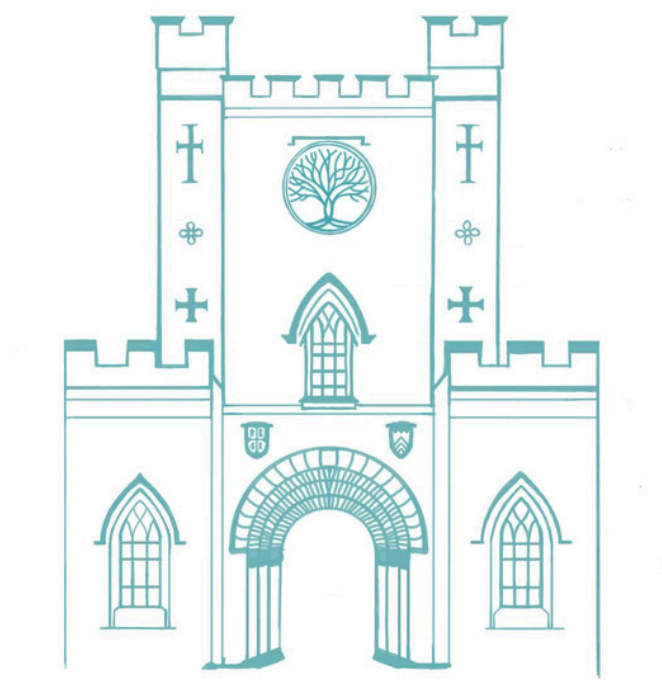
DCERC, CES 2024



EARLY CAREER RESEARCHER

GUIDEBOOK TO CONFERENCES

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WELCOME FROM YOUR ECR REPS

We are so pleased to welcome all Early Career Researchers to Durham this year for the CES conference. We represent the ECR delegation of the conference organising committee. Early Career Researchers (ECR) can be defined however you like! Though they typically encompass postgraduate research students (MastersByResearch or PhD) and post-docs.

When new to the exciting world of academia, big international conferences can be a little bit daunting. What if I make a fool of myself chatting the ear off one of the giants of the field without realising? What if I don't know anyone here yet whereas everyone else seems to go back years? If you are worried about any of these perfectly normal concerns when stepping out into the crazy academic universe of conferences, then fear not!

We have put together a handy guide of how-to's for attending a big conference for the first time, featuring guides on how to use your time wisely, networking at academic conferences and nuggets of wisdom from senior academics who've gone to loads of conferences! If you want to know more about the ECR events taking place at CES 2024, you can also find these in here as well as in the programme and a 'who's who' of both the organising committee and the keynote speakers. Finally, we put info about affordable places to eat around Durham, and a glossary of the silly terminology associated with conferences at the end!

All that being said, conferences are generally lovely - that's why we keep having them! But the ECR reps and organising committee will be on-hand throughout if you have any questions or concerns. So don't worry, it's our first big conference too, so we can do it all together!

Best wishes
Emily, Sarah and Sheina
The ECR's of DCERC

ECR EVENTS DURING CES 2024

Registration desk opens 6:30pm on Sunday 8th

ECR Scavenger hunt
6:30-7:30pm
Collingwood
Sunday 8th
Come and have pizza with us and meet other ECRs along with a fun CES Themed Scavenger hunt to get to know your other delegates

Monday night poster session
6:05 pm with drinks

ECR Lunch
Tuesday 12:40 -1:40pm
This lunch will involve some of the 'bigwigs' of Cultural Evolution listed below sitting at tables, for ECRs to meet and chat!

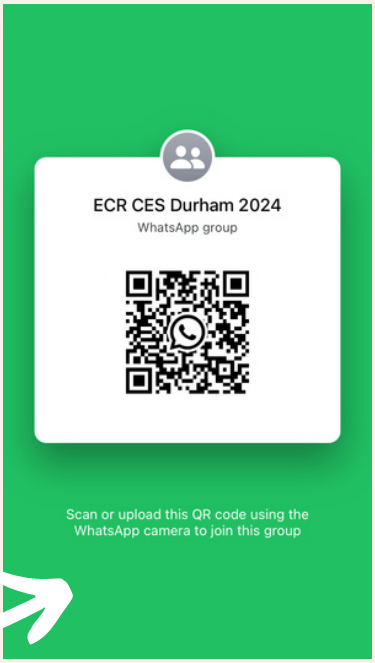
ECR Lunch Invited Guests:
Prof. Barry Hewlett
Prof. Patricia Izar
Prof. Kathleen Corriveau
Prof. Kevin Lala
Dr. Nicole Wen
Prof. Agustín Fuentes
Prof. Alex Mesoudi
Dr. Eshe Lewis
Mr. Jigar Ganatra
Dr. Erik Gjesfjeld

Lunchtime walks and self-guided Yoga will be available each day at lunch time for those who fancy stretching their legs or finding some inner zen!

