




# Student Handbook





True education means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come.

**Ellen White -  
Education,  
p.13**



**LIFE Course**



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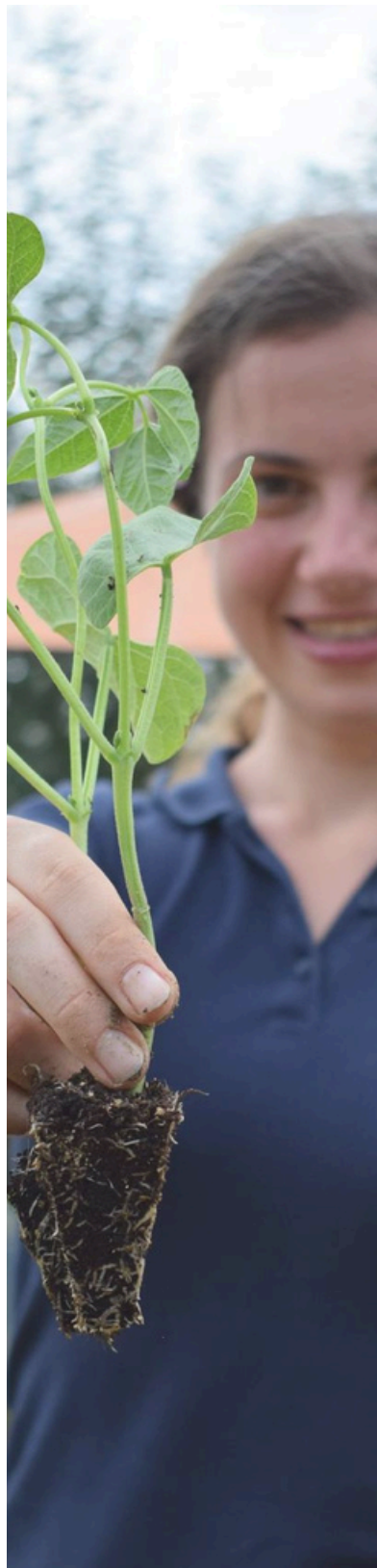


# Welcome

We extend a warm welcome to you!

Thank you for showing interest in the **LIFE Course**.

If you sense the need to prepare for a life of service to God and people... perhaps **LIFE** is the training for you!



# LIFE History

Since 2010 our commitment has been to be a ministry that empowers students to become effective missionaries, living a life of dedicated service for the honor of God and the uplifting of sin burdened souls.

Everything started when former OCI president Kim Busl came together with his wife Joyce, to help strengthen VitaSalus, the newly formed wellness center located in the heart of Portugal.

Among other activities, Kim and Joyce organized classes for young people with the purpose of training them to become missionaries for life.

The program was deeply appreciated by students and was carried forward even after their departure. Thus, in 2017, under a new leadership and a more structured format, the course received a new name: the **LIFE Course**. LIFE is the acronym for **L**ifestyle **I**ntervention **F**aith **E**ducation.

Today, the **LIFE** course trains young people to serve human kind in whatever setting and profession they may find themselves in. It is indeed a training for a better and more meaningful **LIFE!**





# Vision and Mission

**“Acquaint now thyself with Him” (Job 22:21) and “The fear of the Lord is the beginning of knowledge.” (Proverbs 1:7)**

**“In a knowledge of God all true knowledge and real development have their source.”** Ellen White, Education, p.14

**“God calls upon us to make use of every opportunity for securing a preparation for His work.”** Ellen White, Testimonies vol. 7, p.189

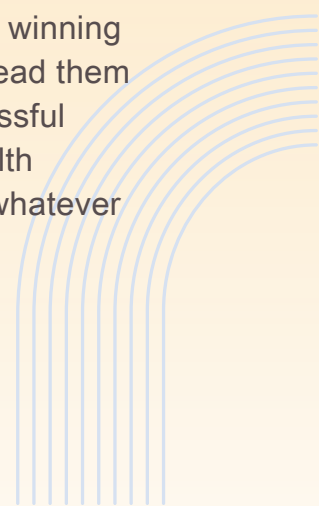
**“[True education] is the harmonious development of the physical, the mental and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come.”** Ellen White, Education, p.13

Understanding that true education is key to regenerate godliness and to aid the work of the proclamation of the good news of God’s love and His plan to save us from sin and suffering, the **LIFE Course** aims to keep the knowledge of God in the center of its curriculum. Our desire is to create a space where students can be encouraged to develop a Christ-like character, thus becoming prepared for a life of service in this world and morally fitted for eternal life.

