



P. J. Šafárik University
Košice, Slovakia

Faculty of Medicine





**P. J. Šafárik University
in Košice
Faculty of Medicine**



Table of Contents

| | |
|---|----|
| Preface | 3 |
| P. J. Šafárik University in Košice | 5 |
| Faculty of Medicine | 6 |
| Organization of Study..... | 7 |
| Postgraduate Courses | 9 |
| Specialised Study | 9 |
| ECTS..... | 10 |
| Application Procedure..... | 11 |
| Health Insurance | 13 |
| Accommodation..... | 13 |
| Research Strategy of the Faculty | 14 |
| Slovak Medical Students' Association - SloMSA | 15 |
| Association of the Students of Medicine in Košice | 17 |
| Association of Dental Medicine Students in Košice..... | 19 |
| Slovakia..... | 20 |
| Košice the European City of Culture | 25 |
| Košice – How to get here | 29 |
| Important Information | 31 |





Preface

Dear young colleagues and friends from abroad,

We have prepared for you new booklet containing actual information on everything linked to Faculty of Medicine, Safarik University in Košice. Faculty of Medicine in Košice was established in 1948 thus it belongs to the oldest and prominent institutions executing activities - educational (pregradual and postgradual), scientific (basic and applied research) and others in the field of human medicine in Slovakia.

The most significant role of our faculty is to provide the education for medical professions in the field of general medicine and dental medicine. Along same time our institution prepares new professionals for non-medical health-care professions, e.g. nursing, public health, physiotherapy, laboratory procedures in health service and birth assistance.

All the programmes of the faculty are being pursued based on periodically repeated process of the accreditation (once per 6 years) approved by The Accreditation Committee, an advisory board of Slovak Ministry of Education.

In academic year 2008/2009 approximately 2400 students attend the faculty that means the faculty is the largest one among faculties of Safarik University. All educational activities are provided by 271 teachers, among them 44 professors, 48 associate professors, 143 assistant professors and 36 lecturers.

Last two years the faculty concentrates its activity so that it could (might) gather more students from abroad. We have been succeeded in increasing the number of foreign students by up to 100%, from 135 in 2007 to 265 in 2009 and we feel we are prepared to strengthen this positive process. This means we will be aiming at further improvement of study conditions and other prerequisites required for study stay, e.g. together with Safarik University we are in the process of improvement the conditions in Student Dormitory at Popradska street. This newly renovated building for up to 100 persons is equipped with modern furniture, TV, access to internet, laundry machine etc. so as our student might feel sufficiently comfortable.



We consider an active partnership to collaborating institutions in Slovakia and abroad is very important point in accomplishing long-term goals set by the Dean Board. The most significant domestic partners are medical faculties in Bratislava and Martin, Slovak Academy of Sciences, L. P. University Hospital and East Slovak Institute of Cardiovascular Diseases. Faculty of Medicine at Safarik University in Kosice closely collaborates to institutions abroad, as well. We pursue collaboration with many medical faculties, e.g. in Prague, Padova, Lille, Paris, Lodz, Wroclaw, Krakow, Turku, Kuopio, Malaga, Salamanca, München, Düsseldorf, Münster, Essen, Graz, Istanbul, Aydin, Kaunas, Budapest etc.

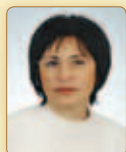
Dean Board of the faculty supports markedly research activities of our students. They may open regular scientific work under leadership of experienced professors of our faculty in preferred scientific fields approved by the Scientific Board of the faculty, like cardiovascular and respiratory diseases, oncology diseases and regenerative medicine. Our students represent the faculty at international student conferences and annually they acquire remarkable achievements.

Dear friends, presented introduction is intended to stimulate you to open the booklet and find useful information that may help you to get the proper decision, to come to our faculty to gain the certificate of either medicine doctor (MUDr., M.D.) or dental doctor (MDDr.) that is valid throughout the European Community.

Prof. Leonard Siegfried, M.D., PhD.
Dean



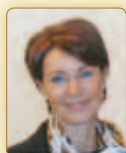
Dean
Prof. Leonard Siegfried, MD, PhD
e-mail: leonard.siegfried@upjs.sk



Prof. Neda Markovská, MD, PhD
Vice-Dean for Study Affairs
e-mail: neda.markovska@upjs.sk



Prof. Darina Kluchová, MD, PhD
Vice-Dean for Study Affairs
e-mail: darina.kluchova@upjs.sk



Prof. Ludmila Podracká, MD, PhD
Vice-Dean for Study Affairs
e-mail: ludmila.podracka@upjs.sk



Assoc. Prof. Zuzana Gdovinová, MD, PhD
Vice-Dean for International Relations and Presentation of the
Faculty in Abroad
e-mail: zuzana.gdovinova@upjs.sk



Assoc. Prof. Ján Sabo, RNDr., PhD
Vice-Dean for Scientific and Research Activities
e-mail: jan.sabo@upjs.sk



MVDr. Ján Rosocha, PhD
Vice-Dean for Projects Grant
e-mail: jan.rosocha@upjs.sk



Assoc. Prof. Pavol Jarčuška, MD, PhD
Vice-Dean for the Development of the Faculty
e-mail: pavol.jarcuska@upjs.sk



P. J. Šafárik University in Košice

In the year 1657, Košice became the seat of a university – Academia Cassoviensis – situated at that time in the most distant part of Eastern Europe. The University was founded by the Bishop of Eger, Benedictus Kischdy. The Founding Charter, the official document of setting up the University, remains a very significant record, a proof of that major historical event.