Conference dinner -
Tuesday night
Durham Castle
18:30pm

There are multiple prayer rooms and quiet rooms available around the TLC

Would you like to join our **ECR Whatsapp group chat** to keep up-to-date with what's going on during the conference!



WHO'S WHO
KEYNOTE SPEAKERS

PROF. KEVIN LALA

St Andrews University

Genes, culture, and scientific racism

The modern field of cultural evolution emerged in the 1970s, in the aftermath of the 'race and IQ' and 'human sociobiology' debates, as a direct counter to extreme hereditarian positions. Yet, despite genetic data refuting any suggestion of racial substructure to human populations, naive interpretations of race that advertently or inadvertently perpetuate racist ideas remain prevalent across the biological sciences, including concerning ancestry, health, sport, and intelligence. A cultural evolution perspective can help identify unwarranted reductionist and determinist claims while providing a more inclusive multidisciplinary framework with which to interpret human variation. Natural and social scientists have an important role to play in disseminating the multifaceted explanation for racial disparities to the wider public.

PROF. BARRY HEWLITT

Washington State University

From hunter-gatherer social learning to infectious disease control: Fifty years of utilizing evolutionary approaches to culture

The talk examines basic and applied research applications of evolutionary approaches to culture. First, studies of social learning among the Aka and other hunter-gatherers are considered. Six dyadic (vertical, remote generation, intrafamilial and extrafamilial oblique and intrafamilial and extrafamilial horizontal) and three group (conformist, concerted and cumulative) modes of transmission are discussed. Aka research on two key features of human cumulative culture, teaching and overimitation, are also briefly presented. Finally, the talk moves beyond basic research and discusses how evolutionary approaches to culture have been useful for understanding efforts to control Ebola (EVD) in central Africa.

PROF. KATHLEEN CORRIVEAU

Department of Psychology, Boston University

The role of testimony in cultural learning

Cultural learning via first-hand experience can sometimes be time-consuming and costly. In this talk, I highlight the role of adult testimony as a mechanism for providing efficient and effective information transmission. I focus on children's learning about science and religion as two opaque cultural learning domains where children use testimony both for imitation and innovation. By drawing on cross-cultural samples, I aim to highlight global variability in the extent to which children attend to various testimonial features for learning. Such variability has broad implications for how cultural information is acquired and then transmitted within and across generations.

WHO'S WHO
KEYNOTE SPEAKERS

PROF. PAT IZAR

Institute of Psychology, Universidade de São Paulo, São Paulo, Brasil

A tough nut to crack: what research with wild capuchin monkeys reveals about the tradition of tool use

Through long-term research with bearded capuchin monkeys (Sapajus libidinosus) in Fazenda Boa Vista, Brazil, we have deepened our understanding of tool use by non-human primates. Nut cracking with tools is a skill developed through socially mediated individual learning, resulting from the availability of fruits and hard stones. Learning this skill affects the development of perception, attention, and memory. Nut-cracking on anvil sites also increases direct competition among group members, steepening the female dominance hierarchy. Finally, the use of tools to obtain nut kernels substantially increases the diet quality of these monkeys. While the tradition of nut cracking with stone tools impacts the lives of bearded capuchin monkeys in many ways, recent studies indicate that habitat anthropization is threatening this tradition. Thus, we must act to protect capuchin monkeys

DR. NICOLE WEN - NEW INVESTIGATOR AWARD WINNER

Psychology & the Centre for Culture and Evolution, Brunel University London

Rituals in childhood: Exploring social group dynamics

Studying the emergence of rituals in childhood provides insight into the complex dynamics of social group cognition. This talk will examine how children identify and acquire ritual to affiliate with social groups and preliminary work uncovering the relationship between ritual and cooperation in development. Insights within and across populations are drawn from diverse methodologies, including behavioral experiments, multivocal ethnography, and group paradigms. The results illuminate a deep-rooted proclivity towards in-group preference, suggesting rituals as pivotal mechanisms fostering group cohesion. I posit that humans are psychologically prepared to engage in ritual, serving as a means for in-group affiliation and inclusion.

WHO'S WHO
ORGANISERS

PROF. RACHEL KENDAL (SHE/HER)

Past CES President and Chair

Rachel is a Professor of Evolutionary Anthropology at Durham University, where she studies innovation and cultural transmission in a variety of species, including humans. She is chair of the CES 24 organising committee and is also hosting the CES Transformation Fund Capstone Conference.

DR JEREMY KENDAL (HE/HIM)

Scientific committee

Jeremy Kendal is an anthropologist at Durham University who mainly uses mathematical modelling and experimental methods to develop and test cultural evolutionary theory. Jeremy's current projects concern tacit knowledge, memory and disease emergence. On the side, Jeremy spends time finding out how non-cultural evolution researchers examine the human condition

DR SALLY STREET (SHE/HER)

Sceitnific organising and EDI Committee

Sally is an Associate Professor in Evolutionary Anthropology at Durham University, where she studies the evolution of cognition and culture at large scales. She has been primarily involved in the conference's EDI initiatives

DR AMANDA TAN (SHE/HER)

Organizing Committee

Amanda Tan is an evolutionary anthropologist whose work has centred around the social transmission and adaptive significance of tool use in primates, with a diverging interest in the cultural evolution of parenting advice and practices (since having a little primate of her own)! She is on the scientific and EDI committees of the conference.

