Congress Organizers & Committee Members

TJ Gan, M.D., USA. Congress President
Timothy Miller, USA
Julie Thacker, USA
Roy Soto, USA

Olle Ljungqvist, Sweden, Chairman ERAS Society
Ken Fearon, UK - Secretary
Nicolas Demartines, Switzerland - Treasurer
Dileep Lobo, UK - Scientific Chairman
Mike Scott, UK - Educational Chairman
Bill Fawcett, UK
Monty Mythen, UK, Chairman EBPOM
Mark Hamilton, UK
Mike Grocott, UK
Dorthe Hjort, Denmark - Nurses section
Franco Carli, Canada
Tonia Young-Fadok, USA

Important Dates & Deadlines

REGISTRATION FEE & HOTEL RESERVATION

• Opening of the online registration December 15, 2014
• Deadline for early registration fee March 4, 2015
• Cancellation registration with fee until April 8, 2015
• Non refundable registration fee April 9, 2015
• Cancellation Hotel – no fee until April 1, 2015
• Non refundable Hotel – 1st night deposit April 2, 2015

ABSTRACTS

• Opening of abstract submission December 1, 2014
• Closing of abstract submission January 31, 2015
• Notifications to submitters February 15, 2015
• Abstract on website April 15, 2015
3 Societies gathered for a Unique Congress

ASER
The American Society for Enhanced Recovery (ASER) was officially founded in 2014. It is a non-profit organization with an international membership, which is dedicated to promote the practice of enhanced recovery in the perioperative patients through education and research. ASER’s mission is to advance the practice of perioperative enhanced recovery, to contribute to its growth and influences, by fostering and encouraging research, education, public policy discussion and scientific progress.

ERAS
The ERAS Society is a multidisciplinary, multi-professional non-profit medical society. Our approach to care comes from the insight that best practice for the surgical patient is achieved using a multimodal approach. The previous highly successful ERAS Congresses in Cannes 2012 and Valencia in 2014 were where experts from all disciplines and professions met. The ERAS Society World Congress represents a unique opportunity to present new products and services to over 500 delegates from about 40 countries around the world in a nice and historic location: This time Washington DC. The ERAS Society supports efforts to develop surgical care further by research, education and also by helping colleagues worldwide to implement ERAS pathways in a range of surgical domains.

ERAS represents a paradigm shift in perioperative care in three ways.  
— First, it continuously re-examines traditional practices, replacing them with evidence-based best practices when necessary.  
— Second, it is comprehensive in its scope, covering all areas of the patient’s journey through the perioperative process.  
— Lastly, ERAS actively develops methods to and supports the implementation of the evidence based care principles.  
— Use of the ERAS principles pathway has been shown to: reduce care time by more than 30% reduce postoperative complications by up to 50%

EBPOM
Evidence Based Perioperative Medicine (EBPOM.org) is a not-for-profit collaborative project between a number of UK and international academic institutions that exists to promote the examination, discussion and application of evidence-based medicine to perioperative care. Its aim is to improve the outcome of patients undergoing surgery, through creating a forum for research development, practical acquisition of essential skills and dissemination of evidence-based perioperative knowledge.

www.ebpom.org
The World Congress of Enhanced Recovery After Surgery and Perioperative Medicine will be held in Washington D.C., United States from Saturday, 9 to Tuesday, May 12 2015, at the Renaissance Downtown Hotel. As part of the program an ERAS Course will take place at the same venue on Saturday 9 from 9:00 AM to 6:00 PM

All the Congress activities and the Exhibition will take place there.

**Address**

**Renaissance Downtown Hotel**  
999 9th St NW  
Washington DC 20001  
United States  
Phone 1-202-898-9000  
Fax 1-202-289-0947  
Website: Renaissance Downtown Hotel

**Organizing Secretariat**

For any further information, please contact the official Organizing Secretariat.

