Egypt

WELCOME

BOOKLET



IFMSA-EGYPT
SINCE 1969

SCOPE
Professional Exchange

SCORE
Research Exchange

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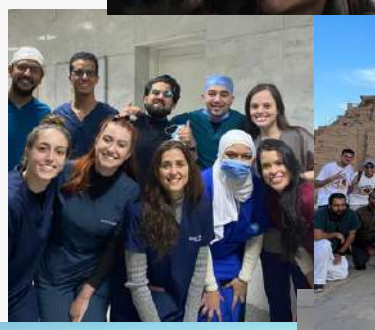
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Welcome Message

Dearest IFMSA exchange enthusiast,
Welcome to Egypt!



IFMSA-Egypt was established in 1969 and has gone a long way since then; IFMSA-Egypt's exchanges are one of the most highly acclaimed within IFMSA.





Egypt is an enigmatic treasure trove of unimaginable archaeological and cultural riches; it is hard to think of Egypt without imagining the Sphinx, the Pyramids of Giza, Luxor, the Valley of the Kings and the Nile. As well as being the world's largest open-air museum, Egypt offers a slew of magnificent, diverse sights to behold; from the coral reefs at the Red Sea to the mountains of Sinai, there will always be something new to do or a new place to explore in Egypt.





It is our pleasure to present our Welcome Booklet. We spared no effort in gathering every piece of information that can be useful to you when visiting this lovely country. Within the next pages you will find all the information you will need from the start of your exchange program till it end.



Meet the Team

BEHIND THE BOOKLET 2022-2023

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TEAM



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Meet the Team

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AMSA-Aswan



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TSSA-Tanta



Yasser Raghib
SMSA-Sohag

Get to Know *Egypt*



Egypt is an interesting tapestry with remarkably diverse geography and landscape, giving it a broad range of activities to partake in and places of interest to visit. From the metropolis that is Cairo to the beautiful beaches strewn around Lower Egypt, the northern region, and the ancient sites of Upper Egypt, the southern region, there will always be something new to experience and discover. Each region has its own character, culture, and dialect.

General Information:

- **Area: 1,010,408 km2**
- **Population: estimated 101,576,517 (2021)**
- **Currency: Egyptian Pounds (abbreviated as L.E. and EGP)**
- **Capital: Cairo**
- **Time zone: GMT +2**
- **Government: Republic**


