



Hellenic Society of Internal Medicine

Application to host

# ESIM SUMMER SCHOOL

---

Alexandroupolis, Greece  
1-7 JUNE 2025

---

2025  
2026  
2027

in the first  
week of  
June each  
year

# ADMINISTRATION



## **Proposed Director**

**Prof. Panagiotis Skendros**

First Department of Internal Medicine,  
University Hospital of Alexandroupolis,  
Democritus University of Thrace (DUTH)

## **Co-Directors**

- Dr. Javi Moreno Díaz (Director of the previous ESIM)
- 2 Co-Directors (TBA)



**PCO (ISO 9001:2015 certified)**

**Administrative and  
Secretariat Support**



# SCIENTIFIC INFORMATION

**01** OPENING LECTURE (OL)

**08** EXPERT LECTURES (EL)

**08** INTERACTIVE CASES  
LEARNING SESSIONS  
(ICL)

**04** HOW TO TREAT SESSIONS (HOT)

**04** HANDS ON WORKSHOPS (HOW)

**01** OPEN DISCUSSION (OD)

**02** SOCIAL EVENTS (SE)

ESIM SUMMER SCHOOL  
| Alexandroupolis, Greece  
| 1-7 June 2025

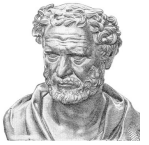
*We intend to provide a unique program aiming to bring together young internists and tutors in a hospitable, educational and multicultural environment, in the region of origin of ancient philosopher Democritus.*

| 50 Trainees  
| 04 Groups (A, B, C, D)  
| 05 Days

Scientific  
Information

### 01 OPENING LECTURE (OL):

**Democritus, the “father of modern science”**



### 08 EXPERT LECTURES (EL):

- Eight hourly lectures
- Leading experts in their fields
- Current topics of major importance and interest in IM



### 08 INTERACTIVE CASES LEARNING SESSIONS (ICL):

- One Group (A, B, C, D) per Day
- One case per 1-2 trainees
- Template ppt
- Multiple choice/Voting system
- Digitalization & distribution to the participants



### 04 HOW TO TREAT SESSIONS (HOT):

- Hemophagocytic syndrome
- Extrapulmonary TBC
- Stroke in the elderly
- Secondary Hypertension



ESIM SUMMER SCHOOL  
| Alexandroupolis, Greece  
| 1-7 June 2025

*We intend to provide a unique program aiming to bring together young internists and tutors in a hospitable, educational and multicultural environment, in the region of origin of ancient philosopher Democritus.*

| 50 Trainees  
| 04 Groups (A, B, C, D)  
| 05 Days

Scientific  
Information

#### 04 HANDS ON WORKSHOPS (HOW):



- University Hospital of Alexandroupolis
- Pragmatic training
- Active participation under specialist guidance
- Rotation of groups (A, B, C, D) each day
- **HOW-1-Diabetic foot & neuropathy assessment**
- **HOW-2-Musculoskeletal U/S in common diseases**
- **HOW-3-Fundus examination for the internist**
- **HOW-4-Blood smear examination & interpretation**

#### 01 OPEN DISCUSSION (OD): study IM today



- Opportunities & challenges in IM
- Free exchange of considerations, concerns and ideas between the trainees & faculty
- Active feedback & the evaluation of the course
- Unmet expectations & new ideas will be incorporated in the ESIM program the forthcoming years

# Proposed Program Overview

**OL** 1  
**EL** 8  
**ICL** 8 (x 5 cases)  
**HOT** 4

**HOW** 4  
**OD** 1  
**SE** 2

**Groups** 4 (A, B,C, D), 10-12 trainees each  
**HOW-1** Diabetic foot & neuropathy assesment  
**HOW-2** Musculoskeletal U/S in common diseases  
**HOW-3** Fundus examination for the internist  
**HOW-4** Blood smear examination & interpretation

