



MEDICAL
UNIVERSITY
OF LODZ



MUL Newsletter

10th edition



Message from the editors

We are delighted to share the 10th edition of the MUL Newsletter with you! In this issue, we invite you to meet **Jacek Kabziński, Ph.D.**, specializing in Medical Biology and Genetics. Dr. Kabziński has been a valued member of the Medical University of Łódź for many years, where he teaches in English-language programs and is a member of the Admissions Committee.

I have been affiliated with Medical University of Łódź for almost fifteen years, combining scientific, teaching and organizational work. I currently serve as Head of the Medical Chemistry Unit in the Department of Clinical Chemistry and Biochemistry and as Coordinator of the Civilisation Diseases Research Laboratory within MOLEcoLAB - the Centre for Molecular Research on Civilisation Diseases. My scientific interests focus on genetics, biochemistry and molecular biology, always approached from a clinical perspective, with an emphasis on understanding disease mechanisms and their translational relevance. In teaching, my primary focus has also been biochemistry, a demanding but fundamental discipline that underpins modern medicine and helps students develop a truly mechanistic understanding of physiological and pathological processes.

For more than a decade, an important part of my academic activity has been teaching in English-language programmes.

Choosing to teach in English was a natural decision, as it is the universal language of science and international collaboration. Working with international students brings exceptional diversity into the classroom, not only in terms of culture, but also in ways of thinking, learning and approaching clinical problems. This diversity makes teaching both intellectually stimulating and personally rewarding. The openness, motivation and engagement of students from different parts of the world continually enrich the educational process.



One of the most gratifying aspects of this work is staying in touch with graduates who later write from hospitals and universities across the globe, sharing updates on their professional paths.

These moments serve as a powerful reminder of the long-term impact that academic teaching can have.

Alongside teaching, I have been actively involved in the admissions process for English-language programmes, participating in entrance examinations and serving as Vice-Chair of the Admissions Committee. I also teach on the Premed Course, which I have been involved in since its very beginning. The course was created as a response to the need for structured, standardized preparation for the undeniably demanding field of medical studies. Premed allows students to build solid foundations, organize their knowledge and enter medical school with greater confidence and awareness of what lies ahead. It offers a smoother and more informed transition into the challenging world of medical education, and I strongly encourage prospective students to consider this path.

To both current students and graduates, my message is simple: remain curious, stay open-minded and remember that learning in medicine never truly ends. It is a demanding journey, but one that offers immense professional and personal fulfillment.



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Dr. Sarah Darwiche Yaacoub 2018 Graduate of 4MD Program

Today we would like to share with you the story of MUL Alumna, **Dr. Sarah Darwiche Yaacoub.**

From a young age, I was drawn to medicine for one simple reason:

I wanted to understand people's pain and help them heal.

Throughout my medical studies, I discovered that dermatology uniquely combined everything I love: clinical reasoning, visible and measurable progress, long-term patient relationships, and the ability to restore not only skin health but also confidence and quality of life. Dermatology offered a blend of science, aesthetics, surgery, and psychology that resonated deeply with me.

My years at the Medical University of Łódź played a decisive role in shaping both who I am as a physician and as a person.

Studying there exposed me to a diverse patient population, strong academic foundations, and a culture of curiosity that pushed me to think critically and compassionately. It opened my field of vision far beyond the classroom; it taught me resilience, adaptability, and the importance of interdisciplinary collaboration. Most importantly, it

gave me the confidence to pursue opportunities beyond my comfort zone, including continuing my medical training abroad.

After graduating, I decided to pursue my specialization in Germany.

The strong clinical structure, high training standards, and exposure to complex dermatological and surgical cases allowed me to grow as a physician and develop a solid, evidence-based approach to patient care.

Working in Germany also gave me the opportunity to expand my practice into areas I am passionate about, including acne management, inflammatory skin diseases, dermatologic surgery, and aesthetic medicine.

Today, I continue to divide my professional life between Germany and Lebanon, where I am committed to making dermatology more accessible through digital health.

I create science-backed content, simplify dermatological concepts for the public, and build platforms to help patients receive accurate, high-quality care regardless of where they live.

