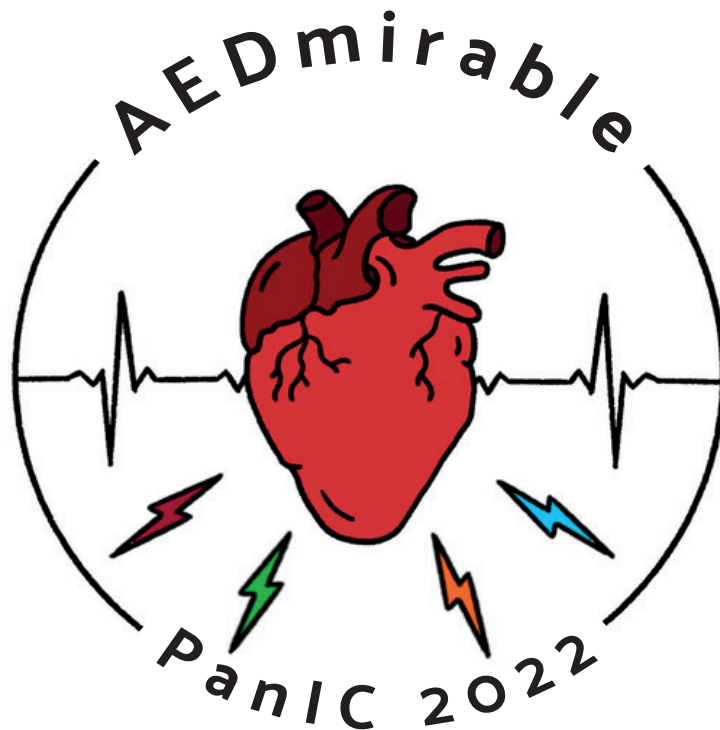


Introduction booklet
M.F.V. Panacea



Makes your heart beat faster!

Introduction Medicine 2022

- 02/09: 1st faculty introduction day
- 03/09 - 05/09: Introduction camp
- 06/09: 2nd faculty introduction day



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Thanks!

We as PanIC '22 would like to thank a few people for making an effort for our **AEDmirable** introduction. Firstly, we would like to thanks all the speakers on the faculty introduction days. Secondly, we would like to thank drs. Van Lammeren and mayor Schuiling for their prefaces in this booklet and Volonté for providing the drinks during the camp. Lastly, we would like to thank PanIC '21 and the board of Panacea. Thanks to you it will be an **AEDmirable** camp!

Preface Chairwoman PanIC '22

Dear future medics,

It is my honour to welcome you to the most wonderful study in the most beautiful town. After the struggle for the selection, your life as a medical student is finally going to start. You are at the beginning of a special period of your life and we will do everything to make this as **AEDmirable** as possible!

Last year, we of the Panacea Introduction Committee (PanIC'22), met every Tuesday to make sure you would have a well-deserved, **AEDmirable** introduction. We have put in blood, sweat, tears and drinks to become a capable team, to do the job. Together, we're going to organize a camp that will provide endless, wonderful memories. We are already so proud of what it is going to be, and hope you will enjoy it!!!

We will kick off the introduction on Friday with a faculty day. On this day you will experience the faculty of Medical Sciences as a student for the first time and the "Panacea afternoon" will take place. Then you will get to know your mentorgroup, the faculty, the study association and the study itself better. The mentor group will be your support for the rest of the weekend. Be sure to ask your mentors lots of questions about the study and everything else, because they have lots of tips and tricks! Afterwards, we will have an **AEDmirable** barbecue at the Hoornse Plas. After the necessary burgers and drinks, we will go to the city centre, where the seduction party will take place until the early hours. It will be a short night sleep, because the next day we will be going to the oh-so-beautiful Ellertshaar. Here you will become a close group by doing various activities and assignments together. On Saturday and Sunday evening there will be the parties you really don't want to miss! At the end of this **AEDmirable** weekend, after the return on Monday, there will be a final faculty day on Tuesday.

Sign up for the introductory period and have a weekend with us to talk about for years to come!

See you on September 2nd,

Vera Luning
President PanIC'22



Fabian, Karst, Ivar, Anneli, Mila, Eline, Wessel, Anouar,
Anna-Mae, Zain, Suzanne, Jorrit, Jilde, Elise
Vera, Marijn

Preface Chairwoman M.F.V. Panacea

Dear first-year medical students, dear member of the M.F.V. Panacea,

First of all, congratulations! You have secured a place at the most beautiful study in the best studentcity in the Netherlands. You survived the decentralized selection and the final exams, and now your studentlife is about to start!

The Medical Faculty Association Panacea will make sure you get this time off to a good start and remember it for the rest of your life. The association, named after the Greek goddess of the remedy, has been committed to representing the interests of medical students in Groningen since 1987. This is done in the field of education, but also beyond.

Panacea organizes many activities, ranging from trips abroad (ski trip, foreign trip), education-related activities (career evenings, symposia), and the year is also full of fun drinks and (themed) parties! Panacea also offers benefits such as a discount on the purchase of textbooks and reduced rates or free access to activities.

In short, as the largest Medical Faculty Association in the Netherlands, Panacea offers something for everyone. Whether you want to deepen your studies by following a first aid course, or you want to show your sportiest side during the annual volleyball tournament. There is a lot to do! To make all this possible, Panacea has 33 committees. If you would like to contribute to the association with a motivated group of medical students, make sure you apply for a committee!

All the fun events, parties, lectures and ofcourse the exams, make your medical student days fly by in no time. Luckily you still have 6 years ahead of you, enjoy!

For now, an **AEDmirable** introduction awaits you first. In the past year, 16 enthusiastic first-year students have worked hard to create an unforgettable introduction period for you. As PanIC (Panacea Introduction Committee) they will ensure that you are aware of all the ins and outs of the study and take you on an **AEDmirable** introduction camp where you will make friends for life!

We are looking forward to meeting you all and making it an unforgettable year together.

