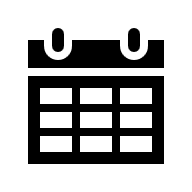
**LNMB P2P Webinar**

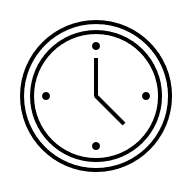
***How to Survive (or Even Thrive) at Your First Conference***

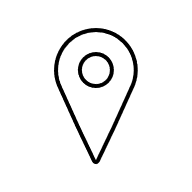
**Dr. Verena Menzel**

**Registration**

👉 **Register here:** [Link to the registration page](https://events.teams.microsoft.com/event/9bf010c7-36e2-4352-b9f9-1e8b84927bbf@723246a1-c3f5-43c5-acdc-43adb404ac4d)

 Fri, 28 Nov

 13:00 - 14:00 CET

 Online

**About the webinar**

Attending your first academic conference can be exciting, confusing, and maybe a little intimidating. This webinar helps you prepare and make the most of it. You’ll learn practical ways to plan ahead, connect with people, and handle presentations or discussions with confidence.

We’ll discuss everything from navigating complex conference websites to dealing with tricky questions—and knowing when it’s fine to take a short break without guilt. Expect a mix of honest advice, funny stories, and plenty of room to ask questions you might hesitate to ask your supervisor.

Even if you’ve already attended one or more conferences, you’re very welcome to join and share your own tips and stories.

**About the speaker**

**Verena Menzel (she/her)** recently completed her PhD at the **University of Twente**, where she researched cybersecurity in the context of the energy transition. With a background in Chinese Studies and Computer Science, she has worked in software development, testing, and agile management. During her studies, she was active in several diversity and inclusion initiatives, including founding the working group *EQUITY* and serving on the University’s *Diversity, Equity & Inclusion Advisory Board*.

Having experienced the post-Covid conference world herself, Verena shares her insights to help early-career researchers feel more confident and connected. Outside academia, she enjoys playing or refereeing American football and tackling complex board games.

**About the series**

This webinar marks the **start of the LNMB peer-to-peer webinar series** — a new platform where PhD students can share experiences, exchange ideas, and discuss topics relevant to their research life.

If you would like to **organise or give a future webinar**, please contact [LNMB](mailto:lnmb@utwente.nl) — we’d love to hear your ideas!