The 69th ORCA congress was held in Cagliari, Sardinia, Italy. ORCA is a scientific organisation which promotes oral health through scientific research in the field of Cariology. It is the biggest organisation related to Cariology in the Europe. The topic for the conference was ‘The core curriculum for cariology: Fiction or Reality? Challenges about implementation’. I have attended the previous the 68th ORCA congress in 2021. It is an online conference. Although my learning has been enhanced and my knowledge has been expanded for dentistry in the conference, I was looking forward to attending to an in-person event to increase the academic communication opportunity. There is four days in the 69th ORCA congress, the programme includes Keynote lectures, poster sessions to present different cariological work, workshop, social event.

After opening ceremony of the conference, I attended the Nathan Cochrane Junior Scientist Award competition.

There were nine people in the competition, I presented on a project ‘Assessment of different toothpaste applications without rinsing on artificial root caries’. The project was supervised by Dr Aylin Baysan, a Reader in Cariology in relation to Minimally Invasive Dentistry at QMUL. I presented how toothpastes have effect on the root caries and how we
can evaluate these toothpastes in the laboratory. I also introduce the clinical significance related to the project in my presentation. It was a good opportunity to discuss the project with many audiences and received to valuable feedback regarding to future study. As a participant, I am proud of having an opportunity to do the presentation in the conference to share my research findings. Unfortunately, I didn’t get the award in the conference. But it can inspire to improve myself in the future.

The conference poster sessions consist of Clinical studies, De-Remineralisation studies, Fluoride studies, Epidemiology, Microbiology, Erosion studies, Diagnosis studies, dental education. By attending some of sessions, it helps me know many latest methods for diagnosis, managements in the caries.

I also attended the social events including informal dinner and social dinner in the conference. In these events, I know researchers from other universities. We discuss our own project related to current stage and future development. The platform is likely to help me to establish academic cooperation with other academia. It will have a sustainable impact in this field between QMUL and other universities.

In addition, it is my first time to visit Sardinia, so I spend some time to explore the Cagliari, Sardinia. Therefore, I can enjoy the ancient city with a long history.

I am so grateful to have received the Expeditions Fund to attend the conference, which make possible to cover the travel tickets and most of accommodation within these days. It was my honour to attend the conference as a representation for Queen Mary University of London in the International conference.