

# REPORT

## Spring Travelling Fellowship

Finland, April 2017

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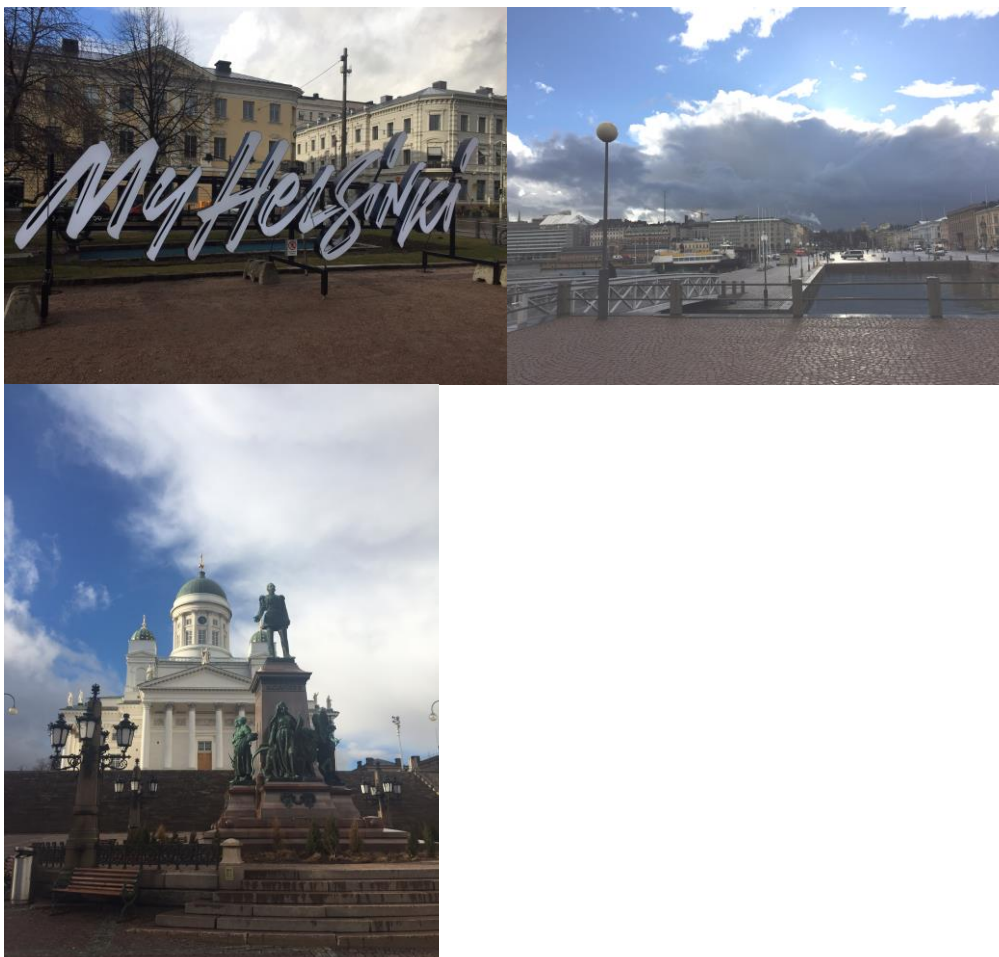
**Submitted to:**

**Reported by: Paviel Rakhman (Ukraine)**

**Introduction: EFFORT spring travelling fellowship Finland 2017**

**Detailed description of the fellowship:**

**I started my journey the day before the start of the fellowship. April 23, I enjoyed the panorama of Helsinki, visited the main attractions of the beautiful capital of Finland, as well as sightseeing boat excursion on the Gulf of Finland.**



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**At the end of the day, met all members of the fellowship. At the hotel the President of the Finnish orthopaedic Association gave us instructions about the upcoming course. Then we went for dinner at restaurant Kaarna. Where we tasted delicious dishes of Finnish cuisine.**



**24 April. Morning train we went to Vantaa. In Peijas hospital met Mr. Teemu Helkamaa, who present all departments of hospital for us and said statistical data of the hospital. After that, we assisted in the operating room (group 1) and listened to the wonderful lecture (group 2)**



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**At the end of the day we had dinner at a awesome Japanese restaurant.**





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**April 25. By train we went to the city of Tampere. There we were met by Minna Laitinen. She kindly escorted us to the hotel and then to the medical complex of the city. During the day we listened to fascinating lectures and saw departments of the hospital.**



**But a real authentic and unforgettable experience was waiting for us at the end of the day in the Kaupinojan sauna. Where we had bathing, swimming and Dinner.**



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**26 April. Coxa hospital.**

**The day started with the greetings of the Vice-President of EFORT Mr. Per Kjarsgaard-Andersen**



**Then began the acquaintance with Coxa hospital. In the auditorium we listened educational lectures about arthroplasty and saw the departments of this hospital**



**April 27. Our delegation returned to Helsinki. Where's the next two days continued our course. In Töölö hospital.**

**In the first half of the day we listened to lectures about replacement and trauma at the level of the upper limb and then, after lunch, went to the operating room.**

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**And at the end of the day, we went to one of the most popular restaurants in Helsinki is Loyly. Where together with the President of the Association of orthopaedic surgeons of Finland ate national dishes.**



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**April 28. Last day of fabulous fellowship. It was held in Töölö hospital. We listened the final lectures and some of us visited the operating room. But the most interesting turned at 9 am. A team of various doctors were trained to act when patients with polytrauma come to hospital (ATLS case).**

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### Conclusion :

**It was a great time for me to take part in this EFORT fellowship. In this week I saw a lot of new and interesting things. All of us found out a lot about Finland healthcare system and orthopedic work in contry. We had awesome lectures and were a part of surgical teams in OR. But the most important thing is that I found new friends. And our friendship will be useful to us for sharing new information and experiences**

**Best Regards,  
Paviel Rakhman**