## Mentoring Roundtable Event
**Thursday 2.22.18 @ 6:30-7:30 PM**

Two representatives from each network will be available at tables for informal conversations, providing a relaxed platform for early career researchers to meet with leaders in their field and exchange on current topics in the discipline, methods currently being used, publications of interest, and career paths of the investigators.

[Please sign up here](#) for which network table you’d like to join! Bios of each network representative are included in the sign-up form.

## Trainee Network Mixer
**Thursday 2.22.18 @ 7:30 PM**

Come to the mixer to network with other trainees, investigators, and like-minded peers. Free food and non-alcoholic drinks will be provided, with a cash bar also available. **If you are looking for a post-doctoral or faculty position,** representatives from various institutions and agencies will also be present to provide information and networking. Some of the participating institutions this year will include:

- Memorial Sloan Kettering Cancer Center
- Medical University of South Carolina
- Johns Hopkins School of Medicine
- University of Southern California
- University of Maryland College Park
- Ohio State University
- Virginia Commonwealth University

## Packing tips:
- Pack light! Avoid fees for checking baggage and make travel easier.
- Bring business dress clothing that will work for both daytime and evening social events.
- Bring comfortable shoes! You’ll be on your feet a lot.
- Put together a small “survival kit” include painkillers for the inevitable headache, Band-Aids in case your shoes start to rub your heels raw (even if you brought “comfortable” shoes), granola bars, other snacks, etc.

## Travel tips:
- Find out who else is going (colleagues, friends) – they may be interested in sharing transportation (e.g., taxi) or hotel costs.
- Research transportation options from the airport to the hotel and review maps to gain a basic knowledge of the area around the hotel.

## Planning your conference schedule:
- Carefully review the program and mark sessions that interest you. Also, read the poster abstracts and circle ones you would like to see. This is a good airplane activity. Consider downloading the SRNT smartphone app so you don’t have to carry the program around.
- Review the authors’ list to see who will be attending the conference. Contact colleagues or researchers you’d be interested in meeting.
During and after the meeting:

At the Meeting

• Make sure your nametag is visible so that people can easily identify you.
• Attend at least one session that is outside of your primary interest area. You never know what you might learn, and it may help you generate new research ideas.
• Carry some healthy snacks with you. Conference days can be long, and dinners are often late.
• Stop to ask questions when browsing poster sessions. Posters provide a great opportunity to learn about the latest research in the field, and opening with a question is a great way to facilitate conversation.
• Attend a network meeting to learn more about the resources available and how you can get involved.
• Pace yourself and make sure to have some downtime. Make sure to schedule some time for fun! Conference days are long and tiring. Take advantage of your surroundings and explore the city after conference activities have concluded for the day. This can also be a fun way to get to know your colleagues and new conference acquaintances in more relaxed, informal settings.

When you return home

• Organize and file notes, business cards, poster reprints, etc. that you collected. These are easy to misplace!
• Follow-up with new contacts.
• Share what you learned with colleagues who could not attend!

Helpful websites with more information

https://www.training.nih.gov/assets/Transcript__Meeting_Webinar.pdf
http://www.apa.org/science/about/psa/2013/01/conferences.aspx
https://brainthatwouldntdie.wordpress.com/2013/07/30/surviving-academic-conferences-without-crying/

Interested in joining the SRNT Trainee Network or following our activities?

• Log in to the SRNT website and select “Networks” from the “Members Only” menu. Then select Network -> Trainee -> Join Group
• More information about network activities is available here: (this page is accessible to SRNT members only!)
• Social Media: “Like” SRNT on Facebook and follow SRNT (@SRNTorg) on Twitter!
Points of Interest in Baltimore

- In search of nightlife? Take an Uber/Lyft/cab to Thames Street in the Fell’s Point neighborhood for plentiful bars and restaurants. Click here for more information.
- The Federal Hill neighborhood (a short ride away) has numerous bars and restaurants, as well. Federal Hill Park also has an awesome view of the Baltimore skyline. Additional information about the Federal Hill neighborhood can be found here.
- Check out one of Baltimore’s many public markets. Cross Street Market is located in the Federal Hill neighborhood, Broadway Market is located in Fell’s Point. Lexington Market is also a ~10 minute walk from the conference hotel.
- Baltimore’s Inner Harbor is a short (~10 minute) walk from the conference hotel. Take a walk and enjoy views of the water or stop in one of the many restaurants and shops. If time permits, visit the National Aquarium (tickets should be purchased in advance)! The Inner Harbor is also a popular location among runners. More information about the Inner Harbor can be found here.
- Looking to soak up some culture? Check out art and sculpture at The Walters Art Museum or peruse the collection of “outsider art” at The American Visionary Arts Museum. Click here for a list of other museums in Baltimore.

Safety tips

- As with all large cities, safety may be a concern in some areas. It is recommended that you travel in groups when walking around the city, especially at night.
- It is also recommended that you do not have your cell phone out while walking around the city.
- Do not accept rides from unlicensed cab services (i.e., “hacks”). Stick to legitimate cabs, Uber, and Lyft services.
- When you are out exploring, it is a good idea to not wear your conference badge.
- Never give your hotel room information to someone you don’t know.
- Do not open your hotel room door to anyone you don’t know or recognize.
- If someone knocks on your door and identifies themselves as a hotel employee and you are not expecting anyone, contact the front desk to verify their identity.
- Store your personal valuable items in your room safe or a hotel lockbox when you are not in your room.
- Do not leave valuables or personal electronic items unsecured in your room when you are out.
- Avoid walking alone to and from the conference venue, especially at night.
- When exploring, let someone know where you are going, who you will be with, and when you expect to return.
- Avoid carrying your wallet, passport, or cash in your rear pants pockets.
- Avoid counting cash in public, or in publicly displaying where your wallet, cash or passport if stored on your person.
- Keep your cash, passport, and wallet separate when outside or exploring.
- Consider purchasing a RFID shielding cover for your passport.
- Leave a copy of your travel itinerary, hotel information, passport, and conference contact information with your emergency contact.
- Stay vigilant in crowds. If you see a disturbance, avoid getting caught in it by retreating, taking a different route, or hailing a taxi, Uber or Lyft.
- Wear your purse or bag with the strap across your back and chest, instead of hanging loosely off of the shoulder.
- Be vigilant while riding public transportation, in tourist areas, or in airports or public transportation stations. If possible, have a “travel buddy” to help you keep an eye on each other’s’ belongings.
- If you do see something that indicates a safety or security issue when you are at the conference venue, please let SRNT staff know and they will contact the appropriate people to deal with the issue.

Have fun and be safe!