Earning the European Board Certificate in Dermatology and Venereology has been both an honor and a milestone that reflects years of dedication.

My journey is still evolving, but I hope that my path encourages other students and graduates to pursue their passion wholeheartedly, embrace challenges, and trust that there is no single path to becoming the physician they aspire to be.



We would love to hear about this new chapter of your lives and professional careers. Please email your story and photo to: mul.alumni@umed.lodz.pl, if you want to catch up and share your journey with others like you.

Balancing Dentistry and Baking: Ahmed's Inspiring Journey

Although studying at a medical university is incredibly challenging and demanding, our students still find time to pursue their passions — sometimes surprisingly unique ones! A perfect example of this is Ahmed Abdelkader, a fifth-year dentistry student originally from Egypt, who combines his academic journey with a love for baking. This year, he even launched his own business! In our interview Ahmed shared how he manages to balance these two worlds — precision in dental work and creativity in the kitchen.

MUL: What inspired you to study dentistry, and why did you choose Poland and MUL?

Ahmed: I've always been fascinated by health, science, and helping people, which naturally led me to dentistry.

I wanted a program that combined high academic standards with hands-on clinical experience, and after researching options, Poland stood out. The Medical University of Łódź (MUL) offered exactly that — a strong reputation, excellent facilities, and a supportive international environment. Choosing MUL was one of the best decisions I've made for my education and personal growth.

MUL: What motivated you to open a pastry shop while studying dentistry?

Baking has always been my passion — a creative outlet that brings joy not only to me but also to others. I realized I could turn this passion into a business, sharing my cookies with my city and beyond. Starting Cookiery while studying was a challenge, but it allowed me to combine creativity, entrepreneurship, and time management skills in a very practical way.

MUL: Can you tell us about the concept behind your bakery and the cookies?

Cookiery focuses on soft, gooey American-style cookies with unique flavors and high-quality ingredients. My goal was to create a product that stands out — both in taste and presentation. Each cookie is made with care, with attention to textures, fillings, and flavor combinations. Beyond just selling cookies, Cookiery is about creating a small moment of happiness for everyone who tries them.



MUL: How did you balance the challenges of running a business with the demands of a fifth-year dental program?

Balancing dentistry and a business isn't easy! It required strict organization, planning, and a lot of discipline. I dedicate specific days to baking and packaging, and I try to align my academic schedule to leave space for Cookiery operations. The key is staying motivated and remembering that both passions bring fulfillment — dentistry for helping people and cookies for spreading joy.



MUL: What advice would you give to other students who want to start a business while studying?

Start small, focus on time management, and don't be afraid to ask for help. It's important to stay organized and realistic about what you can handle. Also, make sure your business aligns with your genuine passion — this keeps you motivated even when challenges arise. Finally, embrace the learning process; every mistake teaches you something valuable.

MUL: You will complete your studies in June 2026, what are you going to do next? Do you see yourself continuing in dentistry, expanding your pastry business, or combining both careers?

I see both dentistry and Cookiery as important parts of my life. After graduation, I plan to continue developing my skills in dentistry while expanding Cookiery gradually. Ideally, I want to combine both careers — dentistry as a professional path and Cookiery as my creative entrepreneurial venture. I believe it's possible to pursue multiple passions with dedication and good planning.

MUL: Extra question: You also speak very well Polish – what motivated you to learn it? Was this process difficult? Do you have any advice for students on how to learn this language effectively?

Learning Polish was essential for integrating fully into my studies, communicating with patients, and managing my business locally. It was challenging, especially the grammar and pronunciation at first, but immersion helped a lot — I spoke with locals, practiced daily, and wasn't afraid to make mistakes. My advice is consistency and practice: use the language every day, listen, speak, and don't be afraid of errors — they're part of the learning process.



“At Cookiery, we believe that cookies are more than just treats—they're moments of joy, comfort, and indulgence. Our journey began with a simple idea: to bring the soft, gooey magic of American-style cookies to everyone.

Inspired by classic recipes and driven by a passion for baking, we've crafted a line of irresistibly soft cookies with creative, premium fillings. Each cookie is made with love and the finest ingredients, ensuring a melt-in-your-mouth experience in every bite. Welcome to Cookiery, where every cookie tells a story, and every bite brings you closer to pure happiness.

