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Introduction: The EFORT Spring Travelling Fellowship Austria 2016 happened in Vienna, Graz, Linz and Krems, in between April 17th and April 23rd. As the fortunate resident being chosen by my national association (SPOT: Sociedade Portuguesa de Ortopedia e Traumatologia, Portuguese Society for Orthopaedics and Traumatology), I was able to gather with the remaining 13 residents coming from Cyprus, Lithuania, Macedonia, The Netherlands, Norway, Poland, Romania, Serbia, Slovakia, Slovenia, Sweden, Turkey and Ukraine. We were also happily accompanied by Dr. Gerhard Hobusch, a former Austrian fellow, with the well succeeded mission of "babysitting" us.

Detailed description of the fellowship:

At our arrival in Vienna we were promptly all gathered up and welcomed by both Univ. Prof. Dr. Stefan Nehrer, head of EFORT Austria's delegation (as well as the responsible for the Center for Regenerative Medicine and Orthopedics of the Faculty of Health and Medicine, Danube-Krems University, as later on we had the pleasure to know) to meet Austria's contribution to the genesis of Orthopaedics. As such, we visited Prof. Dr. Adolf Lorenz outpatient clinics office, together with all kinds of devices that sought for amelioration or cure to coexisting orthopaedic disorders. At that environment I could freely think on the genesis of Orthopaedics, as well as on the genesis of the name Nicolas Andry gave to it: "ortho" (straight) "paidos" (children), as some of those devices seemed rather complicated and slightly torturing nowadays. Still, a letter coming from the United States President, Theodore Roosevelt, greeted his services widely. Science is not as new as it seems...

The following day we met what was to become both our fellowship guide as well as our friend: Dr. Gerhard Hobusch, a full grown-up orthopaedic surgeon and also a former fellow of a EFORT Travelling Fellowship. We headed straight to Department of Orthopaedic Surgery, Vienna General Hospital, where we met Univ. Prof. Dr. Reinhard Windhager, the head of the department. We learnt about the impressive contributions of former elements of the department, such as Prof. Dr. Kotz and Prof. Dr. Chiari, as well as what's on the verge at the moment both for musculoskeletal tumors and periprosthetic infections. We had also the chance on visiting the Operating Room and standing nearside one of the procedures. I had the luck of witnessing a proximal humerus prosthetic reconstruction. At night, our first manly meal of the week: Schweinshaxe (or a huge "medium-sized" ham hock).

Tuesday we went on to Orthopaedic Hospital Vienna-Speising, there meeting Univ. Prof. Dr. Martin Dominkus and his crew. A lot was taught on both should and knee arthroplasties (together with live surgery sessions), but the most impressive moment was our visit to a fully-equipped and used gait analysis laboratory. We even had the chance of trying it out, thus aiding in our understanding of its utility. Evening came and we had to leave Vienna, in a "President" (Presidential? P-Resident?) bus, heading straight to Graz, where we immediately met our hosts for dinner, namely their chief, Prof. Dr. Andreas Leithner. I was firstly quite skeptical on the fish, but it proved to be a wise choice, even considering I'm a Portuguese fellow.

Wednesday early morning we were led to the Medical University of Graz where everybody we met from the previous night (and more) were there too salute us for our arrival. Lectures were very friendly and without any kinds of formality, thus clearly aiding on interaction and opinion exchange between hosts and fellows. Topics were, once again, fiercely focused on bone tumors, although what impressed me the most was a "run-of-the-

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mill" total hip arthroplasty, done through a minimally-invasive approach. The cleanliness and straight speed of the procedure made my day, and very curious to learn from it once at home. We then again had some time for ourselves, visiting the beautiful city of Graz (home of Kepler), taking some group photos and, once again, having dinner in the most cheerful way possible.

We left for Linz the next day, there arriving to meet Univ. Prof. Dr. Nikolaus Böhler, a former EFORT President (the surname also has a real history on its own) in the department of Orthopaedics of Kepler Universitätsklinikum Med Campus III. He and his team kindly guided us throughout both their department and the city itself. Some of us did it on Segways (I was always more a "on foot" kind of person). We later had an exquisite dinner with a privileged view over the city and the Danube, followed by a walkaround in the pubs. The lectures, happening both at Thursday afternoon and Friday morning were extremely interesting. I found it utterly interesting to know more about blood management coming from an anaesthetist, Prof. Dr. Meier. We also had the chance to participate in a minimally invasive approached total hip arthroplasty, an unicondylar knee arthroplasty as well as a total ankle arthroplasty. In this last one I even had the chance on scrubbing in and aiding while surgery was at hand!

We knew things were coming to an end when we had to say goodbye to Linz, leaving for a short stay in Krems, where the aforementioned Univ. Prof. Dr. Stefan Nehrer, head of the Center for Regenerative Medicine and Orthopedics of the Faculty of Health and Medicine, Danube-Krems University, gave us some lectures (together with some of his post-doctorate and doctorate fellows) on his baby: chondrocyte transplantation. It was quite sad for us to perceive that the solution for several patients couldn't evolve due to high costs in regulating it. We were also granted a small trip to his laboratory.

Late in the evening we left again for Vienna, for our final dinner altogether within the fellowship. It was clear we were already friends at this hour...

Conclusion:

If all EFORT Travelling Fellowships are supposed to be like this one, I cannot stop in recommending any of them to my fellow younger residents. The scientific content was top notch, even considering traumatology was scarcely approached (in Austria, Orthopaedics and Traumatology were historically divided, with an approach happening only recently). Best of all, we were able to learn a lot from each other, meaning that both lecturers and fellows came home knowing much more than what we knew beforehand. Lastly, all those trips, hotel stays and dinners aided us in establishing friendship between all us. If future meetings are to come, as I expect them to happen (at least in EFORT Congresses), I'm pretty sure I will be utmost curious on what's happening with any of my friends. As such, I'm deeply grateful to those who thought about this, who have chosen me to go, and who participated with me in this extremely important moment of my residency. Thank you all!

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