

REPORT

Spring Travelling Fellowship

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Report about my experience during the EFORT Spring Travelling Fellowship in Estonia from 12 to 18 May 2019

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Introduction: That was a very nice experience to participate in travelling fellowship in Estonia. The most important thing during this fellowship was finding so many different personalities but all with the same purposes.

Detailed description of the fellowship

Well one of the best thing for us was having Anna Helena, she was amazing, so responsible and caring about all of us. First part of our fellowship was in Tartu. All social part was really well organized and interesting. It made us to know each other faster and better. The lectures were not so good and interesting. It was nice to be able to choose in which surgeries we would like to participate.

After Tartu, We went to Tallinn, the first visited hospital, average lectures, but very nice surgical experience – proximal humerus fracture fixation with nailing. And the best lectures during traveling fellowship were given by Andrey Smirnov and Taavi Toomela. They both are AO speakers and very interesting cases, useful in everyday practice, important for everyone. All social programme was really good.

Conclusion: I would say, it is really worth it to participate in traveling fellowship, to meet so many young orthopaedic surgeons and to understand how different every country, every person, every case is, and how different we all are. At the same time, we all are very similar as well, even with our different experience.