

REPORT

Spring Travelling Fellowship

The Netherlands
4 – 10 October 2015

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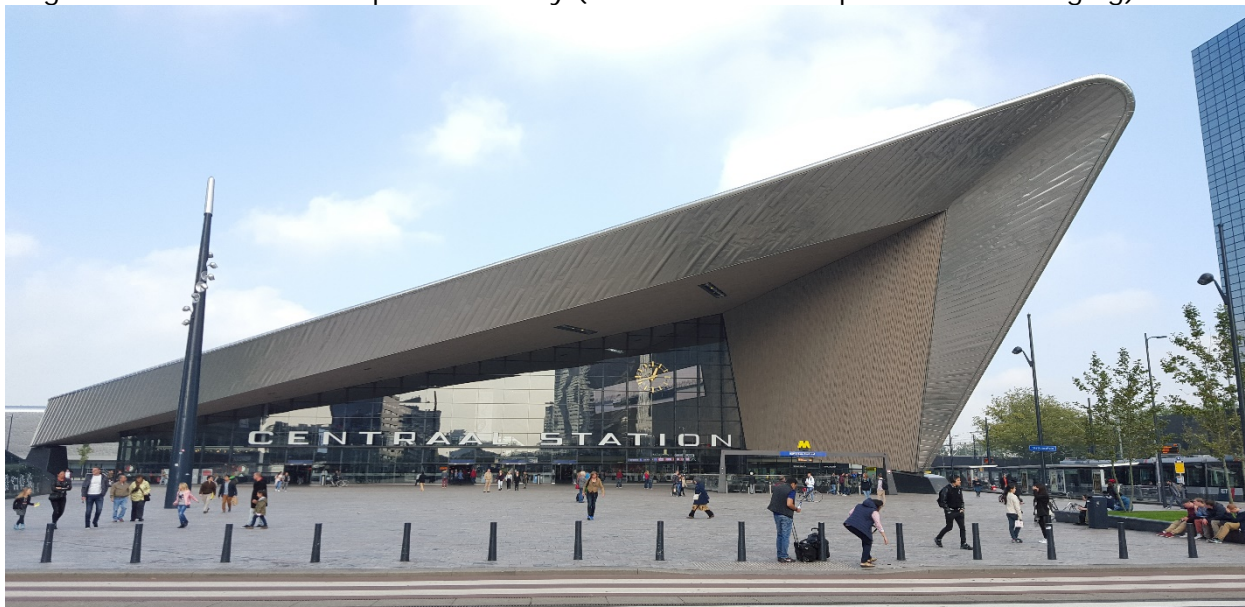
Introduction:

The EFORT 2015 Autumn Travelling Fellowship took place in The Netherlands; Rotterdam, Leiden and Amsterdam from the 4th to the 9th October 2015. I was privileged to be chosen by the Irish Institute of Trauma and Orthopaedic Surgery to represent Ireland. There were a total of 14 participating fellows from all over Europe; Ireland, Belgium, Italy, Denmark, Germany, France, Greece, Croatia, Estonia, Kosovo and Bulgaria.

Detailed description of the fellowship:

The first 4 days of the fellowship (4th - 7th October) were organized between the cities of Rotterdam and Leiden. Most of the fellows have arrived on the 4th of October by midday, we were welcomed by Olav van der Jagt and Duncan Meuffels. The group were taken to a local café where we introduced ourselves to the other trainees and surgeons over a coffee and the popular local delicacy of 'Bitterballen'.

We attended an official dinner at the Euromast restaurant where we had a panoramic view of the city of Rotterdam. Our host was 'the Godfather', Prof J.A.N Verhaar and the president of the Dutch Orthopaedic Society, Henk Koot. They presented us with a formal introduction and summary of the EFORT fellowship. Henk Koot kindly gifted us with traditional Dutch clogs from the Dutch Orthopaedic Society (Nederlandse Orthopaedische Vereniging).



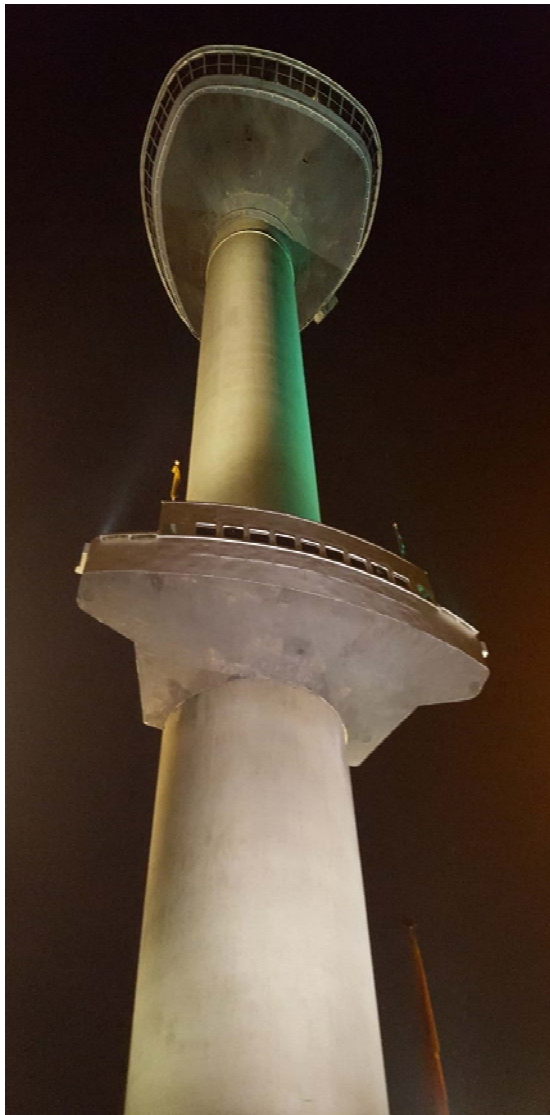
Rotterdam Central station

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Euromast

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Dr Henk Koot, President of the Dutch Orthopaedic Society and welcome gift.