Prior to the Congress  
**ERAS 2015**  
c/o MCI Suisse SA  
75, rue de Lyon  
Switzerland- 1211 Geneva 13  
Phone +41 22 33 99 726  
Fax +41 22 33 99 631  
E-mail: eras2015@mci-group.com  
Website: www.mci-group.com
Scientific Program Topics

Topics

- ERAS for the surgeon, the anesthesiologist, the nurse, the manager & the patient
- Fighting dogmas & organizing the hospital for ERAS
- New guidelines from the ERAS Society
- ERAS recovery in the hospital and after discharge
- ERAS in the emergency patient
- Fluid management in ERAS
- Economics of ERAS
- ERAS elements that make the difference
- Big trials – what we know and what is in the pipeline
- Future for perioperative medicine in the US
- New ACC/AHA guidelines on cardiac risk for non-cardiac surgery
- Multimodal analgesia
- Predicting & measuring surgical outcome
- Simulation in anesthesia and surgery
- New evidence in transfusion medicine
- Do we need colloids in major surgery?
- Goal Directed Fluid Therapy
Abstract Information

At this World Congress of Enhanced Recovery After Surgery and Perioperative Medicine, we welcome abstracts related to perioperative care in all aspects. There will be no special sub categories of abstracts, since we believe it is important that the entire patient journey in all its aspects is discussed by everyone involved in the care of the surgical patient.

IMPORTANT DATES
Submissions Opening:   December 1, 2014
Submission deadline:  January 31, 2015 Midnight CET
Notifications to submitters:   February 15, 2015
Online publication of abstracts:  April 15, 2015 on www.erassociety.org

TECHNICAL REQUIREMENTS
Please amend the text as follows:
• The internet abstract submission system works best with Internet Explorer 7.0 or higher and Mozilla Firefox 3.0 or higher
• Cookies and JavaScript needs to be enabled

Abstracts received after the deadline will not be accepted!

CONTACT INFORMATION
Email: eras2015abs@mci-group.com

INTRODUCTION COURSE FOR TEAMS TO ERAS
This is a one-day course that gives the participant an overview of Enhanced Recovery programs, and how it is introduced using the ERAS Society implementation program. The world best experts and developers of ERAS, who are also involved in the implementation of ERAS in different parts of the world, will give this course. It is best suited for the team that wants to know the basis of ERAS and are considering initiating an ERAS program in their hospital.
# Program Day By Day

**SATURDAY, MAY 9, 2015**

**ERAS COURSE**

<table>
<thead>
<tr>
<th>TIME</th>
<th>PRELIMINARY PROGRAM</th>
</tr>
</thead>
</table>
| 8:00AM – 10:00AM | ERAS an overview  
O. Ljungqvist (SE)  
& D. Hjort (DK)  
The importance of the team  
A. Revhaug (NO)  
ERAS for the surgeon  
T. Young-Fadok (USA)  
ERAS for the anesthesiologist  
B. Fawcett (UK)  
ERAS for the nurse  
D. Hjort (DK)  
The patient at centre of care  
D. Watson CAN)  
Panel discussion |
| 10:00AM – 10:30AM | Coffee break |
| 10:30AM – 12:15PM | Preoperative education and preparation  
D. Watson (CAN)  
Preoperative medical optimization  
F. Carli (CAN)  
No more overnight fasting  
A. Thorell (SE)  
Bowel preparation - prophylaxis with antibiotics  
J. Thacker (USA)  
Panel discussion |
| 12:15PM – 1:00PM | Lunch |
| 1:00PM – 2:40PM | Anesthesia care  
M. Scott (UK)  
Fluid management  
T. Miller (USA)  
Perioperative elements and laparoscopy  
the evidence  
T. Young-Fadok (USA)  
Tubes, drain, catheters and lines  
J. Thacker (USA)  
Panel discussion |
| 2:40PM – 3:00PM | Coffee break |
| 3:00PM – 4:50PM | Multimodal analgesia and opioid sparing strategies  
B. Fawcett (UK)  
Promoting early feeding and mobilization  
U. Gustafsson (SE)  
Implementing ERAS  
N. Demartines (CH)  
Interactive audit  
O. Ljungqvist (SE)  
Panel discussion  
End of course |
## Program Day By Day