WHO'S WHO
ORGANISERS

DR BRUCE RAWLINGS (HE/HIM)

Scientific and organising committee

Bruce is an Assistant Professor in the Psychology Department at Durham University, studying individual and group-level factors influencing innovation and social learning across human cultures and different species. He is on the scientific and EDI committees of the CES conference

PROF. ROB BARTON (HE/HIM)

Scientific committee

Rob Barton is an evolutionary anthropologist interested in brains, behaviour and cognition, primarily using phylogenetic comparative methods to study how these traits evolved. He has also worked on the evolution of sleep, mammalian life history strategies and the evolutionary and cultural significance of the colour red. He is on the scientific committee of the conference.

ELLIE DONNELLY (SHE/HER)

EDI Committee

Ellie Donnelly is PhD student based in the Anthropology and Psychology departments at Durham. She is studying mother-infant communication in populations within the UK and Uganda, looking specifically at variation within this communication and how this may both impact infant development and be perceived by UK and Ugandan mothers. She is on the EDI committee.

WHO'S WHO
ORGANISERS

DR JOHN BUNCE (HE/HIM)

External, Scientific committee

John is a senior research at the Max Planck Institute for Evolutionary Anthropology (Leipzig, Germany), studying cultural dynamics and health in Amazonian Peru. He serves as liaison between the CES executive committee and the CES 2024 conference organizers.

DR CRISTINA MOYA (SHE/HER)

External, Scientific commitee

Cristina is an associate professor of anthropology at the University of California at Davis. She has an eclectic set of interests largely focusing on the form of ethnic-group boundaries, reproductive decision-making, and the adoption of novel religious rituals. She is on the scientific committee for the CES conference and is a member-at-large of the CES Executive Committee.

DR ROHAN KAPITANY (HE/HIM)

Organising Committee

Dr. Rohan Kapitany is Assistant Professor in Data Science in the School of Psychology at Durham. He has an interest in the cultural evolution of ritual, religion, and reality beliefs. His role in the CES conference is in relation to video submissions and outreach.

DR EVA REINDL (SHE/HER)

EDI and organising Committee

Eva is a Postdoctoral Research Associate in the Anthropology Department at Durham University, studying memory and learning in different primate species. She has been involved in organising sponsoring, merchandise, and student volunteers for CES 2024

WHO'S WHO
ORGANISERS - ECR REPS

SARAH WRIGHT (SHE/HER)

ECR/ EDI /Social media

Sarah is the assistant manager for the CES Transformation Fund, having recently completed a Master's by Research in Anthropology, on cultural evolution of religious beliefs and practices. She has been involved in the conference administration, website and EDI initiatives.

DR SHEINA LEW-LEVY (SHE/HER)

Organising and EDI Committee

Sheina is the co-director (with Bruce!) of DCERC, studying hunter-gatherer children's learning. She's been a background dancer to the amazing work done by our ECR committee.

EMILY JEFFRIES (SHE/HER)

ECR/ Social Media/ Graphic design

Emily is one of our PhD students in DCERC, studying storytelling and human cooperation. She has been involved in social media and graphic design for this conference as well as being an ECR rep. Emily, Sarah and Sheina make us your ECR team - come say hi!

FIVE NETWORKING TIPS FOR PEOPLE WHO HATE NETWORKING

BY DR SALLY STREET & DR BRUCE RAWLINGS

Early career researchers (ECRs) are often encouraged to 'network' at conferences, but for many ECRs the thought of networking induces considerable discomfort and uncertainty. To those new to conferences, it isn't particularly clear what networking even means or what the goal of this potentially awkward activity really is. However, talking to others at the same and different career stages to you is a great way to get your research and name out there, get feedback and ideas for your work, see what other cool work is going on in the world, and importantly, make friends!

Below Sally and Bruce have gathered together a few tips from personal experience, many of which are based on wisdom passed down to by their own mentors, in the hope that they might help you dread the thought of networking slightly less

Disclaimer: Sally and Bruce claim no universal expertise in networking and so the following tips are not guaranteed to result in a seamless networking experience. These tips are heavily influenced by the peculiarities of British social etiquette and so may not be fully generalisable. Nevertheless, we hope you find them helpful, especially if you find networking as cringe-inducing as many researchers do!

01. WHATS THE POINT

It's **useful to have a goal in mind** when networking. Networking is different from casual conversation in that it is supposed to have a particular, work-related goal. For example, perhaps you are about to finish your PhD and you want to impress potential postdoctoral supervisors.

