

# 1.

## ABOUT this guide

Let's start with a disclaimer: this brochure is not an exhaustive guide, neither for Romania, Iasi or for our University. We aimed to bring out the very basic info you need to... yes, cope with moving to a new place.

Chances are you come from far away and you probably know very little to nothing about Romania or Iasi. Good news for you: so are most of those approximately 2500 international students (75 nations) in our university.

Our best advice is to take your time and discover Iasi step-by-step: see the places, taste the dishes, learn the people. Then you can plan trips, starting from Moldavia regions and then extending your reach further across Romania. Come with an open mind and you'll leave with an impressive luggage of memories and experiences – that we can promise.

One little technicality in the end: you'll often find in the pages of this brochure some black & white squares, like the one at the end of this page. They are called "QR codes". A QR code is a two dimensional barcode that stores information in black and white dots (called data pixels or "QR code modules"). All QR codes in our brochure are weblinks to further read information related to the content in a specific page.

In order to "read" the QR codes, you need to install an app on your smartphone – they are free and tones of them, on all platforms (Android, iOS or Microsoft OS). When you open the app, it will automatically launch the camera of your phone. All you have to do is point the camera to the QR code – the phone reads the weblink in the QR code and then opens the link or asks you if you want to open (depends on each app).



GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI

## READY TO TEST?

QR code bellow should get you to our University's website, at [www.umfiasi.ro](http://www.umfiasi.ro).



*(In case of failure, please address a colleague with thick glasses. They are called "nerds" and know what to do.)*



**2.**

**ROMANIA,  
MOLDOVA,  
IASI**



## The facts



[ Romania on map ]

**AREA:** 92,043 sq. miles (238,391 sq. km)

**FLAG OF ROMANIA:** Three vertical stripes: blue, yellow and red.

**POPULATION:** 19,334,000 (October 2016)

**LARGEST CITIES:** Bucharest (1,883,400), **Iasi (370,000)**, Cluj Napoca (309,000), Timisoara (303,000), Constanta (298,000), Craiova (295,000), Galati (286,000), Brasov (275,000), Ploiesti (224,000), Braila (205,000), Oradea (196,400). Romania's population lives in 320 cities and towns and 12,956 villages.

**MAIN ETHNIC GROUPS:** Romanian 84%, Hungarian 6.1%, Gipsy 3.1%, German 0.2%, Ukrainian 0.2%

**RELIGIONS:** Christian Orthodox 81%, Roman Catholic 4.3%, Reformed 3%, Greek-Catholic 0.7%, Unitarian 0.3%, Jewish, other.

**OFFICIAL LANGUAGE:** Romanian

**CURRENCY:** Leu ( plural Lei --- pronunciation "lay" --- abbreviations: Lei or RON)

**CLIMATE:** Temperate, four distinct seasons, similar to northeastern USA

**CAPITAL:** Bucharest ( București --- pronunciation: boo koo re sh tea)

# 2.1.

## ROMANIA

at a glance



[ source & further reading ]

## 2.2.

The Moldova  
& Bucovina

# REGION



The modern Romania reunites **six historical regions**:

Transylvania, Banat & Crisana, **Bucovina & Moldova**, Dobrogea, Maramures, Oltenia & Walachia.



## The facts

**LOCATION:** Moldova region is located in northeastern Romania - between the Carpathian Mountains and the Prut River. Bucovina is situated in the northern part of the region of Moldova, bordering with Ukraine.

*Note: The region of Moldova (often referred to in the Western press as Moldavia) is not to be confused with the Republic of Moldova, its eastern neighbor.*

**AREA:** 27,062 sq miles

**POPULATION:** Approximately 4.5 million

**MAIN CITIES:** Iasi, Bacau, Botosani, Galati, Piatra Neamt, Radauti, Suceava

**CLIMATE:** Temperate continental with hot summers and cold, snowy winters.



[ source & further reading ]

**2.3.****IASI**the city  
on the seven hills

## The facts



[ Iasi on map ]

**LOCATION:** Eastern Romania (Iasi county)**SIZE:** 37 sq. miles (96 sq. kilometers)**ELEVATION:** 312 ft. (105 meters)**POPULATION:** 370,000**INHABITED SINCE:** 400 BC**FIRST DOCUMENTED:** 1387 AD

The city of Iasi (pronounced "lash") is located in the extreme northeast of Romania, in Moldova, one of the historical regions of Romania. It has 370,000 inhabitants and accommodates over 40,000 students who come to study here. It is a university town, young and full of many public green spaces. Built on seven hills, Iasi is also nicknamed "the city of the 7 hills", just like Rome.

## Climate

The average annual temperatures range from 0 degrees (at the top of the mountains of Suceava) to 9,6 and 9,8 degrees in the plain in Iasi and Barlad. Iasi has a fairly steep continental climate. The winters are long and rough (about -10 °C -20 °C) and the summers very hot (about + 30 °C). Spring and autumn are very short but pleasant. We, therefore, advise you to come warmly dressed to spend the winter here. Also consider bringing resistant footwear to walk in the snow.