In 1660, Leopold I, the Hungarian King and Roman Emperor, issued the mandate of the Golden Bull, granting the University privileges similar to those of the well-known European universities of Vienna, Prague, Cologne, and some others.

The University originally consisted of the Faculties of Theology, Philosophy, and Philology, having been joined later by the Faculty of Law. The publishing house was an integral part of the University. The University turned into the Royal Academy in the year 1776 and still later, only the Faculty of Law retained the character of college. The Jesuite University Church was built in the years between 1671 and 1684 for the University. The Law Academy became the institution's official name in the year 1850 (until its dissolution in 1921). The existence of the University in Košice was suspended between the years 1921 and 1948.

The foundation of Pavol Jozef Šafárik University in the year 1959 meant a milestone in the development education and research at the school. The university tradition

in Košice, which had been suspended for 38 years, was thus re-established.

P. J. Šafárik University is named after the outstanding personality in the Slovak history – Pavol Jozef Šafárik (1795 – 1861), a scientist, poet, linguist, ethnographer, archaeologist, and educator. His idea of brotherhood among all Slavonic and European nations is a recurring theme throughout his extensive work.

At the beginning, the University consisted of two faculties: the Faculty of Philosophy and the Faculty of Medicine, the latter being older.

Today, the University consists of five faculties:

- Faculty of Medicine • Faculty of Law
- Faculty of Science • Faculty of Arts
- Faculty of Public Administration

ADDRESS

Univerzita P. J. Šafárika v Košiciach
Šrobárova 2, 041 80 Košice,
Slovak Republic

Homepage: <http://www.upjs.sk>

E-mail address: rektor@kosice.upjs.sk

Telephone: ++421/55/622 26 08

Fax: ++421/55/678 69 59





The Faculty of Medicine

The Faculty of Medicine was founded in the year 1948 as a branch of the Faculty of Medicine of the Slovak University, later Comenius University in Bratislava. In the year 1959 the Faculty of Medicine and the Philosophical Faculty acceded, and a new university in East Slovakia, Pavol Jozef Šafárik University, was established.

The origin of the Faculty of Medicine bears relation with the State Hospital in Košice, having been officially opened on 24th June 1924. Later on, a new modern complex of the Faculty of Medicine and the Teaching Hospital were built. The new twenty-storey building of the Teaching Hospital was opened at the beginning of the year 1981. This is now a huge hospital

complex of 1 616 beds. The new twelve-storey building of theoretical departments was opened at the beginning of the academic year 1984/1985 and is an integral part of the main Faculty site.

Nowadays, both of the above mentioned hospitals serve the purpose of providing practical training for medical students. The Faculty of Medicine has significant partners – six other medical facilities, where the Faculty offers its students their field training.

The faculty consists of 57 institutes and departments carrying out their professional performance. There are 40 professors, 45 associate professors, 144 senior lecturers, 2041 Slovak students and 250 international students at the Faculty in the academic year 2008/2009.

Organization of the study

The Faculty of Medicine educates physicians and surgeons in the field of general medicine capable of rendering professional medical treatment and care, focusing on preventive aspects of medicine. Vocational training is based on the application of the latest knowledge in medical science and students are also offered a possibility of acquiring a background for their research activity. The study of foreign languages and moral ethical aspects of the profession are included in the study in the spirit of the Hippocratic oath. Students acquire specialized knowledge in theoretical, pre-clinical and clinical subjects through lectures, seminars, clerkships, specialised field training, and consultations.



The applicants may enroll for the full-time study in the following doctoral studies (either in the English language or the Slovak language):

- **General Medicine** – the graduates are awarded the degree of “Doctor of General Medicine” (MUDr., the equivalent of MD) after a six-year study (12 semesters),
- **Dental Medicine** – the graduates are awarded the degree of “Doctor of Dental Medicine” (MDDr., the equivalent of DMD) after a six-year study (12 semesters).

The study at the Faculty of Medicine, Šafárik University, is completed by passing the final state examinations and defending the degree thesis. There is possibility to continue in postgraduate study or specialisation study after completing the pregradual study.







After completing the first cycle of study, one may proceed by enrolling for the postgraduate study or specialised study.

Postgraduate courses (in the Slovak language) may be taken in the following: Clinical Biochemistry, Normal and Pathological Physiology, Internal Medicine, Epidemiology, Hygiene, Microbiology, Surgery, Pediatrics, Psychiatry, Otorhinolaryngology, Pharmacology, Dental Medicine, Clinical Pharmacology, Pathological Anatomy and Forensic Medicine, Neurosciences, Gynaecology and Obstetrics, Anatomy, Histology, and Embryology. Students are awarded the degree of PhD (Philosophiae Doctor).

