

REPORT

Fall Travelling Fellowship

Portugal, Oct/Nov 2018

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Submitted to: EFORT Head Office

Reported by: Ioannis Kougioumtzis

Introduction: Fall 2018 EFORT Travelling Fellowship in Portugal

Detailed description of the fellowship:

My journey started flying from Alexandroupolis through Athens to Lisbon. My initial stay in Lisbon had a quick look at the city's major attractions. Our journey started with the wonderful Dr Andre Couto. The Andre has been hospitable, gentle and we were friends.

On Monday we visited the hospital, Curry Cabral, an AO Spine centre. We were all excited. In the afternoon we drove by road to Coimbra. In the evening we met the way of music Fado.

On Tuesday morning we visited the University Hospital of Coimbra. We spoke with the President of the Portuguese Orthopaedic Society, Professor Fernando Forseca. The discussion was very constructive. We heard lectures about sports injuries and revision of total knee arthroplasty. In the afternoon we took lectures from the Paediatric hospital of Coimbra. The staffs led by Mrs Cabriel Matos were very organized and the doctors that offered us were comprehensive and useful lectures. Later we visited the University of Coimbra and its beautiful historical library.

Wednesday morning we travelled for the magical Porto. At Dragao Clinic, we got to know the excellent clinic and the local history of football. Athletic injury lectures were very useful. The next day we made a magnificent boat trip and soon met the Porto. We returned in the afternoon to Lisbon. In the evening we met another way of music Fado.

On Friday we met the Private Hospital CUF Descobertas. The lessons for Hip and Foot and Ankle are up to date. The day ended with a trip to the Cabo da Roca.

Conclusion:

Beginning again the fellowship trip I fill up many feelings. It was traveling briefly but comprehensively. With the others participation, we came close and we were friends. The fellowship was very useful because we met a different health system, the culture of Portugal and we shared our different cultures. I recommend it unreservedly to everyone.