**“Then Jesus** went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom and **healing every sickness and every disease among the people.**” Mark 9:35 and **“by His wounds we are healed.”** Isaiah 53:5

**“Medical missionary work,** brings to humanity the gospel of release from suffering. It is **the pioneer work of the gospel.** It is the gospel practiced, the compassion of Christ revealed. **Of this work there is a great need and the world is open for it.**” Ellen White, Medical Ministry, p. 239

As the Savior’s earthly ministry focused on helping people physically, winning their confidence and ministering to their immediate needs, and then lead them to the Scriptures, His method stands to this day as a model for successful outreach. Our program offers valuable training in comprehensive health ministry, preparing our students to become effective missionaries in whatever professional field they may end up choosing.



# Vision and Mission

## VISION

Provide a well-rounded education where students receive a Christ-centered training in order to become effective missionaries.

## MISSION

Demonstrate God's power to minister to the needs of a suffering world through well trained and dedicated missionaries.



# Learning objectives

## What will you learn:

- 1 Explore more about the true medical missionary spirit and get equipped to guide people from health to Him.
- 2 Dive deeper into physiology, natural remedies, nutrition, mental health, and so much more.
- 3 Learn how to efficiently serve in an existing ministry or start your own.
- 4 Understand the biblical perspective on true education and the role it plays in preparing a people for Christ second coming.





# Course description

**“It is written in the prophets, And they shall be all taught of God.”** John 6:45

**“With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world!”** Education, p. 271

**LIFE** is committed to follow God’s blueprint on true medical missionary training as outlined in the Scriptures and the writings of Ellen G. White. Therefore, our program covers three main aspects: Word Ministry, Health Evangelism and Practical Work.



## BIBLE

“It is written” was often the answer of Jesus in the face of confusion and temptation. As Christians, we recognize that the Bible is the basis of true knowledge and the ultimate source of power to live a holy, meaningful life.

Looking back in history, we can see that the Apostles, the Waldensians, the Reformers and the Pioneers, all received their education and power from the Bible. Like them, we plan to make it the center of our studies.

## Topics:

Christian Living

Bible study methods

Creation vs Evolution

Church and Adventist history

Sanctuary

Daniel and Revelation

The value of Ellen G. White writings

Christian Home

Understanding other beliefs: Judaism and Islam

Financial Management



## HEALTH

At **LIFE Course**, you will take a closer look at Christ method of healing and learn from experienced physicians, educators, therapists and administrators how to become effective health promoters.

## Topics:

Physiology

Anatomy

Nutrition

Hydrotherapy

Mental Health

Massage

NEWSTART

Evidence-based herbal treatments



**Note:** list of subjects covered may suffer little variations due to changes in teacher's availability.

## PRACTICAL SKILLS

Through a dynamic educational experience you will learn while doing. You will have the opportunity of balancing intellectual learning with productive activities, like organic farming, beekeeping, plant based cooking, massage and more.

**“An education derived chiefly from books leads to superficial thinking. Practical work encourages close observation and independent thought. Rightly performed, it tends to develop that practical wisdom which we call common sense. It develops ability to plan and execute, strengthens courage and perseverance, and calls for the exercise of tact and skill.”**

Education, p. 221



# Ministry opportunities

The LIFE Course prepares you to:


- Serve your family and local community
- Work in a mission organization around the world
- Teach in existing mission schools
- Help aid organization in third-world countries
- Start and manage your own ministry

## Enrolment prerequisites

Prospective students must:

- Have a desire to serve God and people
- Be 18 years of age or older
- Be fluent in English (verbally, reading and writing)
- Hold a High School diploma or equivalent

