



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

Reported by: Helen Anwander

Introduction:

This was a one-week fellowship by EFORT for last year residents of 12 different countries in Europe.

Detailed description of the fellowship

We started our one-week experience in Tartu, at the Tartu University Hospital, where we were warmly welcomed by Prof Märtson, Prof Maasalu and their team.

We attended the morning meeting and the OR, where we could join the implantation of a total-femur prosthesis. Over the two days, we got lectures from Prof Aare, Prof Maasalu and their team mainly about topics in orthopaedics. In the short presentations about our home-countries, we could learn interesting and funny facts about the different countries of all participants. On Monday evening, we were introduced into the tradition of a Finnish sauna and on Tuesday evening we learned about the history of the Estonian people in the Estonian national museum.

On Wednesday we transferred by train to Tallinn. During the train ride we could see the typical landscape with small hills, numerous lakes, rivers, forests and scattered houses. In Tallinn, we visited the North Estonia Medical centre and the East Tallinn Central Hospital. In both hospitals several talks as well as discussions about different topics in the field of traumatology were presented. We also had the chance to see the hospitals and the theaters. Friday we went for a walk in the fascinating nature of Estonia in a swamp area. The entire team and mainly Anna Helena Kase were very supportive and we were spoiled during the entire week.

Conclusion:

A very interesting week, in which we could learn a lot about different approaches to interesting cases in orthopaedics as well as traumatology. In addition we got introduced to the fascinating Estonian culture and nature, which made this a beautiful stay. I would like to thank the team in Estonia, the EFORT as well as the Swiss orthopaedics for offering me this experience.