

The MSc "International Medicine - Health Crisis Management" of the University of
Athens

Welcome you to the

4th Seminar on TROPICAL AND TRAVEL MEDICINE

April 1st –April 17th 2011

Yirgalem Ethiopia

Dear Colleagues,

*We are glad to invite you to participate to the **4th Seminar on TROPICAL AND TRAVEL MEDICINE**.*

This intensive course is organized by the Master's Course on "International Medicine-Health Crisis Management" of the Athens University with the collaboration of the Yerkalem Hospital Ethiopia.

Courses will focus on:

- ***Tropical and Travel Medicine***
- ***Malnutrition and related diseases in the Developing World***
- ***HIV-AIDS, TB, Malaria and New Emerging Diseases***
- ***Trauma and Emergency care***
- ***Diabetes Mellitus in Rural Settings***
- ***Health of Vulnerable Populations***
- ***International Development Aid***
- ***Health and Human Rights***

During this course, participants will have the opportunity to engage in the every day life of a district hospital and come into contact with the reality of sub-Saharan African health care. Valuable experience will be gained in clinical and laboratory diagnosis of the most common diseases of the developing world while lectures on Tropical Medicine, Medicine with minimal resources, wilderness Medicine will be conducted. Participants will also follow lectures on geopolitics, paleoanthropology and the history of Eastern Africa, care of displaced populations, and other Global Health issues.

The social program includes contacts with local people, visits to the ecosystem of the Central Ethiopian highlands and the Great East Africa Rift Valley.

The course is open to the students of the 3d semester of the Master's course. All travel, accommodation, boarding and teaching expenses are covered by the master's course. Students of previous years or alumni can participate at a moderate fee. Expenses for visas, extra meals, excursions and social events are not included.

A number of extra places are also available for Medical Doctors and/or students, nurses and medical staff as well as accompanying persons interested in participating in this seminar. A course Diploma will be awarded following examinations.

Applications must be addressed to the master's course secretariat before March 1st2011. All participants must comply with the terms and conditions of the seminar and prove full vaccine and anti malaria coverage

For further information please contact:
Secretariat of the MSc International Medicine-Health Crisis Management":
Ms Barbara Gebiaou tel. 210 7456679 crisismedinfo@med.uoa.gr <http://crisis.med.uoa.gr>

4th Seminar on TROPICAL AND TRAVEL MEDICINE

April 1st – April 17th , 2010

Yirgalem Ethiopia

Why in Ethiopia?

In the horn of Africa, Ethiopia is one of the most ancient countries in the world. It is the second most populous nation in Africa and the tenth largest by area. Though most African countries are far less than a century old, Ethiopia has been an independent country since ancient times. Besides being an ancient country, Ethiopia is one of the oldest sites of human existence known to scientists today—having yielded some of humanity's oldest traces—and might be the place where homo sapiens originated.

Ethiopia has close historical ties to all three of the world's major Abrahamic religions. It was one of the first Christian countries in the world, having officially adopted Christianity as the state religion in the 4th century. It still has a Christian majority, but a third of the population is Muslim. Ethiopia is the site of the first hijra in Islamic history and the oldest Muslim settlement in Africa, at Negash. Until the 1980s, a substantial population of Ethiopian Jews resided in Ethiopia. The country is also the spiritual homeland to the Rastafarian religion.

Ethiopia is the only African country with its own alphabet. It has the largest number of UNESCO World Heritage Sites in Africa. There are altogether around 80 different ethnic groups in Ethiopia today, with the largest being the Oromo followed by the Amhara, both of which speak Afro-Asiatic languages. The country is also famous for its Olympic gold medallists, rock-hewn churches and known as the place where the coffee bean originated.

In the period after the overthrow of the monarchy, Ethiopia devolved into one of the poorest countries on earth. And while Ethiopia is the source of over 85% of the total water flowing into the Nile River, it underwent a series of tragic famines in the 1980s, resulting in perhaps a million deaths. Recently, however, the country has begun to recover, and today the Ethiopian economy is one of the fastest growing in Africa.

Ethiopia's population has grown from 33.5 million in 1983 to 75.1 million in 2006 and is thought to be around 85 million at this time. The 2007 Population and Housing Census results show that the population of Ethiopia grew at an average annual rate of 2.6% between 1994 and 2007, off 0.2% from a 2.8% growth rate during the period 1983–1994.

According to the Ethiopian national census of 2007, the Oromo are the largest ethnic group in Ethiopia at 34.49%. The Amhara represent 26.89%, while the Tigray people comprise 6.07% of the population.

Despite ongoing border conflicts with Eritrea in the north and Somalia in the south, Ethiopia is considered to be one of the most safe and hospitable countries in sub-Saharan Africa, and this was the main reason for choosing it as our destination for this seminar.

