A joint meeting of the European Society of Aerospace Medicine, Aerospace Medical Association and the Norwegian Association of Aviation Medicine

Oslo, Norway
15 to 18 September 2016
Welcome to the 5th ECAM Newsletter

The 5th ECAM is now less than two months away, and the meeting has come together very nicely indeed. The venue is magnificent, the scientific program both challenging and informative and the social program one that will certainly be enjoyed by all.

While many of our colleagues have already registered for the congress and reserved their hotel rooms, there are still many who, for whatever reasons, have not as yet done so. If you are in that latter group, would not now be the best time to register?

You can register for the 5th ECAM and book your hotel rooms via one of the following websites:

http://www.norskflymedisin.no/ecam2016/
or


The Scientific Program

Here is an outline of the Program for ECAM 5:

**ECAM 5 PROGRAM**

**Thursday 15th September**

**18:00: Reception.** The Conference will open with a reception in the Oslo City Hall by kind permission of the Mayor of Oslo. This will be followed by a guided tour of the City Hall.

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**Friday 16 September**

**09:00 Opening ceremony:** Presidents of ESAM, AsMA and NAAM

**Session Title: Why have a pilot?**

The morning session will question whether the human being is always the weak link in a safety management system. Presentations and discussions will address the medical and human performance factors related to pilot performance and aviation mishaps.

**09:30-10:15: Key note: Safety management systems in aviation. General (ret.) Stein Erik Nodeland, Director General of Norwegian Civil Aviation Authority. Former fighter pilot and Inspector General of the Norwegian Air Force.**

**10.15-11.30: Presentation of abstracts**

10:15-10:30 Is There an Aerospace Medicine Specialist On-Board? – Eilis Boudreau

10:30-10:45 Possible spatial disorientation during a short field landing approach in Northern Norway – J. Sandvik

10:45-11:00 Remote Pilot Aircraft (RPA-UAVs) Medical Requirements – Francisco Rios de Tejeda

11:30-12:00: Do we need the lift (elevator) boy? Mr. Wim Huson, Masters in Aeronautical Engineering. In the past, we took certain things for granted, such as the presence of an attendant in every elevator. We now know this not to be the case. Should we make the same assumption with regard to the presence of commercial cockpit crews? This concept will be explored within the context of future pilotless commercial aircraft, and the role of the human being in complex systems.

12:00-12:30: UAVs, The solution? Col Paul A. Young, MD, MPH, FAsMA, United States Air Force. This presentation will discuss the practicalities of Unmanned Aerial Vehicle operations in a military setting, and in particular the psychological problems of the remote operator. As commercial aviation considers pilotless aircraft, similar human-based problems must be anticipated and properly considered.

12:30-13:00: Panel discussion

13:00-14:00 Lunch
Session Title: “It is too cold outside for angels to fly.” Aspects of cold weather aviation.

In his beautiful song, “The A Team”, Ed Sheeran noted that “It is too cold outside for angels to fly.”...a perfect title for this session which will cover the challenges of aviation operations in extreme cold. The impact of extreme cold on aircrew health and performance as well as ground support personnel will be considered.

14:00-14:40: ‘Extreme challenges in polar areas’. Borge Ousland, world famous explorer and adventurer. Mr. Ousland is a Norwegian Polar Explorer who was the first to go to both the North and South pole alone and unsupported. He will provide a first-hand account of the challenges to human physiology and psychology of polar exploration.

14:45-15:15: Presentation of abstracts
14:45-15:00 Norwegian NATO winter survival course – Martinsen - RNoAF 15:00-15:15 Can thermography identify subjects under high risk of cold injury? – Arne Johan Norheim

15:20-16:00: ‘No one is dead until they are warm and dead’. Human thermal physiology. Hein Daanen, MSc, PhD, Professor of Thermophysiology. Dr. Daanen will provide a review of the human physiological response to cold.

16:00 Afternoon tea break.


