



TURKEY for

THE EUROPEAN SCHOOL OF INTERNAL MEDICINE
(ESIM) WINTER 2021-2023





THE COMMITMENT OF THE TURKISH SOCIETY OF INTERNAL MEDICINE

- Turkish Society of Internal Medicine is ready to take over the Winter School to promote postgraduate education and cultural exchange amongst internists in training.
- Among the activities of the Society are large cohort and surveillance projects, national and international Internal Medicine Schools, workshops on different aspects of internal medicine, board examinations and board review course.
- The ESIM Summer School was held in Turkey in 2012 and 2013 (Dir. H. Erdal AKALIN). The overall rating of the courses was very well with the social program getting the highest score!





PROPOSAL FOR ESIM WINTER SCHOOL- ADMINISTRATION

The Director:

Dr. Serhat UNAL

1

Co-Directors:

Dr. Kim PETTERSSON-FERNHOLM
Dr. Mine DURUSU TANRIOVER

2

Young Internists (YI):

A member of the YI Subcommittee

3

Administrative & Secretarial Support:

Local ESIM Secretariat

4

Professional Congress Organizer:

SERENAS will be in charge of the arrangements, transportation and organization of the School venue.

5

THE FUNDING



Funding for ESIM will be provided by the registration fees.

However, The Society is ready to support the event in every aspect and guarantees a financial support of up to **20,000 Euros per year** (per School).



This is currently **995 Euros** per resident, including VAT. The registration fee will cover the costs of accommodation and meals, organized social programme, lecture facilities and teaching material.

THE SCHOOL SCHEDULE & PROGRAMME

- The School will be able to accommodate up to 40-50 residents.
- Suggested time of the year is the third week of February.
- The draft scheme proposed is outlined on the right. Additionally, some of the workshops will be focused on the self-care and well-being of residents keeping in mind that this is the era of burn-out syndrome!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
R E S I D E N T A R R I V E T O D A Y	09:00 - 09:30 Welcome	09:00 - 09:45 Lecture 3	09:00 - 09:45 Lecture 4	09:00 - 09:45 Lecture 6	09:00 - 09:45 Lecture 7	R E S I D E N T D E P A R T T O D A Y
	09:30 - 10:30 Panel Discussion	09:45 - 11:00 Workshop 2	09:45 - 10:30 Lecture 5	09:45 - 11:00 Workshop 3	09:45 - 11:00 Workshop 4	
	10:30 - 11:00 Coffee Break	11:00 - 11:30 Coffee Break	10:30 - 10:45 Coffee Break	11:00 - 11:30 Coffee Break	11:00 - 11:15 Coffee Break	
	11:00 - 12:15 Workshop 1	11:30 - 13:00 Clinico - Path Conference 1	10:45 - 12:15 Clinico - Path Conference 2	11:30 - 13:00 Clinico - Path Conference 3	11:15 - 12:00 Lecture 8	
	12:15 - 13:30 Lunch	13:00 - 14:00 Lunch	12:15 - 13:00 Lunch	13:00 - 14:00 Lunch	12:00 - 13:00 Lunch	
	13:30 - 14:15 Lecture 1	14:00 - 15:30 Interactive Lecture - 1	Social Program - 1 13:00	14:00 - 15:30 Interactive Lecture - 2	Social Program - 2 13:00	
	14:15 - 15:00 Lecture 2					
	15:00 - 15:15 Coffee Break	15:30 - 15:45 Coffee Break		15:30 - 15:45 Coffee Break		
15:15 - 17:00 Clinical Case Presentations	15:45 - 17:00 Clinical Case Presentations	15:45 - 17:00 Clinical Case Presentations				
Evening : 19:30 Reception Meet & Greet						



THE SCIENTIFIC PROGRAMME



What happened last year in Internal Medicine?

Ground breaking developments in the field.

How can we keep our patients safe in the inpatient and ambulatory care setting?

Patient safety issues.

Can prevention be the answer?

Preventive medicine from the Internal Medicine point of view.

How shall we manage chronic diseases in the 21st century?

Chronic disease management issues.

How can we manage patients with acute conditions?