Mediterranean Sea
Rosetta
Alexandria
Tanis
The Great Pyramid of Giza
Nile River
Heliopolis
Sphinx
Giza
Cairo
Saqqara
Memphis
Bent Pyramid
Dahshur
Faiyum
Meydum
Lahun
Herakleopolis
Sinai
Nile River
Beni Hasan
Hermopolis
Amarna
Eastern Desert
Asyut
Badari
Qau
Akhmim
Western Desert
Thinis
Abydos
Abydos Temple
Dendera
Naqada
Karnak
Luxor
Thebes
Temple of Luxor
Valley of the Kings and temple of Hatshepsut
Tod
Hierakonpolis
Temple of Ramses III
Edfu
Temple of Horus
Kom Ombo
Aswan
N
W
E
S
Nile River
Philae
Philae Temple
Temple of Ramses II
Abu Simbel
Buhen
Nubian Desert
Ebers in Herbal Medicine & Edwin Smith in Surgery, two papyruses written in about 1550 BC, reflect the level of medical knowledge reached by Egyptians. Some descriptions in the papyri even date back to 3000 BC! Much of the Greek medical knowledge which later inspired Islamic and modern Medicine, was inspired by Ancient Egyptian Medicine.
We wanted to put this on the Timeline, but come on bro, it's EGYPT HISTORY, we can't even believe it fitted all this. Also notice the events are shited little downward.
Finally, The Ancient Cat Meme, that's why we make Civilizations! Mr. Cat is giving a roasted duck to Chief Mouse, classic! Egyptians have been always known of their sense of humor (they also loved Cats).
1869: Opening of Suez Canal. The British used the Canal to occupy Egypt in 1882 till 1956, when Egypt gained full independence & took back the Canal, defending it in the Tripartite Aggresion, Suez Crisis.
2000 AD
1827: Muhammed Ali Pasha (founder of modern Egypt), appoints a french doctor, Clot Bey, to found modern medical school. It's Kasr Al-Ainy. Clot Bey, his fellows and graduates, fought Cholera, vaccinated against Sam pox, discovered Bilharzia and even ended Plague in Egypt!
Muhammed Ali Dynasty
Ottomans
1799: A french officer found a stone near Rosetta town during the French Campaign, the Stone from 196 BC had Greek script beside Hieroglyphs, which helped Champollion (et al) decipher it.
1500 AD
1509: With the discovery of Cape of Good Hope and a defeat in Battle of Diu, Mamluks and Egypt lose most of their power controlling trade roads between Europe & India.
Ayyubids & Mamluks
1284: Sultan Qalawun builds his Bimarstan in Cairo as part of Qalawn Complex. Bimarstans are educational hospitals built all over the Islamic world.
Fatimids
1000 AD
1174: Pushing back the Crusaders, Saladin Sultan of Egypt. The Eagle of today's Egyptian flag is Saladin's. Massive Battles took place in this era, as Hattin 1187, Battle of Mansoura 1250 when the wife of the dead Sultan, Shajar al-Dur ruled. Egypt even managed to stop the Mongols themselves at Ain Jalut by Sultan Qutuz in 1260.
Abbasids
921: Cairo (The Victorious), Fatimid Caliphs rule Egypt. A lot of folklore dates back to this era, such as Ramadan Festivals.
Umayyads
Rashidun
Persians again
500 AD
646: Amr ibn al-Aas leads the Islamic Conquest of Egypt under the Caliph Omar ibn al-Khattab, and becomes the governeror. He builds a Mosque in today's Religious Complex in Cairo.
Romans
394: "for all time and eternity", the last written hieroglyphs on Philae Temple. With Christianity being dominant religion, lots was abandoned, lots also remained like Ankh & the Calendar, & Coptic (mix of Greek & Demotic letters) is used.
284: Age of Martyrs, or Diocletianic Persecution. To remember their Martyrs, Egyptians from now on consider this year as year zero, so today's date: 12/9/2023 is 1st of Thoth 1740 in Coptic Calender. Happy New Year!
0
Ptolemiac Dynasty
51 AD: St. Mark reaches Alexandria, his shoes got torn, goes to a shoemaker & they discuss. Later the shoemaker became St. Anianus, 2nd Pope of Alexandria. St. Mark founded the Coptic Orthodox Patriarchate of Alexandria.
1 AD: Joseph & Mary, with her baby Jesus flee Judea to Egypt. Her journey reached till Assuit in Upper Egypt.
Persians
500 BC
31: Cleopatra is defeated in Actium, Ptolemiac rule ends, Augustus is now ruler of Egypt (& Roman Empire)
1000 BC
246: Alexandria, the greatest capital of the world, with another wonder, the Lighthouse (now the Qaitbay). Greco-Egyptian culture & deities are formed. Greek is widely used, scientific research is speaking & Ptolemiac dynasty are now Pharohs of Egypt
343: Struggles against Achaemenid Empire (Persia) , ended by the fall of the 30th Dynasty. Short after, Alexander the Great reached Egypt in 332.
1500 BC
Egypt
640: 26th Dynasty. Embalming reaches it's peak, becoming an independent profession, with advanced techniques developed for more than 2000 years and trading network for the supplies reaching till India and beyond.
1279: Ramses II the Great, 19th Dynasty, king of Egypt. His reign is known for extensive building, colossal statues, war with Hittites & world's first Peace Treaty.
2000 BC
Ancient
1323: 19 year old king, Tut Ankh Amun, is suffering from malaria and leg fracture. If you told him then he is going to be one of the most iconic figures of ancient Egypt, would he believe?
2500 BC
1630: Hyksos, with their chariots controls Egypt & become the 15th Dynasty. Later, Egyptians liked the chariots, adopted it and fought back.
1850: Senusret III of 12th Dynasty cleared a path through the 1st Nile cataract (now location of Aswan Low Dam) for his Nubian campaigns, he also tried to build the Ancient Seuz canal.
3000 BC
Egypt
2465: In 4th Dynasty reign, The Great Pyramid of king Khufu, World's First Wonder was born.
2630: Imhotep, Egyptian physician, statesman, architect (& later a God) helps king Djoser of 3rd Dynasty to build his Pyramid in Saqqara.
3500 BC
Predynastic
3100: United Egypt is born, King Mena (Narmer) starts the First Dynasty.
3400: The myth says Thoth taught Egyptians calendar, calculations and Hieroglyphs, the first month in Coptic calendar still named after him.
4242: Every time Sirius (Sopdet) star appears in the sky, the Nile floods. Egyptians notice, make calculations and voila! First ever calendar. Which year are we in today?
4000 BC
4500 BC
7
www.ancient-egypt-online.com

DEMOGRAPHICS

Egypt is highly urbanised with the majority of the population situated around the Nile river, within the Nile river delta and around the Suez Canal. Egypt is mostly inhabited by people of Egyptian origin, and there are people who come from Greek and Turk backgrounds, among other ethinicities. The language primarily spoken in Egypt is Arabic, specifically the Egyptian dialect, which is mutually intelligible with most other Arabic dialects; there are other spoken languages in Egypt such as Siwi and Nobin but are primarily used by people in specific regions. The foreign languages primarily spoken by the people are English, French, German and Italian.



