

Suomen Sisätautilääkärien Yhdistys r.y.
Förening för Invärtes Medicin i Finland r.f.
Finnish Society of Internal Medicine



ESIM Winter School Lapland, Finland January 22-26 2018



Report
Wiesbaden 30.8.2018

Kittilä



Wolverine



Kittilä in Januari



Location

Venue: Hotel Crazy Reindeer



Teaching facilities



ESIM Winter School 2018 in Numbers

- 1. 47 residents from 23 countries**
- 2. 18 speakers from 9 countries**
- 3. 24 case reports in 4 sessions**
- 4. 15 lectures**
- 5. 4 workshops**
- 6. 2 clinico-pathological conferences**
- 7. 1 pre-test and 1 post-test evaluations**
- 8. 6 breakfasts, 10 coffee breaks**
- 9. 5 lunches before spare time**
- 10. 5 days with at least 3 hours of spare time during light hours**
- 11. 6 dinners including 1 get-together party, 1 gala dinner**
- 12. 1 faculty dinner**
- 13. 1 husky safari, 1 cross-country-school-afternoon,**

Residents and Faculty members



Ultra-Sound Workshop



Clinico-pathological conference



Necessary lecture before dinner



Brainstorming



Faculty Dinner



Aurora Borealis (northern lights)



Visiting the Ice Castle



Program during Gala Dinner



Cross country skiing school



Downhill skiing



Close encounter with the reindeer



Husky Safari



Towards the North Pole...



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ESIM Winter School Lapland, Finland January 21-25 2019



Progress Report

Venue: Hotelli Hullu Poro



ESIM Winter School in 2019

1. The same core schedule
2. The same social activities
3. More international lecturers
4. A bigger lecture room (next door)
5. We will allow 52 residents

Administration

Director:

Dr. Kim Pettersson-Fernholm, PhD, Finnish Society of Internal Medicine

Co-directors and administrators:

Dr. Tuomas Aro, MD, Finnish Society of Internal Medicine

Dr. Mikko Parry, MD, PhD, Finnish Society of Internal Medicine

Co-directors:

Professor Risto Kaaja, MD, PhD, Past President of the Finnish Society of Internal Medicine

Dr. Ieva Ruza, MD, Latvian Society of Internists, Director for ESIM in Riga 2015-17

Dr. Shirley Rigby, BSc, MBBS, FRCP, MD, MMedEd, Royal College of Physicians, UK

Dr. Marit Granér, MD, PhD, Finnish Society of Internal Medicine

Dear Santa,

Please send me as good residents as last year!



Santa Wrote Back,

Yes, but you have to send the Intention to send and Speaker Proposal forms to Aneta already next week!

Welcome to Levi 21-25.1 2019!



Welcome to Lapland 21-25.1.2019!

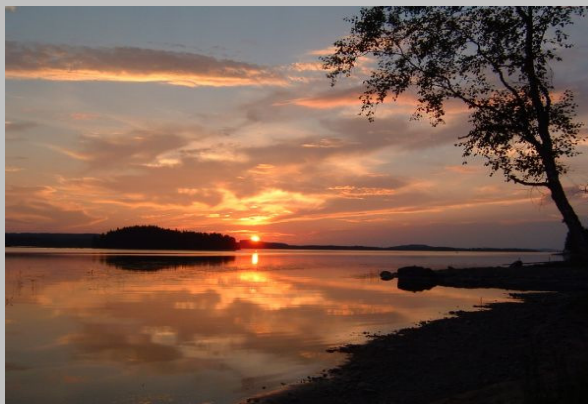




Finland



Land of the thousand lakes...



Midnight sun

and



Northern lights

Kittilä - cool facts

Municipality of Kittilä

Founded in 1854

Coordinates: 67.81 °N, 24.81 °E

GMT +2 hours



Always snow in January

No polar bears

Reindeers

Daily mean temperature (January) -14.8°C

Average high -9.6°C

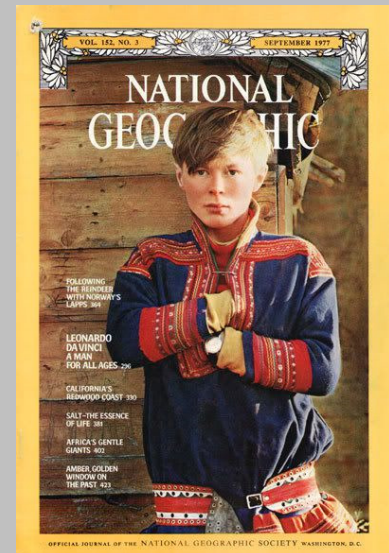
Average low -20.0°C

Population 6,386

Finnish-speaking 98 %

Swedish-speaking 0.3 %

Sami-speaking 0.1 %



Kittilä Airport



- Located 15 km from Levi resort
- Regular flights from Helsinki (1h 30 minutes) and other destinations
- Bus transportation after arrival and before departure (15 minutes)



Panorama Suite



Accommodation



TV, refrigerator, toilet, shower, free Wi-Fi...

Levi Resort



Ambassador Suite



Dining at the hotel



15 restaurants in Hullu Poro family at Levi...

