

# Sponsorship Booklet 2024-2025



**Belgian Medical  
Students' Association**

Brusselsestraat 246  
3000 Leuven



# Who are we?

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The Belgian Medical Students' Association (BeMSA) is a Belgian student-run organisation active in all 11 medical faculties. BeMSA is the only medical organisation representing and uniting students from both French-speaking and Dutch-speaking universities.

Each year we organise a series of events on a local, national and international level. All our activities, projects and campaigns aim to shape the next generation of medical doctors and improve the health of the communities they will one day serve. There will be more information on this further in this booklet.

Additionally, our clinical and research exchange programs (SCOPE and SCORE) send about 110 Belgian students abroad every year, while accommodating the same number of foreign students in Belgium. This allows them to explore innovations in medicine, healthcare systems and healthcare delivery in various settings across the globe.

Lastly, as a member of the International Federation of Medical Students' Associations (IFMSA), we represent Belgian medical students on the international stage. Our members get the chance to represent BeMSA (and Belgium) at international meetings. The close alliance with the World Health Organisation (WHO), The United Nations (UN) and The World Medical Association (WMA) gives us the opportunity to contribute to the change ahead.

In total the federation represents over 1,3 million students from 130 countries. This connection offers an endless stream of summer schools, capacity buildings and workshops abroad.

# Vision and Mission

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## Vision

Skilled healthcare students making a sustainable change towards social, physical, and psychological well-being for all.

## Mission

To unite and empower healthcare students by equipping them with the knowledge, skills and values to shape competent, culturally-aware healthcare workers and global health leaders, for equal access and attainment of health for all.



# Our Structure





# Our Structure



**SCOPE**  
Professional Exchange



**SCORE**  
Research Exchange



**SCOPH**  
Public Health



**SCORA**  
Sexual & Reproductive  
health including HIV/AIDS



**SCORP**  
Human Rights & Peace



**SCOME**  
Medical Education

We operate in 6 fields/standing committees, as mentioned above.

**SCOPE** & **SCORE** are the professional and research exchanges already mentioned in the introduction.

**SCOPH** aims to improve general health in our population.

**SCORA** aims to promote sexual and reproductive health.

**SCORP** aims to actively promote and protect human rights and peace.

**SCOME** aims to give medical knowledge to medical students and everyone beyond.

In this booklet, we will further explain which projects we organize under these 6 standing committees.

# SCOPE & SCORE

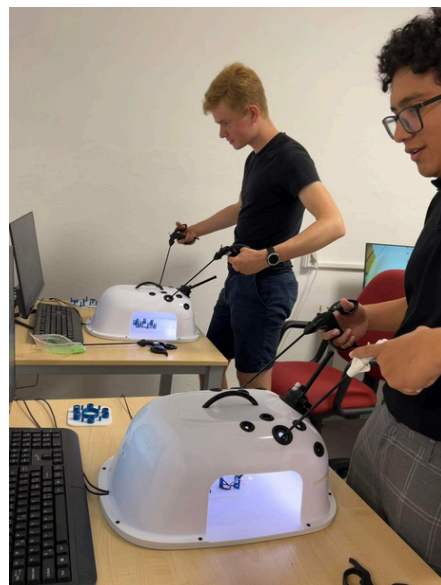
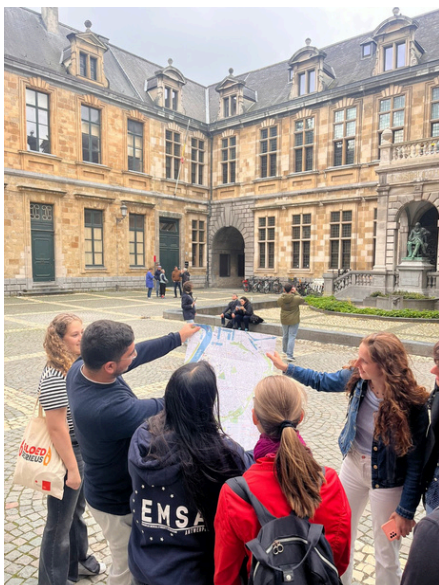
Each year, medical students have the opportunity to go on an exchange to countries all around the world. Here, they have the chance to gain professional and research experience. Furthermore, they get the chance to learn about new cultures, the healthcare of the country and make acquaintances with local and other exchange students. For SCOPE, they are offered a clinical internship in a hospital department of their choice. With SCORE, they get the opportunity to develop their research skills and assist in scientific research. Biomedical and pharmacy students can also take advantage of this great program.

