1. **Please give a short overview of the main tasks and duties of the Pre-Day and Lunch Symposia Committee.**
   The Pre-Day and Lunch Symposia Committee is tasked with the organisation of topical, relevant symposia for all delegates at EUROSPINE. We need to bear in mind the level of expertise present at any given Symposium, from novice spine surgeons through to world-renowned surgeons, and so the programme and content need to appeal to all.

2. **Are all tasks shared equally amongst the committee members or do you split the tasks in a project-oriented manner? Please exemplify?**
   Tasks are of course shared amongst the various committee members – we allocate tasks according to the strengths of our various members, all of whom bring something unique to the table. Tasks include faculty invitations, liaison with the organising committee, sponsor involvement, ensuring appropriate content, and of course lunch – we don’t want our delegates to be hungry!

3. **What was your motivation to apply for the Pre-Day and Lunch Symposia Committee and how did you perceive the application process?**
   My motivation to apply was based on my ongoing enthusiasm for teaching – symposia typically have a ‘special focus’, attracting a whole variety of healthcare professionals, and to be able to organise such events has been a very rewarding experience for me. The application process was straightforward – the team at EUROSPINE has been able to help throughout the whole process.

4. **Personally, what have you gained from your interaction with the Pre-Day and Lunch Symposia Committee and EUROSPINE in general?**
   A surgeon never stops learning – meeting surgeons (and other healthcare professionals) has continued to provide me with these multiple learning opportunities. Preparing the programme, particularly after discussions with colleagues, lets me know what matters most to spine surgeons in this day of age where multiple advances have been made in spine.

5. **Are you looking forward to interacting with EUROSPINE more after your term as member of the Pre-Day and Lunch Symposia Committee, if so in which manner and why?**
   I will always enjoy attending these sessions – not only for learning, but for continuous networking amongst colleagues and friends, new and old!

6. **Imagine your term comes to an end and you are responsible to find a replacement – what traits would you be looking for in an applicant?**
   The ideal candidate would have excellent organisational skills and be highly approachable. The symposia must be relevant to spine surgery in this day of age, and the organiser must be able to communicate with faculty, delegates and the organising committee well.

7. **Would you recommend EUROSPINE members to apply for your position and why?**
   Absolutely. The chance to develop symposia provides a real sense of achievement. As a committee member you are also able to introduce new formats and new ways of learning – I’ve suggested live surgery for example which has been approved and will no doubt improve our learning in these symposia. Meeting world-renowned spine surgeons and listening to their high-level talks is just the icing on the cake!