[ further reading on Iasi's  
landmarks, museums, parks,  
events and attractions ]



**GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI**

For most of you, an airplane should do the trick.



[ here's a map to our  
international airport ]

For a timetable on arrivals  
and departures, please check the airport's website at  
[www.aeroport.ro](http://www.aeroport.ro).

Direct flights are available to Larnaca, Antalya,  
Skiathos, Heraklion, Tel Aviv, Brussels, London,  
Birmingham, Dublin, Rome, Venice, Bologna,  
Bergamo, Torino, Bari, Barcelona, Catania, Frankfurt,  
Dortmund, Billund, Vienna and Paris.



**T3**



[ more about transportation  
to and in Iasi ]





3.

@UNIVERSITY



# 3.1.

## REGISTRATION & ENROLLMENT procedures

Here we explain the overall registration process for foreign students:

Enrollment usually takes place in the first week of the academic year, but not later than November 1st. It starts by filling in, at the Dean's Office, a standard registration form, which can be downloaded from the University's website. The same form must be submitted at the beginning of each academic year.

For self-funded students (paying in foreign currency), the registration is made on the basis of the criteria specified for the admission competition and the registration order of the Ministry of National Education, provided the tuition fee is paid and the study contract is signed.

The complete file will be registered at the Dean's Office, after its review and approval by the Ministry of National Education, in accordance with the legal procedures in force.

The file must include the following documents:

- ✓ The Baccalaureate Diploma/ an equivalent to the Baccalaureate Diploma or the certified translation (in case the document is not issued in French or English). Diplomas issued in Italy, Greece, Spain, Portugal and Cyprus must present the Hague Apostille.
- ✓ For countries which are NOT part of the Hague Convention, study documents shall be authenticated additionally or shall be submitted together with Statements of Authenticity from the appropriate institutions. Additional authentication is carried out by the Ministry of External Affairs in the issuing country and the Romanian Embassy/Consulate in the respective country, or by the Ministry of External Affairs in the issuing country and the country's Embassy/Consulate in Romania and the Romanian Ministry of External

Affairs; for countries where there are no Romanian diplomatic missions, the study documents shall be approved by the Ministry of Education and the Ministry of External Affairs from the issuing country;

- ✓ High-school transcripts (grades IX - XII) or a certified translation of high-school transcripts, in case the document is not issued in French or English;
- ✓ The certificate of linguistic competence in the language of tuition (Romanian, English or French), with level B2 / independent user as the minimal accepted level, with the exception of citizens of France, Belgium, Luxemburg, Canada and Switzerland (for the French as language of tuition) and Great Britain, USA, New Zealand, Australia, Ireland, India, Canada and South Africa (for English as language of tuition);
- ✓ A copy of the passport (pages 1, 2, 3 and 4) valid for at least 6 months following acceptance to study at the University
- ✓ Certified copy/certified translation of the birth certificate (in case the document is not issued in French or English)
- ✓ Letter of Acceptance/Certificate of Recognition/Equivalence for studies, issued by the Ministry of National Education
- ✓ Registration form;
- ✓ The signed contract of study
- ✓ Medical certificate containing proof of hepatitis B vaccination, information whether or not the candidate is registered as suffering from chronic diseases, that the candidate does not suffer from contagious diseases or other diseases incompatible with the future profession, and the candidate's psychiatric evaluation. In case the document is not issued in French or English, a certified translation is necessary
- ✓ 4 standard ID photos (4/3 cm).



Candidates admitted in the first year and not enrolled in the period established by the decision of the University Board, lose the right to be enrolled.

Each student is enrolled in the matriculation register under a unique number, valid for the entire period of study.

## Student card

In December, the Dean's Office releases each student a "Student Card", a document which confirms the student status, for which you have to provide 2 standard ID photos (to the head of the series).

## Contract of study

This document establishes the terms of the relationship between students and 'Grigore T. Popa' University of Medicine and Pharmacy of Iasi. It can be downloaded from the University's website, to be delivered in 2 copies to the Dean's Office.

Enrollment in the second year and the following years and the signing of the contract of study are based on the submission of the registration form. The registration form must be filled in by each student within the first 15 days of the beginning of the academic year, must be approved at the University Library and submitted personally (compulsory for the students who repeat the year) or by the head of the series at the Dean's Office.

The timetable is displayed at the faculty's notice boards and on the University website, at least one week before the start of each semester.

# 3.2.

## University's **WEBSITE**

On the university website ([www.umfiasi.ro](http://www.umfiasi.ro)) you can find all the necessary information, such as:

- ✓ The curricula for the 1<sup>st</sup> and the subsequent years of study
- ✓ The structure of the academic year (calendar)
- ✓ On call duties form: 4 on call duties must be completed during the academic year
- ✓ The student guide
- ✓ The list of credits by subject etc.