Last summer we sent students to El Salvador, Tunisia, Canada, Portugal, Taiwan and more. Simultaneously, foreign students come to Belgium for internships in our hospitals or to participate in scientific research. Our members provide a social program, to show our culture and make international connections. **115** Belgian students had the opportunity to go abroad last year. **69** students with SCOPE and **46** students with SCORE. In the pictures below you see our exchanges team (with the crossed arms) and some incoming students.



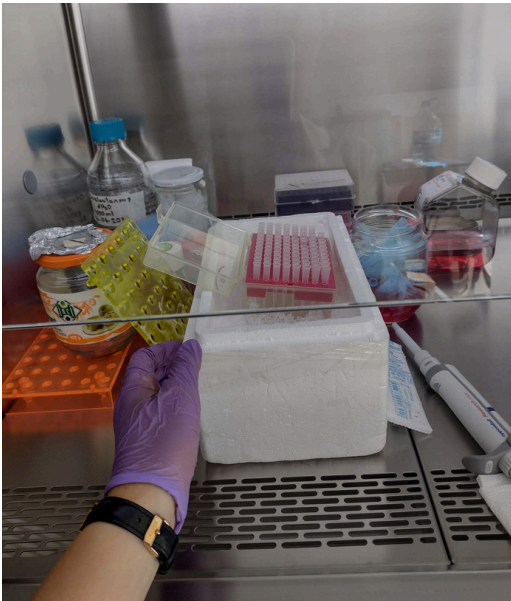
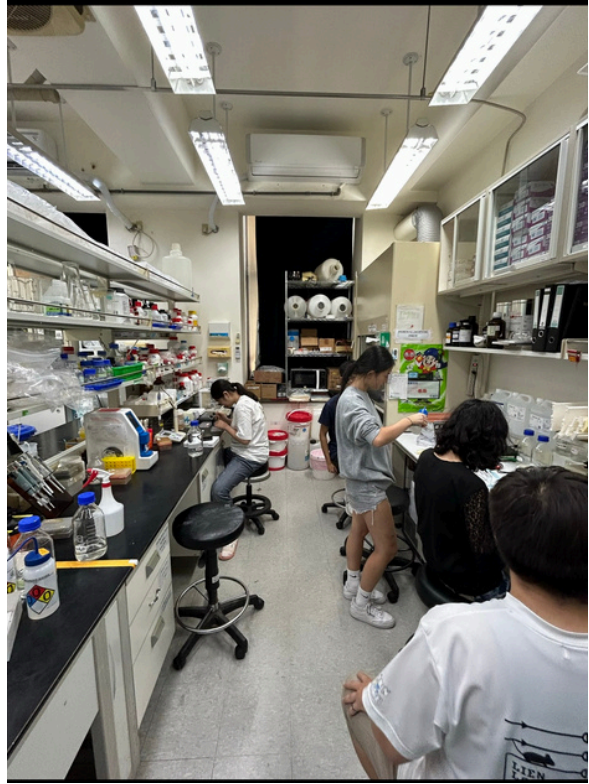


# SCOPE





# SCORE



## Heart 4 Life

**11** local committees (LC's) with a total of **421** students conducted a free risk assessment for cardiovascular diseases in people aged 40 or higher. They then had the possibility to talk to experts on how to reduce their risk. This includes a tabaccologist and a dietician. A total of **1504** people were screened! There was also a lot of media coverage of our project: Radio 1, Radio 2, Studio Brussel, Klara, Het Belang van Limburg, Radiocampus, Present in Gent, Belga and Krant van West-Vlaanderen . This year, our project was covered by 'Het Journaal' of the VRT in the afternoon.



