Name: Dr David Mizrahi
Position & Affiliation: Senior Research Fellow, Daffodil Centre, University of Sydney
Full Reference: **David Mizrahi,** Revolutionizing Recovery: The Power of Digital and Community-Based Exercise for Childhood Cancer Survivors
Conference/Meeting Name: Pediatric Exercise Oncology Congress
Location: Mainz, Germany
Dates: 16-17 April (and patient-family day on 18 April)
Presentation Type: Invited Keynote



Here is me delivering my keynote presentation on Day 1 in Mainz to highlight the role of digital technology and community organisations in promoting and supporting physical activity in childhood cancer survivors. I showcased our ongoing MERRIER online delivered exercise trial, which received a lot of interest due to our creative digital ways of getting young survivors active through play. There was a lot of buzz at this conference as it was the first results presented from the FORTEe study, the largest multi-country trial of exercise during treatment in childhood cancer. Given it was 20 years since I last visited Germany for the 2006 soccer world cup, I opened my talk with pictures of me travelling the country to visit the Socceroos, and I played the German theme song which was incredibly popular among the locals, which received a singalong from the audience.



After the conference, myself and other paediatric oncology researchers were invited to attend a patient-family day with over 400 people attending with fun activities for the kids, a group dancing session, media presence, and a nice speech from the German health minister supporting the role of exercise in childhood cancer. Many attendees I've only met on zoom over the last 7 years, so to spend time in person and making new great connections during this conference from all over the world was wonderful and exciting for future work (which is already in the works!).



In my free time, I explored nature as much as possible. Here my colleague Dr Lauren Ha and myself caught a short train from Frankfurt to walk around the beautiful Taunus Mountains area.



While I was in Germany, it was a great opportunity to link up with one of the leading exercise-oncology research groups in Europe, which took me on an efficient relaxing train ride through the German countryside to Heidelberg (working on manuscripts with the free train WiFi). I was invited to give a talk at their hospital and spend the day meeting postdocs, students and touring the facilities. I also had a few hours free to climb 1300 stairs to the top of the mountain to the old castle view of the region, and had a schnitzel at the top.



I had the weekend 'off' so I had signed up to run the Leipzig half marathon while I was in town. I mentioned this in my presentation and later an exercise physiologist from Leipzig children's hospital came up to me and invited me to visit her centre, which has one of the world's longest serving exercise-medicine program for children with cancer. After, I ran the half marathon in pouring rain, 7 degrees in a tick over 90 minutes, and waddled back to my hotel like a cold wet dog, never happier to get into a warm shower.

Overall, this was an incredibly successful trip. It wasn't just presenting and attending a conference, it was so much more, so I encourage others to reach out to your networks and local researchers when visiting new places to build bridges to make more of your travels. The ability to link up with so many incredible leading clinicians and researchers across the country, building important partnerships and gaining international visibility among leading members of this group made for a wonderful opportunity. Thank you to Sydney Cancer Partners for supporting part of this travel!