## **EMS2023, 3rd - 8th September 2023**

I was very grateful for the EMS Young Scientist Conference Award for providing me with the opportunity to attend EMS 2023 in Bratislava, Slovakia, to present my work on "Forecasting Heat Related Hazards on the UK Railway Network". This was the first big international conference I've attended, and in fact only the fourth scientific conference I have attended since graduating from my Master's degree and starting working as a Met Office scientist! So it was therefore an invaluable opportunity for me to network, and further my understanding of how my own work fits into the European (and indeed global) meteorology community.

One of the most difficult parts of the conference for me was deciding which session to attend each day! There were so many interesting sessions that I was pulled in many different directions. In the end, some of my favourite sessions I attended were the "Operational systems: Forecasting, nowcasting and warning systems" session (which was very relevant to my day job) and "Communication and media" session (which was less directly applicable, but fascinating with some excellent speakers!).

Of course, the session I was most interested in attending was the "Reducing weather risks to transport: air, sea and land" session. It was brilliant to see a session dedicated to transport talks and, while attendance was smaller than some other sessions due to it being a more specialist topic, this meant there was some excellent discussion. I very much enjoyed answering questions at the end of my talk, and networking afterwards, and went away with some excellent new contacts and a lot of interesting thoughts to ponder over...

In summary, the conference was a brilliant opportunity for me, as an early-career scientist, to meet others at the same career stage as me, as well as those more experienced, and really feel like I was part of a community. The EMS award also enabled me to travel in a sustainable way, which is incredibly important to me. Through purchasing a Young Interrail Pass, I was able to complete the entire journey from South-West England across to Bratislava by train (which is the only way to travel if you're going to talk about trains!). So I'd like to thank the EMS for their support, and I am sure this experience will have a long-lasting positive impact on my career.

Alice Lake, Post-processing Applications Scientist, Met Office, United Kingdom.