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No. 105
June 2007
Corticosteroid injections may be of limited short-term benefit for shoulder pain

**Background:** While many treatments, including corticosteroid injections in and around the shoulder, are advocated to be of benefit for shoulder pain, few are of proven efficacy. This review of corticosteroid injections for shoulder pain is one in a series of reviews of varying interventions for shoulder disorders.

**Objectives:** To determine the efficacy and safety of corticosteroid injections in the treatment of adults with shoulder pain.

**Search strategy:** MEDLINE, EMBASE, CINAHL, Central and Science Citation Index were searched up to and including June 2002.

**Selection criteria:** Randomised and pseudo-randomised trials in all languages of corticosteroid injections compared to placebo or another intervention, or of varying types and dosages of steroid injection in adults with shoulder pain. Specific exclusions were duration of shoulder pain less than three weeks, rheumatoid arthritis, polymyalgia rheumatica and fracture.

**Data collection and analysis:** Trial inclusion and methodological quality was assessed by two independent reviewers according to predetermined criteria. Results are presented separately for rotator cuff disease, adhesive capsulitis, full thickness rotator cuff tear and mixed diagnoses, and, where possible, combined in meta-analysis.

**Main results:** Twenty-six trials met inclusion criteria. The number, site and dosage of injections varied widely between studies. The number of participants per trial ranged from 20 to 114 (median 52 participants). Methodological quality was variable.

For rotator cuff disease, subacromial steroid injection was demonstrated to have a small benefit over placebo in some trials however no benefit of subacromial steroid injection over NSAID was demonstrated based upon the pooled results of three trials.

For adhesive capsulitis, two trials suggested a possible early benefit of intra-articular steroid injection over placebo but there was insufficient data for pooling of any of the trials. One trial suggested short-term benefit of intra-articular corticosteroid injection over physiotherapy in the short-term (success at seven weeks RR=1.66 (1.21, 2.28).

**Authors’ conclusions:** Despite many RCTs of corticosteroid injections for shoulder pain, their small sample sizes, variable methodological quality and heterogeneity means that there is little overall evidence to guide treatment. Subacromial corticosteroid injection for rotator cuff disease and intra-articular injection for adhesive capsulitis may be beneficial although their effect may be small and not well-maintained. There is a need for further trials investigating the efficacy of corticosteroid injections for shoulder pain. Other important issues that remain to be clarified include whether the accuracy of needle placement, anatomical site, frequency, dose and type of corticosteroid influences efficacy.

**Reference:** Buchbinder R, Green S, Youd JM: The Cochrane Database of Systematic Reviews 2007 Issue 2, Published by John Wiley and Sons, Ltd. Full text of the review is available in The Cochrane Library (ISSN 1464-780X).
SIROT started new initiatives in 2006. SIROT has the role of promoting orthopaedic research, a role that is particularly relevant in developing regions where orthopaedic surgeons have started to realise the need for research. When orthopaedic training has reached maturity and when orthopaedic services have become comprehensive and sophisticated, the need and enthusiasm for research becomes evident. China and Indonesia are two countries where this phenomenon is obvious.

During November 2006 in Beijing, China, SIROT offered its first Research Workshop jointly with the Chinese Orthopaedic Research Society formed in 2006. SIROT collaborated with the Makassar Orthopaedic Research Society also formed in 2006 in planning the second Research Training Workshop which was held in January 2007.

Both Workshops were organised to appeal to young orthopaedic surgeons. A practical subject of general interest was chosen. Much time was given for questions and answers. Basic research requirements such as biostatistics, proper reporting and manuscript writing were discussed towards the end of the meeting.

The programme for the 4th SIROT Orthopaedic Research Teaching Workshop, held in Kunming, China, on 20 and 21 May 2007, was comprised of sessions on fractures, osteoporosis, and biostatistics.

Two more workshops were organised for Asia: one in April and the other in May of this year.

SIROT hopes that many developing regions will be interested in the success of these workshops and it will assist with their organisations in the future.

