



SCORA X-Change
Portugal 2019
Regulations

Article 1

(Description)

- 1.1 SCORA X-Change Portugal 2019 is a unilateral exchange program for medical students on Sexual and Reproductive Health and Rights (SRHR) issues, organized by SCORA groups in several medical schools in the hosting countries;
- 1.2 The aim of the project is to raise awareness and increase knowledge about SRHR as a global health issue among medical students and future doctors, as well as to offer medical students from different parts of the world an opportunity to exchange experiences and ideas about the topic, promote discussions and develop transnational collaborations;
- 1.3 These regulations are complementary to the IFMSA SCORA X-Change Regulations.

Article 2

(Dates and location)

- 2.1 SCORA X-Change Portugal 2019 will have a duration of three weeks, from July 21st to August 9th and will take place in Lisbon, Coimbra and Porto, divided in 4 periods:
 - a. Period 1 – From July 21st to July 26th, in Lisbon;
 - b. Period 2 – From July 27th to July 31st, in Lisbon;
 - c. Period 3 – From July 31st to August 3rd, in Coimbra;
 - d. Period 4 - From August 4th to August 9th in Porto;

Article 3

(Spots and certificates)

3.1 Regarding the International Participants

- a. There are fifteen (15) spots for International Students in SCORA X-Change Portugal 2019;
- b. International participants can only apply to the full program (3 weeks in duration);
- c. To receive the Certificate from the SCORA IT, participants should:
 - i. Attend at least 80% of the working hours;
 - ii. Fill in the Feedback form;
 - iii. Fill in the pre and post-X-Change impact surveys.

3.2 Regarding the National Participants

- a. There are twenty (20) spots for National Students to the SCORA X-Change Portugal 2019 program, distributed as such:
 - i. Period 1 – From July 21st to July 26th, in Lisbon – 5 spots;
 - ii. Period 2 – From July 27th to July 31st, in Lisbon – 5 spots;
 - iii. Period 3 – From July 31st to August 3rd, in Coimbra – 5 spots;
 - iv. Period 4 - From August 4th to August 9th in Porto – 5 spots.
- b. National participants can apply to one, two, three and/or four-week periods;
- c. Participants will be selected for the period they have chosen as their first choice at first and after everyone who has had the minimum score of 90 out of 155 has been selected to at least one period, the remaining spots will be distributed to the highest rating candidates in decreasing order;
- d. The OC holds the right to open extra spots for national participants if it proves to be beneficial for the program;

- e. To receive the Certificate from ANEM-Portugal, participants should:
 - i. Attend at least 80% of the working hours;
 - ii. Fill in the Feedback form;
 - iii. Fill in the pre and post-X-Change impact surveys;
 - iv. Have a positive impact on the program, by respecting their responsibilities.

Article 4

(Applications)

4.1 Regarding the International Participants

- a. Applications to the SCORA X-Change Portugal 2019 open on February 25th and close on March 17th 2019;
- b. Applications will be exclusively made through the completion of the Application Form made available by the SCORA-IT;
- c. For an application to be valid, it has to include all the documents required in article 5.1 of the present regulations, except for article 5.1.b.iii;
- d. In order to secure an assigned opening, the student must:
 - i. Confirm the opening via email within one week after they have received their results;
 - ii. Pay the set fee of 399,9 euros, until May 5th;
 - iii. Read and accept the SCORA X-Change Portugal 2019 Regulations;
- e. If the applicant does not secure an opening, they will be placed in a waiting list and then asked to choose an opening if one becomes available in case of refusal, waiver, or loss of right, according to their position on the ranking list;
 - i. If the selected student does not establish any contact with the OC during a 7 consecutive day period and without any previous warning, it is the NORA's responsibility to decide on the annulment of the student's spot and the opening will be allocated to the next applicant on the ranking list.
- f. Completing the application process means that the student completely agrees with the provided regulation.