### Sunday, May 10, 2015

<table>
<thead>
<tr>
<th>TIME</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Welcome Coffee</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>Satellite Symposium</td>
</tr>
<tr>
<td>8:30 AM – 8:50 AM</td>
<td>Opening and Welcome</td>
</tr>
<tr>
<td>8:50 AM – 9:50 AM</td>
<td>SESSION 1 – ORGANIZING THE HOSPITAL FOR ERAS</td>
</tr>
<tr>
<td>9:50 AM – 10:10 AM</td>
<td>Poster, exhibition &amp; Coffee break</td>
</tr>
<tr>
<td>10:10 AM – 10:40 AM</td>
<td>ERAS Lecture</td>
</tr>
<tr>
<td>10:40 AM – 12:10 PM</td>
<td>SESSION 2 – PERSPECTIVES ON OUTCOMES</td>
</tr>
<tr>
<td>12:10 PM – 12:30 PM</td>
<td>Lunch, exhibition, posters</td>
</tr>
<tr>
<td>12:30 PM – 1:30 PM</td>
<td>Satellite symposium</td>
</tr>
<tr>
<td>1:30 PM – 2:15 PM</td>
<td>Plenary 1 – Henrik Kehlet Lecture</td>
</tr>
<tr>
<td>2:15 PM – 3:00 PM</td>
<td>SESSION 3 – ORAL COMMUNICATIONS – BEST ABSTRACTS</td>
</tr>
<tr>
<td>3:00 PM – 3:30 PM</td>
<td>Poster, exhibition &amp; Coffee break</td>
</tr>
<tr>
<td>3:30 PM – 4:30 PM</td>
<td>SESSION 4 – GUIDELINES</td>
</tr>
<tr>
<td>4:30 PM – 5:30 PM</td>
<td>Satellite Symposium</td>
</tr>
<tr>
<td>6:30 PM</td>
<td>Welcome Reception</td>
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</tbody>
</table>
### Program Day By Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday, May 11, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Welcome Coffee</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>Satellite Symposium</td>
</tr>
<tr>
<td>8:30 AM – 10:00 AM</td>
<td><strong>SESSION 5 – HOT TOPICS IN ERAS</strong></td>
</tr>
<tr>
<td></td>
<td>Future challenges in ERAS programs H. Kehlet (DK)</td>
</tr>
<tr>
<td></td>
<td>ERAS full recovery? ERAS at home? L. Lee (CA)</td>
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<tr>
<td></td>
<td>ERAS in emergency surgery N. Demartines (CH)</td>
</tr>
<tr>
<td>10:00 AM – 10:30 AM</td>
<td>Poster, exhibition &amp; Coffee break</td>
</tr>
<tr>
<td>10:30 AM – 12:00 PM</td>
<td><strong>SESSION 6 – PATIENT CONDITIONING</strong></td>
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<tr>
<td></td>
<td>Successful pain and opioid reduction strategies T.J. Gan (USA)</td>
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<td></td>
<td>Metabolic and nutritional strategies K. Fearon (UK)</td>
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<tr>
<td></td>
<td>Prehabilitation F. Carli (IT)</td>
</tr>
<tr>
<td>12:00 PM – 12:30 PM</td>
<td>Lunch, exhibition, posters</td>
</tr>
<tr>
<td>12:30 PM – 1:30 PM</td>
<td>Satellite symposium</td>
</tr>
<tr>
<td>1:30 PM – 3:20 PM</td>
<td><strong>SESSION 7 – GREAT WORLD FLUID DEBATE – THE EVIDENCE</strong></td>
</tr>
<tr>
<td></td>
<td>Welcome and introduction M. Mythen (UK) &amp; T. Miller (USA)</td>
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<tr>
<td></td>
<td>The dangers of &quot;abnormal saline&quot; –</td>
</tr>
<tr>
<td></td>
<td>What can we do to limit its routine use? A. Shaw (USA)</td>
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<tr>
<td></td>
<td>Goal directed vs. liberal vs. restrictive –</td>
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<tr>
<td></td>
<td>Is it all in a name? P. Myles (AUS)</td>
</tr>
<tr>
<td></td>
<td>Low perioperative urine output –</td>
</tr>
<tr>
<td></td>
<td>Is there any evidence that it causes harm? J. Kellum (USA)</td>
</tr>
<tr>
<td></td>
<td>Vascular integrity, tone, and the important</td>
</tr>
<tr>
<td></td>
<td>of context in fluid management M. Chawla (USA)</td>
</tr>
<tr>
<td>3:20 PM–3:50 PM</td>
<td>Poster, exhibition &amp; Coffee break</td>
</tr>
<tr>
<td>3:50 PM–4:40 PM</td>
<td><strong>SESSION 8 – GREAT WORLD FLUID – THE DEBATES</strong></td>
</tr>
<tr>
<td></td>
<td>Debate 1 – Do we need colloids in major surgery?</td>
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<tr>
<td></td>
<td>What is the evidence of benefit?</td>
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<tr>
<td></td>
<td>Chair T. Miller (USA)</td>
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<tr>
<td></td>
<td>Panel: D. Lobo (UK), A. Senagore (USA), M. Grocott (UK), M. Chawla (USA)</td>
</tr>
<tr>
<td>4:40 PM – 5:30 PM</td>
<td>Debate 2 – Goal Directed Fluid Therapy is evidence</td>
</tr>
<tr>
<td></td>
<td>based and should be used in all major surgery</td>
</tr>
<tr>
<td></td>
<td>Chair M. Mythen (UK)</td>
</tr>
<tr>
<td></td>
<td>Panel: M. Scott (UK), P. Myles (AUS), H. Kehlet (DK), M. Hamilton (UK)</td>
</tr>
<tr>
<td>5:30 PM – 6:30 PM</td>
<td>Satellite Symposium</td>
</tr>
</tbody>
</table>

