONAL COOPERATION!

"THERE ARE ALL OPPORTUNITIES FOR TEACHING STUDENTS AT THE INTERNATIONAL LEVEL ..."

On September 11, 2020 a delegation of the Islamic Republic of Afghanistan to Ukraine visited Kharkiv National Medical University.



The delegation was represented by the Ambassador Extraordinary and Plenipotentiary of the Islamic Republic of Afghanistan to Ukraine, Mr. Wali Monavar and his deputy, Mr. Said Anwar Sadat. The guests were accompanied by the president of the Kharkiv City Public Organization of Immigrants and Refugees of Afghanistan "Khurasan", Mr. Karimi Patsha.

The guests were greeted by the Vice-Rector for Research and Education Prof. Volodymyr Markovskiy. He assured that the meeting would mark the beginning of cooperation between our University and the Islamic Republic of Afghanistan: "We are glad to your attention to our University, and especially to the opportunity to increase the number of students from your country. We hope that in the future we will cooperate in the areas of educational and scientific activities, as our University has a long history and deep traditions, along with all the opportunities for teaching students at the modern international level."

For his part, Ambassador thanked for the opportunity to meet and discuss pressing issues in the field of medical care and education of the people of Afghanistan. He also noted that many well-known Afghan doctors received their doctoral degree in Ukraine. Ambassador expressed his goodwill to cooperate with KhNMU in the field of medical education, in particular, in training citizens of Afghanistan, as well as in the framework of advanced training of practicing doctors.

During the meeting, issues on priority forms of cooperation in the field of scientific research, education and culture, the residency of Afghan citizens in Ukraine, their education at the university, etc. were discussed.

Before leaving, the representatives of the delegation visited the Museum of History of KhNMU and readily got acquainted with museum exhibits and historical expositions.

Valeriia Koliesnikova,

Leading Expert of the International Relations Office

KHNMU IS A LEADER AMONG FOREIGNERS IN CHOOSING HIGHER MEDICAL EDUCATION IN UKRAINE

In autumn of 2020, the VI Faculty for International Students of the Education and Research Institute for Training of International Citizens of KhNMU celebrated its 10th anniversary, the first English-language faculty at our University.



English language training of foreign medical students at KhNMU started in 1996, then the English language training groups were opened for Dentistry students in 2008. Anyhow, it is worth to note that for 15 years English-speaking students had studied in the General Faculty for International Students, which in those times, was mostly fulfilled by Russian-speaking foreign students. On September 1, 2010, the VI Faculty for International Students with English Language Training was formed, headed by the Associate Professor of the Department of Infectious Diseases, Dmytro Katsapov. The structure of the dean's office included the Dean of the faculty, three Vice Deans, 3 Dispatchers, and a Secretary. There were up to 10 groups with English language training in General Medicine and up to three groups in Dentistry.



I have been acting as a Deputy Dean of the VI Faculty almost from the first days of its existence. I remember very well my first meeting with the heads of the courses entrusted to me, they were Ali Zabun from Iraq, Bahmad Khaldun from Lebanon, William Ofori from Ghana. In addition to daily work in the dean's office and monitoring the academic success of courses, our students and I had to participate in many scientific, cultural, sports, and social events of the University. Also, all employees of the dean's office had to get acquainted with the national holidays, culture, and traditions of the foreign countries from which English-speaking students came to study to us, which significantly helped in our two-way communication.

Since 2014 and until now, the Dean of the Faculty is the Professor of the Department of Psychiatry, Narcology, Medical Psychology, and Social Work Vadym Sinaiko. The faculty includes 8 departments, which are an important part of the powerful scientific center of KhNMU, which unites forces of specialists of various profiles to solve acute modern problems of the most critical areas of medical science. Every year the contingent of English-speaking students of the VI faculty grew and the staff of the dean's office gradually expanded.

The specifics of our work with foreigners was the need for constant communication with them in English without breaks or days off, and in the case of emergencies it was around the clock, which certainly could not be done effectively without the help of social networks. Today, every English-speaking teacher can send a message to a student on WhatsApp, respond to their request on Facebook, or check if they are blocked in the electronic journal for financial debt. And 10 years ago all this was the task of the dean's office: to receive

students and respond to their constant inquiries, to report their debts to the departments, to respond quickly with solutions to problems of lagging behind, support the students, and so on. We couldn't refrain from responding to the students' messages neither before nor even now, because we never knew what had happened. There were cases of serious problems, and moments when students simply wrote to greet us, both occurred regularly!