Visiting Addis Ababa

Addis Ababa, which means "New Flower" in Amharic, is an intriguingly indigenous African city. Unlike many other African capitals, its founding, growth and development are not rooted in colonization. Founded in 1896 by Emperor Menelik II, Addis Ababa is the last in a succession of capitals of the great Abyssinian Empire dating back to the pre-Christian Axum. Addis Ababa, a small town just a century ago, has morphed into a modern business centre and Africa's fourth-largest city.

Give 'Addis', as it is commonly known, a few days and you'll appreciate its bizarre blend of past and present: the coexistence of old imperial statues alongside hammer-and-sickle placards of the former Marxist regime, and the juxtaposition of wattle-and-daub huts with austere Italian Fascist buildings and luxurious hotels. Lift the city's skin and the same contrasts apply: *tej* *beats* still serve traditional honey wine and *azmaris* sing centuries-old songs, while a few blocks on, martinis glow, and modern beats rain down in hip bars. On wide boulevards, priests in medieval-looking robes mix with African bureaucrats, Western aid workers, young Ethiopian women with mobile phones and the odd herd of goats.

Today, Addis Ababa is the site of the headquarters of the African Union and UNECA. Addis Ababa also hosts a sizeable Greek community. The magnificent Greek club "Olympiakos" is the epicentre of all cultural and social life, not only for the Greek natives, but for the elite of Addis Ababa society. An active Greek Embassy (Ambassador Mr. Daratzikis) represents the Greek government and takes good care of all Greek citizens travelling in this country.

The town of Yirgalem

Some 260 kilometres southwest of Addis Ababa, in the most striking southern highlands of the Great Rift Valley, lays the town of Yirgalem (also spelled **Irgalem** and Yrga-alem). Yirgalem is located at an elevation of 1,776 meters amongst coffee plantations and enjoys an excellent climate with tropical flora and fauna. The ancient capital of the Sidama zone of the southern nations, nationalities, and peoples region (or kilil), the town has an estimated total population of 50,000 with a rich history dating back to the myth of Queen Furra.

The Sidama region, with a population of about 14 million, is inhabited by a variety of indigenous tribes and ethnicities with an enormous cultural diversity. It is also afflicted, however, with frequent famines, widespread poverty and high rates of illiteracy.

The Hospital of Yrgalem

This is a typical African regional hospital of 200 beds inaugurated in 1975.

It was previously run by Norwegians, but currently it is a self-run hospital with little support from the Government. It serves as a referral hospital and covers the needs of 4 million people. It has all the standard departments, a very active outpatient clinic, an HIV-AIDS clinic, a malnutrition department and performs approximately 1,500 deliveries and 2,000 major operations per year.

Within the grounds of the regional Yirgalem hospital operates the Yirgalem Hamlin Fistula Centre, a newly-established clinic of the famous Hamlin Fistula International Trust to treat women with postpartum fistulas.

The Course

During their stay, participants will be able to shadow the daily activities of the medical and paramedical staff of the hospital. They will take part in the everyday life in the wards, and they will be involved in laboratory, clinical diagnosis and treatment of the most common diseases encountered in this region. They will also engage in operations, deliveries, and share in the emergency outpatient clinic.

During morning staff meetings, participants will be encouraged to present interesting cases and discuss with their Ethiopian colleagues methods of differential diagnosis and treatment.

A three-hour afternoon conference schedule in the hospital's conference room will offer the opportunity to review basic and advanced knowledge and discuss the most common diseases of the developing world.

Accommodation and facilities.

Participants will be hosted at the nearby Aregash Lodge (<http://www.aregashlodge.com/index.htm>). This is a motel built in the traditional Sidama style with all the modern facilities. Each bamboo thatched "tukul" can accommodate two to four students. Meals will be served at the restaurant of the lodge, all prepared with meticulous hygiene. Daily transportation to the hospital and back (3 kms) is also provided.

Social life and extracurricular activities

Participants are encouraged to socialize with their Ethiopian colleagues serving their internships at the hospital and to enjoy the nightlife at Yirgalem. Within Aregash lodge, students can participate in the traditional coffee ceremony and can follow walking tours in the nearby forest harboring over 100 species of birds and mammals. A daily video projection on topics linked to the major issues of Africa cultures and problems followed by discussion will be part of our leisure time.

There will be weekend excursions to the Langano Lake campsite to provide an idea of the Rift Valley lakes or to the Jamaican Rastafarian village at Shasheneme (<http://ethiopia.50megs.com/rastasengl.html>).

Moreover, excursions to the villages of isolated native tribes will present an opportunity to meet unique peoples and experience some of the oldest and most interesting cultures in the world.

Practical Information

Students of the 3d Semester of the MSc "International Medicine-Health Crisis management" can participate in this seminar as part of their overall training in Tropical medicine. Additionally other students or Alumni of the MSc may participate at promotional fees. A limited number of medical doctors and accompanying persons will also be accepted, depending on availability. A maximum of 30 participants will be accepted on first -come -first -served basis.