## Teddy Bear Hospital

We aim to simulate a hospital environment with our students in a university hospital or on a campus of our LCs university. Children can come with their 'sick' teddy bears. They can then examine and cure them with the help of a teddy doctor (our medical students). We aim to reduce their fear for doctors, dentists, psychologists ... Our goal is to make sure a hospital visit does not need to be a scary experience. Last year we cured **2542** teddy bears with the help of **841** teddy doctors across **9** LCs. Our project was covered by various media: Radio 2, VTM Nieuws, VRT NWS, Het Laatste Nieuws, ROB TV, TV Limburg, Radio GRK & Het Belang van Limburg.





## Cancer Awareness

5 LCs organise a lot of different actions in an attempt to bring attention to the topic 'Cancer'. Simultaneously we collect money to donate to cancer research and treatment. This year, we collected €43 366, 28!



## Mental Health Awareness

6 LCs organise multiple actions throughout the year to put mental health and its importance in the spotlight. We aim to show people who are struggling with their mental health that they are not alone, they can seek help and talk about it with others. This big group consists of a lot of different projects, like 'Let's Smile Again' and 'Start to Talk'. There are a wide range of different activities like an alpaca walk, a workshop around stress management and so on. Besides, we also raise money (€375,35 in 2024) to support associations that help people struggling with their mental health or raise awareness around the topic.





## Dr. Bear

Medicine students of 2 LCs visit the children's department of a local hospital 1 or 2 afternoons during the week. They spend some time with the young patients while taking care of their teddy bear, doing arts and crafts, etc. The intention is to put a smile on the face of these children during this rather somber period in their lives. More than 60 children and 55 students participated in this during the year.



## Bloedserieus/Bloody Serious

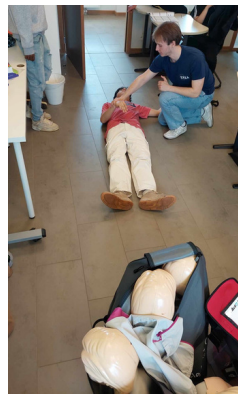
During bloedserieus (Bloody Serious) we try to stimulate people to donate blood, plasma, etc. to show them the importance of donors. We try to reduce the barrier by finding a location that's close to the city center where students can come for a day/week to donate. Currently 2 LCs organise this.

## Keep up the Rhythm

2 LCs organised this poster campaign. It features a different cardiovascular subject each year. With accurate medical information explained in an easy manner, we aim to spread awareness about this particular cardiovascular disease.

## Everyone Healthy & Project OKAN

The LC of Ghent goes to different primary schools with a large multicultural occupation for Everyone Healthy. Here, they educate 73 children in a fun and interactive way about a wide variety of topics that belong to a healthy lifestyle. 12 students talk about healthy nutrition, exercise, oral hygiene, sleeping habits and so on, since all these topics can have a huge impact on a child's development. Project OKAN (welcoming education for foreign-language children) is organised by 1 LC. Our students go specifically to an OKAN school. Apart from lessons about a healthy lifestyle, they also focus on first aid. This year, 20 students helped with this project.



## Benefit Campaign

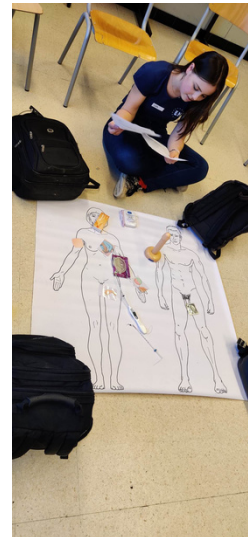
This is a fundraising campaign, in cooperation with other student organisations in Antwerp, for a good cause. Each year a different charity is chosen. There is also a fundraising symposium organised about the charity for which we are collecting money. The LC of Antwerp could raise € 1 000 with this event!

## Stay Alive

During this day we give everyone who is interested the chance to learn how to resuscitate someone. They get theoretical information from a doctor. Afterwards they can practice themselves under the guidance of medical students. This year, 44 students helped to train 170 interested participants.

