The 2023 ESSKA-AOSSM travelling fellowship was an incredible journey across North America. It started on June 17th at the ISAKOS congress in Boston, MA and concluded on July 16th at the AOSSM meeting in Washington, DC. Guided by the remarkable "Godfather" Jacques Menetrey, we spent one month traveling to some of the most prestigious university and orthopedic centers in North America, engaging in a continuous exchange of ideas that will stay with us for years to come.

Throughout this trip, we had the privilege of meeting extraordinary surgeons and individuals who showcased the very best of their practices and cities. They warmly welcomed us into their teams and homes making us feel like an integral part of their community. We are immensely grateful to them for their efforts in making our fellowship an unforgettable experience.

Pittsburgh, Pennsylvania - USA

The first stop of our fellowship took us to the picturesque city of Pittsburgh, PE. We were warmly welcomed by Volker Musahl and his young, friendly team, who graciously introduced us to the highlights of the Freddie Fu Sport Medicine Clinic and the city itself. At the clinic, we were amazed by the state-of-the-art training center used by the college football team. We also had the opportunity to explore the "museum" displaying the jerseys of numerous sports champions treated by Dr. Fu and Musahl, as well as participate in the clinical evaluation of complex cases.

In the operating theater, we witnessed the impressive quadriceps technique used for ACL reconstruction, performed by Dr. Musahl. We also observed several shoulder cases handled by Dr. Lin. The social program organized for us was exceptional, including a memorable partially rainy bike ride around Pittsburgh, attending the residents’ graduation party, and an unforgettable evening at the pin bowling alley.

Although we had just arrived, it was already time to board the plane for our next destination.

London, Ontario – Canada

The second stop of the fellowship was in London, ON, hosted by Alan Getgood. Those days were incredibly successful, both in terms of scientific activities and the social program. Upon landing on Sunday morning, we were invited to our host's house for a swim and a barbecue.
The following morning, we had a fantastic scientific session and engaged in discussions on various topics related to sports trauma and arthroplasty. We also had the opportunity to observe surgeries with Kevin R. Willits and Bob Giffin in the operating theater and enjoyed an exciting end of afternoon at Niagara Falls. On Tuesday, we attended the operating theater with Dr. Getgood, where we encountered some challenging cases and had the opportunity to see a slope correction osteotomy and a meniscal transplant. Afterward, we had a personal cad-lab session to exchange techniques and learn from one another. The day concluded with a dinner involving the entire team, marking a productive and fruitful day. The next morning, we woke up early to spend some time exploring Toronto, but in an unconventional way. We embarked on the "Edge Walk at the CN Tower," an exhilarating and unforgettable experience at 355m altitude. Filled with adrenaline, we then took the train to the airport. After bidding a warm farewell to our host and his team, we boarded with a thrilling check-in our flight to the next stop, Chicago, IL.

**Chicago, Illinois – USA**

After a short flight, we returned to the USA, specifically to Chicago, ready to attend the Sports Medicine Center at Rush University, with our local host, led by Dr. Nikhil Verma. We had the opportunity to attend clinical consultations and surgical activities with Drs. Verma, Chahla, Nho, Cole and Bach. They explained many concepts of cartilage repair, ACL reconstruction and elbow pathologies, which may be less common in our setting, and some shoulder cases. Chicago provided us with the opportunity for extensive discussions with residents regarding the differences between the US and the EU in terms of residency programs, fellowships, and work organization. We also had the chance to visit the Chicago Bulls training center and try to emulate NBA players on their own basketball training court with limited success. The social program was amazing, including the “Architecture” tour on the river that offered an unusual sightseeing experience of the city, with the fastest-ever speaking guide. On the last day, we gathered at Dr. Verma's house on Lake Ontario, where we had the opportunity to relax in his fantastic swimming pool and also had a swim in lake Michigan. And then, under the rain, we were ready to take the 4 hours flight to one of the most anticipated stops on our tour, Los Angeles, CA.

