

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



**Invitation to Lapland
22-26 January 2018
ESIM Winter School**

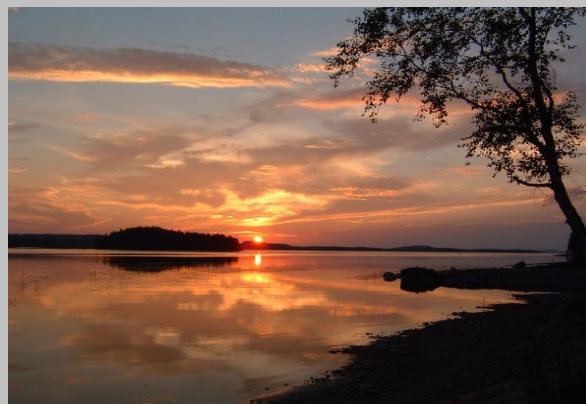




Finland



Land of the thousand lakes...



and midnight sun



Finland



Land of the Northern lights...



Kittilä



Wolverine



Kittilä in Januari



Location

Kittilä - cool facts

Population 6,386

Coordinates: 67.81 °N, 24.81 °E

GMT +2 hours



Snow guaranteed!
No polar bears
Reindeers nearby



Average high -9.6°C
Average low -20.0°C

How to get there?



Kittilä Airport



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

Rovaniemi Airport



- Rovaniemi is the capital of Finnish Lapland
- Located 135 km from Levi resort
- Regular flights from Helsinki (1h 20 minutes)
- Bus transportation will be arranged when needed

Levi Resort



Venue: Hotelli Hullu Poro



Accommodation: Teachers



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

Accommodation: 10 residents/room



Dining at the hotel



15 restaurants in Hullu Poro family at Levi...

Gala Dinner



Sky restaurant at 4th floor...

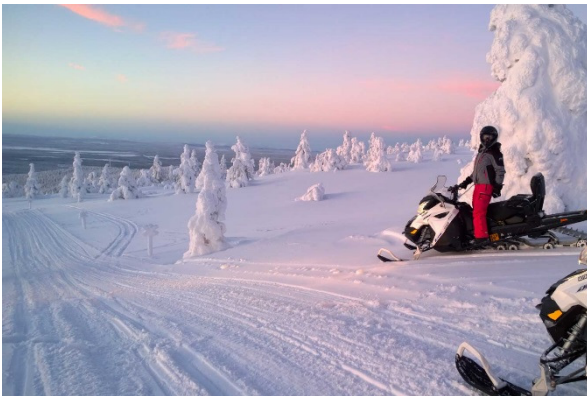
Outdoor activities during free time



Husky safari



Cross-country skiing



Snowmobile safari



Downhill skiing



Snow walking

Indoor activities during free time



Gym



Body shuttle



Bathing



Infrared sauna



Shopping

Teaching facilities: Lecture hall



Polar medicine: Workshop hall



Preliminary schedule

Sunday Jan-2018	Monday Jan-2018	Tuesday Jan-2018	Wednesday Jan-2018	Thursday Jan-2018	Friday Jan-2018	Saturday Jan-2018
	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	
Welcome!	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					
Residents arrive today	10:15-10:45 Coffee break		9:45-11:15 Coffee break	9:45-10:15 Coffee break	9:30-10:00 Coffee break	Residents depart in the morning
	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	Have a safe trip home!
Evening- 19:30 Reception	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	
Meet & Greet	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	
Dinner	16:15-16:45 Coffee break	16:00-16:30 Coffee break	16:15-16:45 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				

Challenges and Schedule

- Only limited amount of regular flights Helsinki-Levi-Helsinki!!
- The trip Lissabon-Helsinki-Levi and back should be possible during one day...

SOLUTION:

- Intention to send by October 1
 - Residents and speakers should book their flights by November 1.
 - Rovaniemi airport is the alternative route for later registers if flights are all booked
-
- Everybody must have a valid health and accident insurance!

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 Physicians, UK

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

Co-director and secretary:

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

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

Welcome to Levi 22-26 January 2018!

Dear Santa,

Please send me to ESIM 2018!



Santa wrote back,

Yes, but you have to apply in time this year!

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€		