RELIGION AND CONVENTIONS

Egypt is a Muslim majority country, with the remainder being Christian, including followers of the Coptic Christian faith, or Jewish.
Culture and tradition play an important role in Egyptian daily life. Hospitality is a significant element, especially to visitors. People here are very friendly, especially with foreigners, so do not get surprised by getting saluted by everyone in the street. It is preferable to wear conservative clothing in towns and rural areas. Clothing conventions tend to be more relaxed in modern cities and tourist resorts.



WEATHER

The weather in Egypt is diverse
In the coastal regions, temperatures range between average winter minimums of 14˚C (November to April) and average summer maximums of 30˚C (May to October). Temperatures vary widely in the inland desert areas, especially during the summer, where they range from 7˚C at night to 43˚C during the day.
For more information and updated data check **THIS**.

COMMUNICATION

we

VISIT THE **WEBSITE** OR USE THE APPLICATIONS
ON **PLAY STORE** & **APP STORE**

etisalat by e&

VISIT THE **WEBSITE** OR USE THE APPLICATIONS
ON **PLAY STORE** & **APP STORE**

vodafone

VISIT THE **WEBSITE** OR USE THE APPLICATIONS
ON **PLAY STORE** & **APP STORE**

orange™

VISIT THE **WEBSITE** OR USE THE APPLICATIONS
ON **PLAY STORE** & **APP STORE**



Arabic: Eshreen Geneh
20 EGP



Arabic: Khamseen Geneh
50 EGP



Note that both
10 & 20 EGP has 2 forms,
the usual paper banknote
and the new polymer one



10 EGP
Arabic: Ashra Geneh

100 EGP
Arabic: Meet Geneh



CURRENCY OF EGYPT





200 EGP
Arabic: Mitaen Geneh



5 EGP
Arabic: Khamsa Geneh



1 EGP
Arabic: Geneh



0.5 EGP
Arabic: Noss Geneh





Currency Exchange Information:

Travelers to Egypt:

There are no restrictions on the passenger entering with any foreign money upon arrival to the country, provided that they disclose excess over the amount of ten thousand US dollars or the equivalent in other foreign currencies, and it is also permissible to carry an amount of local cash up to (5K) five thousand Egyptian pounds.

Travelers from Egypt:

The maximum allowable foreign exchange is (10K) ten thousand US dollars or its equivalent in other foreign currencies, and non-Egyptians are allowed to carry the remainder of the sums, provided that it has been disclosed upon arrival, and itis permissible to carry papers of local cash within (5K) five thousand Egyptian pounds.



Learn more about EGP exchange rates **HERE**
Or you can use the mobile application on **Android** & **IOS**





Currency Exchange Tips:

- Exchange rates at your destination (LC) will probably be more favourable than those at airports, so hold off exchanging until arrival at your LC (unless it is urgent).
- It is preferable that you bring US dollars or Euros.
- Do not exchange all your currency in one instance since changing back might result in you losing some money.
- The export of local currency from Egypt is prohibited.
- Post offices sometimes offer the best exchange rates and are free of commission.
- Beware of exchange companies that do not charge commissions on currency conversion because they compensate for this with higher exchange rates.
- Avoid paying purchase bills in the currency of a credit card. It is preferable that payment is in local currency to avoid an additional fee (average of six percent).
- Avoid withdrawing foreign currencies in cash from ATMs, as they charge exorbitant fees in addition to credit costs.
- Using credit cards in foreign purchases is better than using payment cards, as credit companies provide an additional guarantee.
- You will get a really bad rate since there is limited reserved of Egyptian currency abroad.
- It's illegal to import more than EGP 5000 which is approximately 300 US dollars.



AIRPORTS

Cairo International Airport Cairo	Borg El Arab International Airport Alexandria	Hurghada International Airport Hurghada, Red Sea Governate
Luxor International Airport Luxor	Aswan International Airport Aswan	Sharm Elsheikh International Airport Sharm Elsheikh, South Sinai Governate
Taba International Airport Taba, South Sinai Governate	Marsa Matruh International Airport Matruh	Sohag International Airport Sohag
Assuit International Airport Assuit	Sphinx International Airport 6th of October City. Giza Governate	

LOCAL TRANSPORT

Taxis:

Available nearly 24/7 across the entirety of Egypt, taxis can be a reliable and reasonably priced way to get around within cities. An issue with utilising them can be the language barrier and that giving them directions sometimes depends on the passenger's knowledge of more well known locations.