Specialised study (in the Slovak language) is organised in the following medical subspecialties: Dental Medicine, Der-





matology, Diabetology, Endocrinology, General Medicine, Gynaecology and Obstetrics, Haematology and Transfusiology, Infectology, Internal Medicine, Maxillofacial Surgery, Neurology, Neurosurgery, Paediatrics, Pneumology and Phtiseology, Occupational Medicine, Otorhinolaryngology, Radiology, Surgery, Gastroenterological Surgery, Traumatology, Urology, Vascular Surgery, Anaesthesiology (for nurses).

The study usually lasts for 3 up to 6.5 years. During their training, the doctors attain both skills and knowledge making them eligible for the performance of clinical practise.

ECTS, the European Credit Transfer System, is employed and provides for the curriculum transparency. The ECTS study programme has to be approved by both, national and host academic institutions before the students leave for their study sojourn abroad.



The main principles of the credit-based study system at the Faculty of Medicine, Šafárik University, are as follows:

- The Faculty of Medicine will retain its present study programme classification into levels, corresponding to the academic years. The students are allowed to proceed into the next academic year by successfully passing all of the examinations and other assessment activities required.
- Medical study requires the compliance with further education on both horizontal and vertical levels.
- 60 credits represent one year of study (in terms of workload) and 360 credits are required for completing the study at the Faculty of Medicine, Šafárik University.
- The content of the compulsory medical curriculum will not be changed.
- The Faculty will assign the students a higher number of regular achievement

tests during the respective semesters of their study.

Study in the English language is intended for the students who want to graduate from this Faculty or for the ERASMUS students.

Application Procedure

The applicants wishing to acquire a degree in General Medicine or Dental Medicine at the Faculty of Medicine, Šafárik University in Košice, are required to have their secondary education completed.

The applicants must successfully pass their admittance tests in Chemistry and Biology. Since the language of instruction is English, applicants should possess good command of English.





Deadlines

Application forms should be filed by the end of March for entrance examination in April and May and by the end of May for the entrance examination in June and August.

Documents to be submitted

The applicants are required to file the following documents as originals or notarised copies:

1. Application form
2. Official copy of the secondary school certificate alongside with its official translation into the English/Slovak languages.
3. Curriculum vitae in English
4. Health certificate in English
5. Photocopy of the passport
6. Three passport-size photographs
7. Official copy of the birth certificate, if available.

The documents as listed above are to be submitted to the following address:

Pavol Jozef Šafárik University in Košice,
Faculty of Medicine, Department of Study
Trieda SNP 1, 040 11 Košice
the Slovak Republic

More information at: www.upjs.sk, than Faculty of Medicine.

Tuition fee is calculated under the University Regulations (available at www.upjs.sk).

Residence Permit

Students coming from the EU or the EEA countries do not need student visa, but have to apply for a residence permit within 90 days after their arrival to Slovakia.

Students coming from other countries need student visa, which they may obtain at any Embassy or Consular Office of the Slovak Republic.



The address of the Immigration Office (police department for international visitors' affairs) is:

Oddelenie cudzineckej a pasovej služby
KR PZ Košice, Trieda SNP 35
040 11 Košice, the Slovak Republic
Phone No. +421/55/9619 31 208

Health Insurance

Students should arrange their health insurance for the time of their study in the Slovak Republic. Payment is required for any medical treatment. Students coming from the EU countries should have their insurance policy valid for Slovakia.

Such insurance policy may also be obtained in Slovakia.

Accommodation

Accommodation is arranged in the dormitory at Popradská St. No. 76.

Fee:

- 1 bed/ 1 person/ month 123 EUR
- 2 bed/ 2 persons/ month 93 EUR
- 2 bed/ 1 person/ month 186 EUR
- 3 bed/ 3 person/ month 86 EUR
- 3 bed/ 1 person/ month 259 EUR

The study of ERASMUS students is based on the signed bilateral agreements. You may find any relevant information at www.upjs.sk, international relations.



Before you arrive. After you have been accepted as an LLP/Erasmus student by this University, please get in touch with our **IRO** (the University International Relations Office).

Arrange your travel ticket, health insurance, prepare all the documents required for your stay in Slovakia (passport, visa - for non-EU countries, permission for a temporary residence in Slovakia, if required). For more information contact our **IRO** or the nearest Embassy of the Slovak Republic.

If you wish to take a course in the Slovak language, we will try and arrange one for you (this usually depends on the number of students interested). Inform the IRO of the exact date of your arrival.

First Days. Once in Košice, please visit our **IRO** to get your information package on this University. We will arrange the issuance of your Student Card and an e-mail address for you and will help you contact and meet with your Department LLP/Erasmus Coordinator.

Once required to appear at the International Visitors' Police Department to register your sojourn in Slovakia or make your documents dossier complete, the international relations officer will be pleased to escort you on your first visit there.

During your stay. You are welcome to appear in person with the International Relations Office during their opening hours (Mon - Fri 8:00 a.m. - 3:00 p.m.) or by appointment arranged by e-mail. We will do our best in assisting you in any matters pertaining to your stay at this University. Your Department Coordinator will only be happy to be of assistance to you in settling your academic issues.

