

# EFIM Winter School 2026

February 8-14, 2026

Tartu, Estonia

organized by the

**Department of Internal Medicine, University of Tartu**

together with the

**Estonian Society of Internal Medicine**



# Organizers

Course director

**Dr. Kati Kärberg, PhD**, is the head of the internal medicine ward and lecturer at the Tartu University Hospital.

Co-directors

**Dr. Christine Sävervall** (Sweden) is the head of internal medicine department at the Lund University Hospital, president of the Swedish Society of Internal Medicine. She was the director of the Winter School in Björkliden.

**Dr. Ieva Ruza** (Latvia) is an internist and endocrinologist at the Riga East Clinical Hospital and lecturer at the Stradins University. She was the director of the Winter School in Riga and co-director at the winter schools in Levi and Björkliden.

## Organizing committee

**Lauri Hein** is an internist and lecturer at the Tartu University Hospital.

**Prof. Margus Lember** is the head of the Department of Internal Medicine at the University of Tartu, past president of the Estonian Society of Internal Medicine.

**Marit Märk** is the President of the Estonian Society of Internal Medicine.

**Kätlin Tuisk** is an internist at the Tartu University Hospital, representative of the young internists.

**Kadri Väljataga** is an internist and lecturer at the Tartu University Hospital.



## Why Tartu?

1. Tartu is Estonia's second-largest city and the country's academic and cultural hub. Often referred to as the "**City of Good Thoughts.**"
2. Tartu is home to the prestigious **University of Tartu**, making it a vibrant student town with a dynamic atmosphere.
3. In 2024, Tartu held the title of **European Capital of Culture.**

The city's friendly and compact environment makes it an ideal place for both learning and leisure.



# University of Tartu

Tartu is a historic university town and home to Estonia's only Faculty of Medicine.

The University of Tartu (UT), founded in 1632, is Estonia's leading center for research and higher education.

The Faculty of Medicine plays a key role in Estonia's medical education, research, and healthcare development.

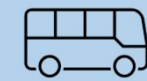
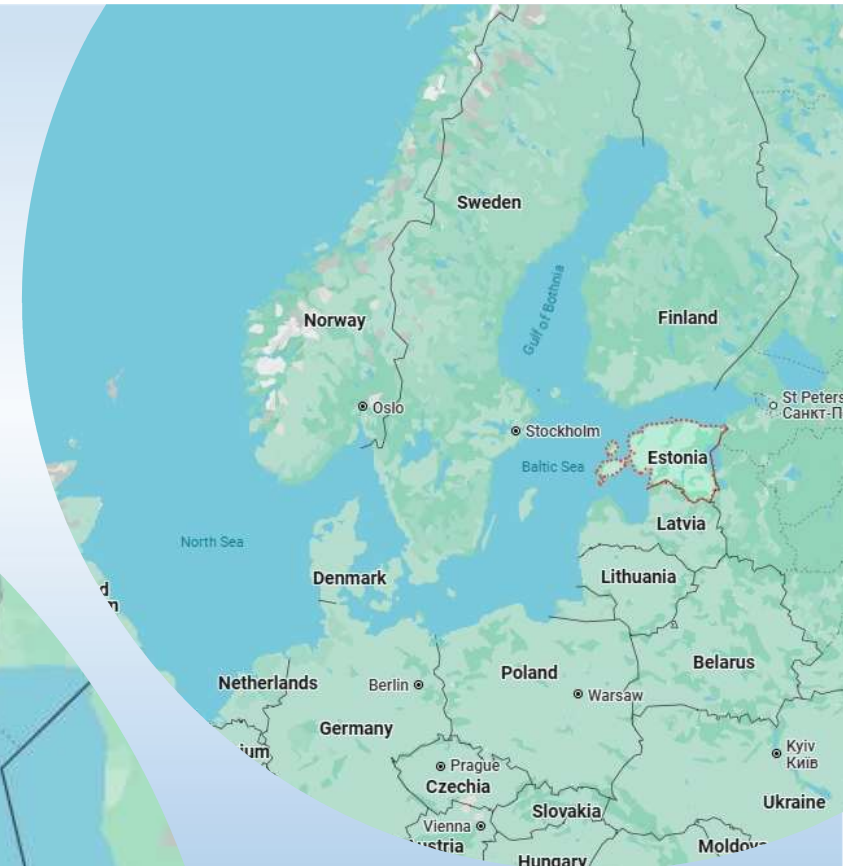


# Estonia and EFIM

The Estonian Society of Internal Medicine has been actively involved in EFIM for many years. In 2014, Tartu hosted the EFIM council meeting alongside the Estonian national conference on multimorbidity.



