

# MENTOR & MENTEE MEETING

*Inês & Ali in Spain*

**15 – 18 May 2023**

*Granada - Jerez de la Frontera*



**15<sup>th</sup> MAY 2023**

TIME	TOPIC	COMMENTS
07.20 – 09.35	<b>TRANSFER LISBOA - MÁLAGA</b>	Good luck 😊
10.00 – 11.00	<b>WELCOME TO ANDALUSIA</b> Time for discussion about M&M program, hospitals, activities	
11.00 – 13.00	<b>UNIVERSITY HOSPITAL VIRGEN DE LA VICTORIA</b> <ul style="list-style-type: none"><li>• Organization of simulation</li><li>• Organization of regional SC</li><li>• Proyecto Flecha observation</li></ul>	
13.00 – 14.30	<b>LUNCH at CHIRINGUITO EL TINERO</b>	
14.30 – 16.30	<b>TRANSFER TO GRANADA</b>	
16.30 – 17.30	<b>HOTEL ABADES RECOGIDAS CHECK-IN</b>	Time for little refresh and siesta before exploring Granada
17.30 – 20.00	<b>GRANADA CITY TOUR</b>	Please bring some comfy shoes
20.00	<b>DINNER at CARMEN EL AGUA</b>	

**16<sup>th</sup> MAY 2023**

TIME	TOPIC	COMMENTS
10.00 – 11.00	<b>MORNING MEETING at HOTEL ABADES RECOGIDAS</b>	Discussion about the hospital and training organization
11.00 – 13.00	<b>M&amp;M SPECIAL ACTIVITY</b>	Please bring some comfy shoes
13.00 – 14.30	<b>LUNCH in GRANADA “TAPAS”</b>	
15.00 – 16.00	<b>PREPARATION OF THE NEW HOSPITAL TRAINING WITH THE STROKE TEAM</b>	
16.00 – 20.00	<b>NEW HOSPITAL TRAINING</b>	
20.30	<b>DINNER at RESTAURANT MAMÁ SAMBA</b>	

17<sup>th</sup> MAY 2023

TIME	TOPIC	COMMENTS
08.30 – 11.30	TRANSFER TO CÁDIZ	
11.30 – 13.00	<b>UNIVERSITY HOSPITAL PUERTA DEL MAR</b> <ul style="list-style-type: none"> <li>First visit with new coordinator: observation of the hospital, Angels Initiative presentation</li> <li>Organization of Stroke Meeting</li> </ul>	
13.00 – 13.30	TRANSFER TO JEREZ AIRPORT	Pick up Araceli (New Spanish Consultant)
14.00 – 15.30	LUNCH in CASA BALBINO	
16.00 – 18.00	HOTEL ALBARIZA CHECK-IN	Time for little refresh and siesta
18.00 – 20.00	<b>EVENING MEETING at HOTEL ALBARIZA</b> <ul style="list-style-type: none"> <li>M&amp;M preparation for ESOC</li> <li>Simulation organization</li> </ul>	
20:30	DINNER at RESTAURANT MIRADOR DE DOÑANA	

18<sup>th</sup> MAY 2023





TIME	TOPIC	COMMENTS
08:30 – 09:00	SIMULATION BRIEFING	
09.00 – 10.30	SIMULATION	
10:30 – 12:30	SIMULATION DEBRIEFING	
12:30 – 16:00	TRANSFER TO MÁLAGA AIRPORT	Lunch pit-stop in the middle
16:00	DEPARTURE 😞	Hugs & kisses moment

## SOME USEFUL INFORMATION:

- *Basics of Spanish language*

ENGLISH	SPANISH
Good morning	¡Buenos días! (used till 12am)
Good afternoon	¡Buenas tardes! (used till 9pm)
Good evening	¡Buenas noches! (used from 9pm)
Thank you.	Gracias
My name is Inês	Me llamo Inês
I am the Angels Consultant in Portugal	Soy la consultora Angels de Portugal
Stroke	Ictus
Enjoy your meal	¡Qué aproveche!
Cheers!	¡Salud!

- *Weather conditions*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			
26°. 9°.	26°. 12°.	19°. 13°.	24°. 13°.

- *Clothes recommendations:*

- Business casual for hospital visits and meetings (flat shoes for simulation are recommended).
- Casual for dinners
- Comfortable shoes and clothes for city tours
- Bring a jacket for nights