



FIT'NG

Fetal, Infant, & Toddler Neuroimaging Group

Trainee Committee presents:

2025 Conference Guide

Travel Tips, a Guide to Dublin, & Conference Advice



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International Travel Guide

For the most up-to-date guidance from FIT'NG, please visit: [Destination | fitng.org](https://destination.fitng.org)

For details regarding documentation and other helpful travel information: See [Visas and passports | Ireland.com](https://visasandpassportsireland.com)

Passport

- Make sure you have a current passport that is valid for the conference dates. There may be specific requirements for your passport expiration date, so if your passport is due to expire shortly after the conference, please check to see if it needs to be renewed before applying for a visa. **Make sure to apply as soon as possible!**
- If you are travelling from the European Economic Area:
 - Note that **you must have a valid passport to enter Ireland** as Ireland is not part of the [Schengen Area](https://www.schengenarea.org/)

Visas

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

Check here to check if you need a [visa](#) to enter Ireland.

- 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.

If you do require a visa

- You will likely require a Short-stay (Non-Immigrant) Visa type, in Ireland this is called a short stay 'C' visa. There are several types of short stay visas: business, conference/event or tourist.
 - There are several steps to apply for a visa. The order of these steps and how you complete them may vary by visa office, Irish embassy or consulate **Please consult the instructions on the Irish Department of Justice website.**
 - Conference/Event Visa: <https://www.irishimmigration.ie/coming-to-work-in-ireland/what-are-my-options-for-working-in-ireland/coming-to-work-for-less-than-90-days/conference-event-visa/>
 - It is recommended that you prepare your application 3 months before your intended travel. It takes **approximately 8 weeks** to receive a decision following the receipt of the application and required documents by the visa office, embassy or consulate.
 - **Application portal:** <https://www.visas.inis.gov.ie/AVATS>
 - Be sure to use the official website above rather than a third-party website which may charge additional fees.
- **Learn more about the Short Stay Visa:**

- Official Department of Justice Website: [Short stay visas policy - Immigration Service Delivery](#)
- Citizens Information: [Visas for tourists visiting Ireland](#)
- **Visa application fees**
 - The fees for visas are dependent on the number of entries you apply for and more details can be found here: <https://www.irishimmigration.ie/precleanance-and-entry-visas-fees/>. This fee cannot be refunded if your application is refused or withdrawn.
- **Letter of support**
 - Letters of invite can be provided to international delegates who may require a letter for Visa application. Please note, it is recommended to apply as soon as possible due to backlog processing visas. Please email to request a letter [here](#).

Flights and traveling to/from the airport

Nearby airports and transportation options:

- **By plane:**
 - Dublin Airport (DUB) is located 6 miles north of the city center.
 - **Getting to the City Centre from the Airport**
 - **Coaches:** There are two main coach companies that run from Dublin Airport to Dublin city-centre [Dublin Express](#) and [Aircoach](#) (Route 700). This is often the easiest and most economical method of traveling to the city centre.
 - **The Dublin Express (€9 each way)**
 - <https://www.dublinexpress.ie/>
 - You can find the stop nearest your accommodation with this map: <https://www.dublinexpress.ie/stop-map>
 - The Dublin Express stops closest to the conference hotel. The Christchurch stop is just a 6 min walk to the Radisson Blu Royal Hotel. (If you are returning to the airport via the same route, the stop will be Dublinia, which is also a 6-min walk. Note that you must purchase two single tickets rather than a return online as the stop names are different!)
 - **The Aircoach**
 - <https://www.aircoach.ie>
 - Does not stop very close to the conference hotel but is a great option if you are staying in the South-East of the City, or outside of the city centre.
 - You can view the Route Map here: [Route 700 Timetables - Dublin](#)

- **Taxis (~€30-40 to the city centre)**
 - Taxis are available from a designated taxi rank outside the airport.
 - All taxis in Ireland are now required to accept card payments in addition to cash payments.
 - **Rideshare services**
 - **Uber** and **Lyft** are commonly used in Dublin.
 - These apps can offer easy ways of splitting payment if you are sharing with others.
 - **Car Rentals**
 - You can rent a car at the airport: [Car Rental | Car Hire at the Airport | Dublin Airport](#)
 - This is a great option if you are planning on travelling around Ireland before or after the conference but note that you are unlikely to require a car during the conference days and it can be quite inconvenient to have a car in Dublin city centre. See the Getting Around section below for further tips on car rentals.
- Additional details available at [Destination | fitng.org](#)

