

REPORT

Spring Travelling Fellowship

Estonia, May 2019

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

Reported by:

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Introduction:

In 2018, I applied for the EFORT Spring Travelling Fellowship, but unfortunately, I was not selected. Fortunately, this year I was the lucky one to be selected to represent The Netherlands in this fellowship. When I heard the news in March, I immediately started to prepare. On May the 12th, the adventure started.

Detailed description of the fellowship:

After flying from Amsterdam to Tallinn, I took the bus to Tartu. After some rest in the hostel, there was a welcoming dinner, where I had the chance to meet my fellow fellows as well as the Estonian organizing committee. After having plenty of food and a quick drink in the city center, we all went back to the hostel for a good night sleep.

The next morning, after an early breakfast, Anna-Helena Kase took us to the Tartu University Hospital. After the morning meeting we had a lot of interesting lectures about Estonia and Tartu, orthopedics in Estonia and hip and knee replacement surgery. After that, we had the chance to see some live surgeries, including a total femur replacement which was very interesting to watch. Thereafter we took a bus ride further South, where we had a meal with an astonishing view followed by a visit to a real Estonian sauna. The dive in the lake afterwards was something I won't forget easily.



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On May the 14th, there was a varied program with interesting lectures and surgeries where some of us had a chance to scrub in. The afternoon was spent in the Estonian National museum, where we learned a lot about the national culture. It was a very fascinating tour through Estonian history. After a delicious meal, we said goodbye to the Tartu organizing committee and had some local beers in the Pussirohu bar.

The next morning, we took a train to Tallinn which gave us some nice views over the countryside (and some extra sleep for some of the fellows). We were welcomed by the North Estonian Regional Hospital, where after some worthwhile presentations about the hospital and about trauma, we saw a very interesting proximal humeral fracture case in theatre. After a delightful dinner, we had a chance to see a beautiful sunset at the coastline from the rooftop of the restaurant.



On May the 16th, we had a very informative and applicable talk about spinal trauma followed by an interactive and interesting presentation/quiz about trauma in the East Tallinn Central Hospital. During the lunchbreak we had a great tour in the orthopedic department and theatres. We spend the afternoon in the city center of Tallinn with a great guided tour and a nice meal in an upcoming neighborhood.

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The last day we went for a bog walk in the north, followed by a very eastern European vodka tasting and elegant lunch. After some time to ourselves there was a lovely goodbye dinner in the city center of Tallinn, where we had the chance to thank the organizing committee of the Estonian Orthopedic Society and especially it's president Katre Maasalu.



Conclusion:

I had a very interesting, inspiring and educational week in Estonia with the EFORT Spring Travelling Fellowship. I met a lot of amazing new people from all over Europe. I would like to thank everyone who has made this fellowship possible very much!