To and beyond acute care.

Microbes everywhere!

From emerging infectious diseases to oncoviruses.

THE VENUE



It was a pretty hard job to select a venue for ESIM among several pleasant centers compatible with the needs of the Winter School. Hence, more than one venue is proposed; one of which may be chosen or a different one may be selected for each year. All these venues are easily accessible, have enough room and technical background for planned scientific activities.

Below are the details about the venues suggested for the School.



SAPANCA, SAKARYA



KARTALKAYA, BOLU



ULUDAG, BURSA

SAPANCA, SAKARYA

Sapanca is a western province of Sakarya, which is one of the most noteworthy cities in the Marmara region

What To Do in Sapanca

- Have brunch by the Sapanca Lake.
- Enjoy the remarkable spa facilities at the thermal hotels.
- Take the walking trails to the highlands.
- Purchase fresh regional products.
- Eat fresh fish in Masukiye.
- Visit nearby district of Kartepe, the winter sports center.
- Visit the nearby district of Tarakli, a Citta Slow popular for its historical houses.
- Visit the nearby district of Karasu, where there is a big botanic garden and a beautiful beach.
- Visit the nearby district of Hendek, the popular place for religious tourism with its several shrines.

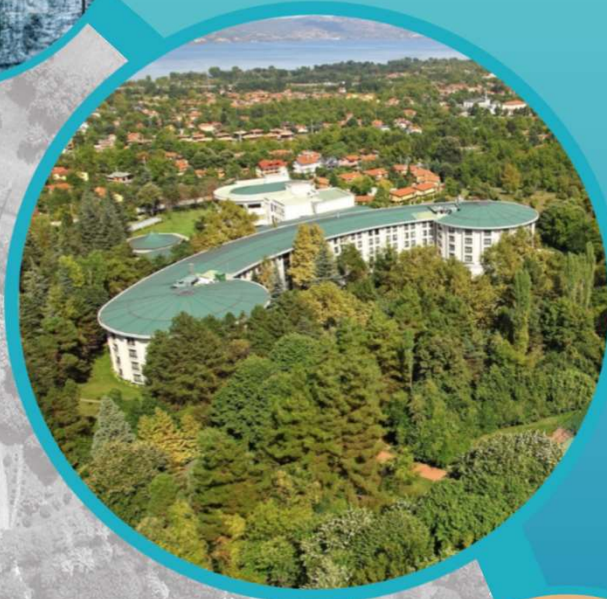
Distance from Istanbul Airport: 177 Km

Distance from Istanbul Sabiha Gokcen Airport: 100 km



NG SAPANCA HOTEL

- 291 guestrooms
- 3 restaurants and 2 poolside bars
- Full-service spa
- 3 indoor and 5 outdoor pools
- Nightclub
- Free children's club
- 2 outdoor tennis courts
- 24-hour business center
- Airport shuttle
- Terrace
- Air conditioning
- Garden
- Free WiFi and free parking





NG SAPANCA HOTEL MEETING ROOM CAPACITIES

Halls	High	Sqm	Class	Theater	U Style	Round Table
Manolya	4	665	362	706	150	430
Manolya I	4	270	146	284	50	170
Manolya II	4	395	216	482	75	260
Begonya	3.25	161	117	160	60	70
Begonya I	3.25	85	63	80	30	40
Begonya II	3.25	76	54	70	30	30
Kamelya	3.85	161	117	160	60	70
Kamelya I	3.85	85	63	80	30	40
Kamelya II	3.85	76	54	70	30	30
Petunya	3.5	310	200	300	72	200
Petunya I	3.5	155	100	150	36	100
Petunya II	3.5	155	100	150	36	100
Akasya	3.3	102	40	80	38	40
Fulya	3.3	37	15	20	15	10
Çınar	2.3	43	-	-	15	-
Sedir	2.3	43	-	-	15	-
Executive	2.3	166	-	-	20	-



ELITE WORLD HOTEL

- 500 smoke-free guestrooms
- 2 restaurants and 2 bars/lounges
- Full-service spa
- Indoor pool and 2 outdoor pools
- Health club
- Business center
- Terrace
- 24-hour front desk
- Air conditioning
- Daily housekeeping
- Garden
- Laundry service
- Free buffet breakfast, free WiFi,



