



FIT'NG

Fetal, Infant, & Toddler Neuroimaging Group

Trainee Committee presents:

2022 Conference Guide

Travel tips, a guide to Paris, & conference advice



www.fitng.org



Join us in Paris, September 5 – 6, 2022 for the First Annual Conference

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International Travel Guide

For the most up-to-date guidance from FIT'NG, please visit: <https://fitng.org/2022-conference/>

NOTE: If you do not currently reside in France, make sure you have a current passport. There are reports that it is taking a longer time than usual to process passport requests, so make sure to apply as soon as possible!

Visas

****FIT'NG can provide a letter for this if needed****

Check here if you need a visa to enter France:

<https://france-visas.gouv.fr/en/web/france-visas/ai-je-besoin-d-un-visa>

If you do need a visa, it can take time to process incoming requests, so make sure to start the process as early as possible.

Visa types:

- **Stay less than 3 months:** <https://france-visas.gouv.fr/en/web/france-visas/short-stay-visa>
 - Short-stay visa for business travel
 - Cost: 35-60 euros
 - Apply no earlier than 3 months before arrival in France; processing time estimated at 1 month
 - All documents must be submitted in French
- **Stay greater than 3 months and no longer than 1 year** (will need to be for tourist/private visit): <https://france-visas.gouv.fr/en/web/france-visas/long-stay-visa>
 - Long-stay visa
 - Cost: 80-99 euros
 - Processing time estimated up to 2 months
 - All documents must be submitted in French

COVID Restrictions

Many countries have exit and entry requirements which would affect your stay. **Make sure to check COVID travel restrictions regularly.** You may need to schedule a COVID test before travel.

- Travel to the US: <https://travel.state.gov/content/travel/en/traveladvisories/covid-19-travel-information.html>
- Travel to France: <https://www.interieur.gouv.fr/covid-19-international-travel>
 - Travel Restrictions as of Feb 12, 2022**
 - Vaccinated travelers: no COVID tests required before departing.
 - Unvaccinated travelers:
 - From the 'green' list: COVID test required before flying to France.
 - From the 'orange' list: COVID test required before flying to France as well as justification for travel. Random testing on arrival may occur.

- Make sure to bring your COVID-19 vaccination card with you! Airports and museums do not ask for vaccination proof any longer, but it could be reinstated any time.

If you can, bring rapid COVID tests with you! Tests can be hard to access in Paris and have associated costs. You can fly with rapid tests in your carry-on or in checked luggage.

Flights

Tips for booking flights:

- Delta will let you rebook if the flight price drops
- Direct flights might be cheaper
 - Check for prices from other nearby airports around you
 - Consider flying into another major airport - Amsterdam or Frankfurt may have substantially cheaper flights and Paris is accessible by train
- Flight tracking sites:
 - Google flight price tracker - set up an alert! <https://www.google.com/travel/flights>
 - Skyscanner: <https://www.skyscanner.com/>
 - Airfarewatchdog: <https://www.airfarewatchdog.com/>
- According to these tips (<https://media.hopper.com/articles/five-tips-to-find-cheap-flights-to-paris>):
 - Book 2 months in advance
 - Book on a Monday to fly on a Wednesday and return on a Tuesday
 - However, given flight restrictions over the past two years, international costs may continue to increase over the summer. Best to set up alerts now!

Traveling to and from the airport

See here for travel to and from Paris airports: <https://fitng.org/destination/>

Tips for traveling around Paris:

- There are airport shuttle buses that go from the airport to downtown Paris.
- The metro and RER trains in Paris are super convenient and can get you to most places so do not be afraid to book a stay further from the conference center than you typically would.
- You can download the Paris map to your phone so you have access to routes without using international data.
 - Instructions for Google Maps: <https://support.google.com/maps/answer/6291838>

Finding accommodations

- Some **Paris neighborhoods** near conference center
 - Quartier Latin
 - Sorbonne is here
 - Le Marais
 - Across the Seine
 - Salpêtrière
 - Saint-Germain-des-Prés

