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



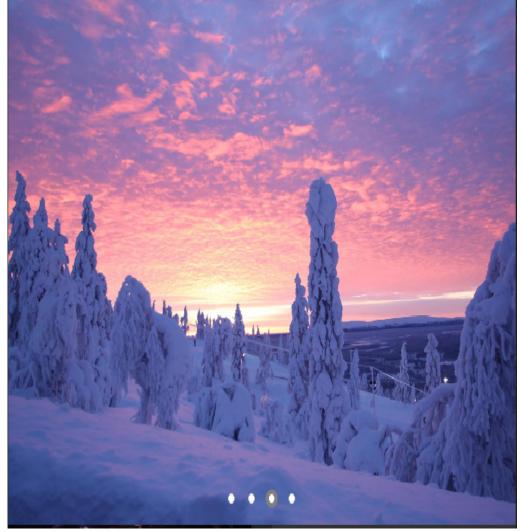
ESIM Winter School Lapland, Finland January 22-26 2018



Report Wiesbaden 30.8.2018

Kittilä

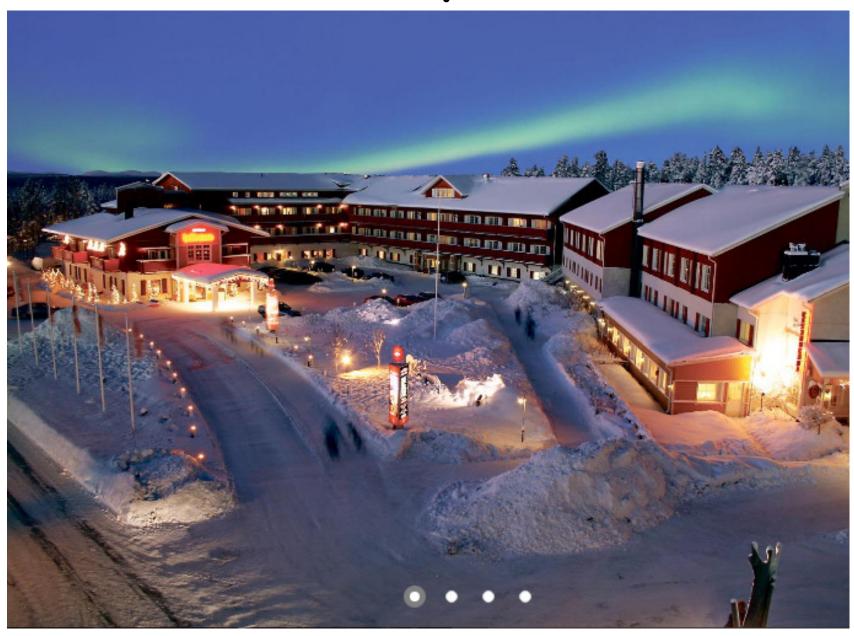




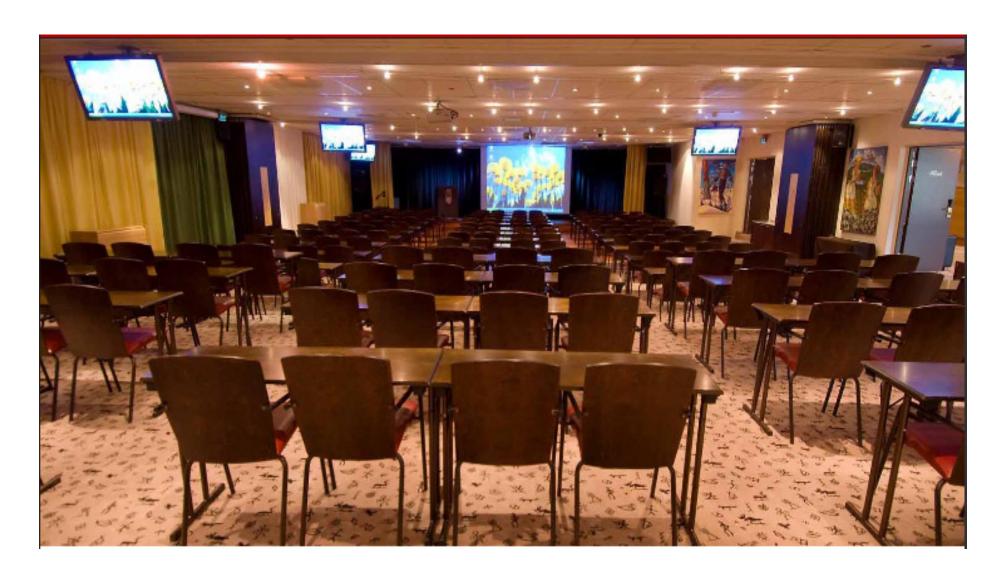


Wolverine Kittilä in Januari Location

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,

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21.1.2018	22-Jan-2018	23-Jan-2018	24-Jan-2018	25-Jan-2018	26-Jan-2018	27.1.2018
	7.30-8.00	7.30-8.00	7.30-8.00	7.30-8.00	7.30-8.00	Late
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	8:00-8:45 Welcome, Pre-test, introduction K. P-Fernholm	8.00-8:45 Lecture 5 R. Kaaja "Health Mirror"	8:00-8:45 Lecture 8 F. Weidanz "Ventilation Non-I"	8:00-8:45 Lecture 10 J. Pohjonen "Hypertensive"	8:00-8:45 Lecture 13 M. Lember "D-vitamin"	
	8:45-09:30 Lecture 1 X. Corbella "Heart Failure"	8:45-9:30 Lecture 6 A. Burbridge "Another cough"	8:45-09:45 Clinico-path conference 1 S. Rigby "Diagnosis"	8:45-9:45 Clinico-path conference 2 I. Ruža "Stubborn Puzz"	8:45-9:30 Lecture 14 S. Rigby "Rheu emerg"	
	9:30-10:15 Lecture 2 M. Parry "Poisoning"					
	10:15-10:45	9:30-10:00	9:45-10:15	9:45-10:15	9:30-10:00	
Welcome!	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Residents
	10:45-12:15 Workshop 1 V. Kokorin "EKG"	10:00-12:30 Social Program Husky	10:15-11:45 Workshop 2 A. Burbridge S. Rigby "City Tales"	10:15-11:45 Workshop 3 A. Müller-Marbach "Ultrasonograph"	10:00-11:30 Workshop 4 C. Delcea Young Intern "Choosing W"	depart in the morning