On behalf of the 36th board of M.F.V. Panacea,

Kris Wieringa
Chairwoman of the M.F.V. Panacea



From left to right:

Roos, Iris, Kris, Silke
Sywert, Silke & Merel

36th Board of M.F.V. Panacea

Kris Wieringa - Chairwoman

Silke Kok - Secretary

Roos Ringenier - Treasurer

Iris Mulder - External Commissioner

Silke van Belkom - Internal Commissioner

Sywert Westerhof - Educational Commissioner

Merel Rozema - Master and Career Commissioner

Preface bachelor coordinator Medicine

Drs. Anne van Lammeren

Dear first-year students,

Welcome to the Bachelor of Medicine program of the Medical Faculty of the RUG.

At the time of writing this word of welcome, we as a faculty are very happy to be able to offer full physical education again. The lecture halls are filled again and in the faculty building there is laughter and murmuring. It is nice to have so many students in the faculty again.

The selection day was unfortunately still organized online in February instead of physically in the Aletta Jacobshal in Groningen. This means that some of you have not yet seen our beautiful faculty and perhaps have never been to Groningen. It is then quite exciting to start here in September and to find living space in time.

Coincidentally, last week I read a short piece about the selection medicine in Medisch Contact (MC, year 77, April 2022, no.17). The MC is the weekly journal of the Koninklijke Nederlandsche Maatschappij ter bevordering van de Geneeskunst (KNMG). This doctors' federation represents the interests of doctors and medical students. In it, it was written that Groningen is the most popular medical school among prospective students this year! That is good news and we are proud of it.

How will the study start in September?

As things stand, we assume that it will be possible for everyone to come to Groningen at the end of August and participate in the faculty introduction.

We will receive you at the faculty for the introduction meetings; these will be given by the course directors of semester 1.1 Prof. Dr. Bos and Dr. Kosta.

In the beginning you have to search for the right buildings and teaching spaces and you will see a lot of people mixed up. Some are enthusiastic, curious, others are a bit awkward, shy, but soon everyone makes contact with each other. And that's important!

We think it's very important that you make friendships. You can learn a lot from each other and help each other, especially in such a first period when everything is new.

What do we want to teach you in the bachelor:

1. First and foremost, we want to teach you to have a good student life in which studying and a private life are balanced. Per week you will spend about 12 hours in the faculty for teaching and need about 26 hours for self-study.

The remaining time you can spend on friendships, sports, participation in associations, rest, jobs, parties etc. Panacea, student associations and the city of Groningen have a lot to offer in terms of activities.

Gradually you will learn that you are responsible for your own studies and the choices you make.

2. Medical knowledge:

The semester will start with large-scale teaching (lectures) in the large lecture halls in the faculty and in the UMCG and you will be assigned to small-scale teaching (coach and tutor groups). The curriculum is problem-based and patient-oriented, which means that we start each theme with a patient lecture. In it, a patient talks about his/her complaints, but also about what it means to be sick and the consequences this has for someone's life and what role you can play in this as a doctor.

In the tutor group you discuss together the questions that a patient lecture has raised. Then you study and share with each other the knowledge you have gained. This unit of study is called Causes of Diseases and in it you develop your medical knowledge. In the tutor group you also learn some competencies, such as becoming a good chairperson, giving presentations and most importantly, working together with everyone.

3. Competency development:

Besides developing medical knowledge, competence development is also very important, maybe even more important. For this you will be assigned to coach groups or science groups.

In the first coach meeting (professional development) we will ask you about the reasons why you want to study medicine. What is your inspiration for becoming a doctor? It is special for you to start studying medicine at a time when society has changed due to the COVID-19 pandemic. All over the world, doctors are seen as “heroes” and you hear stories of doctors and other health care providers working day and night to help patients. Is that also the image you envision of a doctor, someone who tries to heal people and is always ready to help patients?

You may identify with the doctors who do scientific research and who have worked to develop vaccines for Covid-19. On television, you hear doctors speaking who are in policy-making roles and from a health organization, such as the WHO, advising governments on how to deal with a pandemic. There are doctors who call attention to the less fortunate in the world and make clear the impact of a pandemic on vulnerable groups. You will, during your studies All over the world, doctors are seen as “heroes” and you hear stories of doctors and other health care providers working day and night to help patients. Is that also the image you envision of a doctor, someone who tries to heal people and is always ready to help patients?

Or you may identify with the doctors who do scientific research and who have worked to develop vaccines for Covid-19. On television, you hear doctors speaking who are in policy-making roles and from a health organization, such as the WHO, advising governments on how to deal with a pandemic. There are doctors who call attention to the less fortunate in the world and make clear the impact a pandemic will have on the vulnerable. You will be introduced to doctors during your studies who are eager to be inspirational role models for you and share experiences and knowledge with you.

Last year we asked the medical students to help in the Covid care, within an hour we already had many applications! For example, the Coronapoli in the UMCG was manned by medical students. As a faculty we are proud that so many students are so committed.

Learning to work together, support each other, deal with cultural diversity, and have respect for each other are important competencies that we pay attention to in our education.

Sometimes during the course of your studies you may find that the program does not meet your expectations or perhaps the program does not suit you. That happens.

Talk about it with your fellow students, but also with your coach, your tutor, the study advisor or with me. We are here to guide you through the bachelor phase.

Finally, we hope to welcome you at the end of August in good health and we look forward to getting to know you and learning a lot about this wonderful profession.

I wish you a happy summer,

Kind regards,

Dr. Anne van Lammeren, *Program leader Bachelor of Medicine*

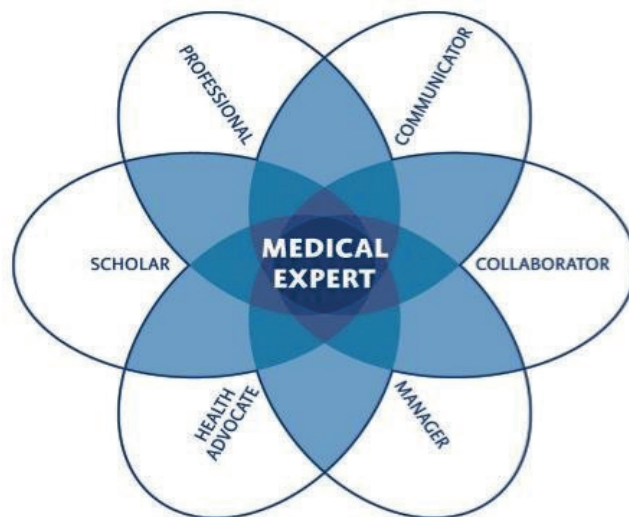


Introduction learning communities

The future physician will have to deal with complex, changing care because of rapid acquisition of knowledge, technology and globalization. Hence, to become a good doctor, not only the development of good basic medical knowledge is necessary, but also that of competences.

