

EFIM summer school 2026

I had a wonderful experience during this educational opportunity, and I am extremely grateful to the Royal College of Physicians of Edinburgh for supporting me through the Myre Sim bursary. It was a highly enjoyable and valuable period of learning, both from a clinical and a broader professional perspective.

One of the most valuable aspects of the experience was the opportunity to meet and learn alongside internists from other European countries. This was, for me, one of the most memorable and enriching parts of the programme. Speaking with colleagues from different healthcare systems helped me understand how internal medicine training, working conditions, pay, clinical responsibilities and legal frameworks vary across Europe. These conversations were particularly interesting when discussing areas such as resuscitation decisions, DNACPR processes, assisted dying, the use of restraint, and the organisation of clinical work in different hospital settings.

This comparative perspective was extremely educational. It allowed me to see that many of the challenges faced by physicians are shared across countries, but that different systems have developed different ways of responding to them. This has helped me reflect more critically on my own practice and training environment. On the one hand, I now have a greater appreciation of many of the positive aspects of medical training and clinical work in the UK, including its structured approach to postgraduate education with formation as an internal medicine doctor along with training in another specialty, multidisciplinary working, and the emphasis placed on ethical and legal frameworks. On the other hand, learning about other systems also showed me that clinical work can be organised differently, and that there may be opportunities to improve how we train, support doctors, and deliver care.

The formal teaching was of a very high standard. There was a good balance between structured educational content and opportunities for discussion, which made the sessions engaging and relevant. The presentation and discussion of clinical scenarios was definitely one of the highlights. These sessions encouraged active participation and helped link theoretical knowledge with practical decision-making. They also provided a valuable opportunity to hear how clinicians from different backgrounds approached similar clinical problems, which broadened my understanding of diagnostic reasoning, management strategies and professional judgement.

Another aspect I particularly appreciated was the balance between educational activities and time for informal learning, rest and social connection. Alongside the teaching programme, there was time to enjoy the surroundings, swim in the sea or the pool, reconnect with friends, and explore the city. Visits such as the archaeological museum and an olive oil factory added an important cultural dimension to the

experience. This helped make the experience not only educationally valuable, but also personally restorative and memorable.

Overall, I had a lot of fun and learnt a great deal. The experience broadened my understanding of internal medicine beyond the UK context, strengthened my appreciation of international collaboration, and encouraged me to reflect on how different healthcare systems can learn from one another. I am therefore most grateful to the RCPE for giving me this amazing opportunity and for supporting an experience that has been both professionally enriching and personally inspiring.

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