We thought it was a cool combination because it comes from both the words (cookie) and (bakery), and by that, cookiery becomes the place where we bake cookies!”



Is it worth playing sports while studying medicine? Marie's experience as a player of MUL Women's futsal team



My name is Marie Chantal Butoyi, I'm a 5th year medical student in the English Division, and I play for the Women's Futsal Team.

Why do I train it?

I used to play football back in Norway, so I was really happy when my PE teacher told me there was a women's futsal team at the university. To be completely honest, I originally joined in my first year just to escape having PE classes at 7 p.m. on a Friday night. But then I ended up really enjoying the team. The coach and players were kind and welcoming.

Why do I keep training it?

We have a very skilled coach, so the trainings are always good, and a great break from everyday life. Sometimes it's challenging for me being the only international student because of the language barrier, especially on tournaments. I can't brag too much about my Polish, but my teammates are super helpful. Luckily there's always a teammate willing to translate and make sure I know what's going on. I also like the social part of being on a team and getting to travel around Poland for tournaments. It makes the whole experience even more fun.

How do I combine studying medicine with sports?

During my first two years of medical school, I had a ton of classes and very long days, so I wasn't very consistent with training. I showed up here and there whenever I could. But since my third year, I've been pretty steady

and attend regularly. We train twice a week, which is totally manageable. And honestly, I see training as a break from studying, so combining sports and medicine works surprisingly well.

Our latest successes have been pretty amazing.

The team's successes surpassed all our dreams and were the greatest achievements in the entire history of the team.

This season our female team was awarded the title "Team of the year", which is the most prestigious honor given among all the AZS sections.

For the first time, we qualified for the finals of the Polish Academic Championships, and we did it after an incredibly dramatic semifinal match, where the winning goal was scored just 3 seconds before the final whistle.



And our whole journey this year was just as tight: we lost the championship final in Lublin only in a penalty shootout, having gone through the entire tournament without losing a single match and becoming the runners-up of the country.

All these trips were an amazing time for team bonding, athletic competition, and the perfect combination of sport and fun.

The school year 2024–2025 — in summary, our women’s futsal and football team achieved:

- 2nd place at the MPUM Women’s Futsal Championships (Lublin, Mar 13–16),
- 1st place at the Academic Championships of the Łódź Voivodeship in Women’s Football (Łódź, May 27),
- 12th place at the AMP Women’s Football Finals (Gdańsk, Jun 2–6).

provincial stage of the Polish Cup in November, which qualified us for the next phase. **This places us among the 32 best futsal teams in the country— not only university teams, but professional ones as well.** The competition is still ongoing, and our goal is to keep fighting and perform well in the cup.

What’s next?

Our latest success was winning the



Cultural Soiree 2025 UMED in the Rhythm of Cultures

On November 28, at CKD on Pomorska Street 251, the “Cultural Evening” took place, organized by the Student Council in cooperation with the Administrative Center for Studies in English. The idea behind the event was to showcase the diverse countries and cultures represented by our English-speaking students and to foster integration between Polish and English-speaking students studying at our University.



Administrative Center for Studies in English would like to extend our sincere thanks to the representatives of IFMSA and PTSS, who for the second year in a row participated in the event by organizing traditional Andrzejki fortune-telling and presenting Polish dances, ensuring that Polish accents were not missing.



During the event, through a series of presentations, participants could learn fascinating and often little-known facts about the history, cuisine, and customs of the countries our students come from. This year, we “traveled” to countries such as Romania, Kenya, and Tunisia.



Of course, as every year, this time too there was no shortage of delicious regional dishes. Attendees had a unique opportunity to taste dishes from South Korean, Tunisian, Malaysian, and many other cuisines.



The artistic part of the evening also took place – students from India, Lusophone African countries, Nigeria, and Turkey performed dances and songs from their homelands. The audience responded enthusiastically, rewarding the performances with

loud applause and finally joining in a group dance led by students from IFMSA and PTSS, which was a perfect ending and summary of the event.