Please feel free to contact the Faculty Department of International Relations any time.



Dormitory

ADDRESS

Faculty of Medicine
P. J. Šafárik University
Trieda SNP 1, 040 11 Košice
Slovak Republic

Homepage:

<http://www.upjs.sk/en/faculty-of-medicine/>

E-mail address:

beata.moskova@upjs.sk

(for foreign students)

Telephone: ++421/55/640 46 03

Fax: ++421/55/789 49 29

kvetoslava.matasovska@upjs.sk

(for ERASMUS students)

Telephone: ++421/55/642 46 13

Fax: ++421/55/642 81 51

++421/55/642 02 53

Research Strategy of the Faculty

Research strategy of the Faculty of Medicine is focused on the following key research areas:

- Oncology
- Cardiology, Respiriology, and Metabolism
- Regenerative Medicine

In our opinion, the future of research lies in breaking down some of the traditional barriers among academic disciplines.

The Faculty of Medicine aims at becoming a successful research institution, including the quality of research outputs, international recognition and collaboration, and performance relative to peer institutions.

To achieve these aims, our measures are built on the development of:

- research Centres of Excellence for Oncology, Cardiology, Respiriology and Metabolism;
- central research laboratories of the Faculty for genomics, proteomics, morphology, flow cytometry and biomodulatory medicine;
- research activities of both pre-graduate and post-graduate students;
- issuance of research journals *Folia Medica Cassoviensia*, *Transactions of the Universities of Košice*, *Biomedical sub-edition* and *Arteriosclerosis*.

The Faculty's research strengths are growing rapidly. Both staff and students of the Faculty published about 65 full scientific papers in impact journals during the last academic year and about 700 ISI citations per annum have been noted. Over 150 pre-graduate students are involved in the student research work at the Faculty. Students of the Faculty have been awarded quite a number of honours at European Students' Conferences in recent years.



Students' associations SloMSA

(Slovak Medical Students' Association)

SloMSA is a non-profit and non-governmental organisation with a potential outreach to medical students all over Slovakia. Since 1993, SloMSA has existed as a voluntary organisation with the overall objective of improving public health in Slovakia and serving as a forum for sharing ideas and expertise among medical student organisations.

SloMSA is a national organisation with the motto to act locally through its member organisations. Our activities include commencing and running projects within the fields of public health, sustainable development, medical education, reproductive health, medical ethics, peace, and health care for refugees, children, and other disadvantaged people.

SloMSA has three member organisations, the medical students' associations in Bratislava, Martin, and Košice.

SloMSA became a member of the **International Federation of Medical Students' Associations (IFMSA)** in the year 1993. IFMSA is a non-profit, UN-recognised non-governmental organisation with membership in 105 countries and a potential outreach of over 900,000 medical students worldwide.

SloMSA's vision is to motivate future medical professionals to work for the improvement of health in Slovakia and worldwide.



SloMSA consists of 5 Standing Committees:

- Standing Committee on Professional Exchange (SCOPE)
- Standing Committee on Research Exchange (SCORE)
- Standing Committee on Medical Education (SCOME)
- Standing Committee on Public Health (SCOPH)
- Committee on Reproductive Health including AIDS (SCORA)

Standing Committee on Professional Exchange (SCOPE)

The Slovak National Exchange Committee deals with the exchange of medical students at both pre-clinical and clinical levels (clerkships) between SloMSA and other countries, members of IFMSA.

The aim of SCOPE is to promote international understanding and cooperation among medical students and all health professionals through international exchange of students. The Exchange program offers students unique educational and cultural experience in addition to their regular medical curriculum. It serves the goal of broadening the students' understanding of medical and social conditions in different countries.

Professional Exchange can either be pre-clinical or clinical. The clerkship is purely educational for the student, who will not receive any payment.

- **Pre-Clinical Clerkship** is intended for exchange students working or studying at pre-clinical departments of a medical faculty, school or hospital.

- **Clinical Clerkship** is intended for exchange students in clinical departments of a hospital or a clinic, or attached to a general practitioner.

- **Nurses field training** gives the opportunity to master basic skills and the system of work in hospitals. The student is under supervision of a doctor, while being at the same time involved in the work of nurses. This type of clerkship is highly recommended for pre-clinical students and is available at the Local Committee (LC) in Košice.

Standing Committee on Research Exchange (SCORE)

The Research Exchange Programme enables medical students to participate in international research projects. The Research Project is specifically defined by its tutor and listed in the catalogue of research projects of the participating country.

The student becomes a member of the research team and carries out the research work under the supervision of their tutor. The student will be guided through the basic principles of the research, such as literature studies, collecting information, scientific writing, laboratory work, statistics and ethical aspects. Usually the projects last from 4 weeks to 3 months and can be carried out in English or in the language of the host country.

Slovak Medical Student's Association

The main aim of our SloMSA Exchange Team is to promote Slovakia abroad and improve the quality of services provided for foreign exchange students.

- We offer an excellent social programme during your stay in Slovakia, which comprises travelling all over our country (mountains, castles, caves, wooden churches...). Of course, a feel of the Slovak nightlife is included.

