

EDSA

MAGAZINE SPRING
2014





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Editorial

Dear EDSA friends,

It's a great pleasure to present you Spring 2014 edition of EDSA magazine. I hope that these stories will inspire you to join EDSA activities and contribute to the development of our projects.

I would like to encourage all students to get involved in EDSA projects and share their experiences by writing articles for the magazine. Examples of articles include abstracts of your scientific work, that you have been working on, report from a congress you attended or details of an exchange programme, volunteer work, etc.

We would also be happy to hear about events organised by your local or national association or dental school's projects. If you have any questions or need help with writing an article feel free to contact me.

Wishing you all the best,

Emina Kabil

Emina Kabil



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52nd EDSA Meeting & 37th ADEE Annual Meeting

Andrew Kalli, School of Dentistry, University of Birmingham

In the previous EDSA Magazine publication, our LOC chair Negar Mirzai wrote an article describing the wonders of Birmingham and the brilliant things we had planned for this conference. It thereby gives me great pleasure to write this report after the event and all of its successes.

Students arrived on the 25th August 2013 at Victoria Halls accommodation, a favourite place to stay for many University of Birmingham students. Continuing this authentic Birmingham student experience, the meetings took place at the nearby Medical School on the main campus. Speakers presenting the conference's E-learning theme included leading staff from Birmingham's own dental faculty. Also supporting them were Dr Jasneet Singh discussing his dental community website and Birmingham's own student Yatisha Patel discussing her iPhone app, Dentify.



The sponsors of the conference also had an opportunity to directly meet the members of EDSA at a buzzing trade exhibition. Also taking place in the Medical School, 16 sponsors set up stands to showcase all of their latest products and give out many free samples.



The Birmingham conference wouldn't be complete without quality meals and parties. Students ate more than they could handle at the delicious Jimmy Spices – all you can eat international buffet. Social events took place at Birmingham's best bars and clubs. Dress themes for these parties included B'ham blue and zoo animals! The most elegant evening was of course the EDSA ball where everyone looked great with their masks. Highlights of the evening definitely included the photobooth and chocolate fountain.

We hope that you enjoyed Birmingham as much as it enjoyed welcoming you!

53rd EDSA meeting & 10th EDSA congress, Košice 2nd–9th March 2014

Kristina Vaclavova, University of Pavol Jozef Šafárik, Košice

I remember the first meeting I have attended. I remember as if it was just yesterday, even though it was 3 years ago. Feeling excited and a bit worried at the same time. Who shall I meet there? What is it going to be like? Not to mention the fact that I had to look up what EDSA actually stands for. I decided to give it a try. And the result? Way above my expectations! I met loads of people from all around Europe, even some delegates from India. In the lectures, I couldn't believe when I heard how many different projects we as students can potentially attend. I was amazed. My eyes got gradually open. An integral part of the program contained lectures of the profound speakers and in the evenings, after a great dinner with some local specialties, we hit the best clubs and pubs in town. I was leaving full of great memories, new friends and convinced that this was definitely not the last EDSA meeting I have attended. Every single meeting I have been to was special and unique in its own way. I would just add: one who doesn't try, will never understand. And one who tried, knows. New friendships developed during these meetings can last your entire life.

My message to those who have never attended any EDSA meeting/congress or are hesitant, afraid of the unknown, is: **DON'T WORRY AND REGISTER TODAY** to be part of the 53rd EDSA meeting and 10th EDSA congress in Kosice, the second biggest city in Slovakia, the European capital city of culture for 2013! And if this is not enough, you have one more very strong reason to come: We have started planning and preparing this meeting two years ago because we really care and try to do everything we can to make your stay in our country as memorable as possible in the positive way. You will be staying at Hilton, arguably the best hotel in Kosice, situated directly in the historical old town centre. You will attend interesting lectures and experience amazing parties in the best clubs. Specially for you, we booked a party train from Kosice across Slovakia and back. On it's way we will stop in Poprad to relax in the prominent aqua thermal park Aquacity !

Slovakia is a small but great country and if you have ever thought of visiting, **NOW** is the time. We guarantee that this will be **THE WEEK** to remember!

Experience the hospitality,
feel the beauty.



Hello and welcome to Riga, the 2014 European Capital of Culture

Concierge James, Rigas Stradins University, Latvia

Riga is the capital of Latvia, the largest city of the Baltic States, and has a population of 700k individuals. The Old town of Riga is noted as a UNESCO World Heritage Site due to the unparalleled beauty of the Art Nouveau and Jugendstil architecture. The city is situated on the Gulf of Riga, along the banks of the river Daugava which flows through the city.

Riga has hosted a number of international events, such as the 2006 NATO Summit, the 2003 Eurovision Song Contest and the 2006 Men's World Ice Hockey Championship.

We are delighted to announce that Riga will host the next EDSA conference in August 2014. It will be a great opportunity to visit Riga and experience one of Europe's hidden gems.