## Classroom policies

- The use of electronic devices is dependent on the indication of the teacher, with the understanding that it is allowed for class purposes only.
  - No food or beverages other than water is allowed in the classrooms
  - Please keep the classroom neat and clean. No personal belongings are to be left behind in the classroom, as these will be removed daily.
  - Since proper dress helps create an atmosphere for learning, students are expected to attend class with simple, modest, neat clothing.
- 

# Attendance policy

## Worship / Vespers Attendance

While nothing can take the place of our personal devotions, daily worship is an important part of the spiritual health and unity of our school. Worship is a time when students come together to share, pray and study God's word. Students will be asked to participate and lead various aspects of these worships. Friday evening vespers starts at 20:00 during summer time and 19:30 during winter time.

## Classes and Practical Work

Understanding that time is a precious talent we have received from God, our institution values punctuality and reliability. Students are expected to be on time and to maintain regular attendance and class participation. Three tardies will equal one unexcused absence. A lack of attentiveness may also be considered an absence. Students who miss more than 10% of class time (unexcused) will be assigned a failing grade.

**“God has entrusted His sacred work to men, and He asks that they shall do it carefully. Regularity in all things is essential. Never be late to an appointment.”** Evangelism p. 649

# Certificates

1. **LIFE certificate** (Lifestyle, Inspiration, Faith, Education)
2. **Swedish Massage**
3. **Hydrotherapy**

Certificates are earned by completing the requirements of each subject. Any certificates awarded are solely certificates of completion. They do not represent certification from any accrediting agency, state or national agency, or any other external body.



# Finances

The total cost for the **15 week program training** is **2650 €** (Taxes and **30 €** Application Fee included). This price includes lodging, meals and tuition fees. It does not include costs related to the Mission trip. All students who are accepted into the program starting September 2024, are required to pay by Sept 1 a deposit of **300 €** to secure their position in the training program.

There are two options of payment:

1. **Full payment:** the remaining **2320 €** must be paid no later than September 5
2. **Fractionated:** 4 payments of **580 €**
  - First fee must be deposited by September 5
  - Second fee must be deposited by October 5
  - Third fee must be deposited by November 5
  - Fourth fee must be deposited by December 5

After every deposit the student is expected to send a proof of the bank transfer to the school's e-mail address: **education@medicinapreventiva.pt**

## Refund policies

Any application for a refund will be processed for students who present a written request cancelling or withdrawing their enrolment in the program, according to the rules listed below. Refunds will only be made available for unused fees.

1. Refunds will be considered in the case of cancellation / withdrawal from the program for justified reasons only.
2. Students who pay their fees in a fractionated way, can apply for a refund of unused fees, if a written request for cancelation/ withdrawal from the program reaches the course coordinator through e-mail, by the due date for the payment of that respective month fee.
3. Students who pay their fees in one payment, can apply for a refund of any unused fees if a written request for cancelation/ withdrawal reaches the course coordinator, through e-mail, by September 30, 2024. No requests for unused fees will be processed after that respective date.



# Bank account details

<b>Bank:</b>	Caixa Geral de Depositos
<b>Bank's Address:</b>	Av.Almirante Reis 227-A, 1000-049 Lisboa, Portugal
<b>Account Holder:</b>	Associação Portuguesa de Medicina Preventiva
<b>Account Number:</b>	0609 0154 49330
<b>IBAN:</b>	PT50 0035 0609 0001544933077
<b>BIC SWIFT:</b>	CGDIPTPL

## Practical Work

Understanding that practical work is key for character development, all our students will serve in different departments of our institution by rotation, ensuring a complete and balanced experience. Our policy requires a commitment of 20 hours of work weekly, in an assigned position:

- Kitchen
- Housekeeping
- Organic Gardening
- Maintenance
- Lifestyle programs



# Dorm & Student life

## Dorm policies

- All rooms are expected to be clean and orderly. Roommates share equal responsibility for the care and condition of their rooms and furnishings.
- Daily chores and Sabbath preparations should be done conscientiously
- Visitors of the opposite sex are not allowed in dormitory rooms at any time of the day/ night.
- Students must be on campus by 9:30 PM except there was any other agreement with the school director. We recommend students to go to bed on time, to be able to have strength and energy for the following day.
- Overnight/ weekend leaves must be approved by School Director. (Form must be completed)
- Each student will receive a key to lock their room. The key must be returned at the end of the course.
- Wireless Internet is available at the class room area. As the Internet is limited we ask you to use it only for school and communication purposes. Downloading content of any kind is not permitted.
- The APMP does not assume responsibility for any lost, damaged or stolen personal property.