Tips for booking flights:

- Delta will let you rebook if the flight price drops
- Flight tracking sites:
 - Google flight price tracker - set up an alert! [Google Flights - Find Cheap Flight Options & Track Prices](#)
 - Skyscanner: [Skyscanner](#)
 - Airfarewatchdog: [Airfarewatchdog](#)
- Some general tips for booking flights:
 - Aim to book at least 2 months in advance
 - International flight costs may continue to increase over the summer. Best to set up alerts now!

Accommodation

- **Conference hotel:** [Radisson Blu Royal Hotel, Dublin](#)
 - FIT'NG Rates:
 - Standard King: €280.00
 - There is a €20.00 supplement for a double occupancy room.
 - Conference booking link: [Accommodation | fitng.org](#)
 - Rooms are available in the room block through August 7, 2025 or until rooms are sold out.
- **Room Sharing:** To save on accommodations (and perhaps make a new friend!), there is an option to share your contact information with other FIT'NG attendees looking for a roommate for the conference. Learn more and sign up here: [Roomshare form](#)

- If you have questions about room sharing committee members who have previously participated in this process would be very happy to share their personal experience with you, feel free to reach out to traineecommittee@fitng.org
- **Tip: Book your accommodation early!**
 - Note that accommodation in Dublin can become very expensive if there is a big event being held in the city like a concert or sports game!
 - Make sure to book your room in the roomblock now to secure your spot and lock in the conference rate as accommodation prices could significantly increase closer to the time!

General note: Always check with your institution for guidance and policies surrounding travel and accommodation bookings.

A Guide to Dublin

Food and Drink

- If you ask for water at a restaurant, it is usually tap water and is free.
- You do NOT need to tip in restaurants when you sit down to eat.
- If you plan to drink alcoholic beverages at a restaurant, be sure to bring a government-issued ID. The drinking age is 18 in Ireland.
- Most Dublin restaurants will happily accept walk-ins without a booking. Note however that many restaurants can get very busy from Thursday evening through to the weekend and a booking may be required. Many restaurants take bookings through [OpenTable](#), it can be helpful to check availability using this website during busy times (especially if you are with a large group)!

Restaurant Recommendations

- Inexpensive (~€10-20) - booking is not required
 - [Sprout](#) (7 min walk) - substantial salad bowls
 - [Cornucopia](#) (8 min walk) - vegetarian restaurant
 - [Umi falafel](#) (5 min walk) - vegetarian restaurant
 - [Bunsen](#) (9 min walk) - very good beef burgers but does not have vegetarian options
 - [BóBós Burgers](#) (7 min walk) - burgers with veggie options
 - [The Saucy Cow](#) (9 min walk) - vegan comfort food
 - [Zaytoon](#) (10 min walk) - Persian restaurant
 - [Sano](#) (8 min walk) - pizza
 - [PI](#) (6 min walk) - pizza
 - [Masa](#) (4 min walk) - tacos, may require a [booking](#)
- Moderately-priced (~€20-30) - booking may be required at busy times
 - [BIGFAN](#) - (3 min walk) Chinese restaurant
 - [Full Moon Thai Restaurant](#) (9 min walk) - Thai restaurant
 - [Saba](#) (7 min walk) - Thai Restaurant
 - [Musashi Noodle and Sushi Bar](#) (13 min walk)
 - [Sophie's](#) (13 min walk) - rooftop restaurant with a nice view of the city
 - [The Hairy Lemon](#) (4 min walk) - Irish pub food
 - [The Market Bar and Restaurant](#) (5 min walk) - Tapas
 - [The Brazen Head](#) (13 min walk) - Irish pub food - Ireland's Oldest Pub (1198 CE)
- Ice cream:
 - [Scoop Gelato](#) (3 min walk)
 - [Murphy's Ice Cream](#) (8 min walk) - unique Irish inspired flavours
 - [Gino's Gelato](#) (7 min walk)