Contact: SloMSA www.slomsa.sk
IFMSA www.ifmsa.org



Spolok medikov mesta Košice (SMMK) (Association of the Students of Medicine in Košice)

SMMK is one of the 3 Local
Committees of SloMSA.

Who can become a member of SMMK?
Anybody interested!

And what do we do? Club of the Students of Dentistry

The club was created to teach oral hygiene at high schools and to organise ceilidh and other projects in the dental field. We are currently helping with “the day for health”, an event aimed at informing the public of the importance of oral hygiene.

Activities:

- project **DENTAL ALARM**
 - teach children in kindergartens and schools how to brush their teeth
- lectures on oral health for children and adults

Club of the journal “Ad Manus Medici”

The main aim of this club is to produce the “Ad Manus Medici” journal, which comes out twice a year. It covers all the activities of the SMMK.

Activities:

- serialize 1 - 2 times per year the journal for medical students,
- news about school, interesting articles on medicine, many pieces of useful advice for exams and advice where

to go and what to do next couple of the months,

- there is also an internet version on our website - www.smmk-online.sk.

Club dedicated to children

The club organises thematic days to entertain children in the hospital and creche's. It also organises fund raisers and ceilidhs. The club organises various thematic days (Santa, Witches, etc.) cooperating actively in project - the link of kids' trust and organising summer camps for kids with oncological diseases.

Activities:

- carnival for children in the hospital and foster homes,
- camp for children with oncological diagnosis,
- everyday activities for children in the hospital,
- Day of Daffodils,
- Teddy Bear Hospital.

Club of Advertising and the Internet

This club is in charge of the maintenance and news on the SMMK web site in cooperation with other clubs.

Activities:

- Website of SMMK
– www.smmk-online.sk
- Forum for medical students
- Promotional materials of our LC

Club of Leisure

The Club of Leisure organises sporting and social events, such as the Autumn Immatriculation Ball and the Spring Party.

Activities:

- Autumn Immatriculation Ball
- Spring Party



Club of the Public Health

The club of Public Health works together with other clubs on fund raisers, such as the Day of Lillies, White Crayon, Teddy Bear Hospital. Day for Health is the latest and the only one of its kind in Slovakia. The club is preparing other projects, such as first aid courses at high schools and Smile X. The club also cooperates with the Slovak Red Cross.

Activities:

- Project: **Day for Health**
- Peer program (AIDS)
- World Day Against AIDS



Club of International Activities

The club organises one month international exchange clerkships both for students from the LF UPJS wishing to have a clerkship abroad, as well as international students wishing to have an internship at the LF UPJS.

Activities:

- Clerkships for medical students to countries all around the world
- Exchange programme for incomings students to Kosice
- Project:

Get to know Slovakia

- Trip to mountains, countryside, sight-seeing, parties and many more...

Get to know students from abroad



Feel free to contact us ☺
Hope to meet you soon!

Contact:

LF UPJŠ,
Spolok medikov mesta Košice (SMMK)
Trieda SNP 1, 040 11 Košice, Slovakia
Website: www.smmk-online.sk
E-mail: smmk@smmk-online.sk





Spolok Študentov Zubného Lekárstva v Košiciach

Spolok študentov zubného lekárstva v Košiciach (SŠZLK)

Association of Dental Medicine Students
in Košice (ADSK),

After the name of field of study “Stomatology” has changed, by forming ADSK we have replaced the Association of students of stomatology. With this new name, it is active since 2008.

SŠZLK (ADSK) associates students of Dental medicine in Košice at our University. We are a group of cheerful, ambitious and open-minded young people whose common goal is the dentistry and improving the quality of our studies. We are European Dental Students Association (EDSA) and International Association of Dental Students (IADS) members. Everybody joining us can profit from plenty of activities these two associations and we provide, including international cooperation, projects and exchanges.

We cooperate with SMMK.

Our members participate in local and national projects:

- CURAPROX DENTAL ALARM
- Day for Health in cooperation with SMMK
- Program of prevention at primary schools in Košice and surrounding areas.
- Dental care for kinds patients at the department of oncology, carcinology

- Trips and free time activities for the students of dentistry - „DentAll Danišovce“
- To inform members of our „Big-Small“ community about conferences, work shops, international exhibitions (directly or otherwise connected to dentistry)
- Help you with all the things you might need to know when studying at our University

We also plan to realize many more projects, so come and join us and help us making studying of the Dentistry in Košice better and more enjoyable.

Contact:

LF UPJŠ, Spolok študentov zubného lekárstva v Košiciach,
Trieda SNP 1, 040 11 Košice, Slovakia.
E-mail: sszlke@gmail.com





SLOVAKIA

Slovakia lies in the centre of Europe between $16^{\circ} 50''$ and $22^{\circ} 34''$ eastern longitude and $47,44$ and $49,37$ northern latitude.

The Slovak Republic covers $49,035 \text{ km}^2$. It is about the size of Denmark or Croatia. Slovakia borders on five countries: in the northwest on the Czech Republic, in the north on Poland, in the east on Ukraine, in the south on Hungary, and in the southwest on Austria. Bratislava is its capital and the largest city.

