I would like to thank the British Division of the International Academy of Pathology for the generous bursary enabling me to participate in my first pathology study days, held in the beautiful building of the Royal College of Obstetrics & Gynaecology in London.

As a foundation doctor embarking on histopathology training next academic year, I wanted to attend the study days to gain valuable insights into the field and refine concepts learnt in medical training that had somewhat lost their sharpness over the almost two years post-graduation. I can confidently say that both days proved immensely beneficial for my professional development, equipping me with foundational knowledge that will ease the transition as I delve into the world of pathology training in August. The molecular pathology study day offered a comprehensive and up-to-date overview of evidence-based techniques that are relevant for the day-to-day pathology practice. The case-study sessions were particularly memorable, illustrating the pivotal role of molecular techniques in challenging pathological diagnoses and positively influencing management for patients. Conversely, the cut-up study day provided dissection technique tips from experts in their field, offering practical insights that will be useful when standing at the cut-up bench.

In addition, the opportunity to engage with pathology trainees and fellow foundation doctors across the UK and beyond was a reminder of the inherent value of in-person training days. It was a pleasure to immerse myself in gaining new knowledge alongside like-minded individuals. I would highly recommend these tasters days for any interested foundation doctor/trainee and look forward to attending future BDIAP events myself.

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