- Coffee:
 - [Old Town Café](#) (2 min walk) - closest to conference hotel
 - [The Tram Cafe](#) (3 min walk) - located in St Patrick's Park, outside seating only
 - [Kaph](#) (6 min walk)
 - [Bear Market](#) (6 min walk)
 - [Clement & Pekoe](#) (6 min walk) - also has a great selection of loose leaf teas
 - [Brew Lab Specialty Coffee](#) (5 min walk)
 - [Soren & Son](#) (7 min walk)
 - [Bewleys Cafe](#) (9 min walk) - historic Dublin Café
 - [Butlers Chocolate Café](#) (8 min walk) - Irish chocolatier with great hot chocolate!
 - Early Morning Coffee Shops:
 - Most coffee shops in Dublin open at around 8 am, and most will open even later on a Sunday. [Starbucks College Green](#) (10 min walk) opens at 6/6.30 am everyday except Sundays (8am).

An extended list of Local Restaurant and Coffee Recommendations beyond the conference area can be found: [Here](#) (courtesy of Dublin local Cliona O'Doherty - thanks Cliona!)

Things to Do

You can find a summary of things to do on the Visit Dublin website:

<https://www.visitdublin.com/things-to-do>

Here are some selected highlights:

- 🍀 Explore Trinity College & [The Book of Kells](#)
 - See Ireland's most famous manuscript and the stunning Long Room library.
- 🍺 Tour the [Guinness Storehouse](#)
 - Discover how Guinness is made and enjoy a pint with panoramic city views at the Gravity Bar.
- 🏰 Visit [Dublin Castle](#) & The [Chester Beatty Library](#)
 - Walk through Irish history and check out world-class art and manuscript collections.
- 🍷 Visit [EPIC the Irish Emigration Museum](#)
 - Gain insight into how such a small country made such a big impact on the world! - Voted Europe's Leading Tourist Attraction for three years in a row.
- 🔔 Explore Medieval Dublin at [Christ Church Cathedral](#) and [Dublinia](#)
 - Experience Dublin like a Viking! Bonus: if you are travelling with kids they might enjoy a [Viking Splash Tour](#)
- 🎨 Discover Irish Art at the [National Gallery](#)
 - Free entry and home to a wonderful collection of Irish and European art.
- 🎭 Catch a [Show at the Abbey Theatre](#)
 - Ireland's national theatre showcases modern and classic Irish drama.
- 🌳 Walk Through [St. Stephen's Green](#)
 - A beautiful Victorian park in the city centre—perfect for a relaxed stroll or a picnic.

- 🧑‍🎨 Tour [Kilmainham Gaol](#)
 - An atmospheric former prison with powerful stories from Ireland's history.
- 🌳 Stroll Through [Phoenix Park](#)
 - One of Europe's largest city parks—great for walking, cycling, or spotting wild deer.

👟 If you are into walking and hiking, Dublin and its surroundings have many great [walking trails and routes](#).

- Favorites include:
 - 🚢 [Howth Cliff Walk](#) - Howth is a picturesque fishing village to the North of Dublin
 - Easily Accessible by Train (Dart from Tara Street Station to Howth Station takes 29 min)
 - 🌊 [Killiney Hill](#) - beautiful views of the Dublin coast with Dublin city to the North and the Wicklow Mountains to the South.
 - Easily Accessible by Train (Dart from Tara Street Station to Dalkey Station takes 32 min)

Getting Around

- **By Foot**
 - Dublin is a very walkable city! The conference is located right in the heart of the city centre where there is an abundance of great restaurants, shops and tourist attractions which are easily accessible on foot!
- **Public Transport**
 - There are lots of public transport options available in Dublin, find out more here: [Explore Transport in Dublin with Visit Dublin](#)
 - Note the following when paying for public transport:
 - **Dublin Bus** does not accept card payments. Bus fares are €2/€2.60 depending on Journey length. You must have the exact change in cash as you will not be able to get change.
 - Tickets for the train (the **Dart**) or trams (the **Luas**) can be purchased from machines at the platform - these machines accept cards or cash.
 - If you plan on using a lot of public transport during your time in Dublin, consider purchasing a [Leap Visitor Card](#). Get unlimited public transport (Dublin Bus, Luas and Dart) for 72 hours for €16.00. The card can be purchased in person from selected agents in the city centre.
- **Rideshare services - Uber and Lyft**
 - This is a great way of getting to parts of the city that are beyond walking distance.
 - These services are commonly used in Dublin (wait times are typically only a few minutes).
- **By Car**
 - Visiting tourist attractions beyond Dublin is easiest by car. This is a great option if you are planning on travelling around Ireland before or after the conference.
 - Note however, that **you are unlikely to require a car during the conference days**.