[ [www.umfiasi.ro](http://www.umfiasi.ro) ]



**GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI**

**ADDRESS OF MAIN BUILDING:**

Str. Vasile Alecsandri, nr. 7

The University's Library includes 80 other department libraries.

273,955 publications - printed books and periodicals, audio-visual materials, etc. in Romanian, English and French. Users have access to important online journals such as: ScienceDirect, SpringerLink, Proquest, Oxford Journals, Cambridge Journals, Thomson Reuters - Web of Science, ANELis Plus, etc.

Over 2400 e-books from electronic prestigious international publishers are available on Elsevier / Science Direct, Springer and Wiley platforms.

The databases are accessible from the entire academic network of 'Grigore T. Popa' University of Medicine and Pharmacy of Iasi.

The Central Library includes:

- ✓ 2 reading rooms for students and teachers;
- ✓ 1 reading room where students can bring their own materials (125 seats in total);
- ✓ 1 e-mail / Internet room for students, 13 computers with access to the Intranet and Internet, as well as to its own database (ALICE) and the medical databases for which the library has a subscription;
- ✓ Wi-Fi internet access;
- ✓ collaboration with university libraries in the country through interlibrary loan and exchange services.



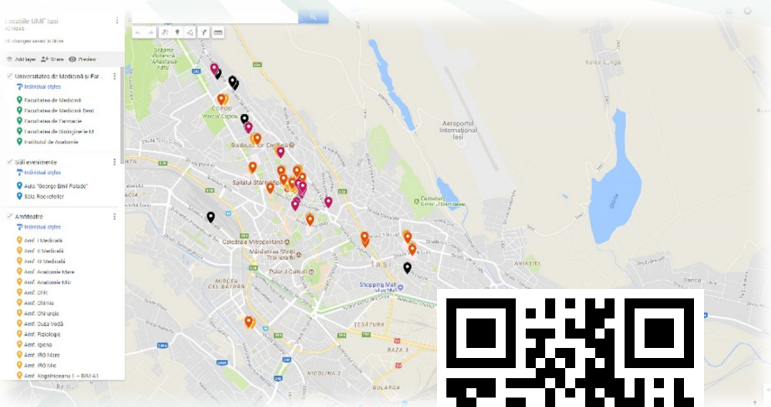
[ map to the  
University's Library ]

# 3.4.

University's  
**KEY LOCATIONS**

We have put together a personalized Google Map with all the University's locations you might need during your study years.

You can just look into it, or use the "Get directions" option that will guide you step-by-step, either you're in a car, on a bus or simply walking (using the GPS on your smartphone, of course).



[ map of University's key locations ]



And here are the blueprints of ground floor, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> floors of the main building of "Grigore T. Popa" University of Medicine and Pharmacy Iași:

**GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI**

**GROUND  
FLOOR**



1. Entrance
2. Reception
3. Waiting area
4. Office
5. Conference room
6. Library
7. Laboratory
8. Pharmacy
9. Clinic
10. Hospital
11. Ambulance
12. Parking
13. Garden
14. Terrace
15. Staircase
16. Elevator
17. Restroom
18. Storage
19. Security
20. Maintenance



[ main building, ground floor ]

**GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI**

**1<sup>st</sup>  
FLOOR**



1. Office
2. Conference room
3. Laboratory
4. Pharmacy
5. Clinic
6. Hospital
7. Ambulance
8. Parking
9. Garden
10. Terrace
11. Staircase
12. Elevator
13. Restroom
14. Storage
15. Security
16. Maintenance
17. Reception
18. Waiting area
19. Office
20. Conference room



[ main building, 1<sup>st</sup> floor ]

**GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI**

**2<sup>nd</sup>  
FLOOR**



1. Office
2. Conference room
3. Laboratory
4. Pharmacy
5. Clinic
6. Hospital
7. Ambulance
8. Parking
9. Garden
10. Terrace
11. Staircase
12. Elevator
13. Restroom
14. Storage
15. Security
16. Maintenance
17. Reception
18. Waiting area
19. Office
20. Conference room



[ main building, 2<sup>nd</sup> floor ]

**GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI**

**3<sup>rd</sup>  
FLOOR**



1. Office
2. Conference room
3. Laboratory
4. Pharmacy
5. Clinic
6. Hospital
7. Ambulance
8. Parking
9. Garden
10. Terrace
11. Staircase
12. Elevator
13. Restroom
14. Storage
15. Security
16. Maintenance
17. Reception
18. Waiting area
19. Office
20. Conference room



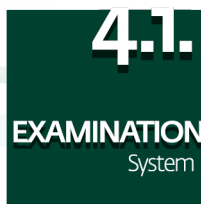
[ main building, 3<sup>rd</sup> floor ]





**4.**

**AS A STUDENT  
YOU SHOULD  
KNOW...**



Firstly, to pass a subject you will require a minimum 5 (from a scale 1 to 10) at the class mark (10%), minimum 5 at the practical exam mark (40%) and minimum 5 at the final written exam (50%).

