



# YOUNG

## Interview with the chairs of the young track for the Congress of the European Society for Radiotherapy and Oncology (ESTRO) 2020

1. *What is the topic of the teaching lecture?*

We are proud to say that Professor David Jaffrey of the Princess Margaret Cancer Centre and the University of Toronto, Canada, has agreed to take the teaching lecture. Everyone is welcome to attend, but especially young professionals who are interested in the most important, future radiotherapy techniques/treatments (e.g. micro beam, FLASH, etc, possibly immunotherapy) should come and listen to his lecture. We very much look forward to this occasion, after which we will know more about the expected advancements in our field for the next few years.

2. *What are the topics for the symposia?*

We start off with the Mobility grant report-back. This will be a change from previous presentations on this subject, as the speakers will all address the same topics. Examples are: 'How work and life for the awardees differed between their home countries/institutes and the countries/institutes they visited'; and 'How the experience advanced awardees in their careers and what their recommendations are to others who consider applying for mobility grants'.

The second topic is **Communication in professional life**. All of us, but especially the young, are working in a challenging environment. With increasing risk of burn-out among young professionals, it is important to organise our work in such a way that it gives us energy. This also means that we should stand up for our beliefs, saying no when there is too much on our plates, and feeling secure about our communication style when difficult topics arise. We are happy that Professor Pal Gulbrandsen of the University of Oslo, Norway, expert on medical communication, will share his thoughts on this.

The third topic is the **Mentoring programme**. The programme is now open for applications! See also Question 5.

3. *How does the young track address the conference topic "Translating research and partnership into optimal health"?*

*In our opinion, the teaching lecture and first symposium addresses research, and the communication and mentoring symposia deal with partnership in a broader sense. In this way, the young track as a whole fits nicely within the conference theme.*

4. *After ESTRO 37's speed dating and the return of the interactive quiz at ESTRO 38, what kind of icebreaker awaits us at ESTRO 2020?*

Based on the great success of the interactive quiz at ESTRO 38 and 39, we have again incorporated a quiz in the networking programme.

5. *The novelty of this year is arguably the pilot mentoring programme. Can you tell us a bit more about how you came up with the idea and what is the objective?*

As a committee, we have understood from the young members that there is a growing need for a sense of community, of belonging. Also, the demands on young professionals are increasing. The mentoring programme aims to stimulate the

professional growth of ESTRO's young members, and to help them to maximise their efforts in achieving their full potential by connecting them with senior ESTRO members. The programme is now open for applications. For more information and to apply see the young committee webpage (lower left corner). Be sure to apply before the deadline of 9 February, 23:59 CET.

6. *How did you choose the topics for this year's young track programme? Why are they important and timely?*

The topics were discussed within young ESTRO. It is not just the track chairs who come up with ideas; as a group we try to investigate the needs of those we represent.

7. *What would you say are the learning objectives for the young track?*

The answer to this question is twofold. On the one hand, we would like to give an overview of the major developments within the field, and on the other hand we provide tools for personal growth of young professionals.

8. *What was the biggest challenge in establishing the young track programme?*

The mentor programme pilot was a spin-off from the original draft for the sessions in the young track. The organisation of this became a second – and substantial- task for us.

9. *How did you experience the process personally? Was it as you expected?*

As track chairs, we were allowed to attend several meetings regarding the conference. This has been a rewarding and insightful experience, especially regarding all the hard work of ESTRO, the office and its members to organise a successful meeting.

10. *Which session(s) from the other tracks are you personally particularly looking forward to attending?*

**Jolien:** I followed the sessions on FLASH radiotherapy with great interest last year. I am interested to get an overview of recent developments.

**Steven:** I'm looking forward most to the session about artificial intelligence and automation

11. *Can you give us the young track programme in a tweet?*

Young, refreshing, interprofessional; don't miss the young track @ESTRO2020.

12. *Why should an ESTRO 2020 participant go to the young track?*

To learn what you can expect from the field of radiation oncology in the next few years and to make sure you know how to prepare for it.

13. *What would you say to a first-time visitor at the annual ESTRO congress?*

Welcome, we are happy to meet you.





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