Different cities in Egypt can have different taxi colours. Which city is this?



Rideshare Services:

Careem, Uber & inDrive are very simple in usage since they only require location input, which avoids the language barrier.

Careem:
App store
Play store

Uber:
App store
Play store

inDrive:
App store
Play store



Local Buses:

By far the cheapest option, buses provide an affordable way to get around a city, but they mostly require knowledge of the city such as where the closest stop is and where your destination lies.



Subway:

Available only in Cairo, Giza, and Helwan the metro or underground is an accessible way to get around Cairo and avoid traffic congestion. Visit the website **HERE**.



NATIONAL TRANSPORT

Egyptian National Railway

Available throughout Egypt with different options and classes. Taking the railway requires ahead of time booking. Visit the website **HERE**, or check the app on **Play Store** & **App Store**.

National Buses

Available throughout Egypt and do not require ahead of time booking. Here is one of the most popular:

gobus.

Website: **Go Bus**
Application: **Play Store**
App Store

Note: There are other companies that provide the same service; check on their availability with your CP or local officer.

Flights

Domestic flights are available to and from certain cities whose airports are listed in the airports chapter. Other local airports are also available.



Egypt's Food Must Tries







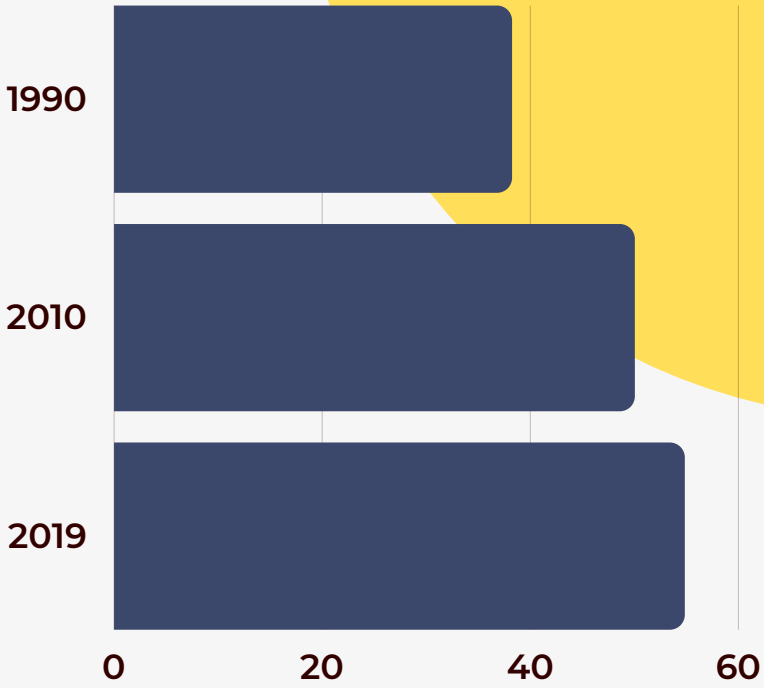
Egypt's Food Must Tries







Universal Health Coverage Within Egypt



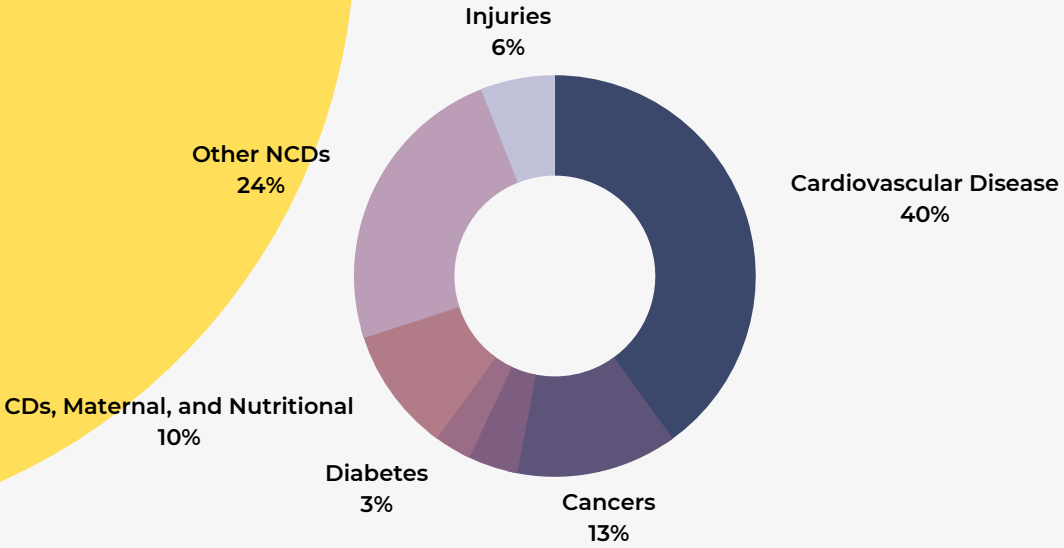
The UHC (universal health coverage) index aims to represent healthcare services coverage within a population inclusive of health needs and the ability of the services to contribute to the improvement of health.

