



**ESIM**  
**The European School of Internal Medicine**  
**Winter School 22-26 January 2018, Hullu Poro, Levi, Lapland,**  
**Finland**



**SUOMEN SISÄTAUTILÄÄKÄRIEN YHDISTYS R.Y.**  
**FÖRENING FÖR INVÄRTES MEDICIN I FINLAND R.F.**  
**FINNISH SOCIETY OF INTERNAL MEDICINE**

The Finnish Society of Internal Medicine is proud to host the ESIM Winter School in the winterish Finnish Lapland during 22-26 January 2018. We are faithful to the current ESIM winter school schedule anatomy, since given feedback of this concept has been very positive for many years already. The schedule will include lectures, clinical-pathological conferences, clinical case presentation and workshops. We aim at a number of 45-50 residents attending the school. The course fee will be 995 € as before.

**Administration**

Director:

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

Co-directors:

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

Dr. Shirley Rigby, MD, PhD, Royal College of Internal Medicine

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

Co-director and secretary:

Dr. Kim Pettersson-Fernholm, PhD, Secretary of Foreign Affairs, Finnish Soc. of Int. Med.

Young internist directors:

Dr. Tuomas Aro, MD, trainee in Internal Medicine, resident in ESIM, Riga 2016

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

## Preliminary schedule 21-27.1.2018

### ESIM in Lapland 2018-19 – Winter School (Preliminary schedule )

| Sunday<br>Jan-2016                      | Monday<br>Jan-2018                                     | Tuesday<br>Jan-2018                                                                                | Wednesday<br>Jan-2018                                  | Thursday<br>Jan-2018                                   | Friday<br>Jan-2018                    | Saturday<br>Jan-2018                                                                            |
|-----------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------|
|                                         | 8:00-8:45<br>Welcome,<br>pre-test,<br>introduction     | 9:00-13:45<br>Social program                                                                       | 8:00-8:45<br>Lecture 8                                 | 8:00-8:45<br>Lecture 10                                | 8:00-8:45<br>Lecture 13               |                                                                                                 |
| <b>Welcome!</b>                         | 8:45-9:30<br>Lecture 1                                 | Husky safari<br>Downhill skiing<br><br>Cross-country-<br>skiing<br><br>Snowwalking<br><br>Shopping | 8:45-9:45<br>Clinico-path<br>conference 1              | 8:45-9:45<br>Clinico-path<br>conference 2              | 8:45-9:30<br>Lecture 14               | <b>Residents<br/>depart in<br/>the<br/>morning</b><br><br><b>Have a<br/>safe trip<br/>home!</b> |
|                                         | 9:30-10:15<br>Lecture 2                                |                                                                                                    | 9:45-11:15<br>Coffee break                             | 9:45-10:15<br>Coffee break                             | 9:30-10:00<br>Coffee break            |                                                                                                 |
| <b>Residents<br/>arrive<br/>today</b>   | 10:15-10:45<br>Coffee break                            |                                                                                                    | 11:15-12:15<br>Workshop 2                              | 11:15-12:15<br>Workshop 3                              | 10:00-11:30<br>Workshop 4             |                                                                                                 |
|                                         | 10:45-12:15<br>Workshop 1                              |                                                                                                    | 12:15-15:15<br>Lunch<br>and free time                  | 12:15-15:15<br>Lunch<br>and free time                  | 11:30-15:15<br>Lunch<br>and free time |                                                                                                 |
| <b>Evening:<br/>19:30<br/>Reception</b> | 12:15-15:15<br>Lunch<br>and free time                  | 13:45-14:15<br>Lunch                                                                               | 15:15-16:15<br>Lecture 9                               | 15:15-16:00<br>Lecture 11                              | 15:15-16:00<br>Lecture 15             |                                                                                                 |
| <b>Meet &amp;<br/>Greet</b>             | 15:15-16:00<br>Lecture 3                               | 14:30-15:15<br>Lecture 5                                                                           |                                                        | 16:00-16:45<br>Lecture 12                              | 16:00-16:45<br>Post-test,<br>closing  |                                                                                                 |
| <b>Dinner</b>                           | 16:00-16:15<br>Lecture 4                               | 15:15-16:00<br>Lecture 6                                                                           | 16:15-16:45<br>Coffee break                            | 16:45-17:15<br>Coffee break                            | 16:45-17:15<br>Coffee break           |                                                                                                 |
|                                         | 16:15-16:45<br>Coffee break                            | 16:00-16:30<br>Coffee break                                                                        | 16:45-18:15<br>Clinical case<br>presentations<br>[N=5] | 17:15-18:45<br>Clinical case<br>presentations<br>[N=6] | Free time                             |                                                                                                 |
|                                         | 16:45-18:15<br>Clinical case<br>presentations<br>[N=6] | 16:30-17:15<br>Lecture 7                                                                           | 18:30-20:00<br>Dinner                                  | 18:45-20:00<br>Dinner                                  | 19:00-22:30<br>Gala dinner            |                                                                                                 |
|                                         | 18:45-20:00<br>Dinner                                  | 17:15-18:45<br>Clinical case<br>presentations                                                      | 20:00-<br>Free time                                    | 20:00-<br>Free time                                    | 22.30-<br>Free time                   |                                                                                                 |
|                                         | 20:00-<br>Social activities                            | 19:00-20:00<br>Dinner<br>Free time                                                                 |                                                        |                                                        |                                       |                                                                                                 |

## Venue

The school will take place at Hotel Hullu Poro, at Levi fell in Lapland at 67.81°N, 24.81°E, 800 km north of Helsinki. Kittilä airport is a 15-minute drive from Levi resort (15 km). Finnair flies between Helsinki and Kittilä all year round. During the winter season, daily flights are available. Norwegian has three weekly flights. An airport shuttle bus runs from Kittilä airport to Levi after all flights throughout the year. The bus also runs from Levi to the airport before the flights. Alternatively, it is possible to fly to Rovaniemi, the capital of Finnish Lapland, and take an airport Taxi or bus (137 km) to the venue.

The venue has excellent lecture hall facilities and vast experience of arranging conferences and meetings, Residents and speakers will be accommodated in comfortable single and double rooms. The course will provide breakfast, lunch, coffee breaks and dinner. Daily sauna is included and there is a workout center at the venue. A get-together dinner is arranged Sunday evening, and a Gala Dinner at a restaurant nearby.

There will be a great opportunities for daily outdoor activities 2-3 hours during the course. Consequently, the lectures will start a bit earlier in the morning and continue a bit later than usual. Within a short walking distance there are cross-country skiing tracks, downhill skiing slopes (a venue for World Cup alpine skiing), snow walking paths, exotic shopping experiences, snowmobile excursions, husky safaris, and above all: the unique exotic Lapland. The schedule will enable a half day sponsored outdoor activities on Tuesday.

More information about the venue is available at: <http://www.hulluporo.fi/en/>

## Invitation

The Finnish Society of Internal Medicine thus cordially invites you to Levi and Hullu Poro for the ESIM Winter School in 2018.

Helsinki 12.9.2017

Our best regards,

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