



# SCHOOL

## Course report: Target Volume Determination

**11-13 September 2023, Prague**

We had the privilege of attending the ESTRO course on Target Volume Determination in Prague, and it was a great learning experience. This course provided us with a wealth of tools and knowledge that we can apply directly to our daily work as radiation oncologists.

One aspect that stood out was the fact that this course was not online, which, in this age of virtual everything, was an enormous plus. Being physically present among colleagues and experts from different countries and radiotherapy centres added an extra dimension. Because of this, we could ask questions, have engaging discussions in both plenum and in-group sessions and exchange personal experiences and ideas.

Perhaps one of the most significant advantages of attending this course was the range of topics that were covered and the direct access it offered to experts in different fields. These experts were available during the days, between sessions, at lunch and during coffee breaks. We had the opportunity to ask questions and receive immediate feedback.

Many courses provide knowledge of the delineation of single parts of the body. Of course, it is important to gain such deep knowledge, but we thought that this course, which covered several areas such as breast, prostate, lung, central nervous system, head-and-neck and oesophageal cancers, was an excellent course to provide us with a broad perspective of the field. Many radiation oncologists, like us, work in small cities where we are supposed to be able to delineate many different body parts.

The course curriculum was thoughtfully structured and covered a comprehensive range of topics. The workshops were particularly good, with hands-on training and the chance to apply what we had learned in real clinical scenarios. Cases with delineation exercises had been sent to us a couple of weeks before the course; maybe for the next course it would be beneficial to receive the exercises a little earlier. Sitting in groups and going through the work enabled us to gain a deeper understanding of the areas that we had little knowledge of.



Legend: group picture course Target Volume Determination, Prague

In conclusion, attendance at this ESTRO course in the beautiful city of Prague was a great experience that has positively impacted our clinical practice as radiation oncologists. The knowledge and tools that we acquired during the three days will continue to benefit both us and our patients. The absence of online learning and emphasis on in-person interaction with colleagues and experts made this course stand out. The collaborative environment, hands-on training and access to expert knowledge were key factors that made this course worth recommending to colleagues. It was time well spent!



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