

# INVITATION PACKAGE

## SUB REGIONAL TRAINING'22

**BMSS-Bangladesh**

MARCH 9-12, 2022 | GAZIPUR, BANGLADESH





# WELCOME NOTE

Dear Participants,

It gives us immense pleasure to write this letter to you as an invitation to attend the second Sub Regional Training (SRT) in Bangladesh, to be held from 9th to 12th of March 2022.

We assure you that we will put a lot of effort to make sure you come back home from the meeting even more motivated, knowledgeable, and filled with the best memories possible. We invite you to explore links between global health care and SDG by the best training. You will get the chance to participate in TNT and IPAS hence enriching your knowledge further. This is a chance to meet medical students from Bangladesh and the Asia Pacific region and discuss global health topics with both more and less experienced participants.

The organizing committee has been working very hard for a long time for preparing a wonderful time for you and your friends where you will be able to enjoy the training, learn from them, and also enjoy your time here in Bangladesh.

Therefore, We invite you to join us for a unique experience in SRT, Bangladesh that will be spoken about for years to come by its participants.

On Behalf of the BMSS Family,  
Dr. Tahsin, Antara, Ragib  
Chairs and Co-chairs  
Organizing Committee,  
Sub-Regional Training 2022,  
BMSS Bangladesh.

# WELCOME NOTE

Dear IFMSA Family,

It's been an honor and delight for me to welcome you all to my home country to attend the second Sub-Regional Training to be held in **Dhaka, Bangladesh** from **9th to 12th of March 2022**.

Since the establishment of bmss, we have organized APRM 2014, SRT'20 in Bangladesh and this is the time we start bringing the IFMSA events in our homeland again! This SRT will enable us to come back with a new challenge and motivation to even host APRM OR GA in near future. Participants around the world will perceive knowledgeable and interactive sessions in the SRT will be able to become involved in a productive discussion about the issues that's been affecting the global people, in a multidisciplinary context, and will explore the bengali culture and foods at the highest possible level.

Bangladesh is known as one of the welcoming countries in the world for its hospitality towards the people. Our Organizing Committee is working with full commitment and effort to make it one of the finest events of our NMO. I welcome you all to be a part of the SRT and make it even more com-

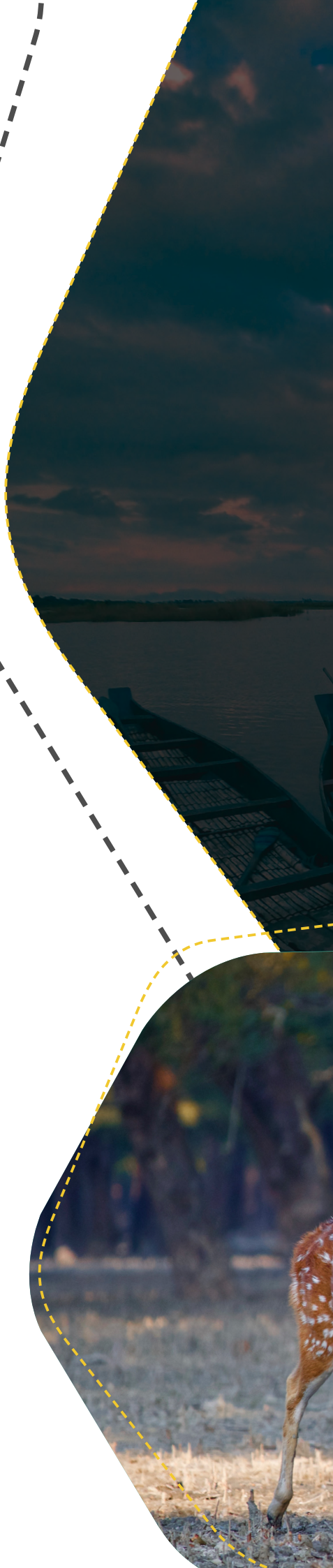
WITH WARM REGARDS,  
**Dr. Tasnia Noor,**  
President,  
**BMSS-BANGLADESH**

# "LAND OF RIVER LAND OF BEAUTY"

## Welcome to Bangladesh

**B**angladesh, by the side on the Bay of Bengal, is a South Asian country marked by lush greenery and many waterways. Having the 1,47,570 square kilometres of land, it is one of the world's most multifarious populated country with near about 170 million of people. Most of the people are muslim in religion and Bangali in ethnicity. Bangladesh got its independence in 1971 after a nine months long war of liberation. Its

history shows its pride. Geographically, it's most of the lands are fertile and it has the finest weather with six different seasons. The natural beauty of Bangladesh is beyond everything. With a lot of river and green fields, the country sides of Bangladesh cover most of it's land...Bangladesh preserves culture. Different seasons of it have different cultural elements. This diversity makes the country more colorful and joyous.



