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## GUIDE FOR INCOMING STUDENTS AND STAFF

### FACULTY OF DENTAL MEDICINE UNIVERSITY OF MEDICINE, TIRANA



Project number: 101082863-BIOSINT-ERASMUS-EDU-2022-CBHE  
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#### Erasmus+ KA2 Capacity Building in the field of Higher Education

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## ❖ WELCOME MESSAGE

Dear incoming students and staff,

We wish you a warm welcome to the Faculty of Dental Medicine at the University of Medicine, Tirana! We are pleased to have you join us within the programs and collaborations that our Faculty and University have with various international institutions, experiencing a unique opportunity for academic growth, cultural exchange and professional development.

In our Faculty, we promote the cooperation and the exchange of experiences and new initiatives. We are committed to providing you with our support and guidance step by step in this journey of yours.

Tirana, our lively and culturally rich capital, offers not only a favorable environment for learning and exchanging experiences, but also a warm atmosphere that will make your stay here pleasant and attractive. Here you will find from the historical areas to the lively city life, you will find a lot to explore and enjoy.

Our staff are here to assist you with academic and administrative procedures as well as to help you adjust to life in Tirana. We encourage you to take full advantage of this experience and actively engage in the academic and social activities we offer.

We look forward to your contributions and to seeing how you will further enhance our community experience with your unique perspectives and experiences. Together, let's make this your experience one of the special and successful journeys not only academically but also socially.

We welcome you once again and wish you a rich experience with positive emotions and the desire to return here to the Faculty of Dental Medicine.

Warm greetings,

***THE FACULTY OF DENTAL MEDICINE STAFF***

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## ❖ Welcome to Tirana

Tirana is the capital and largest city of Albania. It is located in the center of the country, surrounded by mountains and hills, with Dajti rising to the east and a gentle valley to the northwest overlooking the Adriatic Sea in the distance. It is among the wettest and sunniest cities in Europe, with 2,544 hours of sunshine per year.

Here are some interesting facts about Tirana:

### **1. Abandoned military installations**

Throughout the city and scattered throughout the Albanian countryside, you can find over 700,000 military bunkers.

### **2. The climate of Tirana is of the Mediterranean type**

The average daily high temperature in summer is around 28 degrees Celsius, and for winter it is 14 degrees.

### **3. A network of museums and galleries to visit.**

Tirana is the center of Art and Culture in Albania.

### **4. The city of colors**

One of the most prominent visual aspects of Tirana are its brightly painted buildings.

### **5. Fascinating delights of Tirana's cuisine**

Tirana's food scene is a delightful blend of traditional Albanian cuisine and international influences.



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## ❖ Arrival and Orientation in Tirana, Albania

Airport information: Tirana International Airport (TIA), also known as Mother Teresa Airport, is located approximately 17 kilometers northwest of the city center of Tirana.

### Facilities and services:

- Currency Exchange: Available at the airport for convenient currency conversion.
- At the airport there are ATM for currency exchange.
- There are shops that offer SIM cards and mobile services.
- There are several car rental agencies.
- Restaurants and bars are available in the terminal.

### Transportation Options

1. **Taxis:** Taxis are readily available outside the arrivals area. It's recommended to use official taxis and agree on a fare or ensure the meter is used. A taxi from Tirana airport to the city center costs 20 – 25 euros for a one-way trip. Another option is to use electric taxis, which are environmentally friendly and have lower operating costs, starting at €12. Here are some electric taxi companies: Blue Taxi, Lux Taxi, Green Taxi, etc.
2. **Airport Shuttle Bus:** A shuttle bus service runs regularly between the airport and Tirana city center, providing an affordable transportation option. From Tirana airport, you can take a shuttle bus to the city center of Tirana. The timetable: 8:00AM until 23:00PM. The shuttle bus brings you from Tirana International airport to the center of Tirana. The bus drops you off at Skanderbeg Square, which is the central square of Tirana.
3. **Car Rentals:** Available for those who prefer to drive.

