2nd International Master Course in Mountain Medicine

2013 | Varese | Bolzano | Torino | Bressanone (Brixen) | Chamonix

UNDER THE PATRONAGE OF

photo by Francesca Agosta Tipress Ag. Fotografica (Tris Rotondo 2012 – CAS Ticino)

in collaboration with EURAC research INSTITUTE OF MOUNTAIN EMERGENCY MEDICINE

Dipartimento Neuroscienze Università di Torino

IFREMMONT – Resamont

SCIENTIFIC COMMITTEE

DIRECTOR
Lorenzo Dominioni
University of Insubria, Varese

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UIAA Medcom, Torino

Antonio Spanevello
Fondazione Maugeri

Gianfranco Parati
University of Milano-Bicocca

Giulio Carcano
University of Insubria, Varese
The second edition of the International Master Course in Mountain Medicine will start on May 2013 to end on June 2014. The first edition, just ended, has graduated 13 Italian Physicians, that have obtained a valid worldwide and a Master’s Degree University unique.

We live in an era of great change, of major crisis, but also cultural and ethical when, tired of the daily depressed, you aspire to a different world, cleaner, capable of giving emotions, to involve us and to let us to find the most sense deep on everyday life.

There is a new discovery of mountain, of the pure alpine environment, sometimes close to home, and often overlooked as they were moved to distant destinations, famous and sponsored. The revival of the attendance of the mountain, already evident in recent years and become even more important in recent months, has been joined in search of the wilderness, the top as self-assertion, exploration in search of thin air, and also the extreme sports performance as only the alpine environment can offer. However, this approach to the mountain is then often scarcely conscious, shallow and heedless of their physical condition and without any form of culture and preparation on self protection and safety.

It was born the idea to create a new type of highly specialized doctor, who can be a guide and mentor during the great expeditions, or even simple trips, but who can also respond to simple clinical questions posed by those in the mountains bears for fun or, and this is a growing phenomenon, for professional reasons.

Lack of awareness of their clinical conditions, which relate to the height and difficulty, increasingly becomes the cause of accidents or rescue alpine calls, not always appropriate and indicated. The economic crisis and political and social situation that is hitting our country, may think that this is a marginal Master with costs too heavy, dedicated to people trying to escape from reality, in the thought that the mountain is a very different matter thickness compared to the problems of everyday life that afflict our country, or in front of problems of ethics and values that we share with other countries close to us.

I think that the originality, the desire to take a challenge, the desire of polish, the wish to prove that in our country mistreated, could be born as an initiative of high cultural value and medicine, the desire to get excited, associated with the high competence of speakers, represents an important message to get us back to the roots of our being Italian citizens, but above all citizens of the world.

I also believe that culture and in particular the culture of the mountain environment represents a unique opportunity and a source of job if you will be able to enhance the human and environmental resources of our country.

The strong presence of foreign and Swiss in particular, confirmed by the patronage of various medical societies and rescue as well as by the Swiss Alpine Club and especially by Swiss Hospital Organisation (Canton Ticino), a special thanks to Dr. F. Barazzoni, is an action of faith towards to Italy, and I hope that this Master could be attractive against the Swiss and European medical colleagues and why not the Americans, who, even if a great respect for such courses made around the world, are facing a different and unique way in a field intended to be less of niche and more and more within range of the general public.

