PROGRAMME March 30 - April 7, 2019

DAY 1, MARCH 30
Individual arrival to Tartu (accommodation in the hotel Tartu)

19.00 Welcome dinner in Restaurant Spargel

DAY 2, MARCH 31
LOCATION - ÜLIKOOLI 20 ROOM 320
Breakfast at the hotel

9:00 Meeting programme manager at the hotel for a short walk to the university

9:30-11:00 In-country programme orientation, Q&A

11:10-12:40 Introduction of the University of Tartu with the tour of the UT History Museum

12:40-14:00 Lunch break

14:00-15:30 Twisted history tour (guided walking tour in Tartu) starting from Raekoja plats/Townhall Square by Agnieszka Kunz

During the tour students will explore the main attractions as well as some forgotten places in Tartu. They will get to know interesting urban legends and tips about how to enjoy Tartu in the nice company of a talkative and always smiley guide.

18:00-21:00 Estonian Folk Dance night with traditional food at Tartu Environmental Education Centre (Loodusmaja)

The University of Tartu Folk Dance Ensemble will perform and teach some traditional folk dances. Students will find out about Estonian culture and will try Estonian national food.

DAY 3, APRIL 1
LOCATION - ÜLIKOOLI 20 ROOM 320
Breakfast at the hotel

9:30-11:00 Overview of the development of Estonian Health and Social Care since 1990-s. Professor of Health Care Management R-A Kiivet

11:10-12:40 Estonian Health Insurance Fund and Estonian e-Services in Medicine. Professor of Health Care Management R-A Kiivet

12:40-14:00 Lunch break

14:00-16:30 Visit to Maarjamõisa hospital complex

Students will visit emergency, laboratories, operation rooms, critical areas and imaging department, the tour will be led by one of the doctors (TBA). Hospital composes of several buildings that are connected, but be prepared to walk

https://www.kliinikum.ee/en/
DAY 4, APRIL 2  
LOCATION - RIIA 23B  
Breakfast at the hotel

9:30-10:30 Visit to Estonian Genome Center at the University of Tartu (EGCUT).

*EGCUT is one of the leading genome centers in Europe that manages and develops its database of over 50 000 gene donor samples as well as conducts research. The mission of EGCUT is to gather the population’s health data and hereditary information, apply results of genetic studies for the improvement of public health, and be the main force in the development of personalized medicine in Estonia. The main objective of the practical output is to realize preventive medicine: if all Estonian people could get their whole genome sequenced, the risks would be known in advance and they could be dealt with.*

10:30-12.00 Lecture on current research in genetics and microbiology by Tõnu Esko, Vice Director of Estonian Genome Centre, Senior Research Fellow, PhD (Gene Technology)

12:00-13:00 Lunch break

**13:00-16:30 Students are free to choose from following:**

- Visit to **AHHA Science Centre** (incl. workshops and medicine collections of the UT’s Faculty of Medicine, with exhibits dating back as far as 1803) Ticket 13 € [http://www.ahhaa.ee/en]

- Visit to **Estonian National Museum**. Through the Museum’s exhibitions and events, one can take a look at Estonians’ everyday lives in different periods. Interactive displays offer hands-on experience; it is possible to observe what an Estonian home looks like, explore Estonian cuisine and make oneself familiar with local dress, language and customs. Attention is also paid to the cultures of other nations, especially those of the Finno-Ugric peoples. Ticket 14 € [http://www.erm.ee/en]

- Visit to **SPARK Demo Centre** is the new business support structure for entrepreneurship in South Estonia, created in 2016 under the leadership of Tartu Science Park and with the support of the city of Tartu. The demo hall, shows the brightest Start-Ups and business support organisations, brings together the most successful manufacturing companies, image-makers, employers. The visit is free of charge together with the guide. [http://sparkdemo.ee/about]

DAY 5, APRIL 3  
LOCATION - ÜLIKOOLI 20 ROOM 320  
Breakfast at the hotel

9:30-11:00 Interdisciplinary research in physiotherapy – scientific research group "Myometry", presentation by the inventor of the first Myoton, Assoc. Prof. in Biomechanics Arved Vain.