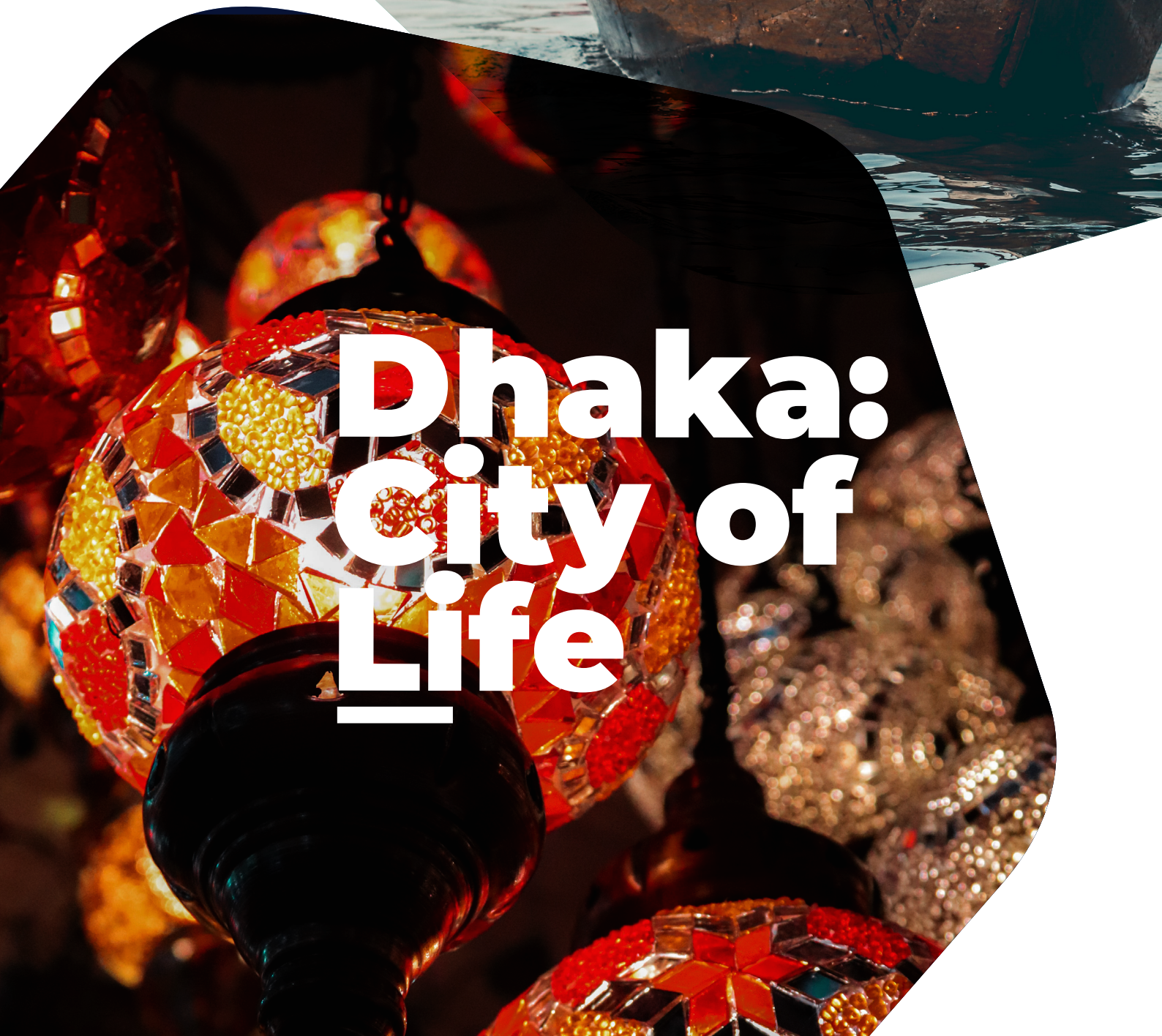
Some dates are nationally observed with enthusiasm like Pohela Baishakh (1st day of Bengali Calender) is the most colorful and nationally celebrated occasion. Even cultural influence can also be seen in transportation. Rickshaw, a three wheeler, is the mostly seen in the roads. As a riverine country, boats of different shapes are the main transport in the waterways. The vibrant colors of sails of the boats create a mesmerised scenes in the water. The Sundarbans, largest mangrove forest in the world and The Cox's Bazar, longest seabeach in the world are the touArist's attraction. Thousands of mosque in Dhaka with different architecture made the Dhaka city as 'City of Mosque'. Foods of different flavours attracts the tourist more. Bangladesh is an agricultural country. But the main source of economy is textile. Day by day, the GDP is increasing and now the country is on trial of the

