I would like to thank the Society for Reproduction and Fertility for awarding me the Travel Grant to support my attendance to the 6th European Endometriosis Congress in Bordeaux, France on 15th-17th June 2022. Having the opportunity to attend my first conference enlightened me to the breadth of research being undertaken in the field. Additionally, a large portion of the conference was focused on clinical research and gynaecological surgical techniques. I am a research scientist by training, so this was a steep learning curve, but it gave me the opportunity to learn about the physical manifestations of endometriosis lesions and gain an understanding of the anatomical impact of the disease, which I would not have experienced in the everyday laboratory research in my PhD.

It was an incredibly useful opportunity to network with a range of world-leading researchers in my field, and especially those who are researching the relationship between diet and endometriosis, which is specific to my PhD project. It is a niche field of research and therefore these conversations were of great benefit to the progression of my project. I was thrilled to be able to put faces to the names that I see in ground-breaking journals and learned the importance of having the confidence to introduce myself to people I had never met.

Overall, the opportunity to attend the EEC22 will have huge implications for the progression of my PhD project and has paved the way for promising collaborations in the future. Thank you again to SRF.