

NATIONAL GENERAL ASSEMBLY 2

Belgian Medical Students Association



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LOCATION

Gent - Aalst

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Gent: a vibrant flanders classic

Ghent, known as Gent in Dutch, is a lively Belgian city where medieval grandeur meets youthful energy. Located at the confluence of the Scheldt and Leie rivers, Gent has long been a powerful trading city and remains one of Belgium's most dynamic cultural hubs today.

Aalst: the heart of belgian carnival

Aalst is a vibrant city in East Flanders, best known for its world-famous Carnival. Every year, the city comes alive with colorful parades, satire, music, and bold humor that reflect Aalst's strong and playful character.

Beyond Carnival, Aalst offers a charming city center with historic landmarks, lively cafés, and a warm local atmosphere. Proud, outspoken, and full of energy, Aalst is a city that knows how to celebrate life.



ACCOMODATION

Jeugdverblijf Schotte

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Welcome to the Jeugdverblijfcentrum Schotte !

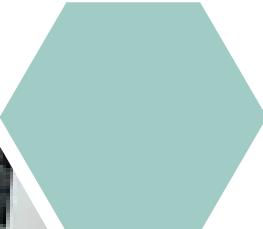
Stay in the lively Aalst, a city known for its strong character and world-famous Carnival. Jeugdverblijfcentrum Schotte is located in a green and peaceful area, just a short distance from the city center, making it the perfect base to explore Aalst and its surroundings.



KAPELLEKENSBAAN 14, 9300 AALST

This youth accommodation is ideal for groups, offering practical and comfortable rooms suited for larger stays. The center provides spacious common areas where guests can relax, gather, and enjoy meals together, creating a warm and social atmosphere throughout the stay.

Surrounded by nature yet close to the city, Jeugdverblijfcentrum Schotte combines calm and convenience. From here, discovering Aalst's historic center, local cafés, and vibrant culture is easy and accessible. It's a welcoming place that encourages connection, relaxation, and unforgettable group moments.



SOCIAL PROGRAM

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Once again, we have an exciting social program planned for you! Whether you're joining to unwind after a full day of sessions, to meet new people, or simply to have fun with fellow BeMSA members, our evenings are all about connection, laughter, and shared memories.

Friday evening: board games

We kick off the weekend with a cozy and interactive board game night. Expect classic favorites and BeMSA-style games such as IFMSA Monopoly, to increase your understanding of our international organisation in a fun way!



This is the perfect low-threshold way to get to know each other, catch up with familiar faces, and ease into the weekend in a relaxed atmosphere.

Saturday Evening: trivia

On Saturday evening, we'll continue the fun back in Aalst with a lively BeMSA Trivia Night. Test your knowledge, compete with friends, and enjoy a playful end to the day filled with surprises.



TRIVIA

Disclaimer: It is allowed to bring alcoholic beverages to the NGA, however the consumption must always be in line with the bylaws and Code of Conduct. Drinking and smoking during important meetings is forbidden.

GENERAL SCHEDULE

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Friday, 20 February 2026

Friday will be a gathering in our accommodation in Aalst. It will be a relaxed evening focussing on connection.

17:30	Start of arrivals
19:00	Dinner
20:00	Social Program: board games



This will be in JVC Schotte: Kapellekensbaan
14, 9300 Aalst

GENERAL SCHEDULE

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Saturday, 21 February 2026

8:30	Breakfast
9:30	Opening Ceremony
10:00	Sessions 1
11:20	Coffee Break & Networking
11:40	Sessions 2
13:00	Lunch
14:00	Candidatures
14:30	External speaker
15:30	LC hour
16:30	...
18:00	Social Program (trivia) & dinner



The sessions will take place at The Core, UZ Gent.

GENERAL SCHEDULE

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Sunday, 22 February 2026

8:30	Breakfast (@Aalst)
9:30	National Operation
10:00	Sessions 13
11:20	Coffee Break & Networking
11:40	Sessions 4
13:00	Lunch
14:00	Sessions 5
15:00	Plenary // capacity building
16:30	Closing



The sessions will take place at The Core, UZ Gent.