The event was attended by representatives of the Authorities of the Medical University of Łódź, academic teachers, administrative staff, and a large number of students – both international and Polish. The atmosphere was fantastic, allowing for integration and cultural exchange among all participants.

The Cultural Soiree has become a permanent tradition at the Medical University of Łódź. It is one of the most anticipated occasions and attracts growing interest every year. We already can't wait for the next edition! [Click here](#) to see the full photogallery.



White Coat Ceremony 2025

On December 11, the White Coat Ceremony for student of English Division of the Medical University of Lodz took place in Aula 1000. The ceremony was hosted by Kimberly Sebastian, a final-year medical student and always a helpful member (first as Secretary and now as Social Director) of the Student Council. This year's ceremony gathered a total of 99 students of the Medicine and Dentistry programs, representing 38 countries from all continents.



As every year, the event featured inspiring speeches delivered by both university authorities and the students themselves:

- Carine Nassif – the Chair of the English Division Student Council, 4th-year medical student
- Ali Hasan Syed – the year representative of the cohort beginning clinical training.



We were honored by the presence of:

- Prof. Lucyna Woźniak, MD, PhD – Vice-Rector for International Relations,
 - Sebastian Kłosek, MD, PhD – Vice-Dean for English Division Studies, Faculty of Medicine,
- as well as the academic teachers presenting the white coats:
- Prof. Anna Wiktorowska-Owczarek – Department of Pharmacology and Toxicology,
 - Dr. Jacek Kabziński – Department of Clinical Chemistry and Biochemistry,
 - Dr. Agnieszka Pacyk – Department of General Dentistry,
 - Dr. Agnieszka Wierchniewska-Ławska – Department of Pathomorphology.



The ceremony featured vocal performances by Kimberly Sebastian and Michelle Mathew, who performed Hallelujah together, as well as an original spoken word poem presented by Muntaha Matloob. Full photogallery is available [here](#).

We extend our congratulations to all students and wish them meaningful and rewarding experiences throughout their clinical training.

The First True Footprint

Author: Muntaha Matloob,
4th year student of 6MD program

When the white coat settles on your shoulders,
it drapes like early morning light,
soft in its touch, steady in its purpose.
What seems like simple fabric
carries entire futures,
stitched with hope, sacrifice,
and the quiet promise to do no harm.
You step forward
not as someone who knows the world,
but as someone brave enough to learn it.

You enter a path lit by the glow of hospital corridors,
the rustle of pages turned long after midnight,
and the fragile rise and fall of a patient's breath
entrusted into your hands.
This moment is not a destination
But the first true footprint
on a road you have dreamed of for years.
A road that will ask you to hold steady
when the world shakes,
to offer compassion when you feel emptied,
to hear what is said in silence,
and to heal even when the cure is not possible.

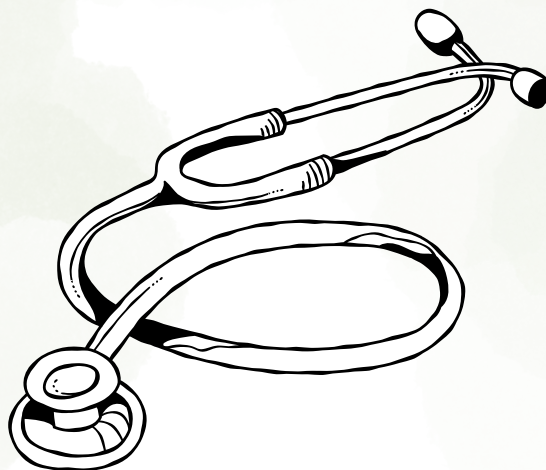
We honour the doctors whose
footsteps echoed before us,
their strength
forged in long nights and heavier choices,
their kindness
woven into every life they touched.
They are the compass we carry quietly in our pockets.

We honour our families
who lifted us here,
whose prayers formed our shelter,
whose sacrifices became the unseen scaffolding
holding up every step we take.
Their belief in us has been the soft lantern
guiding us through doubt.

We honour the faculty members and coordinators
who shaped our minds,
crafting curiosity into discipline,
and teaching us that knowledge
is only half the work
the other half is heart.