The competencies are adopted from the CanMEDS model (developed by the Canadian Royal College of Physicians and Surgeons), which distinguishes seven 'physician roles'; as a medical expert, as a communicator, as a collaborator, as a leader, as a health advocate, as a scholar and as a professional. It is pictured as a flower with six leaves, with medical expert in the centre and the other competencies surrounding and partly overlapping the medical expert and each other.

You will receive competency-based education in the Learning Communities, and four LCs have been created; Intramural Care (IC), Sustainable Care (SC), Innovative Medicine (IM) and Global Health (GH). A Learning Community is a small academic group, in which you collaborate with peers on assignments, follow communication training and involve yourself in your own learning process and professional development. Within each LC you will follow competency-based education within the context of your LC. Education in SC, IC and IM is in Dutch and GH is in English.



THE
CANMEDS
ROLES FRAMEWORK

Mayor Schuiling

Dear first year Medicine students,

In the time that you are a student, everything is possible. It is a time of freedom that gives you the possibility to explore life. Studying in Groningen is special, because Groningen is a city full of students. You'll notice this everywhere in the city. The many students here create an ambience of creativity and regeneration which fits well here in the city of Groningen.

Groningen is a true City of talent. Talented students will get many opportunities at every level. This can be in the field of science, but also in things like sports, arts or music. Of course, we would like to lend a helping hand. The municipality of Groningen, the Rijksuniversiteit, the Hanzehogeschool and the UMCG work together to further develop Groningen as a city of knowledge and innovation.

Many of the more than 50.000 students in Groningen are an active member of one of the sportclubs, study associations or student fraternities. If you become a member of M.F.V. Panacea, you'll be one of those students! Panacea will give you the opportunity to relax, especially after another Progress Test! Furthermore, Panacea gives you the chance to explore your personal interests, to make new social contacts and to orientate outside your field of expertise. These aspects are important for someone who prepares for a career in health care.

In the end, it all comes down to being together and experiencing things together. You will need your fellow students and friends for this. To grow. For a lifetime with Panacea. My final advice would be: take that opportunity!

Koen Schuiling
Mayor of Groningen



AEDmirable 11



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PARTY

2 SEPTEMBER SEDUCTION PARTY

Location: Club Kiwi, Peperstraat 19
Time: 22:00 - 3:00
Theme: WHITE LIES



Wardrobe €1,-
Doors close at 23.30

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Introducing PanIC '22



We are the PanIC, the Panacea Introduction Committee and we have been busy for the past year, creating the **AEDmirable** introduction days and of course the **AEDmirable** camp. The PanIC consists of sixteen first year students, making us the biggest committee of the Medical Faculty Association Panacea.

The PanIC consists of four subcommittees, also called subcies, sharing the responsibility of creating an unforgettable introduction period. Firstly we have the **Offcie**, they make sure everything runs smoothly. This subcie is composed of our Chairwoman, Vice-Chairman, our Secretary and the Treasurer. Thanks to the **KookCie** there will be lots of delicious food during the introduction. Additionally they have put together this **AEDmirable** booklet. The **Kampcie** puts together an **AEDmirable** program for the introduction camp and makes sure the best mentors will guide you during the introduction period. Last but not least, the **Feestcie** plans the best parties at amazing locations. Their great music will definitely get you onto the dancefloor.

So allow yourself, before you dive into your studybooks, to join an **AEDmirable** introduction and let's stick together!

Offcie



Anouar, Jorrit, Eline & Vera

This year the **OffCie** is seen in a **AEDmirable wine red color**. The serious business concerning this AEDmirabele camp can be left to the four of us. Together we try to steer the group in the best possible way to organize this great camp. The chairwoman (better known as the VO) is Vera. This power woman is the only one who knows how to get this group quiet during the meetings. Fortunately, she is not only serious, but also loves a good joke. Vice Vo El Jorito (Jorrit) is supposed to take care of everything. With his beautiful Frisian accent he will try to collect as much money as possible. The task of the secretary this year is fulfilled by Anouar. This great social guy keeps track of everything. He is always there for everyone and makes sure everyone gets home safely after a somewhat escalated evening (takes a while before you can go home, because he always has to say goodbye for a long time). Last but certainly not least, we have the woman of the money, the treasurer Eline. This sweet girl looks after the money as much as the rest of PanIC. With a golden heart and voice, you can also find her on stage!!!!

OFFcIE HOOOOOOOOOG!!!

