

Early Career Researcher (ECR) Programme

	Morning	Lunch Break/ Afternoon Session	Evening
Time	6.45 - 7.45 am	13.00 - 13.50	18.00-19.00
Monday	No Activities	Workshop 1: Career Enhancement Abdul Rani Abdullah	Ice-Breaking Session for Young Scientist
Tuesday	Yoga	Workshop 2: How to be a Good Scientist Dwayne Heard and Liya E. Yu	Workshop 3: Tips and Tricks for Grant Applications Clare Murphy
Wednesday	Run	12.30 - 17.30 Excursion Visit to Sultan Abdul Samad Building Visit to Craft Complex Kuala Lumpur	20.00-23.00* Conference Dinner (All Participants)
Thursday	Run	Lunch With Senior Scientist	Side Event on Plastic Waste and Microplastic Issues** iLEAPS
Friday	Yoga	No activities	

The lunch break program will start at 1.00 pm

**This program is open to early-career and senior scientists

Well-Being Program

Objective: To promote mental and physical health among ECRs, helping them manage stress and maintain a healthy work-life balance.

a) Yoga

Details: Lead by a professional yoga trainer

Time: Early morning before the conference started

b) Running/Walking at Titiwangsa Lake Gardens

Details: Physical activity at Titiwangsa Lake Gardens, about 4 km from WTC. The route offers a 2 km jogging track around a large lake with city skyline views.

Time: Early morning before the conference started

ECR Ice Breaker Session

This session's objective is to facilitate informal networking among junior researchers at the start of the conference. It will take place on Monday evening from 18.00 to 19.00 hrs. This program will include various straightforward icebreaker games to encourage social interaction and conversation among attendees.

Workshop

Workshop 1: Career Enhancement

This workshop aims to provide participants with efficient tactics and practical knowledge to improve their professional development. Enhance work advancement by acquiring the skill to set specific, quantifiable, attainable, relevant, and time-bound goals. Create sophisticated networking methods to cultivate significant professional connections and enhance employment opportunities. Recognise the importance of mentorship and develop the ability to actively pursue and sustain mutually advantageous mentor-mentee connections. Potential Speaker: Abdul Rani Abdullah, a former academic and the CEO of an air quality company in Malaysia.

Workshop 2: How to be a Good Scientist

Empower yourself to become a thriving scientist. This interactive pre-conference session is designed to equip Early Career Researchers (ECRs) with the essential skills to excel in their scientific careers. Join us and discover the hallmarks of successful scientists, unleash the power of scientific thinking, master

the scientific methods and refine your scientific identity. This session features engaging presentations by renowned scientist sharing by Prof. Dwayne Heard on his personal journeys, interactive discussions, activities and opportunities to network with fellow ECRs. Don't miss this chance to unlock your full scientific potential and launch your research career to new heights.

Workshop 3: Tips and Tricks for Grant Applications

When applying for a grant, it is critical to understand the essential components and requirements of the application process to improve the chances of success. This entails carefully investigating the goals and priorities of the funding organisation and adjusting the application to suit their needs. The project must clearly define the need or problem it aims to solve, as well as how the suggested solution contributes to solving it. Hence, this session clearly explains the basic grant application process, including key components, significance, and impact. This session aims to share tips and tricks, equipping attendees with the knowledge and skills needed to enhance their grant-writing capabilities and increase their likelihood of securing funding for their initiatives. This will empower attendees with confidence in grant writing, maximising their chances of success through meticulous preparation and strategic planning. The session will feature presentations, discussions, and engaging activities. The speaker for this session is Prof Clare Murphy, a professor at the School of Earth, Atmospheric, and Life Sciences (SEALS). She has been granted various Australian and international grants throughout her career, and her valuable sharing experiences in securing international and local grants would benefit the participant. A supportive learning environment will be created where attendees can exchange ideas, ask questions, and gain insights from the presenter and fellow participants.

Lunch With Senior Scientist

The session aims to provide early career scientists with informal networking opportunities to engage with renowned scientists or leaders in their field. The event will occur in a specifically dedicated lunch area. Each table will consist of 1 to 2 eminent scientists or prominent leaders in the subject, with a maximum of 10 participants per table. Complimentary packed lunches will be supplied for time efficiency.

Excursion

Objective:

To explore and appreciate Malaysia's rich cultural, and historical heritage.

Details:

Sultan Abdul Samad Building

The Sultan Abdul Samad Building, inaugurated in 1897 and named after the then Sultan of Selangor, is a prominent Malaysian heritage landmark located opposite Dataran Merdeka in Kuala Lumpur. This historical building, significant for events like the declaration of Malayan independence on 31 August 1957, serves as the backdrop for Malaysia's annual Independence Day parades. It remains a treasured site for both Malaysians and foreign tourists.

Craft Complex Kuala Lumpur

The Kuala Lumpur Craft Complex, located in the city's heart, is an iconic art tourism destination featuring Malay Terengganu architectural design. It offers a variety of traditional and contemporary arts and crafts from across Malaysia, attracting local and foreign visitors. The complex, set in a Malaysian-themed landscape, is unique among Kuala Lumpur's shopping venues. It is developed on four concepts: education, marketing, enculturation, and accommodation, allowing visitors to explore the rich art craft heritage of Malaysian society.

ECR LOC Task

1. Diana Halim: Ice-Breaking Session
2. Royston Uning and Nur Faseha: Luncheon
2. Anas Ahmad Jamhari: Career enhancement
3. Mohamed Yasreen Mohamed Ali: Excursion
4. Nur Azalina Suzianti Feisal: How to be a good scientist
5. Noor Haziqah Kamaludin: Grant application