middle income countries. The health status is also improving. The improvement in maternal and child health care is an example to the world. MMR is decreasing significantly. For the health practitioners, it's a land of scopes. Bangladesh draws world's attention with humanitarian approach to one of the burning regional issues, "The Rohingya Refugee Crisis". Till now Bangladesh has been giving shelter to over 1 million rohingya people who were subjected to severe physical and mental pain in their country. After all, Bangladesh is a country, full of opportunities. We are trying to fight hard to cope up with our obstacles and focus on our enthusiasm and motivation to give our future generation a beautiful place to live. Whenever you visit Bangladesh, the sweet smile and hearty cordiality of country people will welcome you. People are friendly and you will never forget the hospitality.





# Dhaka: City of Life





"Dhaka's name is said to refer to the dhak tree, once common in the area, or to Dhakeshwari ("The Hidden Goddess"), whose shrine is located in the western part of the city."

The city has a long history of its culture-the mixed culture as being ruled by many rulers. With the flowing air of capitalism, Dhaka has become modern like the other modern cities in the world. It is the 19th 'Mega City' in the world being the world's most densely populated city. Sky scappers are being made and developmental projects are still on going to make it a better city. Commercial, financial, administrative as well as from each perspectives, represents the extensive prosperity of Bangladesh. So, the pressure to pursue newer hights by people is increasing and that make this city more lucrative by opening thousands of opportunities. Dhaka is famous for its culture and food. Both are influenced by Mughal culture mostly. Spicy Biriyani, Different Kebabs and sweets are delicious and famous worldwide. The theaters and the art galleries are always filled with artsy minded people with different cultural activities. Various architecturally sound places are the main attractions of tourists like: American architect Louis Kaan's National Parliament House, Lalbagh Fort, Ahsan Manjil, Dhakeshwari Temple, National Museum, Shahid Minar (Monument created in the memory of Martyrs on 21st February, 1952) etc. Overall, Dhaka is the city of biz, city of hurry, city of culture, city of restless people who can laugh, celebrate and can hold its own culture with adore. The city is welcoming with it's architectural diversity, with its millions of people with smiling faces.

**D**haka, city of light, city of mosque the capital of bangladesh, Set beside the Buriganga River, its the center of the national government,trade and culture. In the 17th century old city was the Mughal Capital of Bengal and many places and mosque are still remaining and revering this heritage. The city has a long history of its culture-the mixed culture as being ruled by many rulers. With flowing air capitalism, Dhaka has become modern like other modern cities. It is the 19th 'Mega City' in the world being the world's most densely populated city. Sky scappers are being made and developmental projects are still on going to make it a better city. Dhaka is famous for its culture and food.Both are influenced by Mughal culture mostly. Spicy Biriyani, Different Kebabs and sweets are delicious and famous worldwide. The theaters and the art galleries are always filled with artsy minded people with different cultural activities. Various architecturally Dhaka-the city of lights, the city of mosque- is the capital city of Bangladesh.Set beside the Buriganga River, it's at the center of national government, trade and culture. In the 17th-century old city was the Mughal Capital of Bengal, and many palaces and mosques are still remaining and revering this heritage.