Don't feel that you have to network just for the sake of it, or that you have to be overly subtle about it – many people will find it helpful if you are quite transparent about the reason you want to talk to them.

02. PICK A TARGET

Networking randomly probably isn't the most productive approach, nor is trying to spot the most famous name at the conference and making a beeline for them.

Choose the most relevant people to speak to – if you're looking for potential postdoctoral supervisors, then you'd want to be sure in advance that their research interests overlap with yours, for example. Scanning the conference programme and speaking to your mentor for advice beforehand can help you choose the most helpful people to speak to.

As simple as it sounds, usually the best way to strike up a conversation with an academic you want to, is to find a good moment to **approach them and introduce yourself**. This could be at a coffee or lunch break, during designated discussion sessions, at a social event or any moment outside of presentations.

Find the right moment and introduce yourself, say what you are working on and who with (your supervisors/lab), and/or what your research interests are. This is almost always enough to get the conversation flowing – **we academics love to talk about research, and it doesn't take much to get us going!**

03. FIND A WAY IN

The most nerve-wracking stage of networking is usually starting up the conversation – many early career researchers do not feel confident enough to just stride up to a more senior academic and introduce themselves. One potential solution is to **ask a mentor to introduce you** and get the conversation going (I'm forever grateful to my own mentors for doing this!). If that's not possible, however, don't be afraid to just simply introduce yourself and say what it is you want to talk about. If you're struggling to think of an opener, complimenting someone on their work is never a bad place to start!

'They are so famous I just can't approach them!'

Of course, you can! Students and early career researchers are the lifeblood of research and have so much insight and important information to give. We love hearing about your awesome work, learning from you, and giving ideas and feedback for your research. There's nothing better than having a student or ECR approach us to discuss cool projects and ideas.

What should I talk about? That's up to you! It may be your work or ideas that you want feedback/input on, their work that you have questions about, someone else's research, or anything. It's a good idea for you to have some key things you want to discuss. Be flexible with conversations, but you want to make sure you are prepared.

04. EMBRACE THE AWKWARDNESS

At this point, you might be feeling a bit awkward. This is difficult to avoid, and the recipient of your networking efforts might be feeling just as awkward as you!

Embrace the discomfort and push on through it – don't let the anticipation of awkwardness put you off what could be a helpful interaction. Maybe you will even end up bonding over a shared discomfort with networking...

If they are already talking to someone: You are hanging around for ages waiting for the right moment, but they are always locked in deep conversation, or every time you see a moment to dive in, someone else comes along – we've all been there! If you're waiting for your moment and just can't find it during a conference break, perhaps find a quick moment (as people are taking their seats for a talk for example), you can always quickly ask them if they're free for a chat later and fix a time/day.

What if they don't seem engaged: Don't worry! Conferences are often cognitively taxing – lots of travel, research, talks, socialising, and intense discussions with little downtime – it's perfectly normal for some folks to have more or less engagement at different times. If you feel they are flagging or not as engaged as you, perhaps offer to continue the chat later or the next day (maybe over coffee!).

05. SHARE THE WEALTH

If you do end up in a position where you are networking like a pro, well done! However, you may want to take a minute to look around and see if any other early career researchers are lurking nearby hoping to join the conversation – maybe you can invite them in.

Make sure you don't monopolise the interaction, and leave space for others to contribute. This applies particularly if you have some social advantages on your side which make it easier for you to network than others (e.g. being a native English speaker).

Be Approachable. It goes the other way, too. Make yourself available – try not to spend the whole time outside of talks on your phone or laptop. Be approachable and engaging. Here is a great blog on networking with senior academics.

NUGGETS OF WISDOM FOR YOUR FIRST CONFERENCE

"TRY AND INTERACT WITH PEOPLE YOU DON'T KNOW. IT'S GREAT TO MEET OTHERS WITH SHARED INTERESTS, HEAR ABOUT THEIR WORK, MAKE NEW FRIENDS. [...] SOME OF MY FAVOURITE AND MOST IMPORTANT COLLABORATIONS ARE WITH PEOPLE I HAVE MET AT CONFERENCES" - DR BRUCE RAWLINGS

"DURHAM IS HILLY AND COVERED IN COBBLESTONES - MIGHT BE BEST TO DITCH THE HIGH HEELS FOR THE CONFERENCE DINNER" - SARAH WRIGHT

"QUESTION RECEIVED KNOWLEDGE "
- DR JEREMY KENDAL

"IF YOU'RE WITH A GROUP OF FRIENDS/COLLEGUES, TRY TO INCLUDE FOLKS WHO LOOK LOST, LONGEL AND/OR OVERWHELMED"
- DR JOHN BUNCE

"PACE YOURSELF AS CONFERENCES CAN BE OVERWHELMING (IT'S OK TO TAKE A LITTLE WALK OR A BREAK BY YOURSELF BETWEEN SESSIONS!"
- DR SALLY STREET