In August 2017, the University established the Education and Research Institute for Training of International Citizens (hereinafter ERIFTIC) to improve the management of the contingent of foreign students, conducting innovative educational activities, research and infrastructure development of various departments, which included 3 foreign faculties: V faculty for training Russian-speaking foreign students, VI and VII – English-speaking. Today, 4188 students study at the English-language faculties of the ERIFTIC: 2127 students from 63 countries of the world study in the VI Faculty, 2061 students from 53 countries of the world study in the VII.

The previous academic year (2018-2019) was the most productive in the history of recruiting foreigners to study at our University since 1951. 1203 foreign students were enrolled on the first year. Due to the reduction in the enrollment of foreign students for 2019-2020 academic year, a spring recruitment of foreign entrants to study in English was organized and conducted at KhNMU. This enrollment numbered 65 foreigners wanting to obtain a master's degree in the educational programs of "Medicine" and "Dentistry". An additional class schedule was drawn up for them and they began to adapt to their studies at KhNMU in February, not in September, as usual.



The global pandemic is still causing the university to make adjustments to the current academic year and to the education of our foreign students. We have all to adapt to online learning, and conduct state examinations and graduation ceremonies in online format. We hope that despite the temporary difficulties, KhNMU will remain the leader in the choice of foreigners for higher medical education in Ukraine. The experience of our University in training foreign medical personnel for different countries is almost 70 years, 25 of which have been in English, and our teachers, in addition to high professional qualities, have the skills of intercultural communications, as well as the ability to show love and respect for each foreign student in particular.

Oksana Vasylijeva, Dean of VII Faculty for International Students of KhNMU
Education and Research Institute for Training of International Citizens

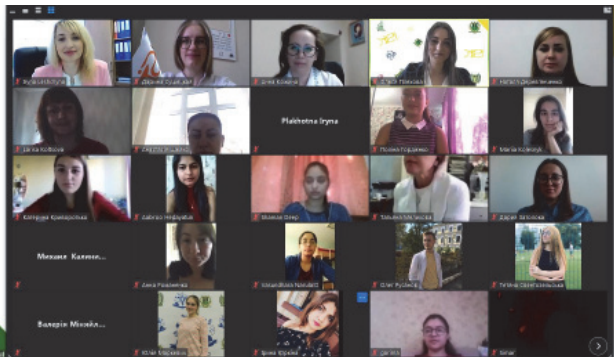
ISIC-2020

GOOD OPPORTUNITY TO EXCHANGE SCIENTIFIC VIEWS

On October 8-9, the opening ceremony of the Annual International Interdisciplinary Scientific Conference "ISIC 2020" was held at Kharkiv National Medical University.

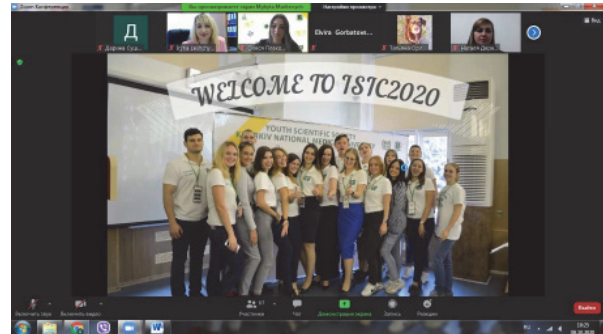


The Conference participants were greeted by the Vice-Rector for Research and Education Iryna Leshchyna, who noted that the ISIC is one of the largest biomedical conferences in Ukraine and one of the main events at KhNMU.



The key moment of the opening of the event was an open plenary lecture on immunity in COVID-19 by professor of Tehran University of Medical Sciences, Professor Nima Rezaei.

More than 300 young scientists from different countries of the world took part in the ISIC. Within 2 days, eight breakout sessions were held, where scientists could present the results of their scientific achievements. During the first day, the poster section continued with 17 posters presented. All reports were published on the social media of the Scientific Society of Students, Postgraduates, Doctoral Students and Young Scientists of KhNMU, and voting took place by reference and continued throughout the day. In total, 931 votes were cast for the work of young scientists in the poster section.