*MyotonPRO Digital Palpation Device is an instrument for objective and non-invasive measurements of superficial skeletal muscles. It enables to measure not only muscles but also tendons, ligaments, skin and other soft biological tissues. The application of Myoton technology provides information on the condition of muscles in several fields of medicine and sports, and opens a whole new field for better understanding how the Tone, Stiffness or Elasticity are related to muscle health and physical condition.*

11:10-12:10 Lecture in Special education and logopedy in Estonia by Head of Department, Lecturer in Special Education Pille Häidkind, PhD

12:40-14:00 Lunch break

**14:00-15:00 Visit to Sports Medicine and Rehabilitation Clinic together with observation of sessions**

*The Sports Medicine and Rehabilitation Clinic provides diagnostics and treatment services of the highest rank. People suffering from heart and nervous system diseases, trauma and other illnesses can get help from the clinic's...*
rehabilitation centres. As the leading sports medicine centre in Estonia the clinic helps our national teams achieve the world's best results. During the visit, students will be able to observe the rehabilitation sessions provided to the patients.

16.00-18.00 Visit to UT academic Sports Club together with a training session - exercises for stronger back

The University of Tartu Sports Club employs trainers with education in physiotherapy for offering exercises beneficial to public. Back pain is the most common cause of job-related disability and more than a quarter of adults experience low back pain. The training session will show students a set of exercises to fight current back pain or prevent future one.

DAY 6, APRIL 4
LOCATION - ÜLIKooli 20 ROOM 320
Breakfast at the hotel

9:30-11:00 Social work and social problems in Estonia by Merle Linno, Assistant in Social Work

11:10-12:40 Visit to Tartu Mental Health Center with observation of sessions

Foundation Mental Health Care Centre's target group are people in their working age and elderly people with psychical needs. Foundation's rehabilitation team's main working areas are South and South-East region of Estonia. Students will see the rehabilitation services provided on the spot and see the conditions and environment where clients live and every day-life support services are provided.

12:40-14:30 Lunch break

14:30-16:00 Lecture in Public health incl. occupational health, nutrition, prevention (incl. NGO activities in Estonia) TBA

DAY 7, APRIL 5
Breakfast at the hotel

8:00-10:15 Buss to Tallinn

10.15-12.00 visit to E-Estonia Showroom

During the visit, students will find out about the mechanisms involved in digitizing a society. The presentation will be concentrated on the basics of digital healthcare, e-Health Records and e-Prescription. Estonia’s healthcare system uses innovative e-solutions. Each person in Estonia that has visited a doctor has an online e-Health record that can be tracked. Identified by the electronic ID-card, the health information is kept completely secure and at the same time accessible to authorized individuals. [https://e-estonia.com/solutions/healthcare/](https://e-estonia.com/solutions/healthcare/)

12:30-13:30 Lunch break

14:00-15:00 Visit to Experimental Psychology Lab (Bachmannlab) Prof. of Cognitive Psychology and Psychology of Law Talis Bachmann

Prof. Bachmann, the principal researcher and head of the group associated in and around Bachmannlab, will give a tour at the lab, showing the equipment and methods the research team uses for psychophysical and visual cognition experiments. Students will get an overview of the research conducted in the lab and find out how and where these findings are used. [http://www.bachmannlab.com/](http://www.bachmannlab.com/)

15:30-17:30 Visit to Estonian Health Care Museum (voluntary)
DAY 8, APRIL 6
LOCATION - TALLINN

10:00-11:30 Guided tour in Tallinn Old Town by Aliis Hazlehurst Palo
19.00 Farewell dinner in Olde Hansa Restaurant

DAY 9, APRIL 7

Departure from Tallinn