	Sunday, 1 June 2025	Monday, 2 June 2025 (Day 1)	Tuesday, 3 June 2025 (Day 2)	Wednesday, 4 June 2025 (Day 3)	Thursday, 5 June 2025 (Day 4)	Friday, 6 June 2025 (Day 5)	Saturday, 7 June 2025
09.00-10.00		Introduction & Groups Building	Expert Lecture (EL) 1 Returning from areas of endemic infectious diseases: diagnostic approach to fever after journey	Expert Lecture (EL) 3 Evaluation of overall and residual cardiovascular risk	Expert Lecture (EL) 5 Emerging concepts in T2DM management: complications prevention	Expert Lecture (EL) 7 Emerging concepts in essential hypertension: diagnosis & management	
10.00-11.00		Opening Lecture (OL) Democritus, the "father of modern science"	Expert Lecture (EL) 2 Metabolic dysfunction-associated steatotic liver disease: evolving knowledge & emerging treatments	Expert Lecture (EL) 4 Rapidly progressive dementia in primary care: when to suspect & refer	Expert Lecture (EL) 6 Towards the future of integrated therapeutic approaches in obesity complications prevention	Expert Lecture (EL) 8 Translational medicine: linking clinical phenotype to disease mechanism	
11.00-11.30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11.30-12.45		Interactive cases learning (ICL) ICL 1: Group A	Interactive cases learning (ICL) ICL 3: Group B	Interactive cases learning (ICL) ICL 5: Group C	Visit to Archaeological Museum of Alexandroupolis (Social Event- SE)	Interactive cases learning (ICL) ICL 8: Group D	
12.45-13.30		How to Treat (HOT) HOT 1: Hemophagocytic syndrome	How to Treat (HOT) HOT 2: Extrapulmonary TBC	How to Treat (HOT) HOT 3: Stroke in the elderly		How to Treat (HOT) HOT 4: Secondary hypertension	
13.30-15.00		Sport activities & Light Lunch	Sport activities & Light Lunch	Sport activities & Light Lunch	Sport activities & Light Lunch	Sport activities & Light Lunch	
15.00-16.15		Interactive cases learning (ICL) ICL 2: Group A	Interactive cases learning (ICL) ICL 4: Group B	Interactive cases learning (ICL) ICL 6: Group C	Interactive cases learning (ICL) ICL 7: Croup D	Study Internal Medicine today: open discussion (OD) between trainees & faculty	
16.15-16.45		Coffee break & transition to Hospital	Coffee break & transition to Hospital	Coffee break & transition to Hospital	Coffee break & transition to Hospital	Closing remarks	
16.45-18.15		Hands on Workshop (HOW): HOW 1-4 (Group A, B, C, D) University Hospital of Alexandroupolis	Hands on Workshop (HOW): HOW 1-4 (Group B, C, D, A) University Hospital of Alexandroupolis	Hands on Workshop (HOW): HOW 1-4 (Group C, D, A, B) University Hospital of Alexandroupolis	Hands on Workshop (HOW): HOW 1-4 (Group D, A, B, C) University Hospital of Alexandroupolis		
20.00	Welcome dinner	Dinner	Dinner	Dinner	Dinner	Farewell beach party (Social Event- SE)	

A  
R  
R  
I  
V  
A  
L  
S

D  
E  
P  
A  
R  
T  
U  
R  
E  
S

**Main Venue:** Astir Egnatia Alexandroupolis

**Hands on Workshops (HOW) Venue:** University Hospital of Alexandroupolis, Democritus University of Thrace

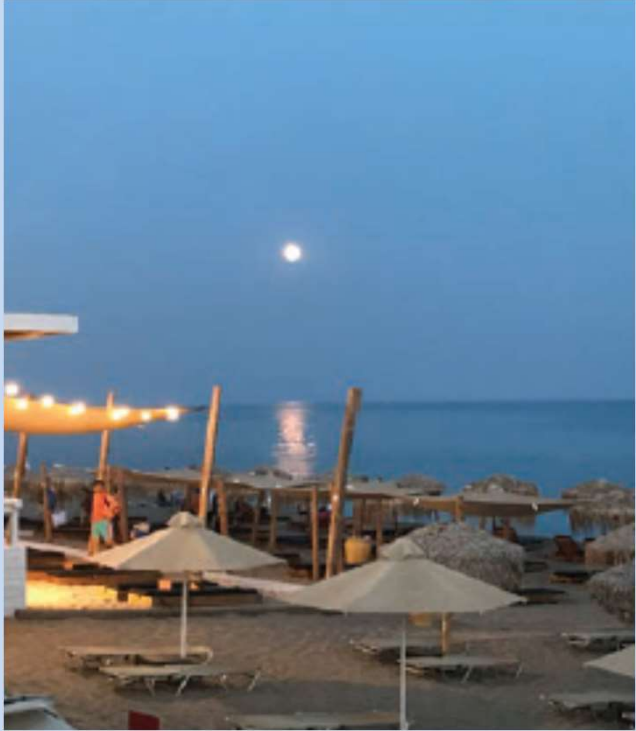
**SOCIAL EVENT (SE)-1:  
guided tour of the Archaeological museum of  
Alexandroupolis**