Apart from that, everyone had the opportunity to listen to a plenary lecture by the Director of the Pain Institute (Munich, Germany), Honorary Professor of KhNMU Wolfgang Bauermeister on the topic "State of the Art Musculoskeletal", who took part in the solemn online award ceremony and the closing of the Conference.

The main goal of the ISIC was to provide an opportunity for young scientists to share their ideas and views, get acquainted with research work and present the results of their research to an international audience.

Thanks to young scientists for their active participation in the ISIC 2020 and we look forward to seeing you next year!

Olesya Plekhova,
the Head of the Scientific Society of Students,
Postgraduates, Doctoral Students and Young Scientists of KhNMU

TO THE WORLD AIDS DAY

INTERNATIONAL SOLIDARITY

Every year, December 1st is acknowledged as the World AIDS Day. People all over the world are getting together to express support for patients living with HIV and to remember those who have died of AIDS. The Dean's office of the VII Faculty for International Students together with students continue the tradition this year on-line. They made bright posters and video in useful, educative and funny style.



Despite the well-known difficulties of this year, the topic of AIDS Fight and Prevention does not go unnoticed. Throughout the month, English speaking students of the VII faculty sent photos and videos

they have made for this topic. The most active were the 6th year students.



We are very grateful to all participants and organizers of the presentation for their activity!

Based on the materials of the dean's office of the VII Faculty for International Students of KhNMU of Education and Research Institute for Training Foreign Citizens

INDEPENDENCE DAY**WITH LOVE AND STRENGTH AND FAITH**

Usually, Independence Day celebrations in most counties of the world are filled with fanfare, including a colourful military parade and a dramatic air show, but it is unlikely many will appreciate any such display at a time when a country like Nigeria at this time appears to be overstretched by her government.



Nigeria, a country truly destined for greatness, loaded with potential, and full of life, celebrates 60 years of its independence on Thursday, October 1, 2020. A country known as the most populous black nation, and the most diverse country in Africa, with over 250 ethnic groups and 500 different dialects. Due to its high birthrate, Nigeria is projected to be the fourth most populous country by 2050. A country brimming with natural resources such as natural gas, coal, petroleum, plenty of arable lands and many other. Full of life and youth, more than 50% of the population is aged 0-24 years, much potential is stored in the burgeoning youth, and this 60th year of independence marks the beginning of a new young Nigeria. Four years before the country gained independence, large oil reserves were discovered along the coastal Niger Delta region, bringing hopes of prosperity for so many. But, as Nigeria emerged as one of the world's largest oil exporters, the ruling class was accused of mismanaging resources accrued from oil sales mostly to its own benefit. Today, the outlook is bad.



6 decades ago, Nigeria was under the rule of Great Britain, it was a period of oppression and exploitation. Nigeria's way to independence was a particularly interesting. Spanish and Portuguese explorers, who did business with locals from coastal towns along the Gulf of Guinea, were the first to establish a presence in the West African state. But, in the early 19th century, the British Empire, which fended off German competition for resources, began to dominate in the territory and created the borders of pre-

sent-day Nigeria following the amalgamation of the northern and southern protectorates in 1914.

Eventually, Nigeria riched independence in 1960 after calls for the abolishment of colonial rule became widespread following the end of World War II. But the country has struggled to find stability and a trusted government since then. Originally governed by the military forces, the country eased into what seems to be a distinct form of democracy which they label a "Civilian Government", the constitution for this form of government was created in 1999. However, with the country's enormous problems and challenges, many points to Nigeria's ability to remain as a single nation is one of its biggest achievements since independence among the other blessings as a nation.



The news of a prospective new Nigeria has been in the headlines of many social media platforms. Young Nigerians are uniting to put an end to 60 years of bad governance. Many hashtags have gone forth to raise awareness of the corruption that has silenced the youths of this great country for 60 years. With current protest majorly on police brutality (#EndSARS, #EndSWAT), demarginalization, bad governance, nepotism and ethnic clashes, we push for a greater Nigeria. As for me, I was once attacked by the so-called people who have been entrusted to protect me.