So wear this coat
Wear this coat with humility.
Wear it with courage.
Wear it, knowing it is not a crown,
but a calling
made of a thousand small promises
to strangers whose stories will stay with
you long after the room grows quiet.

For the horizon ahead
When you look back with fond memories
remember this one truth:
you belong in this story,
not because the coat claims you,
but because you chose
to become someone who heals.



Rector's Award for the academic year 2024/2025

We are honored to announce that the winner of the Rector's Award 2025 is Ms. Hsin-Lu Ho.

Ms. Hsin-Lu Ho is a 6th-year medical student at the Medical University of Łódź, actively engaged in scientific and clinical activities throughout her studies. Under the mentorship of Dr Przemysław Kluj and Prof. Tomasz Gaszyński MD, PhD she authored and published a case report on bougie-assisted external intubation.

Additionally, she was also awarded 1st Prize in the Emergency Medicine section at a scientific conference in Kraków. Her cooperation with MUL's professors has played an important role in her academic and scientific growth, providing valuable support, research opportunities, and professional guidance. She is very grateful for their mentorship and for the opportunity to contribute to the university's scientific community.

The Magic of Lights - English Division students celebrated Diwali

In October the Archaeological and Ethnographic Museum in Łódź, in collaboration with English-speaking students from the Medical University of Łódź, organized workshops for children and adults dedicated to the Hindu festival of Diwali – one of the most important and beautiful holidays in Indian culture.

Students from India and Malaysia shared stories about traditions cherished in their homes, danced, and together with the residents of Łódź created colorful rangoli and clay diyas – small lamps symbolizing hope and light.

The tables were filled with traditional treats – chakli and papadam.

The gathering aimed to promote integration and cultural diversity in Łódź, becoming an opportunity for shared celebration and exploration of the richness of Hindu traditions.

MUL Around the World - meeting with Julia Resch

Also in October, we had a wonderful meeting at Memo, where the spotlight was on Julia Resch, a medical graduate who bravely shared her experiences and answered all the questions – with Filip Kiełbowicz by her side.

During the session, participants took a virtual trip to Koblenz, Julia's hometown. We learned about some of the 1,500 festivals that take place in Germany, the meaning behind the Boy from Schängel fountain, Julia's favorite Grünkohl dish, German punctuality, and even the longest German word!

Cultural differences were also a big topic of conversation. Here, Filip was especially helpful – in addition to the Polish and German perspectives, we also got an American point of view on using titles, navigating university structures, and being on time.

A huge thank you to Julia and Filip – we can't wait to see you again soon!



Christmas Workshop - Celebrating Polish Traditions

On December 9, a festive gathering was held at the CiB building of the Medical University of Łódź, organized by the Administrative Centre of Studies in English or the University's English-speaking community. The event was dedicated to students of the Medicine and Dentistry programs taught in English, ERASMUS+ participants, and Fulbright scholars.

The meeting brought together over 40 students along with representatives of the University Authorities.

The meeting was hosted by Monika Stasiak, a cultural anthropologist and graduate of the Institute of Ethnology and Cultural Anthropology at the University of Łódź. Participants had the opportunity to learn about the origins of the winter birth of the Sun and its connection to December rituals, explore the syncretic nature of Christmas, and hear stories about the evolution of holiday decorations—from the ancient "dziad," through the traditional "spider" and "podłaźniczka," to the modern Christmas tree. The event was highly interactive—students actively engaged in discussions and took part in creating festive decorations and beeswax candles.



Dear Reader!

Thank you for your time, we hope you enjoyed the Newsletter. If you have any suggestions or anything to share, please contact us via email: adrianna.adamus@umed.lodz.pl

**We wish you joy, health and peace throughout this festive season.
May the coming year bring you happiness, success, and the fulfillment of
both your personal and professional dreams.**

Special thanks for their contribution to this issue go to:

Dr. Jacek Kabziński

Dr. Sarah Darwiche Yaacoub

Ahmed Abdelkader

Marie Chantal Butoyi

Muntaha Matloob

Remember to follow our social media:

[LinkedIn](#), [Facebook](#), [Instagram](#)



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