I would like to thank BDIAP for awarding me a bursary to attend the ESP/IAP Virtual 2020 Congress. I found it a brilliant opportunity to expand my pathology knowledge whilst presenting the results of a quality improvement project I worked on with my colleague Dr Alison Hayward.

At the Congress we presented a virtual poster on the value of templates in helping trainees to perform cut up of breast specimens. It was fantastic to deliver the results of our project at a virtual conference. The virtual nature of the conference meant that it was easy to browse through many different posters whilst listening to the authors summarising their work. Whilst there were many advantages to the virtual nature of the Congress, it was a shame not to be able to present our poster in person and to meet the other authors.

The Congress enabled me to learn about a wide range of pathology research from around the world by attending numerous virtual presentations on topics including breast, head and neck, gastrointestinal and lung pathology. I particularly enjoyed attending the talks on autopsy practice after SARS-Cov-2 as these gave a fascinating insight into the current challenges that we face. The virtual presentations were a brilliant chance to learn about the latest developments in a number of areas of pathology.

Overall, I found the Congress really valuable for introducing me to new developments and increasing my confidence in Pathology. I am very grateful to BDIAP for supporting my attendance at the Congress.