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Preliminary Program
# Program Day By Day

## TUESDAY, MAY 12, 2015

### 7:00 AM-8:00 AM
- **Welcome Coffee**

### 8:00 AM-9:40 AM
- **SESSION 9 – “SHOW ME THE EVIDENCE” – HOW STRONG IS THE EVIDENCE FOR:**
  - Returning back to baseline for ERAS  
    - H. Kehlet (DK)
  - Measures to avoid ileus  
    - D. Lobo (UK)
  - PONV prophylaxis  
    - T. J. Gan (USA)
  - Simulation in anesthesia and surgery  
    - C. Gallagher (USA)
  - Q & A

### 9:40 AM-10:10 AM
- **Poster break & Exhibition walk**

### 10:10 AM-12:00 PM
- **SESSION 10 – HOT TOPICS IN PERIOPERATIVE MEDICINE**
  - What is the future for perioperative medicine in the USA?  
    - A. Shaw (USA)
  - “Big trials – what we know and what is in the pipeline?”  
    - P. Myles (AUS)
  - Cardiac risk for non cardiac surgery:
    - New ACC/AHA guidelines  
      - L. Fleisher (USA)
  - Q & A

### 12:00 PM-12:30 PM
- **Lunch, exhibition, posters**

### 12:30 PM -1:30 PM
- **Satellite symposium**

### 1:30 PM-4:00 PM
- **SESSION 11 – PERIOPERATIVE OUTCOMES**
  - Predicting and measuring surgical outcome  
    - M. Grocott (UK)
  - Enhancing ICU recovery for surgical patients  
    - M. Hamilton (UK)
  - Evidence based pathways in hip and knee surgery  
    - S. Grant (USA)
  - To transfuse or not to transfuse –
    - That is the question? What is the evidence?  
      - S. Brudney (USA)
  - Q & A

**Panel discussion: what are the end-points in major trials?**

- **Chair**  
  - M. Mythen (UK)

- **Panel discussion:** P. Myles (AUS), A. Shaw (USA), L. Fleisher (USA), M. Grocott (UK), H. Kehlet (DK), N. Demartines (CH)

### 4:00 PM
- **Closing session and awards**

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NB: This program is up to date as of 10 December 2014 and some minor modifications may occur.
Register online through: www.erasociety.org
All registrations must be made by means of the official online system.

<table>
<thead>
<tr>
<th></th>
<th>Until March 4, 2015</th>
<th>From March 5, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant</td>
<td>□ USD 600</td>
<td>□ USD 700</td>
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<tr>
<td>Allied Health Professionals</td>
<td>□ USD 415</td>
<td>□ USD 475</td>
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<tr>
<td>Student*</td>
<td>□ USD 330</td>
<td>□ USD 395</td>
</tr>
<tr>
<td>ERAS Course**</td>
<td>□ USD 150</td>
<td>□ USD 200</td>
</tr>
<tr>
<td>Exhibitor</td>
<td>□ USD 250</td>
<td>□ USD 300</td>
</tr>
<tr>
<td>Daily Pass</td>
<td>□ USD 250</td>
<td>□ USD 300</td>
</tr>
</tbody>
</table>

*For Student (under 35, born after 01.01.1980), a letter of confirmation from the Head Unit must be sent upon registration =>eras.reg@mci-group.com
** ERAS Course has to be paid in addition to the participants’ fee
Sales tax not applicable

Participants Registration fee includes:

