Participants who have declared a “conflict of interest” are indicated with an asterisk (*) next to their name.
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**Lightning Talks**

**Saturday, 30 May**

**14:00 - 15:30**

*One advice to share: department chairs to future chairs*

**Chair:**

Bernardo Matias (Setubal, Portugal)

**My advice**

Donat Spahn* (Zürich, Switzerland)

Jennifer Hunter (Liverpool, United Kingdom)

Paolo Pelosi (Genoa, Italy)

Daniela Ionescu* (Cluj Napoca, Romania)

Claudia Spies (Berlin, Germany)

Andreas Hoeft* (Bonn, Germany)

Idit Matot (Tel Aviv, Israel)

**Fishbowl Session**

**Saturday, 30 May**

**15:15 - 16:15**

*“Trainees for Trainees” - What are the career opportunities in Simulation and Research?*

Session organised by the ESA Trainee Network

**Chair:**

Andreas Sandner-Kiesling (Graz, Austria)

**Panelists:**

Ebbe Bessmann (Herlev, Denmark)

Mateusz Zawadka (Warsaw, Poland)

Christoph Behem (Hamburg, Germany)

**Symposium 60’**

**Sunday, 31 May**

**08:30 - 09:30**

*Anaesthesia beyond the borders*

Session organised by the ESA Trainee Exchange Programme Committee

**Chair:**

Bazil Ateleanu (Cardiff, United Kingdom)

Zoka Milan (London, United Kingdom)

**How to write a motivation letter**

Vojislava Neskoklic (Belgrade, Serbia)

**How to implement changes from what you have learned during ESA TEP fellowship**

Zoka Milan (London, United Kingdom)

**Cross cultural experience - Benefits and disadvantages**

Andrea Szekely (Budapest, Hungary)
### 16S4 Symposium 60’
**Sunday, 31 May**
**17:00 - 18:00**
**Translating basic science techniques for clinicians**
- **Chair:** Tony Gin (Shatin, Hong Kong, China)
- **How do we show a drug is analgesic at the cellular level?**
  - David Lambert* (Leicester, United Kingdom)
- **How do we show a drug is analgesic in animal models?**
  - Jens Broscheit (Würzburg, Germany)
- **How do we show genetic associations?**
  - Philip Hopkins (Leeds, United Kingdom)

### 16S5 Symposium 60’
**Monday, 1 June**
**11:00 - 12:00**
**Lessons from young teachers: Young Teaching Recognition Award winners 2019**
- **Chair:** Andreas Sandner-Kiesling (Graz, Austria)
- **An alternative approach to teach coagulation**
  - Bernd Wallner (Innsbruck, Austria)
- **Clinical dilemmas in neuraxial blockade and anticoagulation**
  - Cécile Hélène Kicken* (Nijmegen, Netherlands)
- **Improving post-surgical analgesia – Mistakes to be avoided**
  - Mihai Octavian Botea (Oradea, Romania)

### 16FB2 Fishbowl Session
**Monday, 1 June**
**14:00 - 15:00**
**What does it mean “WELLBEING” for a trainee?**
- **Chair:** Christopher Blacker (Uppsala, Sweden)
- **Panelists:**
  - Sally El-Ghazali (London, United Kingdom)
  - Sibylle Ketaibi* (Vienna, Austria)
  - Francisco Ribeiro Mourao (Viana do Castelo, Portugal)