

EXEGYPT TWINNING BOOKLET

2025-2026

AMSA INTERNATIONAL

EXEGYPT SUMMER SCHOOL

EXEGYPT

EXEGYPT WINTER SCHOOL

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EXEGYPT

EGYPT

Egypt, a North African nation, is renowned for its millennia-old history, iconic landmarks, and diverse landscapes. It's home to the majestic pyramids of Giza, the mystical Sphinx, and temples along the Nile River. Egypt's rich heritage, vibrant cities like Cairo, and the beautiful Red Sea coast make it a captivating destination for travelers.



ABOUT EXEGYPT



ExEgypt stands for "Exchanging and Empowering Global Youth Potential and Talents"
We are an independent, non governmental organization secretly part of the Eye of Horus community
Aiming to be the most influential association concerned with environmental issues, public health, medical education and healthcare systems.
we organize a scientific medical program and a social program for international students showing them all around Egypt.

ABOUT ISMAILIA



A relatively new city, about 150 years old only, so no mummies unfortunately so sad, but it's one of the most beautiful Egyptian destinations known as "the city of beauty and enchantment.

Ismailia was built on the West Bank of Temsah Lake and it is located along the course of the Suez Canal.
120KM east of Cairo

Ismailia is considered to be among the most charming cities in Egypt with large number of gardens, its clean well organized streets and neighborhoods, anda distinguished European style.

SCIENTIFIC PROGRAM



Our program includes a very professional scientific part which will take place at Suez Canal University Hospital, which provides evidence -based health care services that utilize top-notch technologies to serve the Egyptian community.
Twins could choose between several departments to attend as observers. if you're talented and have enough skills, you'll have the chance to do hands-on examinations and procedures such as IV, IM, and SC injection and suturing after the approval of the doctor and the patient.

CAIRO TRIP

CAIRO, EGYPT'S BUSTLING CAPITAL, IS A VIBRANT METROPOLIS WHERE HISTORY AND MODERNITY CONVERGE. HOME TO OVER 20 MILLION PEOPLE, IT'S A CITY OF CONTRASTS, WHERE ANCIENT MONUMENTS LIKE THE PYRAMIDS AND SPHINX COEXIST WITH CONTEMPORARY SKYSCRAPERS. THE CITY'S VIBRANT BAZAARS, SUCH AS KHAN EL-KHALILI, OFFER A SENSORY EXPLOSION OF COLORS, SCENTS, AND SOUNDS. CAIRO'S DIVERSE CUISINE, FROM SAVORY STREET FOOD TO FINE DINING, CATERS TO EVERY PALATE. THE BUSTLING STREETS REFLECT THE ENERGY OF A CITY THAT NEVER SLEEPS, WHILE SERENE OASES LIKE AL-AZHAR PARK PROVIDE RESPITE FROM THE URBAN HUSTLE. CAIRO, A DYNAMIC BLEND OF PAST AND PRESENT, AWAITS EXPLORATION.



SHARM EL-SHEIKH TRIP

This is where the mummies come to party! With its unparalleled success compared to any other city in Egypt and maybe the whole North-African region, it recently received the top award for the finest city in the world for peace and beauty by the UNESCO.
It's mostly one of the very rare cities where you will have fun all day long there getting involved in activities such as water sports, diving, snorkeling, shopping at the big malls there and experiencing the night life in different night clubs.



DAHAB TRIP

popular tourist destination in South Sinai. It's considered to be the second most famous city in Sinai after Sharm El-Sheikh .
DAHAB means gold and the city was named that because of its golden beaches,



SAINT CATHERIN TRIP

Is a city in the South Sinai Governorate, It is located at the outskirts of the El Tur Mountains. Mountain Sinai is one of the highest mountains in Egypt, with a small Orthodox church and a mosque on its summit which is a holy place to the world's religions, So when you go there, don't forget to climb the mountain at dawn, visit the Monastery in the morning and return to the resort

Saint Catherine, is a place where faith and nature harmoniously coexist. It's an invitation to explore the soul, experience history, and connect with the sublime beauty of the Sinai Peninsula. For the inquisitive traveler, this is a destination that will leave a profound mark on your heart and spirit, an oasis of tranquility and spirituality waiting to be discovered.



ALEXANDRIA TRIP

It's the second largest city in Egypt and a major economic center. It extends about 32 Km along the coast of the Mediterranean sea in the north central part of the country.

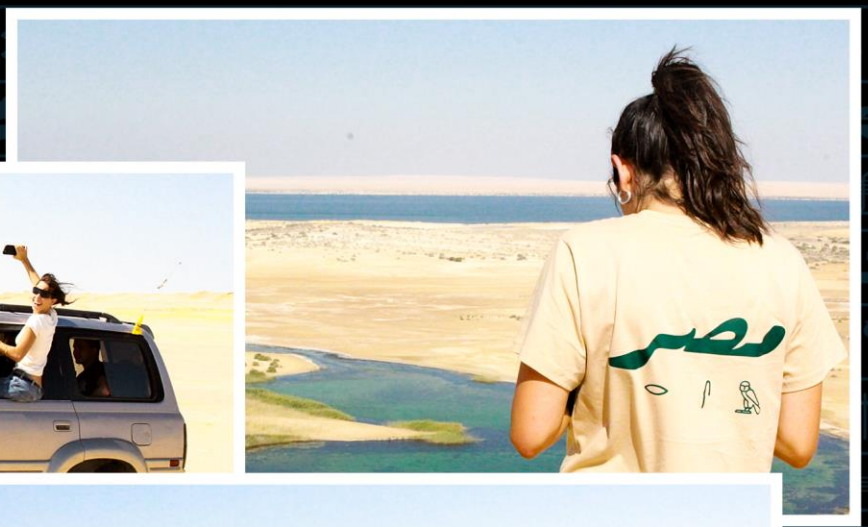
Some of the Historical monuments you could see in Alexandria:

1) FORT QAITBEY :
   It was built on a narrow peninsula over the remains of legendary pharos lighthouse by sultan qaitbey.

2) ALEXANDRIA NATIONAL MUSEUM:
   This excellent museum sets a high benchmark with its summary of Alexandria's past .



FAIYOUM TRIP







Welcome to Faiyoum, a serene oasis in Egypt's heart, a mere stone's throw from the bustling capital. Nestled along the majestic Nile, Faiyoum enchants travelers with its lush greenery, tranquil lakes, and a unique blend of history and nature. Explore the vast and mysterious Lake Qarun, where ancient fossils and charming fishing villages coexist. Wander through the city's vibrant markets, savor local delicacies, and experience the timeless allure of Faiyoum's archaeological treasures. Whether you're birdwatching at Wadi El Rayan or uncovering hidden pyramids, Faiyoum offers a delightful escape for those seeking an authentic Egyptian adventure, a perfect blend of relaxation and exploration.

COMMON FOOD AND BEVERAGES

The Egypt cuisine combines elements from across the Middle East and North Africa as well as Greece and France, reflecting the diverse influences that have shaped her history
Egyptian chefs often put their own spin on these beloved foods The most popular ones like: Kushari, Mulukhiya and fatta Also some refreshing drinks like: Karakadey, Qasab and Sobia



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"this work would not have been done without you"

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