

# REPORT

## Autumn Travelling Fellowship

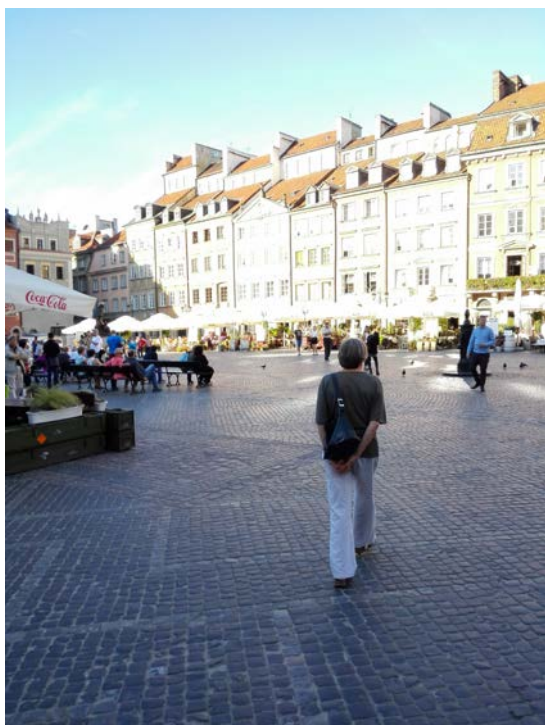
Poland, September 2016

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### Submitted to:

EFORT  
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### Introduction:

The EFORT Autumn Travelling Fellowship 2016 took place in Otwock and Poznan, Poland, from September 4th to September 10th. I was honored to be chosen by the Kosovo Society of Orthopedics and Traumatology to represent Kosovo. We were a total of 13 participating fellows from all over Europe; Denmark, Finland, France, Germany, Austria, Croatia, Greece, Albania, Kosovo, Bulgaria, Italy, Estonia and Ireland.



### Detailed description of the fellowship (please feel free to include photographs if you wish):

I arrived in Chopin Airport Warsaw at Sunday morning. I picked up the train from Airport to Warsaw and then from Warsaw to Otwock. At noon I arrived in Z Hotel located in very quiet part of the town surrounded with forests and wood. In the evening almost all fellows were in the hotel so we had a very good dinner together and we just began to know each other.

**Monday, at 4<sup>th</sup> of September**, we went with taxis in the Orthopedics, Pediatric Orthopedics and Traumatology, The Centre of Postgraduate Medical Education in Otwock, where we met Prof. Jarosław Czubak. It was a kind meeting with hospital staff. We attended in morning meeting, visited all patients in two wards and participated in case presentations.

Prof Czubak had a lecture for Dega Osteotomy and Periacetabular osteotomy.

After these lectures we had an opportunity to enter



in the operating room. There we saw Dega Osteotomy, Periacetabular Osteotomy, Knee and Hip Replacement.

**Tuesday, at 5th of September**, it was the limb reconstruction session. We had some lectures concerning Guided growth in children from Prof Szymon Pietrzak and Taylors Spatial Frame. At noon we participated in operating room, where we performed Ilizirav Frame Insertion and TSF insertion.

In the evening we had a free time and made a sightseeing in the capital city Warsaw, a good dinner in traditional Polish restaurant.

**Wednesday, at 6th of September**, we were transferred from Otwock to Poznan with minibus. At noon we arrived at Rzymski Hotel, where we were welcomed warmly by Prof Leszek Romanowski and Prof. Jacek Kruczyński. We had a welcome lunch and after accommodation we went on conference room of the hotel. There we had some lectures concerning Aspects of cemented and cementless

knee arthroplasty and Periprosthetic fractures of the hip/knee-treatment options.

At the evening we were invited to Prof Romanowski garden for a very special and unforgettable night, special dinner and very friendly gathering with his family and his orthopaedic staff.

**Thursday, at 7th of September**, in the morning we went to Dega University Hospital. We attended lectures as scheduled: Strategy in revision hip arthroplasty, Biomechanical aspects of knee surgery, Strategy for spine deformity treatment.

In the second part of the day we participated in some operations in operating rooms as hand surgery, foot surgery, knee and shoulder arthroscopy and knee and hip arthroplasty. We had a wonderful sightseeing with Dr Lukasz Lapaj who informed us with very interesting historical places of Poznan. As usual we had a very good dinner at night in exclusive restaurant together with host orthopaedic surgeons and residents.

**Friday, at 9th of September**, was a lecture day. There were lectures of pediatric orthopaedics concerning DDH, scoliosis, spinal diseases, limb length discrepancy, Growth control and limb lengthening. At the evening we had a special dinner in Old Market Poznan.

In **Saturday** morning we had short lectures until 10 AM and then the host organized a transport with trains from Poznan to Warsaw. We departed individually from Chopin Airport to our countries.

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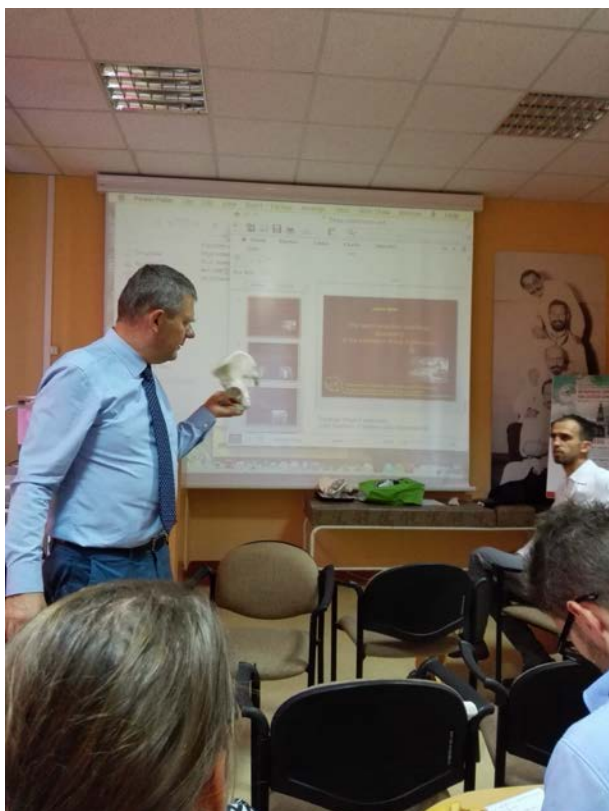
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In the end I have to thank all of them who made us feel as we were at home, especially Prof Romaowski, Dr Lukasz Lapaj and Dr Marta Wisniewska.



### **Conclusion:**

The EFORT Travelling Fellowship was a fantastic and unforgettable experience. I am much honored to have had the possibility to participate in this programme. The Fellowship was very well organized in terms of an interesting scientific programme, time for discussions, as well as a pleasant social programme. We were warmly welcomed by the organizers in Otwock and especially in Poznan and they were very interested in teaching us, showing us their work, as well as learning from our experiences. As for the 13 other fellows it was a great opportunity to meet with colleagues from all over Europe. The participants were all very interested in exchanging experiences and knowledge – a unique and unforgettable possibility to connect with new friends and colleagues. The EFORT Travelling Fellowship is a unique possibility to exchange knowledge and friendship across borders.

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