Slovakia had existed as part of Hungary from the beginning of the 10th century until the year 1918, when it united with the Czech Lands of Bohemia and Moravia, in addition to a small part of Silesia, to form Czechoslovakia. In 1939, shortly before the beginning of World War II, Slovakia declared its independence under pressure from the German dictator Adolf Hitler, but in 1945 it was reunited with the rest of Czechoslovakia. Between the years 1948 and 1989 Czechoslovakia was ruled by a Soviet-style Communist regime. In 1993, the country split up and Slovakia and the Czech Republic became independent.

Natural Regions

Slovakia is known for its numerous and impressive mountain ranges. Many of the country's mountains give way to rolling hills and river valleys with agriculture, viticulture, and livestock raising. Slovakia's mountainous terrain has also influenced settlement patterns within the country. The Carpathian Mountains, a major mountain range of Central Europe, stretch across much of northern and northwestern Slovakia and encompass the Little Carpathians, the White Carpathians, and the Tatras, which is the highest Carpathian range. The High Tatras mountains contain the country's highest peak, Gerlachovský štít, which rises to 2,655 m (8,711 ft). The High Tatras also contain one of Slovakia's largest national parks and are a popular place for skiing and hiking. Other important mountains include the Low Tatras in central Slovakia and the Lesser and Greater Fatra ranges in central and western Slovakia. The Slovak Ore Mountains in eastern Slovakia are named for their mineral deposits. Southwestern Slovakia is dominated by the Danubian Lowlands, a fertile region, that extends to the Danube River on the Hungarian border. Much of the country's agriculture is produced in this area; Bratislava is its main industrial centre. Slovakia also contains a number of interesting and unusual caves. Among them there are the Demänovská cave, a series of caves linked by underground lakes and waterfalls, located in central Slovakia; and the Domica cave, known for its vaulted roof and coloured stalactites, located near the Hungarian border in Eastern Slovakia. There is also a lot of interesting historical towns, buildings, and castles in East Slovakia - the Spiš Castle, Betliar, Krásna Hôrka, Bardejov, Levoča, Stará Ľubovňa.



Spišská Kapitula



Betliar



Bardejov



Something more...

The highest peak

Gerlachovský Štít
(Vysoké Tatry - the High Tatras)
2,655 m (8,711 ft) above the sea level

The lowest point

the River Bodrog
(94 m above the sea level)

The oldest glacial cave in Europe

Demänovská Cave

The largest and deepest natural lake

Veľké Hincovo Pleso glacial lake
(the High Tatras) covering 182,000 m²;
the deepest spot at 53 m

The highest located lake above sea level

Modré Pleso glacial lake (the High Tatras)
height above sea level: 2,157 m



Pieniny



Bukovec lake 12 km from Košice



High Tatras



Demänovská Cave

Spa Curiosities

- in Slovakia there are 1626 mineral and thermal springs according to registration in the year 1996
- in Slovakia there are about 40.000 regular springs according to data taken in the year 1979
- in Slovakia about 50 spa locations have disappeared

Rivers and Lakes

The Danube is Slovakia's main navigable river. Other important rivers include the Váh, Hron, Ipeľ (Eipel), Nitra, Ondava, Laborec, and Hornád. Many small glacial lakes are located in the High Tatras mountains.



Climate

The territory of Slovakia is situated in the mild climatic belt with regular alternation of four seasons of the year. The average temperature is $-2\text{ }^{\circ}\text{C}$ in winter and $+21\text{ }^{\circ}\text{C}$ in summer. January is the coldest month with night temperatures $-10\text{ }^{\circ}\text{C}$ to $-15\text{ }^{\circ}\text{C}$, the warmest month is July with a daily maximum temperature of approximately $+32\text{ }^{\circ}\text{C}$; temperatures tend to be cooler in the mountains. In the areas of high altitude, snow is often present for as many as 130 days a year.

Population and Settlement

Slovaks comprise about 86 percent of the country's population; the Hungarians, who constitute the largest minority group, comprise close to 11 percent; and the Roma (Gypsies) represent less than 2 percent. Small numbers of Czechs, Moravians, Sile-sians, Ruthenians, Ukrainians, Poles, and Germans also live in Slovakia. At the time of the 2001 census, Slovakia's total population was 5,379,455.

Language

Slovak, a language of the West Slavic subgroup of Slavic languages, is the official lan-



Levoča

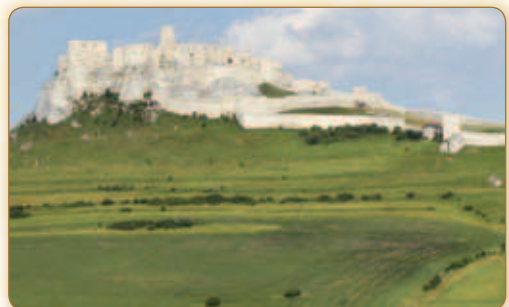
guage of Slovakia; Slovak is closely related to the Czech language. Hungarian is also widely spoken. Other languages spoken in Slovakia include Ukrainian, Roma, and Czech. Most members of the minority ethnic groups speak Slovak in addition to their own native languages.