- If you choose to rent a car:
 - Rental cars are available at the airport. [Car Rental | Car Hire at the Airport | Dublin Airport](#)
 - Make sure to note the following:
 - Be sure to book a rental car in advance to ensure one is available when you arrive
 - Some institutions have preferred rental car companies or discounts – check in with your institution before booking!
 - Rentals are more expensive for younger drivers, a daily young driver surcharge typically applies to individuals aged 25 and younger so if you have the option of someone over 26 driving the rental car, this will save you money.
 - Consider where you will park if you choose to rent a car.
 - Parking is available at the conference hotel and costs €20 per night/ €4 per hour. The hotel has a limited number of parking spots available (40 total), these cannot be booked in advance. Spots can be booked at reception. You do not need to be staying at the hotel to book a spot!
 - Other city centre car parks will be more expensive
 - [Christchurch Car Parking | Parking Near Christchurch | Q-Park](#) (4 min walk), €49 per night/ €5.20 per hour
- **Visiting Northern Ireland**
 - While there are no border checkpoints in place on the island of Ireland, the visa requirements for entering Northern Ireland are different from the Republic of Ireland, as Northern Ireland is part of the UK.
 - Ensure that you have the correct visa for your journey: [Visas and passports | Ireland.com](#)
 - If you do not required a visa, you will require an [Electronic Travel Authorisation \(ETA\) | Ireland.com](#), this includes citizens of the European Economic Area.

General tips

Currency and Accepted Payment Cards

- The currency in Ireland is the Euro (€).
- You can exchange currency at the airport or an ATM if desired (but there are likely fees). Most places will accept credit cards, but be sure to check to see if there are additional transaction costs from your credit card company. Also be sure to let your credit card company know if you will be traveling internationally!
- Visa and Mastercard are widely accepted in Ireland. American Express is also accepted but it is not universally accepted and therefore may not be accepted by smaller businesses. It is a good idea to have a Visa or Mastercard as a back up if possible.

LGBTQ+ Travelers

- Ireland is one of the safest and friendliest destinations in the world for the LGBTQ+ community. [Explore Ireland's vibrant LGBTQ+ scene](#), [An LGBTQ+ Guide to Dublin](#)

Weather

- The weather in Ireland tends to be very pleasant in September. The temperature is mild **averaging 13°C/55°F** (average highs of 13.2°C/55.8°F and average lows of 9°C/48°F) and it is generally sunny. It is possible that there will be a few rain showers during your visit, so it is a good idea to pack a waterproof jacket or an umbrella. The days are long with the sun rising at around 7am and setting at around 8pm.

Conference Tips

Health considerations

- **If you feel unwell at all, stay home or in your hotel room!**
- Mask wearing is optional based on your personal preference
- Respect the choices of others who may prefer not to shake hands
- General good hygiene practices are encouraged 😊:
 - Wash your hands often and / or use hand sanitizer
 - Avoid touching your face, especially after touching high-contact surfaces like door knobs, chairs, and tables

Accommodations

If you require any accommodations for the conference (audio, visual, etc.), you will be able to indicate them on the registration form.

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 are some general conference recommendations 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.
 - This conference will all be held in the same building so you will not need to plan travel time in between locations.
 - Plan out when you'll eat
 - The conference this year includes lunch on Sunday and Monday and two catered coffee breaks each day of the conference. We also 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 presenting. 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, go to the Q&A portion of their talk to make sure you catch them on the day they are there.

- Make sure to find time to check-in with your mentor / mentee if you have one.

What to expect from each session type

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.

Oral Sessions

- 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. Oral sessions are often moderated by an expert in that field.
- Oral sessions 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.

Member-Initiated Symposium

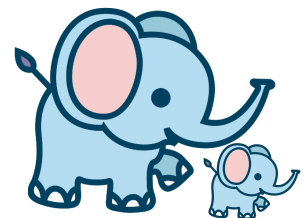
- Four short (15-minute) talks curated within a particular topic/theme.
- The format usually includes Q&A (15-minutes) at the end of the block.
- Symposiums are typically submitted for consideration before poster abstracts.