Now, what can you expect as participants of the EDSA conference in Riga?

We aim to create an exceptional experience for all participants, for the duration of their stay in Riga. Upon arriving at the largest airport of the Baltic States, participants will be guided to the 4 * Avalon Hotel. The hotel is one of the finest Riga has to offer, due to its prime location on the perimeter of the City's Old town. It is minutes away from the most popular restaurants and bars in Riga. After a delicious and hearty breakfast, you will be directed to the internationally recognised Riga Stradins University.

A tram, from a tram stop located close to the hotel, will take you directly to the university. The EDSA lectures and presentations will take place at Riga Stradins University. The University is the largest university in Latvia, and the only one to offer an internationally recognised degree in Dentistry. The state of the art Dental clinic is located next to the University and is well equipped to provide cutting edge dental training and treatment.

Lunches and coffee breaks will take place in the university cafeteria, this is the time for you to relax after interesting lecture or fun night in Riga. Following the afternoon session, you will be taken directly to the Hotel for some free time.

For dinner we will re-group and dine at the finest restaurants in Riga. The restaurant scene in Riga can satisfy the most demanding culinary connoisseurs. During your time in Riga you will get to experience traditional Latvian cuisine as well as Italian, Mediterranean, all the way to American BBQ. After dinner you will experience the very best of European night life. The warm summer nights in Riga are exceptional, and a truly unforgettable experience. The sun usually rises till late at night, and you can see some spectacular sunsets from Riga's many rooftop bars. The social program for the evening will include bar-hopping, the traditional EDSA Vision contest, and some wild and typical EDSA-Styled parties.



On a cultural note, we will accompany you through a guided tour through the Old-Town of Riga. You will see many beautiful and charming pieces of architecture and experience the history of this amazing city.

For those who are interested, there will be an opportunity to visit the Occupation Museum.

All in all, you can expect an exceptional EDSA meeting and we promise that your stay in Riga will be marvellous. Like “EDSA RIGA 2014” on Facebook and stay tuned for future updates and news. This is a meeting you do not want to miss!

We are looking forward to meeting you! ;)

Drizu tiksanos Riga! ;)

Amchi Programme 2013 Report

Olivia Johnson King, King's College London Dental Institute

Early evening on July 31st I left the UK with a team of ten dental volunteers to spend three weeks in Ladakh, India on dental outreach with The Amchi Programme. Ladakh is one of the most sparsely populated regions of India with just four qualified dentists to treat 180,000 inhabitants. The Amchi (Buddhist nuns) are relied upon heavily to provide healthcare to the communities.

The Amchi Project started in 2012 in collaboration with the European Dental Students' Association, Wisdomtooth and Manipal University. The aim was to teach the Amchi about oral healthcare and train them as local medical care providers. In turn, the Amchi could educate the community about their dental hygiene.

This year marked the Programme's second outreach mission and it is no doubt going from strength to strength. In August 2013 the project brought together a multinational team of 38 volunteers including doctors, dentists, dental students from Europe and Manipal University in India. The team were able to teach and train the Amchi about oral health care. Through oral health education we advised the communities on how to prevent the spread of oral diseases and we treated those in need of care.

Over the two weeks, the team travelled to some of the remotest areas in the Himalayas. At times, the sheer altitude of the region (5000m) and challenging terrain made the journeys difficult. Despite this, the team's determination and desire to reach the local communities superseded. By the end of the outreach mission we screened 1,500 patients for oral diseases and provided dental/ medical treatment as required. In addition over 500 local school children were provided with oral health education, as well as a supply toothbrushes and toothpaste.



The 2013 outreach also marked the start of the Amchi Smiles initiative – a hand-washing and tooth-brushing project based on the WHO’s Fit for School’s programme. This programme was started in the Philippines where it led to a 50% reduction in school absence and communicable disease and a 40% reduction in tooth decay, all for a cost of only 70 US cents per child per year. We started this initiative in a pilot school of 30 children and this proved to be a great success; next year we plan to expand Amchi Smiles to five other schools.



The residents were very appreciative of the work we did and we will be returning in August 2014 to continue this worthwhile cause. The EDSA’s Volunteer Work Group are fully committed to helping one of the remotest and most under developed regions in the world gain self-sustainable oral health. The Amchi Project is a fantastic cause and we truly value the role the EDSA has played in making it a great success.

For more information about the Amchi Programme please visit our:

Website: <http://www.edsaweb.org/amchi-programme/>

Facebook page: <https://www.facebook.com/amchiproject>



EDSA Volunteer Project in Tanzania

Antun Sablek, University of Zagreb, Croatia

When the EDSA started the Amchi volunteer project in India, 2012 there was immense interest from students across Europe wanting to participate in projects focusing on oral health in the third world.