Ping-Chung Leung
President of SIROT
The new SICOT website will be more interactive and user-friendly than ever. The main menu bar can now be found on the left-hand side of the home page and includes items such as meetings & events, the library (where it is possible to consult abstracts, reports, SICOT Newsletters and International Orthopaedics), opportunities, education (including a new feature whereby visitors to the website can exchange information regarding educational opportunities), and a photo gallery. The home page will feature the main updated news regarding the conference/congress, such as abstracts and registration, and other important information at the time.

As mentioned in the earlier issues of the Newsletter, the website will consist of a forum to be used by Committee members and another forum for discussing abstracts, which will be available to all members who wish to ask the author questions about a particular abstract. The abstracts for the upcoming Fifth SICOT/SIROT Annual International
Conference in Marrakech will be available for discussion after the event in September.

The forum for Committee members will enable them to discuss and comment on different subjects, such as items that are on the Committee agenda for each meeting, thus improving communication and preparation.

It will be possible for members to log in straight away at the top left-hand corner of the home page, thus allowing easier and more efficient access. Once logged in, members will be able, as always, to check their personal data and to find a fellow member on the SICOT membership roster.

We hope you enjoy our new website and we welcome any comments or suggestions: edsecr@sicot.org

http://www.sicot.org
Introduction
I arrived in Cairo on 01 March 2006. I was well received by the university staff there and in Assiut. The travel arrangements were very well planned and I wish to thank Prof Galal Zaki Said for ensuring that I reached Assiut comfortably.

My learning experience
I was mainly attached to the arthroscopy and arthroplasty services and gained many skills.

a) Arthroscopy: I gained more experience in history taking and examination of joints. I learned how to set up arthroscopy units, sterilisation of the different cords and tubes and sterile draping for various joints. More specifically, I learned how to do a diagnostic arthroscopy of the knee and shoulder and also how to triangulate. I received a certificate in basic and advanced arthroscopy in a workshop held in Alexandria, organised by the University of Alexandria and the Association of Arthroscopic Surgeons of Egypt. The procedures that we did frequently included: partial menisectomy, meniscal repairs, ACL reconstruction both open and closed, removal of loose bodies, synovectomy and joint debridement, plicotomies and division of suprapatella septa. We managed osteochondritis dessicans mainly by abrasion arthroplasty and mosaicplasty. We also participated in a few cases of arthroscopic reduction of tibial plateau fractures. Unicompartmental arthritis was followed by a high tibial osteotomy. In the shoulder, we did arthroscopic Bankart repairs, debridement for posterior impingement, removal of loose bodies, repair of SLAP lesions, subacromial decompression for impingement, biceps tendon tenolysis and also rotator cuff repair. We did a few cases of ankle and hip arthroscopy too.

b) Arthroplasty: I participated in and observed cases of total hip replacement both cemented, cementless and hybrid several times every week. There were a few cases of bipolar prosthesis done for young patients. We also did several revision arthroplasties for loose implants and infection. One case of acetabula protrusio was treated by acetabular reconstruction using bone graft and an acetabular prosthesis. We participated as well in a conversion of a hip arthrodesis to a total hip. We did several total knee replacements every

Organisation
The department in Assiut is very well organised with many avenues of learning for both residents and fellows. There is a general clinical meeting every Wednesday chaired by senior professors to discuss the management plan for each patient before theatre. Post-operative X-rays are also discussed at that time. There are lectures on various topics every Tuesday and Saturday. We also had the journal club every fortnight on Sundays where a critical review of recent research papers was done. There are three ‘firms’ and each has two days dedicated to the clinic and two days for the operating theatre every week. Each ‘firm’ also has its ward rounds and mini preoperative meetings. The casualty department is open 24 hours a day and is very busy and well equipped. Finally, the department also organises occasional workshops.
In the department of reconstructive surgery, I managed to observe some procedures such as vascularised fibula grafting, exploration of the brachial plexus, tendon transfers for radial nerve injury, shoulder tendon transfers for Erb's palsy, intrinsic transfer for the rheumatoid hand, modified Jones for hallux valgus and excision of tumours. I also attended a very informative workshop conducted by Prof Galal Zaki Said on managing various deformities that occur in polio patients.

