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

It gives me immense pleasure and excitement while writing this review about the WCS-2019 which I attended in Poland during August as travel scholar.

Before I say anything I would like to thank and congratulate the conference organizers for organizing such a conference which I had never expected because I am Muslim and right during the conference days was our holy occasion of EID UI Azha and it was very difficult for me to decide whether I should attend the conference or my holy days, but thank GOD I am happy that my decision to attend the conference was 100 % right and the whole credit goes to the conference organizers.

I have attended only one international conference in Korea in April 2019 prior to attending WCS in Poland, although I have attended multiple national conferences before, but this was the best ever conference which I have ever attended in my life and I will try to explain here how this conference not only gave me confidence, knowledge and learning but also introduced me to an entirely new world of international surgeons, consultants and community which were very friendly and helping.

Conference started with career development course which to me as young consultant was very informative and relevant not only on academic but also on intellectual levels. The curiosity, wisdom and thoughtful discussions and critiques in the course room will be remembered for long. I have a goal now and it has opened my mind that how can I progress and excel in my career and likewise my students and junior surgeons have benefited with my experience of attending the course as I have taught them as well which ever I learnt in that course.

Conference was very well decorated with very informative and educational lectures, videos and posters, explaining advancements in all surgical specialities. It has broaden my knowledge of surgical field and has made me well versed with most advanced surgical procedures and treatment modalities. Now I am more confident while teaching to undergraduate students and junior surgeons.

The best part of conference for me was the concept of global surgical education program specially designed for low and lower middle income countries. It was really fantastic, eye opening and thought provoking for me to look at the goals objectives and work of global surgical education group.

After attending this conference, I have realized that these societies are very essential and all of us must join them and support them to get the goals. Right during the conference I decided and joined ISS/SIC and promised to myself that I will take part actively in the society activities and will work for the betterment of other fellow surgeons around the globe.

Another very important aspect of the WCS and ISSF which I came to know was to establish international connections and to establish a relationship among surgeons from various parts of the world and I don't hesitate to say that ISS and WCS organizers have done this job very well, I met with delegates from all over the world both high and low income countries and helped me made new friends from international community.

Writer's workshop was a master piece in itself because it was so well constructed that it addressed all the points according to the individual needs of participants and according to their competence levels. It has cleared many of my concepts and at least helped me a lot to organise my thoughts and I think I will be focused and target oriented in future while writing or publishing any manuscript or conducting any research. I have already planned to conduct a likewise course to educate and teach junior surgeons, and under graduate student.

And obviously the grant was something without which I would never have been able to attend the conference. And I want to send my gratitude and regards to the selectors of award winners for honouring me with travel scholar award and I would recommend that award participant numbers should be increased so that more and more candidates can attend the conference and witness the great work being done.

Sami Ullah, Pakistan