At the ADEE Conference in August 2013 I met Dr Juha Ruotoistenmaki a dental clinician and representative for the Finnish Dental Association. After much discussion Dr Ruotoistenmaki suggested collaboration between EDSA and the Finnish Dental Association on a volunteer project in Tanzania.



Following the ADEE Conference, Dr Ruotoistenmaki invited Olivia Johnson King (EDSA Volunteer Work Officer) and myself (EDSA Vice-President) on a trip to Africa to further discuss future collaboration with the Finnish Dental Association.



My journey to Africa started on September 23rd 2013 with a flight from Zagreb, Croatia to Addis Ababa, Ethiopia. In Ethiopia Olivia and I attend the IADR Conference where we met the deans and professors from East and South African Dental Universities and were able to discuss the concept of a dental volunteer project in Africa. At the conference we also had the opportunity to present EDSA's work including the "Amchi Programme" and the "Virtual World Congress of Dental Students". After four exhilarating days of numerous meeting and discovering Ethiopian culture it was time to make our way to Tanzania.

Tanzania is situated on the east coast of Africa. In fact, it is the same size as Denmark, Great Britain, Ireland, France and the Netherlands put together! A quarter of its lands are made up of national parks and of course, it is home to the famous Mt. Kilimanjaro. Our time in Tanzania started off in Dar es Salaam (the city of peace) where we were welcomed at Muhimbili University of Health and Allied Sciences (MUHAS). At the MUHAS Dental Institute we met Donasian Kaduri, the President of the Tanzanian Dental Students' Association (TDSA). After meeting a group of Finnish dentists and touring the MUHAS dental clinic and hospital we started to define the foundations for a new dental volunteer project.



The project's focus was to be on oral health education, preventive and direct care, particularly for primary school children in Dar es Salaam and Morogoro (a rural town 200km from Dar es Salaam). Oral health education would take place in the school classrooms and if children required direct care they would be referred to the dental clinic at MUHAS or in Morogoro. The project would have 30 participants; 15 European dental students and 15 Tanzanian students who would be accompanied by senior dental clinicians from Finland and Tanzania. After discussing and developing the project idea with Dr Ruotoistenmaki and Donasian Kaduri we had the opportunity to visit the Ministry of Health in Tanzania and present the project. We received positive feedback from the Minister of Health and the clinical staff at MUHAS were very supportive of the concept.

After two weeks of hard work our trip ended with a well-deserved holiday in Zanzibar. So what did we conclude after our time in Africa? An incredible experience! Tanzania was beautiful – full of national parks, friendly people and delicious food. However we felt there was a sad irony in the contrast between Zanzibar's idyllic beaches and stark reality of the healthcare problems in both Ethiopia and Tanzania. At the end of the trip we were happy to have laid down the foundations for a volunteer project that has potential to help hundreds of people and make a positive impact on oral healthcare.

On my way back to Zagreb I was able to make a stop in Istanbul to visit some cherished friends from Yeditipe University. After two days in Istanbul, basking in the Turkish hospitality I made my way home to Zagreb. What an amazing adventure!

EDSA Research Programme at Yeditepe University 2013

Azize İpek YETİŞTİ, Kivanç Berke AK, Yeditepe University, Istanbul, Turkey

The research programme began on the 8th of July and twenty-two students were accepted for the project. Six different subjects were covered such as Oral Rinse, Edible film, Toothpaste, Artificial Saliva, Adhesive System, and periapical lesions in Endodontics. Prior to the program, each student made a decision on the topic they wanted to participate in but also they were given the option of changing their research area. The following lectures were given by the faculty members from different departments: Professor Ahmet AYDIN (Vice Rector/Provost, Head of the Toxicology Department) “Biocompatibility Tests”, research assistant İsmail ASLAN (Director of the Cosmetic Units) “Cosmetic Products for Oral Hygiene”, Professor Güleğül DUMAN (The Head of the Pharmaceutics Technology) “Pharmaceutical Calculations of Dental Products”, “Formulation and Evaluation of Dental Products”, Department of Pharmacology Professor Ece GENÇ and Professor Serdar ALPAN “Oral Reactions to Pharmacologic Agents” , Professor Erdem YEŞİLADA “Natural Products in Oral Health” , Assistant Professor Burcu ŞEKER (Department of Phsiology) “Physiology of Saliva”, “The stem cells of human tooth germ and their application” Selami Demirci (Ph.D. student) & Aysegül Dogan (Ph.D. student), Department of Pediatric Dentistry Associate Professor Senem SELVİ KUVVETLİ “ Functions of Saliva Substitutes and Their Clinical Applications”, Department of Periodontology Prof. Dr. Bahar KURU “Elimination of Microbial Dental Plaque”.



The lectures were held in the main campus and in the Faculty of Dentistry. Students who participated in research on endodontics and adhesive systems always performed their studies at the Faculty of dentistry.