For those not involved in General Assembly or Aviation Medical Examiner training: two parallel abstract sessions:

16:30 to 18:15: Abstract session 1
16:30-16:45 Risk stratification and call for declaration of acceptable risks – R. Maire
16:45-17:00 Use of modern cardiovascular risk scoring methods in aeromedical assessment of professional Pilots – H. Bauer
17:00-17:15 Delayed myocardial enhancement in MRI scan: Role in aeromedical decisions – F. Palumbo
17:15-17:30 Cardiac Pacemaker due to Progressive AV-Block – C. Wonhas
17:30-17:45 Increased cerebral blood flow in routine hypobaric training – P. Sherman

17:45-18:00 Loss of axonal integrity following repetitive hypobaric exposure – S. McGuire
18:00-18:15 Management of Atypical Chamber Induced DCS – J. Gentry

16:30 to 18:15: Abstract session 2
16:30-16:45 Military aviation accidents in Norway from 1946 to 2016: Questioning the see-and-avoid principle – A. Meland
16:45-17:00 Experiences on military pilots physical training – P. Luhtala-Deimel/H. Rintala
17:00-17:15 Prediction of physical fitness of military pilots after 10 years of service in the Finnish Air Force – T. Honkanen
17:15-17:30 Effects of training on flight related transient Low Back Pain among helicopter pilots- K. Andersen
17:30-17:45 General Aviation Pilots over 70 years old: a challenge for AMEs – A. Vuorio
17:45-18:00 Commercial Spaceflight Crew Medical Certification concerning Pneumothorax – V. Modi
18:00-18:15 Mental health of pilots and the current regulatory environment – J. Siedenburg

Friday evening: No pre-arranged events.

Saturday 17 September

Session Title: ‘Mad, bad or just dangerous to know’: Aerospace Specialists and Mental Health.

This session will cover many of the aspects brought to light following the German Wings tragedy in Europe.

08:30-08:45: Secrets and lies. Aeromedical Specialists, pilot mental health and confidentiality. Kevin Herbert, MD, MB ChB. D.AvMed. President, ESAM. This presentation will review the problems related to the balance between medical confidentiality and public safety that were highlighted in the German Wings enquiry, and consider the methods by which a relationship of trust can exist.

08:45 to 09:45: Presentation of abstracts
08:45-09:00 The Pilot-AME Relationship: Developing Trust and Working Alliance Strategies – Trang Dao
09:00-09:15 The role of aeromedical experts in the screening of borderline medico-psychological situations – Olivier Manen
09:15-09:30 Medico-psychological assessment of aircrew members: the role of
the psychiatrist and psychologist expert in France- M. Colas
09:30-09:45 Psychoactive substance screening in French aircrew members – J. Monin

09:45 to 10:15: Pilots, doctors and psychologists 'of one mind': The ESAM, ECA, EAAP collaboration. Andre Droog, PhD, President, European Association of Aviation Psychologists. This presentation will discuss the unprecedented collaboration between pilot representatives, medical specialists and aviation psychologists.

10:15 to 11:00: Presentation of abstracts
10:15-10:30 Psychological evaluation: input for safety – E. Cataman
10:30-10:45 "Pilot-in-the-Loop" aeromedical decision making – A systematic Norwegian approach - Hedy Ranfelt
10:45-11:00 Guidelines for aeromedical decision making in psychiatry, eg. Depression – F. Weber, GAFCAM

11:00-11:30: Morning coffee/tea break

11:30-12:00: 'Does every pilot need a Wingman?' Quay Snyder, MD, Aeromedical Advisor to the Airline Pilots Association, International. This presentation will review the experience of establishing a peer support programme for pilots.

12:00-12:30: 'Does every doctor need a wingman?' Vivianne Fonne, MSc. Senior Advisor Aviation Psychology, Norwegian Armed Forces (RNoAF), Institute of Aviation Medicine. This presentation will consider the potential benefits of peer support for aeromedical specialists.

12:30-13:00: Panel discussion, including a pilot/doctor/AME perspective

13:00-14:00: Lunch.

**Session Title: Does regulation make a difference in Aerospace Medicine?**

14:00-14:30: 'Aerospace Regulation in the spotlight': The post German Wings experience. Guest speaker. This presentation will cover the medical regulatory activities in Europe following the German Wings tragedy.

