

ESIM 2026 Winter School

February, 2026
Türkiye











Black Sea

TURKEY

CAPPADOCIA

ISTANBUL

ANKARA

PERGAMUM

IZMIR

SELCUK

EPHESUS

PAUMKKALE

KONYA

GAZIANTEP

MT NEMRUT

KHATA

SANLIUREA

TRABZON

KARS

ERZURUM

DOGUBEYAZIT

VAN

TATVAN

ANTALYA

PERGE

ASPENDOS

Mediterranean Sea

www.kapadokyazepelin.com

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Organisers

Turkish Society of Internal Medicine

ESIM Director and Lead for the School:

Dr. Ahmet GÜL - a highly respected internist with extensive experience in postgraduate medical education, having successfully organized numerous scientific meetings and training programs.



Co-Directors:

Dr. Christine Sävervall (Director of the last Winter School in Sweden)

Dr. Oğuz Abdullah UYAROĞLU (Past YI Representative of Turkey)

Dr. BURAK İNCE (Turkey)

Young Internist Representative of Turkey:

Dr. Timurhan CEBECİ

DAY 0 SUNDAY	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY	SATURDAY
Welcome!	07:30-08:30 Breakfast	07:30-08:30 Breakfast	07:30-08:30 Breakfast	07:30-08:30 Breakfast	07:30-08:30 Breakfast	08:00-10:00 Breakfast and check-out
	08:30 - 09:10 Welcome and Introduction Organising Committee	08:30 - 09:25 Lecture Heart Failure: State of Art	8.30 - 10:00 Workshop/lecture "Bias"	08.30 - 09:25 Lecture Steatotic liver diseases	08.30-09:25 Lecture Oncology Emergencies	
	09:15 - 10:15 Lecture "Medical generalism"	09:30-10:15 Lecture "Medical Errors"		09:30 - 10:15 Lecture "Burnout"	09:30-10:15 Lecture "Soft Skills"	
	10:15-10:45 Coffee Break	10:15 - 10:45 Coffee Break	10:15-10:45 Coffee Break	10:15-10:45 Coffee Break	10:15-10:45 Coffee Break	
	10:45 - 12:00 Lecture Diabetes	10:45 - 12:00 Lecture Hypertension	Workshop Ultrasound	10:45 - 12:00 Lecture Dyslipidemia	10:45 - 12:00 Lecture Obesity	
	12:00 - 13:00 Free time, social activities (walking tours etc) Activity of choice	12:00 - 13:00 Free time, social activities (walking tours etc) Activity of choice		12:00 - 13:00 Free time, social activities (walking tours etc) Activity of choice	12:00 - 13:00 Free time, social activities (walking tours etc) Activity of choice	
	13:00-14:00 Lunch	13:00-14:00 Lunch	13:00-14:00 Lunch	13:00-14:00 Lunch	13:00-14:00 Lunch	
	14:00-15:30 Workshop How to write an article?	14:00-15:30 Workshop Analyzing an article	14:00-15:30 Workshop Analyzing EFIM Guidelines	14:00-15:30 Workshop Sarcopenia	14:00-15:30 Workshop Frailty	
	15:30-16:00 Coffee Break	15:30-16:00 Coffee Break	15:30-16:00 Coffee Break	15:30-16:00 Coffee Break	15:30-16:00 Coffee Break	
	16:00-17:00 Clinical case presentations Organising committee	16:00-17:00 Clinical case presentations Organising committee	16:00-17:00 Clinical case presentations Organising committee	16:00-17:00 Clinical case presentations Organising committee	16:00-17:30 "The future of Internal Medicine" Organising committee	
	17:00-19:30 Social Activity or free time	17:00-19:30 Social Activity or free time	17:00-19:30 Social Activity or free time	17:00-19:30 Social Activity or free time	17:00-19:30 Social Activity or free time	
Evening: 19.00 Reception Meet & Greet Dinner at the hotel	19:30-21:00. Dinner 21:00 - 22:30 Karaoke	19:30-21:00. Dinner 21:00 - 22:30 Walking tours	19:30-21:00. Dinner	19:30-21:00. Dinner 21:00 - 22:30 Walking tours	19:00 - late Gala dinner Turkish Night	