The students came from four different countries: Romania, Croatia, Greece and Sweden. They stayed at the Yeditepe University dormitory in the main campus. Except for the students who performed their research at the Faculty of Dentistry, all other students received lectures and performed laboratory studies at the Faculty of Pharmacy. Visit to the Yeditepe University, Faculty of Dentistry and participation in the lectures of Faculty members of the dental school were also organized for participants. Moreover, the next week they had opportunity to observe the dental clinics.



In the laboratories, studies on toothpaste, oral rinse and edible film were performed under the supervision of Professor Gülengül DUMAN and İsmail ASLAN as well as research assistants of the Faculty of Pharmacy.

The research programme was educational as well as entertaining. The reason was simple; the city Istanbul. Since the early days of civilization, İstanbul has been a landmark in world history. Therefore, all around the city you can find something historical from every religion and culture. “The historical part of Istanbul” is located in the south of the Golden Horn and consists of districts such as Beyazıt, Eminönü, Fatih, Kumkapı, Sirkeci, Süleymaniye, Sultanahmet, and Tahtakale.

Yeditepe University is located on the Asian side of Istanbul which is a rather quite and relaxing area. After working sessions, we had the chance to go to the seacoast for a drink and socialize with each other. One of the best excursions in the social program was the Bosphorus cruise trip. The trip started from Eminönü and circled around all Bosphorus. The cruise was a great opportunity for sightseeing of Istanbul with wonderful dance shows from the EDSA dancers. The surprising thing was that all the students were very talented in dancing, but there is a thing none can deny, the best dancer was Luka Banjsak from Croatia.

In conclusion, Yeditepe University and EDSA organized a both educational and entertainment program for students. Strong friendships were built and students had the opportunity to view dentistry from other perspectives. We are all looking forward to repeating the research programme this year.

Research at Yeditepe University – Scientific paper

Luka Banjšak, University of Zagreb, Croatia

The enrolment in the EDSA Research programme was one of the most enriching experiences I had as a student. Considering the opportunities for a young dental student the best way to pursue an idea and aspiration to become a future academical citizen would be to participate in such activities. The research took place at one of the best universities in Turkey: Yeditepe University; more precisely in collaboration with the faculty of pharmaceutical sciences and evidently the faculty of dental medicine.

In the very beginning students were given the possibility to chose their main field of interest in the following fields: Edible Film Formulation for Oral Hygiene, Development of Formulation and Calculation of Artificial Saliva, Remineraliza-tion and Demineralization Solution, Development of a new antimicrobial/antiviral oral rinse, Determination of shear bond strength of new generation adhesive systems to dentin and enamel, Development of a new antimicrobial tooth paste.

Personally I was very much interested in the development of a new antimicrobial/antiviral oral rinse, which was basically the field of my main idea during the programme. Additionally, curtsy of prof. Gulengul Duman, Mustafa Ozcan and associates, all of the participants were given the opportunity to enrol in all of the fields, work with all of the professors, attend their lectures and furthermore expand their knowledge. The main advantage was that all students could have chosen any topic to broaden their intellectual and creative canvas; meaning multiple topics could have been chosen. Finally everyone was provided with literature and access to the main university library in order to proceed in our research.

My first, main, idea was to replace ethanol in oral rinses with natural substances in order to maintain the antibacterial and antiviral characteristics. I was motivated by the newly presented experimental studies which show that ethanol can cause serious displasia of oral mucosa and incidentally lead to cancer.



The other concern was prevention of herpes simplex infections by adding antiviral substances to the oral rinse. I used camomile, glycyrrhiza glabra, melissa officinalis and propolis as main ingredients. The solvent was purified water exclusively thus I had to think of and way to make all of the ingredients water soluble. I was aided by the patented method of extraction (US 4382886) to achieve this. The final formula was an alcohol free oral rinse of good taste, suitable for everyday use.



The second idea I worked on was the artificial saliva formula. Basically the idea was to include proteins in the formula, as they were introduced and identified to be equally important as ions in saliva. Secondly I wanted to add an strong antioxidant to artificial saliva because research show that antioxidants help maintain a health oral flora. I also took into consideration the cost of sintetizing proteins analogical to our own. Here, with the help of a fairly new method of PCR primer protein production method I managed to develop an experimental formula of artificial saliva, which production costs would be very reasonable, plus maintaing a highly individual characteristic if needed. This opens a possibility to ameliorate the saliva of all patients prone to dental caries. Finally I was faced with the issue of saliva tonicity: the majority of artificial saliva products on market are isotonic. Recent studies showed that normal saliva was in fact hypotonic, so I made my experimental formula hypotonic.

In spite the fact that the time for our research was very limited, all students were provided with the equal possibility to acquire new information and, if motivated enough, work on their ideas in a real laboratory.

