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AWARDEE REPORT FORM

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| NAME | | Elizabeth Sainsbury | | |
| TWITTER HANDLE\* *optional* | | @ElizabethSains1 | | |
| UNIVERSITY | | Royal College of Surgeons Ireland | | |
| NAME OF AWARD | | Symington Bequest Fund | | |
| PURPOSE OF AWARD *conference/event attended/organised (full name) with city and dates.* | | | | |
| Travel award to attend the Tissue Engineering and Regenerative Medicine International Society (TERMIS) World Congress 2024 conference. The conference was held in Seattle, USA from 25th -28th June. | | | | |
| REPORT: What were your anticipated benefits?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| I was eagerly looking forward to presenting my completed PhD research on 3D tissue-engineered models for breast cancer at a World Congress within my field. This event promised a valuable opportunity to network with a diverse group of researchers from around the globe, individuals I rarely have the chance to engage with. In addition to the exciting prospect of sharing my findings, I was particularly enthusiastic about the exposure to cutting-edge research and innovation that such a prestigious conference would offer. The conference was set to feature educational sessions and workshops led by leading experts, providing a platform to deepen my understanding of the latest advancements in cancer research and tissue engineering.  Having just completed my PhD, I anticipated not only the chance to connect with principal investigators from outside of Ireland, whose work aligns with my interests and whom I aspire to collaborate with in the future, but also the opportunity to participate in the presentation and dissemination of research. This would not only allow me to showcase my own work but also to engage in discussions that could inspire new directions for my research. The event also held promise for my professional development, offering interdisciplinary collaboration opportunities that could broaden the scope of my research and foster new ideas. | | | | |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar/ event.  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| The TERMIS World Congress was a 4-day event held in person in Seattle, USA. It featured oral presentations and poster sessions each day, covering all aspects of tissue engineering and regenerative medicine. An app was available to help attendees navigate the schedule, providing details on the timing of each session and talk. The app also allowed speakers to create profiles, enabling other attendees to learn more about their work and background.  Attending the Tissue Engineering and Regenerative Medicine International Society (TERMIS) World Congress in Seattle was an incredible way to conclude my final month as a PhD student. I am immensely grateful for the opportunity to present my PhD research through an oral presentation on a global stage and to discuss potential job opportunities with various research groups in the field. This experience was invaluable in preparing me for my PhD defence.  The social night organised by the conference committee for young investigators was a fantastic opportunity to interact with junior and senior postdoctoral researchers, gaining tips and advice for pursuing a career in academia.  In addition, the conference attracted industry representatives, providing a unique chance to understand the practical applications of my research in a commercial context and to explore potential career opportunities outside of academia. | | | | |
| REPORT: In relation to skills, what were the most important things you gained? *(does not apply to equipment grant.* For public engagement/outreach awards what did your audience gain and how did you evaluate success?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| Attending the conference significantly boosted my confidence in approaching and engaging with researchers at various career stages, both junior and senior. This experience was invaluable in honing my ability to discuss research projects and future career plans openly and effectively. Additionally, presenting my research orally at the conference helped me further develop my public speaking skills, enhancing my confidence in delivering scientific presentations.  The conference deepened my understanding of 3D tissue-engineered cancer models and exposed me to cutting-edge advancements in the field of tissue engineering. I attended numerous sessions where leading researchers shared their latest findings, and this exposure was instrumental in expanding my knowledge base. I discovered several areas where I could apply my expertise, paving the way for potential interdisciplinary collaborations and career progression in academia. This exposure has not only broadened my knowledge but also inspired new research ideas and directions for future investigations.  Moreover, the exposure to a diverse array of research methodologies and emerging trends inspired new research ideas and directions for future investigations. The networking opportunities, combined with the intellectual stimulation of the presentations and discussions, have given me a renewed sense of purpose and excitement for the next steps in my academic journey. | | | | |
| REPORT: How do you think you will put this learning experience into practice in the future? For public engagement/outreach awards how with the materials/knowledge generated by this activity be used in the future?  *Minimum number of words between 200-400. Please write in coherent paragraphs.* | | | | |
| I will use the confidence I have gained from approaching other researchers to seek out collaborations with various lab groups in the future. This skill will be invaluable in building a network of interdisciplinary partnerships that can enhance the scope and impact of my research. Additionally, the experience of discussing my research with peers and answering their questions has significantly prepared me for my PhD defence. Engaging with an audience of knowledgeable researchers has provided me with invaluable practice in articulating my findings clearly, defending my methodologies, and addressing inquiries with confidence and precision. This preparation has enhanced my ability to think on my feet, respond to critical feedback, and engage in meaningful scientific discussions during this crucial phase of my academic journey. I now feel more equipped to present my research in a way that not only conveys the significance of my work but also demonstrates my deep understanding of the subject matter. | | | | |
| Data Protection/GDPR: I consent to the data included in this submission being collected, processed and stored by the Anatomical Society. Answer YES or NO in the Box below | | | | |
| Yes | | | | |
| Graphical Images: If you include graphical images you must obtain consent from people appearing in any photos and confirm that you have consent. A consent statement from you must accompany each report if relevant. A short narrative should accompany the image. Answer N/A not applicable, YES or NO in the box below | | | | |
| N/A | | | | |
| Copyright: If you submit images you must either own the copyright to the image or have gained the explicit permission of the copyright holder for the image to be submitted as part of the report for upload to the Society’s website, Newsletter, social media and so forth. A copyright statement must accompany each report if relevant. Answer N/A not applicable, YES or NO in the box below | | | | |
| N/A | | | | |
| SIGNATURE | Elizabeth Sainsbury | | DATE | 19.7.2024 |

*If submitted electronically, a type-written name is acceptable in place of a hand-written signature*

*File: AS-Award-Report-Form-171023 – International Conference*