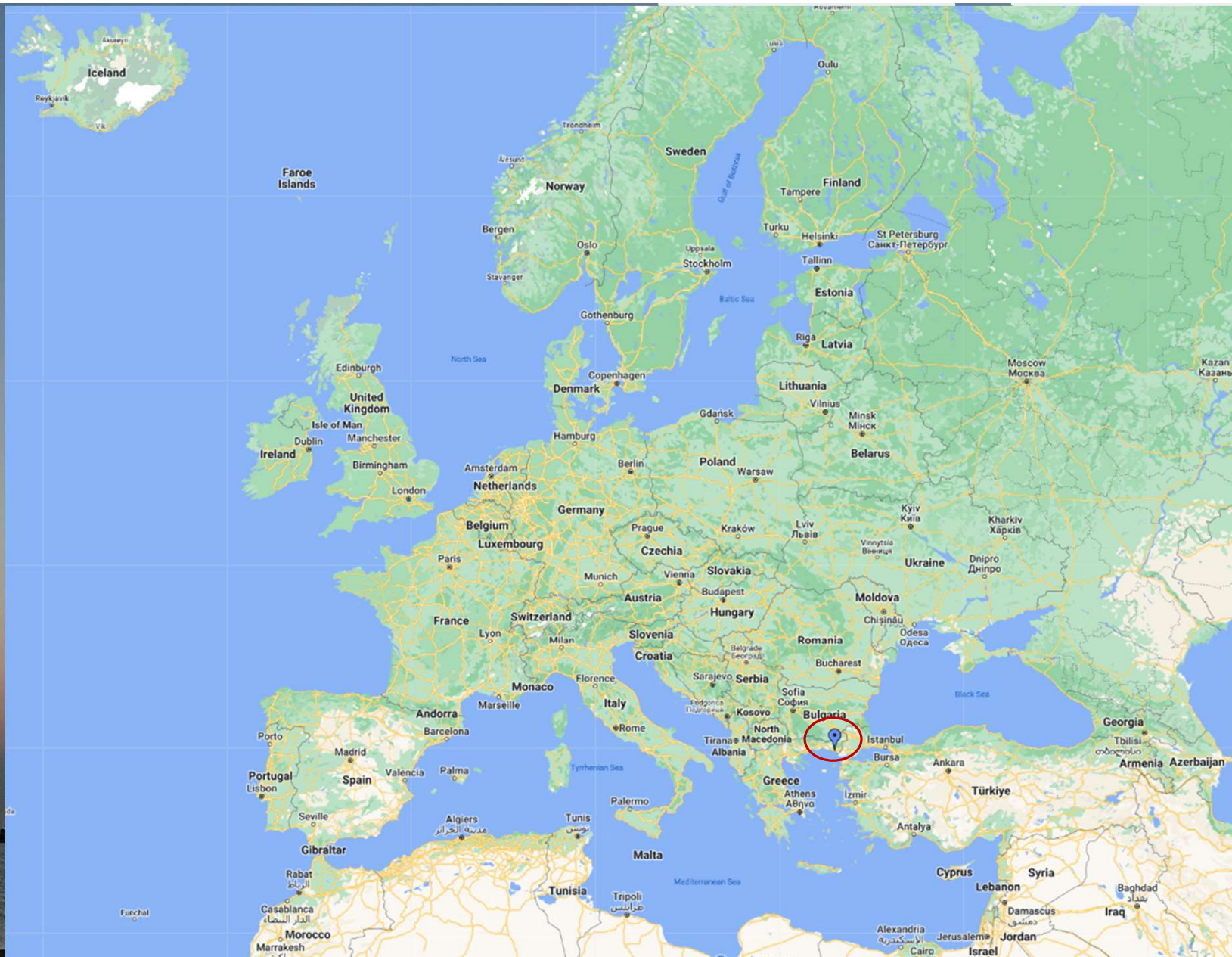
*history from prehistoric to  
roman times from the overland  
part of the Evros Region*



**SOCIAL EVENT (SE)-2:  
farewell beach party in the evening prior  
to departure day**







on

## Green Spaces





# The Venues

## ASTIR EGNATIA HOTEL

LECTURES  
& OTHER  
SESSIONS

The ESIM Summer School will be held in the University General Hospital of Alexandroupolis for the hands-on workshops and in the Egantia Astir Hotel for lectures & other sessions.