# The Venue



# The Winter School

Takes place at the **V Spa Conference Hotel**, located in the heart of Tartu, just a 3-minute walk from the central bus station.

February is a typical winter month in Estonia, with the landscape usually covered in snow. Temperatures generally range from  $+1^{\circ}\text{C}$  to  $-7^{\circ}\text{C}$  but can occasionally vary between  $+5^{\circ}\text{C}$  and  $-25^{\circ}\text{C}$ .





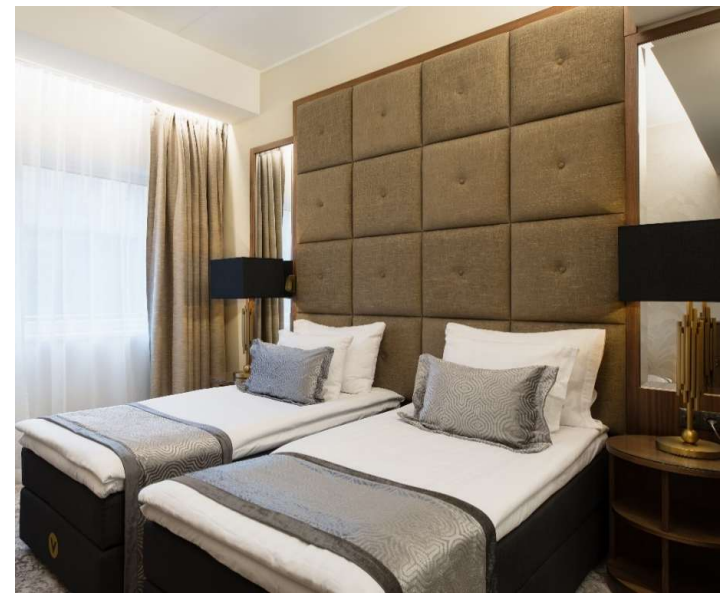


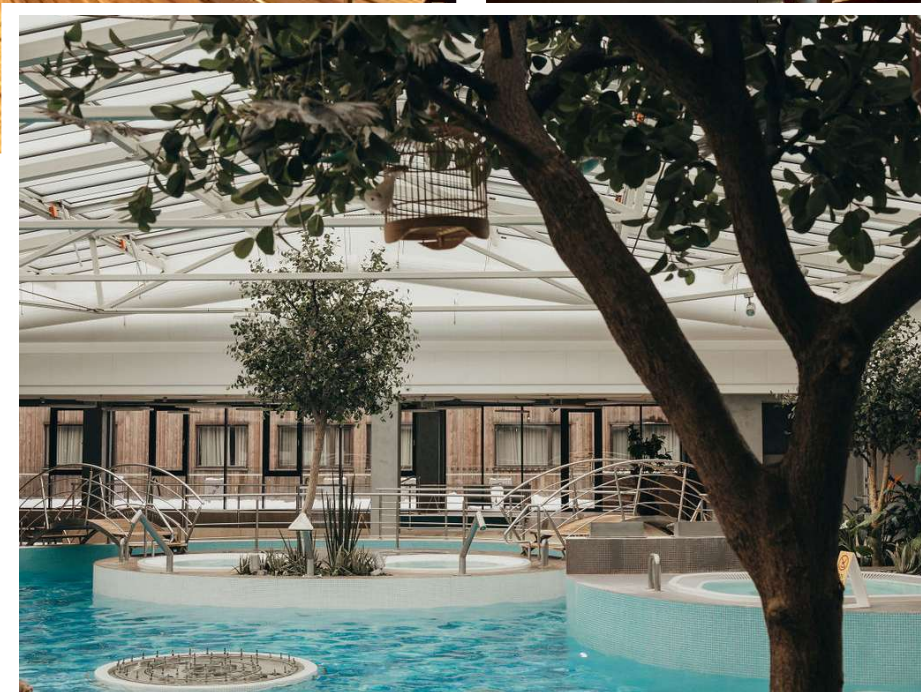
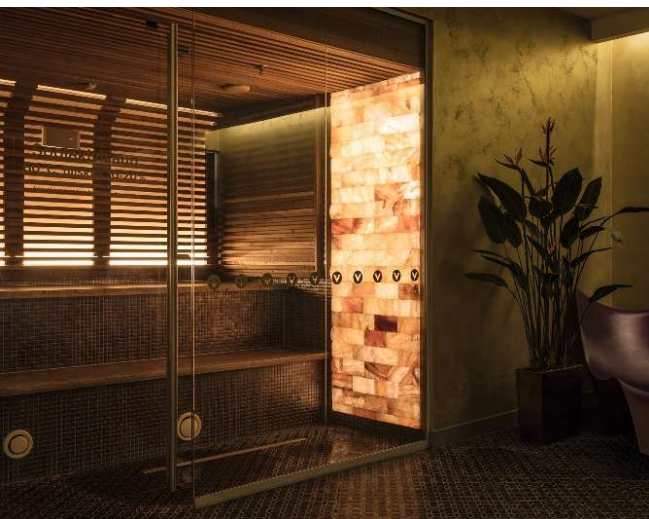
# Conference Hotel Vspa

[vspahotel.ee](http://vspahotel.ee)

The hotel offers 4-star accommodation, modern meeting rooms, a restaurant, as well as spa and sauna facilities—  
all under one roof.







