



Submitted to: EFORT

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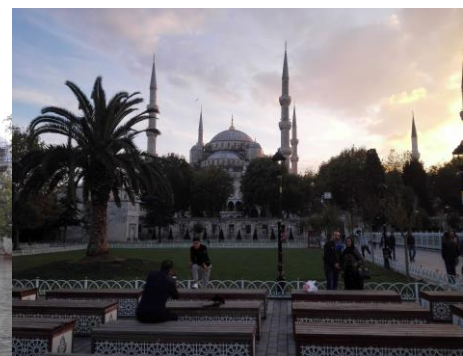
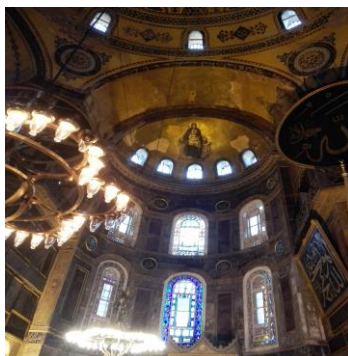
Introduction:

It came as a surprise to me when I was informed from the Hellenic Association of Orthopaedic Surgery & Traumatology (HAOST) about my participation in the EFORT Autumn Travelling Fellowship 2017, which was held in Turkey, from 1st to 7th October in two cities, Istanbul and Ankara. It was my first time leaving my country for educational purposes and honestly I didn't know what to expect. Therefore, I was anxious and highly motivated for this promising experience.

Detailed description of the fellowship

Sunday, 1 October

Arrival. Flight to Istanbul from Athens on a cloudy morning. As I was the first, relating to time, fellow I arrived, I had plenty of time. So I preferred reaching the hotel using public transportation (metro & tram). It took a few minutes of orientation (no euros but Turkish Lira, huge distance with many stops & connecting stations) and I finally reached the Eresin Topkapi Hotel in about one hour time. At the hotel Emre Actuna from TOTBID welcomed me and kindly joined me at the lobby, as my room was not prepared, where I had the chance to try the famous Turkish coffee! As nobody else had arrived yet and there was not organized any scientific or social program, I decided to have a walk into the historical center of Istanbul, having the opportunity to visit amazing historical sites as the Hagia Sofia and the Topkapi Palace. I was ecstatic that I was walking in the city of clashing cultures, where Orient meets Occident and East meets West... But unfortunately the weather got worse and I returned to the hotel, where I finally met some of the fellows.



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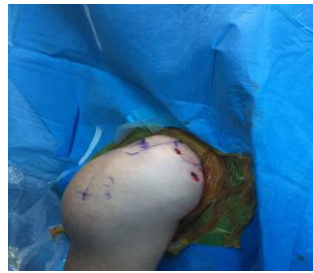
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Monday, 2 October

And we finally started! We were gathered at 07:30 in our hotel, following Emre's instructions. Emre was making the arrangements, taking us to the meeting spots and always accompanied the group, taking care of all our needs! Our destination was the Bezmialen University, where the TOTBID President Prof. Halit Pinar greeted us and gave us a welcome speech. Then we introduced ourselves to each other and after a preoperative case discussion we watched live surgeries with continuous interaction with the senior surgeons! I enjoyed too much watching a Bankart lesion Arthroscopic repair by Dr. Kerem Bilsel, who kindly joined us for a coffee break afterwards.



After that, we had a lunch at the hospital's cafe and some constructive lectures. At the end of the day, we took a walk downtown, having the opportunity to get to know better each other, in a friendly atmosphere!

Tuesday, 3 October

In the second day, we visited the Istanbul University by foot. Our day consisted of lectures about Hip Displasia and its treatment, Arthroscopic ACL reconstruction & RC repair and watching live surgeries. But firstly, we should drink the Turkish tea! I had the pleasure to watch an Arthroscopic Rotator Cuff repair by Prof. Ata Can Atalar with double row technique! Also, we were honored by the Prof. Onder Aydingoz's presence, who gave us a welcome speech.



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At the end of the day, we went with our host, with all faculty, in an excellent sea food restaurant (Mavi Balik) in a marvelous location, between the nicest green heights of Istanbul and deep blue Bosphoros on the front.



Wednesday, 4 October

Our last day in Istanbul was in Acibadem University, a private University, which was hugely impressive. We attended lectures on Primary Knee Replacement & Revision Knee Prosthesis and after that we had a cadaveric study! What else can a resident ask for? It was quite beneficial and interesting to share our own experience with each other. Afterwards, we were transferred to Sabiha Gokcen Airport for Ankara and there to the Crowne Plaza Hotel, where we had the chance to have a dinner!



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Thursday, 5 October

Our first morning in Ankara we visited the Hacattepe University, where Prof. Bulent Atilla gave us a welcome speech. After the established Turkish tea, I watched a DDH treatment with Hip Arthroplasty by Prof. Atilla and then we had some very interesting lectures about ACL ruptures and DDH/Arthroplasty, which I enjoyed a lot. In the afternoon we had free time and with Emre's help we took a walk in Ankara's center. After these days, our group got closer and we had a lot of fun!

Friday, 6 October

Our last scientific day was in the Saglic Bilimleri University, where Prof. Cemil Yildiz welcomed us and presented his clinic's patients. Subsequently, we had a preoperative case discussion and back to the operation theatre for live watching surgery! I watched a Cerebral Palsy treatment in an ambulatory child (hamstring & gastrocnemius-soleus lengthening) by Assoc. Prof. Kenan Coca and a THA with DDA by Assoc. Prof. Dogan Bek. Next, we visited the Gulhane Medical Design & Manufacturing Center by foot, which was quite impressive! And step by step our scientific program finished... Following, we had a guided tour at the Kemal Ataturk's Museum.



And finally our last night of our fellowship came. We had an official dinner with all faculty in an excellent restaurant with traditional Turkish food and a small birthday party for Marianna's birthday (the fellow from Croatia), having a really good time!



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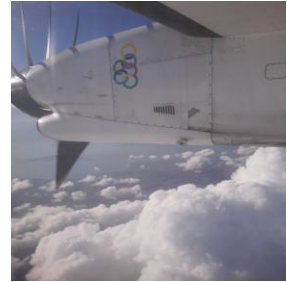
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Saturday, 7 October

Our last morning in Turkey. A quick breakfast and back to the airport. We made our farewells to each other and left for different destinations, hoping to meet again some day in the future!



Conclusion:

This Fellowship was an unforgettable and quite beneficial experience! It was perfectly organized, giving me the ability to reinforce my orthopaedic knowledge and also to improve my capacity for interaction. I have earned a lot! The joy of the journey, a strong motivation for new knowledge, some new friends and also I got closer with the EFORT society. I am sincerely grateful to HAOST for nominating me, to TOTBID for the accommodation and the perfect organization of this event, to EFORT for making this fellowship possible and finally to all my fellows for the unforgettable moments we shared!

Best regards,
Tsoumas Christos, Greece