4.2 Regarding the National Participants

- a. Applications to the SCORA X-Change Portugal 2019 open April 28th and close May 12th;
 - i. The results shall be received via email within one week after the closing of the application period.
- b. Applications will be exclusively made through the completion of an Application Form made available by ANEM-Portugal;
- c. For an application to be valid, it has to include all the documents required in article 5.2 of the present regulations, except for article 5.2.b.iii.
- d. National participants can apply to one, two, three or four of the periods of the program, which must be chosen during the application process;
- e. In order to secure the assigned opening, the student must read and accept the SCORA X-Change Portugal 2019 Regulations and sign a responsibility form;
- f. If the applicant does not secure an opening, they will be placed in a waiting list and then asked to choose an opening if one becomes available in case of refusal, waiver, or loss of right, according to their position on the ranking list;
 - i. If the selected student does not establish any contact with the OC during a 7 consecutive day period and without any previous warning, it is the NORA's

- responsibility to decide on the annulment of the student's spot and the opening will be allocated to the next applicant on the ranking list.
- g. Completing the application process means that the student completely agrees with the provided regulation.

Article 5

(Participation Requirements)

5.1 Regarding the International Participants

- a. Applications for participation on the SCORA X-Change Portugal 2019 will be opened to all Medical Students enrolled in the 2018/2019 academic year, and in any country represented by a member organization of the International Federation for Medical Students' Association (IFMSA), certified by the Standing Committee on Sexual and Reproductive Health including HIV and AIDS (SCORA).
- b. The candidates should submit in the Application Form the following documents:
- i. Signed NORA/NMO President Candidature Form;
 - ii. A photo;
 - iii. Motivation Letter stating their interest, knowledge in the area and expectations for the exchange.
 1. The letter will be evaluated by the OC and given a score between 0 and 50 points;
 - iv. Curriculum Vitae containing details of any IFMSA/SCORA experience, or any experience related to the SCORA focus areas.
 1. This will be given a score between 0 and 50 points.
 - v. Follow-up plans.
 1. This will be given a score between 0 and 30 points.
 - vi. We recommend and will take into account any proof of English proficiency, CEFR level B1 or higher.
 1. Participants can prove their English level by submitting a certificate with their application such as IELTS, TOEFL, Cambridge International Examinations and others.
 2. Participants do not need English certificate:
 1. If English is the language of the institution at the participant's home university, a letter from the university stating the participant's proficiency in English (with stamp and signature of official representative) will be sufficient;
 2. If participants are citizens of any of these countries: Canada, USA, UK, Ireland, New Zealand or Australia.
 3. This will be given a score between 0 and 5 points.
- c. International participants must be willing to prepare and present two short presentations about the following subjects:
- i. SCORA in my NMO
 - ii. HIV/AIDS status or Gender Based Violence in my country

5.2 Regarding the National Participants

- a. Applications for participation on the SCORA X-Change Portugal 2019 will be opened to all Medical Students enrolled in the 2018/2019 academic year of any Portuguese medical school with representation on ANEM Portugal.
- b. Candidates should submit in the Application Form the following documents:

- iii. Motivation Letter stating their interest, knowledge in the area and expectations for the exchange.
 1. The letter will be evaluated by the OC and given a score between 0 and 50 points;
- iv. Curriculum Vitae containing details of any IFMSA/SCORA experience, or any experience related to the SCORA focus areas or any other relevant experience.
 1. This will be given a score between 0 and 50 points.
- v. Follow-up plans.
 1. This will be given a score between 0 and 30 points.
- vi. We recommend and will take into account (at a maximum of 5 points) any proof of English proficiency, CEFR level B1 or higher.
 1. Participants can prove their English level by submitting a certificate with their application such as IELTS, TOELS, Cambridge International Examinations and others.
 2. Participants do not need English certificate:
 1. If English is the language of the institution at the participant's home university, a letter from the university stating the participant's proficiency in English (with stamp and signature of official representative) will be sufficient;
 2. If participants have been citizens of any of these countries: Canada, USA, UK, Ireland, New Zealand or Australia.