Day 2: We were welcomed to the Erasmus Medical Centre, University Hospital. The day commenced with an introductory speech from Jan Verhaar and was followed by a series of lectures and discussions in relation to knee injuries and ACL reconstruction. Half of the fellows gave a short presentation on themselves as trainees, their countries and the national societies. This was very interesting and provided great insight into the various ways that Orthopaedic training is structured throughout Europe and the diversity of our European colleagues. The group then took to viewing Rotterdam in true Dutch style on their vintage styled Dutch bicycles. This again provided us with another angle of Rotterdam.

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Erasmus MC University Hospital

Day 3: We traveled to Leiden to the Leiden University Medical Centre where we were welcomed by Prof Rob Nelissen. We had a series of lectures on orthopaedic oncology, Brachial plexus injuries and on residency in the Netherlands. We were taken on a picturesque and informative courtyard tour of the old city Leiden. It was very entertaining to see the healthy competition demonstrated between the Rotterdam and Leiden medical teams.

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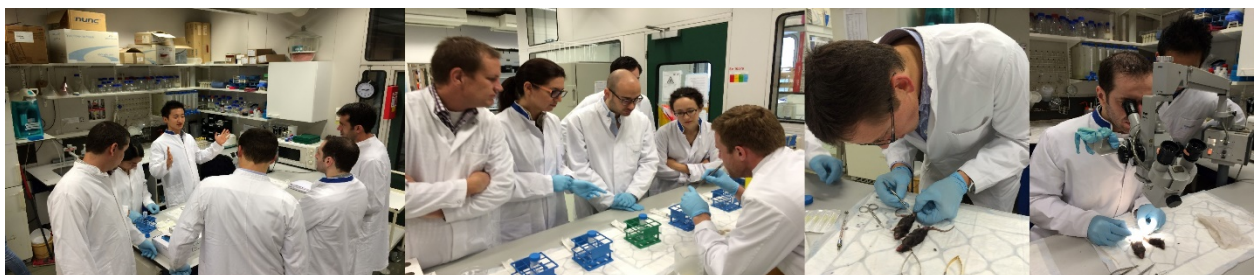
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LUMC and Leiden Tour

Day 4: We had a group tour in the EMC research lab and Emergency department followed by a series of lectures on Arthroplasty and the young adult hip. We finished our day with the final Fellow presentations. We had a closing dinner at the Hotel New York situated in the former head office of the Holland American Line.



EMC Research Lab

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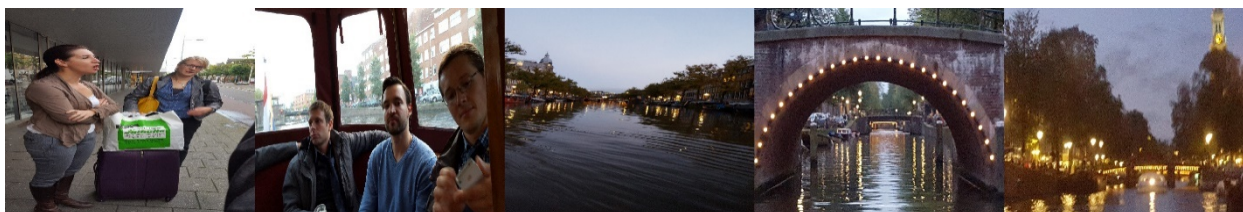
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Closing Dinner in Rotterdam

Day 5: The group travelled by rail to Amsterdam to visit the VU Medical Centre and Prof. Barend van Royen. We attended a series of lectures on stem cell research and biomechanics, spinal surgery and scoliosis correction. We voyaged around the canals of Amsterdam on a barge and got to see the city as night fell.



Amsterdam Canal tour

On our final day, we visited Academic Medical Centre Amsterdam. The educational programme for the day concentrated on trauma of the elbow and tibia. We also focused on the foot and ankle pathology.

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Conclusion:

The EFORT Travelling Fellowship was a very positive experience for me and one which I thoroughly enjoyed. I found the week well organised, diverse and informative on many levels. I enjoyed meeting fellow colleagues from other European countries and learning about their training and healthcare infrastructure. It gave me great insight into the Dutch working dynamics. The many social events gave me a greater understanding of the Dutch culture. I was fortunate to have met a very energetic and well informed group of trainees who enriched the experience even more for me. I cannot recommend this fellowship enough to my colleagues in Ireland.

I would like to thank the Irish Orthopaedic Association and Mr Gary O'Toole for giving me this opportunity and the Dutch Orthopaedic Association, Prof Jan Verhaar, Duncan Meuffels, Olav van der Jagt and the local hosts for their warm hospitality and well organised fellowship programme.

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