14:30-15:45: Presentation of abstracts
14:30-14:45 The German Approach after EUROWINGS – F. Grell
14:45-15:00 Proposal to Implement the AsMA Mental Health Working Group

**Recommendations: Mental Health Evaluation – L. Van Osdell III**
15:00-15:15 A Review of Unannounced Drug and Alcohol testing amongst aircrews – Nomy Ahmed
15:15-15:30 Negative-life events as a screening tool for mental health risks – D. de Rooy
15:30-15:45 Cumulative fatigue among pilots and cabin crew – E. Goffeng

15:45-16:15: Regulating the 'low risk aviator' the challenge to FAA Class 3. Michael A. Berry, MD, MS, Deputy Federal Air Surgeon, Office of Aerospace Medicine, FAA. This presentation will review a number of initiatives in the US which challenge the concept of routine medical screening of aviators. The concept of 'low risk' will be discussed.

16:15-16:45: Afternoon tea/coffee break.

16:45-17:15: Different approaches to MH assessment. Dan Danczyk, MD, Fellow in aerospace medicine at Mayo Clinic and board-certified psychiatrist. The preliminary results of an international survey exploring the approach to mental illness in aviators amongst medical specialists will be presented.

17:15-17:40: Panel discussion. Regulating for the future.

19:00: Drinks reception.
19:30: Gala dinner. With recital, handover of ESAM badge of office. Dress: 'Black tie', national costume, military uniform, business formal or 'dress to impress'.

**Sunday 18th September.**

**Session Title: Commercial Space Travel. Really?**

08:30-09:10: Is it worth the cost? Joan Vernikos, PhD, Director NASA Life Sciences (retd.). Dr. Vernikos was Director of Life Sciences at NASA Headquarters from 1993 until September, 2000. This presentation will review the potential financial and human cost as mankind embarks upon commercial space travel.

09:15-09:45: Presentation of abstracts
09:15-09:30 A marathon in Space: Timothy Peake’s London Marathon on the ISS – F. de Jong, ESA
09:30-09:45 ESA Medical Operations meets Science – K. Rosenquist, ESA
09:45-10:15: Do we have the vision for a mission to Mars. Claudia Stern, MD, Ophthalmologist, Head, DLR (Deutsches Zentrum für Luft- und Raumfahrt) Flight Medicine Clinic. Dr. Stern will review the latest research into visual problems, and other physiological challenges associated with long duration space travel.

10:15-11:15: Presentation of abstracts
   10:15-10:30 Radiation monitoring for human spaceflight – European current and future activities – U. Straube, ESA
   10:30-10:45 Arrhythmias in candidate scientist astronauts – E. Seedhouse, Embry-Riddle
   10:45-11:00 Bone mass gain in the skull during spaceflight – M. Gallagher
   11:00-11:15 Improving medical cosmonauts selection – Y. Voronkov

11:15-11:45: Morning tea/coffee

11:45-12:15: ‘This year, next year, sometime never’: An overview. Ries Simons, MD, Chair of ESAM Advisory Board. This presentation will cover the history of commercial space travel to date, and the human factors which may be an impediment to it in the future.

12:15-12:40: Panel discussion.

12:45: Conference closes.

Guest Speakers

There are a host of distinguished guest speakers who will be making presentations at the 5th ECAM. These include:

Dr. Michael A. Berry is the Deputy Federal Air Surgeon, Office of Aerospace Medicine for the US Federal Aviation Administration. After a general surgery internship in the United States Air Force, he spent four years as a fighter squadron flight surgeon. He later became the Chief of the Flight Medicine Clinic at the NASA Johnson Space Center in Houston, Texas, where he was responsible for the screening and selection of new astronauts and participated in the certification and training of astronauts for space flight, participated in the extensive medical preparations for the first flight of the Space Shuttle, and served as a member of the Flight Control Team for the first two flights of the Shuttle Columbia. He then entered the private practice of Aerospace Medicine and became a consultant and FAA Human Intervention Motivation Study (HIMS) trained AME. In 2006, Dr. Berry accepted a Senior Executive position with the Federal Aviation Administration in Washington, D.C. as the Manger, Medical Specialties Division at FAA Headquarters. In 2014, Dr. Berry was selected as the FAA Deputy Federal Air Surgeon. Dr. Berry has been a Senior Aviation Medical Examiner for the FAA since 1979, and an Aviation Medical Examiner for Transport Canada. He is a Fellow of the Aerospace Medical Association, and the American College of Preventive Medicine. He is a Past President of the Aerospace Medical Association, past Vice-President of the Civil Aviation Medical Association, and Past President of the International Academy of Aviation and Space Medicine (2009-2011).