Falling under the third SDG (sustainable development goal), UHC, represented by the UHC index, in Egypt is expected to reach around 65.2 by 2030, the end of the current sustainable development agenda. The relatively new Social Health Insurance Law (SHI) established the legislative foundation to work towards the actualization of UHC.

Mortality and the Health Burden of Diseases

NCDs, noncommunicable diseases, account for the majority of the health burden and mortality within the Egyptian population (taking up 8 of the top 10 positions). There have been significant shifts in the causes of mortality within this class of diseases particularly within neonatal disorders (decreasing by 64.7% from 2009 to 2019)due to the increased





access to family planning modalities, neonatal care, and maternal healthcare; additonally, lower respiratory tract infections and diarrheal illnesses have seen a 19.7% and a 35.4% decrease respectively.

Risk Factors That Drive the Most Death and Disability

Throughout the past decade, risk factors affecting the Egyptian population have shifted significantly. Whereby malnutrition, water sanitation and hygiene have undergone significant decreases as there is an increase in accessibility to nutrition and clean water and sanitation. The top three risk factors prevalent in Egypt are high blood pressure, high BMI, and tobacco use. As is true with other developing countries, these health shifts, especially in regards to CVDs could be attributed to urbanisation and development, with altered population age profiles and lifestyle changes among other causes.





1.Hypertension



2.High BMI



3.Tobacco



SOCIAL PROGRAM



Every inch of Egypt is an adventure you can experience, so in IFMSA-Egypt, we organize a program to ensure you see the most exotic parts of Egypt. On a national level there are 3 national weekends organized in Jan, Jul, and Aug gathering all incomings from across Egypt; on a local level each LC provides weekends around Egypt to ensure you don't miss anything. Here we are just giving you a hint for the adventure awaiting you. Also check out our **Instagram** to know more about our exchange and social program.