SM!LE in Birmingham

Negar Mirzai, University of Birmingham, UK

The University of Birmingham Dental School took part in SM!LE Project 2012 part of a European Dental Students Association (EDSA) prevention program on October. The Project was sponsored by P&G and aims to promote oral hygiene to non-dental students throughout various European Dental schools, previously taken place in Leeds and Istanbul University.

A stall was set up in The University of Birmingham Centre which was organised in 3 staging areas. First non-dental students were asked to fill out a questionnaire related to their oral hygiene habits, diet, dental visits and smoking status. After completing this, they were given a demonstration by dental students on how to brush their teeth/flossing, what concentration of fluoride they should have, the maximum sugar intake a day and advice on the effects of smoking on oral health. Finally students were asked to fill out a quiz, with 4 questions related to oral hygiene advice, to win an Oral B Triumph toothbrush. We had 2 lucky winners each day! Every student who took part was given 2 free toothpaste samples and oral hygiene advice leaflets. Vaiva, the EDSA Prevention officer from Lithuania and Jacob EDSA Representative from Leeds University also visited with us and advised us on the project to ensure it ran smoothly.

The project was a complete success with more than 50 dental students volunteering from 1st to 5th BDS. We reached over 1,000 University students! The volunteers were extremely enthusiastic and encouraging, promoting oral hygiene to its maximum! We had such a fantastic start on Monday and Tuesday that by the end of the week most participants had heard about the project from their friends, and had specifically come to stall for the hygiene instructions given by our dental students (and the free toothpaste!).





The students at University of Birmingham greatly benefited from the prevention advice given. Results from this study have shown the importance of prevention programmes in our population. The results will help develop more efficient methods of educating students regarding oral health and therefore improve SMILE Projects taking place in the future. SMILE project should therefore be seen as an evolving series of prevention programmes designed to support the dental teams within Europe.