Thus, if you only get a 3 as a class mark, you will have to repeat the subject the following year as a credit exam.

For the upcoming year you will need to collect a total of 45 credits; otherwise you will have to repeat the subjects of the first year.

In case someone fails a number of subjects, but fulfills the required 45 credits, will have to repeat only the failed subjects, the following year, on the credit examination periods (November/ December and March/ April).

The credit examination fee is 80 euros per credit. The student can only move credits up to two years ahead; otherwise he/she will fail the present year. For example, a third year student who didn't manage to pass a subject from the first year on the credit sessions will remain a third year student.

## 4.2.

### ROMANIAN language

As a foreign student, you are required to learn the Romanian language so you can communicate with patients during the clinical based subjects (from the third year and ahead).

The university is providing you classes of Romanian language on the first and second years of studies.

Eventually, on the beginning of the third year, all foreign students must pass a Romanian Language Examination, which is tax-free, in order to prove their knowledge of the language. In case the student fails the examination, he/she will need a B2 Romanian certificate from specific recognized centers or will have to pay for a re-examination.



Finally, if the student does not pass the examination, he/she will be expelled from the faculty.



## On call duty (aka "Garda" in Romanian)

Every year, we have to do 4 shifts ('Garda'), during one semester.

The procedure:

1. You will have to contact the doctors who are on call in the department you are interested in. The 'Garda' takes place during the visit of the patients, usually in the afternoon. (This depends on the department)
2. Here you have the link for places where you can attend the garda: <http://dspiasi.ro/informatii-utile/garzi/>
3. Gather in groups of maximum 4 persons for one shift
4. 2 duties in Surgery and 2 in Internal Medicine (Nephrology, Gastroenterology, Cardiology, ENT etc)
5. When you complete them all, you need to give the filled-in standard form to the head of the series (responsible student of the seria-year)
6. The standard form, together with a list of doctors you can contact, will be shared by the head of the series during the semester (updated every academic year).

## Summer practice

- ✓ The summer practice is mandatory and it should last for 3 weeks (3 weeks-15 days-8 hours per day).
- ✓ You can have it here, in your country or in other countries in an authorized hospital
- ✓ The summer practice certificate (form) will be shared at the beginning of July (a different form in each academic year). It must be filled and signed by the summer practice coordinator (Professor/ Specialist doctor/Chief of the clinic).
- ✓ You have to scan it and send it to your faculty secretary before a specific date which will be announced by the Dean's Office.
- ✓ If you do not complete the summer practice, you will proceed in the next academic year with a rest of 2 credits exam, for which you will have to pay 160 eur (80 eur / credit).





## 4.4. ABSENCES

If you have extra non-attendances/absences (more than those you are allowed to have by not being sick), you have to pay and repeat the classes in order to obtain a class mark (10%).

### HOW TO DO THAT?

1. Ask your professors for the number of non-attendances you need to retake.
2. Complete the application form and ask the assistant to sign it. (Go to the "Applications" link)
3. Go to the Faculty of Pharmacy headquarters, at the "Casier" Office and pay the fee, which is 20 lei per hour.
4. Give the receipt and the application form to your secretary, for which she will give you a small paper entitled "Adeverinta" that you have to give to your professors.

Please be careful and don't over do it with the absences!

Of course, your presence is not mandatory at the lectures, but it is recommended.

In case you were sick, you have to contact the university doctor for a checkup.

In this case, you are also required to fill in an application form and give it to the secretary, together with a paper from the doctor. For all of this, you have a period of 2 weeks starting from the date you skipped the classes for health problems.

**4-5-****SOCIETIES**  
& other groups

There are several student Societies you may join during your medical student years:

## **SSMI** **(Medical Students' Society Iasi)**

SSMI offers a lot of pleasant extra-curricular activities such as: acting, singing, volunteering, physical education, movie times etc.; plus you feel part of a big team, with a similar purpose: becoming a doctor.

You can visit their weekly meetings every Tuesday from 19:30 and find out more about their work.

## **IMJS** **(International Medical Journal Society)**

IMJS was made by students for students. Its main goal is to help students engage in activities such as national and international congresses and conferences and offer them support in writing and presenting their own medical papers.

The meetings are held in English and at the beginning of each semester there is an open-house event where you are able to speak with the board members and learn more about the benefits of participating in such activities.



## SSCR (Surgery Students' Society)

The Surgical Society of our faculty. Through its famous workshops students can learn and practice doing sutures from scratch, experience the equipment used during surgery and how to prepare for the operating room. Their workshops are held in Romanian, French and English and will give you a first taste of what it means to be a surgeon.