KookCie



Anneli, Suzanne, Elise & Fabian

The one and only and also the oldest Cie, the **KOOKCIE LOVEEEEE**. They consist of our four amazing kitchen stunners! Among which, the **KookCie** Vooooo (chairwoman) Suus aka Pip aka Suzanne, who keeps this chaotic crew together. She will also make sure, there will be something to eat on the table. At the **AEDmirable** camp, she's shining in her beautiful **KookCie endive-green color** and is taking care of a cosy atmosphere, both in and outside of the kitchen. There's a chance that you'll overlook her at first, since she is not the tallest, but she will definitely compensate this in other ways! ;) Someone who also cannot be missed is our incredible K3-, ABBA- and every other song existing- singer Anneli aka lietje :)). Anneli is our creative and talent member, which clearly can be seen in this **AEDmirable** introduction booklet!! Only a real **KookCie** star will be able to make such a masterpiece of course! This sweet girl will make sure that everyone is eating well and also loves to share her singing and dancing skills afterwards, so make sure to stop by during the **AEDmirable** party for a dance battle!!!! Of course we have another amazing member in **green**, the one and only Elise aka Bouqjuh aka boekoedoekoe. This darling girl has the best quotes that will make everyone burst into laughter, we promise! She will also make sure that everyone can enjoy the food, and by this we really mean EVERYONE!!!! Boekoedoekoe is our allergy gal that makes the most delicious recipes, this way even the people with allergies can enjoy themselves at the **AEDmirable**camp. What else would **KookCie Loveeee** be?! Last but not least, we present to you our fantastic BBQ chef Adje (which means to chug a beer) Sheeran, also known as Fabian. He as well can be recognized by his beautiful **endive-green KOOKCIEEE overall** but also by his beautiful bolognese-red hair, the color of **KookCie love** <3333. He is always showing off, both in the kitchen and at parties, so please come chug a beer with our Ad!!! Ps. inside info: he's the only one out of the **KookCie** that actually knows how to cook!

ENJOY YOUR MEAL XXX

Kampcie



Jilde, Anna-Mae, Wessel & Ivar

Hiii, we are the **Kampcie**, recognizable by our **AEDmirable orange overalls**. We are the most important subcommittee in the panic, maybe even of the whole association Panacea. That's why it's a good thing we have the four most perfect members you can think of. Ivar (right), our chairman, is our PanIC teddy bear. He loves to party and is known to invite us all to his home so we, as the PanIC, can trash his living room once again. Anna-Mae (mid-under) is the busiest person in our committee. Besides PanIC she also is active at the rowing association Aegir and ladies dispute Xora. If you are interested in an association or a dispute, feel free to talk to her! She is a really hard worker and she knows how to manage us when Ivar loses overview. Wessel (mid-above), also a dispute-tiger, is our comedic relief. He always makes us laugh as he is the funniest guy in the PanIC. You should ask him to do his signature dance moves on stage (for every time you can actually get him on stage the other three of us wil chug a beer). Last but not least, there is Jilde (left). She is the sweetest girl in PanIC, I dare to say the sweetest girl of the whole study. She can also be a real fierce lady who knows what she wants, and she'll do anything to get it. Obviously we are very lucky to have all these four people! We will make sure you won't get bored during camp as we'll organize all kinds of fun activities. If you aren't extremely excited yet, we don't know what else to tell you. Anyways we are really looking forward to the introduction! So keep in mind:

THERE IS ONLY ONE CIE, KAMPcie!!!!!!

Feestcie



Karst, Marijn, Zain & Mila

With pride, I present to you the **Feestcie**, undoubtedly the wildest and craziest Cie of the PanIC. This year, at our **AEDmirable** camp you will find us in a beautiful **light blue color** or as the loudest people in the crowd. Our motto is 'niks moet, alles mag', ultimately meaning nothing is a must, but anything is allowed. Our expertise is throwing parties, and as the ultimate party animals we will also organise this for you! The head of **Feestcie** is our trusty Marijn. Every party is brought to life with her energy. Partying by yourself is of course not fun. Luckily that never happens with the **Feestcie** because our amazing Zain (also known as Zina) is always ready for any party. Because of her international background, she knows all lyrics from start to finish of EVERY song. Looking for a good karaoke partner? You won't find someone better than Zain. Of course we CANNOT forget that we have our darling Mila. This incredible Frisian lady can chug a beer faster than anyone in the **Feestcie**. A big win if you ask us. So, if you are in need of a challenge, don't shy away from challenging her to chug a beer. Then, our one and only **FEESTCIE GEKSTIE CIE GEM**, I present to you: KARST. Next to his three girls, who are a handful must I say, he seems relatively calm. But of course, this is nonsense, because Karst is one of the biggest party lovers we have in this cie. I recommend knocking on his door for an active morning when you have a hangover. Luckily he is so sporty because the three **Feestcie** girls are definitely not going to carry all those beer crates! P.S. this party animal can also tell you how to relieve a hangover in a healthy way. All four of us love to wear the most **AEDmirable** outfit, so don't be shy and come to us with your most extravagant outfit at the parties. We cannot wait!!!! To finish off, we have one more very important thing to say. Who is the craziest CIE?



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PARTY

DON'T MISS THIS PARTY AND
SIGN UP FOR THE INTRODUCTIONCAMP

3 september

INSON
PARTY

LOCATION; ELLERTSHAAR, INTRODUCTIONCAMP
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Adresgroep Medische & Vrije beroepen
Facilitator & Accountant

PanIC song 2022

To the tune of: Good time - Owl City & Carly Rae Jepsen

This year you will make a whole lot of friends
Let's hope, study medicine will never end
Sign up for the camp, yeah the camp alright
Panacea makes your future bright

We will have a party never seen before
So go get your outfit in the solow store
Sign up for the camp, yeah the camp alright
Cause panic brings you good times

You'll learn many new things
Anatomy and drinks
My favourite studyyyyyyyyyyyyyyyyyyy
We don't even have to try
camp will be a good time

wohohohohoow
wohohoho- panic brings you good times
wohohohohoow
we don't even have to try
camp will be a good time

Feestcie, are the party animals, you know
everywhere they are they put on a show
KookCie, knows that love is served on a plate
They'll make sure your food is great

Kampcie, they will get you a place to stay
Don't worry they'll get you many games to
play
Offcie, wants to keep everything in check
with a tie around their neck

You'll learn many new things
Anatomy and drinks
My favourite studyyy
We don't even have to try

camp will be a good time

wohohohohoow
wohohoho- panic brings you good times
wohohohohoow
we don't even have to try
camp will be a good time

wohohohohoow
wohohoho- panic brings you good times
wohohohohoow
we don't even have to try
camp will be a good time

what you waiting for?
Camp will be a good time
join us and explore
Camp will be a good time
we can shout once more
Camp will be a good time

CAMP WILL BE A GOOD TIME
wohohohohoow
wohohoho- panic brings you good times
wohohohohoow
we don't even have to try
camp will be a good time

wohohohohoow
wohohoho- panic brought you good times
wohohohohoow
we can't wait to see you all
camp will be **AEDmirable!**

Quiz: Which SubCie are you?