A number of teaching staff, professors, health specialists and administrative personnel will accompany the group, while Ethiopian professors and medical specialists will also give lectures.

Preparatory courses for Travel and Tropical Medicine, and an introduction to the culture of Ethiopia, will take place before departure.

Ethiopia is a secure place, and full security is guaranteed, while respect for local habits and customs are required.

Participants will be covered with life insurance providing full health coverage and /or emergency repatriation.

All participants must follow the vaccination schedule, receive full anti-malaria coverage and comply with both the course's health regulations and the teachers' instructions.

Participation fees and application

This inclusive fee covers: travel expenses, accommodations and meals, local transportation and excursions, as well as theoretical and practical course fees.

Applications must be addressed to Ms Barbara Gebiaou at the Secretariat of the MSc International Medicine-Health Crisis Management" tel. 210 7456679

crisismedinfo@med.uoa.gr <http://crisis.med.uoa.gr> and must be received by March 1st 2011 at the latest. A deposit of Euro 400 must accompany every application.

Detailed program (changes to this program may occur if need be)

Day one: Friday April 1st : Departure flight from El.Venizelos airport. Arrival at Istanbul- City tour. Departure flight to AddisAbaba. Arrival at Addis at 06.00hrs of day two

Day two: Saturday April 2nd : Departure from Addis Ababa to Yirgalem.
Lunch at Langan lake.
Arrival at Yirgalem, Aregash lodge.
Welcome reception with traditional coffee ceremony and wildlife experience .

Day three: Sunday April 3rd : Visit tour to Yirgalem town and its people.
Lunch at Aregash Lodge
Afternoon visit to the village of Wonso
Dinner and cultural event

Day four: Monday April 4th : “Hands-on global Health” Morning session in Yirgalem hospital. Students will rotate in small groups the main departments of the Hospital and the adjacent Heimlin postpartum fistula center.
Lunch at Aregash Lodge.
Afternoon conference introductory course: “Ethiopia and its people”.
Dinner and cultural event

Day five: Monday April 5th : “Hands-on global Health” Morning training session in Yirgalem hospital.
Lunch at Aregash Lodge.
Afternoon conference introductory course: “Acute and Chronic Malnutrition: From TFCs to community based approach”.
Dinner and cultural event

Day six: Tuesday April 6th : “Hands-on global Health” Morning session in Yirgalem hospital.
Lunch at Aregash Lodge.
Afternoon session: conference introductory course: “Diarrhoeal Diseases in the Tropics”.
Dinner and cultural event

Day seven: Wednesday April 7th : “Hands-on global Health” Morning session in Yirkalem hospital.
Lunch at Aregash Lodge.
Afternoon conference: “Most common tropical yet neglected diseases. “Hemorrhagic fevers and parasitoses”.
Dinner and cultural event

Day eight : Thursday April 8th : “Hands-on global Health” Morning session in Yirgalem hospital.
Lunch at Aregash Lodge.
Afternoon conference: “HIV/AIDS: Epidemiological overview. Virus biology. Natural History and resistance development”
“HIV/AIDS: opportunistic infections and associated diseases”
“HIV/AIDS: Modern antiretroviral therapy and drugs availability”
“HIV/AIDS: Mother to child transmission. HIV infection to the pediatric patient”
Dinner and cultural event

Day nine: Friday April 9th: “Hands-on global Health” Morning session in Yirgalem hospital.

Lunch at Aregash Lodge.

Afternoon conference: “Malaria – (RDT) Epidemiology, Health Policy and Research. What’s New in Malaria care”, “Malaria prevention and campaigns in emergencies”

Dinner and cultural event

Days ten and eleven: Saturday April 10th and Sunday April 11th : Two day excursion camp to Awasa lake visit of the park

Day Twelve : Monday April 12th : “Hands-on global Health” Morning session in Yirgalem hospital. Lunch at Aregash Lodge. Afternoon conferences: “Sexually transmitted diseases. Basic Epidemiology”. “Standards for Maternal and neonatal care Obstetrics and Gynecology with minimal resources”

Day thirteen : Tuesday April 13th : “Hands-on global Health” Morning session in Yirgalem hospital. Lunch at Aregash Lodge.
Afternoon : Diplomas award and farewell party

Day Fourteen : Wednesday April 14th : Conference: “Diabetes mellitus in rural Settings”.

Day Fifteen : Thursday April 15th Departure to Addis Ababa. Short visit of Addis Ababa Museum.
Reception by H.E. the Greek Ambassador in Ethiopia at the “Olympiakos” Greek Community Club
Transfer to Airport and transit flight to Athens .

Day Sixteen: Thursday April 16th : Flight Addis Ababa –Athens. Arrival at the El. Venizelos airport