More information on their website: [www.sscr.ro](http://www.sscr.ro)

For **facebook** addicts (you will have to be one any way, since in UMF we use it a lot) search the following groups:

### International Medical Students Society Iasi

Everything about international students, where you will find useful information regarding deadlines, relevant questions from other students, updates from the Dean's office etc.

### Iasi student market

Created by students. A market for books, electrical devices and anything else you can imagine.

### Eclesia International (Iasi, Romania)

An English-speaking Church in Iasi, where you can pray with other students, meet great people and join them on their Friday Fun Nights.



## Rights

- ✓ access to internal and external mobility programs, with the recognition, according to the law, of the credits obtained in this way;
- ✓ personal data protection;
- ✓ transfer from one university to another, according to the provisions of the legislation in force and of the University Charter;
- ✓ free (5-page minimum) course guide, in physical or electronic format, and access to all available teaching materials free of charge in university libraries or on the faculty site;
- ✓ interruption and resumption of studies according to the University Charter and the legislation in force;
- ✓ participation in the evaluation of courses, seminars, practical works, teaching staff and other educational and / or organizational aspects related to the study program followed according to the provisions of art. 303 par. (2) of Law no. 1/2011, as amended and supplemented.



## Duties

- ✓ fulfilling all the tasks according to the curriculum and the analytical programs of the disciplines;
- ✓ respecting the Charter, regulations and decisions of the University;
- ✓ respecting the copyrights of others and recognizing the paternity of the information presented in the papers elaborated;
- ✓ avoiding the use of language and behavior inadequate to the university environment.

For more information regarding your rights and obligations, please follow [www.ssfi.ro](http://www.ssfi.ro) or [www.anosr.ro](http://www.anosr.ro)



**5.**

**LIVING LA VIDA.  
LOCAL.**



Finding an apartment in Iasi is quite simple. Try to arrive in Iasi early, to find the best apartment for you. You can choose to live alone (in a studio or a 2 rooms flat) or share a flat.



Rate tables (for information only):

AREA	TIME	PLACES	STUDIO	2 ROOMS
Centre	5 min walking	Bulevardul independentei Piata Unirii Bulevardul «Stefan Cel Mare»	250 - 400€	350 - 500€
	20 min walking	Moldova Mall Lazar residence	200 - 300€	300 - 450€
Copou	5 min walking	BCU (Central Library) Time out	200 - 350€	300 - 450€
	5 min taxi ride	Exclusive residence	270 - 350€	350 - 500€
Uzinei	+ de 20 min walking		270 - 350€	350 - 500€
Tatarasi			200 - 300€	250 - 350€



[ map of real estate agencies in Iasi ]

## Tips & tricks

- ✓ Do not rush in your process of deciding which apartment is the right one for you! Pay attention to the selected agencies!
- ✓ Be careful when you are told that the apartment is at a 5 minutes walking distance from the faculty! Have a walk to check it out before signing the contract.
- ✓ Be sure to have a washing machine in your rented flat. If not, you can negotiate with the owner to bring you one. In Iasi, you can only find dry cleaners in shopping centers like: Palas Mall, Carrefour Felicia and Era.
- ✓ Some owners may ask you for the rent several months in advance (6, 12 ...). Try to limit them to maximum 3 months, as you may want to change/move, to find a better one.

**TIPS 'n'  
TRICKS**



## 5.2. HOTELS the temporary solution

Until you find a flat, you should know there are hotels at all prices.

The most luxurious but also the most expensive are located near Unirii Square (Hotel Unirea, Astoria, Traian) and in the city center (Select). If you are looking for a cheaper one, there is the Continental Hotel, Piata 14 decembrie 1989, right in the city center in front of the Select Hotel (hotel, restaurant, bar, terrace, tea room, pastry shop - [www.selectgrup.ro/hotel](http://www.selectgrup.ro/hotel)).

If you are accompanied by your parents and you wish to rent a flat equipped with a kitchen for a few days, you may try Hotel Il Primo, a bit far from the city center, near the Iulius Mall. ([www.ilprimo.ro](http://www.ilprimo.ro)).



[ map of hotels in Iasi ]

# 5-3-1

Where to  
**EAT?**

The options are wide and diverse, here are a few of them:

University's cafeteria is an everyday handy solution. It will be soon modernized, able to host almost 200 hungry students simultaneously.

The food is tasty and prices are the lowest you'll get in Iasi if you show them your student's ID. Average price for a complete menu (2 dishes) is 12 lei (~2.5 euros – and there's no typo here).

You can check their daily offer by calling +40.232.301.720. It is open until 16:00.