Dr. Hein A.M. Daanen who is a Professor in Fashion Research & Technology at the Amsterdam University of Applied Sciences, the Director of Sizing Science Company, Professor in Thermal Physiology at the Vrije Universiteit, Amsterdam and a scientist at Nederlandse Organisatie voor Toegepast Natuurwetenschappelijk Onderzoek (TNO), the Netherlands Organisation for Applied Scientific Research. A specialist in 3D anthropometry and Thermal Physiology, Dr. Daanen was co-founder and Member of the Dutch Association of Exercise Physiology (now: Dutch Association of Human Movement Science), a member of the editorial board of ‘European Journal of Applied Physiology’, the ISO group on (3D) anthropometry and Arctic operations, the board of the International Conference on Environmental Ergonomics and President of NATO HFM 266 on 3D anthropometry.

Dr. Daniel Danczyk is a Fellow in Aerospace Medicine at the Mayo Clinic where he manages aeromedical and general medical problems in aviation personnel. At Mayo, Dr. Danczyk performs flight physicals (FAA Class 1, 2 and 3) and psychiatric evaluations as part of the HIMS program. Dr. Danczyk is also a Psychiatrist at the Veterans Affairs Medical Center, performing telemedicine psychiatric evaluations and follow-up for veterans. Dr. Danczyk has also been a United States Air Force Flight Surgeon for Squadron Medical Element 109 AS and has served as a US Army Officer.

Dr. André Droog is the President of the European association for Aviation Psychology (EAAP). He has also served as a Trainer at the KLM Flight Academy where he specialized in human factors training, coaching and counselling of Student Pilots and the selection of pilot trainees. Dr. Droog was also a
specialist in pilot selection for Dutch aviation at Psychotecniek in Utrecht.

Dr. Vivianne Fonse is a certified Psychologist and "Senior Advisor in Aviation Psychology for the Norwegian Armed Forces (RNoAF) Institute of Aviation Medicine. Dr. Fonse is also Head of Flight Operational HSE (Health, Safety and Environment), education and research. During her 25 years with the Institute of Aviation Medicine, she has focused on Human Factors in Flight Safety, mainly in military aviation. Presently she is teaching/counselling management and personnel within the Royal Norwegian Air Force in the subject of Flight Operational HSE, with emphasis of the importance of maintaining mental health of flight operational personnel. As a Human Factor specialist, Vivianne has also been a consultant for the military accident investigation commission." (Ref: https://m.twoppy.com/for2016/performers/58449/)

Dr Kevin Charles Herbert practices as an Aviation Medical Examiner in Daventry Northamptonshire. He has enjoyed a varied career. After qualification in 1977, and specialist training, he practiced as General Practitioner in the National Health Service, for twenty five years. He was managing partner of a large medical practice for 22 or those years, and the practice was an 'early adopter' of the many changes to primary care in the UK during that period, including fund holding and Primary Care Trust formation. He then spent five years as an NHS chief executive, during which time he built an innovative new community hospital in Daventry. Dr. Herbert gained the Diploma in Aviation Medicine in 1999 and was appointed as an AME the same year. After some years as Hon. Secretary of the Association of Aviation Medical Examiners in the UK, he was elected as Chairman in 2010. He has been President of the European Society of Aerospace Medicine since 2012, being re-elected for a second term in 2014.

Wim Huson, MSc holds a master degree in Aeronautical Engineering and as Aviation Consultant he is engaged in accident investigations, design reviews, and testing new operational concepts. He is currently chairman of the External Experts Advisory Group in the European FP 7 ACROSS project, while he has performed similar tasks in the EU FP 7 ALICIA and FP 6 FLYSAFE programmes for more than 4 years. He was project pilot in the CLEANSKY SIMET, NOCONDES, and FLYSAFE project programmes. He has an extensive professional flying experience as airline captain and as test pilot. He has been the Chief Test Pilot and Head of the Flight Department at Fokker Aircraft and was test pilot in the Fokker 100 project. As test pilot and certification specialist he has worked for the Netherlands Aeronautical Inspection Directorate where he was responsible for the certification and testing of new aircraft types and operational concepts. After retiring from test and airline flying, he is still flying regularly on smaller aircraft.