"WHEN MEETING NEW PEOPLE, DON'T FORGET TO INTRODUCE YOURSELF! MENTION PLACE OF WORK AND WHOM WHO WORK WITH, THAT MAKES IT EASIER FOR PEOPLE TO LOCATE YOU ON THEIR "CULTURAL EVOLUTION MAP" AND FIND CONNECTIONS!"
- DR JOHN BUNCE

"FOCUS EQUALLY ON WHAT YOU LEARN ACADEMICALLY DURING TALKS AS YOU DO ON WHAT YOU LEARN ABOUT HOW ACADEMIA WORKS OUTSIDE OF TALKS. SO DO TAKE ADVANTAGE OF ANY WORKSHOPS AND EVENTS ORGANISED FOR ECRS. ALSO, DON'T FEEL YOU HAVE TO GO STRAIGHT INTO HARD-CORE SCIENCE CHAT WITH SOMEONE YOU'VE JUST MET IF THAT ISN'T YOUR THING (IT CERTAINLY ISN'T MINE!). GETTING TO KNOW EACH OTHER SOCIALISING IS OFTEN THE BASIS OF GREAT COLLABORATIONS WHICH CAN COME AFTER"
- PROF. RACHEL KENDAL

"COLLABORATE WITH PEOPLE YOU LIKE"
- DR JEREMY KENDAL

NUGGETS OF WISDOM FOR YOUR FIRST CONFERENCE

YOU DON'T GET A PRIZE FOR GOING TO THE MOST TALKS. GO TO THE ONES YOU FIND THE MOST INTERESTING RATHER THAN CRAMMING IN EVERY POSSIBLE TALK. LESS IS MORE AFTERALL.

-EMILY JEFFRIES

" TAKE THE CONFERENCE AS AN OPPORTUNITY TO MAKE CONNECTIONS, YOU NEVER KNOW WHAT SORT OF PROFESSIONAL OPPORTUNITIES AND NEW FRIENDSHIPS MIGHT ARISE. IF THERE'S SOMEONE YOU'D LIKE TO MEET BUT DON'T FEEL COMFORTABLE WALKING UP TO, DROP THEM AN EMAIL TO SEE IF THEY'D BE AVAILABLE TO CONNECT OVER COFFEE"

-DR AMANDA TAN

AT BIGGER CONFERENCES YOU CAN EASILY GET THE FEAR OF MISSING OUT, SO IT MAY BE DIFFICULT TO FIGURE OUT WHAT TALKS AND ACTIVITIES YOU WANT TO PRIORITISE. IT CAN BE TEMPTING TO MAX YOURSELF OUT MENTALLY AND PHYSICALLY TRYING TO GO TO EVERYTHING. HOWEVER, THERE IS NOTHING WORTH SPENDING THE AFTERNOON BEING LIGHT-HEADED OR ANXIOUS BECAUSE YOU DIDN'T GET A CHANCE TO EAT PROPERLY OR TAKE SOME TIME OUT. SO, REMEMBER TO MAKE TIME AND SPACE FOR YOURSELF DURING THE CONFERENCE.

-ELLIE DONNELLY

IF YOU FIND IT DAUNTING TO APPROACH SOMEONE NEW, IT MIGHT BE EASIEST TO ASK A QUESTION AFTER THEIR TALK/POSTER, EITHER IN THE Q/A OR BY APPROACHING THEM AT THE END OF THE SESSION. - DR CRISTINA MOYA

LIKE SPIDERS, YOUR FELLOW GRAD STUDENTS ARE AS SCARED OF YOU AS YOU ARE OF THEM. JUST SAY HI! ALSO LIKE SPIDERS, FACULTY MEMBERS WANT YOU TO WANDER INTO THEIR WEB SO THEY CAN DISCUSS BOTH THEIR OWN, AND YOUR, RESEARCH. UNLIKE SPIDERS, NONE OF US BITE. JUST SAY HI!

-DR ROHAN KAPITANY

HOW TO USE YOUR TIME WISELY AT CONFERENCES

DR EVA REINDL

To get the most out of a conference, it is not only important to use the time during the conference wisely but to also add some padding time before and after to allow you to prepare for it beforehand and process it efficiently afterwards.

BEFORE THE CONFERENCE

- **Identify your goals for the conference**: Ask yourself what success at this conference looks like for you. What would you like to gain? Do you want to present your work, learn something new, meet new people, let people know that you are on the job market? Prioritise one thing, that will take the pressure off from trying to "do everything". Set realistic expectations. For example, don't expect to meet dozens of new people. If there are just a couple of talks that you found inspiring and keep thinking back to and if there are just a couple of new people you have met, this is a success! Focus on quality over quantity.

- **Select sessions/talks**: Go through the programme and choose the sessions and talks that are the most relevant for you. Don't try to attend everything – plan for some buffer time between sessions to recharge and stay energised for the sessions you want to attend and for the evening programme.

