



# IUBMB Trainee Initiative

## - Monthly Minutes -

### From us and for us

*Hello and welcome to our first IUBMB TI minute! It is a pleasure!*

This time we will hear from **Zainab Rafat!** She is currently living in Saudi Arabia and will soon start her master degree. As a member of the FAOBMB we will hear more about their structure and get to know something about the region



### What we are up to!

A few weeks ago, the FAOBMB launched the “Graduate School Roadmap” event. Here, scientists from all around the world had their questions regarding graduate schools and Ph.Ds. answered. The event was a genuine success! According to Zainab - who was quite excited about the outcome - everything went smoothly and their panel of researchers from different levels as well as profs did a solid job.

Interestingly, it was her first time being the host in such an event, and although the nervousity going along, she did a great job - congratulations. What can we learn? She advises us to organize speakers or panelist early on to not get pressured (as if that would have happened to the FAOBMB team ... :D). However, setting up such an event in only 15 days shows what great team-work can achieve!



### A glimpse in the future \*

New ideas for the FAOBMB region?

No big deal... Our scientists from Asia and Oceania meet monthly go catch up and wrote a sheet with ideas to be realized. Zainab gave the impression that she is already waiting to launch the next event.

Still, going forward with Bri’s idea to edit the “Statement of Purpose” from our followers was her favorite. Since we have the experience, the IUBMB TI would be perfectly suited to help our fans. The many requests could indeed be a difficulty. Therefore, an exchange between 2 members each week or month might be a solution.



# Informative – Brief – Uniting - For all of us -



# Our knowledge is your knowledge



Zainab told me she is super interested in pharmacology and toxicology. Everything from pharmacodynamics to -kinetics (that is what and how fast something happens to a drug in our body) is fascinating her. This is also what is looking for in a master thesis – how drugs interact with our biochemistry might be her topic from September on. What exactly she we will be investigating is not yet decided.

Attention! Zainab advised an amazing website – a gold mine for curious researchers like us! **Phys.org** publishes daily short and captivating articles about new scientific research and ideas. From Physics to Biology, everything you want to know!

Something personal ?



It was very interesting to me hearing more about Zainab's home Saudi Arabia. Lately, the country has been very progressive, supporting women and becoming culturally & religiously open. In science, women are well acquainted and even universities devoted to female students are built. However, she points out that support for women in other regions such as Syria, Palestine or India is still needed – due to political and monetary reasons. But also, because some cultures like the one in India (she knows best since she studied in India) merely values studies in medicine or technology.



Also, the field of biochemistry and therefore also the IUBMB are not very well known in Asia – something for us to change! Zainab just got to know about us due to Bri (shout out to her). Finally, Zainab invites everyone to join the monthly meeting, in order to connect even closer! Thus, simply contact her or me to get involved.

That's it for this month – thank you guys a lot for your interest. Keep curious and I hope you enjoy Phys.org and leaving me your opinion in the survey!

See you next time



Trainee Initiative