- Ile de la Cité
- AirBnB is a popular method for finding affordable accommodations: <https://www.airbnb.com/>
Tips for booking on AirBnB
 While AirBnB does vet the hosts, the system isn't perfect and some listings end up not working out for one reason or another. In our experience, cancellations or issues can be mitigated with the following:
 - Book from a SuperHost - this is indicated in the host's profile. Superhosts have a track record of good ratings from their guests and are therefore typically seasoned hosts and less likely to cancel your listing or misrepresent the accommodations. They often go the extra mile and provide guides or concierge-like service to their guests.
 - Read the reviews - Travelers are typically good about noting anything about their stay that did not match the listing (or was a pleasant surprise)
 - Book with a friend - If you know folks attending the conference, sharing the cost to book an entire place can be a nice way to get more for your money (e.g., a whole apartment for 3 split three ways is often cheaper than a single room in a house and comes with more amenities)
- There are many **boutique hotels** in the area, some of which are listed below:
 - According to TripAdvisor the top 10 boutique hotels are
 - Hotel Residence Henri 4
 - Hotel Henri 4 Rive Gauche
 - Le Mathurin Hotel and Spa Paris
 - Hotel La Lanterne
 - Hotel Duquesne Eiffel
 - Hotel Pont Royal
 - Hotel Henriette
 - Au Manoir Saint Germain De Pres
 - Hotel de Varenne
 - Hotel du Continent
 - Please note: It is recommended that you book with the hotel directly rather than through a third party. This way, you will be notified in case things change due to COVID or other circumstances. Hotels will often still honor the third party rate if you send them the listing. FIT'NG cannot help you book accommodations and is not responsible for your booking.
- A popular **hostel** for students traveling abroad is also [St. Christopher's Inn](#) with both private and shared dorms ranging from 35-188 Euros per night.
 - The hostel has two locations: Canal St. Martin and Gare Du Nord
 - **Please note:** The Gare Du Nord area is not the safest area at night so be cautious if booking accommodations in this area

A Guide to Paris

Food

Near Sorbonne:

- Boulangerie l'Essentiel, Anthony Bosson
 - Bakery, great stop for lunch or pastries
- La Maison d'Isabelle
 - Bakery, another stop to try Parisian pastries and bread
- Chez René
 - Classic Parisian cafe
- Chez Gladines
 - Only go there for lunch
 - Traditional french food of the Basque region (south-western france)
- Chez Fernand
 - Classic Parisian cafe
 - Known for their Beef bourguignon
- The Crêperie
 - The place for all your crepe desires
- Berthillion
 - Ice Cream & Tea Room
- Patisserie Viennoise
 - Really great hot chocolate
 - Only open on weekdays
 - Close to Luxembourg garden
- La Cuisine de Philippe
 - Vegetarian-friendly
 - Known for their souffles

Not within walking distance, but consider these spots for your own adventures!

- Pain Vin Fromage
 - Le Marais
 - Bread, Wine, and Cheese! What more do you need?
- Le Petit Marché
 - Local cafe and restaurant
 - Le Marais
- Paul's
 - Good chain for coffee/pastries/salad/sandwiches on the go
- Marché des Enfants Rouges
 - Food market in Le Marais.
- Food Courts
 - Flunch

- Galleries de Lafayette
- Fairuz
 - Great middle eastern food
 - They have a sit down (which is kinda pricey) but a really good take away section where you can get AMAZING shawarma/falafel sandwiches
 - It's close to the eiffel tower so good stop if you want to grab food for a picnic
- Cafe Angelina
 - For a sweet tooth splurge- they are known for their sipping chocolate and decadent desserts
- St. Michel (Close to notre dame)
 - Good sandwich shops
 - Kabobs
 - Good for sandwiches to walk around with
- You don't need to tip in restaurants. Tip is included in the check they give you and you'll get a funny look if you leave anything
- A lot of places will have a "fixed-price" menu for lunch - so like lunch deals for either appetizer + entree or entree+ dessert
- By default they will bring you bottled water at a restaurant and charge you for it. Ask for tap water or " une carafe d'eau" which is free
- No free refills on soft drinks, they are also all bottled and you will pay for each one.