		Safari Group 1				
Residents	40.45.45.45	10.00.10.00	44.45.45.45	44 45 45 45	44.00.45.45	
arrive today	12:15-15:15	12:30-13:30	11:45-15:15	11:45-15:15	11:30-15:15	
	Lunch	Lunch	Lunch	Lunch	Lunch	
	and free time	and free time	and free time	and free time	and free time	
	15:15-16:00	and free time	and free time	and free time	and free time	
Evening: 19:30	15:15-16:00 Lecture 3 V. Kokorin	and free time	and free time 15:15-16:00 Lecture 9 1. Ruža	and free time 15:15-16:00 Lecture 11 A. Müller-Marbach	and free time 15:15-16:00 Lecture 15 R. Kaaja	Have a safe
Evening: 19:30	15:15-16:00 Lecture 3	and free time 13:30-16:00 Social Program Husky	and free time	and free time	and free time	Have a safe trip home!
Evening: 19:30 Reception Meet & Greet	15:15-16:00 Lecture 3 V. Kokorin	and free time	and free time 15:15-16:00 Lecture 9 1. Ruža	and free time 15:15-16:00 Lecture 11 A. Müller-Marbach	and free time 15:15-16:00 Lecture 15 R. Kaaja	
Reception	15:15-16:00 Lecture 3 V. Kokorin "Anticoagulat" 16:00-16:45 Lecture 4 A. Kantele	and free time 13:30-16:00 Social Program Husky Safari	and free time 15:15-16:00 Lecture 9 1. Ruža	and free time 15:15-16:00 Lecture 11 A. Müller-Marbach "Help Icteric" 16:00-16:45 Lecture 12 J. Kuusisto	and free time 15:15-16:00 Lecture 15 R. Kaaja "Prediabetic" 16:00-16:45 Post-test, Closing	
