Perspective of a trainee who has attended the European School of Internal Medicine

I love being a doctor; however being a medical registrar can be tough and lonely. The long hours, endless bleeps and the night shifts. Sometimes I feel like I am the only person awake at 3am doing this job. Then I went to the European School of Internal Medicine (ESIM) meeting in Sardinia. The aims of ESIM are to foster links between young internists (medical registrars), to promote good quality medical education, and to develop and exchange ideas.

Around 40 medical trainees attend ESIM. Meals and accommodation are all shared together, further fostering new relationships with like-minded individuals.

The Royal College of Physicians sponsors a trainee to attend a hugely educational, albeit intense week of lectures, workshops and case presentations with a lively social programme.

ESIM has provided me with a broader perspective on internal medicine. I was enlightened by everyone’s experiences and the differences and similarities between countries. I realised how fortunate we are as trainees in the UK: some countries have no formal GIM training and little study leave.

ESIM provided me with renewed vigour and I have made new friends and fostered links with many countries – a truly unforgettable experience.

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