**Acknowledgements**

I wish to express my immense gratitude to SICOT, Assiut University, and the SICOT Foundation for giving me this opportunity to increase my skills. I have learned a lot and greatly benefited from the fellowship programme. I am extremely grateful to Prof Galal Zaki Said for his role in organising and ensuring continuity of this very important programme. Thanks also go to the head of the department, Prof Essam El-Sherif, for ensuring a conducive environment for our learning. Last but not least, I wish to thank Dr Hatem Galal Said, Prof Hesham El-Kady and Dr Omar Refai for their exceptional enthusiasm and dedication in imparting surgical skills to fellows.

**Extra skills learned**

I learned a lot about spine surgery as there were many spine cases on every theatre list. The most frequent procedures we did included posterolateral fusion with instrumentation (pedicle screws), modified Scotts for lytic lysis in some patients, disectomies both by partial laminectomy and by fenestration. We had also a few cases of posterior cervical fusion. Anterior cervical approach for disectomy and fusion was also done frequently. We were involved in some paediatric cases such as soft tissue release for talipes equino varus and hip/pelvic osteotomies for DDH.

In the emergency unit, we did many cases of plating and nailing (open and closed) of long bones and also plating and screw fixation of pelvic fractures.

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**The Assiut University / SICOT Training Fellowship**

Four to eight annual fellowships for a three to six months’ training programme at the Assiut University Teaching Hospital are available for young English-speaking surgeons (under 40 at the beginning of the fellowship) from Africa. The fellowship includes:

> free full-board accommodation at the hospital;
> 500 Egyptian Pounds per month for expenses;
> an economy class return air ticket (sponsored by SICOT).

The purpose of the fellowship is to receive training and experience. Permanent training programmes start in March and September.

Applications - to be sent to Prof Galal Zaki Said - are welcome throughout the year.

Prof Galal Zaki Said  
Faculty of Medicine  
Assiut University  
P.O. Box 110  
Assiut - Egypt  
Fax: +2088 334155  
Email: gzsaid@menanet.net
Although the American Academy of Orthopaedic Surgeons has been involved in international activities at some level since the early 1980’s, it was in 1994 that a dedicated international activities function was established within the organisation. A new International Committee was created and international staff hired to begin the long-range strategic planning process to develop global relationships and activities. Today, AAOS is involved in global activities at many levels and continues to look for new opportunities to help meet its primary mission of orthopaedic surgeon education and improved musculoskeletal healthcare for patients worldwide.

**International Rights and Distribution:** As the world’s third largest orthopaedic publisher, AAOS benefits from a robust and growing international rights and distribution business. Managed entirely by International Department staff, AAOS works with independent book distribution agents to have its English language print and electronic education products distributed worldwide. An active and faithful participant in the annual Frankfurt Book Fair held each October in Frankfurt, Germany, AAOS books, journal and electronic media products are available as translated editions in eight world languages.

**International Education Programmes:** Organised through the AAOS International Committee and host orthopaedic societies, each year AAOS conducts seven to nine international education programmes in all areas of the world. Participation is by invitation only; AAOS does not conduct independent education programmes in any country other than the United States without the express personal invitation of the national or regional orthopaedic society in any country or region. Programme proposals are presented to the International Committee for review and approval a minimum of 18 to 24 months in advance of the planned programme. US faculty size can be as small as three or four or as large as twenty. The majority of programmes are incorporated into the scientific programme of a society’s annual scientific congress, though some are delivered as independent, free-standing programmes. Cooperative agreements are reached over details of programme logistics, faculty travel and housing, etc. As appropriate, an AAOS staff person(s) may also accompany the faculty to assist with on-site logistics and also to work at the AAOS exhibit stand provided to AAOS by the programme host. AAOS staff manages the daily oversight of programme development and implementation, working directly with the AAOS course director and faculty, and the International Committee member liaison assigned to the programme.