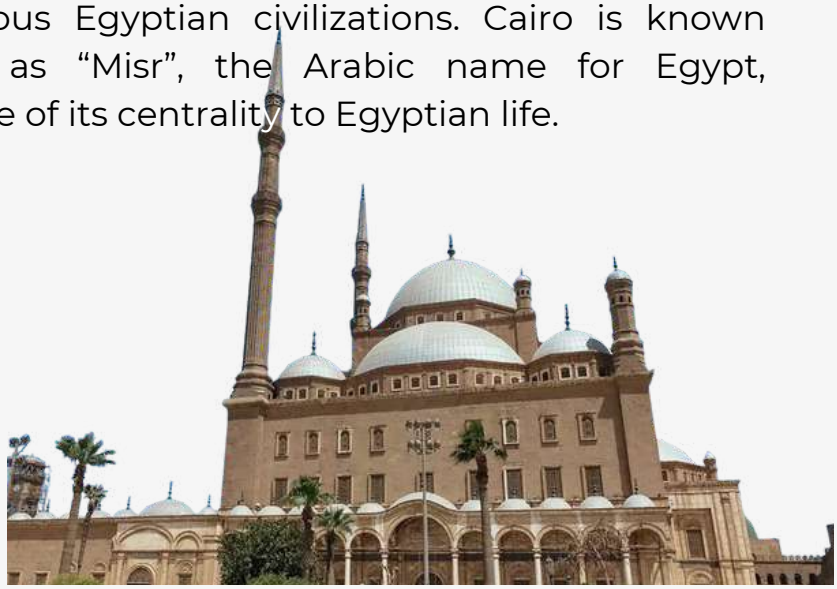


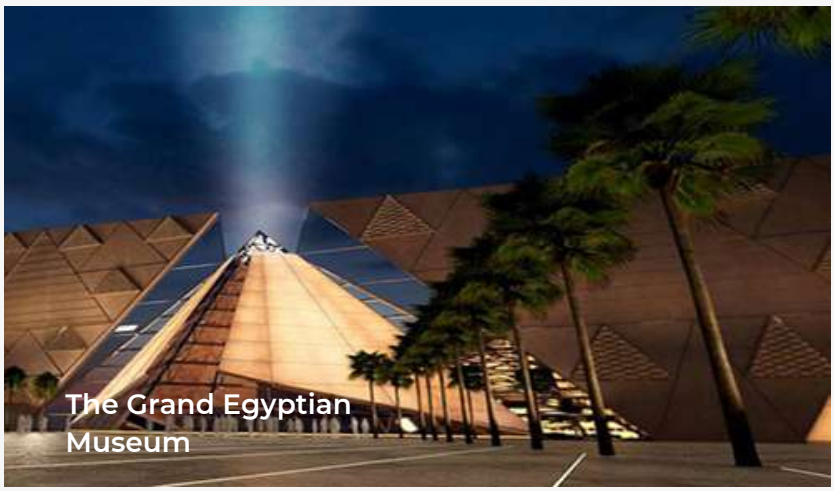


CAIRO

The capital of Egypt and the largest city in Africa; its name means “the victorious city”. It is located on both banks of the River Nile near the head of the river’s delta in northern Egypt and has been settled for more than 6000 years, serving as the capital of numerous Egyptian civilizations. Cairo is known locally as “Misr”, the Arabic name for Egypt, because of its centrality to Egyptian life.







The Grand Egyptian Museum





Al-Moez Street





ALEXANDRIA

Alexandria was created by Alexander the Great in 333BCE and has a history distinct from any of the other cities in Egypt. Among the fabulous monuments mentioned by ancient Greek books are the Enclosure Walls and the Gates of the City, the Lighthouse, the Great Library, the Royal Necropolis, including the Tomb of Alexander, and the museums. Today the remaining monuments of ancient Alexandria are different cemeteries scattered in many various locations, some of which date back to the Ptolemaic period.







Bibliotheca Alexandrina



Citadel of Qaitbay



Alexandria National Museum

LUXOR



Temple of Karnak

Located in Upper Egypt, Luxor has been described as the world's biggest open-air museum. It has been estimated that Luxor contains about a third of the most valuable monuments and antiquities in the whole world, which makes it one of this planet's most important tourism sites.

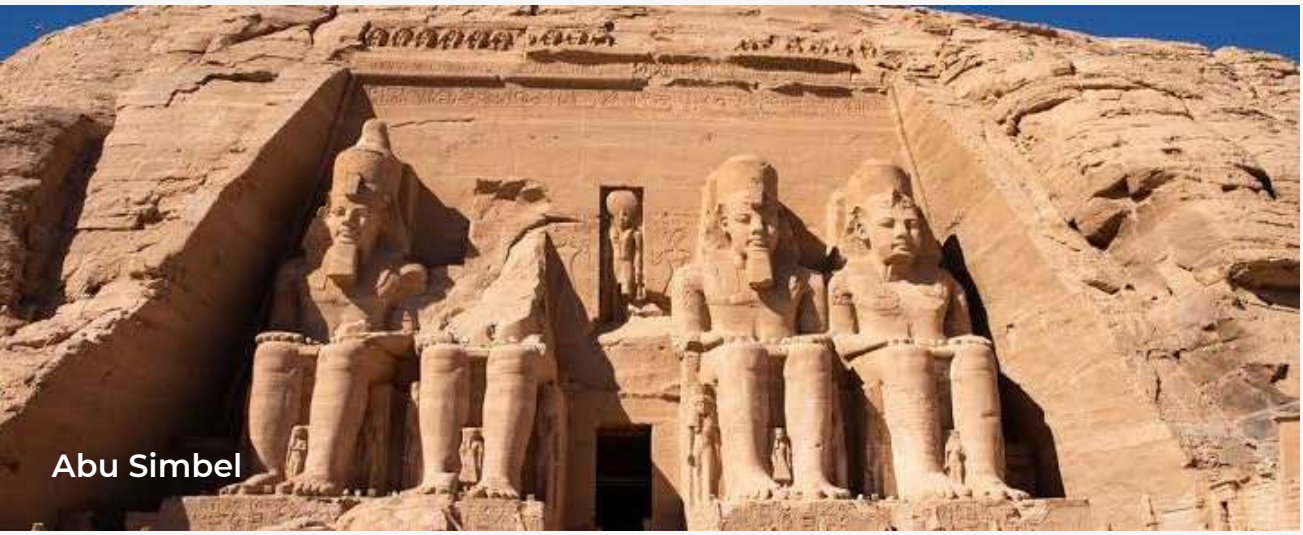
Once known as Thebes, Luxor held a position of importance in ancient Egyptian history cannot be denied. It was the religious capital for almost all of the Pharaonic periods which is why the town is dominated by the two temples; The Temple of Luxor, and the immense Temple of Karnak; the world's largest temple complex.