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## ❖ **History of the Faculty of Dental Medicine**

In 1959, next to the Faculty of Medicine, the Department of Dentistry was established. In 1964, this branch was organized into three separate branches: Therapy, Oro Maxillo-Facial Surgery and Prosthodontics.

In 1998, these three branches were united, forming a single Department. This way of organization continued until 2011, when, as a result of its dissolution, three relevant sections were created with mutual services in function of the Departments of: Therapy, Oro-Maxillo-Facial Surgery and Prosthodontics.

The Faculty of Dental Medicine was created as a new structure, part of the University of Medicine, Tirana based on Decision of the Council of Ministers No. 43, dated 23.01.2013.

## ❖ **The mission of the Faculty of Dental Medicine**

The Faculty of Dental Medicine, University of Medicine, Tirana mission consists of:

- ← Education of students in all three study cycles, in accordance with the highest professional standards;
- ← The best possible preparation of professionals, able to practice optimal patient care, aiming at the prevention and treatment of dental pathologies;
- ← Stimulation to advance scientific research.



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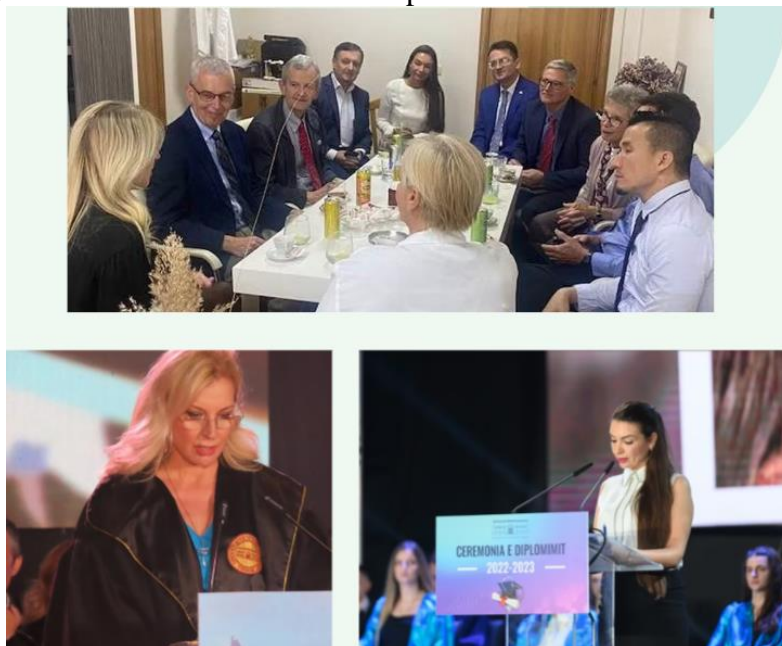
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## ❖ Organization of studies

The studies are organized as follows:

1. First cycle, Bachelor in "Dental Technician" and "Dental Hygienist", with a duration of 3 years, at the end of which, the student is awarded a Bachelor's Degree in "Dental Hygienist" and "Dental Technician".
2. Integrated cycle of the second level, with a duration of 5 years, at the end of which, the student is awarded the "Master of Science in Dentistry" Diploma.
3. Long-term specialization programs, of the third cycle of studies, in the field of Dental Medicine (duration 2-4 years). The specialization study programs are: "Dental Therapy", "Pedodontics" in the Department of Therapy, "Maxillofacial Surgery" in the Department of Surgery. In 2023, the Orthodontics program was opened for the first time, in the Prosthodontic Department.
4. Doctoral studies. Since 2010, 25 doctoral students have been registered in the Doctorate program, who have defended the scientific degree "Doctor". The doctoral students have completed their doctoral defenses in the jury, after undergoing the anti-plagiarism process. For 10 years, there have been no new doctoral studies at the University of Medicine. In 2023, the new doctoral program was opened, where 19 candidates were accepted.



