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When I was an orthopaedic resident, I had the opportunity to have an outside rotation in another hospital in the Philippines. There is where I appreciated the science and complexity of the cases and techniques in Sports Medicine. Since then, I developed this dream that someday after my residency training, I will pursue a fellowship training in Sports Medicine either in the Philippines or abroad.

One of my consultant in the Philippines, Dr. Juan Alejandro Legaspi was the one who encouraged me to pursue my dream because if I will be able to finish a fellowship training in sports medicine, I can help in improving the Sports and Arthroscopic Surgery Division of our department. Dr. Legaspi was a previous Pediatric Orthopaedic fellow in DKCH, he told me why not try sending an application form in QMH since the hospital is offering a fellowship training in Sports and Arthroscopic surgery. I submitted an application form to QMH when I am about to finish my residency training in the Philippines.

During my six months stay in the Department of Orthopaedics & Traumatology, I was impressed with the department's dedication in researches and continuing education for the staff and different divisions. Knowing the HKU-QMH is one if not, the most, successful center in Hong Kong in terms of global recognition with regards to Orthopaedic training and also, equipping international fellows the necessary skill and knowledge of each subspecialty. And this made me blessed and honored, to be part of the department.

With regards to my fellowship training in the Division of Sports & Arthroscopy, Dr. Yau helped me a lot in learning how to arrive with a good diagnosis from taking the history, knowing what to ask the patient and doing the right physical examination and not solely relying on imaging, since I had a very limited exposure in sports medicine during my residency training, this added knowledge will greatly improve my clinical eye in treating this types of cases. I also appreciate learning the techniques in arthroscopic and non-arthroscopic surgeries with Dr. W.P. Yau, especially his arthroscopic techniques that does not rely on implants all the time. One typical example is the use of multiple portals and use suture hooks and PDS to repair a meniscus instead of using meniscal anchors/implants all the time. This will greatly help

me and our department in the Philippines to do these type of cases since implants there are very expensive and since we are a public hospital, we are catering the less fortunate member of our society. Last but not the least, I would specifically mention my close friends Dr. Janus Wong, Dr. Andy Yee and Dr. Wisely Tang, they helped me a lot during my first couple of months here in Hong Kong, from Hospital duties and even outside the hospital. My first couple of months here in Hong Kong was difficult because it was my first time to live alone away from my family and they made it a lot easier for me. Also to Dr. Colin Yung who joined the team during the last 3 months of my stay, even he is really busy preparing his exam, he made time to bond with us and had a farewell dinner for me. These guys I will forever treasure in my heart.

Overall, my fellowship experience in HKU-QMH was very productive. It was a privilege to train under the supervision of Dr. WP Yau.

Thank you and may God continually bless the department and use it as a channel of His blessing to the people of Hong Kong.