# Program

Traditional build-up from Sunday evening get-together, working days Monday-Friday and Saturday departure.

Lectures on broad selection of internal medicine topics.

Lectures and workshops are planned also on other important, non-clinical topics.

Clinical cases by the residents.

The evening sessions are organized at the Tartu University Hospital as a hands-on sessions.

# Tartu University Hospital

Is easily accessible, situated 3 km from the city center.

Transportation is provided for afternoon visits.



# Social program

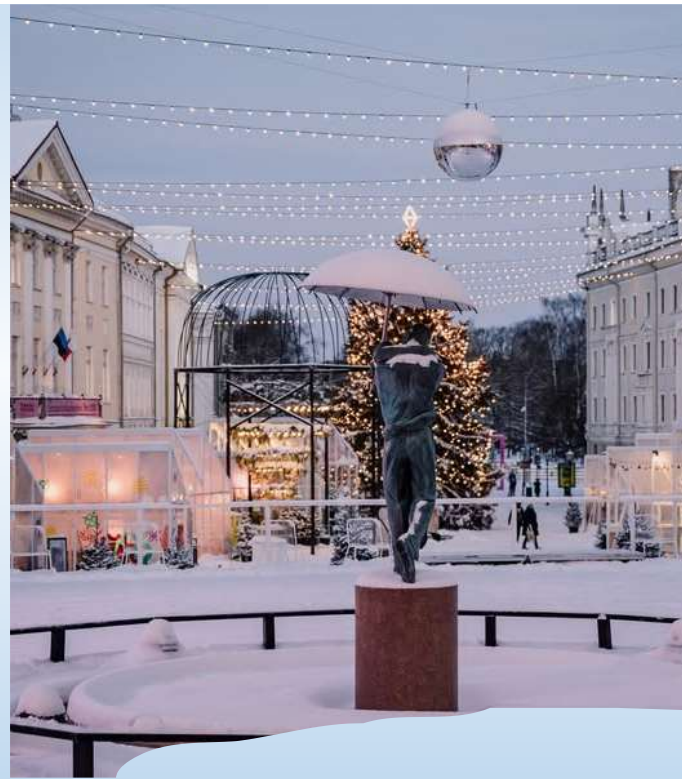
The members of the organizing committee are the alumni of the EFIM summer or winter schools.

Depending on the weather conditions winter sports have high priority

For the lovers of warm air and warm water- sauna and swimmingpools are available.

As Tartu was the European capital of culture in 2024 - probably a visit to our theatre Vanemuine

As the city of Tartu is a university city, there are several other opportunities to have a great time.



# Winter in Tartu



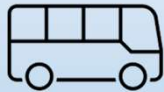
# How to reach Tartu?



## Flights:

**Tartu** - 2 flights by Finnair a day, transfer in Helsinki

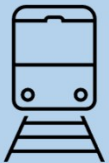
**Tallinn** - with bigger choice of flights (Lufthansa, Finnair, SAS, LOT, Air Baltic, Norwegian, Swiss, Ryanair, KLM, Turkish, Wizz)



## Bus:

From the Tartu Airport a short bus or taxi transfer to the hotels takes about 20 min.

From the Tallinn Airport direct express buses leave conveniently for the centre of Tartu with 25 departures a day, travel time is 2 hr 15 min.



## Train:

The station is on a walking distance from the Tallinn Airport - there are 10 trains per day to Tartu, travel time is around 2 hours.

# Budget

The preliminary budget is calculated on 40 participants.

Course fees  $1250 \times 40 = 50000$  EUR

## **Costs:**

Accommodation for participants (20 rooms, 2 participants per room) 6 nights 12 600

Single accommodation for lecturers 3200

Meals and coffee 14000

Conference facilities 3000

Website, secretarial help 4500

Conference materials 500

Social events, gala dinner 7000

Local travel 1000

Fees and taxes 4000

**Total** 50000 EUR

The organization of the winter school in Tartu has support from the Faculty of Medicine of the University of Tartu and the Estonian Society of Internal Medicine.

We have it all: European Winter School

**Welcome to Tartu!**