- **Prepare for the talks**: Go through the abstracts of those talks you want to attend. Note down any questions you might have and what you would expect to hear based on the abstract. These points can help you to listen more actively during the talk and to formulate a question for the speaker. This is especially helpful if you find it difficult to come up with questions during a talk and/or if the presenter is one of the conference attendees you want to speak/introduce yourself to.

- **Identify people to whom you would like to speak:** Go through the programme and/or check social media to find out who is going to attend the conference. Identify people to whom you would like to chat during the conference. You can even e-mail/message the people you are very keen to meet to ask whether they would like to grab a drink with you during the conference - See our networking section for more details here.

- **Prepare for conversations** Prepare/update your "elevator pitch" for when people ask about your work! Identify up to three key points that you want people to remember from your pitch. Update your website/list of publications/social media. If you are on the job market, add this to your web profile!

- **Switch on automatic "out of office" e-mail replies:** Ideally, you want to dedicate your full attention to the conference and its attendees when you're there. Block your calendar for that period, switch on automatic e-mail replies. This helps to ease your mind and to use the time between talks/sessions for networking and/or recharging instead of "disappearing" behind a screen!

- **If you are travelling alone:** If you are not attending the conference in company, it might be a good idea to reach out to people whom you already know and who are also attending the conference. You can arrange to meet with them on the first day (or the evening before) the conference. However, showing up by yourself also has benefits: it puts you in a great position to chat to new people, especially on that first morning. There will be many people in a similar position to yours. Just approach them with your icebreaker questions (e.g., what brings you here? Which talk are you looking forward to? Have you been to a CES conference before?)

HOW TO USE YOUR TIME WISELY AT CONFERENCES

DR EVA REINDL

DURING THE CONFERENCE

- **Separate travel and conference**: If your budget allows, aim to separate the travel from the conference as much as you can (ideally different days) so that you can start the conference energised and can give the conference your full attention.

- **Attend your selected talks – use active listening.**

Our attention span is limited, so only attend the talks you have selected beforehand. Listen actively, i.e., take out the notes you made beforehand based on the abstracts and connect these notes to the speaker's talk.

Highlight the questions of yours that the talk left unanswered and write down any new questions you might have. This is especially important if you aim to engage in a conversation with the speaker later! Don't feel bad for skipping talks/sessions, even if all your friends are going. Use these downtimes during the day to recharge so that you are switched on for the talks you are genuinely interested in and for the social events in the evenings. Don't hesitate to leave a session if it's not what you thought it was going to be.

- **Gain visibility**

You belong to this conference! No need to hide (behind a screen or in the last row) or be shy. Make yourself visible, especially if you are not presenting yourself this time. Try to sit in the front third of the rows. If you're on your own, sit next to a person who is yet sitting alone (but make sure to ask first if they are happy for you to sit with them!). Chat to the person next to you while you're waiting for the talk to start.

During Q&A time, try to ask the speaker a question in. When you're asking your question, introduce yourself first (name and affiliation) - you might know the speaker, but the speaker might not know you (and certainly not everyone in the audience will know you).

Mingle during the breaks and chat to people (or just enjoy your food/drink) – but put away your phone/laptop. If you use social media, consider posting about your conference experience and/or summarising key points of interesting talks.

Make sure your name tag is visible (right way round, close to your face), check this regularly (e.g., when you meet new people or during the poster session). Go to some social events and/or the conference dinner.

- **Build relationships**

Ask your supervisor, colleague or friend to introduce you to a person you are keen to speak to. You could even gamify the conference and set yourself the goal of speaking to at least one new person each day. **Importantly, have questions ready**. i.e., *How have you been enjoying the conference so far? What brings you to this conference? Have you been to a CES conference before?*

If the person gave a presentation at the conference, ask them a question about their presentation. I Or if you are familiar with the person's work, ask them a question about a paper you have read or simply share that you enjoyed reading that paper and why. Have your elevator pitch ready but if someone asks you a question you don't know the answer to, ask them for their e-mail address and get back to them after the conference.

HOW TO USE YOUR TIME WISELY AT CONFERENCES

DR EVA REINDL

- **Always be ready to exchange contact details**

Always be prepared to give someone your contact details. You might want to have a QR code linking to your website on your phone for people to scan. However, be prepared that people might not carry a phone or pen and paper with them, so make sure you are equipped with a phone and/or notepad.

- **Take your routine with you and prioritise yourself**

Conference schedules are often crowded and can be overwhelming and exhausting when not handled properly. Remember that you can attend anything, but not everything! Prioritise your health, sleep, and well-being and choose from the programme what is the best fit for you.

Take your comfort routine with you: are there things in your daily life that help you feel good and relax, e.g., a morning run, meditation, journaling, a quiet breakfast, etc.? Take that routine with you. It helps you start the day off strong.