Dr. Luigi Festi
Deputy Chief Thoracic and General Surgery, Ospedale di Circolo Varese
luigi.festi@ospedale.varese.it - luigifestimail@virgilio.it
CALENDAR LESSONS:

01-05 July 2013
Varese - Istituto Mosso, Col D'Olen, M.te Rosa

23-27 September 2013
Varese, University Hospital

21-22 October 2013
Bolzano EUR.AC-Bressanone, Brixen IMS*
* IMS: International Mountain Summit Brixen.
On 22th October will take some classes and a conference with the theme: **Telemedicine and Mountain**

25-29 November 2013
EUR.AC, Institute of Mountain Emergency Medicine, Bolzano - Varese

24-28 February 2014
Varese, University Hospital
Chamonix, ENSA

24-29 March 2014
Monterosa Ski, Alagna Valsesia
Finale Ligure

28 April - 3 May 2014
Helicopter rescue by Air Zermatt, REGA
Air du Glaciers (Medical training)

22 May 2014
History and culture of mountaineering

27-29 June 2014
Ascent to Master’s Peak (to be defined)

October 2014
Varese, Bolzano - Final examination

Program changes/substitutions may be made without notice

MEDICAL TRAINING

60 hours
**Helicopter Rescue Team**
c/o Air Zermatt, REGA
and Air Du Glacier

40 hours
**Institute of Mountain Emergency Medicine**
c/o EUR.AC

30 hours
**Clinic Mountain Medicine**
c/o Ospedale U. Parini
Aosta/Chamonix

20 hours
**Cardiology**
c/o Istituto Auxologico Italiano,
Università Bicocca Milano

30 hours
**Radiology**
c/o Ospedale di Circolo Varese

50 hours
**Operating Room c/o Anesthesiology**
c/o Ospedale di Circolo Varese

50 hours
**Intensive Care Unit**
c/o Ospedale di Circolo Varese

Total number of hours in medical practice: 280
### July 1, 2013 – Varese

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00 – 09.00</td>
<td>Introduction</td>
<td>Luigi Festi</td>
</tr>
<tr>
<td>09.00 – 10.30</td>
<td>Altitude sickness: biochemical adaptations physiology</td>
<td>Passi Alberto</td>
</tr>
<tr>
<td>10.30 – 12.00</td>
<td>Pulmonary failure and mountaineering - 1</td>
<td>Paddeu Antonio</td>
</tr>
<tr>
<td>12.00 – 13.00</td>
<td>Pulmonary failure and mountaineering - 2</td>
<td>Spanevello Antonio</td>
</tr>
<tr>
<td>14.00 – 15.00</td>
<td>Pulmonary failure and mountaineering - 2</td>
<td>Bertoldo Massimo</td>
</tr>
<tr>
<td>15.00 – 18.00</td>
<td>Technical equipment</td>
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### July 2, 2013 – Istituto Mosso

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00 – 12.00</td>
<td>Altitude sickness: physiology adaptation</td>
<td>Negrini Daniela</td>
</tr>
<tr>
<td>12.00 – 13.30</td>
<td>Hygienical rules on impervious environment</td>
<td>Oriana Pecchio</td>
</tr>
<tr>
<td>14.00 – 17.00</td>
<td>Analgesia on the field</td>
<td>Bacuzzi Alessandro</td>
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</table>

### July 3, 2013 – Istituto Mosso

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.30 – 11.00</td>
<td>Sunstroke, Heatstroke</td>
<td>Agazzi Giancelso</td>
</tr>
<tr>
<td>11.00 – 13.00</td>
<td>Historical background on mountain medicine</td>
<td>Montarolo Pier Giorgio</td>
</tr>
<tr>
<td>14.00 – 17.00</td>
<td>Mountain rescue techniques</td>
<td>Introzzi Lorenzo, Savary-Borioli Beppe</td>
</tr>
</tbody>
</table>

### July 4, 2013 – Istituto Mosso

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00-11.00</td>
<td>Ambulatory of mountain medicine</td>
<td>Giardini Guido</td>
</tr>
<tr>
<td>11.00 – 12.00</td>
<td>Cardiopathic patient at high altitude</td>
<td>Sicuro Marco - Aosta</td>
</tr>
<tr>
<td>12.00 – 13.00</td>
<td>Mountain rescue techniques</td>
<td>Savary-Borioli Beppe</td>
</tr>
<tr>
<td>13.00 →</td>
<td>Capanna Gnifetti</td>
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</table>

