**PhD student**

Dear <*Supervisor*>

I would like to attend the 13th congress of the European Pain Federation EFIC on the 20-22 September 2023 in Budapest, Hungary. The congress theme is ‘Personalised Pain Management: The future is now’, and it will be the largest international congress in 2023 focusing entirely on pain; all types of pain, their treatment and their management. I think this would be very relevant to my CV and my current research studies on pain.

The scientific programme will consist of plenary sessions, workshops, refresher courses, and poster presentations on acute, chronic, and cancer pain. This would be an opportunity to learn more about how to do a good oral or poster presentation for future conferences. The congress has a scientific programme featuring cutting-edge basic and clinical research, including studies related to the prediction of a certain response to treatments, stratification and decision-making related to the prevention of chronic pain. I believe this programme will provide me with new research ideas and methods.

Besides the formal scientific programme of the congress, attending the congress will also be a great opportunity for me to improve my networking skills and seek opportunities for collaboration. It will/would give me the chance to exchange knowledge and best practices with other researchers, peers and mentors.

The detailed cost breakdown:

Conference fee: <*fill in the blank*>  
Travel:<*fill in the blank*>  
Transportation to and from hotel: <*fill in the blank*>  
Hotel: <*fill in the blank*>  
Meals: <*fill in the blank*>

Total cost: <*fill in the blank*>

The opportunity to develop connections and presentation skills at this type of interactive event is invaluable to my performance and evolution as a pain scientist. I look forward to the event to share and receive insight with/from other researchers.

More information about the congress can be found here: [**EFIC Congress 2023 - European Pain Federation**](https://europeanpainfederation.eu/efic2023/).

Thank you for your time and consideration.

Sincerely,  
<*fill in your name*>