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## ❖ FDM LIBRARY

The way the library is organized:

The Scientific Library of the Faculty of Dental Medicine has a fund of 200 titles of books and periodicals. The books are organized according to the disciplines they belong to. Most of them are books in the Albanian language and in foreign languages, mainly English, German, Italian. Only 30 titles are periodicals. This includes the Albanian Dental Journals, published since 1990, as well as journals from the European Dental Associations. The library offers professional service and helps the readers with guidance and suggestions for choosing the literature they need during their studies and research work. The FDM Scientific Library has about 500 members (students, lecturers and dentists). They can become members of the library based on completing a documentation, for a period of 1 year.

### **How the library works**

The library has a 30-seat reading room, which can be used by students from Monday to Friday according to a set schedule. A few months ago, the complete list of library units was drawn up, which can also be accessed on the website of the Faculty of Dental Medicine. Currently, the library does not borrow library material, due to the small number of copies of literature.



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## ❖ LANGUAGE

- The language used in scientific activities offered by the Faculty of Dentistry and the University of Medicine, Tirana, both in the formal and informal context, is the Albanian and English language.
- The subject of English language is included in our curricula in the first year of the undergraduate studies.
- Students who apply to be admitted to second or third cycle study programs in higher education institutions must have a certified level of knowledge through international tests for one of the 5 (five) foreign languages, namely: English language, French language, German language, Italian language and Spanish language, according to the definitions in the instructions of the Ministry of Education and Sports.

## ❖ Introduction to dormitories: What to expect?

### University housing options.

Dormitories for students of the University of Medicine offer accommodation options for students studying in our Faculty.

Below are some key details:

- **Shared Rooms:** These rooms are shared with two to four students, creating a shared and more economical atmosphere. Furnishings: Rooms are furnished with the basic necessities for living, including beds, tables, chairs and storage space.
- **Shared Kitchens and Bathrooms:** Shared spaces include kitchens and bathrooms, equipped with the necessary tools for cooking and hygiene.
- **Study Areas:** Special study spaces are available, offering a quiet environment for academic preparation.
- **Security:** Security is guaranteed with constant surveillance and 24/7 security guards. Maintenance Services: Maintenance staff is available to resolve technical and other problems that may arise.

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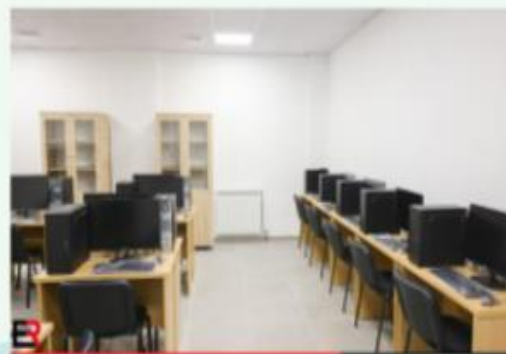
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## Other options?

### ❖ Renting an apartment:

Here you will find some real estate agencies that can help you find the ideal place where you want to stay:

- Century 21 Albania - <https://www.century21albania.com/>
- Tokton Real Estate - <https://tokton.com/>
- RE/MAX - <https://www.remax-albania.com/>

### ❖ Online Platform:

The website and social media groups are popular for finding listings for apartments or houses for rent. Examples:

- MerrJep- <https://www.merrjep.al/>
- Njoftime.al - <https://www.njoftime.al/>
- Gazeta Celsi - <https://www.gazetacelesi.al/>
- DuaShpi.al - <https://duashpi.al/>
- Facebook groups



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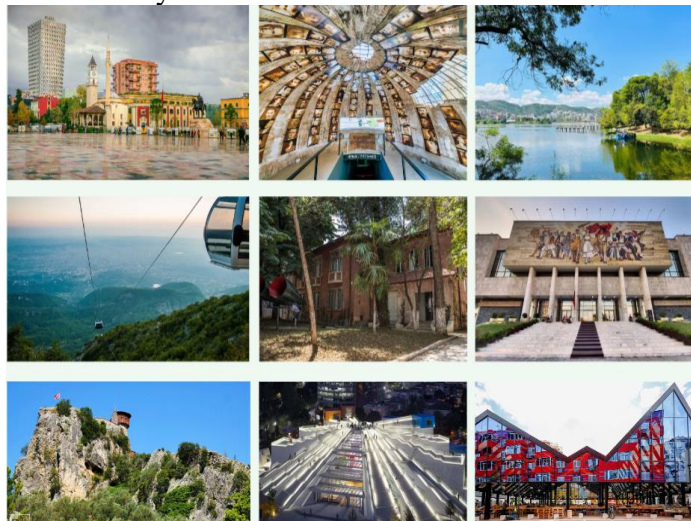


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## ❖ What to visit in Tirana?

