

REPORT

Autumn Travelling Fellowship

Poland, September 2016

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Submitted to: EFORT Head Office

Reported by: Annika Haettich, Orthopaedic and TraumaSurgery Resident from Hamburg, Germany

Introduction: EFORT Travelling Fellowship 04-10/09, Warsaw/Poznan Poland

I was really excited when I got the mail in my mailbox that I had been selected to be the candidate from Germany to take part in the EFORT Travelling Fellowship in Poland in September 2016. It was not only a chance to learn specific kinds of surgery and medicine, but also to get to know residents from all over Europe. I was curious about their residency and the working conditions in different countries.

Detailed description of the fellowship

I arrived at Warsaw Chopin Airport on a warm and sunny Sunday afternoon. I was quite early, so I chose not to take a taxi but try to reach our hotel with the local bus and train. It took a few minutes of orientation (no euros, but zloty, no bus driver could speak any English), but after a while and a walk through a sandy forest, I reached the very nice Z-Hotel in Otwock, which is a suburb of Poznan. Step by step the other fellows arrived and we met for our first common dinner in the hotel restaurant. All of us were a bit excited about the next day when we would be in the OR and meet Prof. Jarozlaw Czubak.

Next day, we arrived at the Department of Orthopaedics, Paediatric Orthopaedics and Traumatology, The Centre of Postgraduate Medical Education in Warsaw. We were welcomed by Prof. Czubak, afterwards he showed us and the other residents the XRays of the upcoming surgeries.

Then he took us the wards and we made the rounds. I was a bit surprised that there a still rooms for 8 patients, but all of them seemed content.

As Prof. Czubak is an expert in PAO, he showed us different kinds of pelvic osteotomies. It was really interesting to see as I had never seen such kind of surgery before. We were even allowed to scrub in and assist.



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During the days, our group got closer and closer and we had a lot of fun. We could exchange many experiences and noticed that some clichés are really true but also refreshing.

We spent our last evening in Warsaw`s city center where we ate our first Pirrogi, a typical polish dish and drank some polish beer in the beautiful old town.



The day after, we took the coach to the beautiful city of Poznan. There , we were very warmly welcomed by Prof.Romanowski and his resident Marta. After some lectures in the afternoon about hip and knee surgery, we very invited to Prof.Romanowskis house, where he and his wife had prepared a garden party or us fellows. Here we met other surgeons and residents from the DEGA University hospital Poznan and could talk, eat and relax in the beautiful garden .

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In Poznan, our days were split in surgery in the morning and lectures in the afternoon. All of the doctors were very well prepared and could answer all our questions about different surgeries. After our "official" time, they spent time with us to show us the beautiful old town of Poznan. The city is very vivid and young because of the big amount of students.

Very very fast our last evening arrived. We were invited by Prof. Romanowski and the Head of the University Hospital to an official dinner at a very nice restaurant.



On Saturday Morning, our last morning, we had the last lectures, bought some Polish sweets and drove all together back to Warsaw Chopin Airport. After a last cup of coffee, we all left for different destinations. But not without the promise, to meet again very soon.

Conclusion:

The EFORT Travelling fellowship was a very great experience. I had the opportunity to spend a week in Poland with great residents from all over Europe and meet some experts from the Country of Poland. I can only recommend it to every resident to apply for this Fellowship because i will never forget the impressions, lessons and the most important – new friends I have made thanks to the EFORT.

Annika Haettich, Hamburg, Germany