Reception	15:15-16:00 Lecture 3 V. Kokorin "Anticoagulat" 16:00-16:45 Lecture 4 A. Kantele "Antib Resist" 16:45-17:15 Coffee break	and free time 13:30-16:00 Social Program Husky Safari Group 2 16:00-16:30 Coffee break	and free time 15:15-16:00 Lecture 9 L. Ruźa "Endocr Masks" 16:00-16:30 Coffee break	and free time 15:15-16:00 Lecture 11 A. Müller-Marbach "Help Icteric" 16:00-16:45 Lecture 12 J. Kuusisto "Cardiomyopath" 16:45-17:15 Coffee break	and free time 15:15-16:00 Lecture 15 R. Kaaja "Prediabetic" 16:00-16:45 Post-test, Closing K. P-Fernholm 16:45-17:15 Coffee break	
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Reception Meet & Greet Dinner	15:15-16:00 Lecture 3 V. Kokorin "Anticoagulat" 16:00-16:45 Lecture 4 A. Kantele "Antib Resist" 16:45-17:15 Coffee break 17:15-18:45 Clinical case present. 1-6	and free time 13:30-16:00 Social Program Husky Safari Group 2 16:00-16:30 Coffee break 16:30-17.15 Lecture 7 R. Pálsson	and free time 15:15-16:00 Lecture 9 L. Ruža "Endocr Masks" 16:00-16:30 Coffee break 16:30-18:00 Clinical case present. 13-18	and free time 15:15-16:00 Lecture 11 A. Müller-Marbach "Help Icteric" 16:00-16:45 Lecture 12 J. Kuusisto "Cardiomyopath" 16:45-17:15 Coffee break 17:15-18:45 Clinical case present. 19-24	and free time 15:15-16:00 Lecture 15 R. Kaaja "Prediabetic" 16:00-16:45 Post-test, Closing K. P-Fernholm 16:45-17:15 Coffee break	
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Residents and Faculty members