We as PanIC consist of 4 **AEDmirable** subCies, each with its own task (and traits).
Find out below which subCie you belong to !!!!

1. *What time do you get up on a weekday?*

- A) Get up early to make a nice breakfast (1)
- B) Get up? I snooze one more time (2)
- C) Depends on what time my breakfast comes to bed (4)
- D) Early, I have to come from my parental home (3)

2. *How do you sit in the lecture hall?*

- A) Not at all (4)
- B) Shit, my pencil breaks from diligent writing (1)
- C) Did we have a lecture? We had a party, didn't we? (2)
- D) Does anyone want to take notes? I'm busy. (3)

3. *How tall are you?*

- A) HOOG (HIGH) (4)
- B) Low (2)
- C) Under 1.60 meters (1)
- D) 2.00 meters (3)

4. *It's your turn to cook. What are you making?*

- A) Cooking?, I'll call the cafeteria (2)
- B) I would like some snails from France (4)
- C) Pasta BOLOGNESE or stew ENDIVE(1)
- D) Pancakes (3)

5. *What do you drink on the terrace?*

- A) MIMOSA (4)
- B) Shot of Goldstrike (3)
- C) Let's go on SAFARI (2)
- D) Pop the prosecco (1)

6. *What is your favorite color?*

- A) Light blue (2)
- B) Green (1)
- C) Wine red (4)
- D) Orange (3)

7. *Where can you be found at a party?*

- A) On the dance floor (2)
- B) In the VIP lounge (4)
- C) I'll get the snacks! (1)
- D) I'm on my way! (3)

Add up all your points and find out:

7-10: You belong to the moooooost fun and loving Cie, the KookCie! Will you join us in the ever cosy kitchen at the camp?

11-16: You are present at every party. No wonder you belong to the Feestcie! Don't forget to drop by during the party to show off your dance moves!!

17-22: You are really good at organizing and planning fun things. This is very important for the Kampcie to keep the activities going! Will you come and compete against us?

23-28: You belong to the Offcie, which means that you think very highly of yourself (just kidding!). Be sure to have a chat with us and ask all your questions too!

P.S. for explanation, find Jorrit a.k.a. Vice-Vo

A day as a student

Monday, 28 March 2022

It is half past one in the evening and I am just about to go to bed. Suddenly, I hear my phone from the lung transplant team ringing. This means that an transplant is going to take place and I have to be there. I'm a bit tired, so I quickly drink 2 cups of coffee and get on my bike to go to UMCG.

four hours later and I can finally go home. I go straight to bed and still manage to get five hours of sleep. After the morning I have had, I have to get up again for a medical communication training. I eat and shower quickly before I leave, as I have snoozed my alarm clock one too many times.

When I arrive at the session, I see that the other nine members of my group are already there. Everyone talks to each other about their weekend. Then we start talking about the best way to give a patient difficult news. The student next to me said, he wished he had known this earlier, because yesterday he could have used it perfectly in a conversation with a friend.

The next lecture is at 15.00, so I sit down with a few others at the Grote Markt. This gives us a break so that we can go to the next lecture full of energy, as my day does not end here. I have a tutor from 18.00 - 20.00. Here, we sit with nine other students and a master student. On Wednesdays we go through all the study material for the week and divide it among ourselves. Today is Monday, which means that everyone gets to present their part to the group. On Wednesday, I asked if I could explain the physiology of the lungs. I already know a lot about it from learning it in practice at the lung transplant team and I think it would be fun for the group to bring the subject matter to life for them.

Tutor is finished and at least I have completed all the compulsory things for the day. I see all kinds of messages in the group app of my committee (PanIC!!). It's about where we will have dinner and who will go to Volonté, the faculty bar, later in the evening to end the day. I immediately sign up for dinner and while I'm eating I realise, I'm going with the PanIC to volonté and it's going to be a late evening again. There's a big party and all my friends from the study are present, but at three AM I'm really tired and I go home after a small stop for a doner kebab roll or a chicken burger from 'de hoek'. This is the most famous student snack bar in the city.

This is a day of my life, a first year medical student. I hope your time as a student will be as much fun as mine!

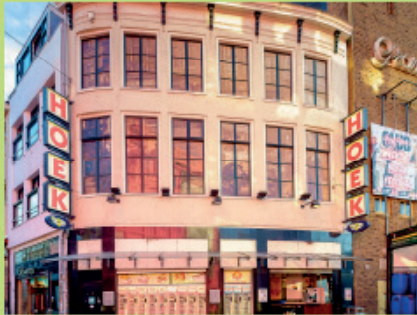
Wessel,
First year medicine student

The hottest places in Groningen

A PEAK IN THE MOST BEAUTIFUL CITY IN THE NORTH

HET NOORDERPLANTSOEN

In the summer, there will be a moment that you can't stand the heat in your dormroom. So to the escape this heat you should visit this public park. Grab a beer with some friends and have a chill day in 'het noorderplantsoen'.



DE HOEK

When you feel hurt from partying all night, this is the best place to step by. You can find all of your favourite snacks right here, even our speciality an eggball. A big benefit from this place, it is located just 30 meters away from the nicest bars.

DE ACLO

Do you like it to sport after a long study session? Buy an ACLO card and you can enjoy all kinds of sports. You can participate in small groups or even dive into the pool.



HET FORUM

And last but not least, het Forum. This is a multicultural place where you can do almost everything, from studying until watching a movie. But the most spectacular place is the view upon the roof.

The hottest place in Groningen

A PEAK IN THE MOST BEAUTIFUL CITY IN THE NORTH

DE UURWERKER

If you want to grab a bite or have a drink at a lovely place, you really should check this one out. We're sure you will like this place.



DE CMB

Started a little late with studying for your the test? No problem, one day in the CMB (Central Medical Library) and you will be back on track in just a second. No one will disturb you and it is placed right in the faculty.