## Project S.O.S.

Sexual education On Schools is a vital initiative addressing the crucial need for comprehensive sexual education. Informed decision-making about relationships, consent, and personal well-being is the cornerstone of this project, reaching over 2500 students across 15 schools. The significance of project S.O.S. lies in its commitment to breaking down barriers and fostering a culture of understanding and respect. Beyond the basics, S.O.S. delves into the nuances of healthy relationships, providing students with the knowledge and skills needed for a well-rounded perspective on sexuality. By actively stimulating schools and students, S.O.S. extends beyond the classroom, dispelling myths and promoting inclusivity. This initiative is more than a curriculum; it's a step towards a future where over **2500** empowered high school students contribute to a society built on awareness, empathy, and equality. S.O.S. is not just about education; it's about equipping the next generation to navigate life's complexities with confidence and respect. This project is only active in Flanders in **all 6** LCs.



## Gender Based Violence

Our initiatives combating Gender Based Violence (GBV) are a crucial step towards promoting awareness and driving change. Through a dynamic approach, we organize workshops tackling the bystander effect, empowering individuals to become active agents in preventing GBV. Complemented by self-defense classes, our projects equip participants with practical skills, promoting a sense of empowerment and resilience. In addition to hands-on activities, we host impactful speaker sessions, encouraging dialogue around GBV and encouraging a collective commitment to change. These multifaceted efforts span 10 events across Belgium, collectively reaching over 350 students. The importance of our work lies in creating a ripple effect of awareness and advocacy. By addressing GBV through education, self-defense, and open dialogue, we strive to cultivate a society that stands united against gender based violence, empowering individuals and creating a safer, more inclusive future. We organize workshops in 3 LCs.

## World AIDS Day

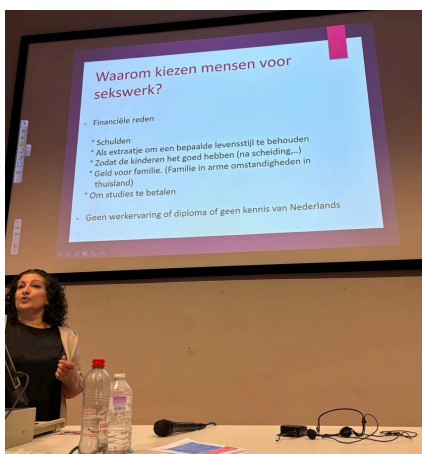
Our World AIDS Day projects are a beacon of advocacy, aiming to dispel myths, break stigmas, and promote crucial awareness surrounding this condition. Through diverse initiatives like movie nights, social media campaigns, information booths, and quizzes, we create an engaging platform to educate and involve students and anyone eager to learn. Our events go beyond statistics, featuring speakers who share personal experiences, insights from actual patients, and expertise from professors. By reaching all corners of Belgium, we actively contribute to a nationwide impact. In a world where social stigmas persist, our World AIDS Day endeavors are a vital step towards fostering empathy, understanding, and a collective commitment to a healthier, more informed society. 4 LCs organize projects around this topic.



## The Stigma Challenge

The Stigma Challenge stands as a bold annual initiative committed to spotlighting and dismantling taboos surrounding Sexual and Reproductive Health and Rights (SRHR). Each year, we nationally focus on a taboo topic – be it STDs, sexuality and disability, access to safe abortion, sex work, ... – igniting conversations and promoting awareness. The activities organized under this project are diverse. From social media campaigns and interactive quizzes to information booths and expressive art sessions and even live music, we create an engaging experience. By inviting speakers affected by the stigmas at hand, we deepen the conversation, bringing expertise to the forefront.

Breaking stigmas surrounding SRHR is necessary. Not only does it debunk harmful misconceptions but also promotes inclusivity, empathy, and understanding. The Stigma Challenge, with its reach extending across Belgium, urges for a society that embraces open dialogue, education, and the destigmatization of critical aspects of the human experience. 4 LCs organize this challenge.



## Sign Language Course

As doctors-to-be, it is important to have a notion of what barriers patients encounter in the health care system. A hearing-impaired patient coming to the doctor's office may encounter numerous challenges: doctors usually don't know sign language, there isn't a translator available... That's why we organize initiation courses in 4 LCs with Het Vlaamse Gebarentaal Centrum. During the courses, hearing impaired patients will teach us what barriers they encounter in everyday life and students will learn the basics of (medical) sign language.