Gala Dinner



Sky restaurant at 4th floor...

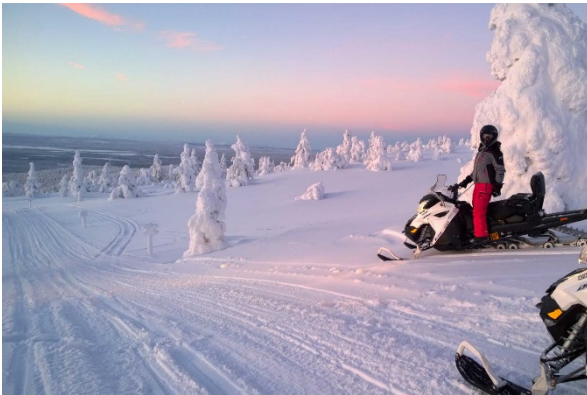
Outdoor activities during free time



Husky safari



Cross-country skiing



Snowmobile safari



Downhill skiing



Snow walking

Indoor activities during free time



Gym



Body shuttle



Bathing



Infrared sauna



Shopping

Preliminary schedule

Sunday Jan-2018	Monday Jan-2018	Tuesday Jan-2018	Wednesday Jan-2018	Thursday Jan-2018	Friday Jan-2018	Saturday Jan-2018
<div>Welcome!</div> <div>Residents arrive today</div> <div>Evening: 19:30 Reception</div> <div>Meet & Greet</div> <div>Dinner</div>	8:00-8:45 Welcome, pre-test, introduction	9:00-13:45 Social program	8:00-8:45 Lecture 8	8:00-8:45 Lecture 10	8:00-8:45 Lecture 13	<div>Residents depart in the morning</div> <div>Have a safe trip home!</div>
	8:45-09:30 Lecture 1	Husky safari Downhill skiing Cross-country-skiing Snow walking Shopping	8:45-09:45 Clinico-path conference 1	8:45-9:45 Clinico-path conference 2	8:45-9:30 Lecture 14	
	09:30-10:15 Lecture 2					
	10:15-10:45 Coffee break		9:45-11:15 Coffee break	9:45-10:15 Coffee break	9:30-10:00 Coffee break	
	10:45-12:15 Workshop 1		11:15-12:15 Workshop 2	11:15-12:15 Workshop 3	10:00-11:30 Workshop 4	
	12:15-15:15 Lunch and free time	13:45-14:15 Lunch	12:15-15:15 Lunch and free time	12:15-15:15 Lunch and free time	11:30-15:15 Lunch and free time	
	15:15-16:00 Lecture 3	14:30-15:15 Lecture 5	15:15-16:15 Lecture 9	15:15-16:00 Lecture 11	15:15-16:00 Lecture 15	
	16:00-16:15 Lecture 4	15:15-16:00 Lecture 6		16:00-16:45 Lecture 12	16:00-16:45 Post-test, closing	
	16:15-16:45 Coffee break	16:00-16:30 Coffee break		16:45-17:15 Coffee break	16:45-17:15 Coffee break	
	16:45-18:15 Clinical case presentations [N=6]	16:30-17:15 Lecture 7	16:45-18:15 Clinical case presentations [N=5]	17:15-18:45 Clinical case presentations [N=6]	Free time	
18:45-20:00 Dinner	17:15-18:45 Clinical case presentations	18:30-20:00 Dinner	18:45-20:00 Dinner	19:00-22:30 Gala dinner		
	20:00- Social activities	19:00-20:00 Dinner	20:00- Free time	20:00- Free time	22:30- Free time	
	Free time					

Preliminary budget

INCOMES €		
39800	Registration fee	995€ X 40 residents
4590	Subvention, Finnish Society of Internal Medicine	
TOTAL 44360€		
EXPENSES €		
Residents		
800	Bus trip Airport-Levi-Airport	10€ X 2 X 40 residents
13200	Accommodation, double room	55€ X 40 residents X 6 nights
1400	Coffee break	7€ X 40 residents X 5 days
3000	Buffet lunch	15€ X 40 residents X 5 days
4480	Buffet dinner	28€ X 40 residents X 4 days
3200	Gala dinner	80€ X 40 residents
1120	Get-together dinner Sunday	28€ X 40 residents
2400	Social events	60€ X 40 residents
Speakers		
2600	Travel expenses, invited speakers	200€ X 13 speakers
260	Bus trip Airport-Levi-Airport	10€ X 2 X 13 speakers
3240	Accommodation, single room	90€ X 9 speakers X 4 nights
880	Accommodation, double room	55€ X 4 speakers X 4 nights
364	Coffee break	7€ X 13 speakers X 4 days
780	Buffet lunch	15€ X 13 speakers X 4 days
1092	Buffet dinner	28€ X 13 speakers X 3 days
640	Gala dinner	80€ X 8 speakers
224	Get-together dinner Sunday	28€ X 8 speakers
360	Social event	60€ X 6 speakers
Other expenses		
1500	Lecture hall and technical equipment	300€ X 5 days
250	Teaching material, paper handouts	50€ X 5 days
2600	Unexpected expenses	
TOTAL 44390€		