

Irene Tan Liang Kheng (ITLK)  
Conference Grant Recipient  
**Ms Mary Ang Ser Hui**  
**Physical Education & Sports Science,**  
**Doctor of Philosophy**





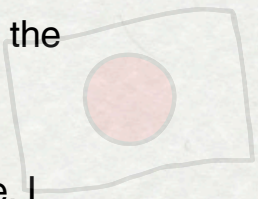
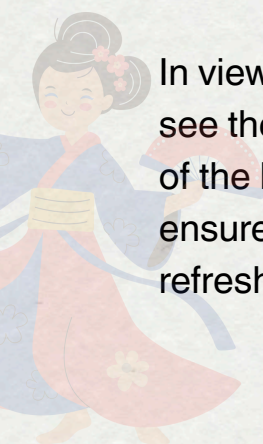
A recipient of the Irene Tan Liang Kheng (ITLK) Conference Grant, Ms Mary Ang, a PhD student from the Physical Education & Sports Science Department, participated in the 2nd International Alliance for Health, Physical Education, Dance, and Sport (IAHPEDS) World Congress held from 6 to 8 July 2024 in Tokyo, Japan. At the conference, she presented a paper titled, *"Identifying the Key Legacy Constructs of the Youth Olympic Games: A Document Analysis"*.

Expressing her deep gratitude towards the support she received from the ITLK Conference Grant, which enabled her to participate in this international conference, Ms Ang also acknowledged her supervisors, Associate Professor Koh Koon Teck and Associate Professor Gregory Arief Liem, for their invaluable guidance. She took the opportunity to share advice with students preparing to present at a conference for the first time.

### **What was your biggest takeaway from this experience?**

Since the conference took place in Japan, the organisers highlighted the country's rich cultural heritage, including a traditional dance performance during the Opening Ceremony. Additionally, we were treated to a meal at an authentic Japanese restaurant for the Closing Dinner. I can sense the pride of the Japanese people as they showcased their heritage. My impression is that the hosts were generous and patient in helping the participants navigate the conference venues, especially since most signs were in Japanese.

In view of future conferences I may have the opportunity to help organise, I see the value in including elements that highlight the unique heritage and forte of the host country, region or the spirit of the conference. The intention is to ensure participants leave not only with new academic knowledge but also a refreshing cultural experience.





## What an experience, Mary! What advice would you give to students preparing to present at an international conference?

**1. Time-management:** It was intimidating to present in front of such a distinguished audience of speakers and experts. My primary supervisor attended my presentation and provided valuable feedback. I agreed with his observation that I need to improve the time management during presentations.

**2. Focus on results, findings and implications:** I should allocate more time to discussing the results and findings, as this is what the audience is most interested in. Having attended other oral presentations, I found myself more engaged when presenters delved deeply into their findings, discussions, and the implications of their studies.