## Human Rights Day

Human rights in Belgium may seem obvious and apparent, however this does not apply to everyone, and we often give it too little thought. That's why BeMSA organizes an annual awareness campaign on Human Rights Day (December 10th) to remind students that human rights exist and to underscore the necessity of continuing to advocate for the preservation and expansion of these rights. During this day we work together with Amnesty International and participate in their writing marathon action. During this action we try to encourage medicine students to write letters to governments and authorities around the world to advocate for the release of individuals who are imprisoned or persecuted for expressing their opinions, defending human rights, or for other unjust reasons. Last year we wrote



## Health without borders

Health Without Borders is a relatively new initiative dedicated to supporting refugees in Belgium. This vulnerable group hails from regions plagued by dire circumstances such as poverty, war, and more. These situations often result in a lack of medical knowledge, ultimately leading to a diminished quality of life. Our project strives for equality in the quality of life, and to achieve this goal, we organize various activities, including interactive sessions focusing on general, sexual, and mental health. Additionally, we aim to bridge the gap between (medical) students and refugees. The key message is raising awareness, which is why, alongside interactive sessions where students have the opportunity to create their own lesson plans, we host lectures and fundraising campaigns. Through Health Without Borders, our objective is to reduce medical illiteracy among refugees and make students more conscious of refugees as potential future patients. 2 LCs organize projects for this initiative.

## Sporting with people with disabilities

The project's objective is twofold. Firstly, it aims to organize an enjoyable sports day for young individuals with mental or physical disabilities. Secondly, it provides students with the opportunity to learn how to interact and communicate with people who have limitations in a fun and approachable manner. Too little time is spent on this in our training, while this is something that everyone will come into contact with sooner or later during their career as a healthcare professional. Through the sports day, we hope to offer both students and children an enjoyable and educational experience. 2 LCs organize this activities.





## Let's (D)own It

"Let's (D)own it!" is a project dedicated to individuals with Down syndrome and those with intellectual disabilities. During the project, various activities are organized at special education schools, G-sports are highlighted, and funds are raised in various ways. The project week takes place during the week of World Down Syndrome Day (March 21st). During this week, funds are raised through sock and donut sales. At the end of the year, the collected funds are donated to 'Down Syndrome Flanders', and other charities. 2 LC's organize this.

## Letters Project On Loneliness

The letters project on loneliness is a new project within 1 LC. Specifically, we would like to start up a letter project in cooperation with a residential care centre or the community health centre our student town, where a pen pal friendship can be created between a person and a student. We would also like to link a documentary about loneliness to this to create greater awareness and to frame the project.

## Project Mental Health

This was a brand new project for us this year. In 1 LC we brought awareness to mental health with inspirational quotes throughout the schoolgrounds, a compliment jar and a workshop with our student psychologist. The compliment jar had the system of taking a compliment is writing a compliment so we would never run out of compliments. People absolutely loved the idea.



## Conference On Humanitarian Medicine

BeMSA Namur Informed medical students about this medical field through testimonies from different medical care professionals. We plan to approach this from an immersive point of view. Which means that we will ask the different speakers to explain their experience from the beginning, way before the actual mission. We would like them to explain how they contacted the organisation they choose to collaborate with, and then go on with talking about their experience and their views about it now that they have returned.



## Conference On Non-Violent Communication and Consent

1 LC organized this conference. It aims to present different aspects of consent to lead to non-violent communication as a tool for healthier and consensual relationships in our personal life, but also in the professional world. Consent will be discussed from both philosophic and juridic points of view, allowing a deeper understanding of this subject, which we often believe is too theoretical to be of use in our daily life.

## Dr. House/Movienight

During this project, our members watch an episode of the series of Dr. House together with professors. They discuss the different diagnostic steps they need to take, if the approach to the patient is sufficient, what went right, what should be better ...

The movienight has the same purpose as Dr. House. Our members watch a movie with a medical topic inserted in it (eg. a movie with a person with a psychosis) and they discuss it afterwards with a professor.