Religion

About 60 percent of Slovaks are Roman Catholics. Protestant Churches, including the Lutheran Church, the Slovak Evangelical Church, and the Reformed Christian Church, are also widely supported, and the Orthodox and Uniate Churches maintain an active following among the Ruthenians and Ukrainians of Eastern Slovakia.



Krásna Hôrka



Spiš Castle



Food and Drink

The Slovak cuisine relies heavily on pork and chicken. Bryndzové halušky (noodles with sheep cheese) and Hungarian dishes including goulash are also widely enjoyed. The excellent wine Tokay grown near Košice, staple beer, slivovica (plum brandy), and borovička (juniper brandy) are popular beverages.



National Bank

Currency

The Slovak unit of currency is euro.

Banks and Money Exchange

For personal safety it is advisable to exchange money in banks and certified exchange offices. Exchange offices may be found in all major hotels, travel agencies, and department stores.

www.slsk.sk,
www.tatrabanka.sk,
www.csob.sk

Credit Cards

Banks accepts Eurocard/Mastercard, VISA, American Express, Eurocheque.

Visa Requirements

More info
<http://www.slovakia.org/tourism/visainfo.htm>



Local Telephone Calls

Slovakia has a wide coverage by mobile operators (Orange, T-Mobile, Telefonica-O2).

Country Telephone Code: + 421,
Košice Telephone Code: 055 (+421 55)

Košice

the European City of Culture

Košice is the Slovak Republic's second-largest city. The first written mention of Košice is in a document dated back to the year 1230, a contract for the sale of land. Lying in the valley of the River Hornád in the basin that shares its name, Košice is the regional administration centre and Eastern Slovakia's hub of industry, commerce, science, and culture. Košice has a population of over 260,000 inhabitants.

The most famous historical monuments are:

St. Elizabeth's Cathedral, a Gothic masterpiece built between the years 1378 and 1508, is the city's oldest architectural landmark.

St. Michael's Chapel, dated back to the 14th century, is the city's second oldest building.



St. Elizabeth's Cathedral



St. Urban's Tower



Plague Pillar



St. Elisabeth Cathedral



Memorial of the International Peace Marathon



Beggar's House



Carillon



Andrassy palace

St. Urban's Tower, a detached medieval bell-tower dated back to the 14th century, also belongs to the Cathedral complex, all of which had originally been surrounded by a churchyard wall until 19th century. The Bell of St. Urban is recast from an older bell damaged by fire.

The State Theatre located in the centre of the square in a park has been built according to the design in the historicizing style by A. A. Lang and Steinhardt at the end of 19th century. The auditorium ceiling-painting is by P. Gastgeb.

The building of the Slovak State Philharmonic Orchestra.

Memorial of the International Peace Marathon.

The Jakab Palace located next to the former mill-race, the palace was built by Jakab, the architect of many Art Nouveau



Jakab Palace

and Romantic buildings. He used rejected stone elements from renovated St. Elisabeth Cathedral for the construction of this palace at the end of the 19th century.

Košice is also a host city for universities, in addition to P. J. Šafárik University, there



The State Theatre

are also other university institutions, namely the Technical University, the University of Veterinary Medicine, the University of Economics.

Košice surroundings and the whole of East Slovakia is a territory of mountains, valleys, castles, lakes, vineyards, where everybody may spend enjoyable time with friends.



The Main Street



The Bankov Hill

Bankov (3 km) offers opportunities for open-air barbeque parties, parties in the summer garden, and accommodation in the luxurious hotel Bankov****, Dolný Bankov, Košice.

The Čermel Valley

The Čermel Valley is a popular place for relaxation, featuring the largest woodland park in the Košice area. The Children's Railway in is an attraction taking kids and adults alike up the valley to the leisure area of Alpínka.

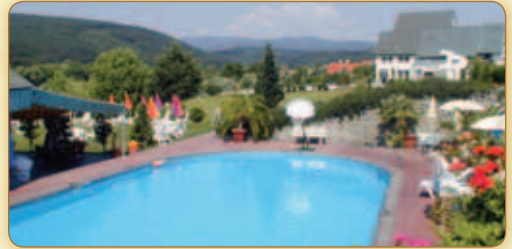


The Botanical Garden



The Zoo Garden

Spreading over 278.3 hectares, the zoological garden in Kavečany is the largest one in Central Europe. Visitors may enjoy themselves not only recognizing more than 100 special of animals, but also by taking part in “baptizing” or feeding their offsprings.



Bukovec Lake - Hrabina Hotel

Košice – How to get here

By train

Many of Europe's busiest train routes pass through or very near Slovakia. It is really simple to travel from neighbouring countries. There are also regular trains directly to and from the key cities in Germany, Italy, Hungary, Russia, and many others. Generally, the train fares are very low. The train network in Slovakia is well developed, and trains are the most comfortable way of travelling. Check out the web site of the Slovak Railways company for a comprehensive **train schedule** available in English version.