# Trainings

We are very close to reveal the curtain of SRT Bangladesh 2022. If you are interested to train yourself as a future trainer, register as early as possible. This year SRT Bangladesh 2022 is going to introduce 2 IFMSA certified workshops: TNT and IPAS. The seats for each workshops are limited. For being trained through your chosen workshop, grab the opportunity of being a registered!

"Discover  
the  
Trainer  
within  
You."







## TNT

IN TRAINING NEW TRAINERS WORKSHOP, THE TRAINEES WILL DEVELOP THE BASIC SKILLS OF TEAM BUILDING & OBTAIN BETTER UNDERSTANDING ON HOW TO BEST INTERACT WITH FELLOW COWORKERS & DEAL WITH ANY CONFLICTS THAT MAY ARISE IT. IT WILL ALSO HELP TRAINEES TO ACQUIRE LEADERSHIP SKILLS, THE ART OF THE MANAGEMENT, THE WAYS TO PRESENTATION TO GRASP AN AUDIENCE & PUBLIC SPEAKING SKILLS THROUGH SMALL GROUP DISCUSSIONS.



## IPAS

IPAS WORKS GLOBALLY TO EXPAND ACCESS TO ABORTION AND CONTRACEPTION. THIS TIME SRT 2022 BRINGS THIS HUGE OPPORTUNITY FOR MEDICAL STUDENTS SOLELY FOCUSED ON PEOPLE WHO WANT CONTRACEPTION OR ABORTION AND BUILDING THE TRAINING PROGRAMS AROUND THESE NEEDS. PARTICIPANTS WILL ATTAIN SKILLS, KNOWLEDGE AND A UNIQUE APPROACH TOWARDS MAKING THEIR OWN REPRODUCTIVE HEALTH CHOICES. TO ENSURE THAT ABORTION AND CONTRACEPTIVE CARE ARE ESSENTIAL HEALTH SERVICES—AND THAT ALL PEOPLE CAN ACCESS THEM THIS TRAINING OFFERS A COMPREHENSIVE APPROACH THAT ADDRESSES HEALTH, LEGAL AND SOCIAL SYSTEMS PROTECTING AND EXPANDING SEXUAL & REPRODUCTIVE HEALTH CARE..



Commitment to Adults,  
Gender oriented  
Thinking  
□ Flexibility  
□ Policies.

NOTIFICATION

Man-Relation

# VENUE

**S**RT 2022 will be held at Ananda Park & Resort. It is an extensive resort located in Gazipur, Dhaka. The resort offers all the facilities needed for the conference like session rooms, accommodation rooms, and dining halls. There will be 10 pool site rooms along with 3 conference halls to conduct the training sessions. The venue will be enlightened by pool side BBQ & campfire at night along with

socials. Besides there are open spaces to play different games & amusement as well. Rooms will be from double to quadruple occupancy with shared and private washrooms. Dining facilities will accommodate for various dietary needs. Throughout the entire activity we promise to host you in the best possible way.



## Transportation

### For International Delegates

The international delegates will be picked up and dropped off at Hazrat Shahjalal International Airport on the day of arrival and departure.

### For National Delegates

Pick-up and Drop-off Locations will be Uttara, Malibagh Mor, Dhanmondi 27 and Mirpur. Delegates will be picked up and dropped off at the above-mentioned locations on arrival and departure day. Transportation, accommodation and food costs are included in the registration fees.



**Registration Deadline:**

Early : 16th to 20th of February,2022

Late : 21th to 25th of February,2022.

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# Registration and Payment



**Registration Deadlines:**

Early : 16th to 20th of February,2022

Late : 21st to 26th of February,2022

**Registration Fees :**

National

Early: BDT 4,080;

Late: BDT 4,580

International

Early: 75 Euros;

Late: 90 Euros

**Cancellations AND Refunds:**

Refund Policy following cancellation is as follows :

**1. Early Registration :**

-100 % refund if cancellation is done before the 24th of February, 2022.

-50% Refund if cancellation is done between the 24th of February to the 26th of February, 2022.

-No Refund if cancellation is done after the 26th of February,2022.

**2. Late Registration :**

-50% Refund if cancellation is done before the 28th of February,2022

-30% Refund if cancellation is done between the 1st of March to the 4th of March,2022.

-No Refund if cancellation is done after the 4th of March,2022.