Temple of Hatshepsut



ASWAN



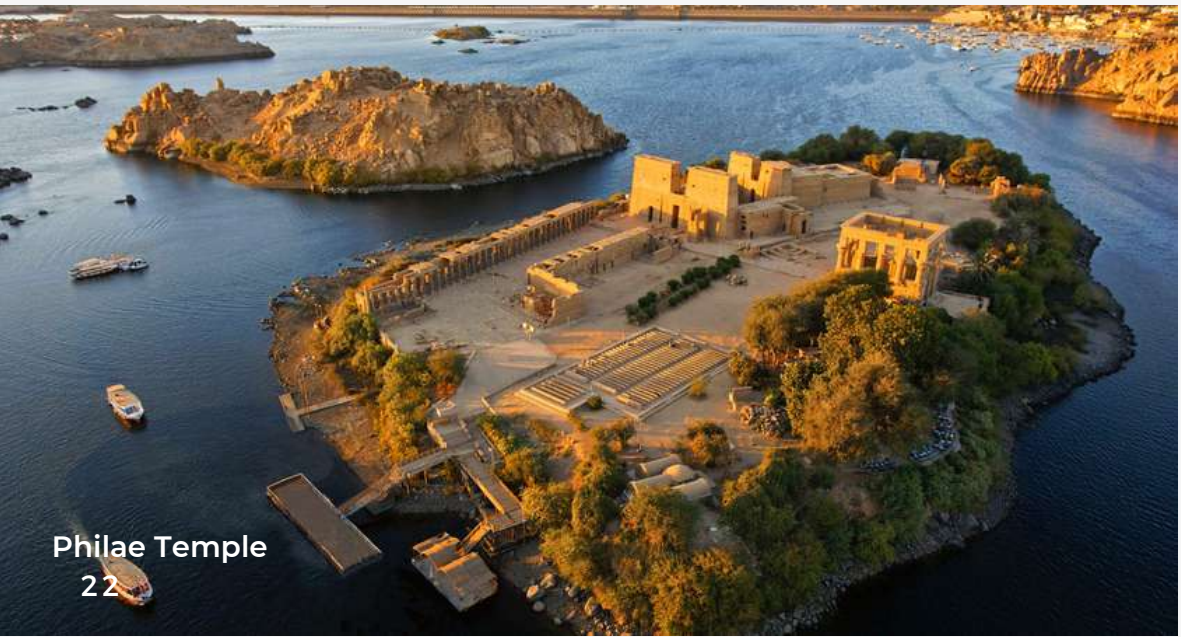
Abu Simbel



Egypt's third largest city, and the largest in Upper Egypt, is situated at the foot of the Nile Valley to the North end of Lake Nasser. It has a local market that is an excellent place to shop; this is especially true if you want spices as you will find the best types of fresh spices here.



Gharb Soheil (The Nubian Village)



Philae Temple



South Sinai

The Sinai Peninsula is a famous tourist destination in the country. The town is referred as a perfect destination to enjoy the sun, the sea and more. Sinai also enjoys fame as being a scuba diving center; additionally, it offers many other activities like canyons and mountains for trekking, rock climbing, mountain biking, camping and even room for indulging in desert dune buggies and safari adventures.



Blue Hole





Abu Galloum

DAHAB

Dahab is an attractive touristic city in South Sinai. Dahab in Arabic means gold, and the city was named "Dahab" because of its golden sand beaches. Dahab's most famous hotspots are the Blue Hole, the Dahab Panorama, the Blue Lagoon, and many more.



The Coloured Canyon /
White Canyon



SHARM EL SHIEKH

In an unparalleled success compared to any other city in Egypt and maybe the whole region, Sharm El Sheikh was awarded by the United Nations Educational, Science, and Cultural Organization, the UNESCO, as the finest city in the world for peace and beauty. Famous for its nightlife, especially in Naemaa Bay.



Naema Bay



Ras Mohamed



Soho Square

Hurghada

This city draws more than 2.5 million visitors every year, and yields more than 3 billion dollars to Egypt's economy. Hurghada is located on the Red Sea coast, almost 550 Km from Cairo. Hurghada has a very moderate weather throughout the year, making it an ideal place for sea sports. The main tourist attraction in Hurghada is the marine life, with lots of corals and colorful fish, which are located very close to the shore. Hurghada is one of the best places for diving and exploring its beautiful corals.

Marsa Alam

A town in south-eastern Egypt, located on the western shore of the Red Sea. Among the most famous beaches around Marsa Alam is the Abu Dabab beach. In Abu Dabab, turtles are a common sight. For tourists who seek to see something less typical, there is marine wildlife like crocodiles, fish and octopuses. Marsa Alam is also known as a world-class kitesurfing destination and a perfect starting point of safaris. Marsa Alam also has some inland attractions, such as the Emerald Mines and the Temple of Seti I at Khanais.