- For full congress registration:
  - Admission to all scientific sessions
  - Access to the Exhibition
  - Opening Ceremony & Welcome Reception on Sunday, May 10
  - Congress material & Final Program
  - Certificate of Attendance
  - Scheduled coffee breaks & Welcome Coffee
  - Buffet lunch on Sunday, May 10 & Monday, May 11

- Pre-Congress Course registration:
  - Admission to all scientific sessions
  - Final Program
  - Certificate of Attendance
  - Scheduled coffee breaks

- Daily Pass registration:
  - Admission to scientific sessions
  - Access to the Exhibition
  - Opening Ceremony & Welcome Reception on Sunday, May 10 (For Daily pass on May 10 only)
  - Final Program
  - Certificate of Attendance
  - Scheduled coffee breaks & Welcome Coffee
  - Buffet lunch on Sunday, May 10 & Monday, May 11 (for the congress day booked)

Early registrations will be accepted until March 4, 2015. The reduced fees will only apply when early registration is accompanied by payment and received before said deadline (March 4, 2015). If your payment is not received before the deadline, the late registration fee will be automatically charged.
CANCELLATION POLICY
Cancellations and modifications should be made in writing to the Organizing Secretariat. The amount of refund depending upon the date of cancellation is as follows:

• **Before Wednesday, April 8, 2015**
  deposits will be refunded less USD 75.00 for administrative costs.
• **From Thursday, April 9, 2015**
  deposits will not be refundable under any circumstances

MODIFICATION POLICY
A handling fee of **USD 40.00** per registration will be charged for every registration modification received **after Wednesday, April 1, 2015**.

If a badge is lost or forgotten, an administrative fee of **USD 100.00** will be charged for the reprint of the badge after identity verification (passport, driving license or other recognized identification document)

REGISTRATION ON SITE
The registration desk will be located in the Foyer of the Congress Area of the Renaissance Downtown Hotel, according to opening hours:

- Friday, May 8, 2015 4:00 PM – 7:00 PM
- Saturday, May 9, 2015 7:00 AM – 6:00 PM
- Sunday, May 10, 2015 7:00 AM – 6:00 PM
- Monday, May 11, 2015 7:00 AM – 6:00 PM
- Tuesday, May 12, 2015 7:00 AM – 5:00 PM

Registration on site does not guarantee delivery of the Congress package (Participant bag, Final Program)

All information and changes have to be addressed to:
ERAS 2015
c/o MCI Suisse SA
75, rue de Lyon
Switzerland- 1211 Geneva 13
Phone  +41 22 33 99 726
Fax  +41 22 33 99 631
E-mail: eras.reg@mci-group.com
Website: www.mci-group.com
Accommodation Information

MCI has reserved a number of hotel rooms in the venue hotel. Please make your reservation only through:

MCI Suisse SA  
75 rue de Lyon  
CH – 1211 Geneva 13  
Tel.: +41 22 33 99 726  
Fax: +41 22 33 99 631  
Email: eras.reg@mci-group.com

Since Washington D.C. attracts many tourists, reservations will be made on a first-come, first-served basis. Individual participants are asked to register online as soon as possible indicating their hotel’s choice.

RESERVATION AND PAYMENTS
Only registered participant to ERAS 2015 may benefit from the special rate negotiated by MCI, the Housing Bureau. Names of persons sharing rooms must be indicated. Rates are in US Dollars (USD) and are per room, per night, service, city tax and VAT included. Rates apply for standard rooms, other room type like deluxe room, room with a view; junior suites etc. are available upon request. Only guaranteed reservations will be accepted: to guarantee your reservation a deposit covering the 1st night deposit is required, either by credit card or by bank transfer (deposits will be deducted from the final hotel bill when paid by the participant at the hotel).

INQUIRIES
Any inquiries or requests for additional information, changes or cancellations of room reservations are to be addressed directly to MCI Suisse SA. In the event of cancellation up to Wednesday, April 1, 2015, no cancellations fees will incur. After this date, no refund will be possible.

CANCELLATION OF ACCOMMODATIONS
All cancellations must be sent to MCI Suisse SA in writing (fax, letter, or email). For cancellations received until Wednesday, April 1, 2015 deposits will be refunded. After this date, no refund will be possible.

In case of late cancellations (after April 1, 2015), rooms cancelled, cancelled nights or no-show, we reserve the right to charge the full stay if the hotel room cannot be re-sold.

