

AUA 2026

Washington, DC

AUA2026 Attendee Survival

Guide for Trainees

Developed by members of the AUA Residents and Fellows Committee and AUA Medical Student Membership Workgroup, this guide offers helpful tips to maximize your AUA2026 attendee experience.

To start... Download the AUA2026 meeting app! Here you can access the schedule of events, maps, live videos and recorded content all in one place. Search for **"AUA2026 Annual meeting"** in your app store.

PLANNING YOUR SCHEDULE

Don't get upset if you can't be at all the events you want – the truth is, it's not possible. Below are things to consider when prioritizing your time and planning your schedule.

- Do you have any presentations? Make sure you've blocked that time out first.
- Trainee-focused programming – take stock of the programs developed for medical students, residents/fellows and early-career urologists (see page 2). The forums in particular offer high-yield content for trainees. Plus, attending these events makes it easy to meet new colleagues who can show you the ropes.
- When are your friends, mentors and/or networking targets presenting? Plan around those next.
- Society meetings – a number of subspecialty and international society meetings are held in conjunction with the AUA Annual Meeting. Check out the "Specialty Society" and "International Society" filters on the app.
- Plenary sessions – be sure to check out the Plenary stage, the "Oscars" of the AUA Annual Meeting. Attendees are able to walk in and out freely throughout the course of the day.
- On-demand content – be sure to take note of which content can be watched later on your own time. This will help you to prioritize the events and sessions you can only view live.

PREPARING FOR YOUR PRESENTATION

- Dress the part. Wear professional, but comfortable attire; you will be walking a lot.
- Head to the Speaker Ready Room (Room 102 in the Convention Center), open 6 a.m.-6 p.m. Thursday-Sunday, and 6 a.m.-noon on Monday, at least one day prior to the date of your presentation. Pull up and review your slides (you can make any last-minute updates, if needed). This also gives you the opportunity to do a practice run-through in a low-stakes environment. This is not necessary if you have a video abstract presentation as the accepted video will already be in the room.
- If you need to print a poster onsite, order it as early as possible; many people have the same idea and your poster may not be ready in time if you order last-minute.
- Know where you are going. If you are presenting later in the meeting, try to scope out the room ahead of time so you know how to find it. Otherwise, use the meeting app to check the map so you don't get lost.
- Plan to show up at least 30 minutes early. You will want time to set up. Plus, the best time to network is when you have something to proudly present!
- Know your audience. Who are your moderators? What's the format for asking questions (audience microphone, through the mobile app, etc.)? Do you need to prepare anything ahead of time (pre-recorded video, poster, etc.)?

HOW TO NETWORK:

- Dress up: you never know when or where you're going to meet the person who can open doors for you.
- Go with a mentor/colleague whenever possible: they can make introductions and make it less awkward!
- Prepare an elevator pitch: a 30-second summary of your background, your goals, and a **specific ask**.
- Have an updated CV (electronic): be ready to share at a moment's notice.
- Less is more: their time is limited; make an impression, but don't linger.

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THE FUN STUFF

- **Take time to explore** the host city and experience the local history and culture. Spend your per-diem funds if your program offers them.
- **Show your face.** Networking and alumni events abound.
- **Check out the swag!** The S&T Hall is full of exhibiting companies with fun giveaways — be sure to stop by AUA Member Central to visit the button bar.
- Pick up your copy of the new 2026 **AUA Guidelines at a Glance** booklet! Stop by Pfizer booth #1627.

TOP PROGRAMMING PICKS

- **Friday, May 15:** FUTURE in Urology Program, Residents Bowl Preliminaries, Residents Forum, Medical Student Speed Mentoring
- **Saturday, May 16:** Young Urologists Forum, Next Generation of Clinical Trial Research, Residents Bowl Semi-finals & Finals, Medical Student Forum & Mingle, Flip the Script, Residents & Fellows Speed Mentoring
- **Sunday, May 17:** Career Fair

Visit the **Hands-on Training Pavilion** (Hall A) in the S&T Hall during exhibit hours to explore surgical hands-on programs for trainees! Access the full schedule on the mobile app.

On-Demand Content Available through August 31, including plenary programming and instructional courses (FREE FOR MEMBER RESIDENTS).

DEFINITIONS OF TERMS

Plenary Sessions – large general session featuring various types of educational presentations and formats, including Controversies in Urology debates, Semi-Live Surgeries, panel discussions and more. Considered the most prestigious opportunity for speaking at the Annual Meeting.

Podium session – six-minute oral abstract presentation, followed by a two-minute Q&A with the audience and moderators.

Interactive poster session – visual abstract presentation opportunity. Presenters are required to stand with their poster. During the first 20 minutes, moderators and attendees view posters. Following this, each presenter will have 3 minutes to discuss the key findings of their research.

Science & Technology (S&T) Hall – large exhibit hall in the convention center featuring 350+ urology-related companies exhibiting their products, devices, pharmaceuticals, equipment and medical information.

GET *Social!*

Join the conversation online with hashtag

#AUA26!



FREE FOOD

SCAN THE CODE BELOW TO SEE A LIST OF FOOD AND BEVERAGE OPPORTUNITIES.



Tip: Visit the S&T Hall and the Product Theatre for refreshments throughout the day!

WORDS OF *Wisdom*

- Stay open-minded and flexible.
- Focus on your areas of interest, but explore new opportunities.
- Take care of yourself—don't forget to eat!