

Thanks to the endorsement and support from the Royal College of Physicians of Edinburgh, I was able to attend the MIRCIM conference (and take part in the Young Talents in Internal Medicine World Contest) in Krakow. It was an incredibly rewarding experience, both professionally and personally, and one that I will remember for a long time.

A fantastic tour and reception in the famous Wieliczka Salt Mine kickstarted a great three days filled with talks led by experts from variety of internal medicine fields and interesting case reports presented by resident doctors from across the globe. The programme covered an impressive variety of topics, from new developments in clinical practice to practical approaches for managing complex patients. Alongside the educational programme, we were also treated to a memorable classical music concert (by the fabulous Sinfonietta Cracovia) after the welcoming lecture on the first evening.

One of the strengths of the conference was the wide range of parallel sessions available throughout the three days. There was always something interesting to attend regardless of your particular area of interest, and it was reassuring to know that recordings of sessions were available afterwards to catch up on any sessions that I was unable to attend.

The Young Talents contest showcased a great variety of different cases- many discussing rare presentations or conditions more commonly seen in endemic regions. It was fascinating to listen and learn from fellow resident doctors. Post presentation discussions also highlighted that despite working in different organisations and not always following the same pathways and protocols, medicine shares the same principles globally and we can all learn from each other.

The atmosphere created by both the judges and fellow contestants was very welcoming which made giving the presentation way less stressful than expected. Each presentation received thoughtful follow up questions from the judges and a take-home comment from the chairman. For me personally, this was my first presentation at an international conference, and the positive environment made the experience even more meaningful and enjoyable.

An additional bonus of the conference venue was the stunning view overlooking Wawel Castle, which made the whole experience even more atmospheric. I would strongly recommend this opportunity to anyone considering applying in the future — it was an excellent experience, both academically and socially, and a fantastic chance to meet colleagues from around the world.

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