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Porto, 28<sup>th</sup> of August, 2014

To whom it may concern,

I have spent one month period (January, 2014) at the Gastroenterology, Nutrition and Liver Department of Children's Hospital at Sheffield, UK, under mentorship of Dr. Mike Thomson (MD, PhD).

During my stay, I participated in the ward rounds at the Paediatric gastroenterology, nutrition and liver department. My daily activities were focused at endoscopy techniques at procedures room but I attended as well the outpatient clinic and day care centre.

During my stay I saw a lot of interesting cases, especially inflammatory bowel disease patients as well as artificially nourished patients.

The hospital as paediatric hospital itself worked very well with the most complex patients as a multidisciplinary team frequently met to solve the more demanding pathologies.

The high level of care and the huge number of endoscopic lists gave me the experience in upper endoscopy and colonoscopy I needed to upgrade my technical skills, in a short period of time. The mature and skilled mentors and their superb ability to teach, mainly Dr Mike Thomson, made my task easier in a professional but also a personal point of view. All of the members of the staff were very friendly and the result was a very pleasant stay.

I felt this time at Sheffield was extremely important for my present and future clinical practice.

I would like to thank ESPGHAN for the International Exchange Award Grant, because without your financial help my training wouldn't be possible.

The grant was used to cover my travel expenses (transport from Porto to Sheffield and return, travel expenses at Sheffield) as well as my accommodation costs.

Thank you once again.

Yours sincerely,

Marta