

TRAINEES' GUIDE to the 2019 ANNUAL MEETING

Trainee Network Events:

Before You Arrive:

The Trainee Network will be hosting three events at the conference. Join the SRNT Trainee Network [here](#) to receive up-to-date information through our listserv.

Pre-Conference Workshop: Authorship and Grantsmanship for Early Career Investigators in Tobacco and Nicotine Research

Wednesday, February 20, 8:30 a.m. - 11:30 a.m.

This workshop is designed for early career investigators and tobacco researchers interested in learning more about addressing challenges in publishing their manuscripts in high impact journals and applying for NIH Training (T), Career Development (K), and Fellowship (F) grants. Graduate students, postdoctoral fellows, junior faculty, or those seeking to transition careers will benefit from participating in this workshop.

Mentoring Roundtable

Thursday, February 21, 6:00 p.m. - 7:00 p.m.

Two representatives from each network will be available for informal conversations, providing a relaxed platform for early career researchers to meet with leaders in their field and exchange ideas on current topics in the discipline, methods currently being used, publications of interest, and career paths of the investigators. Space is limited—Register [here](#)!

Check in at the Union Square Foyer (4th Floor); event will be held in meeting rooms Union Square 1-2 & 3-4.

Trainee Network Mixer

Thursday, February 21, 7:00 p.m. - 8:30 p.m.

This is an opportunity to network with other trainees, investigators, and peers. If you are looking for internship, post-doctoral, or faculty position, representatives from various institutions and agencies will also be present to provide information and networking. Food and cash bar will be provided.

This event will be held in the beautiful "[Cityscape](#)" space (46th floor) with panoramic views of the city.

No registration is required.

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 to 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 available resources 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 (see the next page for resources and points of interest). 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://homes.cs.washington.edu/~mernst/advice/conference-attendance.html>

<https://brainthatwouldntdie.wordpress.com/2013/07/30/surviving-academic-conferences-without-crying/>

<http://theprofessorisin.com/2011/08/17/how-to-work-the-conference-part-one-of-two/>

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!](#)

Have fun and be safe!

Resources for Your Trip to San Francisco

- [SanFranciscoTravel](#) has a ton of information about points of interest, restaurants, and more!
- Looking to explore the city but don't know where to get started? [Here](#) is a listing of different neighborhoods, along with their histories as well as places to visit and eat.
- San Francisco has many dining options! This [guide from SF Eater](#) will get you started.
- Located in the San Francisco Ferry Building at the end of Market Street on the Bay, the [Ferry Building Marketplace](#) has many options for a meal, a bite to eat, or coffee.
- San Francisco has many great parks. A couple examples include:
 - [Crissy Field](#): a park with great views on the northern end of the city and adjacent to the Golden Gate Bridge.
 - [Dolores Park](#): a great place to people watch in the Mission. Has many restaurants and cafes nearby.

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.
- 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 is 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.