### July 5, 2013 – Istituto Mosso

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.00 – 14.00</td>
<td>Capanna Gnifetti</td>
<td>Mondinelli Silvio Gnaro, Savary-Borioli Beppe, Sertorelli Erminio</td>
</tr>
</tbody>
</table>
### September 23, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 – 11.00</td>
<td>Lung adaptation at high altitude</td>
<td>Cogo Annalisa</td>
</tr>
<tr>
<td>11.00 – 13.00</td>
<td>Basic and interventional radiology - 1</td>
<td>Carrafiello Gianpaolo</td>
</tr>
<tr>
<td>14.00 – 15.00</td>
<td>Basic and interventional radiology - 2</td>
<td>Carrafiello Gianpaolo</td>
</tr>
<tr>
<td>15.00 – 16.30</td>
<td>The woman and the mountain</td>
<td>Fioretti Annalisa</td>
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<tr>
<td>16.30 – 18.00</td>
<td>tbd</td>
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### September 24, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
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</thead>
<tbody>
<tr>
<td>09.00 – 11.00</td>
<td>Thoracic Trauma - 1</td>
<td>Dominioni Lorenzo</td>
</tr>
<tr>
<td>11.00 – 13.00</td>
<td>Presentation CNSAS: Alpine rescue CAI</td>
<td>Milani Mario</td>
</tr>
<tr>
<td>14.00 – 17.00</td>
<td>Maxillofacial trauma in mountaineering and tracheostomy</td>
<td>Castelnuovo Paolo</td>
</tr>
<tr>
<td>17.00 – 18.00</td>
<td>Treatment on site of hypotermic patients</td>
<td>Brunello Anna</td>
</tr>
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### September 25, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 – 12.00</td>
<td>Nutrition in mountaineering</td>
<td>Enrico Arcelli, Eugenia Dozio</td>
</tr>
<tr>
<td>12.00 – 13.00</td>
<td>Vascular traumas: diagnosis and treatment</td>
<td>Matteo Tozzi</td>
</tr>
<tr>
<td>14.00 – 15.00</td>
<td>Vascular traumas: diagnosis and treatment</td>
<td>Matteo Tozzi</td>
</tr>
<tr>
<td>15.00 – 18.00</td>
<td>Diabetic patient and the mountain</td>
<td>Orrasch Massimo</td>
</tr>
</tbody>
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### September 26, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 – 13.00</td>
<td>Education in Mountain Medicine</td>
<td>Hillebrandt David</td>
</tr>
<tr>
<td></td>
<td>Practical experience of managing diabetes in the mountains</td>
<td></td>
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<tr>
<td></td>
<td>Drug use in the mountains (UIAA statement)</td>
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</tr>
<tr>
<td>14.00 – 16.00</td>
<td>Abdominal traumatology - 1</td>
<td>Carcano Giulio</td>
</tr>
<tr>
<td>16.00 – 18.00</td>
<td>Abdominal traumatology - 2</td>
<td>Luigi Boni</td>
</tr>
</tbody>
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### September 27, 2013 – Villa Toeplitz

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 – 13.00</td>
<td>Altitude sickness: diagnosis, therapy and new advances</td>
<td>Peter Hackett, Marco Maggiorini</td>
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<tr>
<td>14.00 – 17.00</td>
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<tr>
<td>Time</td>
<td>Session</td>
<td>Speaker(s)</td>
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<tr>
<td>09.00 – 11.00</td>
<td>Shock: diagnosis and treatment</td>
<td>Minoja Giulio</td>
</tr>
<tr>
<td>11.00 – 12.00</td>
<td>The Intensive Care Unit and alpine trauma</td>
<td>Minoja Giulio</td>
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<tr>
<td>12.00 – 13.00</td>
<td>Cardiopathic patient and mountaineering - 1</td>
<td>Parati Gianfranco</td>
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<tr>
<td>14.00 – 15.00</td>
<td>Cardiopathic patient and mountaineering - 2</td>
<td>Parati Gianfranco</td>
</tr>
<tr>
<td>15.00 – 18.00</td>
<td>Odonto-stomatology Urgencies</td>
<td>Aversa Alessandro</td>
</tr>
<tr>
<td>09.00 – 11.15</td>
<td>Altitude training and basic physiology of Cardiovascular adaptation to high altitude</td>
<td>Levine Benjamin</td>
</tr>
<tr>
<td>11.30 – 13.00</td>
<td>Organization of helicopter rescue in Nepal</td>
<td>Brodmann Maeder Monika</td>
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**October 21, 2013 – Bressanone, IMS**