DE NEGENDE CIRKEL

It is always a great time to have a party! And when you study medicine, you really can't skip this bar. Every time you go in, you'll see friend from your study and you'll make memories that you will never forget!



DE VISMARKT

Do you like fresh fruit? Or are you more a fish fan? Either way you should visit this market sometimes!

M.F.V. Panacea

For some students, the student life only exists of lectures, tutorials and books. Students who look beyond those borders will notice that there is more to student life than just a certificate. Panacea gives you the opportunity to relax and socialize with your fellow students. The association also gives you the opportunity to expand your personal interests and to orientate yourself outside your own field of expertise.



The Medical Faculty Association Panacea (M.F.V. Panacea) has been established in 1987 and represents the interests of medical students in Groningen. Every medical student in Groningen is able to join the M.F.V. Panacea. The association, named after the Greek goddess of remedy, is currently established in the basement of the faculty building.

Panacea organizes a huge number of different activities every year. The introduction for all first year students will probably be the first experience you have at Panacea, but it will definitely not be the last one! Other activities organized by Panacea include a galaball, a trip abroad, a symposium, a musical, sports activities, a Career Event Panacea, etc. Besides that, there are different groups of students within Panacea who participate in the evaluation of the education or indulge in medical subjects which are less addressed in the curriculum. Examples of this are first aid, tropical medicine, cultural activities or humanitarian work.

A membership of Panacea offers you a lot of benefits, like:

- Discount on your study books and instruments (lab coats, stethoscopes and reflex hammers);
- Reduced or free access to all activities organized by Panacea;
- Help with your study (practice exams, internships via the career page, tutoring);
- The opportunity to become an active member of Panacea together with your fellow students in a committee;
- Social contacts, amazing experiences and lots of fun!



Universitair Medisch Centrum Groningen

How do I become an active member?

As soon as you become a member of Panacea you can choose to visit some activities every now and then and gain from the discounts on your study books. But what is more exciting than becoming an active member and organizing all kinds of activities together with your committee? Within Panacea there are more than 30 committees that take care of all the activities of Panacea. There will be applications in September to form the new committees. After the introduction period, you can log on to www.panacea.nl to let us know that you are interested in doing a committee. So do you feel like doing something besides your study? Do not hesitate and approach your mentor, someone of the PanIC, the board or someone else you have met at the Panacea afternoon and keep an eye on the promotion in September!



Foundation Sociëteit Villa Volonté

Dear firstyear medical students,

Villa Volonté, you may or may not know it already. Over the last 40 years we've received you at our bar for parties, activities, or a cold beer after a long day of studying. Villa Volonté is a bar for medical students, by medical students. This includes Medicine, Dentistry/ Oral care, Human Movement Sciences, and Pharmacy. A long time ago we were settled in the faculty, but since the beginning of this century we've moved to our beautiful bar at Schuitendiep 86. We are a group of about 70 enthusiastic students who keep the bar up and running. At Villa Volonté we love to have a drink, chat, and play games with each other and everyone who comes by. So, for the next time you are craving a nice, cold beer; we would love to see you in our beautiful

Villa Volonté!

Greetings on behalf of all members,

Silke Plat

h.t. Voorzitter der Stichting Sociëteit Volonté



Verzekeringspakket voor studenten

- + Inboedelverzekering
- + Ongevallenverzekering
- + Aansprakelijkheidsverzekering
- = [vaa.nl/studentenpakket](https://www.vvaa.nl/studentenpakket)

vanaf
€2,76 per
maand



De stem en steun van zorgverleners





Committees

The Activities Committee: AkCie

The AkCie organizes several different activities. A few examples are a day at Walibi, a hitchhiking contest and of course a diversity of theme parties, like "Proud to be Golden", "What would you be without your corona degree" and a fantastic party at the end of the year "CSI".

The Almanac Committee: AlmanakCie

This committee provides you with the yearly free Almanac which includes all Panaceamembers with their names and photo. This results in a beautiful and indispensable book for all medical students. Moreover, the almanac contains the many contributions of all the committees of the M.F.V. Panacea, medical specialties, students and others.

The Benefit Committee October: BeCO

The BeCO raises money for charity organizations by organizing several activities. The committee organizes one of the biggest Panacea-theme parties, where all the students come in the greatest outfits. Other activities include lectures and daytime activities such as paintballing.

Bachelor's degree, Parent's day and College Carousel: BOCCie

Hundreds of 4-VWO students come to Groningen every year to get to know the Medical Faculty. To give these secondary school students a good look at the different studies, the BOCCie organizes an all-round tour and workshops. Next to that, the BOCCie organizes a Bachelor's degree ceremony and the yearly parents day, so the students can show their parents what they do during their study.

The Trip Abroad Committee: BRC

Far journeys related to medicine are made possible for medical students by the BRC. In previous years, trips were organized to e.g. Sofia, Zagreb, Bologna, Newcastle, Tuscany, Istanbul, Berlin, Madrid, Valencia, Krakow, Barcelona, Prague, Warschau, Budapest, Turin and most recently to Portugal.

The Career Committee: CARCie

This year, the Career Committee was formed. This committee will organize a number of career nights. These will focus on a particular specialty within Medicine; from Sexology to Forensic Medicine, you can immerse yourself in anything!

The Career Event Panacea Committee: CEPCie

The CEPCie organises a symposium with interesting workshops and Inspiring speakers. Every year a different central theme will be chosen. Themes of the previous symposia have been medical technology, sex, medical failures, neonatology, and medical help in case of disasters.

Co-outdagcommissie: Co-out

This committee organizes a day out for all freshmen master students, to give them an unforgettable day in between the internships!

The Culture Committee: CuCo

The CuCo organizes a diversity of activities with a cultural touch. Over the past few years, the CuCo has organized a poker tournament, a wine tasting, traditional Dutch game night and a Running Dinner.

The Gala Ball Committee: GalaCie

The annual gala is organized by this committee. The gala is a stylish and fabulous event that is well-known in the student world. In previous years, the gala had themes like "Enchanted Forest", "Ice & Fire" and "1001 nights".