Things to Do

Museums

If you are a museum enthusiast and wish to tour multiple museums, you may want to consider buying The Paris Museum Pass. This allows you to enter more than 50 museums and castles in the city of Paris and the Paris region, including the Louvre, Centre Pompidou, Rodin Museum, Parts of Versailles, etc. More info on pricing here: <https://www.parismuseumpass.fr/t-en/le-pass>

- **Musée du Louvre**
 - Explore the former palace of the kings of France – now the largest museum in the world covering almost 10,000 years of history! Mona Lisa, Winged Victory of Samothrace, The Crypt of the Sphinx, Islamic art, Italian renaissance paintings, and many more are waiting for you! Visiting the Louvre is a must!
 - **Address:** Rue de Rivoli, 75001 Paris, France
 - **Entrance fee:**
 - Free for anyone younger than 18
 - Free for anyone younger than 26-year-old residents of the European Economic Area (EU, Norway, Iceland, and Liechtenstein)
 - General entrance fee 17 Euros (~18.5 USD)

- **Opening hours:** 9am to 6pm every day of the week, except Tuesday (closed). Last entry 1 hour before closure. Visitors will be asked to vacate the exhibition rooms 30 minutes before closure.
 - **General tips:**
 - Expect long lines.
 - Buy your tickets ahead of time.
 - **Fun fact:** There are 4 entrances to the museum. Follow Professor Robert Langdon's footsteps and use the coolest entrance at the largest glass pyramid!
 - **Website:** <https://www.louvre.fr/en>

- **Musée d'Orsay**
 - On the Left Bank of the Seine, Musée d'Orsay is housed in the former Gare d'Orsay, a Beaux-Arts railway station built between 1898 and 1900. The museum holds mainly French art dating from 1848 to 1914, including paintings, sculptures, furniture, and photography. Some of the most famous artists on exhibit include: Boudin, Courbet, Degas, Manet, Monet, Pissarro, Sisley, Renoir, Cézanne, Gauguin, Van Gogh, Seurat, Toulouse Lautrec, among others.
 - **Address:** 1 Rue de la Légion d'Honneur, 75007 Paris, France
 - **Entrance fee:**
 - Free for anyone younger than 18
 - 16 Euros (~17.5 USD)
 - 13 Euros concession rate if you are accompanied by children under 18
 - 12 Euros late opening rate on Thursday evenings after 6pm.
 - **Opening hours:** Tuesday, Wednesday, Friday, Sat, and Sunday 9:30am - 6pm, Thursday 9:30am - 9:45pm, closed on Monday
 - **Website:** <https://www.musee-orsay.fr/en>

- **Musée de Cluny**
 - This Musée de Cluny is tucked away in the 15th-century Hôtel des Abbés de Cluny (Abbey House) on a quiet street off the Boulevard Saint-Germain. One of the top attractions of the Latin Quarter. The museum has an outstanding collection of medieval paintings, sculpture, stained glass, and church treasury items. The museum is renowned for its tapestries including the famous Lady with the Unicorn (Dame à la Licorne) series that dates back to the late 15th and early 16th century and the 2000 years old Roman baths, the Frigidarium (room of the cold bath).
 - **Address:** 28 Rue du Sommerard, 75005 Paris (Métro Cluny-La Sorbonne, Saint-Michel or Odéon station)
 - **Entrance fee:**
 - Full price: €12 / concessions: €10.
 - Free for those under 18 or under EU citizens under 26.
 - Free to all on the first Sunday of every month.
 - **Opening hours:**
 - Wednesday – Monday: 9:15 am – 5:45pm, Tuesday: closed