SESSIONS: INFORMATION

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New format!

Sessions are organised into **five separate blocks**: 2 on Saturday and 3 on Sunday.

Participants may select **one session per block**, regardless of their standing committee affiliation.

An example of how you could fill your weekend:

1	2	3	4	5
Parasport (SCORP)	Coping (Capacity Building)	Odoo (LC management)	SRHR escape room (SCORA)	Elections (LC management)

CityReps and Exchange Officers excluded!

They have to follow the sessions as done at NGA1: so they are required to follow all president or exchanges sessions. However we have provided 1 (or 2) open blocks, so that it is possible to follow at least 1 session within another standing committee.

SESSIONS AGENDAS

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Presidents' Session

Saturday

10:00	Local, National & International updates
11:40	/

Sunday

10:00	Candidature discussion
11:40	BCP discussion
14:00	/ <i>(free session if enough time)</i>

SESSIONS AGENDAS

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LC Management

Saturday

10:00

/

11:40

/

Sunday

10:00

Odoo: events + signing

11:40

/

14:00

Elections

Descriptions

Odoo: events + signing: Learn how to work with our organisation system, Odoo. You will specifically learn how to arrange events with it: registrations, tickets, sales, ... You will also learn how you can use Odoo to sign documents.

Elections: As an organisation that finds fairness and giving everyone a voice important, elections are crucial. Here you will learn different elections systems, what is important, pitfalls, ...

SESSIONS AGENDAS

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SCOPH Sessions

Saturday

10:00	From Inspiration to Implementation
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11:40	Alright, what now?
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Sunday

10:00	/
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11:40	/
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14:00	Student wellbeing
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Descriptions

From Inspiration to Implementation: Exchange project ideas, explore local opportunities, ... The perfect session if you want to increase your Local Committee's Public Health impact!

Alright, what now? Discuss the upcoming SCOPH activities and the focus for the 2nd semester (nationally, locally, ...)
Important for LPOs and SCOPH PMs!!!

Student wellbeing: A session designed to help understand (mental) wellbeing as AND FOR healthcare students.

SESSIONS AGENDAS

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SCORA Sessions Saturday

10:00	Sexual violence
11:40	LORA x PM Sync

Sunday

10:00	/
11:40	SRHR Escape Room
14:00	/

Descriptions

Sexual Violence: A session full of information around sexual violence and everything that comes with it.

LORA x PM Sync: Discuss SCORA: past, present and future. The perfect way to start up the second semester!

Important for LORAs and SCORA PMs!!!

SRHR Escape Room

= Sexual and Reproductive Health and Rights Escape Room

SESSIONS AGENDAS

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SCOME Sessions Saturday

10:00

LOMEs/PMs 1.01

11:40

Make it Make Sense

Sunday

10:00

Care for the Caregivers

11:40

Think, Act, Decide

14:00

/

Descriptions

LOMEs/PMs 1.01: Info session for LOMEs/PMs : sharing IFMSA resources to build capacity during your events, making a plan to shape and maximise the outcome of your SCOME events, sharing with each other struggles in our LCs and helping to overcome them.

Important for LOMEs and SCOME PMs!!!

Make it Make Sense: Fun interactive game where healthcare students practice explaining diseases, medications, and procedures clearly and creatively to different audiences to improving communication, adaptability, and health literacy skills.

See the next page for the other descriptions

SESSIONS AGENDAS

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Descriptions

Care for the Caregivers: A hands-on session where healthcare students explore ways to manage stress, build resilience, and take care of themselves while caring for others (fun exercises, reflection, and group sharing)

Think, Act, Decide: A critical thinking workshop where teams work together to make sensible patient-centered decisions under time pressure ; participants manage diverse scenarios from cost of care and psychological support to complex procedures while learning to recognize biases and sharpen their decision-making skills.

SESSIONS AGENDAS

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SCORP Sessions

Saturday

10:00	Parasport
11:40	Parasport

Sunday

10:00	/
11:40	The case of hidden rights
14:00	What if the game was never fair?