General (ret.) Stein Erik Nodeland is currently director of Civil Aviation Authority (CAA) in Norway, a position he was appointed in March 2012. As a director of the CAA, he is in charge of 186 employees. Before joining the CAA in 2010, Gen. Nodeland was program director for the Norwegian F35 fighter program in the Ministry of Defence. With the exception of a 2-year period as a commercial pilot in SAS, Gen. Nodeland has spent his entire career in the Royal Norwegian Air Force. His experience includes all levels from pilot to Squadron Commander and Chief of the Operational Group at Rygge airbase. From 2002 to 2004 Gen. Nodeland was Air Wing commander and chief of air operational activities at Bode Main Air Base. From 2004 to 2010 he was appointed Major General and Inspector General of the Air Force. Managing risks has been an important aspect throughout Mr. Nodeland’s leadership career.

Mr. Børge Ousland is a world famous explorer and adventurer. "With solo expeditions to both the South and North Poles and solo crossings of both the Antarctic and the Arctic from coast to coast, Børge Ousland is established as the leading polar explorer of our time." He has climbed mountains higher than 8000m, he was the first person to cross the Antarctica alone and he was the first person to cross both poles. “Børge Ousland makes his living giving lectures and writing books. He is one of the few speakers represented by National Geographic Speakers Bureau; a part of the National Geographic Society, Washington, D.C. He has also held several lectures for the Royal Geographic Society in London.” (ref: http://www.ousland.no/)

Dr. Ries Simons, is physician and consultant in Aerospace Medicine. He has been a General Practitioner in the Netherlands and as Medical Officer in Zambia and Chad. Since 1985, he has been Senior Research Physician at the Netherlands Organization for Applied Scientific Research (TNO). He has performed studies of the effects of fitness on alertness and performance of flight crew and astronauts and on medical requirements for pilot licensing. Dr.
Simons’ expertise and current research includes: the physiological effects of orbital and suborbital space flights, sleep and alertness management for safety-sensitive operations (aircrew, naval crew, maintenance crew) and military missions, medical and physiological aspects of working under extreme conditions, the effects of operational and environmental factors on health and performance of aviators and astronauts and the effects of alcohol, drugs, and medication on operator alertness and performance. He is presently working as senior consultant in aerospace medicine for several national authorities, European Aviation Safety Agency (EASA), aerospace medical institutes, and airlines. He is chairman of the Scientific Advisory Board of the European Society for Aerospace Medicine (ESAM).

Dr. Quay Snyder of Aviation Medicine Advisory Service who has a 30+ year career in optimizing pilot health and aviation safety. He is Aeromedical Advisor for the Air Line Pilots Association, International working directly with the chairs of the union’s Pilot Assistance Group including Aeromedical, Critical Incident Response, HIMS and Professional Standards. He also serves as chairman of the National Business Aviation Association’s Fitness for Duty Working Group and is Program Manager for the FAA/ALPA HIMS Program. Most recently, he was a member of the FAA Pilot Fitness Aviation Rulemaking Committee Medical Expert working group and AsMA’s Pilot Mental Health working group.