- **Website:** <https://www.musee-moyenage.fr/en/>
- **Centre Pompidou**
 - Centre Pompidou is a center for art and culture capable of housing both the National Museum of Modern and Contemporary Art, with an international dimension, a large public library, a center for industrial creation and a center for musical research and creation, all together in one and the same building situated in the heart of the capital. today the collection of modern and contemporary art brings together more than 120,000 works. It is the richest collection in Europe and the second in the world. Joseph Beuys, Louise Bourgeois, Constantin Brancusi, Marc Chagall, Robert and Sonia Delaunay, Otto Dix, Jean Dubuffet, Marcel Duchamp, Frida Kahlo, Wassily Kandinsky, Yves Klein, Fernand Léger, Henri Matisse, Annette Messager, Joan Miro, Piet Mondrian, Jean Prouvé, Niki de Saint-Phalle, Xavier Veilhan, and so many more!
 - **Address:** Place Georges-Pompidou, 75004 Paris
 - **Entrance fee:** Regular price: 14 Euros; On the first Sunday of every month, admission to the permanent collection and the Galerie des enfants is free for everyone.
 - **Opening hours:** Open every day from 11am to 9pm, except Tuesdays. More information here
 - **Website:** <https://www.centrepompidou.fr/en/visit/practical-information>
- **Musée National Picasso-Paris**
 - Dedicated to the work of the Spanish artist Pablo Picasso (1881–1973). The museum collection includes more than 5,000 works of art (paintings, sculptures, drawings, ceramics, prints, engravings and notebooks) and tens of thousands of archived pieces from Picasso’s personal repository, including the artist’s photographic archive, personal papers, correspondence, and author manuscripts. A large portion of items were donated by Picasso’s family after his death, in accord with the wishes of the artist, who lived in France from 1905 to 1973. During the conference, Pablo Picasso’s daughter, Maya Ruiz-Picasso’s collection will be on display.
 - **Address:** 5 Rue de Thorigny, 75003 Paris, France
 - **Entrance fee:** Regular fee €14.
 - **Opening hours:** From Tuesday to Friday, the museum is open from 10:30am to 6pm. On Saturdays and Sundays, the museum is open from 9:30am. to 6pm. Last admission is at 5:15pm. Rooms are cleared 20 minutes before museum closing time.
 - **Website:** <https://www.museepicassoparis.fr/en>
- **Musée Marmottan Monet**
 - Home of the world’s leading collection of works by Monet, offers a unique experience of his art in terms of both quantity and rarity.
 - **Address:** 2 Rue Louis Boilly, 75016 Paris, France
 - **Entrance fee:** Full price: €12 euros. Concessions: €8.5 (under 18; student under 25; teachers)

- **Opening hours:** Open Tuesday to Sunday from 10am to 6pm (last admissions: 5pm). Late nights: Thursday, to 9pm (last admission: 8pm). **Website:** <https://www.marmottan.fr/en/>
 - **The Palace of Versailles**
 - With 60,000 artworks, collections of Versailles illustrate 5 centuries of French History. This set reflects the dual vocation of the Palace once inhabited by the sovereigns and then a museum dedicated "to all the glories of France" inaugurated by Louis-Philippe in 1837.
 - **Entrance fee:** Free to anyone below 18 years of age and for EU citizens below 26 years. Multiple ticket options available. Regular admission fee is €20. More info on ticket prices here: <https://en.chateauversailles.fr/plan-your-visit/tickets-and-prices>
 - **Opening hours:** The Palace and the estate of Trianon are open every day except on Mondays. The Palace opens at 9:00 am, the estate of Trianon opens at noon. The Park and Gardens are open every day. Access to the Gardens is free except on days of fountain shows and musical gardens. There are three train stations in Versailles, the closest one of the Palace is Versailles Château Rive Gauche.
 - **Website:** <https://en.chateauversailles.fr/>

Sights

- **Eiffel Tower**
 - The "Iron Lady" was constructed from 1887 to 1889 as the centerpiece of the 1889 World's Fair. It has become a global cultural icon of France and one of the most recognisable structures in the world. The Eiffel Tower is the most visited monument with an entrance fee in the world; 6.91 million people ascended it in 2015. The tower is 330 meters (1,083 ft) tall, about the same height as an 81-storey building. Its base is square, measuring 125 meters (410 ft) on each side. During its construction, the Eiffel Tower surpassed the Washington Monument to become the tallest man-made structure in the world, a title it held for 41 years until the Chrysler Building in New York City was finished in 1930. It was the first structure in the world to surpass both the 200-meter and 300-meter mark in height.
 - **Ticket prices:** Tickets to visit the summit of the Eiffel Tower cost approximately €27. Tickets to the second floor cost €17.
 - **Address:**
 - **Website:** <https://ticket.tou Eiffel.paris/en>
- **Moulin Rouge**
 - This risqué world-famous cabaret, performed in a 19th-century windmill, has been exciting audiences since 1900. Moulin Rouge is best known as the birthplace of the modern form of the can-can dance. Originally introduced as a seductive dance by the courtesans who operated from the site, the can-can dance revue evolved into a form of entertainment of its own and led to the introduction of cabarets across Europe. Today, the Moulin Rouge is a tourist attraction, offering predominantly musical dance

entertainment for visitors from around the world. The club's decor still contains much of the romance of *fin de siècle* France.