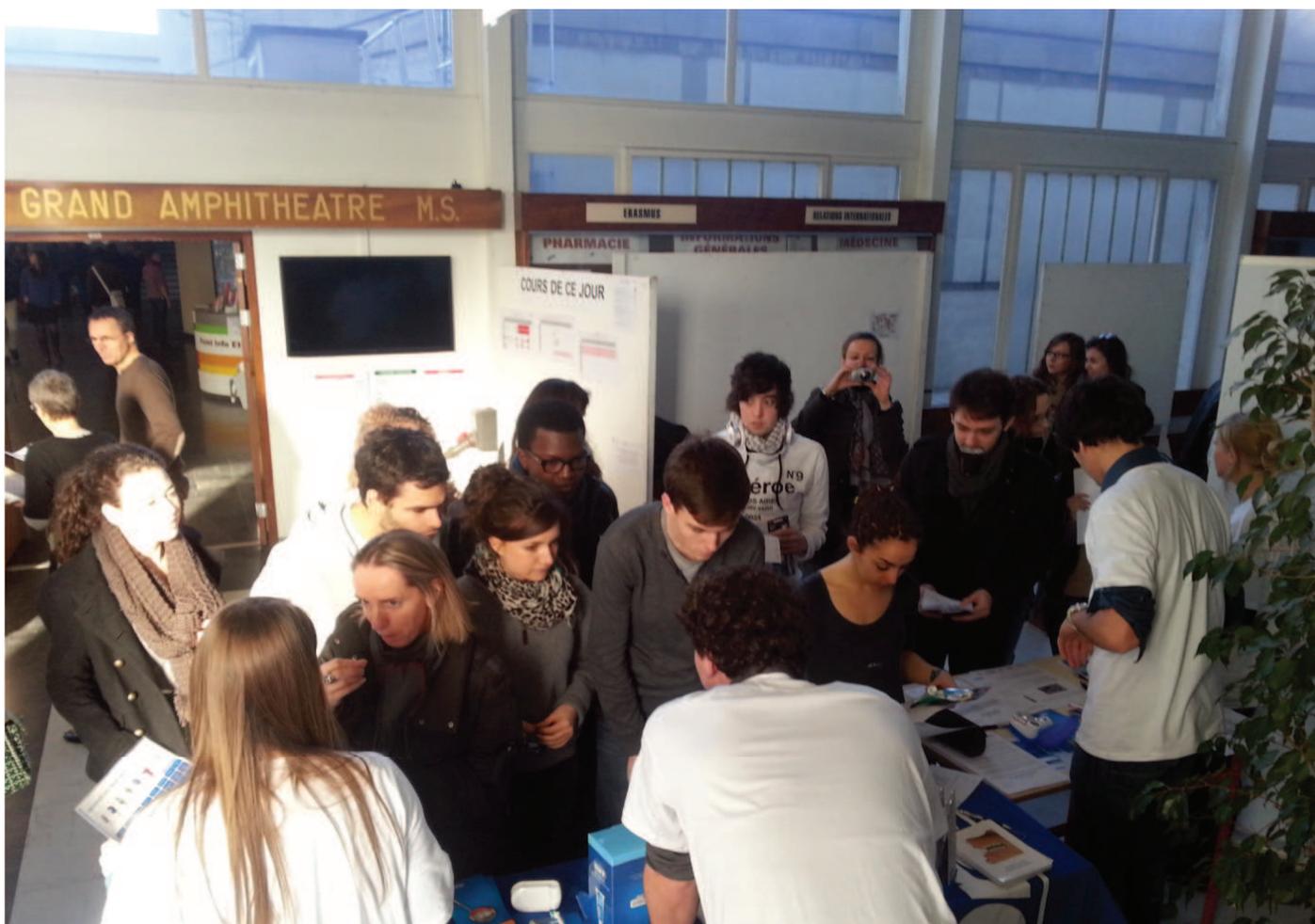
SM!LE in Rennes

Marco Mazavet, University of Rennes, France

It was with a curious look that participants of the SM!LE project approached the stand manned by volunteers of Renne's Dental School (UFR d'Odontologie de Rennes 1). The materials presented on the table were impressive. Demonstration models including cameras, electric toothbrushes and leaflets about oral health were amongst the many samples available advising students of oral hugiene instructions. When students ask, "What are they for?", the volunteers explained the purpose of the prevention project, created by and for the students themselves.

In exchange for a questionnaire, which in addition to its statistical purpose and instigating conversation amongst students, they recieved a toothbrush and an Oral-B toothpaste. Once this first step was completed, it was evident that very few know the role of fluoride, which was used as an "Ice- Breaker " question to start a discussion on oral hygiene habits.

Floss seems to be conspicuously absent in student bathrooms in Rennes. The demonstration models available allowed comparison between the effectiveness of a brush, against floss on cleaning interdental spaces . Students seemed convinced, and agreed to use it from "time to time". Students seemed confident when demonstrating effective brushing, for instance, brushing with a vertical movement off the incisors. However, it became apparent that this knowledge was limited. Many were skeptical about the recommended brushing time and often think their own could be increased. Pictures of oral cancers seem striking for students. At the end of the dialogue, participants were asked to complete a quiz used to judge for the effectiveness of this " hygiene motivation " in an attempt to win an electric toothbrush.



During the week commencing February 18th 2013 , 48 volunteers , students at the dental Faculty of Rennes, informed nearly 2,000 students over three campuses of RENNES 1 and RENNES 2 universities. The operation has been very well received by various officials. The students were both very friendly and curious about the project and were also happy to go back home having learnt something new.



Two days before the project, although volunteers were missing, this deficit was quickly filled on Monday evening from the experience the first volunteers had gained. Two students were interviewed by Virgin Radio and Hit- West radio station, drawing more students on the SMILE stand.

The SMILE project in Rennes was a success, both regarding the students' and the volunteers' points of view. Due to the motivation and spontaneity shown, information was transmitted both accurately and enthusiastically, resulting in a hugely positive outcome.

SM!LE Project Russia 2013

From Russia with Love

Azize Ipek Yetisti, Yeditepe University, Istanbul, Turkey

Vaiva Jakutyte, Lithuanian University of Health Sciences, Kaunas, Lithuania

The European Dental Student Association (EDSA) and Procter and Gamble (P&G) company organized the prevention programme SM!LE Project 2013, in Russia. The project took place from 16th-20th September in Moscow, and from 23rd- 27th September in Samara, supported by Moscow State University of Medicine and Dentistry, and State of Samara Medical Faculty. The aim of the project was to reach as many non-dental Russian students as possible and give a perspective on modern oral health education. This project received positive feedback not just from the students who took part, but also Moscow State University of Medicine and Dentistry, State of Samara Medical Faculty and Russian Association of Dental Students and Young Doctors (RADSYPD). Official EDSA Representatives monitored day-day activity and reported all the information back to EDSA Executive Committee. The representative included Tatyana Vorovchenko and Saba Khurtsilava (RADSYPD members), Vaiva Jakutyte (fourth year dental student from Lithuanian University of Health Sciences and Past-EDSA Prevention Officer) and Azize İpek Yetiştı (third year dental student from Yeditepe University).

There were more than twenty volunteers in Moscow and forty-two in Samara. Some of which were recently graduated dentists, all happy to spread their knowledge on dental health education to keen patients. This time we added something new to the project, we organized pre-SM!LE training sessions. Vaiva Jakutyte discussed the main plans for the Project before starting in Moscow and a two-day educational workshop was set up by Professor Alfiya Minvalievna Khamadeeva, Head of the Paediatric Dentistry department in Samara.



The participants were provided with standardized information on oral hygiene, such as tooth brushing techniques, the use of dental floss and electric toothbrushes and some information about the company Oral-B. Participants were also given advice on how to approach the students to provide this information.

