



2020 TRAVEL AWARDEE TESTIMONIAL ON RECEIVING A TRAVEL AWARD

The SRBR meeting is without any doubt the most important international meeting in the field of biological rhythms. Attending to the SRBR meeting can be a break-point in a young scientist career: it allows one to present and discuss its own work, and the inputs received always leads to new ideas and paths for continuing research, and it's also an event were interaction between students/postdocs and senior professors is strongly promoted, which many times results in collaborations and/or future working perspectives. The SRBR Trainee Awards makes it possible for many students and postdocs to attend to the meeting, and therefore is an extremely important tool for continuing the growth of our field. **Jose**

SRBR attracts the top researchers in the field of circadian biology and the Trainee Awards provide a great opportunity for younger scientists to connect with leaders in the field and discuss their own ideas. The chance to network not only with leaders in the field, but also with other trainee scientists also allows for the formation of relationships which can lead to future collaborations. By enabling early career researchers to be exposed to all of the fascinating projects taking place in the field as well as to get critical feedback on their own research the Trainee Awards can make a real difference for trainees in the field. **Sean**

The trainee awards provide an important opportunity to increase the field of potential applicants by making it less cost prohibitive while also contributing an honor that can be included in a CV for future career opportunities. Additionally, the trainee awards are likely to increase the representation from underrepresented groups, increasing the diversity of conversation within the community and the reach of the research. **Keenan**

The SRBR Trainee Awards are integral to facilitating the involvement of graduate students and postdocs alike in the circadian biology research community. The SRBR Trainee Awards offers the chance for aspiring scientists to meet and network with well-established researchers opening the door for future mentorships and research collaborations. **Rachel**

This award was a deciding factor in my attendance at SRBR 2020 once we realized the event would be hosted virtually. In fact, this award streamlined the entire process for me (from registration to presentation) and made my first virtual conference experience truly worthwhile. **Omar**



2020 TRAVEL AWARDEE TESTIMONIAL ON RECEIVING A TRAVEL AWARD

The SRBR Trainee Awards provide an opportunity to participate in SRBR conference without financial pressure. Specifically, graduate students in Asia or Europe must spend lots of money to attend SRBR. For them, the Trainee Awards are a great chance. Furthermore, the awards give an honor to awardee recipients, which makes them proud of their research result. This causes young researchers to further focus on their research. **Dae Wook Kim**

The SRBR Trainee Awards are a strong motivation for me to further pursue my interest in chronobiology. I know SRBR Committees work hard to get the funding, select awardees and so on. I do think those efforts pay back, since they motivate the next generation. **Yao**

I think the Travel Awards are really important for trainees, particularly those who might have to travel a long distance, and who might not have access to other sources of funding. My Award for the 2020 virtual SRBR was obviously awarded under very unusual circumstances, but I felt privileged to receive one. And it was a big morale boost - I was doing full-time internal medicine on the COVID-19 wards when I found out! **Louis**

I believe the Trainee Awards are very important because (a) they are highly motivating as they represent the interest of the field in one's research and (b) help students to finance the attendance of the SRBR conference (which in the end is very important to get to know people in the field, as well as gain experience in presenting and discussing one's research). **Anna-Marie**

SRBR training awards have been extremely important in defraying the cost of attending SRBR. I currently work in an anesthesia/neuroscience lab and run all of my own circadian projects. Since my circadian projects are my own, I try to support them independently of my advisor--the training award was a major help in that. **John**

I believe these trainee awards are extremely important because it provides many people who are doing very cool research with the funding to attend and present at important conferences like SRBR. It's a unique opportunity for people to showcase their work and build networking connections with professionals in the field. **David**

It gives students opportunities to attend more meetings without financial concerns. **Ruth**