Ultra-Sound Workshop



Clinico-pathologiacal conference



Necessary lecture before dinner



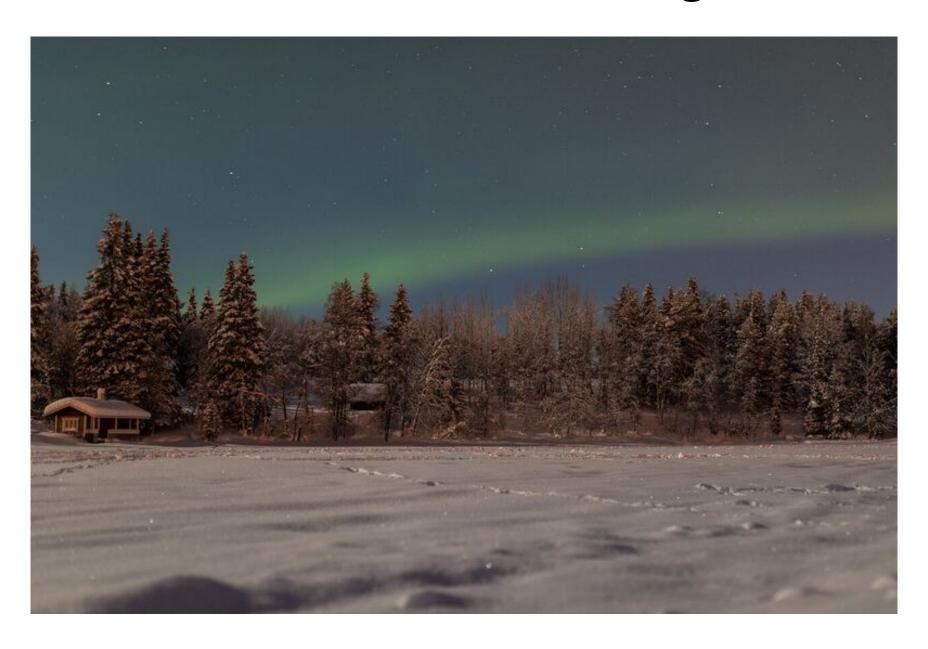
Brainstorming



Faculty Dinner



Aurora Borealis (northern lights)



Visiting the Ice Castle



Program during Gala Dinner



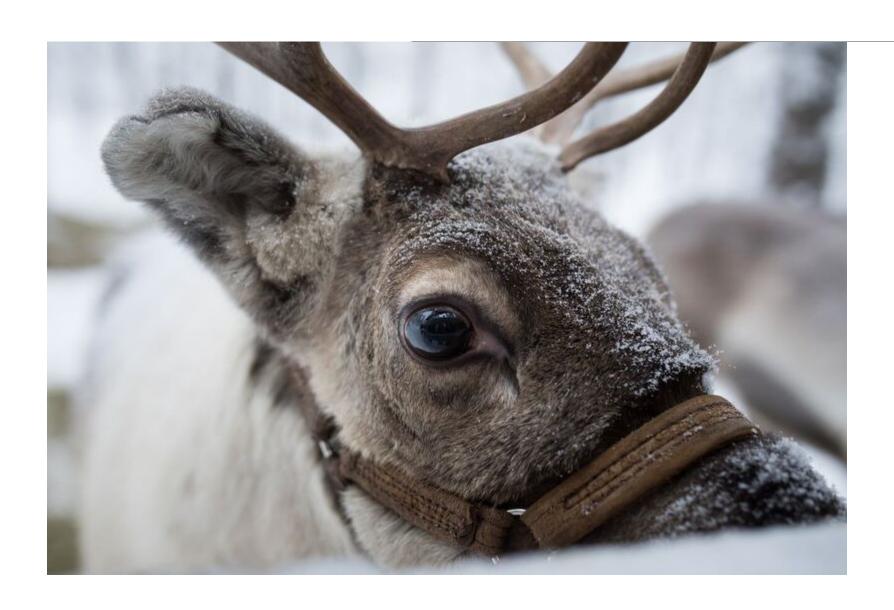
Cross country skiing school



Downhill skiing



Close encounter with the raindeer



Husky Safari



Towards the North Pole...



