The next day, all final-year residents were immersed in the world of urodynamics. Drs. Jerzy Gajewski and Greg Bailly of the Dalhousie University in Halifax, Canada, chaired this four-hour course. In the first part, they taught basic principles such as how to set up and perform modern urodynamic studies, and how to identify patients who need urodynamics. Afterwards, we were taught how to interpret urodynamics and how to recognise artefacts. Finally, we were all examined with urodynamic trace-based tests. I am convinced that this very interesting course will improve the quality in interpreting and reporting urodynamics.

**Comprehensive Scientific Programme**

The CUA annual meeting offered a comprehensive and well-organised scientific programme. I attended state-of-the-art lectures about immune-oncology, infertility, and the contemporary use of meshes in prolapse and incontinence surgery. I especially liked the presentation of Timothy D. Averch, urology professor and director of the UPMC Kidney Stone Center, Pittsburgh, USA, who presented an overview on how quality of medical management of stone disease can be improved. In the end, he stated that based on the AUA guidelines clinicians should offer thiazide diuretics and/or potassium citrate to patients with recurrent calcium stones and chronic stone formation but with no other metabolic abnormalities.

During the last session, changes in CUA guidelines were discussed. My impression was that CUA guidelines are mainly based on AUA guidelines, which are quite similar to EAU guidelines. The only major difference I noticed was that in their guidelines they already stated that oncologic outcomes are similar for open versus laparoscopic versus robotic cystectomy. This statement was assessed with a sa level of evidence.

I also attended three hands-on courses. The first course was about flexible uroscopy, chaired by Dr. Tom-Chi of the University of California in San Francisco. He shared his experience on using single-use digital flexible ureteroscopes. He explained how his patients and practice benefit from this technique, based on a case-cohort study comparing two groups of patients undergoing flexible ureteroscopy. The first group (65 patients) was treated with reusable fiber-optic flexible ureteroscopes. He found that single-use digital flexible ureteroscopes can reduce procedure time for up to 10 minutes while preserving excellent clinical outcomes. He concluded that these ureteroscopes represent a feasible alternative to reusable ureteroscopes with a low rate of scope failure comparable with reusable ureteroscopes (4.4% versus 3.7% respectively, p > 0.22).

The next day, I went to a hands-on workshop about minimally invasive percutaneous stone therapy. Dr. Kenneth Pace, associate professor at the University of Toronto, lectured on the indications and limitations of standard, mini, ultra-mini and micro PCNL. He also discussed single-step dilation, low-pressure irrigation and the “vacuum cleaner” effect of irrigation. This allows stone clearance during mini PCNL without additional devices, under the influence of the turbulence produced by the irrigation fluid. He concluded that these minimally invasive PCNL techniques appear to be safe for treatment of small stones and offer a new option in treating nephrolithiasis.

**Photoselective vapourisation**

The third course I attended was about photoselective vapourisation of the prostate, chaired by Dr. Gerald Brock, Dr. Dean Elterman and Dr. Kevin Zorn. After a short presentation about optimal techniques to maximise patient outcomes, we received personalised instructions with the new virtual reality simulator for training on photo-selective vapourisation of the prostate.

The evenings were filled with receptions, delicious dinners, animation acts with stilts walkers and concerts. It was a great chance to meet reputed urologists from all over the world in a warm and pleasant atmosphere.

I would like to thank the EAU and CUA for giving me the opportunity to take part in this resident exchange project. It was an unforgettable experience to join the congress and to experience the generous hospitality of the Canadians. I am convinced that the knowledge I have acquired and the friends I made will be useful in my future.