SIWA

Siwa is an Egyptian city and oasis in the Western Desert. Several archaeological sites have been discovered in it, such as the Temple of Amun and the cemeteries of the Mount of the Dead. It is also a natural reserve which includes several types of animal and plant life forms. The oasis is inhabited by approximately 35,000 people, most of whom work in agriculture or tourism. The continental desert climate prevails in the oasis, as it is very hot in summer, and winters it warm during the day and very cold at night. Most of its inhabitants are Berbers, who developed a unique and isolated desert culture and a language called Siwi; they are also fluent in the Egyptian dialect of Arabic which is called "Masry" meaning Egyptian.



The Cleopatra Spring



Fatnas Island



The Temple of Amun

Summary

- It is preferable to wear conservative clothes in towns and rural sides of cities. Clothing conventions tend to be more relaxed in modern cities and tourist resorts.
- Weather can be very hot in the summer months (June, July, August) especially in the southern regions. Coastal areas such as Alexandria have cooler climates.
- We recommend asking your CP if you need to book any place or use apps for booking.
- Do not stick to brands like KFC and Mcdonalds, go for Egyptian restaurants to get a taste of local food.
- Use local SIM card for contact during your stay, since it is more cost efficient.
- Use mobile apps like Uber and Careem for local transport, can be cheaper than local taxis.
- When you arrive do not exchange currency at the airport; ask your CP to take you to an exchange office in town. It is preferable that you bring money in USD or Euros.
- Use visa for payments in shopping centres and restaurants, but do not forget to always carry some cash.
- Do not forget to always carry a copy of your passport with you.
- Bring your international student identity card (ISIC card) for 50% discount on historical and touristic places.



Testimonials



My name is Alejandro and I am from Mexico.I can say without any doubt it is an once-in-a-lifetime experience. I chose this destination because of my obsession with Ancient Egypt and all of the wonderful historical sites located over that country. The places we visited were so amazing; beyond everything I had expected. But the main highlight of my trip in that astonishing country was the people I met. My friends in Egypt arehe reason I enjoyed my exchange so much.
Despite having little time together, they made sure I knew our friendship was for life. We had incredible adventures at our trips, great conversations, deep talks and party. Egypt got me joy, funny moments, cultural knowledge and, above everything, a huge need to comeback.
Alejandro - Mexico



The best thing about exchange in Egypt - Cairo was the social program. I didn't expect that the contact persons would do so much for us to make sure that we had a good time there. They made sure that we felt safe and also got the most out of the month. I will always remember my friends in Egypt.
Janni
Denmark

Testimonials



My exchange experience in Egypt was simply extraordinary, and I returned home with what I came for: unforgettable memories. The hardest part was saying goodbye to the amazing people I met. I had the chance to share this experience with seven other students from around the world, who truly ended up feeling like a family. The contact people we had at Ainshams took care of us, helped us when we had an issue, and took us around almost every night to discover the wonders of their iconic city. I also had the chance to get initiated to suturing, practice some suturing skills during a workshop and attend my very first surgery.

I cannot go without mentioning the awesome social program that the exchange officers had planned for us. Mountains, sea, desert, mosques, temples, pyramids... Experiencing thousands of years of history, visiting so many diverse places and witnessing breathtaking landscapes, Egypt truly amazed me with all its wonders, and definitely is worth the trip. And one more thing is worth the trip: mangoes. Don't miss out on the delicious fruits and the luscious juices, you might be wanting to bring back gallons back home ;) **Natalie-Canada (Quebec)**

Visiting Egypt had been on top of my wish list for as long as I can remember - I've always been fascinated by its ancient history and the beautiful Arab culture. I was expecting to enjoy the experience, after all, it was a dream come true. But the mesmerizing beauty of all the places I went to can't be put into words and even now I find myself daydreaming of mango juice :) The rumours are true: Egyptians are friendly, fun and funny people and my Assiut family will always and forever have a place carved in my heart. Maybe our common love for delicious (Egyptian) food and for endless, full-of-great-music-and-dancing parties helped our connection :)



The very exciting and full hands-on summer practice I had in the hospital made me return home super motivated and happy that I got a taste of real-life med life. I was taught amazing things in the OR and in surgical workshops and having the chance to actually make myself useful in an actual surgery is priceless. All-in-all, yes, Heaven is a place on Earth and it has a serving of molokheyya on the side <3 **Maria-Romania**

IFMSA-EGYPT
SINCE 1969

SCOPE
Professional Exchange

SCORE
Research Exchange

INSPIRING
MEDICAL STUDENTS
IN EGYPT SINCE 1969