The Panacea band: 'Hart Geruis'

The M.F.V. Panacea has her own band which consists of only medical students. The band performs during activities of the M.F.V. Panacea, but also at events like parties and Galas of other student associations.

Medical Aid by Student Help: MASH

Every year this committee takes care of the collection, packing, transport, and shipping of medical goods for a hospital in Tanzania.

Masterraad year 1: MR1

The master council is the year representation of the first-year master students. This committee organizes all kinds of different activities (the master council symposium, monthly get-togethers for the master students, lectures and courses), but also contributes to the evaluation of the education of their year.

Masterraad year 3: MR3

The CSO is the year representation of third-year master students. They also organize all kinds of different activities such as lectures, drinks and a co-out day. This committee is also closely involved in the evaluation of their year.

The Musical Committee: MusicalCie

Once every two years there is a big Panaceamusical, with both the cast and the orchestra consisting of medical students only. In 2019, the musical "Grease" was performed at the Stadsschouwburg.

The PanEssay

The PanEssay is the magazine of the M.F.V. Panacea, that appears four times a year. They also have a website, where you can find lots of funny and interesting articles. Pretty much everything in the magazine is written for and by students. Topics are Panacea events, education and the healthcare system.

The Photo Committee: Pan-F

At all the activities of the M.F.V. Panacea the Pan-F is present to take pictures. The pictures are uploaded to the website of the M.F.V. Panacea where people can view them. The Pan-F also provides most of the pictures for the PanEssay and the Almanac.

The Panacea Introduction Committee: PanIC

The PanIC takes care of the introduction for the new first-year medical students. This committee always consists of sixteen first year students of the previous year. During the introduction, the PanIC makes sure that the new students will meet each other and will feel at home at the faculty and the M.F.V. Panacea.

Pre-Master Medicine Committee: PMG-Cie

The Premaster Committee organizes activities for Premaster students. Next to the drinks, they organize an educational activity like a workshop intubating, and an end-activity to celebrate the end of the year together.

The Sports Committee: SpoCo

This committee organizes several physical activities. The ski-trip, the beach volleyball tournament and the participation in the Batavierenrace are annual events. Next to that, different activities such as ice-skating, paintball and a soccer tournament are organized.

The Tropical Medicine Committee: Tropen

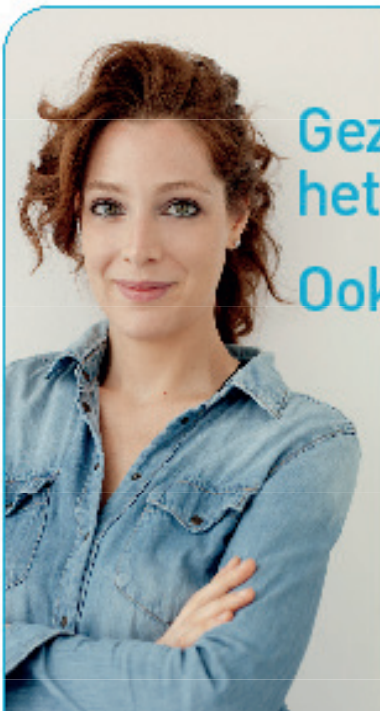
This committee organizes a so-called 'project of choice': 'Tropical Medicine'. Every year many second-year students choose to take a closer look at this specific part of medicine.

The First Aid Committee: UrgenCie

This committee organizes first aid courses for medical students. Next to that, they organize workshops about various aspects of first aid such as burns, applying casts and stitching.

Year Representation: YR

For the evaluation of the education, there is one group of students who represent their year: the Year Representations. Students can go to the YR with their problems and remarks about the education and the exams. The YR makes sure that this reaches the different educational committees of the faculty, and of course also the teachers. In this way, the students have a say in the education. Next to the evaluations, the committee organizes educational activities, like a lecture war medicine, attending a live operation and a tour at an abortion clinic.



**Gezondheid is
het allerbelangrijkst.
Ook op financieel gebied.**



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9712 KA Groningen

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Foundations & organizations

Foundation Medical Interfaculty Congress (MIC)

Together with other medical faculty associations in the Netherlands, students of the M.F.V. Panacea take part in the organization of a great national congress for all medical students. Very successful editions had themes such as: The Sky is the Limit, Medical Taboos and One Dollar vs. A Million.

Foundation MEgala

Foundation MEgala organizes a huge charity gala once every two years for all medical students in the Netherlands. In 2022, the next MEgala will take place. In addition to celebrating a wonderful party, as much money as possible is also raised for a chosen charity.

Summer Schools

Every year during the summer holiday a number of Summer Schools are organized. These courses have two target groups: on the one hand the students from the Netherlands and abroad, and on the other hand postdoctoral students and doctors. The 2021 Summer Schools will take place online.

International Student Congress of Medical Sciences (ISCOMS)

This is an international congress that is focused on scientific research. During these days students get the opportunity to show their research and present it to fellow students by means of an assignment, abstract or poster. There is also the possibility to get in touch with several research schools if you want to do research yourself.

Progressive Medicine (ProMed)

ProMed is the representative party of medical students in Groningen in which students of different educational committees take place.

Program introduction

The program is subject to change, times may change.

Friday, September 2:

1st Faculty Introduction day

Faculty building,
Antonius Deusinglaan 1
Building 3219

Don't forget to bring your ID!

8:45 - Extra application
9:15
10.15 - Application
10.55
11:10 PanIC introduction
11:25 Presentation Board
11:40 ABN AMRO
11:45 Prof. van Lammeren
12:10 Lunch
13:00 Panacea afternoon
16:50 Closing presentation
17.20 Yeargroup photo VVV
18.30 - BBQ
21:00
22:30 - Seduction party
03:00

Tuesday, September 6:

2nd Faculty Introduction day

Faculty building,
Antonius Deusinglaan 1
Red hall

10:15 - Speakers of the medical
10:45 faculty
11:15 Lunch
12:00 - Discipline carousel
14:00
15:00 - Patient lecture
16:00

Saturday, September 3 until Monday, september 5:

AEDmirable introductioncamp

*Don't forget to bring your bike and
luggage!*

9:45 Departure form faculty

Monday, September 5:

Return from camp early in the
afternoon

Information introduction

Books

It is possible to order your books online at www.panacea.nl. Payment will be done through the website and your books will be delivered at home. If you experience difficulties with ordering your books through the internet website, the board of Panacea will help you on Thursday the 1st of September, 13:00h at the faculty. To do so, you have to sign up by sending an e-mail to: bestuur@panacea.nl. You will receive an email with date and time at which you will be expected.