**International Outreach Programmes:** In addition to the cooperative education programme ventures noted, AAOS also undertakes humanitarian outreach programmes and activities on an annual basis, and this aspect of AAOS global initiatives is expanding. Already involved in modestly-sized education programmes funded by AAOS, scholarship programmes for young orthopaedic surgeons from emerging economy nations, physician education programmes aimed at encouraging US orthopaedic surgeons to volunteer their services...
overseas, and substantial annual charitable donations of educational products, in 2008, AAOS hopes to begin the first of a four-year long programme of Basic and Advanced Orthopaedic Education for the West Africa region. Several US orthopaedic specialty societies and a Local Organising Committee based in Accra, Ghana, have joined AAOS in curriculum development and overall programme design. In the past, AAOS has worked cooperatively with the South African Orthopaedic Association and East Central and South African Orthopaedic Association to deliver education programmes in the East Africa region. However, this new West Africa programme is an extensive, multi-year programme commitment with serious outcomes and impact measurements built into the programme model. AAOS also remains active in other areas of the world, including Iraq and parts of Latin America.

**Guest Nation Programme:**
Inaugurated in 2005, the AAOS Annual Meeting Guest Nation Programme was established to foster greater awareness and recognition of the contributions made to the practice of orthopaedics from the many nations of the world, and also enhance the very real and already robust international flavour of the AAOS Annual Meeting. Further, it is intended to raise awareness of the social and cultural richness of the many countries of the world. To date, Spain, Argentina, and Thailand have been honoured with Guest Nation status. A number of planned special events are built into the five-day AAOS Annual Meeting.

**Global Orthopaedic Opportunities** ([www.aaos.org/global](http://www.aaos.org/global)):
Formerly the International Center for Orthopaedic Education (ICOE), this website is a free, user-friendly information sharing service that provides a central location for listing short- and long-term musculoskeletal-related positions throughout the world. Since 1994, this service has helped musculoskeletal healthcare professionals from 90 countries find exchange opportunities in more than 75 different countries, giving them opportunities to contribute to an enhanced quality of life for patients around the world with musculoskeletal disorders.

**International Affiliate Membership:**
Although managed through the AAOS Membership Department, the AAOS IAM Newsletter and other communications with international members throughout the world are managed primarily by the International Department. The staff also takes full advantage of international exhibitions and education programme venues to introduce orthopaedic surgeons to the benefits of membership in AAOS, which include free registration to the AAOS Annual Meeting, free subscription to the Journal of the American Academy of Orthopaedic Surgeons, free access to Orthopaedic Knowledge Online, and product and course discounts.

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**AAOS Annual Meetings**

<table>
<thead>
<tr>
<th>Year</th>
<th>Dates</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>2008</td>
<td>05 March to 09 March</td>
<td>San Francisco, California</td>
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<tr>
<td>2009</td>
<td>25 February to 01 March</td>
<td>Las Vegas, Nevada</td>
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<tr>
<td>2010</td>
<td>10 March to 14 March</td>
<td>New Orleans, Louisiana</td>
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<td>2011</td>
<td>16 February to 20 February</td>
<td>San Diego, California</td>
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<td>2012</td>
<td>08 February to 12 February</td>
<td>San Francisco, California</td>
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Hemophilia is an X-linked hereditary disorder of blood coagulation due to deficiency of clotting factors VIII and IX, and affects about 1 in every 10,000 males. These data show that it is not a disease as infrequent as orthopaedists think. In our country, the Hemophilic Foundation of Argentina was founded in 1944 by Dr Alfredo Pavlovsky. The World Federation of Hemophilia (WFH) was established in 1963 by Mr Frank Schnabei, a Montreal businessman born with severe hemophilia A. From a base of six national hemophilia societies, the Federation grew rapidly. The vision of these people was to improve treatment and care for “the hundreds of thousands of hemophiliacs” worldwide through a new international organisation. In 1969 it was recognised by the World Health Organization and started having an active participation in worldwide medical forums.

The suffering of patients with hemophilia is greater in underdeveloped countries. Greater access to improved products, self-treatment and prophylaxis showed up the stark differences between the developed and developing countries.

