or want to practice either on simulation or cadaveric models. Simulation models in inguinal hernia are scarce or expensive.

**Material and Methods:** A low-cost model was developed that can be produced everywhere with the aid of the instruction video: “How to build an inguinal hernia model”. Initially, the model was designed to practice the Lichtenstein technique but after some minor modifications (adding the conjoint tendon, enough slack in the transversalis fascia) it was also possible to practice the Shouldice technique on the same model. It only needs the removal of the stitches of the third and fourth layer before the Lichtenstein can be performed.

**Results:** The model was used for several studies with students and residents and proved to be realistic and was approved by an international survey among experienced hernia surgeons. It has been used once in a national training session of residents.

**Conclusions:** The video shows the execution of both procedures on the same model.

**Supplementary material**

Supplementary material is available at BJS online.

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**OV01 A LOW-COST HERNIA MODEL FOR THE TRAINING OF THE SHOULDICE AND THE LICHTENSTEIN INGUINAL HERNIA REPAIR**

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**Aim:** Based on an international European survey, residents prefer to study inguinal hernia repair through lectures or video-demonstrations.