Article 6

(Organizing Committee)

- 6.1 The Organizing Committee is responsible for organizing SCORA X-Change Portugal 2019;
 - a. The OC is selected by ANEM-Portugal's Executive Board.
- 6.2 The OC is composed by:
 - a. Head of the OC
 - b. Lisbon Logistics Coordinator
 - c. Coimbra and Porto Logistics Coordinator
 - d. Agenda Coordinator
- 6.3 In order for the OC to receive the Certificate from the SCORA IT, they must:
 - a. Complete the report for the X-Change according to SCORA X-Change regulations;
 - b. Follow the code of conduct stated in the SCORA X-Change regulations;
 - c. Separate allegations of regulations violation from either participants, IFMSA official or the SCORA IT.

Article 7

(Treasury)

7.1 Regarding the International Participants

- a. The payment of the set fee of 399,9 euros includes, at least:
 - i. Accommodation for the full period of the program;
 - ii. Transportation between accommodation and the spaces where the sessions will take place;
 - iii. Trips Lisbon-Coimbra and Coimbra-Porto;
 - iv. One meal per business day of exchange;

- v. Welcome Kit.
- b. The costs of the social program will be covered by the participants;
- c. The participants are responsible for their own health/liability insurance;
- d. If a participant needs to cancel the X-Change:
 - i. Notify the OC at least 6 weeks before the start of the event to receive a full refund (not taking into account international transfer taxes);
 - ii. Until three weeks before the X-Change: no one gets a refund except for extraordinary conditions;
 - 1. You can check them in the SCORA X-Change Regulations.
 - iii. After the beginning of SCORA X-Change Portugal 2019 there will be no refund provided in any case.

7.2 Regarding the National Participants

- a. National participants should pay a 15 euros deposit to their local committee, that shall be restored by the same committee, until September 30th of the same year if the participant:
 - i. Attends at least 80% of the working hours;
 - ii. Fills in the Feedback form;
 - iii. Fills in the pre and post-X-Change impact surveys;
 - iv. Has a positive impact on the program, by respecting their responsibilities.
- b. National participants are not required to pay a set fee and will not be provided with anything except for the access to the scientific program.
 - i. Accommodation, transportation, meals and social program are of the full financial responsibility of the participants themselves.
- c. The participants are responsible for their own health/liability insurance;
- d. The student is responsible for any financial loss caused by the breach in their contract;
- e. The student is responsible for any damage they may cause to the living quarters and other materials lent for their use during the duration of the X-Change.
 - i. The student shall replace or pay the cost of any of these objects.

Article 8

(Open Sessions)

- 8.1 There shall be at least one open session in the SCORA X-Change Portugal's scientific program per period;
- 8.2 Registrations regarding these sessions will be available to all Medical Students enrolled in the 2018/2019 academic year of any Portuguese medical school with representation of ANEM-Portugal;
- 8.3 The registrations are not limited to a maximum amount of openings;
- 8.4 Registrations for these sessions should be made via the platform ANEM-Portugal finds most adequate;
- 8.5 Participation in any session will grant a certificate issued by ANEM-Portugal, as long as the participant:
 - a. Registers for the session online or at the entrance;
 - b. Fills in the post-session evaluation form.

Article 9

(Final Remarks)

- 9.1 The participation in the SCORA X-Change Portugal 2019 implies the full acceptance of the present regulations as well as the SCORA X-Change Regulations;
- 9.2 Any aspect that is not included in these regulations should firstly be consulted in the SCORA X-Change Regulations;
- For any additional clarification, contact the Organizing Committee through the email scora.exchange@anem.pt;
 - Any aspect not mentioned in both regulations shall be resolved by the Organizing Committee or, if and whenever necessary, by the ANEM-Portugal Board or the SCORA IT.
- 9.3 These regulations will be in effect as of April 26th 2019;
- 9.4 These regulations are considered valid until the end of the term of office of ANEM-Portugal Board 2019;

Covilhã, April 26th 2019

National Officer on Sexual and Reproductive Health and Rights including HIV and AIDS,

Nuno Rua

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