Afternoon *Conference on Telemedicine and Mountain*
## November 25, 2013 – Bolzano Eur.ac

<table>
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<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>09.00 – 10.00</td>
<td>How much fitness is necessary to climb high altitude mountains?</td>
<td>Burtscher Martin</td>
</tr>
<tr>
<td>10.00 – 11.00</td>
<td>The risk of sudden cardiac death during mountain sports activities</td>
<td>Burtscher Martin</td>
</tr>
<tr>
<td>11.00 – 13.00</td>
<td>Cardiopathic patient and Mountaineering - 3</td>
<td>Donegani Enrico</td>
</tr>
<tr>
<td>14.00 – 16.00</td>
<td>Hypothermia: on-site treatment</td>
<td>Strapazzon Giacomo</td>
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<tr>
<td>16.00 – 18.00</td>
<td>Hypothermia: hospital treatment</td>
<td>Donegani Enrico,</td>
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<td>Festi Luigi</td>
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## November 26, 2013

Training helicopters rescue Bad Toelz - Germany

## November 27, 2013 – Bolzano Eur.ac

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<tr>
<td>09.00 – 13.00</td>
<td>Hypothermia: diagnosis and on-site treatment</td>
<td>Strapazzon Giacomo</td>
</tr>
<tr>
<td>14.00 – 16.00</td>
<td>Children and the mountain</td>
<td>Messner Hubert</td>
</tr>
<tr>
<td>16.00 – 17.00</td>
<td>Thoracic Trauma - 2</td>
<td>Festi Luigi</td>
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## November 28, 2013 – Varese

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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</thead>
<tbody>
<tr>
<td>09.00 – 12.00</td>
<td>Avalanche: research and medical management</td>
<td>Elsensohn Fidel</td>
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<tr>
<td></td>
<td>Notions on personal technical equipment and apparel</td>
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<tr>
<td>12.00 – 13.00</td>
<td>Doping in mountaineering</td>
<td>Donegani Enrico</td>
</tr>
<tr>
<td>14.00 – 17.00</td>
<td>Altitude sickness: medical background</td>
<td>Bartsch Peter</td>
</tr>
<tr>
<td>17.00 – 19.00</td>
<td>Orthopedic trauma in practice mountaineering</td>
<td>Surace Michele</td>
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## November 29, 2013 – Varese

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 – 11.30</td>
<td>Avalanche: know and avert it Meteorology</td>
<td>Kappemberger Giovanni</td>
</tr>
<tr>
<td>11.30 – 13.00</td>
<td>The oculist and the mountain</td>
<td>Gugliermina Paolo</td>
</tr>
<tr>
<td>14.00 – 17.00</td>
<td>Electrocution and lightning Decompression sickness Analgesia on the field</td>
<td>Rinaldi Adriano</td>
</tr>
<tr>
<td>17.00 – 19.00</td>
<td>Neurosurgical traumas</td>
<td>Balbi Sergio</td>
</tr>
</tbody>
</table>
February 24, 2014