- **Tickets:** Options of 1) cabaret + champagne OR 2) cabaret + dinner are available. Option 1 is approximately \$110 per person, whereas option 2 starts at approximately \$210 per person.
- **Address:** 82 Boulevard de Clichy Paris
- **Website:**
https://www.tripadvisor.com/Attraction_Review-g187147-d189283-Reviews-Moulin_Rouge-Paris_Ile_de_France.html
- Notre Dame
 - Much of this iconic Parisian cathedral is under repair following a fire in 2019. Currently the parvis and crypt are open to visitors.
 - **Tickets:** No charge.
 - **Address:** 6 Parvis Notre-Dame - Pl. Jean-Paul II
- Sacré-Cœur
 - Minor basilica at the summit of Montmartre. Open from 6:30am-10:30pm
 - **Tickets:** No charge.
 - **Address:** 35 Rue du Chevalier de la Barre
 - **Website:**
<https://www.sacre-coeur-montmartre.com/english/visit-and-audio-guide/article/opening-hours>
- Arc de Triomphe
 - This famous arch is located in the center of the western start of Champs-Élysées. You can see the arch for free or take a guided tour of the monument for a charge.
 - **Tickets:** €13 euros for a formal visit, €20 for a guided tour.
 - **Address:** Pl. Charles de Gaulle
 - **Website:** <https://www.paris-arc-de-triomphe.fr/en/>

General tips

- Bring your student ID! Lots of discounts and free entrances to museums, especially to EEA countries (European Economic Area: EU, Norway, Iceland, and Liechtenstein)
- Paris is a major tourist city and as a result, there is a risk of pickpocketing and scams. Consider looking up the most common scams in Paris and how to avoid them - there are some great articles and/or Youtube videos.

Conference Tips

COVID Safety

- Don't share food or eat from non-single serve public snacks
 - The FIT'NG conference is not providing food, but be cognizant of food in restaurants, hotels, etc.
- Keep a medical-grade (K95) mask on at all times in-doors
- Socialize outdoors rather than congregating within the building
- When eating out, seek out restaurants with outdoor dining
- Space out as much as possible from other people: Fill the room!
- Wash your hands often
- Avoid touching your face, especially after touching high-contact surfaces like door knobs, chairs, and tables
- **If you feel unwell at all, stay home or in your hotel room!**

Planning your schedule

Some conferences have overlapping sessions and nearly all have packed schedules. Even with all the exciting science, it can be exhausting! Here is what we recommend to make sure you get what you want out of each day:

- At least a week before you travel, take a look at the full program.
 - Decide which talks or events you most want to go to. Make sure to plan around these.
 - Check where each event is being held.
 - Most conferences are within one building, but that isn't always the case. Make sure to plan travel time in between locations.
 - Plan out when you'll eat
 - We recommend bringing snacks in case the conference snacks or meals don't align with your needs. Bars or trail mix work well for this.
 - Leave gaps in your planned schedule
 - Make sure to leave down time to explore the city, chat with people you meet, and/or decompress
- Make sure to say hi to the people you want to meet (see the Networking section for more)
 - Sometimes speakers only attend the conference for the day they are attending. If there is a specific person you want to meet, you can email them ahead of time and ask if you could chat while you are both at the conference.
 - If you want to say hi to a speaker or ask them a question but don't have a need to get a whole coffee/meal with them, make sure you go to the Q&A portion of their talk to make sure you catch them on the day they are there.

What to expect from each session type

Symposium

- Short (10-20 minute) talks curated under a particular theme.
- The format usually includes Q&A either right after each talk, at the end of the block, or both. Symposia are often moderated by an expert in that field.
- Symposia are typically submitted for consideration before poster abstracts.
- Each talk usually covers a single study or line of research (often before official publication) and are great for learning about the latest cutting-edge work.

Keynote

- A longer talk (30-45 minutes) given by an established researcher in the field.
- Keynote speakers are invited by the conference planning committee.
- Keynote sessions are typically structured as first an introduction to the speaker, including their impact on the field, followed by the keynote presentation and ending with a Q&A.

