## MASTs Travel Fund - The NoWPaS Conference, Cromarty, Scotland

I was kindly granted £200 from MASTs to help with travel costs to and from the NoWPaS conference in Cromarty, Scotland. NoWPaS is the International Workshop of PhDs and Post-doctoral Fellows on Anadromous Salmonids which occurs every year in February since 2005. NoWPaS aims to explore, share, and build knowledge among salmonid early career researchers, and successful workshops have been held in countries all over the world including Sweden, Finland, Denmark, the UK,



France, Norway, Canada, Ireland, and Iceland. This year it was held in Scotland, and I was on the organising committee. Our job is to ensure the workshop is a success by booking accommodation, planning the events for each day, and gaining enough funding to offer the workshop for free to PhD students and postdocs. One of the places we applied to for sponsorship was to MASTs, and they generously provided travel funding for 2 students from MASTs affiliated universities. To win the funding, each individual had to submit their abstract and application form to MASTs and then a panel chose from the selection. I was one of the lucky winners. With this funding I was able to pay for my fuel to drive from Aberdeen to Cromarty, as well as fund the overnight stay in Inverness for the evening before the conference began, as required by NoWPaS. This fund really helped me, as I am studying a molecular biology PhD and the techniques are expensive, so gaining this funding prevented the use of my research grant. It was highly beneficial to attend this conference as I met other salmonid researchers at the same level as me from all around the world, allowing me to make connections and meet potential future collaborators. I was also able to network with the keynote speakers who are established researchers in the field in a more relaxed environment which was great. I presented my work in circadian rhythms and fish immunology at this conference. Presenting is good experience, particularly in front of a smaller less daunting audience, so I now feel more confident in presenting at future, larger conferences.

I would like to thank MASTs for their support, as it helped the conference be a success and allowed me to attend an event which was highly beneficial to me.

