

Report: Issues that need to be considered by any aquaculture female prior to, during and after such event to maximize benefits of participation by Nikoleta Ntalamagka



The APA16 was an amazing conference that could offer a lot of opportunities and benefits not only for the female but also for the male participants. Every participant independently to their sex should prepare themselves and “use” this opportunity 100% from the start of the event until its end. Some pieces of advice by my own experience are following:

Prior to the event:

- **Prepare a good talk:** A nice interesting talk is like your outfit during an important event. It is the impression that you are going to give to the people. Nobody would go untidy to an official professional meeting. Consequently, a nice, interesting presentation, that represents the presenter and her ideas is crucial. During the conference the time is limited, so everyone should prepare the presentations prior to the conference; at least a skeleton of the talk, needs to be created.



- **Prepare business cards:** During the conference many people from around the whole world meet each other and create networks. The creation of business cards would definitely help the presenters to make known themselves and their work. Does not matter the current occupation of the person. Either a student or a professor should prepare their



own business cards. Also it is an easy and quick way to exchange information with other participants without taking a lot of their time, searching for notebooks and pens.

- **Create or organise your social media and communication methods:** Facebook, LinkedIn, twitter, skype, Pinterest,

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what's app, viber, emails. Everything can be useful during a conference. Either if you are fan of the technology and the social media or not, you should become one. It is going to be a way of communication during and after the conference with the people that you met. A phone number cannot be a convenient mean of communication during an international conference.

- **Get information of the hosting city:** Surabaya was a Muslim city. The way of dressing up especially for a woman was really crucial. Before any conference learn about the traditions and way of living of the people and follow their life style. In the end of the day is just a couple of days that you have to follow their way of living. The most important thing is to show respect to the city and their citizens. Do not forget that a great number of the participants are coming from that city or country.

During the event

- **Arrive a bit earlier than the starting date.** You do not want miss a thing. If you are really motivated and you want to maximise the benefits of your participation be there on time.

- **Be social:** Get out there and shine. Meet people, talk to everyone, do not discriminate or exclude anybody because of their colour, sex, religion, occupation etc. Everyone can be a great contact for your carrier or can become an awesome friend for your personal life. Listen their stories, tell your story. Everyone has a treasure hidden in their minds and souls. Learn from their own experiences. Make international friends and broad your horizons.

- **Participate actively:** Follow all of the amazing events, participate in all of the competitions, dinners, talks, actions. Offer your help if you see that somebody needs your help or advise. There is no happiness without action.



- **Select the best talks for you:** Choose strategically the talks that

you would love to attend. The conference is a long procedure and time consuming. You do not want to lose your time by attending in talks that make you feel bored and they do not belong to your interests.

- **Make questions:** There are not stupid questions in this world. If something tigers your interest, ask for more information from the presenter. When you are asking questions you show your interest. Every presentation that receives zero questions, means that it was not such an interesting one!
- **Give your business cards, share your contact details:** Do not hide your social media and keep the business cards for yourself. You know who you are but you have to let other people know about you. Do not lose the opportunity to make interesting contacts and to become a pleasing contact for others.
- **Congratulate people:** If you see a really good job from somebody else, express your appreciation. People would be really happy and they will feel proud about their work.



your passion and motivation.

- **Do not afraid to ask for opportunities:** Nobody is going to offer you a job, a scholarship or a collaboration if you just sit silent in a corner of the room. How do you expect the people to know about you? You trust and appreciate people that you know. So for one more time get out there and shine!
- **Offer opportunities and support:** If you are looking for a person to cover a position, then search around you and get connected. If somebody completes all of the ticks of your list, then make an offer. Either if this person cannot



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take your offer, he/she can know somebody who knows somebody who wants to take this offer. Also, offer your support to others; motivate them, advise them, volunteer for them. As you want to get benefited, others need to have a positive outcome from that conference, too. Give them the chance to maximise their benefits of their participation.



- **Have fun:** Enjoy your time there.

Seize the moment, seize the days. You will never be back to that conference at this place with this people in your life. It is a unique opportunity to create memories for yourself and others. Make this experience a memorable adventure that you will remember for ever. In the end of the day we remember the good times and not the busy, sad,

boring moments. You can be professional but you can have fun at the same time. Nobody is going to criticize you negatively if you enjoy your time there (always with great respect to the others and to yourself).

After the event

- **Nothing finishes with the end of the conference:** Now everything starts! The conference is just an opportunity to meet people, expand your network, make contacts, friendships, present yourself and your work, find or give future opportunities. But the way that you are going to manage the aforementioned information is more important.



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- **Keep in touch:** Try to maintain your new contacts and friendships. People are



really busy during their daily lives. They cannot remember every single person that they met, neither they can wait for ever for the others to contact them. It is crucial

to keep in touch with the people that they showed interest to you and you felt appreciation for them.

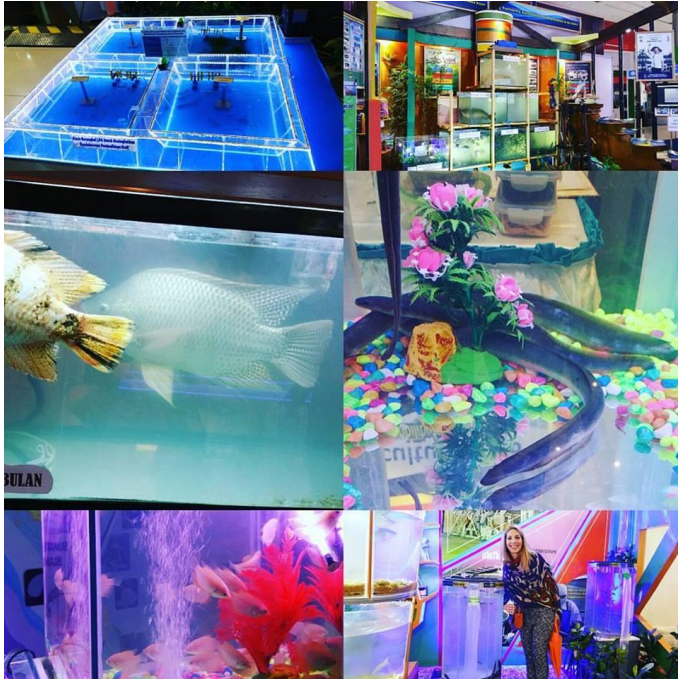


- **Organise your leaflets and business cards:** All of us we returned back home with a bunch of leaflets and business cards. For sure we collected all of them not only because we were interested but also because we did not want to be rude. Now is the time to keep only what you need and throw away whatever you do

not need. Do not keep everything because you are going to lose the beneficial information and contacts for you!

- **Share the knowledge that you gained:** Many amazing researches are going on in the world right now. You are lucky enough to get informed and learn more about them. Now it is time to share your knowledge with your classmates, partners, co-workers, supervisors, etc.

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- **Make a presentation:**

Present the main topics that they attracted your interest. Either if you are a student or a farmer you should present what you consider beneficial for your colleagues.

- **Do not stop challenging yourself:** Search for the next conference, find an interesting topic and apply. Thousands of conferences are waiting for you, numerous people are friends that you did not meet yet, millions of beautiful places that you did not visit, so far. Keep exploring!