**Los Angeles, California - USA**

Upon landing, we were immediately captivated by the Californian spirit. Dr. Kremen, Dr Shields, Dr. Hame, and their fellow, Dr. Araujo and his colleagues showcased the very best of Los Angeles, taking us on a journey from the Getty Museum to the scenic beaches of Venice. We also embarked on an unforgettable hike through the hills overlooking the city, engaging in lively discussions about sports injuries and thrilling close encounters with snakes along our path. During our stay, we had the privilege of visiting the extensive training center at UCLA, which covers many sports, from tennis to American football. Moreover, we were granted access to the Los Angeles Lakers' training facility, placing us right in the heart of the action! We participated in a stimulating scientific session with local residents and colleagues, fostering a productive exchange of ideas among all of us. The evenings were truly unforgettable, with an enchanting experience at the Magic Castle and a warm dinner hosted by Dr. Kremen at his home. After purchasing some final souvenirs from California, we eagerly prepared ourselves for the next destination: Salt Lake City, UT!
Salt Lake City, Utah - USA

Just landed in Utah, we had the impression of a memorable stop, with summer temperatures and snow in the mountains. The welcome from Dr. Justin Ernat was immediately warm, and the first dinner in a Spanish restaurant was an excellent way to get to know him, Dr Robert Burks, Dr Stephen Aoki, and the entire team of young and active residents and fellows. In the following days, we had the opportunity to observe complex cases of shoulder, knee, and hip surgery, allowing us to share our knowledge.

The social program was amazing, including attending an NBA Utah Jazz summer-league game, a soccer game of the Real Salt Lake team, and a great dinner at Dr. Aoki’s home. And how could we forget the very Western American experience of going to a mountain resort for clay shooting?

But time flies when you’re having fun, and it’s now time for the flight to our next stop, Charlotte, NC.

Charlotte & Winston-Salem, North Carolina – USA

After an adventurous flight and a unique luggage retrieval, we arrived at our hotel, the historical Duke Mansion. Dr. Moorman and Dr. Connor were waiting for us and warmly welcomed us with delicious pizza, local beers, and engaging discussions about universities, private hospitals, and “privademic” organizations. We went to bed early because the next day was planned to be one of the most highly anticipated activities of the entire tour. After a quick breakfast, we found ourselves at the Charlotte Motor Speedway, one of the most renowned NASCAR tracks in the world. Filled with excitement for this exceptional experience, we put on our race suits and, after a brief training session, had the chance to drive the 700 hp cars that have made history in American car racing, evolving from bootleggers. Undoubtedly, this was the fastest journey of travelling fellows, hitting 250 km/h in their best lap. Later, in the conference room at the track, we engaged in fascinating discussions about the physical stress experienced by car racing pilots. In the evening, we had a valuable scientific exchange with our hosts, discussing exceptional cases and exploring different surgical approaches between Europe and the USA with Dr. Moorman, Connor, and Riboh.

Returning to the Duke Mansion, we packed our belongings for the next car transfer to Winston-Salem the following day. En route, we had the opportunity to observe a lab surgery in Greensboro, where we met Dr Brian Waterman, Dr Gary Poehling, and Dr David Martin. We performed some osteochondral allograft implantations and discussed techniques and scientific researches for enhancing cartilage repair. After a refreshing shower, we received a warm welcome at Dr. Poehling's house, where we enjoyed a true American experience playing Croquet, filled with touching moments. The evening concluded at a nice bar near the hotel, where we savored delicious Lululemon cocktails, discussed future collaborations, and planned future meetings together.

The next morning, we had the opportunity to present our talks at the Wake Forest University Grand Rounds, before boarding for the final destination of this extraordinary trip, Washington D.C.

Washington, District of Columbia – USA

Our journey culminated in the final stop of the ESSKA-AOSSM fellowship in Washington, D.C., where we attended the AOSSM annual meeting. It was a joyous occasion as we
reunited with all the incredible individuals who had made this entire experience truly unforgettable.
The event provided a platform to connect with fellow participants, renowned experts, and esteemed professionals in the field. We engaged in enlightening discussions, attended informative sessions, and gained valuable insights into the latest advancements in sports medicine.

The fellowship experience has been an incredible opportunity, filled with learning, collaboration, and lasting friendships.
And finally, it’s time to thank everybody who made this dream possible.
We warmly thank ESSKA for selecting us, AOSSM for the excellent organization, Enovis and Vericel for the financial support. Our final words go to all the hosts, surgeons, residents, fellows, and secretaries who have gifted us with memorable moments.
Thank you so much!