CHECK-IN/ CHECK-OUT TIME
Hotel check-in time is 3:00 PM or later. If arriving after 6:00 PM, please notify MCI in advance. Check-out time is until noon. Extra costs apply for late check-out.
Accommodation Information

HOTEL

<table>
<thead>
<tr>
<th>Renaissance Downtown</th>
<th>Single Rate including taxes</th>
<th>Double Rate including taxes</th>
<th>Distance</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>342.36 USD</td>
<td>342.36 USD</td>
<td>Congress Venue hotel</td>
</tr>
<tr>
<td></td>
<td>371.80 USD</td>
<td>401.24 USD</td>
<td></td>
</tr>
</tbody>
</table>

Rates are applicable for standard room. Other rooms types, such as deluxe room, junior suite, suite, are available on request.

**Room rates are in US Dollars (USD) and include services, VAT and city tax.**

**METHODS OF PAYMENT**

Payment of hotel deposit must accompany the form and may be made by:

- Credit card (Eurocard/ Mastercard, Visa, American Express)
- Bank transfer:
  - MCI SUISSE SA, rue de Lyon 75, 1211 Geneva 13, Switzerland
  - Bank: UBS SA, Rue des Noirettes, 35 - CP 2600, 1227 Carouge (Geneva) – Switzerland
  - Account Number UBS USD: 240-369393.61X
  - Swift Code: UBSWCHZH80A
  - IBAN: CH19 0024 0240 3693 9361 X

**All costs are to be borne by the ordering customer. Please make sure to indicate your name on your payment slip.**

Payment by personal checks cannot be accepted. All payments have to be made in US Dollars ($).

For hotel bookings: a deposit payment for the 1st night must accompany your reservation. Additional expenses such as mini-bar, laundry, etc. must be paid directly to the hotel when checking out.

**GROUP RESERVATIONS**

From 2 to 9 persons: Group reservations can be handled online.

From 10 persons: Group reservations will be handled by separate contracts. Please contact MCI for further information at the following e-mail address: eras.reg@mci-group.com
**THE CITY OF WASHINGTON D.C.**

Washington, D.C., formally the District of Columbia and commonly referred to as Washington, “the District”, or simply D.C., is the capital of the United States. The signing of the Residence Act on July 16, 1790, approved the creation of a capital district located along the Potomac River on the country’s East Coast. The U.S. Constitution provided for a federal district under the exclusive jurisdiction of the Congress and the District is therefore not a part of any U.S. state.

Named in honor of George Washington, the City of Washington was founded in 1791 to serve as the new national capital. In 1846, Congress returned the land originally ceded by Virginia and created a single municipal government for the remaining portion of the District in 1871.

Washington, D.C., had an estimated population of 646,449 in 2013, the 23rd most populous city in the United States. Commuters from the surrounding Maryland and Virginia suburbs raise the city’s population to more than one million during the workweek. The Washington metropolitan area, of which the District is a part, has a population of 5.8 million, the seventh-largest metropolitan area in the country.

The centers of all three branches of the federal government of the United States are in the District, including the Congress, president, and Supreme Court. Washington is home to many national monuments and museums which are primarily situated on or around the National Mall. The city hosts 176 foreign embassies as well as the headquarters of many international organizations, trade unions, non-profit organizations, lobbying groups, and professional associations.

On a cultural point of view, the City offers many museums, theatre and places to enjoy a cultural activity. We want to also mention the Mall: The National Mall is a large, open park in downtown Washington between the Lincoln Memorial and the United States Capitol. Given its prominence, the mall is often the location of political protests, concerts, festivals, and presidential inaugurations. The Washington Monument and the Jefferson Pier are near the center of the mall, south of the White House. Also on the mall are the National World War II Memorial at the east end of the Lincoln Memorial Reflecting Pool, the Korean War Veterans Memorial, and the Vietnam Veterans Memorial.
BANKS
Banks are open 8:30 AM – 4:30 PM. Monday to Thursday and until 5:30 PM on Friday. Some may also open on Saturday morning.

CLIMATE
Located on the Potomac River between the Blue Ridge Mountains and the Atlantic Ocean, Washington is known for its hot, humid summers, pleasant springs and autumns, and mild winters with seasonal snowfall: Spring and particularly the month of May is very nice with an average temperature of 20° to 25° during the day.

CREDIT CARDS
Major credit card are accepted. In fact, it is almost impossible to rent a car or make a phone reservation without one. Visa and MasterCard are the most widely accepted.

