I first wish to thank the British Society for Proteome Research for awarding me a travel grant to attend the BSPR Annual Scientific Meeting 2022 at St Anne's College, Oxford.

This was the first conference I have had the opportunity to attend, and what a way to start. Having only ventured into the world of proteomics at the start of my PhD last October, it was wonderful to hear talks from peers and meet so many of the names I constantly see on papers (and academic twitter, of course). I'd always wondered what a conference would be like, and part of me was even nervous upon arrival. Luckily, the BSPR Meeting turned out to be the perfect combination of learning and networking, both with an open, informal atmosphere.

The topic of this year's meeting was "Next generation proteomics", and on this it delivered. The first talk from Anne-Claude Gingras was a perfect start to the meeting. In fact, the discussion of using proximity-dependent sensors was particularly interesting to me as I was already in the process of planning a similar proximity-labelling experiment as part of my own work. Despite setting a high bar, the following speakers rose to the challenge. We heard from early career researchers, Claire Eyers (this year's BSPR lecturer), Hagan Bayley (founder of Oxford Nanopore Technologies), and even Nobel Laureate Sir Peter Ratcliffe. The meeting was nothing short of impressive from start to finish.

On a personal level, the BSPR Meeting was hugely important. I was the only member of my lab to attend this year and felt honoured to be able represent and discuss our ongoing work with peers. I had huge fun networking, especially at the BSPR quiz and open bar (kindly funded by Waters). As I sit at my desk reflecting on the experience, I am grateful to the BSPR for the opportunity to attend and I feel genuinely inspired to continue my work in the field of proteomics. What an exciting time.