And so, as we celebrate Diamond Jubilee years of independence, we move toward a better Nigeria, an atmosphere where peace, chivalry and safety dwells. Acknowledging the past and laying down the foundation for a better country, carrying the elderly with us as we invest in the youth of this generation. It is truly an honour to be alive during this reform, 60 years of freedom were not in vain.

*'Arise, O compatriots, Nigeria's call obey
To serve our fatherland
With love and strength and faith
The labour of our heroes' past
Shall never be in vain
To serve with heart and might
One nation bound in freedom, peace and unity'.*

This is a cry for a new Nigeria. Happy Independence Day!

Kuye Adesegun Jacobs
3rd course, 6th faculty

■ DEVOTED TO THE INTERNATIONAL STUDENT'S DAY

THE BEST OF THE BEST

Congratulations to everyone on the International Student's Day and the 216th anniversary of our University! Despite the quarantine and the difficult epidemic situation, we celebrated this holiday through our online broadcast on the official website of KhNMU on November 17, 2020. Let us introduce 5 students of the 7th faculty for International students who became the best in nominations "The best achievements in education", "The best scientific achievements" and "The leader of student self-government".

■ MY UNIVERSITY

I FOUND MY WAY TO KhNMU

Coming from a developing country such as Ghana, I wasn't a stranger to the numerous failed systems be it in the Education, Health or Social sector. Though I was fortunate enough to live in the city, visits to the rural areas showed me the poor state of things especially high prevalence of communicable diseases, including malaria, hepatitis B, HIV/Aids, tuberculosis and cholera as well as a rising incidence of non-communicable diseases, such as cardiovascular disease, cancer and chronic respiratory disease and diabetes, among others.



The challenges faced by the Ghanaian healthcare system also include poor hygiene and sanitation, inadequate financial health investments or limited workforce (medical personnel) and facilities. The lack of medical facilities, basic amenities and poor schools were constant in these areas irrespective of location. These deplorable living conditions upset me greatly and made me wonder how I could contribute to improve the basic living in these areas.

As I grew older the thoughts of how I can achieve this were constantly on my mind. I had a natural inclination to the sciences. A quote I stumbled on helped me make up my mind: "Find what you loving doing and you will never have to work a day in your life". A career as a medical doctor afforded me to make positive contributions to my immediate society, impact lives on an individual level, as well as giving me the personal satisfaction of doing something I enjoyed.

I had the thinking that, by becoming a doctor, I will be able to take away the pain and sufferings of others by giving them medical treatment and healthcare and above all, be a source of happiness for many people and their families, because when you give happiness to others, you are the happiest person of the moment.

When I told my dad about my decision, he agreed with me and was very supportive, and recommended that I study in Ukraine, as he himself was a past graduate from a university in Ukraine. Arriving in Ukraine, I was both nervous and excited even though, I didn't know what to expect. With determination and perseverance, I found my way to KhNMU, where over the years I have learnt a lot from amazing professors, doctors. I always got assistance and advice from Faculty Deans, and the Dean's Office staffs were always ready to assist and offer help be it a need of information or solving personal issues. Thank you KhNMU! It was an honour to be here.

Most people value their health above everything else in their lives whether they know it or not. When someone is sick or injured, his or her normal way of life is disrupted and doctors have the incredible opportunity to restore these people's lives to nor-

malcy and even save some from death itself. Therefore being a doctor is extremely rewarding.

By virtue of their jobs, doctors are trusted with sensitive information that most other people would not have access to. Patients share their deepest concerns with their doctors in hopes of being healed. To be trusted to this extent by anybody is a great honour to me.

Just because one is a doctor does not mean one has to see patients all day long everyday. There are numerous opportunities available for Doctors: clinical research, basic science research, journalism, consulting, business ventures, hospital administration, public health, and public policy and Doctors who have the opportunity to see the same patients over and over again build meaningful relationships with them.

In all, the medical field is not very influenced by the ups and downs of the economy. Doctors are always needed so you will not have to worry about a fluctuating job market as much as most other jobs. With my time well spent here, I have made incredible memories and formed life lasting friendships and networks/connections. I have learned quite a lot studying in a multi-cultural environment. I'm happy with the career path I've taken. I can't say the journey was easy, but it was definitely worth it.