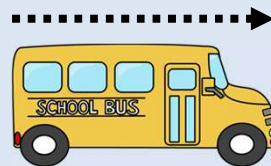


ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ  
DEMOCRITUS UNIVERSITY OF THRACE

HANDS ON  
WORKSHOPS

UNIVERSITY GENERAL  
HOSPITAL OF  
ALEXANDROUPOLIS

10 min



## 2. Astir Egnatia Alexandroupolis

### Meeting room

The morning sessions will be held at Astir Egnatia Alexandroupolis Hotel.

The Astir Egnatia Alexandroupolis hotel offers an excellent range of conference facilities and meeting rooms with total area of 1.500 m<sup>2</sup> and perfect business accommodation in Alexandroupolis.



### Accommodation

Astir Egnatia Alexandroupolis Hotel will accommodate all participants and speakers of the ESIM Summer School.

The Astir Egnatia Alexandroupolis Hotel, featuring elegant guestrooms and suites are tastefully decorated, featuring exquisite designer fabrics.

All rooms are equipped with luxurious bathroom, shower, hairdryer, bathrobes, slippers, magnifying mirror, a wide range of luxurious amenities, LCD TV with radio station, DVD/CD player, and an in-room electronic safe.



**Astir Egnatia Alexandroupolis** seamlessly combines the refinement of the renowned Grand Hotel Egnatia with the vibrant essence of Astir. Situated amid a timeless landscape—a lush pine forest enveloped by the sea—the hotel is conveniently located within walking distance of the city center.

# 1. The University General Hospital of Alexandroupolis

(for the afternoon hands-on workshops)

**The hands-on workshops** will be held in the University General Hospital of Alexandroupolis which has all the necessary spaces and equipment for the needs of the Summer School as it has several Laboratories and Clinical Rooms. Recently, advanced educational equipment based on smart computing technologies, virtual reality, and three-dimensional digital presentation has been installed.

The University General Hospital of Alexandroupolis operates in a modern building complex adjacent to the facilities of the Department. It is the largest hospital in terms of useful surface area ever constructed in Greece and is designed to meet the needs of the broader region of Eastern Macedonia and Thrace. The total capacity of the hospital amounts to 673 beds.

The University General Hospital of Alexandroupolis is part of the Medical School of the Democritus University of Thrace. The Medical School comprises a total of 7 Fields, 52 accredited Laboratories, and 33 University Clinics. The Department offers a comprehensive undergraduate program in Medicine with theoretical training and clinical practice, 22 postgraduate study programs, and supports doctoral and postdoctoral research programs. The educational needs of the Medical School are covered by 109 Professors, 7 Teaching Staff members and 16 Special Teaching Staff members.

The level of healthcare services provided by the Medical School of the Democritus University of Thrace instils a significant sense of security in the population of the broader border region, while it manages to attract patients from other areas of Greece. The University Hospital in Alexandroupolis offers excellent infrastructure and creates the necessary conditions for high-quality healthcare services.



View from the Internal Medicine Department





### By Air

The Alexandroupolis International Airport "Dimokritus" (AXD), with its modern facilities, ensures efficient and comfortable arrivals and departures. It is located approximately 7 km east of the city center. Regular flights are operated to/from several cities in the world: Istanbul (Turkey), Frankfurt (Germany), Larnaca (Cyprus) and some Greek cities: Athens, Thessaloniki, Rhodes, etc.



### By car

Situated approximately 800 km north of Athens and 300 km east of Thessaloniki, Alexandroupolis is well-connected by road, with a network of highways, such as the Egnatia Odos motorway, facilitating smooth travel within the region and beyond. This thoroughfare spans from the western port city of Igoumenitsa to the Turkish border, providing a well-connected route to the city. The city's strategic location along key transportation routes enhances its accessibility, providing delegates with convenient and reliable options for ground transportation.



### By bus

Regular bus services facilitate travel between Alexandroupolis and various cities in Greece, including Athens, Thessaloniki, and Kavala. Operated by KTEL, the national bus company, tickets for bus transportation can be acquired at designated bus stations or through online booking platforms.