*Tip: The earlier you go the most dishes you can choose from, since they have dishes of the day.*

# 5-3-1

University's  
**BISTRO**  
for students



[ here's a map to the canteen  
(just in case "you're not yourself when you're hungry") ]



If you want to dine out, there are many nice **RESTAURANTS** at reasonable prices. Here are some of the addresses of downtown restaurants, but this list is far from exhaustive

- ✓ *Bolta Rece* (10, *Rece Street*, tel. : 0232 212 255) - Romanian dishes
- ✓ *Cuib* (14, *Gavriil Musicescu Street*, tel. : +40 743 604 229) - vegetarian local cuisine
- ✓ *Toujours* (2, *Gându Street*, tel. : +40 232 708 811) - European and international dishes
- ✓ *Salsa* (27, *Sfântu Lazăr Street*, tel. : +40 760 013 014) - Mexican inspired food
- ✓ *Buena Vista* (43, *Petru Movilă Street*, tel. : 0232 242 244) - Latin American dishes
- ✓ *Blue Acqua* (78, *Arcu Street*, tel. : 0752 992 993) - Sea food
- ✓ *Little Hanoi* (55 *Sfantul Lazar Street*, 0733 192 222) - Asian food

#### **PIZZERIAS**

- ✓ *Dopo Poco Restaurant* (1, *Palat Street*, tel. : 0744 255 599); home delivery tel. : 0742530831
- ✓ *Mamma Mia* (4, *Ștefan cel Mare Bd.*, tel. : 0762 662 642)
- ✓ *Doppio Zero* (*Taietoarei Street*, *Tudor Vladimirescu Campus*, 0332 417 736)
- ✓ *Il Pellicano* (8 *Costache Negruzzi Street* , 0332 803 680)
- ✓ *Veneto Restaurant* (7A *Palas Street*, 0332 730 786)

You also have the option of eating at the "Food Court" of our malls, where you may find restaurants such as Mc Donalds, KFC, Chinese, Indian, Lebanese, Vegetarian etc. Their location is on the 2nd floor of the Iulius Mall and Palas Mall.

#### ***Basic lexicon for ordering at the restaurant:***

*I would like ... / As vrea ...*

*The bill please ! / Nota va rog!*



[ map of restaurants in Iasi ]



# 5.4.

## HEALTH

services

You'll be surprised, but even (future) medical doctors could get sick. So here is some useful information in case of:

First of all, we do not have specific regional diseases in Romania (like Malaria, Zika or the West Nile virus). The major risk you'll probably face is indigestion, after having way too much of our tremendous (and often fatty) dishes.

As an EU citizen, if you unexpectedly fall ill you are entitled to any medical treatment and have the same rights to health care as people insured in the country you are in. You should have your European Health Insurance Card (EHIC). This card is the proof that you are insured in an EU country.

**Adriana Popescu** – specialty of family medicine  
**Florea Maria Cristina** – specialty of family medicine

The medical service for students include the following:

- ✓ consultations
- ✓ health education
- ✓ treatments
- ✓ vaccinations
- ✓ Releasing and targeting of medical documentation (medical certificates for absences in classes, certificates to obtain medical release from physical education classes, medical certificates for dorm accommodation, medical certificates for Passport Service);
- ✓ Releasing tickets for referral to medical specialists for consultation;
- ✓ Diagnostic medical prescription for acute illness (3 days), with the possibility of extending prescriptions.

# 5.4.1.

Medical services  
**PROVIDED BY  
UNIVERSITY**

**HOURS:** Monday – Friday: 08:00-13:00; 14:00 -19:00



## **IMPORTANT!**

Students who come to the medical center must present their ID and student card (Carnet) for establishing the above.

## **CONTACT**

Tel: +40,232,219,430

Address: House 10, str. Petre Andrei, no. 9

(Copou, December 1 complex near Informatics High School), Iasi, Romania

***TIP:** For your first time there get a taxi, otherwise you could get lost. We prepared a map for you, just in case.*



[ map to University's health services point ]

**5.4.2.**Public  
**HOSPITALS**

"St. Spiridon" Hospital is the closest to the University and has an emergency service.

The university's doctor office is located in Căminul C10, str. Petre Andrei, nr. 9 (Copou, Complexul 11 Decembrie, near the Liceul de Informatica), close to the University's Dormitory, on the ground floor. We advise you to bring your dictionary with you or better, to be accompanied by someone who speaks Romanian.

For consultation fees and treatments, consider asking for a bill in case you need a refund.



[ map to hospitals and  
medical centers  
available in Iasi ]

**5.4.3.**Private  
**CLINICS**

There are many private clinics called "Policlinica". This is often the best solution (paying) if you need a treatment.

**ADDRESSES**

**Policlinica "Providenta":** Bd. Stefan cel Mare ([www.providentamedical.ro](http://www.providentamedical.ro))

**Arcadia:** Hospital situated in 2 Cicoarei Street or Medical Center Arcadia Sararie, 38 Sararie Street (Tel 0232 920). [www.arcadiamedical.ro](http://www.arcadiamedical.ro).