The SMILE Project was such a successful event! It grabbed the attention of the Russian students showing the importance of good oral health throughout Europe. In Moscow, there were 1609 participants from many different subjects and even more, 1665 participants, in Samara. Almost all students filled out the quizzes who then went on to get freebies and win prizes, like the smart-toothbrush prepared by P&G. Three tables were set up in the Medical School of which one was designated for graduate dentists to examine participants, recording their dental problems. Participants also had their teeth disclosed, giving them the opportunity to see exactly where they had the most plaque deposits.



EDSA is very happy about the great partnership we have with P&G and all the dentists in Russia who took part in this project, really appreciate all the hard work everyone has put in and good luck for the next SMILE Project!

EDSA Summer Camp Malta 2014

James Frederick Attard, University of Malta, Malta



Three years ago Malta joined EDSA as a full member and since then we have been following closely, watching EDSA become bigger and better through the hard work of a good number of dedicated dental students. We are very proud to be part of such a dynamic and effective organisation! I, for one have learnt so much. It feels good to look back and realise that the EDSA-experience helped me develop and improve all kinds of skills – academic, administrative and social.

Following the increasingly huge success of the EDSA Summer Camp in Croatia (I can vouch for that!) a number of Maltese dental students asked to help organise a similar event in Malta, as we all thought that more dental students should have the opportunity to participate in this amazing Mediterranean experience!

I don't want to bore you with the usual details, but in a nutshell - it's a tiny Island with hot, sunny summers; nice, clean beaches and many ice cream stalls! Yes, it's as good as it sounds! This year's event will take place between the 7th and the 13th of September and will be called 'Getting Focused'. It is aimed at improving dental students' skills for treatment planning. This will be done through a number of lectures and a workshop delivered by local lecturers. We will also be updating you with the latest innovations from a number of companies which supply oral care products. The social program is full of fun stuff too – in short, you won't be getting much sleep!



Just in case you were wondering, getting to Malta is very easy - just book your plane ticket! Once you're here, it will be all taken care of by the LOC. There is loads to see and do, from visiting UNESCO World Heritage sites such as the Megalithic Temples – the oldest free standing structures on Earth – to tasting pastizzi, a local snack made from a cheese or pea filling inside a cruchy dough! We are currently preparing a brochure and a website with further information and the full program. Unfortunatley we can only accept a small number of students, 25 more or less, so if you're interested in understanding dentistry a bit better whilst having loads of fun, make sure that you follow our updates on <http://edsasummercamp2014.madsonline.org/>



P.S. make sure you bring along a swimsuit, towel and sunglasses. That's the official uniform for our summer camp!

In the mean time, I am looking forward to see many of you at the next EDSA meeting, this time organised by a great team of Slovakian dental students! Sahha!



EDSA Summer Camp Dubrovnik 2014

Andrija Ban, University of Zagreb, Croatia

In 2011 a group of dental students from Zagreb, Croatia came up with an idea to bring together dentistry students from all around Europe in a fun and educational event. With support from the European Dental Students' Association, the EDSA Summer Camp was born. Together, dental students from Europe participated in the summer camp, which was successfully organized every year since 2011, to generate discussion and understanding across the dental healthcare field and furthermore to develop interdisciplinary skills and awareness of concepts in multidisciplinary and multicultural dental healthcare systems.

The last Summer Camp, held in Dubrovnik, Croatia in August 2013 was a culmination of the success of the Summer Camp program, bringing together more than 30 students from all around Europe and some of the finest lecturers in the field of dentistry, combining fun, sun and education in an international melting pot.

What's the idea?

The idea of the Summer Camp shares the same concepts as those of the EDSA; connecting international students in a fun and rewarding experience in an ideal place to bond, enjoy, learn and at the same time relax. Every year dozens of students get the opportunity to make new friendships and extend their horizons in true multicultural spirit. It is a perfect blend of summer fun and education in new advancements in dentistry. Made for students by students, it is exactly where you should be to have the time of your life.

How does it work?

The Summer camp is a 7-day programme for dentistry students combining a social and an academic programme. Students are accommodated in the University dormitory offering excellent infrastructure for lectures and leisure. Every day consists of morning lectures given by distinguished lecturers from Europe and the world about the newest advancements and techniques in dentistry. Student workshops are also organized where they can try for themselves to apply all the freshly absorbed knowledge. Also, discussions are made where students can share their ideas about future projects and advancements.

Not to think you've gone back to college, the Summer Camp is also all about fun. If you have an adventurous spirit, this is the place for you. Loads of sun, watersports and beach fun are what the students of last year's camp couldn't get enough of on the beautiful sunny beaches of Dubrovnik. When the sun is down, the night life begins. Every night the fun continues in Dubrovnik's famous clubs hosting the best performers from around the world, topped with after beach parties, theme parties, warm up parties, and every other kind you can imagine.