## Laundry

Laundry facilities are available for students to use for free in their dormitory. We provide for the students simple laundry detergent and fabric softener. For any special wishes, the students are responsible to provide for themselves. The washing machine is not to be used during Sabbath hours (sundown Friday until sundown Saturday) and also between 9 pm - 6 am during work days.



## Cafeteria

A plant-based breakfast, lunch and dinner are served in the Student Cafeteria seven days a week.

- The student Cafeteria is open for breakfast at 7:30-8:00 AM on week days and 8:00 AM on weekends.
- Lunch is served at 1:00 PM (1:30 PM during programs).
- Only authorized kitchen staff are allowed in the kitchen areas at all times.

## Sabbath Ministry

We have a necessity of maintaining service during the Sabbath hours at the Dining room: both staff and students are required to participate in this special ministry. This helps relieve those who serve in the department during the week and need suitable periodic relief from their duties. Jesus Himself lived among men “as He that served” and indicated that it was lawful to do well on the Sabbath.

If you do not know how to perform your duty, please check with the department supervisor a day or two ahead of time so you can be trained appropriately.

## Printer use

A printer is available for student use in the Office. Printing costs for documents other than homework and timesheets are as follow:

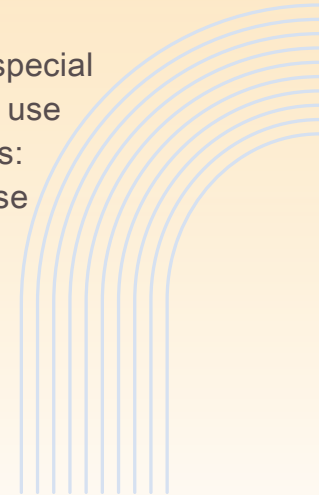
- Black & White - 0,05 € per sheet one side / per sheet two sides - 0,08 €
- Color - 0,15 € per sheet one side / per sheet two sides - 0,20 €

## Mail

Mailing address is: Serra de Santa Maria, postal code: 3230-055, Espinhal, Penela, district: Coimbra, country: Portugal

## Car policy

School vehicles are to be used for educational purposes only unless special permission has been granted by school personnel. In such cases, the use of the vehicles will be at the student's own risk and expense as follows: 0,30/km. To ensure safety, only students who have valid drivers license and have received express authorization from school personnel are allowed to drive these vehicles.



# Mission trip

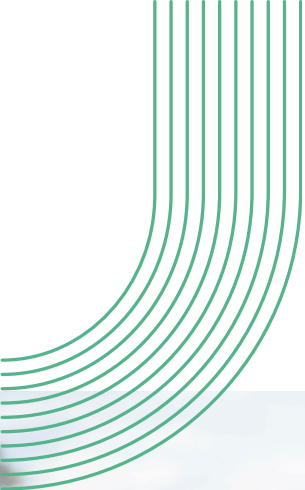
**“Every true disciple is born into the kingdom of God as a missionary. He who drinks of the living water becomes a fountain of life. The receiver becomes a giver. The grace of Christ in the soul is like a spring in the desert, welling up to refresh all.”** Ellen White, *Desire of Ages*, p. 195

**“Christ commits to His followers an individual work,—a work that cannot be done by proxy. Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel.”** Ellen White, *Ministry of Healing*, p. 147

Students will have the opportunity to benefit a community in the world and put into practice their new learned skills during a Mission Trip, planned for 2024. Portugal, Morocco, Tunisia, Azores Islands and Romania are among the possible destinations.

Costs related with the Mission Trip are not covered by the tuition fees. Our plan is to organize a campaign to collect funds that will help students cover most of the trip's expenses.





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