**Center for Ophthalmology and Medical Optics:** Sanoptic, Str. Vasile Lupu, 26-28 (Tel. 0232 279 910).



[ map to  
dentists in Iasi ]

## 5.4.4.

### DENTISTS

There are many dentists in Iasi, both for emergency and non-emergency scenarios.

## 5.4.5.

### PHARMACIES

There are many pharmacies around the universities and throughout the city.

On Piata Unirii, going towards Independentii Bd., there is a 24-hour emergency pharmacy called „ROPHARMA”.



[ map to pharmacies in Iasi ]

**5-5-1**  
**FREE**  
**TIME**

**5-5-1**  
**PALAS**  
a city in the  
heart of the city

In the vicinity of the Palace of Culture lies a breathtaking urbanist ensemble, a "city in the heart of the city". Palas manages to both appease the fever of shopping and satisfy the pleasure of spending time in the city. In other words, we are dealing with a "lifestyle center" equipped with a shopping mall, food court, shopping street, event halls, underground parking with 2,500 places, a park with green areas, gazebos, fountains and ambient music, all extending on an area of 270,000 square meters.



[ details about Palas ]



GRIGORE T. POPA UNIVERSITY OF  
MEDICINE AND PHARMACY IASI



[ map to the  
magical garden ]

The Botanical Garden of Iasi - the first botanical garden in Romania and one of the largest in the world, with an area of 100 hectares, was founded by naturalist and physician Anastasius Fatu, in 1856. It is one of the "wonders" of the city, a true "provisional paradise" with more than 2000 plant species, all in a world overtaken by technology.

5-5-2.  
The Magical  
**GARDEN**

5-5-3.  
Iasi, a  
**GREEN  
CITY**

Iasi is also famous for its "Copou" Garden, which is the oldest park in Iasi, dating from 1833. The center of the park is home to a spectacular monument - the Lions Obelisk, one of the oldest monuments in the country's modern history, but also to an old linden tree, in the shade of which used to rest the greatest Romanian poet, Mihai Eminescu.

Also on Copou hill you can find the Exhibition Park, spread over several hectares, with terraces and playgrounds for children. For lovers of nature and sports, there are several recreation facilities outside the city area like: Ezareni Nautical Base, "Alexandru Matei" Aeroclub, Cîrcic Recreational nautical Base, HAMAK Recreational Club. Iasi also has equestrian clubs, synthetic football fields, go-kart tracks, aeroclubs, swimming pools, climbing facilities etc.

**5.5.4.**
**PUBS & CAFES**

The number of cafes, bars, pubs and clubs has exploded in the recent years in Iasi so it's pretty hard to put down a list here. We will be short:

On Lascar Catargi no.50 is the **Retro Café**, opened in a beautiful restored house, very frequented by medical students who have courses nearby. It is air-conditioned and is open until midnight.

**Time Out** is on the chic side, with a wonderful interior design. The only problem is this place is mostly visited by people with more money than the regular Joe.



Up the Yellow Ravine ("Râpa Galbenă") you can find Acaju, on Anastasie Fătu Street, no. 2A. Acaju is pretty much the ultimate happy place. Whether you're catching up with friends or bent over your laptop dutifully avoiding the cost of shared office space, its beautiful terrace is one hell of a mood enhancer. Also, the staff's hospitality definitely warms up this shabby chic haven.



If you're around the city center, check in to the so-called **Cube Area** ("la Cub"), particularly if you like partying until dawn. This is a hotspot for entertaining, where several bars and clubs are located. La Bază can be a cheap and fun place to hang out on Fridays and Saturdays. The music is a mix between Rock and Electronic, so anyone can get their cake and eat it too. The prices are extremely friendly: you can buy a beer for approximately \$2, 5. If you are a fan of craft cocktails Oddity is „strangely appropriate". The bar's interior design is also something to shout about.

With an outdoor seating overlooking the old city center, smiling service and terrific coffee for the picky drinkers, Gist opened its doors in 2020. This "new kid on the block" is really close to the University, right across the Select Hotel.

On Ștefan Cel Mare Street, Iași's most famous boulevard lays **Bistro La Noi**. This tiny cute bistro serves freshly baked pastries and many delicious brunch selections.

Are you a fan of beer? We have one of those also. **Beer Zone** provides a wide variety of beers and, strangely, is also famous for its Ramen and Pho Bo soup.

Of course, Iasi has a number of a posh clubs for those who love to dance, like **Fratelli, Skin, Nish feat. Nuva**. But be careful, they don't come cheap.

**Cafeneaua Piata Unirii** is another good choice. In terms of music, it may not excel, but it's certainly cheaper and nicer. Around once a week, the cafe hosts concerts of various artists, of which the style can go from regular cover bands to hardcore blues ones.



