Turkish Society of Internal Medicine is ready to take over the Winter School to promote postgraduate education and cultural exchange amongst internists in training.

Among the activities of the Society are large cohort and surveillance projects, national and international Internal Medicine Schools, workshops on different aspects of internal medicine, board examinations and board review course.

The ESIM Summer School was held in Turkey in 2012 and 2013 (Dir. H. Erdal AKALIN). The overall rating of the courses was very well with the social program getting the highest score!
PROPOSAL FOR ESIM WINTER SCHOOL - ADMINISTRATION

• The Director:
  Dr. Serhat UNAL

• Co-Directors:
  Dr. Kim PETTERSSON-FERNHOLM
  Dr. Mine DURUSU TANRIOVER

• Young Internists (YI):
  A member of the YI Subcommittee

• Administrative & Secretarial Support:
  Local ESIM Secretariat

• Professional Congress Organizer:
  SERENAS will be in charge of the arrangements, transportation and organization of the School venue.
Funding for ESIM will be provided by the registration fees. This is currently 995 Euros per resident, including VAT. The registration fee will cover the costs of accommodation and meals, organized social programme, lecture facilities and teaching material. However, The Society is ready to support the event in every aspect and guarantees a financial support of up to 20,000 Euros per year (per School).
THE SCHOOL SCHEDULE & PROGRAMME

- The School will be able to accommodate up to 40-50 residents.

- Suggested time of the year is the third week of February.

- The draft scheme proposed is outlined on the right. Additionally, some of the workshops will be focused on the self-care and well-being of residents keeping in mind that this is the era of burn-out syndrome!
What happened last year in Internal Medicine?  
Ground breaking developments in the field.

How can we keep our patients safe in the inpatient and ambulatory care setting?  
Patient safety issues.

Can prevention be the answer?  
Preventive medicine from the Internal Medicine point of view.

How shall we manage chronic diseases in the 21st century?  
Chronic disease management issues.

How can we manage patients with acute conditions?  
To and beyond acute care.

Microbes everywhere!  
From emerging infectious diseases to oncoviruses.
It was a pretty hard job to select a venue for ESIM among several pleasant centers compatible with the needs of the Winter School. Hence, more than one venue is proposed; one of which may be chosen or a different one may be selected for each year. All these venues are easily accessible, have enough room and technical background for planned scientific activities.

Below are the details about the venues suggested for the School.

- SAPANCA, SAKARYA
- KARTALKAYA, BOLU
- ULUDAG, BURSA
Sapanca is a western province of Sakarya, which is one of the most noteworthy cities in the Marmara region

What To Do in Sapanca

• Have brunch by the Sapanca Lake.
• Enjoy the remarkable spa facilities at the thermal hotels.
• Take the walking trails to the highlands.
• Purchase fresh regional products.
• Eat fresh fish in Masukiye.
• Visit nearby district of Kartepe, the winter sports center.
• Visit the nearby district of Tarakli, a Citta Slow popular for its historical houses.
• Visit the nearby district of Karasu, where there is a big botanic garden and a beautiful beach.
• Visit the nearby district of Hendek, the popular place for religious tourism with its several shrines.

Distance from Istanbul Airport: 177 Km
Distance from Istanbul Sabiha Gokcen Airport: 100 km
NG SAPANCA HOTEL

- 291 guestrooms
- 3 restaurants and 2 poolside bars
- Full-service spa
- 3 indoor and 5 outdoor pools
- Nightclub
- Free children's club
- 2 outdoor tennis courts
- 24-hour business center
- Airport shuttle
- Terrace
- Air conditioning
- Garden
- Free WiFi and free parking
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ELITE WORLD HOTEL

- 500 smoke-free guestrooms
- 2 restaurants and 2 bars/lounges
- Full-service spa
- Indoor pool and 2 outdoor pools
- Health club
- Business center
- Terrace
- 24-hour front desk
- Air conditioning
- Daily housekeeping
- Garden
- Laundry service
- Free buffet breakfast, free WiFi,
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KARTALKAYA, BOLU

Kartalkaya ski and snowboard centre, one of the most popular ski centres of Turkey lies West of the Blacksea region south of Bolu province at Körəğlu Mountains.

What To Do in Bolu

- Kartalkaya Ski Facilities
- Aladağ Pond
- Atatürk Orman Park
- Bolu Yıldırım Beyazit Mosque
- Lake Seben
- Sarachane Museum
- İmaret Mosque
- Bolu Museum
- Abant Nature Park
- Samandere Waterfall Natural Monument
- Tokad-i Hayreddin Mausoleum
- Akkaya Travertine

Distance from Istanbul Airport: 280 Km
Distance from Istanbul Sabiha Gökçen Airport: 200 km
KAYA PALAZZO SKI & MOUNTAIN HOTEL

• 139 guestrooms
• Ski-in/ski-out access
• 2 restaurants and 2 bars/lounges
• Full-service spa
• Indoor pool
• Free children's club
• Ski rentals and lessons
• Fitness center
• 24-hour front desk
• Coffee/tea in a common area
• Daily housekeeping
• Library
• Free buffet breakfast, free Internet
BÜYÜK ABANT HOTEL

- 197 guestrooms
- 3 restaurants
- 2 indoor pools
- Nightclub
- Outdoor tennis court
- Childcare
- 24-hour front desk
- Coffee/tea in a common area
- Daily housekeeping
- Garden
- Arcade/game room
- Lobby fireplace
- Free buffet breakfast, free WiFi
KORU HOTEL

• 187 guestrooms
• 2 restaurants and 3 bars/lounges
• Full-service spa
• Outdoor pool and 2 indoor pools
• Free children's club
• Fitness center
• Conference center
• Terrace
• 24-hour front desk
• Coffee/tea in a common area
• Daily housekeeping
• Library
• Free buffet breakfast, free WiFi
ULUDAĞ, BURSA

Well known as favourite of mountain and winter tourism, Uludag Mountain is the biggest center place of winter and nature sports in Bursa

What To Do in Bursa

• Uludag National Park
• Uludag Ski Center
• Emir Sultan Mosque
• Koza Hani
• Bursa Zoo
• Muradiye Complex
• Uluumay Ottoman Museum
• Ottoman House Museum
• Ataturk Museum
• Bursa Culture Park Open Air Theatre

Distance from Istanbul Airport: 228 Km
Distance from Istanbul Sabiha Gokcen Airport: 152 km
BOF HOTEL

- 168 smoke-free guestrooms
- Ski-in/ski-out access
- 3 restaurants
- Indoor pool
- Free children's club
- Free ski shuttle
- Ski rentals and lessons
- Fitness center
- Spa services
- Conference center
- Airport shuttle
- Terrace
- Free buffet breakfast, free WiFi
KARINNA HOTEL

- 230 guestrooms
- Ski-in/ski-out access
- Restaurant and 5 bars/lounges
- Full-service spa
- Indoor pool
- Nightclub
- Breakfast available
- Free children's club
- Ski rentals and lessons
- Fitness center
- Conference center
- Terrace
- Free WiFi and free parking
Turkish Society of Internal Medicine is determined to do its best to organize ESIM Winter School for the 2021-2023 period.