In 1994, Mr Brian O’Mahony, an Irish medical laboratory scientist with severe hemophilia, was elected by the members of WFH to assume the management of WFH. He focused its activity on developing countries, and he developed special programs of association between treatment centres of developed countries and those of developing countries. He called them “Twinning Programs” and they obtained excellent results. In 2004, a Washington attorney, Mr Mark Skinner, was elected as the new President of WFH. He is a hardworking man and also a visionary. In 2006, after two years of work, he developed the strategic plan called “Treatment for All”. In other words, treatment will one day be available for those with inherited bleeding disorders, regardless of where they live. The mission is to improve care where it is limited or does not exist.

At this time, in many regions of the world, patients do not receive treatment from orthopaedic surgeons. Therefore, SICOT’s diffusion of our activity is very important, since it aims to attract patients’ attention towards the members of such a prominent world medical society.

### Fifth SICOT/SIROT Annual International Conference

<table>
<thead>
<tr>
<th>NUMBER OF ACCEPTED ORAL PRESENTATIONS PER SESSION:</th>
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<tbody>
<tr>
<td>IFPOS - Paediatrics 31</td>
<td>SICOT - Spine degenerative 8</td>
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<tr>
<td>SICOT - Adult hip disorders 9</td>
<td>SICOT - Spine trauma 12</td>
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<tr>
<td>SICOT - Adult knee disorders 22</td>
<td>SICOT - Sports medicine 15</td>
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<td>SICOT - Upper limb 36</td>
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<tr>
<td>SICOT - Bone loss + Non union 11</td>
<td>SICOT/SIROT Combined session 3</td>
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<tr>
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<td>SIROT - Back surgery 3</td>
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<tr>
<td>SICOT - Foot and ankle 23</td>
<td>SIROT - Bone healing 6</td>
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<tr>
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<td>SICOT - General trauma 22</td>
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<td>SIROT - Neurology in orthopaedics 4</td>
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<td>Grand Total 375</td>
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<td>Trainees’ Meeting - Knee 10</td>
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<td>Grand Total 455</td>
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Marrakech AIC 2007
Faculty

Ambassadors Room, Palais des Congrès

- Dr Stephen ABELOW, United States
- Dr Berhooz AKBARNIA, United States
- Dr Wahid AL KHARUSI, Oman
- Dr Abdullah AL OTHMAN, Saudi Arabia
- Dr Michel ALLARD, France
- Prof Bartolome T. ALLENDE, Argentina
- Dr David ARONSSON, United States
- Prof Henri BENSAHEL, France
- Prof Abdeharmane BENSAID, Morocco
- Dr Thami BENZAKOUR, Morocco
- Prof Mohamed Salah BERRADA, Morocco
- Dr Laurel BLAKEMORE, United States
- Prof Thierry BÉGUÉ, France
- Prof Cody BÜNGER, Denmark
- Prof Franz BURNY, Belgium
- Dr Jacques CATON, France
- Prof Jean-Pierre COURPIED, France
- Prof Mohammed Hassan DARWISH, Oman
- Prof Nando DE SANCTIS, Italy
- Dr John DORMANS, United States
- Dr Morris DUHAIME, Canada
- Prof Dr Jochen EULERT, Germany
- Dr P. FARSETTI, Italy
- Prof Federico FERNANDEZ-PALAZZI, Venezuela
- Dr Salah FNINI, Morocco
- Prof Patricia FUCS, Brazil
- Dr Christian GÄBLER, Austria
- Dr Lowell GILL, United States
- Prof Dariush GOURAN SAVADKOOHI, Iran
- Dr Pedro GUILLEN-GARCIA, Spain
- Dr Mahmoud HAFEZ, Egypt
- Dr Sam HAKKI, United States
- Dr Kamal IBRAHIM, United States
- Dr E. IPPOLITO, Italy
- Dr Amar KORCHI, Algeria
- Prof Tomihisa KOSHINO, Japan
- Prof Dr Rainer KOTZ, Austria
- Dr Mohamed KTIRI, Morocco
- Prof Abdelkrim LARGAB, Morocco
- Prof John C.Y. LEONG, Hong Kong
- Prof Ping-Chung LEUNG, Hong Kong
- Prof Lars LIDGREN, Sweden
- Prof Hwa Chang LIU, Taiwan
- Prof Keith Dip-Kei LUK, Hong Kong
- Dr Stefan MARLOVITS, Austria
- Dr Marcos MUSAFIR, Brazil
- Prof Mohammed NECHAD, Morocco
- Prof Rocco PITTO, New Zealand
- Prof Dominique POITOUT, France
- Dr Eric RADIN, United States
- Prof Mohamed RAFAI, Morocco
- Dr Mohamed RASHED, Libya
- Dr Hari REDDI, United States
- Dr Johannes RUEGER, United States
- Prof Galal Zaki SAID, Egypt
- Prof Laurent SEDEL, France
- Prof Vladimir SHEVTSOV, Russia
- Dr Franklin SIM, United States
- Dr Mahmoud SLIBI, United States
- Prof Chadwick F. SMITH, United States
- Prof Charles SORBIE, Canada
- Prof Se-Il SUK, Korea
- Prof Aree TANAVALEE, Thailand
- Dr George THOMPSON, United States
- Dr Cosimo TUDISCO, Italy
- Prof Albert VAN KAMPEN, Netherlands
- Dr Gonzalo VASQUEZ VELA, Mexico
- Prof Dr Vilmos VECSEI, Austria
- Prof Jean-Marc VITAL, France
- Dr James WADDELL, Canada
- Prof Chyun-Yu YANG, Taiwan
To reserve online, please visit http://www.sicot.org and click on Hotel and Tours Reservation.