Mentoring/Trainee Session

- The contents and format of these sessions vary from meeting to meeting, however they are typically tailored to early career researchers and students. Events typically focus around skills, networking, or showcasing the work of early career scientists.
- FIT'NG 2022 mentoring sessions:
 - Mentoring Round Tables- attendees will be assigned to small groups where 1-2 faculty will lead a discussion around a specific topic. Assignments are made based on pre-submitted rankings.
 - Trainee Panel- This session is split into two parts. Part 1 will be a panel of faculty at various institutions, career stages, and with research programs spanning FIT ages and various modalities. Panelists will be asked questions (sent ahead of time). For Part 2, the panelists will each head a small group in which attendees can ask questions of the panelist and get career advice.

Flash Talks

- Short (5-8 minute) presentations presented one at a time over the block. Flash talks are typically invited from the poster submissions and often take place right before the poster session.
- Flash talk sessions are great ways to get a broad sense of the research being presented at the poster session as well as to meet potential collaborators, mentors, or trainees.

Poster Session

- Poster sessions are typically held simultaneously in a large room or hall. Poster presenters stand next to their posters while attendees walk around and stop at posters at their leisure.

- Poster presenters typically prepare a short overview of their work to walk attendees through their poster.
- These sessions are excellent for networking not only with other scientists in your discipline, but also with the other attendees. Faculty looking for postdocs or graduate students often attend these sessions to meet potential trainees.

Networking

Approaching potential mentors

- If you have firm plans to apply to work with them: Email them ahead of the conference and ask 1) if they will be attending and 2) if you could schedule a time to chat with them while you are both there. If there are breaks built into the schedule, you could suggest getting coffee then or at their convenience. Let them know why you are interested in their work and of your interest in working with them in the future. Be sure to attach your CV to this email.
- If you have soft plans to apply to work with them: Whether or not to email them ahead of time will depend on what you are looking to get out of meeting with them. Is there a reason to connect now versus when your plans are more firm? For example, is there a paper you are working on and would like their insight or a grant you are considering applying to that would allow you to work with them?
If you **do** have a specific reason to meet now, follow the advice in the first bullet and email ahead of time. That way you can have dedicated time to connect with the potential mentor. If you **don't** have a reason for connecting now apart from convenience/opportunity, it may be better to wait to say hi till you run into them at the conference.
- All other situations: Keep an eye out for the person you'd like to connect with during breaks or socials. If you see them, introduce yourself! Let them know what you like about their work and that you'd love to work with them sometime in the future. If you are giving a presentation, you can invite them to it.

Conference Socials

Socials are a great opportunity to more organically network, especially if you are an extroverted person. Depending on who is hosting the social (the conference versus a specific committee), socials usually get broad attendance across members. If you are a more introverted person, we have some tips below to help keep from getting overwhelmed:

- **Ask your mentor/colleagues to introduce you to specific people.** If you have a hard time gauging when it's okay to interrupt conversations, it can be helpful to lean on someone who already knows the other people there. Especially if there is a specific person you'd like to meet, it's helpful to have a mutual acquaintance break the ice for you.
- **Ask people about their research.** If nothing else, this usually gets a conversation going. People are usually excited to talk about their work with others who are interested. Try to find connections with what you are doing or are interested in and let that guide the conversation.
- **Try to introduce yourself to X people you have never met.** Challenge yourself to a specific number to make sure you are getting the most out of the opportunity. Intercepting people as

they go to and from the refreshments area can be good opportunities to start new conversations. Similarly if you see someone not actively in a conversation, then you can take that opportunity to introduce yourself.

- **If you are a trainee, ask for advice.** In general, folks like to give advice to the younger generation, so this is usually another safe bet for a conversation starter.

Social Media

- Twitter is the place to be! Other social media platforms aren't typically used during conferences so the advice included here will be Twitter specific.
 - Here are some references for why and how to use Science Twitter:
 - <https://www.hindawi.com/post/practical-tips-scientists-using-twitter/>
 - <https://www.science.org/content/article/scientists-do-you-want-succeed-twitter-how-many-followers-you-need>
 - <https://nature.com/articles/d41586-019-00535-w>
- Follow the FIT'NG account, @FIT_NGin and use our hashtag, #fitng2022
- Tweet photos and quotes from sessions or events that you enjoy!
 - ****Be very careful about not tweeting novel data or conclusions!** Aim for photos of the title or introductory slides. We want to make sure folks feel very comfortable sharing their innovative work.
- Ask questions about new research, who's attending, even making dinner plans!