Being away from home is stressful, for some more so than for others. Bring a comfort item with you, e.g., your pillow, running shoes, yoga mat, or your plushy friend. Admit when you had enough – take a break during the conference when you need to (go for a walk outside, use one of the quiet rooms or the prayer room, or go back to your accommodation and have a nap!) and don't be afraid to leave the dinner table as the first person. Go to bed at a reasonable time – you want to start each day off strong.

AFTER THE CONFERENCE

- **Sort your notes**: It's easy to forget what you've learned during the conference! Take some time directly after the conference to sort your notes, look up papers, etc.
- **Send follow-up e-mails**: Send an e-mail to any new person you have met and would like to stay in touch with, to any speaker you didn't have the chance to ask your question during the conference, to anyone whom you talked about a potential collaboration, and to any person you have promised to get back to, e.g., with an answer to a question, a link to a paper you mentioned or to some of your work.
- **Spread what you've learned**: share with your colleagues, boss, etc. what you've learned, new papers you discovered, and whom you met!

AFFORDABLE PLACES TO EAT IN DURHAM

Though we are excited to be providing some tasty meals, evenings are your own affair, so we put together some of our top places to eat in Durham that are friendly to the ECR budget

Alishaan Indian Restaurant
10% off the bill all week if you show staff your CES conference badge

Turkish Kitchen
10% of the bill with shown CES conference badge

Bistro Italiano
Bistro Italiano is a lovely Italian restaurant on Claypath serving vegetarian and non-vegetarian dishes and fab desserts.

Tapas Factory Gusto
Gusto and Tapas factory are two Tapas resturants in durham with middle prices and good deals on sangria and 3 for 2 dishes.

GUSSTO
TAPAS BAR

The Bishop's Mill Weatherspoons
It wouldn't be England without a "spoons. This is very much the "Cheap and cheerful' type of pub with free refils of hot drinks before 12am (Through remember we will serve coffee and tea through the conference) and cheap meals and pints!

Market Tavern
Another good cheap pub for reasonably priced classic pub food and a range of alcholic and non-alcholic bevarages.

La Spaghettata
Spaggs (as it is shortened to) is an ultimate Durham delicacy for students. Go for the huge portion sizes, stay for the decent prices!

AFFORDABLE PLACES TO EAT IN DURHAM

These places offer take-out options as well as a sit down meal!

Bells Fish and Chips

Traditional English Fish and chips! Sit in or take-away!

Fat Hippo

Fat Hippo is a North East based chain serving great burgers and chips! They have a range of vegan and veggie options!

Lebaneat

Delighful lebanese food from another beloved Durham Resturant Lebaneat!

The Greek Guy

Greek Style Gyros and lovely fruit shakes! Some small tables outside and take away!

Greggs

Nothing more British than Greggs! Sausage rolls, steak bakes, coffee, doughnuts! Vegan and Veggie available

Manakeet

Mediterranean Cafe with lots of options and outdoor seatings!

Kokoro

A great Japanese style chain for both sit in a take out with veggie and vegan options!

Zapista

Tortilla

Tortilla and Zapista do great tacos, quesadillas and burritos with some student deals available at Tortilla! Tortilla have Halal Certified chicken supplier but are not a Halal Certified Restaurant.

Fancy a coffee? Durham has loads of nice coffee shops all serving pretty good cake. Some of our favorites are Claypath Deli, St Leonards, Vennels, Whitechurch, Cafedral, and Flat White Cafe But remember tea and coffee are offered throughout the conference.

Check out our CES 2024 Durham Conference website to view our Interactive map of Durham with more key locations during the week!

GLOSSARY: CONFERENCE JARGON EXPLAINED

A - E

Abstract
- A short summary of the content of a conference presentation.

Abstract book
- All of the abstracts for presentations in the conference are collated into a booklet, along with some information about the speakers. This differs from the Conference Programme which contains all conference events.

Attendee/Delegate
- One in attendance at the conference

Audience
- The collective members attending a talk/workshop.

Breakout session
- A short session, possibly a short part of a longer session, in which the delegates involved in a large session are divided into small groups for discussion, sometimes with specific goals or activities to complete before coming back together as a larger group.

Call for papers / Call for Abstracts
- The conference organisers request people to submit their work, usually abstracts, to then be presented at the conference. This usually happens before the conference.

Chairperson
- Someone in charge of an event, workshop, chairing a discussion

Colloquium
- Discussion-based meeting. [could mention there will be rooms that can be used for such meetings, I need to double check with Rach whether these would need booking or if you just go in, I think it's the latter. Basically, we have the whole TLC so the group study rooms are going to be used as informal discussion rooms during the conference].

Concurrent session
- Two or more sessions running at the same time. Delegates may choose which session they would prefer to attend.

Conference Committee
- Small group of people in charge of planning and running the conference.

Conference Dinner
- The formal dinner usually towards the end of a conference. The CES conference dinner will take place on Tuesday evening.