Do not forget to bring what is required to make an online payment (Rabo Reader, ABN E.identifier, etc) and make sure your bank account balance is sufficient. In the letter enclosed you will find more information about ordering your books.

Labcoat

During your study you will have practical sessions in the Anatomy lab, where you are required to wear a labcoat. You can purchase this labcoat on the website: www.panacea.nl. On Thursday September 1st you can pick up your labcoat in the basement of the Faculty of Medical Sciences at the Antonius Deusinglaan 1. This will be according to the following schedule:

Time:

10:00-10:45
10:45-11:30
11:30-12:15
12:15-13:00
13:00-13:30

Surname A - E
Surname F - J
Surname K - O
Surname P - T
Surname U - Z

You are obligated to wear one during practical sessions (Anatomy lab etc.), so make sure you have one!

Important information

Application for the introduction, closes on Wednesday the 31st of August at 18:00h! Make sure you send your passport photo and Sepa form to us before this deadline.

We recommend that you arrange a place to stay in Groningen during the introduction. This saves you a lot of time traveling and if you are staying in Groningen you won't have to miss parts of the introduction days in Groningen. When you apply for the introduction you can let us know if you need a place to stay.

When you apply for the introduction, you can tick a box for joining us at the BBQ on the first faculty introduction day.

At the introduction camp you can buy refreshments and food if you want to drink/eat like during the parties. You can also buy fresh sandwiches. **Make sure to bring both your ATM card and cash to the camp if you plan on having snacks from the snack counter!**

Extra application

We arranged a moment for people who could not register for the introduction online. This will take place on Friday the 2nd of September at the faculty on the Antonius Deusinglaan 1. You can apply here for the entire introduction (including the camp) or only the faculty introduction days.

Stamp from partyshop 'Confetti'



Introduction camp

Between the two faculty introduction days the **AEDmirable** introduction camp takes place. On Saturday September 3rd, we will leave Groningen by bicycle to go to Ellertshaar in Drenthe, to return on Monday September 5th. During this fantastic camp you can meet your fellow students and get to know them. There are also **AEDmirable** activities and of course the best parties! We can assure you that this is the perfect way to start your **AEDmirable** life as a student. The price for the camp and the faculty introduction days will be around 60 euros and the price for only the faculty introduction days is 15 euros.

Our camp will take place after the introduction time of students' unions, so everyone can join. No worries, our camp is certainly not a camp with hazing!

The introduction camp will take place at the following address:
Group accomodation "Klonie"
Ellertsweg 4
9535 TA Ellertshaar

Phone number group accomodation "Klonie" in case of emergency:
0599-287325

The program is a secret, so join the camp and be surprised!

Packing List

- A well-functioning bike
- Cash for your snacks (there is **no** ATM at the snack counter)
- Label for your bag with name, address and phone number
- Identification, ATM card + health card
- Sleeping bag, pillow and bed sheet
- Towel(s)
- Swimwear and flipflops
- (Warm) Old clothes (may get dirty)
- Rainwear
- Toiletries
- (Medication)
- Toilet paper
- Sun block
- Plate, mug and cutlery
- Dish towel
- Flashlight
- Lunch for the first day of the introduction camp
- An outfit for the theme party
- Glowsticks from partyshop 'Confetti'

There is no room for more than one bag per person. This bag will be transported with a bus.

In the evening, the snack counter of the accomodation will be opened from 10 pm until 2 am.

Should you have any more questions, send us an e-mail to panic@panacea.nl

This is going to be an **AEDmirable** introduction camp, so make sure you apply to come along. We wish you an **AEDmirable** summer and hope to see you on the 2th of September!

If there are any complaints about the camp, you can contact the board of Panacea. You can reach them through: bestuur@panacea.nl.



Eten, drinken, dansen & meer

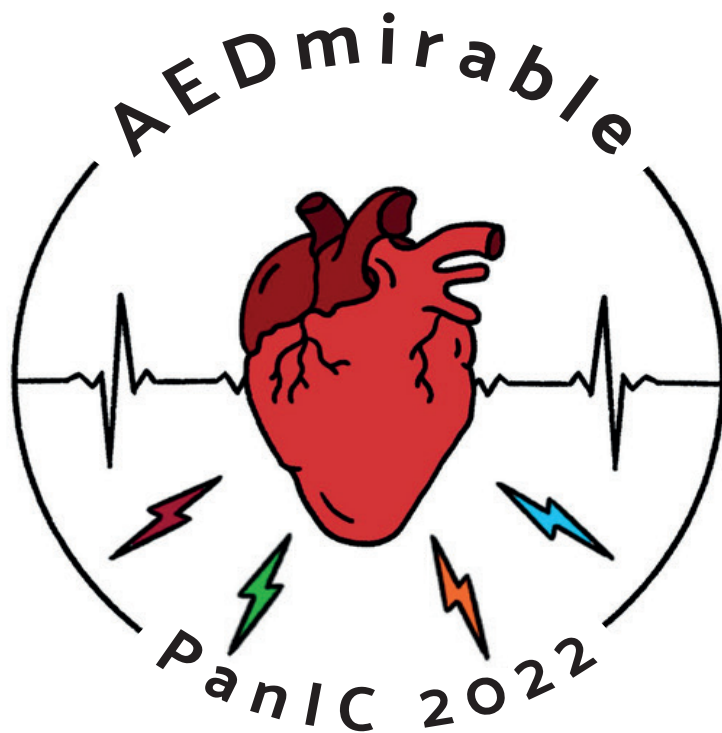
Het Pakhuis

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Makes your heart beat faster!