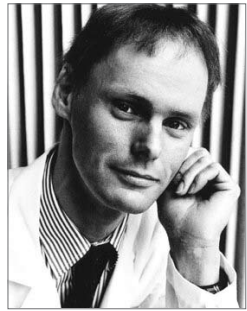


### Visit Iceland and the 31<sup>st</sup> Nordic Congress in Dermato-Venereology in Reykjavik

**BALDUR BALDURSSON, ON BEHALF OF THE ORGANIZING COMMITTEE**

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Baldur Baldursson is president of the 31<sup>st</sup> Nordic Congress in Dermato-Venereology which takes place in Reykjavik on 31 May–3 June this year. He gives a lot of recommendations what you should not miss as a tourist in Reykjavik.



“What did you learn?” your colleagues may ask when you return from a conference. Sometimes there is not much to tell: perhaps the most interesting symposium was full, the discussions not entirely relevant, and so on. For this, the 31<sup>st</sup> Nordic Congress in Dermato-Venereology, the scientific committee aim to make your answer: “A surprising amount for such a small conference!”

As the scientific committee is composed of practising dermatologists, we have planned a programme that will be highly relevant to the practitioner. We want to emphasize the position of Iceland, between Europe and the USA, and, with this aim, we have recruited a wide range of speakers – from the USA, from Europe and, of course, from the Nordic countries. I therefore wholeheartedly recommend the scientific part of this congress to you.

There are many interesting symposia scheduled. To name only a few, these include:

**How to approach the public sphere and promote dermatology in the eyes of the politician** – which will be discussed by Evan Farmer, Fenella Wojnarowska and Olle Larkö.

**Dermatological side-effects of drugs** – which will be addressed by Neil Shear, Professor of Dermatology at Toronto Medical School.

**Dermatological problems in women** – a course in this much neglected area will be led by Fenella Wojnarowska.

**Histopathology and self-assessment courses** – a joint venture by a multi-national panel, including Ellen Mooney from Iceland, Mari-Anne Hedblad from Sweden and Ole Clemmensen from Denmark, among others.

The main social event will be the congress dinner at the Blue Lagoon. This will be an *all inclusive* event, at which all senses will be stimulated. Don't forget to bring your bathing costumes!

As for more traditional tourist outings, there is a link on the congress homepage, [www.dermisland.com](http://www.dermisland.com), listing a vast selection of these. You can also register to for the special conference tour to the Golden Circle.

Your visit to Iceland should, of course, include much more than what you learn at the conference. I want to recommend a few enjoyable activities that will bring you closer to experiencing the “real” Iceland. In travelling abroad, the most memorable experiences are those that are new and different from at home – often the difference lies in the everyday things. My advice would be to:

- Sample the dairy products – these are never the same as at home. *Þykkmjólk*, *jógúrt* and, last but not least, the unique *skyr* – the vanilla flavour is especially delicious!
- Visit a swimming pool. The Blue Lagoon is certainly spectacular, but the warm outdoor swimming pools are culturally unique and that is where you will find the Iclander. The most modern swimming pools are very elegant, but the one in Laugardalur near the Congress venue is the largest.
- Go for a jog or a walk in the Laugardalur. If you prefer a slightly longer run you can continue into the Elliðaárdalur



Fig. 1. Blue Lagoon. Venue for the Congress dinner.



Figs. 2 and 3. Nupsstadaskogur and Lomagnupur. The landscape in the south of Iceland.



Fig. 4. Solfarið. The Sun-ship: a fine sculpture and a magnificent view-point over the bay and mountains around Reykjavik.

and up towards the hydroelectric dam, where you will be rewarded by a lovely view of the waterfall.

- Try the local hot-dogs with fried onions, ketchup and mustard.
- Sample the night life – why not? Most venues are in a small area downtown. Ask at the hotel which you should *not* go to! The rest are OK.
- Order the seafood when eating out – after all, Iceland supposedly has the world's best raw materials.
- Seek out genuine Icelandic design – a visit to Skólavörðustígur street would probably be your best bet.
- And so on...

Enjoy the wide horizon and the clear air. Enjoy the weather – there will be weather – lots of it!

Finally, we welcome you to Reykjavik and the 31<sup>st</sup> Nordic Congress.

## Announcement – Travel Grants

Nordic Dermatology Association travel grants, SEK 6,000 each, for residents and young specialists in dermatology and venereology for the 31<sup>st</sup> Nordic Congress of Dermato-Venereology, in 31 May–3 June 2008 in Reykjavik.

Applications should be sent to the board of your national society for dermatology and venereology. The number of grants for each Nordic country, based on the number of national members, will be as follows: Denmark 5; Finland 6; Iceland 1; Norway 4; Sweden 9.

The grants will be awarded according to decisions by each national board.

**TORBJÖRN EGELRUD,**  
*Secretary General, Nordic Dermatology Association*