Conference proceedings
- See abstract book.

Conflict of interest
- Term used to describe when a person's own interests (often financial) could influence them in a professional area. In academia conflict of interest statements are often used to clarify the reliability of research findings by demonstrating that the researcher(s) do not have any incentives which might lead them to draw the conclusions, or find the results, that their published work shows.

Creche
- A daytime nursery for babies and young children. The CES Conference 2024 is delighted to provide a creche for our delegates.

Discussant
- A person who provides a brief presentation following a talk, usually prepared in advance and responding to the talk. The aim is to get discussion flowing following a presentation.

Doctoral Training Programme (DTP)
- A funded scholarship for PhD Students

Early Career Researcher (ECR)
- Those in the first few years of their research career, specifically PhD, MbyRes, or post-docs.

EDI (Equality, Diversity, and Inclusion)
- This acronym (also sometimes arranged in the order DEI) refers to initiatives which are employed to improve equality, diversity, and inclusion, ensuring that people are treated fairly, their differences are celebrated, and that accessibility for everyone is a priority.

GLOSSARY: CONFERENCE JARGON EXPLAINED

F - P

Funding
- Money researchers receive to carry out their research, typically from a Research Council.

Grant
- An application of money that supports researchers with their research.

Grant team
- People employed to administer and manage a funding scheme grant.

Host
- The research group that is accommodating the conference (This is the Durham Cultural Evolution Research Group for CES 2024).

Hybrid conference
- A conference with delegates attending both in person and online.

Hypothesis
- Commonly confused with predictions, a hypothesis is a possible explanation for something. Many researchers following the scientific method begin with a hypothesis, then determine the predictions that would support the hypothesis, and develop their research to test those predictions.

Keynote
- A main talk in the conference, often the most prestigious.

Late-breaking abstracts
- Abstracts which are submitted after the abstract submission deadline, due to the timing of the findings being after the deadline. Usually these abstracts are only accepted if the findings are of particular relevant and importance to the conference.

Lightning talks
- Short talks to quickly summarise and present research. See the three-minute thesis competition for some great examples!

Literature review
- A piece of writing summarising literature relevant to a particular topic or question, usually not argumentative but sometimes used to demonstrate a gap in the research. Literature reviews can be standalone papers, or form an introductory part of a paper which presents novel research in that body of literature.

Networking
- Academics making connections to other academics. This is academic language for making friends!

Organising Committee
- The people who arranged the conference, this is typically people from the host institution, and you can look to these people to help you during the conference!

Panel
- A session in which multiple speakers present their research, with questions at the end directed to one or more of the members of the panel.

Plenary
- A session designed for all conference delegates to attend, usually with a single speaker.

Poster
- An academic poster is a short overview of someone's research, typically a paper, and usually presented as a large document with visual inclusions, such as pictures or graphs. During the poster sessions, the researcher often stands beside waiting for questions.

Principle investigator
- This is the lead researcher in a project.

Professional Development
- Sometimes also referred to as continuing professional development (CPD), refers to training or education taken as part of one's job or connected to it.

GLOSSARY: CONFERENCE JARGON EXPLAINED

R - Z

Review (reviewer)

- Reviews are prevalent in academia, whether at the beginning or the end of a piece of research. Funder review applications to decide where to allocate funding, and journals review papers to decide which to publish. Reviews can take many forms, including open (both the applicant and reviewer know each others' identity), single blind (the reviewers are anonymous whilst the identity of the applicant is known), or double blind (both the reviewers' and applicants' identities are not known). Anonymity can be a useful tool to improve EDI in applications since many biases are dependent on knowing information about the applicant, however some applicants may benefit from revealing information about themselves, such as that they are an early career researcher, in order to be granted extra considerations compared to established researchers who have more experience of writing funding applications and submitting papers to journals. The CES 2024 conference will be using an anonymised-deanonymised application process for abstract submissions to make sure Edi considerations are a priority.

Roundtable

- A discussion-based session in which all participants have equal priority and importance. There is often a facilitator or convenor whose role is to ensure equity in the session, but no 'leader' or chairperson since they would be of a different standing than the other participants.

Speaker

- Someone who is presenting at the conference.

Submission

- A piece of work that is sent to the conference for consideration to be included as a presentation, poster, session theme, or some other category of work.

Symposium

- A larger-scale session than a single presentation; a themed discussion of a particular subject during which multiple speakers present their papers, possibly followed by a discussion session with the audience.

Venue

- Building or location where an event is held.

Workshop

- A particularly interactive session or event in which participants are expected to make significant contributions rather than, or as well as, listening to talks and presentations.

Quiet room

- A room in the conference venue which is dedicated to anyone who would like some time away from all the noise that comes with a conference. This room has been highlighted on the floor plan of the Teaching and Learning Centre in this guidebook.

CULTURAL EVOLUTION SOCIETY CONFERENCE 2024

hosted by Durham Cultural Evolution Research Centre
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