

I was given the honour of receiving an ISMB Travel Award to attend Matrix Biology Europe 2018 (MBE2018), held in Manchester, UK. MBE2018 was directly relevant to my own project, which revolves around the elastin fibre precursor, tropoelastin. This was my first MBE conference, and it was a pleasure to attend.

Attending MBE2018 gave me the chance to attend a wide range of talks, encompassing topics such as stem cells, matrix mechanobiology, cell fate and mechanisms of matrix diseases. These talks were not only given by renowned research leaders, but also by PhD students and early career postdoctoral researchers. Of particular relevance to me was Professor Viola Vogel's presentation on mechanobiology of matrix fibres, during which I drew inspiration from some of her previous molecular dynamics approaches to apply to my own future studies. Additionally, I had the opportunity to listen to presentations for the prestigious Dick Heinegard Young Investigator Award, where five early career researchers pitched their research topics to a panel of judges. I also greatly enjoyed Professor Ray Boot-Handford's talk on "the trials and tribulations of a life with collagen" during his acceptance of the Fell Muir Award.

By receiving the Travel Award, I was able to present a poster on my own PhD work, which involves computational modelling of tropoelastin. I thoroughly enjoyed answering questions about my work and was grateful for the feedback and interest I received. There was also plenty of time to walk around and visit other posters, several of which I found relevant to my own work. This also ended up sparking a number of interesting discussions and networking opportunities.

I would like to convey my sincere thank you to the ISMB for selecting me for the prize, and to the British Society for Matrix Biology for organising an exciting, interactive conference. I sincerely hope to attend another MBE conference in the future.

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