09.00 – 10.30  International Mountaineering Organisation                      Valoti Paolo
10.30 – 13.00  The ambulatory of mountain medicine: the experience of Trentino Alto Adige  Prestini Antonio
14.00 – 17.00  Sepsis: diagnosis and treatment  Travel Medicine                  Grossi Paolo
17.00 – 18.00  tbd

February 25, 2014

09.00 – 11.00  Medico-legal aspects                                            Mario Tavani
11.00 – 13.00  Juridical aspects                                               Vincenzo Torti
14.00                  Departure for Chamonix

26/28 February 2014 – Chamonix, ENSA

Frostbite
Hypothermia

Neurology and Ambulatory of mountain medicine
Altitude and age
Acute Mountain Sickness
Telemedecine in mountain
The Doctor on expeditions
Treatment of acute pain in alpine environment

Visit to the PGHM and the rescue team and Dropping Zone
Workshop in Vallée Blanche
24-25-26 March 2014 – Monterosa Ski, Alagna Valsesia
High mountains practice: basic on alpinism, alpine skiing, avalanche - research and practical management

27-28-29 March 2014 – Finale Ligure
Technical basis of climbing and technical mountain rescue

28-29 April 2014 – Helicopters rescue by Air Zermatt – Oliver Reisten
30 April / 1 May 2014 – Helicopters rescue by REGA – Roland Albrecht
2-3 May 2014 – Helicopters rescue by Air du Glaciers Lauter Brunnen – Bruno Durrer

22 May 2014
History and culture of mountaineering
Leonardo Bizzaro, Enrico Camanni, Pietro Crivellaro, Roberto Mantovani, Guido Novaria, Ely Riva, Angelo Valsecchi

27-29 June 2014
Ascent to Master’s Peak (to be defined)