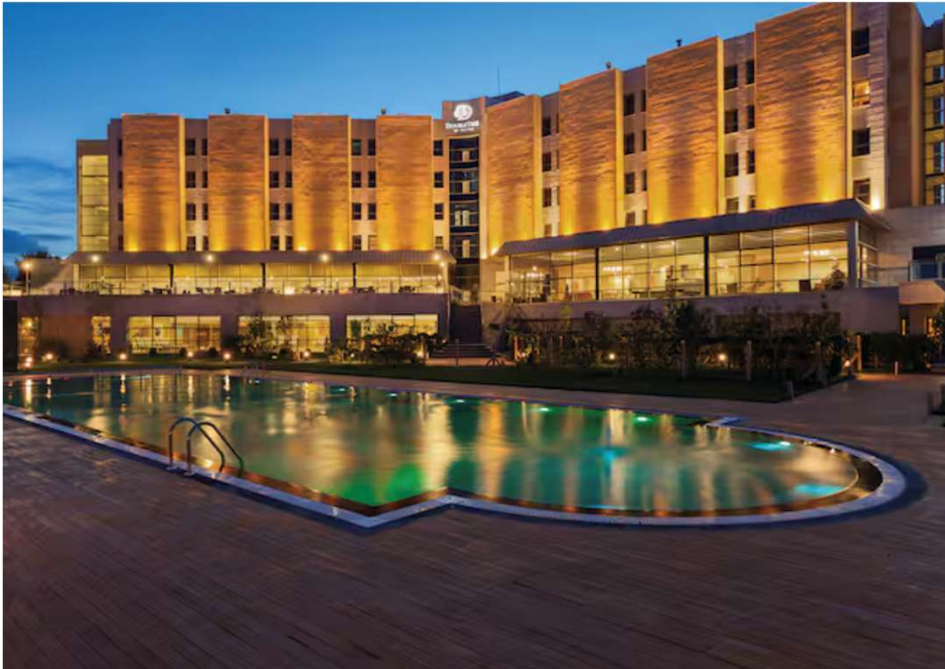
- **10 Main Lecture**
- **7 Workshop**
 - **Ultrasound**
 - **Bias**
 - **How to write an article?**
 - **Analyzing an article**
 - **Analyzing EFIM Guidelines**
 - **Sarcopenia**
 - **Frailty**
- **Clinical case presentations**

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• DoubleTree by Hilton Avanos - Cappadocia



15 kilometers from the underground cities and fairy chimneys of Göreme Open Air Museum, and just over an hour's drive from the Ihlara Valley.

Avanos is famous for its ceramics: historic examples can be seen less than a kilometer away at Güray Müze.

Indoor and outdoor pools
a full-service spa
restaurant.

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- **Social Activities**
- **Photography Tour**
- Cappadocia's unique landscape, fairy chimneys, and hot air balloons create a perfect setting for photography lovers.
- The best times for capturing stunning shots are sunrise and sunset.



- **Social Activities**
- **Underground City & Museum Tours**
- Explore the fascinating underground cities of Cappadocia, such as Kaymaklı and Derinkuyu, which were used as shelters for centuries.
- Visit open-air museums like Göreme to see rock-cut churches and ancient frescoes.



- **Social Activities**
- **Winery Tour & Wine Tasting**
- Cappadocia is famous for its wine-making tradition, dating back to the Hittites.
- Visit local wineries, learn about the wine production process, and enjoy tasting unique regional wines.



- **Social Activities**
- **Valley Tours**
- Hiking through Cappadocia's stunning valleys, such as Red Valley, Love Valley, and Ihlara Valley, offers breathtaking landscapes, hidden churches, and natural rock formations.



- **Social Activities**
- **Pottery Workshop**
- Experience the ancient art of pottery making in Avanos.
- Try shaping clay on a traditional pottery wheel and create your own souvenir with the guidance of local artisans.



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EXPECTED INCOME

		Unit	Pax/ Number	Day	Total
Participation Fee for Winter School	This fee includes participation to all scientific sessions, accommodation for 6 nights in single room, lunches and dinners during the programme	1.250,00 €	50	1	62.500,00 €

* All the costs for the trainees (registration fees and travel expenses) are covered by grants arranged through their national societies.

EXPENSES

1st Option DoubleTree by Hilton Avanos		Unit Price	Pax/ Number	Day	Total	
Accommodation	DoubleTree by Hilton Avanos	120,00 €	50	1	6	36.000,00 €
Meeting Room	Main hall Included	- €	50	1	6	- €
Meeting Package	Meeting package includes; Lunch in open buffet, unlimited beverage	55,00 €	50	1	5	13.750,00 €
Dinners	Open Buffet with unlimited beverages	20,00 €	50	1	5	5.000,00 €
Gala Dinner	Set menu+ unlimited alcohol	65,00 €	50	1	1	3.250,00 €
Other Expenses	Printed materials as name badges, certificates, hall boards- estimated	500,00 €	1	1	1	500,00 €
	AV (Screen, projection, mics, laptops, technicians, etc)	1.500,00 €	1	1	1	1.500,00 €
	Registration system	1.000,00 €	1	1	1	1.000,00 €
	Organization	1.500,00 €	1	1	1	1.500,00 €
TOTAL					62.500,00 €	

WELCOME TO CAPPADOCIA!



