



ASH Annual Meeting and ASH-a-Palooza Frequently Asked Questions for Trainees

ASH Annual Meeting

● What should attendees know before arriving for the ASH Annual Meeting?

- **Plan ahead:** Use the [2025 ASH Annual Meeting App](#) to map sessions and plan travel logistics.
- **Travel light:** The Orange County Convention Center offers baggage storage but keep essentials items with you.
- **Stay connected:** Join the Trainee Lounge and social events throughout the annual meeting as these provide great opportunities for networking.
- **Ask questions:** ASH staff and [ASH Trainee Council](#) members (they will be wearing ASH-a-Palooza T-shirts on Friday) are always happy to help.

● In addition to ASH-a-Palooza, the hematology trainee event of the year, what other trainee-specific events should I attend at the annual meeting?

Trainee-focused opportunities extend through the meeting. See the full [Schedule at a Glance](#) for exact dates and times. You can also review the suggested Trainee Path for a sample itinerary of what to attend, including the following:

- **Trainee Welcome Reception:** (held Friday immediately after ASH-a-Palooza)
- **Trainee Lounge** (open Saturday through Tuesday)
- **Career Development Lunch** (Saturday)
- **Trainee Didactic Sessions** (held Sunday and Monday)

● How can an international or international medical graduate (IMG) trainee get the most out of attending the ASH Annual Meeting?

1. Start by joining ASH-a-Palooza, especially the sessions dedicated to global hematology. These provide insight into important information such as what hematology subspecialty training is like, how to complete fellowship applications, and more.
2. ASH-a-Palooza also offers a **Global Hematology Trainee Networking Lunch** when the doors open. This lunch is a great opportunity to meet other trainees, network, and potentially make a buddy!
3. Take advantage of the **Blood Buddy** mentoring sessions to meet mentors who have successfully navigated the transition. Visit **Blood Booths** for ASH resources specifically supporting global trainees.
4. Attend the **Career Development Lunch** on Saturday and **Trainee Didactic Sessions** on Sunday and Monday. These will help you understand how programs evaluate applicants and how to align your research or clinical experience with training pathways in the United States.

1. Network early. Introduce yourself to fellows, program directors, or speakers after sessions.
2. Visit the ASH Global Research Booths or ASH Clinical Training Research Institute information tables to explore opportunities that strengthen your fellowship application.

Many IMG fellows began their ASH journey as international attendees. Use this meeting to build those first connections!

ASH-a-Palooza

● What is ASH-a-Palooza and why should I attend?

ASH-a-Palooza is *the* hematology trainee event of the year! This is an experience dedicated to helping trainees start off the ASH Annual Meeting on the right foot. ASH-a-Palooza is designed for trainees of all levels to participate in networking, educational, and career development sessions. Spend the afternoon with us to meet fellow hematology enthusiasts, eat wonderful food, and learn about how ASH can enrich your career!

● When is ASH-a-Palooza?

ASH-a-Palooza takes place the Friday before the main ASH Annual Meeting program.

● How long should I stay?

Stay as long as you can, there is no required time commitment. Most trainees attend ASH-a-Palooza for the full afternoon to make the most of the programming and networking opportunities.

● What attractions can I expect to see at ASH-a-Palooza?

So many exciting events await you at ASH-a-Palooza, so remember to save time for them all. Micro-learning and mentorship opportunities available include the following:

- **ASH Talks:** 15- to 20-minute didactic sessions styled after the popular “TED Talks.”
- **Blood Drops:** 5- to 10-minute presentations focused on topics spanning from career development to wellness, and available ASH programs for trainees.
- **Blood Buddies:** Speed mentoring sessions where trainees can meet with various leaders in the field representing different career paths in hematology. [Sign up for a 1:1 speed mentorship session here!](#)
- **Blood Booths:** Interactive information tables for ASH programs, corporate sponsors, simulations, and other organizations.
- **Red Cell Rumble:** An interactive game for all trainees. Top performers can win a prize, so this is definitely a can’t-miss event!

● Who can I expect to meet?

You will meet trainees at all levels, including medical students, residents, fellows, and early-career researchers, as well as faculty mentors and hematology leaders from around the world. You will find people passionate about every corner of hematology: benign, malignant, laboratory, and global health.

● If I am attending alone, what is the best way to meet people?

You're already in the right place!

- Join the **Global Hematology Trainee Networking Lunch** where you can meet other trainees and ASH Trainee Council members.
- **Blood Buddies** sessions are ideal for connecting with mentors and potential collaborators.
- Visit **Blood Booths** to discover ASH trainee programs and global initiatives.
- Join the **Red Cell Rumble** game and stay for the **Welcome Reception** to meet peers in a fun, casual setting.

● Do I need to register for ASH-a-Palooza?

No, you do not need to register separately for ASH-a-Palooza. Anyone registered for the ASH Annual Meeting as a trainee is automatically eligible to attend ASH-a-Palooza.

● Will there be food?

Yes, and it's free.

● What should I wear?

ASH-a-Palooza has a relaxed, outdoor atmosphere so business casual or comfortable attire is perfect. Wear comfortable shoes because you will be walking around during the event.

● Who can I ask for help during the event?

ASH staff and ASH Trainee Council members are there to help. Look for those wearing ASH-a-Palooza T-shirts or badges. Don't hesitate to ask for directions, introductions, or advice.

After the ASH Annual Meeting

● How can I stay involved with ASH after the meeting?

There are many ways to continue your journey with ASH:

- Join the [ASH Trainee Council](#) to represent hematology trainee voices from around the world.
- Subscribe to [Hematopoiesis](#), a publication created by trainees for trainees. Get email updates and submit your case reports, articles, or opinions for publication.
- Follow “**Hearts of Hematology**,” a collection of stories highlighting the experience of those involved in the care of hematology patients globally. Share your journey as a trainee, medical student, resident, fellow, or hematology provider and inspire others with similar interests in advancing hematology care. Follow these stories on LinkedIn and Instagram with the hashtag #HeartsofHeme.
- Apply for the [ASH Clinical Research Training Institute](#) and [Medical Educators Institute](#). These are excellent career development opportunities for research- and education-oriented trainees. Participants will benefit from the instruction, career development, and mentorship provided through these programs. Visit the [ASH Awards page](#) to learn more about all of the training opportunities ASH has to offer.
- Explore ASH’s [Global Research & Education Programs](#). These initiatives support training and research in resource-limited settings.

Visit our [Linktree](#) to get more out of Trainee Services and Resources!