Descriptions

Parasport: An interactive sports session promoting inclusion, teamwork, and awareness of physical diversity. Participants will experience adapted sports activities and reflect on accessibility, equity, and the importance of inclusive health and social environments.

The case of hidden rights: A women's rights virtual escape game

What if the game was never fair? Understanding migration through Monopoly

SESSIONS AGENDAS

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SCOPE and SCORE

Saturday

10:00	/
11:40	Teambuilding Overview second semester Tutor updates

Sunday

10:00	PET Social program brainstorm & CPs
11:40	Explore page update Accommodation NEO/NORE introduction
14:00	EAs & UAT & IC booklet CA & CC

SESSIONS AGENDAS

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Capacity building

Saturday

10:00	/
11:40	Coping

Sunday

10:00	/
11:40	/
14:00	/
15:00	Teambuilding (during plenary)

SESSIONS OVERVIEW

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SC

1

2

3

4

5

SCOME	LOMEs/PMs 1.01	Make it Make Sense	Care for the Caregivers	Think, Act, Decide	/
SCOPH	From Inspiration to Implementation	Alright, what now?	/	/	Student wellbeing
SCORA	Sexual violence	LORA/PM	/	SRHR escape room	/
SCORP	Parasport	Parasport	/	The case of hidden rights	What if the game was never fair?
LC Mx	/	/	Odoo: events + signing	/	Elections
Exchange	/	Teambuilding Overview semester Tutor updates	PET Social program brainstorm & CPs	Explore page Accommodation NEO/NORE	EAs & UAT & IC booklet CA & CC
President	Local, national updates, international updates	/	Candidature discussion	BCP discussion	/
CB	/	Coping	/	/	/

TRANSPORTATION

By Train, By Car → Aalst

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Train → Aalst

Students leaving from Brussels and Kortrijk can take a direct train to Aalst.

Students leaving from Leuven, Hasselt, Namur, Liège, Mons and Antwerpen have to take two trains to get to Namur.



Car → Aalst

If you're coming to Aalst by car, you can park next to the accommodation.

We will send the information in an email before the NGA.

TRANSPORTATION

By Train, By Car → Gent

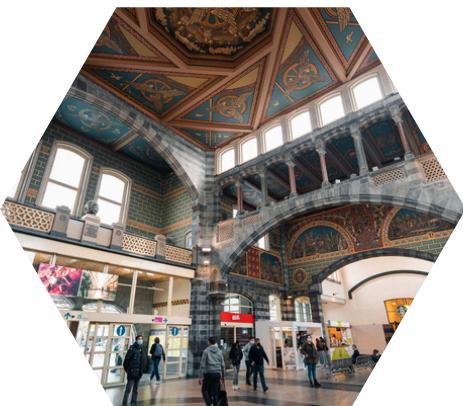
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Train → Gent

Students leaving from Brussels, Kortrijk and Antwerpen can take a direct train to Gent.

Students leaving from Leuven, Hasselt, Namur, Liège and Mons have to take two trains to get to Gent.

From the station: there is a direct tram to UZ Gent (we can also look into picking you up)



Car → Gent

If you're coming to the sessions (UZ Gent) by car, parking will be available at the hospital.

More information on this will follow in an email before the NGA



MENU

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Friday, 20 February 2026

Dinner: burgers (chicken, prok, veggie)



Saturday, 21 February 2026

Breakfast: butter cakes, bread

Lunch: baguettes

Dinner: pasta pesto

Sunday, 22 February 2026

Breakfast: butter cakes, bread

Lunch: wraps



There will be snacks provided throughout the weekend: cake, fruit, cookies, ...

Drinks will also be provided, however we will not provide cups!

We know our NGA falls during **Ramadan**. So if you are participating please indicate this during your registration, we will take this into account.

To make sure that we prepare all the possible arrangements we can: do not hesitate to let us know any extra requirements

Due to unforeseen circumstances, there may be last-minute changes to this menu. However, everyone's food restrictions are always taken into account.

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