

I travelled from Cork, Ireland to USCAP's Annual Meeting at National Harbor, Maryland USA. I had very high expectations for USCAP 2019 and they were certainly met. On arrival on the Saturday, we were met with a brochure of companion meetings, something for everyone to warmly welcome us to USCAP 2019. I attended the International Society of Urological Pathology companion meeting on the Saturday and explored National Harbor and Alexandria on the Sunday.

I presented three posters, two on the Monday and one on the Wednesday, all on different facets of my research in prostate carcinoma. There was a great level of excitement on the Monday morning for the Stowell Orbison prize. It was great to discuss these projects in an international forum and receive invaluable feedback which I take home to refine and finalize my research projects.

The conference is structured very well, with courses and lectures available for every subspecialty and level of training, suited to early birds (5.45am start time) and night owls (10pm finish time). Interactive microscopy sessions, short courses and long courses provide detailed and very useful course material that can be applied in daily practice from the world's leading experts. Throughout the week there was a great buzz and excitement including the 2019 Maude Abbott lecture and USCAP honors. It was great to meet old and new faces including the lovely Sam Kiely at the IAP stand. There were multiple social events organized by alumni and organizations, including the Histopathology annual reception.

I received a bursary from the BDIAP, which covered my flights, registration accommodation and short courses. The bursary from the BDIAP allowed me to fully partake at USCAP and "unlock my ingenuity". Going forward my trip to USCAP with the aid of the BDIAP has left a permanent immeasurable mark on my training and I only hope I return again soon.

- Sarah Ni Mhaolcatha