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I would like to thank you for the generous bursary I received which enabled me to attend the IAP conference in Cancun, Mexico. I felt it was a unique opportunity to meet and learn from worldwide experts, discuss my poster and interest in soft tissue and epigenetic changes further at this pivotal moment in pathology. It was my first international conference and I loved every second of it. It was great to chat with trainees like myself just starting out in our pathology careers and experienced consultants and those who had long retired but still had posters to share and passions to discuss. I felt warmly accepted by this vibrant community and I loved the deep respect of the community to all participants. I look forward to taking an active role in BDIAP in the coming years to be part of this educational community

There were so many fascinating lectures to attend I tried to cover all specialities and focused on bone and soft tissue and molecular as this is less encountered in my daily practice. I feel I learnt so much which I can apply both to my daily reporting and towards my part 2 exam preparation. I feel I have gained so much confidence in presenting my work and discussing my ideas with others. I look forward to attending more conferences and presenting my work at these.

Mexico is a wonderful country to visit and I felt warmly welcomed by everyone at the congress. I was touched by the IAP altar celebrating the day of the dead and those no longer with us. The trainees were also treated to a meal and networking opportunity which was a wonderful experience in which I got to learn about the training programme in Mexico and other countries. My daily walk to the conference centre saw me pass this lizard and this is the lagoon where he lived (view from conference centre).