## Date your doctor

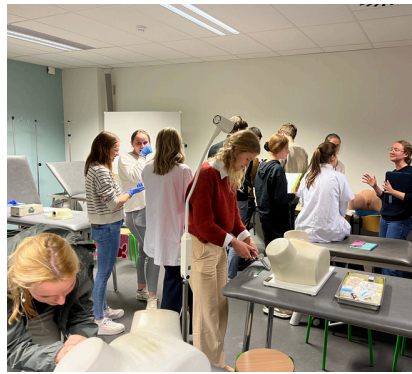
This is by far the most widespread SCOME event in Belgium. The concept is simple: students can have an informal chat with a doctor from the specialty of their choice. The setting often resembles a reception and is kept as homely as possible, but can also be very organized and strict. Speakers include both specialists and general practitioners, and the event is often kept quite small to maintain a low threshold. Last year, this event attracted **550 students**.



## OSCE/practicabooster

In numbers the biggest SCOME event: A weekday evening where students can come to practice their medical skills. They are also assisted by trained tutors who can help them and answer their questions. Additionally, lectures are given to review and master the subject matter. You can hold general evenings per year or work more specifically by theme (and across the years).

The advantage of this approach is that you can reach and help a large number of students. Since it also has a positive impact on the students' grades, the university is supportive of it. In 2023-2024, **710 students** attended this event.



## Symposia

Several symposia have been organized during the 2023-2024 academic year on a wide range of topics, including options for life after medical education (for those who don't wish to become generalists or specialists), ethics, and other subjects of interest to the **225 students** who were present. In this way, we try to educate our members on topics that are not explained in our normal curriculum but can influence our choices for our future.



## Entrance exam workshops

Workshops for the entry exam for medicine: physics, chemistry, math, biology, and all other parts of the exam have workshops given by professors. The university provides professors, rooms, and catering. The workshops are conducted in person on campus, but an online platform is also available for students with practice material and videos created by the LC that explain the theory.

Strengths include helping students pass the exam and the financial benefit for the LC. However, the price is also the greatest weakness as not everyone can afford it, and it's only one workshop per topic, which isn't enough for many students. To address this, the LC is starting a new cooperation with an external organization that provides free online workshops for students who didn't have many opportunities at their school or cannot afford to pay for training. This initiative allows them to follow a personalized track that helps them reach the level needed to pass the entry exam. In 2024, there were **650 attendees**.

## First aid

Providing first aid lessons to peers and laypeople: children or passersby, to teach as many people as possible this crucial skill. Additionally, lectures are also organized by the students. No fewer than **640 students** were involved in this project.

# National Meetings (NGA)

Each year we organize 3 National General Assemblies (NGAs), the dates of which are listed at the bottom of the page. We hold sessions on our 6 standing committees during these weekends/day. We exchange project ideas, we make friends, decisions are made about the future of our NGA and many other things. The national board provides the sessions and the social program afterwards. In the pictures you can see some of our members during national food and drinks party, during the sessions of their standing committee or when they are having fun. The main goal is that medical students have fun these day(s), but at the same time exchange ideas to further develop our organization.



**NGA1: 05/10 - 06/10/2024**

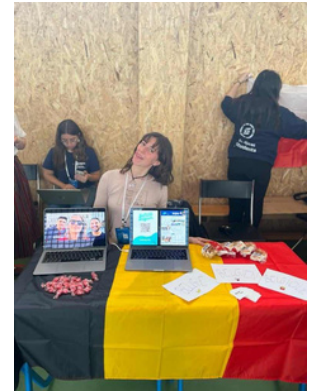
**NGA2: 22/02 - 23/02/2025**

**NGA3: 26/04/2025**

# International meetings

## March Meeting & August Meeting

These are 2 of the same events organized by the international organization (IFMSA) of which BeMSA is a member. Every year in March and August, people from all over the world gather in these events. In 2024 the March Meeting was in Ecuador and the August Meeting in Finland. These meetings are similar to our national meetings, but they are more internationally oriented. Sessions are given in our 6 standing committees, contracts are made for our exchanges, decisions are made what the priorities of the IFMSA are and much more. It is also a way to get to know medical students from around the world better and make connections.



## EuRegMe

This is a similar event to the 2 above, but only with members of the European region. In 2024, this took place in Malta.



# Social media coverage

## BeMSA Belgium



4268 likes



1700 followers (main account)  
860 followers (exchanges account)



606 followers



489 followers



<https://www.bemsa.be>