# ACCESSIBILITY

## MAIN AIRPORT

**Alexandroupolis airport "Democritus" - 10.1 km/17 min from the main venue (Egnatia Hotel)**

## ALTERNATIVE AIRPORTS

- 1| Thessaloniki airport "Makedonia" - 315 km Egnatia Highway / 3h from the venue
- 2| Kavala airport "Nestos" - 133 km Egnatia Highway / 1h 30" from the venue



# BUDGET

In our proposal, we have included:

**Twenty-five (25) double rooms** (sharing rooms) for students for six (6) overnights at the Astir Egnatia Alexandroupolis Hotel.

**Twelve (12) single rooms** for speakers for two (2) overnights at the Astir Egnatia Alexandroupolis Hotel.

**Four (4) economy fare air tickets** for speakers (Europe).

**Eight (8) economy domestic fare air tickets** for speakers.

**ESIM SUMMER SCHOOL**

Alexandroupolis, Greece  
1-7 June 2025

# BUDGET

**Transfers to/from the airport**

**A meeting room** at the Astir Egnatia Alexandroupolis Hotel for the morning sessions.

**Rooms in the hospital** for the hands-on workshops.

**A welcome drink**, meals, coffee breaks, and a farewell party, as outlined in the program.

**A visit** to the archaeological museum, as indicated in the program.

**ESIM SUMMER SCHOOL**

Alexandroupolis, Greece  
1-7 June 2025



# Budget

Expenses	
Expenses Category	Total EUR
1 - Congress Centre Rental & Infrastructure	0,00 €
2 - Printed and Congress Material	939,92 €
3 - Website & Domain Name	917,60 €
4 - Technical Equipment & Audiovisual, Software	1.674,00 €
5 - Invited Speakers Expenses/ Participants Accommodation, Transfers	35.677,20 €
6 - Catering Services & Social Activities	17.267,28 €
7 - Constructions & Signage	186,00 €
8 - Manpower on site	1.475,60 €
9 - Organisational & Secretariat costs	1.262,40 €
10 - PCO Fees	3.100,00 €
<b>Total Expenses</b>	<b>62.500,00 €</b>
<b>Cost per participant</b>	<b>1.250,00 €</b>

Income	
Income Category	Total EUR
50 paid participants	62.500,00 €
<b>Total Income</b>	<b>62.500,00 €</b>

The fee of €1250 includes:

- ▶▶ admission to the 5-day summer school's scientific program and hands-on workshops,
- ▶▶ transfers to the hospital for the hands-on workshops,
- ▶▶ transfers from/to the airport
- ▶▶ accommodation in a double-sharing room with breakfast (from Sunday to Saturday) in Astir Egnatia Alexandroupolis,
- ▶▶ accommodation overnight taxes,
- ▶▶ a welcome drink,
- ▶▶ meals (lunches & dinners), morning & afternoon coffee breaks, as per the indicated tentative program,
- ▶▶ a visit to the archaeological museum,
- ▶▶ a farewell beach party.

Important notes:

- 1) All above costs are subject to change as they will be affected according to any changes made to VAT.
- 2) All mentioned costs should be considered as a preliminary budget based on current market rates as of February 2024.

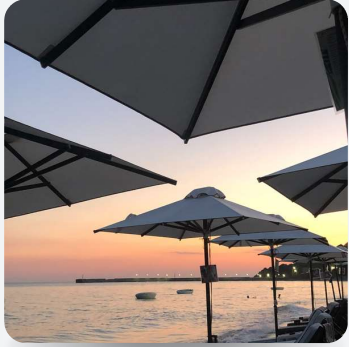
**ESIM SUMMER SCHOOL**

Alexandroupolis, Greece  
1-7 June 2025

# Why Alexandroupolis?

- ✓ **Combination of highly academic environment with an ideal seaside holiday destination**
- ✓ **Rational & justified budget for 50 participants and faculty**
- ✓ **Easy accessibility**
- ✓ **Full support from University Medical School and the collaborating Molecular Biology & Genetics Department**
- ✓ **Access to various educational resources and facilities**
- ✓ **Our deep willingness to organize for the first time an IM summer school in Greece**





**ESIM SUMMER SCHOOL**

Alexandroupolis, Greece  
1-7 June 2025