October 2014 – Varese, Bolzano
Final examination
AGAZZI GIANCELO  
Bergamo

ALBRECHT ROLAND  
Rega, Switzerland

ARCELLI ENRICO  
Varese

AVERSA ALESSANDRO  
F Raise, Italy

BACUZZI ALESSANDRO  
Varese

BARMASSE HERVÈ  
Aosta

BÄRTSCH PETER  
Heidelberg, Germany

BERTOLDO MASSIMO  
Varese

BIZZARO LEONARDO  
Torino

BONI LUIGI  
Varese

BRANDSTAETTER MANFRED  
Bolzano

BRODMANN MÄDER MONIKA  
Bern, Switzerland

BRUGGER HERMANN  
Bolzano

BRUNELLO ANNA  
Chur, Switzerland

BURTSCHER MARTIN  
Innsbruck, Austria

CAMANNI ENRICO  
Torino

CARCANO GIULIO  
Varese

CARRAFIELLO GIANPAOLO  
Varese

CASSELLA MARIO  
Lugano, Switzerland

CASTELLI PATRIZIO  
Varese

CASTELNUOVO PAOLO  
Varese

CAUCHY EMANUEAL  
Chamonix, France

COGO ANNALISA  
Ferrara

CRIVELLARO PIETRO  
Trento

CUFFARI SALVATORE  
Varese

DE LA PIERRE FRANZ  
Aosta

DELLA BORDELLA MATTEO  
Varese

DIONIGI RENZO  
Varese

DOMINIONI LORENZO  
Varese

DONEGANI ENRICO  
Torino

DOW JENNIFER  
Anchorage, Alaska

DOZIO EUGENIA  
Varese

DÜRER BRUNO  
Lautenbrunnen, Switzerland

ELSSENSOHN FIDEL  
Rozino, Austria

FICK WALEMDARO  
Geneva

FIORETTI ANNALISA  
Milano

GIARDINI GUIDO  
Aosta

GIORDI PIETRO  
Varese

GROSSI PAOLO  
Varese

GUILLERMINA PAOLO  
Torino

HACKETT PETER  
Colorado, USA

HEFTI URS  
Lengenthal, Switzerland

HILLEBRANDT DAVID  
Devon, UK

INTROZZI LORENZO  
Varese

KAPPEMBEGER GIOVANNI  
Locarno, Switzerland

LEVINE BENJAMIN  
Dallas, USA

MAGGIORINI MARCO  
Zurich, Switzerland

MANTOVANI ROBERTO  
Torino

MAZZI GIUSEPPE  
Varese

MESSNER HUBERT  
Bolzano

MANTOVANI ROBERTO  
Bolzano

MILONI GIULIO  
Lecce

MONDINELLI SILVIO GNARO  
Valle di Stura, Italy

MONTAROLI PIER GIORGIO  
Trento

MOBOS SIMONE  
Bergamo

NEGRI DANIRO  
Varese

NOVARIA GUIDO  
Torino

OELZ OSSWALD  
Wernishausen, Switzerland

ORRASCH MASSIMO  
Verona

PADDEU ANTONIO  
Como

PARATI GIANFRANCO  
Milano

PASSI ALBERTO  
Varese

PECCHIO ORIANA  
Torino

PRESTINI ANTONIO  
Trento

REISTEN OLIVER  
Zermatt, Switzerland

RICHATET JEAN PAUL  
Paris, France

RINALDI ADRIANO  
Trieste

RIVA ELY  
Lugano, Switzerland

SAVARY BORIOLI BEPPE  
Russo, Switzerland

SCHEINDEIT TIZIANO  
Lugano, Switzerland

SEILER OLIVER  
Zurich, Switzerland

SERTORELLI ERMINIO  
Bormio

SICURO MARCO  
Aosta

SPANEVELLO ANTONIO  
Varese

SURACE MICHELE  
Varese

STECK UEILI  
Ringgenberg, Switzerland

STRAPAZZON GIACOMO  
Bolzano

TAVANI MARIO  
Varese

TORTI VINCENZO  
Monza

TOZZI MATTEO  
Varese

VALOTI PAOLO  
Bergamo

VALSECCHI ANGEL  
Bolzano, Switzerland

VALSISES TERESIO  
Macugnaga

VISETTI ENRICO  
Aosta

WALPOTH BEAT  
Ginevra, Switzerland

ZAFREN KEN  
Stanford, California

ZELLNER PASCAL  
Chamonix, Switzerland

ZOLI ALBERTO  
Milano
The 2nd International University Master Course is based in Varese at the University of Insubria and is aimed at Italian and foreign Health Workers. There is a maximum number of 20 places available and the course is approved by the following International Organisations: UUIA, ICAR and ISMM.

The course consists of a total number of 1,500 hours as academic regulations, 600 among lectures, internships and on site practical sessions.

COURSE LOCATION
Lectures will be held at the University of Insubria in Varese, at the EUR.AC headquarters of the Institute of Mountain Medicine and Emergency in Bolzano and at the Istituto Mosso at Col D’Olen managed by Department of Neurosciences of Torino University, which is taking part in this project. On site practical sessions will be held by the mountaineering schools of the CAI with the assistance of some of the best mountaineers of the moment.

OFFICIAL LANGUAGE
The official course language is Italian and English; simultaneous translation will be provided where necessary.

COURSE CREDITS
Following completion of the course, a formal academic ceremony will be held where each student will receive a graduation certificate recognised worldwide. To obtain the graduation certificate each candidates will prove to be present at 85% of lessons and medical training. A final course examination, consists in a multiple answer test, is scheduled and the thesis presentation previously arranged.

TUITION FEE
The enrolment fee for the course is Euro 3,700,00.
The fee include:
training at the most important elicopter rescue team: Air Zermatt, REGA and Air-Glaciers (6 days)
Registration within June 17, 2013.

For any further information and for the course program please visit the University’s website: www.uninsubria.it → POSTGRADUATE → MASTERS where the application form will be available or write to Dr. Luigi Festi, Co-director and Coordinator: luigi.festi@ospedale.varese.it

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