

EUROPE GOES HYPOXIC

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In summer 2011 I had the privilege to be one of the organisers of the “5th European Hypoxia Symposium Hypoxia, High Altitude Physiology and Sports in Science and Practice” which was held at Kühroint Training Centre of the German Federal Police near Berchtesgaden. The organisation was done in close cooperation between the Training Centre, the Mittendorff Institute Berchtesgaden and the Institute of Occupational and Social Medicine of RWTH Aachen University. The symposia continue the vision of Prof. Ulmer (Mainz) who tried his best – and he did so very successful – to bring together scientists and practitioners of sports medicine and hypoxia of all generations, locations and countries. In addition to the established colleagues the symposia also specifically address younger scientists who fortunately joined zealous.

Again this 5th symposium consisted of a multitude of different new aspects of traditional topics, but also newer aspects like a lecture about occupational noise exposure during helicopter rescue operations, minimal requirements of climbing capabilities of alpine rescue crew members or the use of alpine rescue techniques in an urban environment, e.g. high towers or churches. Military themes about operations at high altitude were

presented as there were lectures about exercise physiology, intermittent hypoxia or training. High altitude climbing, cold injuries and prevention or emergencies in the field were other themes. What to do in the case of dental problems while mountaineering was a special lecture about a topic rarely presented.

These examples give an idea about the broad spectrum of these symposia in the tradition founded by Ulmer and the colleagues from Slovenia. As congress president I appreciate it very much that the editors of *Medicina Sportiva* offered to publish all abstracts of the symposium and some lectures as full paper.

In the course of time more colleagues from more and more countries have joined. This made the meeting even more international. For the first time the next symposium will take place in 2013 in Poland. We wish the encouraged colleagues there all the best for their work to organize it and we are sure that we'll have a great time there. To keep in touch please visit regularly www.hypoxiasymposium.org.

See you in Poland! And take care when you are on tour!