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Introduction: Greetings. I am a medical resident in my 4th year of training in Orthopedics and Traumatology at Bucharest University Hospital and I was chosen to represent Romania in this Spring Travelling Fellowship in 2017

Detailed description of the fellowship (please feel free to include photographs if you wish): I arrived in Finland on Sunday 23 April at 1.30 pm. after flying from Bucharest to Amsterdam and then straight to Helsinki one hour later. I took a taxi to the Scandic Simonkentta Hotel where I checked in and found out that I will be staying together with one of my fellow colleagues. I went to my room and found my colleague, Bedri from Turkey, already inside unpacking and we quickly made introductions and started changing impressions about our flights. Later that day, 15 mins before our first meeting in the hotel would happen we decided to go to the lobby and wait to see if our colleagues have arrived. We all quickly gathered in the conference room and the meeting started where we all introduced ourselves and discussed the schedule for the week as well as the means of transportation in Helsinki and Tampere and in between the 2 cities. After that we went to dinner where the discussions and bonding between me and my colleagues continued. The food was great and our host, Professor Ikka Kiviranta, presented us some interesting topics.

On Monday morning, we made our way to the railway station and took the train to Peijas Hospital. There, we were divided into 2 groups, half being led to the ORs by Teemu Helkamaa, our contact person. The rest of us went to the auditorium and had some very interesting lectures about arthroplasty and its complications. After lunch we swapped roles and the group I was part in went to the theaters and participated in one of the surgeries happening at that point. I assisted a primary total hip arthroplasty following a femoral neck fracture on a young patient. Finally, at the end of our Traveling Fellowship program of the day, some of our colleagues gave us some insight about their own national societies and countries. Later that evening, we went to dinner with Teemu Helkamaa and had the best sushi I ever ate.

Tuesday morning we checked out of our hotel in Helsinki and went to the railway station where we took the train to Tampere. After a pleasant 1 hour and a half journey we arrived at our destination where Minna Laitinen our person of contact in Tampere was waiting for us and guided us to the Scandic Tampere City hotel where we checked in quickly and then showed us the way by bus to the Tampere University Hospital. There we were introduced to Professor Ville Mattila and his team of M.D.s and residents and we had lectures about randomized control trials in the upper extremity. Also, another 4 of our colleagues had presentations about their countries of origin and their societies. At the end of the schedule we were invited to attend a meeting regarding the research that is done in Tampere University Hospital and the education that stands behind forming good research doctors. In the evening we went to dinner and sauna with also an optional swim in the freshly defrosted local lake.

The next morning, we made our way on our own by bus to the hospital where we continued our lectures, the topic of the day being hip arthroplasty and its complications, and there we had a very unexpected and interesting visit from the elected EFORT president, Doctor Per Kjaersgaard-Andersen who came specifically to meet and exchange a few words

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with us and also did a short presentation regarding EFFORT as an organization and about this year's Congress in Vienna. In the end of the schedule the last 4 of our colleagues including myself had our speech about the countries that we represent. After that we attended a guided tour throughout the COXA Hospital situated in the campus of the Tampere University Hospital. In the afternoon we went to a Turkish restaurant where we had dinner and after that we checked out from our hotel and went to the railway station where, unfortunately, our train was delayed 1 hour due to a snowstorm in the north of Finland; then we returned to Helsinki where we checked back into the same Scandic Simonkentta Hotel.

Thursday we started our last hospital unit visit at Töölö Hospital in Helsinki. After a relaxing walk in the morning towards our destination we met Tim Söderlund in the reception lobby of the hospital and proceeded to our lecture hall where we talked about trauma cases concerning the elbow, hip and knee and also about Polytrauma. After lunch we were divided into pairs and went to the OR where we were assigned surgical cases in which we participated. I personally attended a second look knee arthroscopy after a MPFL reconstruction in an infected articulation joint. In the evening we went to dinner in a very famous sauna and restaurant place called Löyly, this time around no one attempting to go for a swim in the lake.

In our final day we came back to Töölö Hospital where we continued during the morning our lectures regarding the same topics as the day before. We had lunch at the hospital's cafeteria and then we headed to the ORs for another round of surgery. Unfortunately some of my colleagues had early flights during the day and had to leave prematurely and could not participate in the operating theaters. My flight was, fortunately, later in the evening so I could stay for another case and so I attended a shoulder dislocation with a fracture of the glenoid and the coracoid process which was treated with the Latarge procedure. After finishing the surgery I went back to the hotel and packed my luggage, checked out of the hotel and went to the airport by train.

Conclusion: I would like to thank to EFORT and the Finish National Orthopedics Society for giving me the opportunity to participate to this event. Personally, for me, it has been the first contact with a hospital from abroad and I was very impressed with the discipline and enthusiasm of the surgeons and nurses working there and with the way these medical units are organized. Also it has been a unique occasion to participate in the operation rooms with some of the surgeons working there.