I am very thankful to the Association for Radiation Research for enabling me to attend and present my work at the “2nd ISCAaM meeting: metabolism and microenvironment in cancer plasticity”, held in the beautiful city of Venice in Italy between 16th -19th September 2015.

This was an exceptional gathering of leaders in the field of cancer metabolism and a great opportunity for me to enrich and further advance my knowledge on cancer metabolism and how it could be applied to the field of radiation. This meeting also provided a very timely opportunity to present my new data and get useful feedback prior to publication. My research focused on Statins and their effects on tumour metabolism and outcome following radiotherapy in patients with head and neck cancer. The work has previously been presented at the “14th tumour microenvironment workshop” in Vancouver and was recognised through the award of the “Junior Investigator Award” in August 2015.

In particular, it was invaluable to attend the meet-the-professor session with Dr Pierre Sonveaux on how to apply for an ERC grant. His advice and tips were extremely useful particularly in terms of prioritising future goals with a vision of securing an independent research career. I was also invited to co-chair a session with Prof Michael Lisanti, an internationally renowned scientist from the University of Manchester.

Networking opportunities provided during the conference were amazing, starting with the young investigator event which was designed for young scientists only, followed by the conference dinner in the setting of the magnificent historical palace Ca’ Vendramin Calergi in the heart of Venice. As a whole, the conference was an excellent opportunity to meet new researchers and establish new collaborations.