



## Early Career Social *Building your network*

How do I start connections with other researchers that are experienced in a topic I am interested in?

The type of network and its purpose inform how you can build it. Social media can be helpful to build international connections and to stay up to date with current research. Connections to fellow students, (previous) colleagues and via supervisors can be a helpful starting point. Cold emails can work, just note you should make it clear why you want to connect and how your interests align. Have patience and be persistent. Wider networks often start from a single initial connection.

How do I collaborate with senior researchers as a budding researcher from a LMIC?

It is your time to shine as there is currently a big focus on research from LMICs. There are many foci in physical activity and health research that need your specific input and knowledge of the LMIC context. Sometimes, bigger projects can derive from smaller, unfunded activities. Also consider looking into global studies that have or need LMIC input (e.g. Active Healthy Kids Global Alliance) as funders often request these partners are actively included in the project.

How do I build networks as a Postgraduate Researcher?  
Why will people want to engage with an inexperienced researcher?

You have a lot to offer aside from subject-specific knowledge. Your methodological skills and personal attributes will make others want to engage with you and your work. If you collaborate with others, make sure you are passionate, responsive, share ideas and work hard as your network will likely increase as a result. It is also very productive to build networks with other professions and relevant interest groups, not just fellow researchers. You already have a bigger network than you think!

How do I best reach out to others when attending a conference?

Review the programme and make a list of who you want to connect with. Let your supervisors, mentors or senior colleagues introduce you to their contacts. Send a follow-up email to your new connections after the event.





## Signposts to relevant organisations and networks



<https://www.outdoorplaycanada.ca/plato-net/>



[https://www.who.int/europe/groups/hepa-europe-\(european-network-for-the-promotion-of-health-enhancing-physical-activity\)](https://www.who.int/europe/groups/hepa-europe-(european-network-for-the-promotion-of-health-enhancing-physical-activity))



[ISBNPA – Advancing Behavior Change Science](#)



[Early Career Network - ASPA \(aspactivity.org\)](#)



[Journal of Physical Activity and Health | Human Kinetics](#)



[LMIC Research Council - ISPAH](#)

[Early Career Network - ISPAH](#)



[Red de Actividad Física de las Américas | RAFA-PANA \(rafapana.org\)](#)



[Home - The Sedentary Behaviour Research Network \(SBRN\)](#)



<https://www.sydney.edu.au/medicine-health/our-research/research-networks/sport-physical-activity-research-network.html>



<https://papren.org/>



[Home » Active Healthy Kids Global Alliance](#)



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www.ISPAH.org