Dr. Claudia Stern is the Head of the Deutsches Zentrum für Luft- und Raumfahrt (DLR), the Institut für Luft- und Raumfahrtmedizin, and the Flugmedizinisches Center (German Center for Air and Space Flight, the Institute for Air and Space Flight Medicine, and the Flight Medicine Center) in Cologne. Dr. Stern’s expertise is in the areas of “evaluating individual aviation and space career applicants and the aeromedical certification implications of research in ophthalmology. Dr. Stern, who is an ophthalmologist and flight surgeon, is one of the founding members of the European Society of Aerospace Medicine and a member of the EuroControl medical experts group that established the first European medical criteria for air traffic control. She helped European Aviation Safety Agency rule-making groups to establish and update European ophthalmological criteria for aircrews. She has taken care of the European astronauts’ eyes for 18 years, participated in two European astronaut selections, and is also involved in the NASA Ocular Health Study. She has been a member of the Aeromedical Advisory Board of the Federal Aviation Authority and delegate in Licensing Subsectorial Team Medicine (LSSTM) of the Joint Aviation Authority (JAA). She was Vice President of the German Flight Surgeon Federation, Vice President of the European Society of Aerospace Medicine and President of the German Society of Aerospace Medicine. (translated and adapted from: https://www.dlr.de/index.php/component/content/article/50-der-vorstand/287-vorstandsvorstellung.3). Dr. Stern is the recipient of the Albert-Ludwig-Berblinger Prize of the German Academy for Aviation Medicine and the “Thomas J. and Margaret D. Tredici Award” of the Aerospace Medical Association. The prize is presented for the most significant contribution to aerospace ophthalmology and vision science.

Dr. Joan Vernikos Joan Vernikos, Ph.D. “is a medical research scientist who has conducted seminal studies in space medicine, inactivity physiology, stress and healthy aging. Dr. Vernikos became a researcher at the NASA Ames Research Center in 1964 and served as its Life Sciences Director from 1986 to 1993. Dr. Vernikos was Director of the Life Sciences Division at NASA headquarters from 1993 to 2000. Dr. Vernikos’ research on the health effects of weightlessness helped establish the scientific causal relationship between sedentary living, rapid aging and poor health, and played a key role in Senator John Glenn’s return to space flight at age 77 in 1998. She has held numerous academic posts as a lecturer and professor in life sciences and medicine. Dr. Vernikos is twice winner of NASA’s Exceptional Leadership Award, and has also received NASA’s Scientific Leadership Award, the Melbourne Boynton Award from the American Astronautical Association, the Struhold Award in Space Medicine from the American Aerospace Medical Association, the Jeffries Award from the American Institute of Aeronautics and Astronautics, the Lifetime Achievement Award from Women in Aerospace, and numerous other academic and scientific awards. Dr. Vernikos is a member of the International Academy of Astronautics, a research fellow of the International Strategic Studies Association, a fellow of the National Academy of Sciences-National Research Council, a fellow of the Aerospace Medical Association and a fellow of the World Economic Forum.” (ref. http://www.joavernikos.com/sitting-kills-moving-heals-media-kit-v2.pdf)

Col Paul A. Young, MD, is the Command Surgeon for the 25th Air Force, Joint Base San
Antonio-Lackland, Texas. He is responsible for medical support of over 26,000 personnel serving in core mission elements of multisource intelligence, surveillance and reconnaissance in over 74 locations worldwide. Colonel Young advises the commander on human factors, workplace performance optimization, healthcare plans, guidance, oversight and operational policies. He facilitates medical care, resource manning and applies initiatives and programs that maximize occupational health, well-being, and operational performance to ensure combat readiness. He previously worked as the Director of AF Expeditionary Medical Readiness, Office of the Surgeon General, has served functionally as Deputy Assistant Surgeon General, Strategic Medical Plans, Programs and Budget and was a key member of the AF Medical Services Group/Council. Colonel Young continues to serve as counsel and mentor in all aspects of Air Staff Aerospace Medical Operations, DoD Inspection Assessments, and as a trusted affiliate staff to the USAF School of Aerospace Medicine and Air University. Col Young is a Diplomat of the American Board of Preventive Medicine, with specialization in Aerospace and Occupational Medicine. He is a Fellow of the Aerospace Medical Association and Senior member and Board Officer of the NATO Research and Technological Organization, International Aerospace Standards Working Group, and committees for the Aerospace Medicine Association, and the American Society of Aerospace Medicine Specialists where he served executive positions as former Secretary and National President.

Special Reception

As noted in the program, the Conference will open with a reception in the Oslo City Hall. This will be followed by a guided tour of the beautiful City Hall building.

There will be light refreshments, live music, a short welcome by the Major of Oslo and a short speech by a congress representative.

There are limited seats available for this special event, making it imperative that attendees register for the ECAM as soon as possible.