ELITE WORLD HOTEL MEETING ROOM CAPACITIES

ROOM	Theater	Class Room	U Sahape	Banquet	Cocktail	Area	Height	Block
OKALIPTUS	1872	648	-	1440	1685	2200	6,5	-
OKALIPTUS A	640	360	90	560	650	815	6,5	108
OKALIPTUS B	384	240	81	320	384	570	6,5	90
OKALIPTUS C	640	360	90	560	650	815	6,5	108
PALMIYE	180	99	59	160	200	232	3	64
PALMIYE A	51	36	41	50	50	82	3	30
PALMIYE B	51	36	41	50	50	80	3	30
PALMIYE C	45	33	41	30	45	70	3	24
IHLAMUR	83	62	42	80	65	104	3	38
KAVAK	53	36	41	50	55	82	3	30
DEFNE	48	33	27	30	48	77	3	24
KAYIN	65	36	41	60	55	87	2,8	32
LADIN	65	36	41	60	55	86	2,8	32
LAGÜN	53	36	41	60	55	82	2,8	32
MIMOZA	160	144	105	190	200	321	2,8	96
MIMOZA A	60	36	41	60	55	81	2,8	32
MIMOZA B	53	36	41	60	55	80	2,8	32
MIMOZA C	53	36	41	60	55	80	2,8	32
MIMOZA D	60	36	41	60	55	80	2,8	32
ÇAM	60	36	41	60	55	80	2,8	32
CEVİZ	51	33	27	40	50	76	2,8	26
ZEYTİN	51	33	27	40	50	72	2,8	26
KESTANE	51	33	27	40	50	71	2,8	26
KIRAZ	-	-	-	-	-	104	2,8	13

KARTALKAYA, BOLU

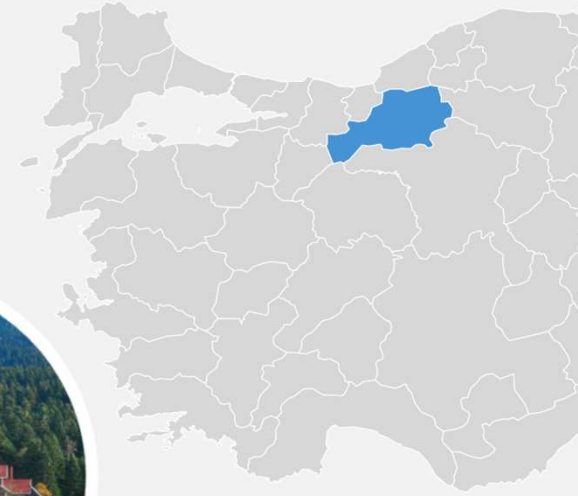
Kartalkaya ski and snowboard centre, one of the most popular ski centre's of Turkey lies West of the Blacksea region south of Bolu province at Koroğlu Mountains.

What To Do in Bolu

- Kartalkaya Ski Facilities
- Aladağ Pond
- Ataturk Orman Park
- Bolu Yildirim Beyazit Mosque
- Lake Seben
- Sarachane Museum
- Imaret Mosque
- Bolu Museum
- Abant Nature Park
- Samandere Waterfall Natural Monument
- Tokad-i Hayreddin Mausoleum
- Akkaya Travertine