Career stage-specific tips

For Undergraduates

- **Go to sessions that sound interesting**, regardless of how close the topic is to your research. Conferences are some of the best places to get a sense of the actual scope of your field. Sometimes you can learn about topics or techniques that you may not have considered possible before. Highly recommend going to as many sessions as you can and soaking it all up.
- **Introduce yourself to new people** and ask them about their work and job. Folks of every career stage are usually happy to talk to undergrads, especially about their work and plans for after graduation, so don't be afraid to introduce yourself to new people and strike up a conversation. If you aren't sure what to talk about, asking about their research is usually a good conversation opener.
- **Seek out potential mentors.** Planning to apply to grad school? Be sure to keep an eye out for faculty doing research you find exciting and introduce yourself if you can. Make sure you take a notebook with you to write down names and email addresses as appropriate.
- **Take full advantage of the trainee-focused sessions.** Even if the sessions seem aimed at other career stages, it is usually still insightful for undergraduates to attend.

For Post-Baccs

- **Seek out potential mentors.** Planning to apply to grad school? See if any mentors you'd consider working with will be at the conference and email them ahead of time to schedule time to chat with them. If you aren't sure if they will be there, you can always ask in an email. Example emails are at the end of the document.
- **Talk to grad students and postdocs from labs you are considering applying to.** If you are in the planning, application, or interviewing stage of the grad school application cycle, it is good to take advantage of opportunities to connect with folks already working with faculty you are considering applying to. Conferences are excellent opportunities to ask about 1) what the faculty's mentorship style is, 2) what kind of support/guidance they give during projects, and anything else. Grad students and postdocs are usually enthusiastic to talk to prospective students.

For Grad Students & Postdocs

- **Introduce yourself to other trainees with overlapping interests.** Conferences are a great way to network horizontally- you can swap resources, make friends, and connect with folks in labs you may want to work with in the future.
- **Thinking of continuing in academia?** If you are considering continuing in academia, make sure you network with potential mentors for the next stage of your career. Keep an eye for labs presenting work similar to where you want your program of research to go and don't be afraid to strike up conversations with or email people from those labs.
- **Thinking of moving on to industry or another non-academic job?** There are often industry folks attending either as presenters or representing sponsors or vendors. Vendors typically have a table with someone there throughout the day, so it's easy to ask that person if 1) their company typically hires folks with your training background and 2) if there is someone you could reach out to to ask about recruitment. Either they will be able to chat, or they can direct you to the right person.
- **Promote your work:** Make sure to invite folks to your talk/poster! You can do this over social media as well as in person while networking. If there are specific faculty who you are interested in working with at the conference, extending a personal invitation (in person or over email) is recommended.

Sample email templates for reaching out ahead of a conference

Remember, keep it short and be specific! Academics get a lot of emails, so the easier it is to respond to, the more likely it is you will get a response. If they don't answer, that's okay, you can still introduce yourself at the conference.

Emailing a potential mentor for the next stage of your career

Dear Dr. *[last name(s)]*,

My name is *[your name]* and I am currently a *[position]* with *[current mentor]* at *[place]* and in the process of applying to *[next job]*. I am a huge fan of your work in *[insert specific information about their line or research]*. Would you be accepting *[next job]* positions in *[time for when you would like to start next job]*?

I will be at the FIT'NG Inaugural meeting in Paris. If you are also attending, I would love to chat with you in person. Please let me know either way.

I've attached my CV here in case that's useful. Please let me know if you need any other information.

Thank you!
[your name]

Emailing a potential mentor/colleague for a specific grant or project

Dear Dr. *[last name(s)]*,

My name is *[your name]* and I am currently a *[position]* with *[current mentor]* at *[place]*. I am a huge fan of your work in *[insert specific information about their line or research]*.

I am reaching out to you because I am working on a *[grant/paper/study]* on *[description]*. That I would appreciate your expertise, if you have time and are interested. Please let me know what you think, or if you'd like additional information.

I will be at the FIT'NG Inaugural meeting in Paris. If you are also attending, I would love to chat with you in person. Please let me know either way.

Thank you!
[your name]