

# Report - EFORT Travelling Fellowship

United Kingdom  
09 – 15 October 2011

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I was very happy when the President of our National Society sent me an e-mail notifying about the Travel Fellowship in London. I was a winner. I felt happy because I had the possibility to profit by the experience of orthopedics in London and by the interesting lectures had to be discussed. I felt lucky for the fact that in London were 14 colleagues from all over Europe to part of Traveling Fellowship and I had the opportunity to know them and creating good working relations.

I organized my travel and I made my weekly schedule arranging it with the EFORT program. For me it was the first time visiting London even I had read a lot before about its history geography and political status.

I arrived in London on Sunday morning and I had all the day to spend going around the city. The first impact was that I was in a beautiful huge city with a lot of tourists everywhere. The old buildings were well distinguished in the middle of recreational parks and nature. I spent all the day visiting the most famous and interesting attractions until the evening when I came back to my hotel where it was organized a welcome cocktail meeting. I met there Mr. Cannon who had organized in a corner of the bar at the hotel a warm atmosphere. We presented ourselves there and began to discuss about the week and the events were to be followed.

On Monday we went to the Royal Orthopaedic Hospital in Stanmore and after the morning coffee we there began with the lectures. It was interesting to refresh and update the knowledge I had before about the new engineering biology used in orthopaedic or new techniques of bone and cartilage repair. The lectures were very interesting about the fact that we discussed topics always bringing the practice in hospitals where we work and that was very important for changing ideas and experiences.

Day by day we were passing all the day in this hospital discussing, listening and watching the live surgery sessions.

The afternoons were organized perfect each day. I must agree that the dinner with the Journal of Bone and Joint Surgery was a very important event as we had the possibility to see a nice presentation from Mr. James Scott about the way that an article has to be sent for editing and how the editorial board proceeds with it. It is a great advantage because I know now which are the most important and key points in an article and I shall utilize this in my works in the future.

Also, the last dinner at the Royal College of Surgeons with reception in Hunterian Museum was an unforgettable one. We saw there very interesting things from the story of developing surgery in London and then in its library a nice dinner with all lectors.

I spent in London one more day visiting some museums and attraction places and returned home after a beautiful and sunny week in London.

Such of experiences make me more encouraged to improve our services in our country and to offer modern treatments to the patients. I am very happy to spread the new techniques and theories I learned there to my colleagues.

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I thank the EFORT FOUNDATION about this fellowship and I avail myself to thank the Albanian Association of Orthopaedics and Traumatologist for giving me the possibility to participate in this event.

Respectfully,

Neritan Borici