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 AWARDEE REPORT FORM

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| NAME | Nija Nikolova |
| UNIVERSITY | University of Glasgow |
| NAME OF AWARD | Barclay-Smith Travelling Fund 2017/2018 |
| PURPOSE OF AWARD *conference attended (full name) with city and dates* |
| Anatomy Society Summer Meeting at the University of Oxford 23rd July – 25th July 2018 |
| REPORT: What were your anticipated benefits? |
| There were three main things I was hoping to gain from attending this meeting, which would help me evolve as a young researcher. Firstly, I was looking forward to designing a poster and presenting my work in front of other scientists, which is something I have never done before at an official society meeting, but am hoping to do a lot more of in the future. I thought this would be a great opportunity for me to begin to learn how to execute this task in a friendly environment and gain insight into how others have carried it out. Secondly, I was interested in learning about some of the latest anatomical research conducted throughout the world by attending the variety of scheduled symposia and workshops. Lastly, I was hoping to make new contacts with people whose interests are similar to mine as I believe that such relationships could be quite beneficial in future research endeavors. |
| COMMENTS: Describe your experience at the conference / lab visit / course / seminar. |
| My overall experience at this conference greatly exceeded my expectations despite the fact that the latter were set quite high to begin with. The conference was very well organized with numerous wonderful speakers, several workshops many demonstrations and even an art exhibition taking place during the three days. The schedule was quite busy but there were regular tea and coffee breaks giving the chance for everyone to enjoy the sunny weather and socialize. The staff was very friendly and helpful from start to finish. The presentations were very interesting and I found some of them especially inspiring. I thought the workshop on publishing was extremely practical and for me it elucidated a few concepts, which I used to find slightly confusing. I thought the time dedicated to this workshop could have been a little longer. The valuable information merited more timetabled time and more questions might then have been asked. The HoloLens Anatomy demonstration was definitely a unique experience and I believe that following further development virtual reality could aid the process of learning human anatomy. I also greatly enjoyed the poster sessions – both in terms of presenting my own project and learning about what others have done. Throughout this event I met many amazing people and even exchanged some ideas on how I could potentially develop the project I presented further. I have been greatly interested in the field of research for some time now, but can undeniable say that attending this conference inspired me even more to pursue this career path.  |
| REPORT: In relation to skills, what were the most important things you gained? *(does not apply to equipment grant)* |
| In addition to the multiple skills I gained while carrying out my project (e.g. lab work, statistics), by attending this conference I learned how to create a poster and set it out clearly so that others find it easy to follow even when I am not present to answer their questions and clarify the main findings. I also built on my previous experience of presenting my work and practiced tailoring my explanations to the various levels of understanding and background knowledge of the topic at hand.  |
| REPORT: How do you think you will put this learning experience into practice in the future? |
| I gained a lot from this experience. Firstly, in terms of knowledge, I learned a lot about the current cutting edge anatomical research carried out world-wide. I am hoping to take what I learned from others and utilize it to further develop my own project. Secondly, in terms of skills, I improved my presentation capabilities. Since I now feel more confident in discussing my work with others at a conference, I am hoping to get the chance to do a presentation on one of the meetings to follow. Lastly, I got to know some great people, who I am hoping to have the chance to work with sometime in the future.  |
| SIGNATURE | Nija Nikolova | DATE | 6th August 2018 |

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

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