25th May 2016

To The ANZBMS Council,

**Report from Campbell Macgregor on the 2016 IBMS Herbert Fleisch Workshop.**

Firstly I would like to express my appreciation to ANZBMS for awarding me one of the three International Travel Awards. This financial support enabled me to attend the 2016 Herbert Fleisch Workshop.

Having recently commenced my PhD journey after completing my Masters degree at CQUniversity, I had four aims for attending this meeting. Firstly, receiving feedback on my proposed series of PhD bone health studies. Secondly, to obtain advice on future progress in the field. Thirdly, to gain experience in presenting research within an international setting. Finally I aimed to make contacts and develop networks with international bone researchers. While all my aims were met, the development of international contacts was the most successful aspect of the travel award due to the commitment of the senior researchers that attended the workshop.

I was able to present my work to many other researchers via a poster I developed. Furthermore, key discussions were conducted between sessions while listening to keynote presentations from leading researchers in bone science and having these senior researchers providing feedback on a one-on-one basis was invaluable for my future studies. In addition, the focus on posters enabled me to also view and discuss many posters presented by other early career researchers. Communicating my work in this format was incredibly valuable and by the end of the workshop I had found a new focus.

In addition to the above opportunities to discuss my poster, I received constructive feedback and suggestions from highly experienced researchers and other early career researchers. While there was only a small number of other posters that related bone mineral density study in humans using DXA, discussing other research with both experienced and early career researchers enabled me to reflect on my own research and allow me to contribute to their research.

Social events at this workshop also provided opportunities to build networks. During both the workshop and social events I met researchers from all over the world. While only a few had a clinical approach similar to mine, it was interesting to discuss the different stages that everyone was at in their academic career. I developed several important contacts that I remain in contact with and who have continued to provide ongoing feedback to my research. The dinner that was held at *two moons brewery* was another opportunity to meet other delegates, discuss other interests outside of the research arena, and further build my professional network.

I would like to congratulate ANZBMS for both making the three awards available and providing several experienced researchers to the available panel. The keynote lectures for the workshop were outstanding and while not in my field of research (more focused on basic science not clinical), the development of my understanding of bone formation, bone development, and how bone can be involved and effected by several diseases has been greatly enhanced.

Thank you once again for the financial support you provided to me enabling me to attend the 2016 Herbert Fleisch Workshop. It was a great experience and provided a valuable contribution to my developing research career.

Yours sincerely,

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