**Payment dates :**

Early: 18th to 23rd of February, 2022

Late: 24th to 28th of February, 2022

**Payment Methods:**

National: Payment by Bkash to +8801521331052 (Personal). After payment, text the transaction ID to the above-mentioned number in the following format:

SRT <Name> <Short form of institution> <Transaction ID>

**International:**

Payment on arrival



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# Visa & Travel



## Instructions on Visa and Travel to Bangladesh

**Visit Visa:** If a visit visa is required, this costs BDT 4329 (around USD 51). (Extra cost may be incurred depending on your mode of submission.) It is recommended that a visa should be applied at least 6 weeks before the visit. Every delegate needs to register <https://www.visa.gov.bd/> for a visa whether it is on arrival or pre-arrival.

You may also obtain a **Visa on Arrival** at the Hazrat Shahjalal International Airport. However, the issuance of this visa is a privilege not a right and is at the sole discretion of the Bangladeshi immigration officer.

For a pre-arrival visa, delegates need to submit the required documents to the embassy of Bangladesh regarding the country.

General requirements for all categories of Visas:

**Following documents are needed to send/ submit to get a visa from the Embassy of Bangladesh:**

- 1 (one) copy duly filled-in Visa Application Form
- 1 (one) copy of recent photograph (Size: 37mm x 37mm)
- Original valid passport (valid at least for 6 months)
- Proof of payments of required visa fee (please check required visa fee for your country and category) transferred to Embassy Bank Account
- Required documents to get visa of your category/type

Documents needed for Tourist visa:

- Invitation letter from Relatives /Hotel Booking (Will be Provided by OC)
- Tentative flight itineraries/air-ticket reservation

**Visa on Arrival:** According to data provided by IATA, the following countries are specifically listed as countries

whose citizens can obtain visas on arrival for the purpose of official duty, business, investment and tourism regardless of the Bangladeshi mission status. European Union, All European Union countries, Australia, Canada, China, Japan, Kuwait, Malaysia, Singapore, South Korea, Switzerland, United Arab Emirates, United States.

According to data provided by IATA, citizens of certain countries may obtain a visa on arrival for the maximum stay of 30 days:

- Hong Kong, Nepal, India, Pakistan, Philippines, Sri Lanka, Thailand, Uzbekistan

**Cost for Visa on Arrival:** Tourists can get a single entry Visa On Arrival in Bangladesh, if travelling with an eligible passport; carrying USD \$500 in cash/credit; having a return/onward air ticket or train ticket; and if entering Bangladesh by air, sea or road but not on a train. The Visa On Arrival fee must be paid only in cash when entering Bangladesh and the cost per person is US \$51, with all taxes included. The maximum duration of this single entry Visa On Arrival is 30 days and it can be extended for an additional 30 days. A longer stay will require that you apply for an extension and this can be time-consuming and is not guaranteed. Therefore, the Embassy strongly suggests that travellers obtain their visas in advance of their trips from their nearest Bangladeshi Embassy or consulate.

Please note, if, after going through the above information, you still have queries regarding visa application, please contact the Visa & Registration team. You can check

<https://www.visa.gov.bd/>



# Socials

This year's SRT is about bringing everyone together after the long-awaited struggles of being gridlocked in our houses for COVID. We finally get to see the faces of our fellow changemakers on the opening night where we guarantee to make the introductions of our dynamic trainers and trainees in the most entertaining manner. Is there anyone of us who has not enjoyed the aroma of the hot bhapa and chittoi

pitha amidst the winter chills? To celebrate this famous Bangladeshi tradition, we are hosting a pitha uthshob where an array of these delicacies would be present for you to relish. So hop on for this exciting event dressed in your best sarees and panjabis! Get ready for an exciting trivia and game night featuring ludo fights, badminton battles, and Immerse yourself in the dis-







play of the colourful performances of the multitalented members during Cultural night.

For the last night, we want to relive the memories made, both old and new, over a campfire while a smoking barbecue brews on the side.

The comprehensive training sessions may be hectic, but the social nights are bound to make you feel recharged. So don't miss out!

## SRT Contact List:

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**BMSS Bangladesh**

Executive Board Contacts

**Tasnia Noor**

President



**Discover  
the  
Trainer  
Within  
You**