In this regard, it should be noted that due to security requirements, those registering for the congress less than 10 days before the ECAM opens may not be able to gain access to the reception. All participants have to be registered at the Town Hall and admission cards have to be issued. Buses to the reception will depart the congress hotel at 1700 and will return following the ceremony and City Hall guided tour.

Accompanying Persons Program

The congress Organizing Committee has created an exciting program for accompanying persons. Those wishing to participate in this program must register for the meeting (as an Accompanying Person); payments for program activities must be provided in advance.

In addition to the reception at Oslo’s City Hall Thursday evening, there is to be a guided sight-seeing tour of Oslo and environs the following day, Friday 16 September. Those participating on the tour will be picked up by bus at the congress hotel at 09:30. Whilst underway, those on the tour will have views of the Royal Castle, the Akershus Fortress, Parliament, the Opera house, Vigeland Sculpture Park and the Bygdøy peninsula. Here participants will see Norwegian Maritime Museum and the Vikingskipshuset featuring with ships from the 10th century. There one will also find the Norsk Folkemuseum, with a treasure of artefacts from Sami and Viking cultures.

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More details regarding this tour and other social activities can be found at:
http://www.norskflymedisin.no/ecam2016

By Karamell (Own work) [CC BY-SA 2.5 (http://creativecommons.org/licenses/by-sa/2.5)], via Wikimedia Commons, https://upload.wikimedia.org/wikipedia/commons/5/53/Gokstadskkipet1.jpg
Arriving in Oslo

If you will be travelling to Oslo via air (especially from outside Norway), then you will likely be arriving at and departing from Oslo Airport (OSL). OSL is located at Gardermoen, located less than 50km from Oslo.

As per the ‘Visit Oslo’ website (http://www.visitoslo.com/en/product/?TLp=182819) “OSL is Norway’s largest airport, with direct routes to more than 140 domestic and international destinations, as well as over 80 charter destinations……The airport is connected to the Oslo region by the Airport Express Train (Flytoget), NSB's inter-city and local trains, the Airport Express Coach (Flybussen) and Airport Coaches (Flybussekspressen). Taxis are also available….The car rental companies Avis, Budget, Europcar, Hertz and SIXT have desks in the Arrivals area, near the railway station.”

The 5th ECAM Venue: A Short History of the Scandic Holmenkollen Park Hotel

(Photo and narrative copied/slightly edited from: http://www.holmenkollenparkhotel.no/en/history)

The “Scandic Holmenkollen Park was built originally as a sanatorium for tuberculosis patients. Completed in 1894, it was designed by the architect Baltazar Lange in the then hugely popular ‘dragon style’ at the behest of Doctor I.C. Holm, a Norwegian surgeon.

When the Holmenkollen Turisthotell burned down in 1914 its operations were transferred to Dr Holm’s beautiful place of rest and recreation, which was renamed Holmenkollen Turisthotell og Sanatorium. Today it is a modern conference hotel, located in stunning surroundings 350 metres above Oslo city centre, with fabulous views of the Norwegian capital and the fjord beyond.

The hotel has been modernized and extended several times; first in 1948 following its occupation by the Germans during the second world war and then in 1982, when four new accommodation wings were completed just in time for the Nordic World Ski Championships at Holmenkollen. In 1991 a new, modern conference centre, designed by Gabriel Finne, was added.

Today the hotel has 336 rooms, including the new wing that was completed in time for the Nordic World Ski Champion-ships in 2011. This latest addition comprises two floors of suites and junior suites, all decorated with pictures of the greatest heroes of Holmenkollen’s various skiing arenas and offering the hotel’s most spectacular views. From here you see not only the entire hotel, but half the kingdom, too, as they say in the fairy tales!"

A Final Note

As a jointly sponsored meeting of the European Society of Aerospace Medicine, Norwegian Association of Aerospace Medicine, and the Aerospace Medical Association, the 5th ECAM promises to be an excellent way for global professionals to come together and share personal experiences, the latest research findings and discuss/debate some of the most pressing and timely topics in the fields of aviation and space medicine and human performance.

This is the final edition of the 5th ECAM Newsletter. We hope that you have found the information contained herein to be both interesting and informative.

We look very much forward to seeing you in Oslo this coming September!