1. **Skënderbej Square:** The central square in Tirana, named after the national hero Skënderbej, is surrounded by important monuments such as the National Historical Museum and Et'hem Beu Mosque.
2. **Bunk'Art Museums:** Two museums, Bunk'Art 1 and Bunk'Art 2, offer a glimpse into Albania's communist past, housed in underground bunkers.
3. **Dajti Mountain National Park:** Accessible by cable car, this park offers panoramic views of Tirana and opportunities for hiking and picnicking.
4. **House of Leaves Museum:** The House of Leaves Museum is another unique museum in Tirana that tells the story of the country's communist past.
5. **Petrela Castle:** Its history dates back to the 6th century, when it was built by the Byzantine emperor Justinian I.
6. **The Pyramid of Tirana:** Originally built as a museum for Enver Hoxha, the former dictator of Albania, it is now a prominent architectural landmark.
7. **Great Lake Park:** Described as the "green lung" of the capital, the Artificial Lake Park continues to remain one of the most frequented areas in Tirana.
8. **The National Historical Museum:** It is the largest museum institution in Albania and one of the most important.
9. **The New Bazar:** It is a 24-hour space, with a greater focus on trading products in the morning hours and on culinary issues in the afternoon for the surrounding restaurants.



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## ❖ Where to eat?

Tirana boasts a variety of restaurants serving traditional Albanian cuisine as well as international food.

Here are some recommendations:

- Tymi Ver Reci - [https://www.instagram.com/tymi\\_ver\\_reci/?hl=en](https://www.instagram.com/tymi_ver_reci/?hl=en)
- Pastaria - [https://www.instagram.com/pastaria\\_tirana/?hl=en](https://www.instagram.com/pastaria_tirana/?hl=en)
- Opa - <https://opa.com.al/>
- Laguna - <https://www.instagram.com/pizzeri.laguna/>
- Shije Fshati - <https://www.instagram.com/shijefshati/?hl=en>
- Piceri Tirona - <https://www.pizzatirona.com/>
- Artigiano - <https://artigiano.al/>
- Botanica - <https://www.instagram.com/cafebotanicatirana/>

## ❖ Shopping Center

- Tirana East Gate (TEG) <https://www.teg.al/>
- QTU - <https://www.qtu.al/en>
- Toptani - <https://toptani.com.al/sq/>
- Tirana Ring Center - <https://ring.al/>

❖ **Entertainment:** The city's cultural scene includes theaters, cinemas, and live music venues. The National Theatre of Opera and Ballet is a highlight for performing arts enthusiasts.

Here are some other fun activities you can try in Tirana:

- Tirana Escape Room - <https://tiranaescaperoom.com/>
- Millennium Cinema - <https://kinemamillennium.com/>
- Cineplex Cinema - <https://www.cineplexx.al/film?date=2024-08-05&category=now&location=all>
- Latitude Tirana - <https://latitudeair.net/>
- Zipline - <https://www.instagram.com/ziplinealbania/?hl=en>
- Tirana Selfie Museum - <https://selfiemuseum.al/>
- Paintball Zone - [https://www.instagram.com/paintball\\_zone\\_mezez/?hl=en](https://www.instagram.com/paintball_zone_mezez/?hl=en)

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## ❖ Albania's info you must know

### Basic Phrases in Albanian

Hello: Përshëndetje

Thank you: Faleminderit

Please: Ju lutem

Yes: Po No: Jo

Goodbye: Mirupafshim

How are you?: Si jeni?