Becoming a Medical Doctor will now provide an avenue for me to augment the medical staff strength in Ghana and will also provide the opportunity to help cure some of the numerous diseases spread over the entire country. Veni, Vidi, Vici.

Asiedu James William
6th course, 7th faculty

■ CULTURAL EVENTS

ACQUAINTANCE WITH NATIONAL CULTURES



In 2014, the Culture Fair was founded by foreign students of Kharkiv National Medical University. This tradition is actively supported today.

Every year, students of the V, VI, VII Faculties on Training Foreign Students organize a holiday to get acquainted with their cultures - national dishes, clothes, exotic accessories, etc. This year, under quarantine conditions, it was organized as a virtual event. University students from 15 countries shared their culture and traditions, in particular, they made national dishes of their countries, showed picturesque landscapes, presented dances and clothes.

You can find 21 videos posted by the Sector of Cooperation with Foreign Students of the NGO "Student Council of KhNMU" on the Instagram page. Welcome and join us!

According to the Student Council of KhNMU

STUDY AT KHNMU

BELIEVE IN YOUR PURPOSE

I feel honored and humbled to be nominated. I am grateful to the Dean of the 7th faculty and the University for this honor. This feat is by no means a solitary effort so I appreciate every person, challenge and circumstance that has worked together to get me this far.



To express one's dreams, thoughts and aspirations with words can be daunting. This is because we dream bigger and aspire higher than we can describe with words. We can however plan, make decisions and take certain steps to help us achieve those big dreams and high aspirations.

One of such decisions for me was enrolling at KhNMU in 2015 to become a doctor who assists patients and clients to obtain the best quality of life they could. I must say though it seemed difficult, tiring and downright frightening at times, it has never been regretted. This is mainly due to the grace of God and then the love and support of the family, friends, people met along the way who challenged me in diverse ways to bring out the best in me, and the guidance of the Dean, teachers and staff of the 7th faculty of this University.

On this journey, I realized that although it is good to be motivated and challenged by the people and things around you, it is better to be self-motivated and to be your own competitor. This enables you to set and maintain your standard and principles so that they are not changed and influenced by the actions or inactions and opinions of those around you. Although our destination may be similar or even the same, we have different purposes and agendas.

It is also in a student's best interest to have an outlet. Learning medicine is rewarding and taxing at the same time. If you do not have a means of unwinding and rejuvenating, you might burn out or break-down. An outlet can be hanging out with friends, religion, prayers, team sports and gyming just to mention a few. It is subjective so it is necessary to identify what suits and stick to it.

Studying at KhNMU was even more enjoyable and rich for its diversity of cultures and personalities as witnessed in my group. Amazing group of people that I feel grateful to have met and known all these years.

I feel this would not be complete without expressing gratitude to the people who have helped me get this far. I am eternally grateful to God for health and strength and His unfailing grace and mercies. To the Dean, teachers and staff of this august faculty, thank you for your guidance, I wish there was a space to mention names and Departments because I have met some really great teachers and staff. And enough, it cannot be said about and to our highly esteemed Dean, Oksana Vasylieva, thank you for support and everything you have done to ensure we got the best in order to be the best version of ourselves.

I am also grateful to my friends for the outlet they gave me so I did not burn out. A very big thank to my family particularly to my husband and mother for the prayers, provision and support.

To all, sometimes everything ends up even better than we could imagine. Remember this when the going gets tough and you feel like you are between the rock and a hard place. Believe in your purpose, see the bigger picture and persevere.

Abena Nkansa Koampah, 7th faculty (Ghana)

MY WAY

THE BEST JOB IN THE WORLD!



When I realised I was going to spend 6 years in Ukraine, I had no idea what to expect. Upon arrival, I met people from different countries and with different personalities and moreover, I was the only Nigerian in my group. I was concerned about the misunderstanding that could occur between me and my new environment. Till that moment, I was dealing only with people who looked, sounded and thought like me. Suddenly, I faced up people who saw things differently but somehow we had to work together because we were stuck with each other for a while. We struggled through it at first, but eventually, we were able to find mutual understanding.

