

I would like to express my sincere gratitude to the committee of the British Society of Proteome Research for awarding me a Student Conference Bursary to attend the Annual EuPA 2022 Congress. The congress was held over 5 days from April 3rd to April 7th in Leipzig, Germany. My attendance at this conference was especially significant as it was the first in-person conference I attended since the beginning of my PhD in February 2020. The conference was attended by proteomics experts and early career researchers from all over Europe and even America. Plenary sessions were given by long-standing proteomics experts including Prof. Matthias Mann, Prof. Albert Heck, and Prof. Kathryn Lilley, among others. The opportunity to interact with and learn from individuals working in similar areas was invaluable. Symposiums consisted of a wide range of topics from top-down proteomics to clinical applications which ensured every individual could attend talks that were of personal interest. In addition, the conference organisers arranged an educational day for early career researchers to learn more about R programming, working abroad, grant writing and deciphering protein lists. The career session provided insight into the many career paths available for proteomics researchers. I had the opportunity to discuss my future career with industry including Thermo Fisher and Bruker, as well as with professors and laboratory leads who took the academia route. I was honoured to present my research in the form of a poster presentation at the conference. During my poster session, I received valuable feedback and interacted with many individuals in similar research areas. The casual coffee and poster sessions offered casual discussion on projects and interests, as well as allowing the formation of new friendships and collaborations. Attending this conference was hugely exciting and motivating for me. Seeing the progress that is being made in the field of proteomics and being a part of this amazing community is a privilege. Attendees came together with one goal: Advancing proteomics research for the benefit of individuals and patients all over the world. Travel grants and bursaries are essential for early career researchers to advance their professional career and make connections with others for future collaborations

or career moves. Finally, I would like to again thank the BSPR for providing this bursary for early career researchers.