The Letter of Intent for organizing the IUBMB 2030 Congress should include:

1. **Introduction:** Start by introducing yourself and your society (Adhering Body), and expressing your interest in organizing the IUBMB 2030 Congress.

2. **Experience:** Provide a brief overview of your experience and qualifications related to event planning and organization. This should help demonstrate that you have the necessary skills to successfully plan and execute a large-scale congress.

3. **Vision:** Share your vision for the congress, including the themes, topics, and activities that you think would be most valuable for attendees. Be sure to include any innovative or unique ideas that you have for making the congress engaging and informative.

4. **Logistics:** Outline the logistical details of the congress, such as the location, venue, dates, and estimated number of attendees. Provide a timeline for planning and executing the congress, and discuss how you plan to handle key tasks such as marketing, registration, and catering.

5. **Budget:** Submit your estimated budget for the congress, including how you plan to cover the costs of the venue, speakers, and other expenses. If you plan to seek sponsors or partners, provide details on how you will approach them and what benefits they can expect to receive.

6. Limit of 3 pages maximum and be sure to include your contact information so that the IUBMB can follow up with any questions or feedback.

Submit your letter of intent to Professor Ilona Concha Grabinger, IUBMB Executive Committee Member for Congresses and Focused Meetings at meetings@iubmb.org.