

Sumita Pradhan, Nepal

ISS/SIC Travel Scholar of the 48th WCS, Krakow, Poland, August 11 to 15, 2019

I was one of the travel scholars selected by the International Society of Surgery Foundation for the World Congress of Surgery 2019 held in Krakow, Poland and now, here I am.

It was the first time I travelled to Europe alone and at the same time I was quite excited and anxious. This trip was funded with the kind assistance of Dr. Martha, Dr. Reid and the Department of Surgery at the University of Virginia. I am very grateful that this visit was made possible with their support.

The conference was extraordinarily educational. There were several sessions on Hepatobiliary, Pancreas, Colorectal in which I participated. I learned about various innovations and current trends. I was able to expand my knowledge and gain self-confidence in dealing with my patients. This experience will help me to become a good doctor and surgeon.

I had a poster presentation entitled "Management of GIST: our experiences from Nepal". There were many participants who were interested in the results and asked questions and discussed about disease management and results.

I met fellow surgeons and physicians from India, Great Britain, Ecuador, Africa and America. I am particularly interested in liver and hepatobiliary transplantation and therefore had very exciting discussions with them about how I can try to improve my skills and develop this field in my home country. I received valuable tips and suggestions and appreciation.

We also attended the writers' workshop and professional development courses, which was very helpful. This has made me better informed about my career and also about the importance of writing a paper and how to publish it. I am particularly grateful to Dr. Patti for his valuable feedback and suggestions.

Furthermore, I am especially grateful to Dr. Michael Sarr of the ISS Foundation for making us feel so welcome and at home. As a Travel Scholar, it would be valuable to also organize a refresher course or practical session. Perhaps a short-term visit

to some of the local hospitals would also be beneficial, as it would give us a better understanding of the health system and management.

The World Congress of Surgery is a very helpful conference. The lectures and discussions we attended were very learning and the discussions were interesting. I learned a lot and I definitely recommend the congress to other surgeons or surgical trainees.

This was a memorable and life-changing experience for me, and I would like to thank the ISS Foundation and the World Congress of Surgery and my sponsors for making this dream come true, and I wish them all the best for the future. I hope that everything I have seen, heard and learned will carry with me and make me and you all proud of me.

Thank you again. I remain committed to life.
Sumita Pradhan