SEP 12-16



# VELKOMMEN TIL NORGE!



Welcome to Norway!

FUGO and ENTOG are delighted to invite you to Norway to participate in the 2022 ENTOG Exchange, Scientific Meeting and Council.

The exchange will take place between Monday 12th and Wednesday 14th September, 2022. The hosting cities for the exchange will be Bergen, Stavanger, Oslo, Drammen, Bærum, Tønsberg, Skien, Kristiansand, Arendal, Trondheim, Fredrikstad, Gjøvik og Lillehammer. In this document you will find some general information regarding the programme. FUGO is the national trainee association of Norway and organiser of the ENTOG Exchange 2022.

## **About Norway**

Norway is well known for its beautiful wild outdoors, which include mountains and fjords. Spending free time out in nature is very much a part of culture here and we even have the saying "Ut på tur, aldri sur", which really means when you're out on a hike, everything in life will be ok!

There are just over five million people living in Norway and the population is spread across huge distances. Norway has a public health care system funded through taxes. This means that everyone has equal access to health care regardless of age, race, gender, income and area of residence. In 2021, there were 56 551 births and Norway has one of the lowest rates of C-section in Europe.

## **Programme**

Exchangees are encouraged to arrive on Sunday 11th September and then attend hospital with their contact person from Monday to Wednesday. The social program after working hours will include sightseeing, dinners and hiking trips depending on where you stay. On the 14th or 15th of September, exchangees should travel to Oslo. We strongly advise you to buy train or bus tickets well in advance to get the best possible price. The low-cost tickets usually sell out quickly. More information on such details will follow. In the evening of 15th September, there will be a social gathering with all the exchangees. The Scientific Meeting and the ENTOG Council will take place in Oslo on September 16th. This year's Scientific Meeting will focus on the topic of vaginal breech deliveries including three different workshops! The day will end with a dinner party.

## How to apply?

We will be able to host a maximum of two trainees from each ENTOG member country. Candidates from each country are selected by their national trainee associations.

#### Information to national trainee associations

When registering your candidates, please provide the following information: name, country, e-mail address and telephone number. Registration is not final until the registration fee has been paid. Account information and further information will be sent to the candidates upon registration. The deadline for registration is 17th of April 2022 for both ENTOG Exchange and Scientific Meeting.

### **Exchange Costs**

The price for the ENTOG Exchange including the ENTOG Scientific Meeting, Council and ENTOG dinner is €200. We expect all ENTOG exchangees to join the full programme. In addition, all other trainees who do not qualify for the Exchange are welcome to participate in the ENTOG Scientific Meeting and Council in Oslo - - the charge is €100. During the three days of the Exchange, you will be offered to stay with local trainees. You are otherwise free to book your own housing at your own expense if you wish. From Wednesday/Thursday night onwards, trainees are expected to book and pay for their own accommodation in Oslo.

We are looking forward to welcome you to the 2022 ENTOG Exchange!

For all questions please feel free to send an e-mail to entog2022@gmail.com.

Best Wishes
The Local Organising Committee