The arrival to Ukraine gave me a really unique experience. I got to pick up the new language, meet different cultures and learn new things. I met people which I intended to keep in my life for a long time and made some of the best memories. It allowed me to meet teachers who inspired me to show up to class with nothing but my best and who helped me to develop a good work ethic. It gave me the best friends who would always have my back and who constantly push me to be a better version of myself. Ukraine showed me who I was, helped me to develop my potential and allowed me to cultivate my interests and skills outside studying.

While knowledge is very important for a doctor, one's attitude matters just as much. My medical school experience at KhNMU helped me to develop necessary attributes such as patience, discipline and courage. It also taught me how to communicate with people, even those with who I have no apparent similarities. I'm leaving with the impressive skill set and the confidence that I am ready for what comes next. To the Deans, my teachers who were committed to make us the best doctors and all those who work at the Dean's office and assist with administrative tasks, I thank you. I'm eternally grateful for all you have done for me.

To those I left behind, I'll miss you a lot, still I'm leaving you with a few tips that helped me maximize my time here. Firstly, the worst doctor is the one who knows only about medicine. Cultivate your other interests outside of medicine. Being a doctor is just one part of your life, don't ignore the other parts. Secondly, be open to new experiences. Don't spend all your time in your bed. Try new things. Lastly, I am going to leave you with one of my favourite quotes about being a doctor and ask you to hang in there and to keep fighting. Be committed to your studies, it will pay off eventually.

"It's not easy. If it was, everyone would be a doctor because it's the best job in the world, despite everything, because of everything." Conrad Hawkins, The Resident.

Ahuokpeme Amarachukwu Emmanuel
6th course, 7th faculty

A WAY TO SUCCESS

MY SERVICE TO COMMUNITY

In everyone's life there comes a time when one has to answer certain questions: Who am I? Why am I here? What is my purpose in this life? If I had the power to change the world, what would I do with it? These are life – defining questions that the individual with a definite purpose in life would be faced with or would have to answer at one point of time or the other.



My circumstances were not different as I grew up. My parents had the leading influence in my life and the role models in everything I did. I was raised and encouraged to pursue my studies with utmost freedom and view every challenge as a steppingstone to greatness.

Although I received my formative schooling in Ghana, I was privileged to receive my high school and other higher education in several different countries outside Ghana. As I moved around these countries, I observed the wonderful resilience of people to thrive in spite of their governments rather than because of their governments. But I also witnessed people robbed of their dignity because of abject poverty, civil wars, deprivation, hunger, and diseases. I have seen people die because they did not have access to adequate healthcare due to nonavailability of medical personnel and equipment or they simply could not afford it. All these experiences have contributed to shaping my dreams and aspirations in life. Therefore, I decided to join the profession that brought relief to the sick and thus commenced my journey into the world of medicine with the ultimate aim of ensuring that adequate and affordable healthcare becomes accessible to everyone in the hope that some life somewhere should

one day be saved by this singular quest to make the world a better place.

Growing up, I have been yearning for bringing relief to people in need. This desire was the driving force behind a number of voluntary works I have done over the years. Nothing gives me more fulfillment than seeing people smiling, and more, to know that I was a reason of it. These reasons coupled with my wish to be useful and to serve people motivated me to offer my services first as General Secretary of the National Union of Ghana Students-Kharkiv (NUGS-Kharkiv) and currently as Vice-President.

I must acknowledge and appreciate that as Vice-President I work with a formidable, effective and efficient team and together we have accomplished a number of achievements.

Starting our administration in the peak of the COVID-19 outbreak, a few of our plans for the academic year has had to be suspended. Nevertheless, COVID-19 has pushed us to get creative, innovative and achieve some plans via social media. For instance, we have been able to use our social media platforms to spread breast cancer awareness in the absence of our scheduled breast cancer event. Again, in the recognition of the importance of obtaining additional knowledge, NUGS-Kharkiv started online photography, videography and graphic design lessons which is opened to all.

Despite the pandemic, my team are making efforts to solidify the existing unity among our members and embarked on membership drive to increase enrolment. We attained this through church visitations to promote awareness of the union and have issued membership cards with benefits to our existing members. In an attempt to further improvement on the unity among members, we have succeeded in creating an atmosphere of healthy competition, teamwork and togetherness through the creation of Halls named after certain personalities from Ghana, for members to easily interact and be there for one another. Plans are still underway to successfully accomplish our scheduled annual orphanage visitation.