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.

Think Tank (Elephants in the Room)

- The Think Tank session is an opportunity for conference attendees to have a discussion in smaller groups around a particular theme or topic. You will be asked to indicate your preferences for a topic prior to the conference.
- This is a great networking opportunity to talk to other researchers thinking through similar challenges in the field and to establish new collaborations.



- In the past, many Think Tank session discussions have turned into publications led by FITNG members and conference attendees. After the conference, we may reach out to gauge your interest in being part of a publication.

Poster Session

- **See the [FIT'NG Trainee Committee's tips for creating and presenting your poster here!](#)**
- Poster sessions are typically held simultaneously in a large room or hall. Poster presenters stand next to their posters for the duration of the poster session 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.

Trainee Social

- The trainee social is an informal event specifically for trainees (postdocs, grad students, research assistants, undergrads). This is a chance to unwind and meet other trainees in your field.

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 until 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.

FIT'NG Mentor/Mentee Matching Programme

- Fast-track finding a mentor or mentee in Dublin with the FIT'NG Trainee Committee's Mentor/Mentee matching programme! If you are looking for a mentor, simply tell us which topics you would like mentorship on and we will match you with a scientist eager to inspire the next generation. Similarly, if you would like to be a mentor, tell us what topics you are interested in discussing with your mentee. You can sign up to be both a mentor and a mentee!
- Mentors and mentees will be matched based on interests with the goal of helping folks expand their professional network. **Mentors and mentees will be matched 2 weeks before the conference.** Mentees will send mentors their availability to meet in person at the conference.
- To participate, fill in [this form](#) before **August 5th 2025**.

Lunch with Professors

- Grab lunch, meet professors, and ask the questions you've always wondered about!
- For the first time ever, we are hosting Lunch with Professors, designed to foster informal, engaging conversations between trainees (from undergraduate students to postdoctoral researchers) and faculty from diverse institutions, research backgrounds, and career stages. The goal is to create a relaxed setting where trainees can ask questions, seek advice, and learn from the experiences of established researchers in the field of fetal, infant, and toddler neuroimaging.
- **The event will take place during lunch (which will be provided) on the first day of the conference (Sunday, September 7th from 12:15pm to 1:45pm).** Professors will be seated with small groups of 3-5 trainees, with groups rotating as time allows. The conversation is meant to be informal—No preparation or materials required!
- To participate, fill in [this form](#) before **August 20th 2025**.

Conference Socials

Socials are a great opportunity to network more organically. Depending on who is hosting the social (the conference versus a specific committee), socials usually get broad attendance across members. Regardless of how comfortable you are in conference socials, the following tips may be helpful:

- **Ask your mentor/colleagues to introduce you to specific people.** When breaking into a social event, 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 a few people you have never met.** Challenge yourself to introduce 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, so this is usually another safe bet for a conversation starter.

Social Media

- FIT'NG has multiple social media accounts for you to follow:
 - X (formerly Twitter): @FIT_NGIn → and use our conference hashtag, [#FITNG2025](#)
 - Bluesky: @fitngin.bsky.social
 - Mastodon: mastodon.social/@FIT_NGIn
- These social media accounts will be used throughout the conference, so we encourage you to stay engaged!
 - Here are some references for why and how to use science X (Twitter):
 - [The Wiley Network](#)
 - [Scientists, do you want to succeed on Twitter? Here's how many followers you need | Science](#)
 - [How to use Twitter to further your research career](#)
 - [How to use BlueSky to further your research career](#)
 - Post photos and quotes from sessions or events that you enjoy!
 - ****Aim for photos of the title or introductory slides - be very careful about not to post photos of other researchers novel data or conclusions! 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 but be sure to take breaks as well, these can be long and tiring days!
- **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 (or phone) 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/Post-grads

- **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) there is someone you could reach out to regarding recruitment opportunities. 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 of research, perhaps including a paper/publication if applicable]*. 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 meeting in Dublin. 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 advice on 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 meeting in Dublin. If you are also attending, I would love to chat with you in person. Please let me know either way.

Thank you!
[your name]