

Autumn Travelling Fellowship

The Netherlands
4 – 10 October 2015

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Submitted to: Efort

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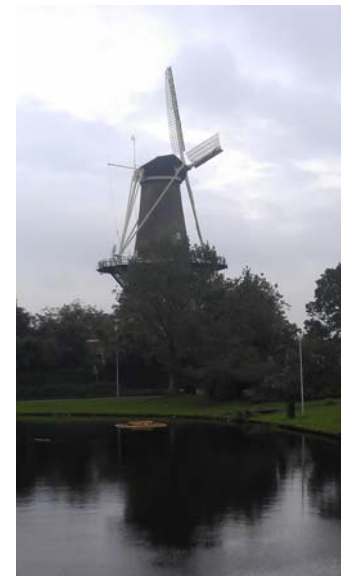
Introduction:

National and International relationships are becoming more and more important. Insight in new surgical techniques, conversations on different treatment options and insights into foreign guidelines add to personal experience. Furthermore unified orthopaedic training as well as knowledge on healthcare organization in next-door neighbor countries is becoming crucial as Europe is growing together.

All of this motivated me to apply for the Efort travelling fellowship, that would take place from 4th of October to 10th of October in the Netherlands.

Detailed description of the:

An excellent preparation of the fellowship was already possible in advance as all information one needed was supplied by Efort and the local hosts. Once arrived in Rotterdam, which was the first city we would visit, a thriving program started providing both – cultural as well as scientific highlights of the hosting nation. Prof. Verhaar who served as our godfather, as well as the president of the Dutch Orthopaedic Association (NOV) - Dr. Koot – welcomed us in Rotterdam. The Erasmus MC Ortho team gave inspiring presentations on orthopaedic sports medicine followed by fellows presentation. The city of Rotterdam was discovered by means of the most popular Dutch vehicle – the bike - offering insights in historical and modern architectural background.



The following day was perfectly organized by Prof. Nelissen and his team at Leiden University Medical Center. The stronghold of orthopaedic oncology, RSA as well as brachial plexus surgery was impressively presented, again followed by a tour through the historical city of Leiden.

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Coming back to Rotterdam and Erasmus MC on Wednesday we already felt familiar with our surroundings as well as with each other. The group has already perfectly grown together. On Wednesday we got insights into basic research at Prof. van Osch's lab as well as again outstanding lectures on revision arthroplasty and DDH. In the evening it was already time to say 'Goodbye' to our godfather and the Rotterdam hosts. After transferring to Amsterdam we were able to gain fundamental insights in spine and scoliosis surgery as Prof. van Royens department at VUMC is heavily involved in spinal surgery as well as spine related biomechanical and mechanobiological research. A boat ride from the hospital to our hotel and on to the city center was a special experience and painted unforgettable

pictures in everyone's memory.

Our final day was dedicated to trauma and foot&ankle surgery presented by the experienced experts from AMC Amsterdam. Dr. Struijs organized an indeed thriving program and it was obvious that in many European countries trauma is an inherent part of everyday clinical work as well as orthopaedic training. We spent our last evening together in Amsterdam and despite being exhausted nobody really wanted to leave back home.

Conclusion:

Besides gain of knowledge in orthopaedics this fellowship offered outstanding insights in our host nations health system and Dutch culture. Getting in touch with hosting experts was easy. Nonetheless most impressive is the ability of orthopaedic surgeons from 10 different nations to grow together within one week time and make this an unforgettable experience as well as building connections for the rest of the life.

I would like to thank our Dutch hosts, who did an outstanding job in organizing the fellowship, providing highest level scientific lectures and extraordinary cultural program (thanks for all the evenings!). Furthermore I want to thank Efort for making this possible and therefore reinforcing the European spirit amongst young orthopaedic surgeons.

Thanks