**Fifth SICOT/SIROT Annual International Conference**

**29 August - 1 September 2007**

**Conference Venue: Palais des Congrès**

Avenue Mohammed VI - 40 000 Marrakech, Morocco

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**> CULTURAL VISIT TO THE MONUMENTS OF MARRAKECH**

*Half Day Tour / 29 August 09:00-12:30*  
*Half Day Tour / 30 August 09:00-12:30*  
*MAD 180 / EUR 17*

A historical visit to the city of Marrakech, including major monuments such as the Koutoubia Minaret, the Bahia Palace, the Saadian Tombs and the Badia Palace.

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**> VISIT TO THE SOUKS AND DJEMAA EL-FNA**

*Half Day Tour / 29 August 16:30-19:30*  
*MAD 150 / EUR 14*

Visit the Dar Si Said Museum and the famous Marrakech Souks, home of jewellers, carpet vendors, and spice merchants. Walk through the Djemaa El-Fna where you can admire theatrical performances, acrobats, snake charmers and monkey handlers. It is an exciting experience!

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**> VISIT TO THE MARRAKECH GARDENS INCLUDING MAJORELLE**

*Half Day Tour / 29 August 15:00-17:30*  
*MAD 190 / EUR 18*

Discover this spectacular garden! Walk through the famous Palmeraie Gardens, the Agdal Garden and the Majorelle Gardens, redesigned by Yves Saint Laurent. The tour ends while the last rays of the setting sun reflect off the Menara Pavilion and its immense basin at the bottom of the olive grove.

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**> EXCURSION TO THE OURIKA VALLEY**

*Full Day Tour / 31 August 09:30-18:00*  
*MAD 430 / EUR 39*

Across the most beautiful valley of the Atlas Mountains you will discover small hamlets on the cliff side and a potter’s village on the bank of the fresh waters of the Ourika valley. Enjoy lunch in the heart of the mountains in a traditional Berber dwelling while absorbing the most magnificent panoramic view.

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**> EXCURSION TO ESSAOUIRA**

*Full Day Tour / 1 September 08:00-19:30*  
*MAD 550 / EUR 50*

Formerly known as Mogador, Essaouira has the prestige of antiquity and was built in the XVIII century. It has a unique medina that extends into a broad right-angled street, bordered by squat archways opening onto the Souks. Jewellery and the chiselling of daggers are specialities of Essaouira, and woodworking is also popular. You will appreciate the trunks, cases and tables that have been skilfully and finely carved from valuable woods such as thuja, cedar and lemon-tree.

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*NB: Prices in euros are approximate*