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

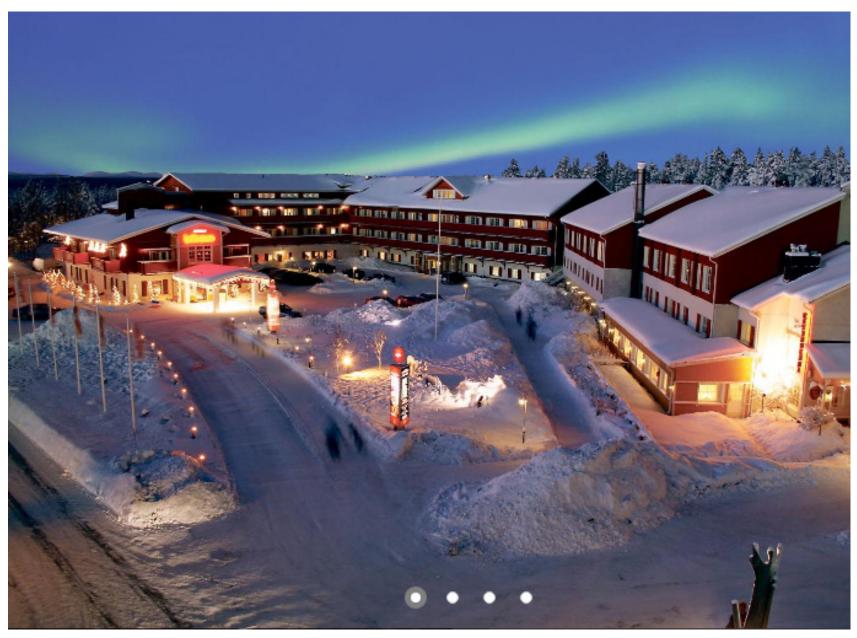


ESIM Winter School Lapland, Finland January 21-25 2019



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



Snowmobile safari



Cross-country skiing



Downhill skiing



Snow walking

Indoor activities during free time



Gym



Bathing



Body shuttle



Infrared sauna



Shopping

Preliminary schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan-2018	Jan-2018	Jan-2018	Jan-2018	Jan-2018	Jan-2018	Jan-2018
	8:00-8:45	9:00-13:45	8:00-8:45	8:00-8:45	8:00-8:45	
	Welcome,	Social program	Lecture 8	Lecture 10	Lecture 13	
	pre-test,					
	introduction					
	8:45-09:30		8:45-09:45	8:45-9:45	8:45-9:30	
	Lecture 1		Clinico-path	Clinico-path	Lecture 14	
		Husky safari	conference 1	conference 2		
		Downhill skiing				
		Cross-country-				
	09:30-10:15	skiing				
	Lecture 2					
Welcome!		Snow walking				
		Shopping				
						Residents
	10:15-10:45		9:45-11:15	9:45-10:15	9:30-10:00	depart in
	Coffee break		Coffee break	Coffee break	Coffee break	the
Residents	10:45-12:15		11:15-12:15	11:15-12:15	10:00-11:30	morning
arrive	Workshop 1		Workshop 2	Workshop 3	Workshop 4	
today						
today	12:15-15:15	13:45-14:15	12:15-15:15	12:15-15:15	11:30-15:15	Have a
	Lunch	Lunch	Lunch	Lunch	Lunch	safe trip
	and free time		and free time	and free time	and free time	home!
Evening:	15:15-16:00	14:30-15:15	15:15-16:15	15:15-16:00	15:15-16:00	
19:30	Lecture 3	Lecture 5	Lecture 9	Lecture 11	Lecture 15	
Reception	16:00-16:15	15:15-16:00		16:00-16:45	16:00-16:45	
Meet &	Lecture 4	Lecture 6		Lecture 12	Post-test,	
	Lecture 4	Lecture 6		Lecture 12	closing	
Greet					ciosing	
n.	16:15-16:45	16:00-16:30	16:15-16:45	16:45-17:15	16:45-17:15	
Dinner	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
	16:45-18:15	16:30-17:15	16:45-18:15	17:15-18:45	Free time	
	Clinical case	16:50-17:15 Lecture 7	Clinical case	Clinical case	rice tille	
	presentations	Lecture /	presentations	presentations		
	[N=6]		[N=5]	[N=6]		
	[14-0]		[14-5]	[14-0]		
<u> </u>	40.4E 30.00	47,45 40,45	10,20, 20,00	40.4E 20.00	10:00 22:20	
	18:45-20:00 Dinner	17:15-18:45 Clinical case	18:30-20:00 Dinner	18:45-20:00 Dinner	19:00-22:30	
	Dinner		Dinner	Dinner	Gala dinner	
		presentations			Gala dinner	
	20.00	40-00 20-00	20.00	20.00	22.20	
	20:00-	19:00-20:00	20:00-	20:00-	22:30-	
	Social activities	Dinner	Free time	Free time	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€		