### Some national holidays in Albania

- September 5 - Mother Teresa's Day
- November 28 - Independence Day
- November 29 - Liberation Day
- December 8 - National Youth Day

### Currency

Leku (abbreviation ALL) is the currency used in Albania.

The Lek is a currency that is often linked to the Euro for exchange rate stability. The exchange rate may change in accordance with international market fluctuations.

### Emergency numbers:

- Police: 129
- Ambulance: 127
- Fire department: 128
- Emergency Services: 112

### Visa and Residence Permit

Foreign nationals must apply for residence permit if the stay exceeds 90 days. In such a case, the application must be submitted within 30 days from entry stamp to the border.

For more information: <https://e-visa.al/apply>

### Health insurance

Temporary visitors and tourists are advised to have travel insurance that includes health coverage, as they may not be eligible for public insurance services.

Some of these companies are:

- Sigal Uniqa Group Austria - <https://sigal.com.al/en/>
- Intersig- <https://intersig.al/en/>
- AlbSig- <https://www.albsig.al/en/>

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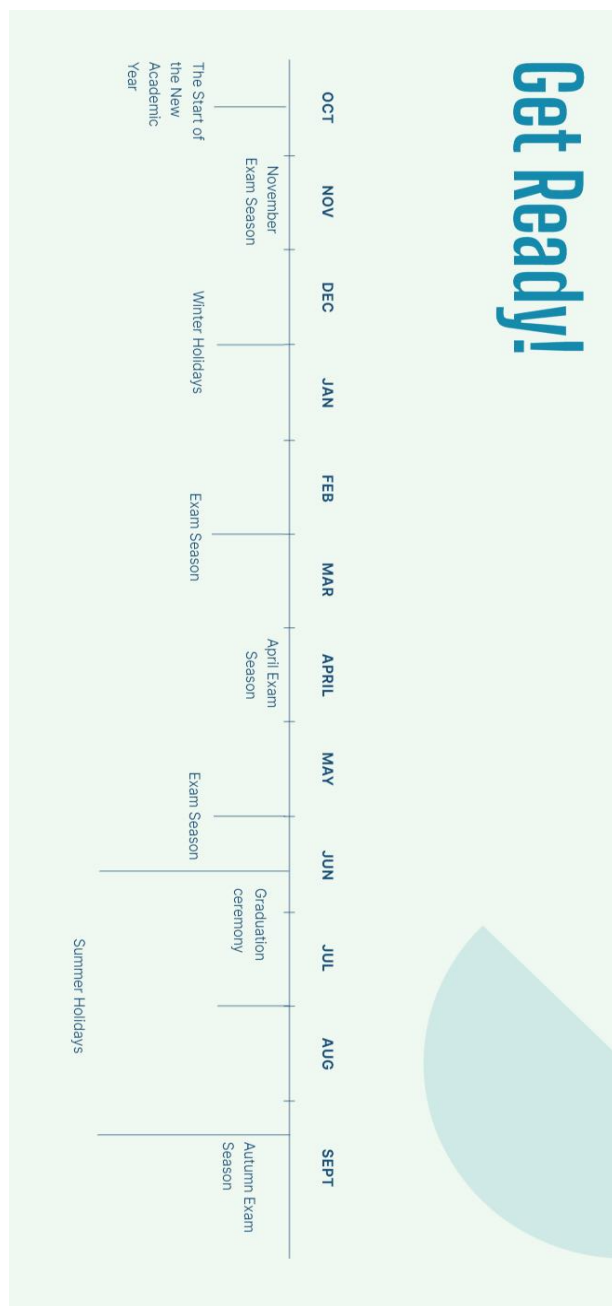
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## Next Steps

**Address:** "Dibra" Street, AL1005 - Tirana - Albania

**Faculty Website:** <https://fmd.edu.al/>

**Faculty Email:** [info@fmd.edu.al](mailto:info@fmd.edu.al)

**University Website:** <http://umed.edu.al/>



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