[ map with some of the pubs in Iasi ]



# 5.6.

## CULTURAL landmarks

If you want to get your "portion of culture", you can either enjoy a play at the "Vasile Alecsandri" National Theatre or "Lucafaarul" Theatre, be entertained by one of the best string quartets in Europe – the "Voces" Quartet at the "George Enescu" Philharmonic or spend an unforgettable

evening at the Romanian National Opera Iasi.

A ticket to the theatre varies between 4 and 7.2 euros, to the Philharmonic is 4.5 euros and to the Opera around 10 euros.

It will take tomes, not pages to point out the landmarks and their stories. Actually, the city itself is a story, a long one with many, many volumes. You can start "digging out" the city of Iasi on Wiki.



[ Iasi on Wikipedia ]

However, our friends from **romaniatourism.com** were braver than us and managed to write down a list of highlights, landmarks and attractions in Iasi, it's using the QR below:



[ highlights, landmarks and  
attractions in Iasi ]



We gathered here some useful information for your everyday life in Iasi. Sort of a Q&A section, but far from being exhaustive. Keep in mind the info on this brochure is also available online, at **orientation.umfiasi.ro**. The website includes a dedicated forum where you can ask your own questions and actually get answers from intensively trained personnel in survival techniques (but don't tell them that, they're shy).

## 5-7- USEFUL INFO

### 5-7-1 Everyday TIPS

#### RESIDENCE PERMIT

If you decide to stay more than three months in Romania, you must absolutely have a residence permit. For this, you need 2 passport photos, a rent receipt, a copy of your passport, and a few dozen lei for the various expenses incurred. You must report to the police for this residence permit. The building is located on str. Costachescu, 5 mins from Super Copou.

#### MONEY EXCHANGE

Changing money can be done directly in a bank or in a money exchange office. Beware at the prices charged, some exchange rates are prohibitive. Exchange rates are updated daily. It's up to you to hope for a "good" day if you change large sums of money at once. There are also exchange offices in most of the shopping centers around Iasi.

#### SHOPPING

Located in the historic core of the city, near the Palace of Culture, the PALAS ensemble is a charming retail promenade, with restaurants and cafes everywhere, a chic area which turns downtown Iasi into a cosmopolitan area. Another shopping center is Iulius Mall, located in Tudor Vladimirescu neighbourhood, famous for its CinemaCity, where you can enjoy the latest blockbusters. Throughout the city you can find a lot of Lidl, Carrefour, Kaufland or Profi supermarkets. You should know that most of the shops open at 9 or 10 am and

close at 11 pm except on Sundays when they close at 10 pm! You will also find some little shops that are open 24/24 and 7/7.

### **FURNISH OR TINKER**

This is the list of hypermarket chains offering home improvement and do-it-yourself goods: Dedeman, Praktiker, Leroy Merlin, MatHaus and Arabesque.

### **EQUIPPED FOR WINTER**

In Iasi, the temperature can drop to  $-15^{\circ}$  C and the snow may reach up to 25 cm. We recommend warm clothes with fairly high shoes, one or two duvets for the bed, and you can also purchase on site a small electric heater if needed.



### **MEDICAL EQUIPMENT**

University will provide you doctor's smock, free of charge. You may buy other medical lab coats at the University shop. Another shop is located on the Bd. Independentei, near Piata Unirii.

### **MEANS OF TRANSPORT**

Iasi is one of the busiest cities in Romania in terms of car traffic. Therefore, you can enjoy a less stressful journey by letting someone else do the driving. Here are your options:

- use public transport (<https://www.sctpiasi.ro/>)
- use taxi companies: Euro Taxi (0232217217), Lux Taxi (0232255255/0740255255), Delta Taxi (0232222222), Parma Taxi (0232941941), RVR taxi (0745555949), Taxi For You (0232224444).
- car-hailing apps such as Uber and Bolt

### **PHONE**

The entry code for Romania is 00 40. The call sign of Iasi is 0232 (for Rom Telecom) and is always composed of six other digits. For the mobile phone, the main operators on site are Orange and Vodafone, Digi (RCS – RDS) and Telekom.



ITEM	PRICE IN EUR
1 litre of milk	1
10 chicken eggs	2.2
1 bread	0.7
1 kilo of apples	0.8
1 kilo of chicken	4
1 kilo of beef	7.75
1 kilo of pork	3.3
1 bottle of water 500 ml	0.5

## TRANSPORT

ITEM	PRICE IN EUR
1 tram/bus ticket	0.45
Taxi (1 km)	0.5
Car rent (start price)	15 / day

## RENT & UTILITIES

ITEM	PRICE IN EUR
Room rent	200-300 / month
Utilities (water, heat, sanitation)	75 / month

## LEISURE

ITEM	PRICE IN EUR
Cinema ticket	4-5
Theatre ticket	4-7
Opera ticket	10
Club ticket	5-5
A coffee	1.5
A refreshment	1.5
Restaurant menu	11