By air

Regularly scheduled flights come to **international Kosice airport** (from Prague, Vienna and sometimes from Brno and Moscow) and **Bratislava** (from many cities, including Zurich, Prague, Moscow, Tel Aviv, and the Persian Gulf states). Other destinations are added from time to time, but these are fairly stable. Charter flights reach many more regional airports (served by the Czech Airlines, the Slovak Airlines, Sky Europe, the Austrian Airlines, the British Midland, and more).

By coach

Most countries in Europe are connected with Slovak destinations by regular service, usually direct (Eurolines provides service from 21 European cities).

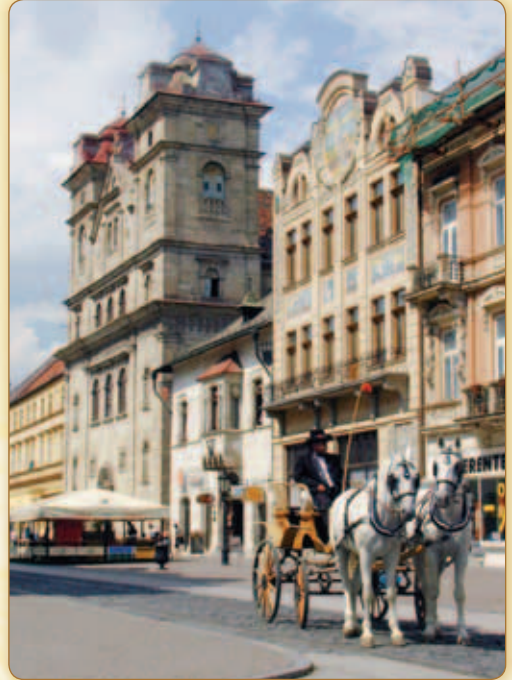




By car

Slovakia is now in the process of connecting its key cities by express motorways, but this project will only be completed within a few years. However, smaller roads are generally in good condition. Roads are marked as those in Western Europe. You don't have to pay any taxes or fees. Hitch-hiking is common and legal except on major highways.

In Košice you may take a bus or tram, but taxi is the best choice for the beginning, and is not very expensive. The fare from the airport, about 12 km from the centre, is about 12 euro.



The University Church of the Holy Trinity



The Division



The Levoča House



The East Slovakian Museum



Taxi

| | |
|---------------|---------------|
| Lucky Taxi | 055/633 00 00 |
| Avanti Taxi | 055/168 86 |
| Classic Taxi | 055/168 80 |
| CTC Taxi | 055/166 66 |
| Elan Taxi | 055/161 16 |
| Europa Taxi | 055/642 44 44 |
| Maxi Taxi | 055/165 55 |
| Radio Taxi | 055/163 33 |
| Slovakia Taxi | 055/168 88 |
| Slovan Taxi | 055/622 11 11 |
| Tonel Taxi | 055/164 44 |
| Yellow Taxi | 055/160 00 |

Important telephone numbers, emergency calls

Fire 150

Ambulance 112, 155

Police 158

City Police 159

City Information Centre

- the Dargov store, tel. 16 186

City Information Centre

- Hlavná Street No. 8, tel. 625 88 88

Coach Station

- schedule information 62 516 19

Train Station 613 20 68

Holidays

| | |
|--------------|---|
| 1 January | Day of the Establishment of the Slovak Republic |
| 6 January | Christmas Day of Otrhodox Christians |
| March, April | Good Friday Easter Monday |
| 1 May | Labour Day |
| 8 May | Day of Victory Over Fascism |
| 5 July | St. Cyril and St. Methodius Day |
| 29 August | Slovak National Uprising anniversary |
| 1 September | Day of the Constitution of the Slovak Republic |
| 15 September | Day of Our Lady of Sorrows, patron of Slovakia |
| 1 November | All Saints' Day |
| 17 November | Struggle for Freedom and Democracy Day |
| 24 December | Christmas Eve |
| 25 December | Christams Day |
| 26 December | St. Stephen's Day |

More contacts:

www.slovakia.com

www.slovakia.travel.sk

www.slovakia.eu.sk

www.slovensko.com

www.supernavigator.sk/navigator/

www.skonline.sk

www.kosice.sk

www.kosice.info/links/



The High Tatras



Stará Ľubovňa



Editors

Ass. Prof. MUDr. Zuzana Gdovinová, PhD.

Prof. MUDr. Leonard Siegfried, PhD.

Mgr. Kvetoslava Maťašovská

Ing. Beata Moškovská

MUDr. Lenka Kašková

MUDr. Eva Kendrovská

PhDr. Štefan Franko, PhD.

Janka Ohlasová

Photo: archives UPJŠ, FNLP – Dionýz Kiss, Faculty archives

Graphic arrangement: Mgr. art. Irena Hrivňáková

Printing: Typopress tlačiareň, Košice-Myslava





**Pavol Jozef Šafárik University in Košice
Faculty of Medicine**

Trieda SNP 1, 040 11 Košice, Slovakia

Homepage:

<http://www.upjs.sk/en/faculty-of-medicine/>

Telephone: ++421/55/642 81 51

Fax: ++421/55/642 81 51, ++421/55/642 02 53