Save your energy, though. The daytime fun is topped with excursions to the nearby Elafiti islands to experience the true mediterranean dream and an evening excursion on the famous Karaka boat around the city walls. If you're interested in culture, Dubrovnik is the place for you. A UNESCO World heritage site, Dubrovnik is known as the Pearl of the Adriatic. It's stone walls protecting it for centuries, the city is thriving with culture and history. Of course, the week can't go by without exploring this historic wonder.

Students that have participated in the camp brought home nothing but great experiences, new friendships and unforgettable memories. To be a part of the upcoming Summer Camp in Dubrovnik in 2014, all you need is an adventurous spirit to enjoy the time of your life.



My EDSA Journey 2008 – 2013

Maja Sabalić, D.M.D., Zagreb, Croatia

I attended my first international student meeting - the 42nd EDSA Meeting in Zagreb, Croatia - in September 2008. At that time, when EDSA and ADEE (Association for Dental Education in Europe) meetings were hosted by my university for the first time, I was a 2nd year dental student involved in a local project for prevention of caries and dental fear among children called "The Tooth Fairy". My colleague Mihovil Gregurić-Bajza (delegate and EDSA companion at couple of following meetings) and I had already heard and read great stories about EDSA and we were very excited to be able to meet students from other countries at our dental school. Being invited by Željana Matošić and Vedran Šantak (prominent EDSA members and the Zagreb meeting organising committee members) we were pleased to give a presentation about the local prevention project at the EDSA meeting.

Quite by chance during the meeting I joined a working group coordinated by Marija Begović, EDSA Magazine Editor from Belgrade who was looking for co-editors to help with design and content of the 2009 issues of EDSA magazine. I was a bit shy at the beginning but since I previously had some experience with writing and editing school newspaper and an educational web portal I applied to be a contributor to the magazine. Fruitful and enjoyable collaboration with Marija and two other Co-editors, Plamen Nenkov from Varna and Andrew Sullivan from Cardiff as well as social aspect of being a member of EDSA family kept me interested and involved in more and more EDSA projects and events.

Following a joint meeting with the International Association of Dental Students in Ljubljana and joint meeting with ADEE in Helsinki (where I was elected EDSA General Secretary) I have already had my hands full with regular reports on EDSA activities, supporting delegates in a growing number of member schools and fostering cooperation with EDSA partner associations and dental companies. I used InterRail a lot and one of the best memories from those times was a 30 hour long but fun train journey to Bucharest (host of 2010 EDSA Meeting and Congress) with several other EDSA colleagues from Croatia, Bosnia and Herzegovina, Serbia and Romania.

In the period 2010 -2012 (part of which I served as EDSA president) I had a number of opportunities to strengthen relations with partner institutions and organisations. I promoted EDSA via the Virtual World Congress of Dental Students, gave presentations at conferences of the European Pharmaceutical Students' Association and the International Federation of Medical Students' Associations, attended the Lobby Day of the American Student Dental Association as well as to contributed to publications of the partner associations. I also acted as a delegate at the 2011 FDI Annual World Dental Congress and the EDSA Forum on dental volunteering held there. With the support of Meisinger company and together with EDSA Partnership officer Danilo Arsenijević I represented EDSA at the International Dental Show in Cologne where EDSA had its own booth for the first time. In cooperation with the same company an international dental implantology hands-on course was organised and attended by 70 students from 14 countries.

I remember research was our Annual Theme in 2011. As a result of team work with Mina Tagt Kohodabandehloo from Sweden, Hurjoht Singh Virdee and Sunkanmi Olaore from Birmingham a survey on conditions for research at dental schools was conducted and presented at the ADEE conference. The results showed there was surprisingly high percentage of students interested in research. Therefore, in 2012 I saved some money and applied for my first European Visiting Programme. I travelled to London with the aim of arranging cutting-edge research projects for EDSA students. Later that year more than 20 students were hosted by King's College London research laboratories and six of them received Colgate-GABA scholarships.

Besides EDSA meetings held each time in another city, best occasions for making friends, overcoming borders by learning about other cultures and sharing knowledge were the Amchi Project outreach in India and the EDSA Summer Camp. During camps held in 2011 and 2013, Croatia proved to be a good place for informal learning and beach parties so our national association of dental students led by Antun Sablek will be pleased to host EDSA enthusiasts this year and in the future too.

Looking back at my student days I am very grateful for the opportunities I had. It was not always easy to balance full time dental studies with extracurricular activities, conferences and part-time work to cover the expenses of travels but each project and trip brought new experiences (sometimes adventures, literally) and new friendships. The best aspect of membership in EDSA for me was to work with wonderful people from other universities on creating more opportunities for dental students' community. Having spent unforgettable moments of my life with EDSA I was happy to participate in the 25th anniversary in 2013 and I am delighted to see EDSA keeps flourishing and connecting creative and dedicated students from Europe and beyond.



EDSA delegates, guess who is who?





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