Application to host

ESIM SUMMER SCHOOL

Alexandroupolis, Greece
1-7 JUNE 2025

2025
2026
2027

in the first week of June each year

Hellenic Society of Internal Medicine
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.

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
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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 |

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

<table>
<thead>
<tr>
<th>Sunday, 1 June 2025</th>
<th>Monday, 2 June 2025 (Day 1)</th>
<th>Tuesday, 3 June 2025 (Day 2)</th>
<th>Wednesday, 4 June 2025 (Day 3)</th>
<th>Thursday, 5 June 2025 (Day 4)</th>
<th>Friday, 6 June 2025</th>
<th>Saturday, 7 June 2025</th>
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</thead>
<tbody>
<tr>
<td>10.00-11.00</td>
<td>Opening Lecture (OL): Democritus, the “father of modern science”</td>
<td>Expert Lecture (EL) 2: Metabolic dysfunction-associated steatotic liver disease: evolving knowledge &amp; emerging treatments</td>
<td>Expert Lecture (EL) 4: Rapidly progressive dementia in primary care: when to suspect &amp; refer</td>
<td>Expert Lecture (EL) 6: Towards the future of integrated therapeutic approaches in obesity complications prevention</td>
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<td>11.00-11.30</td>
<td>Coffee break</td>
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<tr>
<td>11.30-12.45</td>
<td>Interactive cases learning (ICL): ICL 1: Group A</td>
<td>Interactive cases learning (ICL): ICL 1: Group A</td>
<td>Interactive cases learning (ICL): ICL 3: Group B</td>
<td>Visit to Archaeological Museum of Alexandroupolis (Social Event - SE)</td>
<td>Interactive cases learning (ICL): ICL 8: Group D</td>
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<tr>
<td>13.30-15.00</td>
<td>Sport activities &amp; Light Lunch</td>
<td>Sport activities &amp; Light Lunch</td>
<td>Sport activities &amp; Light Lunch</td>
<td>Sport activities &amp; Light Lunch</td>
<td>Sport activities &amp; Light Lunch</td>
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<tr>
<td>15.00-16.15</td>
<td>Interactive cases learning (ICL): ICL 2: Group A</td>
<td>Interactive cases learning (ICL): ICL 2: Group A</td>
<td>Interactive cases learning (ICL): ICL 4: Group B</td>
<td>Interactive cases learning (ICL): ICL 6: Group C</td>
<td>Study Internal Medicine today: open discussion (OD) between trainees &amp; faculty</td>
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<tr>
<td>16.15-16.45</td>
<td>Coffee break &amp; transition to Hospital</td>
<td>Coffee break &amp; transition to Hospital</td>
<td>Coffee break &amp; transition to Hospital</td>
<td>Coffee break &amp; transition to Hospital</td>
<td>Closing remarks</td>
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<tr>
<td>16.45-18.15</td>
<td>Hands on Workshop (HOW): HOW 1-4 (Group A, B, C, D) University Hospital of Alexandroupolis</td>
<td>Hands on Workshop (HOW): HOW 1-4 (Group A, B, C, D) University Hospital of Alexandroupolis</td>
<td>Hands on Workshop (HOW): HOW 1-4 (Group C, D, A, B) University Hospital of Alexandroupolis</td>
<td>Hands on Workshop (HOW): HOW 1-4 (Group D, A, B, C) University Hospital of Alexandroupolis</td>
<td>Farewell beach party (Social Event - SE)</td>
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<td>20.00</td>
<td>Welcome dinner</td>
<td>Dinner</td>
<td>Dinner</td>
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**Main Venue:** Astrin 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
Transportation
Hub
Green Spaces
Cultural Hub
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.
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 m² 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.
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.
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
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.
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.
## Budget

<table>
<thead>
<tr>
<th>Expenses Category</th>
<th>Total EUR</th>
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<tbody>
<tr>
<td>1 - Congress Centre Rental &amp; Infrastructure</td>
<td>0.00 €</td>
</tr>
<tr>
<td>2 - Printed and Congress Material</td>
<td>939.92 €</td>
</tr>
<tr>
<td>3 - Website &amp; Domain Name</td>
<td>917.60 €</td>
</tr>
<tr>
<td>4 - Technical Equipment &amp; Audiovisual, Software</td>
<td>1.674.00 €</td>
</tr>
<tr>
<td>5 - Invited Speakers Expenses/ Participants Accommodation, Transfers</td>
<td>35.677.20 €</td>
</tr>
<tr>
<td>6 - Catering Services &amp; Social Activities</td>
<td>17.267.28 €</td>
</tr>
<tr>
<td>7 - Constructions &amp; Signage</td>
<td>186.00 €</td>
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<tr>
<td>8 - Manpower on site</td>
<td>1.475.60 €</td>
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<tr>
<td>9 - Organisational &amp; Secretariat costs</td>
<td>1.262.40 €</td>
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<tr>
<td>10 - PCO Fees</td>
<td>3.100.00 €</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>62.500.00 €</strong></td>
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<tr>
<td><strong>Cost per participant</strong></td>
<td><strong>1.250.00 €</strong></td>
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<table>
<thead>
<tr>
<th>Income Category</th>
<th>Total EUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 paid participants</td>
<td>62.500.00 €</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>62.500.00 €</strong></td>
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</tbody>
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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 Astrir 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.
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
SEE YOU IN ALEXANDROUPOLIS!