The ESVS meeting in Valencia. Where do I even begin to describe it? A great experience, especially for a young surgeon starting with his surgical career. This was my first international conference, and I am lucky my first was the ESVS. Just studying the conference program and seeing all the huge names in Vascular Surgery that were scheduled to speak at the ESVS was exciting and formidable. But I was lucky enough to be able to present my work at the fast-track sessions, and even luckier to find out that I had been chosen to present it again at a plenary scientific session.

The feeling I got was indescribable, one of disbelief, awe and most of all pride, and I prepared all night for how I would present my work again. It was one of those big moments in life people always talk about, but it was the first time I had felt it.

The other huge part of the experience, and the one I consider to be the most beneficial, was the ESVS academy. I enrolled in 5 workshops, but I wish I had the time to enroll in 5 more. They were incredible, the material was very practical, day-to-day practice based and targeted. The selection process was very logical, and allowed everyone to access the suitable level of information for their training level. Simulators and dummies were provided, giving a great practical and realistic feel for all the workshops, not just theoretical presentations. This got everyone involved and eager to learn more and practice more, to the point that I found myself wishing the workshop would last longer in a few instances. The mentors were very helpful, down to earth, and always willing to answer our every question, no matter how basic it was.

Even the industry stands were very beneficial, and I had the chance to witness and try out some of the newest advances in vascular surgery, whether they be new devices, grafts, or even just medical records software.

All in all, it was one of the most amazing and beneficial experiences of my life, one that I am planning on repeating again, and hopefully making a yearly habit out of it. I have to thank the ESVS for helping me meet lots of great vascular surgeons from around the world, both in my same level and significantly more experienced ones. I also have to thank the society for the chance to present my work, and to gain the most beneficial exposure of a world class Vascular Surgery conference. Thank you very much, and see you next year!