In addition, we are making inroads towards collaborating and networking to create a welcoming environment for new enrolled and fresh students and to assist them in any way to find their feet.

It has been fulfilling journey both into the world of medicine and volunteerism. This journey has brought to the fore and has added meaning to one of my favorite sayings: "A candle loses nothing by lighting other candles." This journey will surely continue and when the success story is being told, Ukraine and Kharkiv National Medical University will certainly feature as significant contributors to my service to community.

Michelle Marie Addae-Kumi, 7th Faculty (Ghana)

ACHIEVE THE DREAM

MY UKRAINIAN EXPERIENCE!

On the 20th of October 2015, I left my friends and family and embarked on a remarkable journey. I arrived in Kharkiv on the 21st and thus began the reality of studying medicine which for a long time was only a dream.



Everyone who comes to Kharkiv National Medical University (KhNMU) has a unique story. My first year was quite interesting, I had a lot of adapting to do. Two of the things I struggled with most was learning a new language and deciding either to study or sleep during winter. I

also liked the system of small groups for practical classes and general lectures for the stream.

I always believed that medicine can be studied anywhere but the people you meet is unique to where you are. With this knowledge I aimed to be open to learning about the different nationalities I came across.

There is never a story without it's ups and downs. I had my fair share of setbacks in academics, finances and relationships. The important thing I did was to establish a positive support system so I didn't lose sight of my goal in Ukraine.

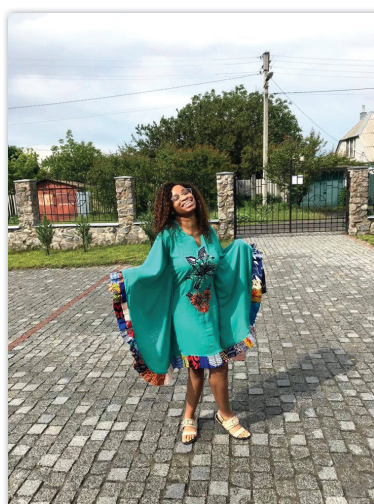
For my junior colleagues especially those in their 2nd and 3rd year, time flies faster than you think so do well to make the best out of your time in Ukraine. Join medical associations, participate in University activities, attend conferences, learn a skill... "Do everything except nothing". Don't be too obsessed on the destination that you forget to enjoy the journey.

A huge thanks to the various departments, doctors and teachers for their great efforts at sharing knowledge with students. I'd also like to appreciate the Deans and members of staff of the Deans Office for their countless assistance to students. Finally thank you to KhNMU for helping me achieve my dream.

I'd like to leave you with this quote, "if you try and fail, congratulations! Most people don't even try". Your efforts always count for something so keep giving your best! Thanks for reading my story.

**Jaconomi Tosanwumi Felix (Nigeria),
6th course, 7th faculty**

THE MODERN FACE OF OUR UNIVERSITY



«Medical University»

Registration certificate HK No. 2098 - 839 of 05.03.2014

Founder — Academic community of
Kharkiv State Medical University.
Issued twice a year

Editorial office: 4, Nauky Avenue, Kharkiv, 61022
Main building, 5th floor, phone 707–73–60
e-mail: info@knmu.edu.ua
www.knmu.kharkov.ua

Certificate of Registration №178 dated September 15, 2000

Approved for print 24.12.2020. Format 60 x 90/4.
Offset paper. Font Pragmatica. Offset printing.
Conventional print sheets 3. Publisher's sheet 4.
Circulation 500 copies. Order №12/24.
Printed at «Kontrast» Publishing and
Printing Enterprise. Nauky Avenue 40, app. 231,
Kharkiv, 61166, Ukraine
www.kontrast.kh.ua



The editorial office holds no responsibility for information
accuracy. Original manuscripts are not revised or returned.
The opinions expressed are those of the writers and are not
necessarily the official view of

Kharkiv National Medical University.

Editor-in-Chief V. Zakharevych

**In charge of the issue the Head of the
International Relations Office Anzhela Stashchak**
Translators Anna Kurach, Valeriia Koliesnikova,
Nataliia Brezhnieva, Inna Chernysh, Daria Shliakhova