

ESGO Travelling Fellowship – Candidate Guide & Checklist

The ESGO Travelling Fellowship is an opportunity to gain new clinical, surgical, research and/or educational experience at an ESGO-accredited training centre. To make the most of your fellowship, we recommend discussing your expectations and learning objectives with your host centre in advance and keeping a simple record of your activities during your stay.

Before your fellowship

While arranging your training stay and invitation letter with the host centre:

- Define **2–5 main learning objectives** for your fellowship.
- Share your objectives and expectations with your host mentor.
- Discuss the activities you would particularly like to participate in or observe.
- Where possible, agree on a **basic training plan or schedule** with your host mentor.
- Clarify any practical or institutional requirements before your arrival.

The programme does not need to be fixed in detail and may change depending on clinical activities and opportunities available during your stay.

During your fellowship

Be proactive and make the most of the opportunities available at your host centre.

We recommend keeping a **simple personal log** of your activities, for example:

Date	Activity / Procedure	Your Role	Key Learning Point
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For surgical activities, you may record whether you participated as an **observer, assistant or operator**, where applicable.

Please **do not record any patient-identifiable or confidential information**.

We also encourage you to take a few appropriate **photos documenting your fellowship experience**, while respecting the host institution's privacy and photography policies.

Before you leave

Take a moment to review your fellowship with your mentor:

- Which learning objectives did you achieve?
- What were the most valuable skills or experiences gained?
- Is there an opportunity for future collaboration, research or publication?
- How can you implement or share what you learned at your home institution?

Your personal notes will also help you when completing the **ESGO Travelling Fellowship Final Report** after your training visit.

Most importantly, be proactive, ask questions, build professional connections and make the most of your time at the host centre!