CURRENCY
The US dollar $ is the only currency accepted in the country. ATMs are available 24/7 at most banks, in shopping centers, airports and grocery stores. Withdrawing cash from an ATM using your credit card usually incurs a fee. Check with your bank or credit card company for exact information before departure.

ELECTRICITY
AC 110V is standard; adapters will be needed to run most non US electronics.

INDUSTRY EXHIBITION
During the congress, an attractive exhibition will be available for the participants during all the breaks and coffee breaks will be served in the same area.

INSURANCE AND LIABILITY
It is recommended that participants obtain adequate cover for travel, health and accident insurance before they depart from their countries, ERAS and MCI as Organizers, cannot accept responsibility for personal injuries, or loss of, or damage to, private property belonging to the congress participants.

There are no specific health risks associated with travel within the USA. Medical facilities are excellent, but expensive. Only emergencies are treated without prior payment and treatment can be refused without evidence of insurance or proof of funds. Good medical insurance is essential.

LANGUAGE
The official language of the Congress is English. No simultaneous translation will be provided.
LETTER OF INVITATION
On request, MCI will be pleased to send personal invitation to registered participants for ERAS. Such invitations are only issued for the purpose of assisting participants to raise travel funds or obtain visas. No financial commitment on the part of the organiser is implied.

LUNCHES
Lunches are included in the registration fee on Sunday, May 10 and Monday, May 11.

MOBILE PHONES
Delegates are kindly requested to keep their mobile phones in the off position in the rooms where scientific and educational sessions are being held.

In the USA, cell phones use GSM 1900 or CDMA 800, operating on different frequencies from other systems around the world. The only foreign phones that will work in the USA are GSM tri- or quad-band models. It might be cheaper to buy a compatible prepaid SIM card for the USA, which you can insert into your international mobile phone.

The international country dialing code for the United States is +1. The outgoing code is 011, followed by the relevant country code (e.g. 01144 for the United Kingdom). The US has numerous area/city codes, which must be dialed before the local number required (e.g. New York Manhattan, 212, and Washington DC, 202). Mobile networks cover most of the country, including all urban areas, however unless you have a tri-band phone it is likely your cellular phone from home will not work in the United States.

PASSPORTS AND VISAS
A valid Passport (depending on nationalities) is required for entry into the United States. Delegates from some countries may also require a visa; if in doubt, please contact your nearest US Consulate for visa requirements.

Connect to:
http://travel.state.gov/visa/temp/without/without_1990.html#countries

SAFETY INFORMATION
Travel within the United States is generally trouble-free, however travelers should be aware that the US shares with the rest of the world an increased threat from terrorist incidents. Security has been heightened particularly at airports. Restrictions on hand luggage apply and travelers are advised to check on the latest situation with airlines in advance. Travelers should also be alert to the dangers of car and street crime in cities and should use common sense and take basic precautions.
SHOPPING
Department stores and most shops are open from:
Monday-Friday  9:00/10:00 AM – 9:00 PM
Saturday       10:00 AM – 6:00 PM
And some on Sundays.

SMOKING POLICY
The World Congress of Enhanced Recovery After Surgery and Perioperative Medicine wishes to be a non-smoking event.
Participants are kindly requested to refrain from smoking in the congress venue, including the exhibition area.

TIPPING
Tipping is standard practice across America. In city restaurants, tipping 15% of the bill is expected, while top-end restaurants expect 20%. Bartenders expect $1 per drink, taxi drivers and hairdressers 10% to 15%. It is polite to leave a few dollars for the hotel maid, especially if you spend several nights.

TRANSPORTATION
The heart of Washington DC’s public transportation is the MetroRail system. It provides service to the entire metro area and has numerous stations within walking distance of museums, monuments and other places of interest to tourists. It’s generally safe, clean (though not as clean as it used to be) and easy to use, and it has reasonable fares. On weekdays it operates from 5:30 AM to midnight, and on the weekends from 7:00 AM to 3:00 AM.

ARRIVING AT THE DESTINATION
There are many options when it comes to your cheap flights to Washington DC. If you opt to fly via American, Jet Blue, or United, you will arrive at the Washington Dulles International Airport. If you fly US Airways, you will arrive at Ronald Reagan Washington National Airport.
From these airports, you can either take a commuter train, taxi, or shuttle to downtown. Automated teller machines, foreign exchange counters, and hotel information booths are available for tourists. Once you have acquired airfare to Washington DC, it is easier to get around the city itself.