



Brighton beach, R. Wright (2018)

**Celebrating  
another  
year  
on the  
merry-go-  
round of  
EMP  
training**

## **Vital Signs**

- *Introducing EALTHY's new General Secretary*
- *5 Qs for Tim McNamara*
- *Sharing OET teaching experiences, Part 1*
- *2018 International Language Olympiad*

## International Language Olympiad - Medicine & Languages: The crossroad of cultures

I was asked recently about the possibility of printing works by students in the EALTHY Magazine. And why not? Finalists of the 2018 International Language Olympiad have kindly agreed to share their winning essays with our readers. I think you'll agree **Yekaterina, Ekaterina and Irina** are both worthy of their awards and a place in the EALTHY Magazine.

The International Language Olympiad Medicine & Languages: the Crossroad of Cultures is an annual event for medical universities, colleges and departments in Russia and abroad. This essay-writing competition is aimed at enhancing the contribution of foreign languages to the development of medical education in Russia. Participants are undergraduate and postgraduate students, research fellows, lecturers and medical practitioners and essays can be submitted in English, German, French and Russian.

In April 2018, Voronezh Medical University hosted the V International Language Olympiad Medicine & Languages: the Crossroad of Cultures. There were about 600 participants in total coming from 31 Russian medical universities and 14 medical universities from Belarus, Kazakhstan, and China. Candidates were asked this year to write an essay based on the quotation from Sebastian Kneipp, 'Man, so rich in knowledge, has also become rich in diseases, but poor in health and physical strength.'

The 2018 final was the first to introduce academic and cultural events alongside the competition programme. The finalists attended lectures and round-table talks on the contribution of foreign languages into medical education and healthcare, and visited sites of historic interest and natural beauty in Voronezh.

**Dr. Anna O. Stebletsova**

Medicine & Languages Organizing Committee,  
Foreign  
Languages  
Jury Chair

**Irina I.**

**Torubarova**  
Organizing  
Committee  
Secretary



**Yekaterina Barsuk**

1<sup>st</sup> year

Kursk State Medical University

'...Man, so rich in knowledge, has also become rich in diseases, but poor in health and physical strength'. This ambiguous statement by Sebastian Kneipp

makes us think that learning and cognition processes occupy a significant part of our life, sometimes depriving us of our own strength and vital energy.

On the one hand, it is impossible not to agree with the author's opinion. Studying new material, we spend a lot of effort and energy on understanding and assimilation; with prolonged and intense training there appear overstrain and other accompanying diseases. Each of us knows this feeling after passing the exam - when we are exhausted emotionally and physically. Although the example is exaggerated, nevertheless a long and intensive acquisition of knowledge cannot affect our health without consequences.

Here the main contradiction arises - the ways and 'doses' of obtaining information. Paracelsus said: 'Everything is poison, everything is medicine; that, and the other defines dose.' I think the same happens with knowledge - its 'correct dose' helps us to improve ourselves, to cognize the surrounding reality, helps to diversify our life, while remaining healthy and energetic.

In conclusion, I think that this statement becomes true when the acquisition of knowledge is a primary task for man, a kind of passion, for the sake of which he does not spare himself and his organism. Such an example can be observed among scientists who completely devote themselves to science. For the rest of the people, in my opinion, this statement loses its value.

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1st Place Winners & Jury Chair

## International English Olympiad, contin.

### Ekaterina Gridneva

4<sup>th</sup> year

Voronezh N.N. Burdenko State Medical University

If you ask students of VSMU named after N. N. Burdenko to answer the health assessment questionnaire, you will find out that most of senior students are not satisfied with their health condition, many have chronic diseases. Why is it so?

First of all, long-time reading, especially without good lightening in the room or using the computer has a bad influence on our vision. That is why most of the students complain of vision decrement, 2/3 of them use contact lenses or glasses.

Furthermore, students, who study a lot, have no time to keep a healthy lifestyle, including healthy food and doing sport. Hypodynamia and lack of necessary amount of vitamins and other elements in food may lead to obesity and other gastrointestinal problems. On the other hand, some students look sporty and do not have any diseases. Maybe they don't study enough? Not at all. Such students know how to organize their day correctly to have time to go in for sports, meet friends and to have good results at the university.

Personally, I believe that studying is an important part of life, but it is also a stressful period. To overcome it and to achieve the desired goals in life, a person has to take care of his health. Students of medical universities have also to promote the healthy lifestyle, which helps to prevent many diseases in the future. As Arthur Schopenhauer said: *'In general, nine-tenths of our happiness depends on our health alone.'*

### Irina Voloshina

1<sup>st</sup> year

A. I. Yevdokimov Moscow State University of Medicine and Dentistry

It is generally agreed today that a person who wants to gain knowledge needs to apply himself and sacrifice his health. Otherwise it is quite natural for a person to study and discover something new. Thus, we cannot say for sure whether a strive to be educated is closely connected with health disorders or not.

To begin with, nowadays one cannot escape from being educated. Knowledge helps us channel our life in the right way: lead healthy lifestyle, manage time, solve different problems and develop a positive attitude to knotty circumstances. Moreover, while learning a man trains his brain, exercise memory and intellect. What is more, losing eagerness to learn and improve indicates personality degradation.

One should, nevertheless, consider the problem from another angle. Any education is not an easy matter and for sure it consumes both mental and physical activity. For instance, too much reading can make your eyesight worse. It is clear that excessive studies will disrupt the usual mode of life including sleep and nutrition. The above can cause insomnia, anxiety and nervous breakdown. In addition to this, learning goes in line with sedentary way of life. As a result, a trainee suffers from physical inactivity. The latter can lead to various cardiovascular diseases.

Taking into consideration all mentioned above, I cannot but agree with Sir Francis Bacon's statement that knowledge is power. But power can be both creative and destructive. The choice is yours! Doubtless, education gives an opportunity to live a full, vibrant and diversified life. A man equipped with knowledge welcomes challenges and overcomes difficulties easily.

For more information about the competition, visit <https://vrngmu.ru>



2018 Finalists & Jury