Distance from Istanbul Airport: 280 Km

Distance from Istanbul Sabiha Gokcen Airport: 200 km



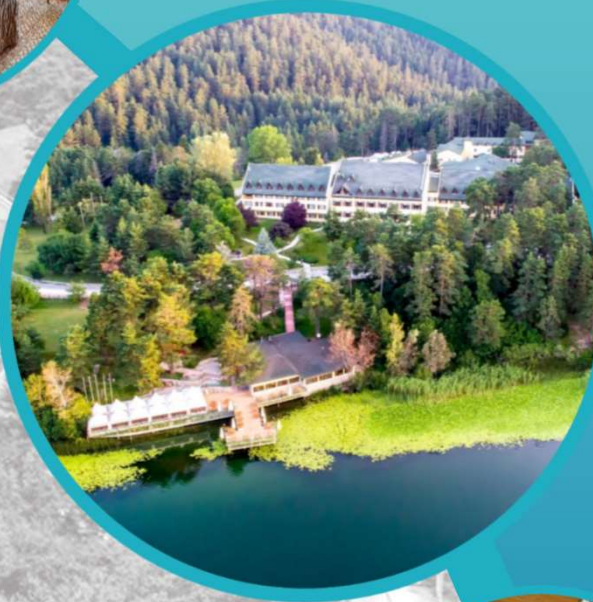
KAYA PALAZZO SKI & MOUNTAIN HOTEL

- 139 guestrooms
- Ski-in/ski-out access
- 2 restaurants and 2 bars/lounges
- Full-service spa
- Indoor pool
- Free children's club
- Ski rentals and lessons
- Fitness center
- 24-hour front desk
- Coffee/tea in a common area
- Daily housekeeping
- Library
- Free buffet breakfast, free Internet



BÜYÜK ABANT HOTEL

- 197 guestrooms
- 3 restaurants
- 2 indoor pools
- Nightclub
- Outdoor tennis court
- Childcare
- 24-hour front desk
- Coffee/tea in a common area
- Daily housekeeping
- Garden
- Arcade/game room
- Lobby fireplace
- Free buffet breakfast, free WiFi





KORU HOTEL

- 187 guestrooms
- 2 restaurants and 3 bars/lounges
- Full-service spa
- Outdoor pool and 2 indoor pools
- Free children's club
- Fitness center
- Conference center
- Terrace
- 24-hour front desk
- Coffee/tea in a common area
- Daily housekeeping
- Library
- Free buffet breakfast, free WiFi

ULUDAĞ, BURSA

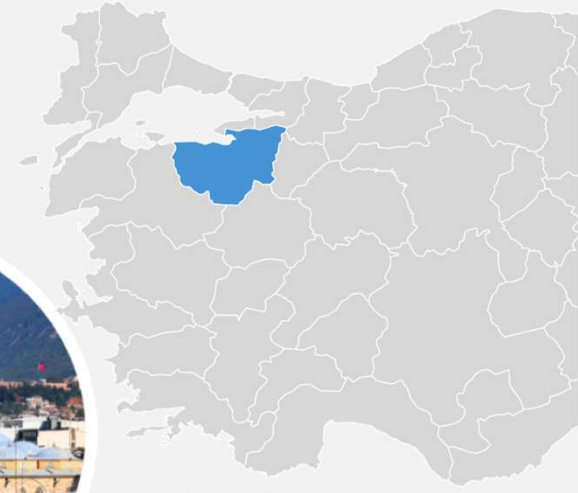
Well known as favourite of mountain and winter tourism, Uludag Mountain is the biggest center place of winter and nature sports in Bursa

What To Do in Bursa

- Uludag National Park
- Uludag Ski Center
- Emir Sultan Mosque
- Koza Hani
- Bursa Zoo
- Muradiye Complex
- Uluumay Ottoman Museum
- Ottoman House Museum
- Ataturk Museum
- Bursa Culture Park Open Air Theatre

Distance from Istanbul Airport: 228 Km

Distance from Istanbul Sabiha Gokcen Airport: 152 km





BOF HOTEL

- 168 smoke-free guestrooms
- Ski-in/ski-out access
- 3 restaurants
- Indoor pool
- Free children's club
- Free ski shuttle
- Ski rentals and lessons
- Fitness center
- Spa services
- Conference center
- Airport shuttle
- Terrace
- Free buffet breakfast, free WiFi



KARINNA HOTEL

- 230 guestrooms
- Ski-in/ski-out access
- Restaurant and 5 bars/lounges
- Full-service spa
- Indoor pool
- Nightclub
- Breakfast available
- Free children's club
- Ski rentals and lessons
- Fitness center
- Conference center
- Terrace
- Free WiFi and free parking



Turkish Society of Internal Medicine is determined to do its best to organize ESIM Winter School for the 2021-2023 period.

