Student Reports of the Global Fellows Programme 2026 in London

Floret Maame Owusu
Graduate School of Medical and Dental Sciences
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I had the privilege of participating in the 2026 Imperial College–Science Tokyo Global Fellowship Programme under the theme **"Net Zero: From Data to Action."** The programme was a truly enriching experience that exposed me to new perspectives on addressing climate change while also allowing me to learn more about myself, my colleagues, and the importance of interdisciplinary collaboration.

One of the most memorable aspects of the programme was being placed in a diverse and inspiring team. We came from different academic and professional backgrounds, yet I was impressed by how quickly we were able to connect and work in sync. During the first few days, we participated in activities designed to strengthen our communication and teamwork. These activities reminded me that effective teamwork is not simply about having talented individuals, but about bringing those different strengths together towards a common goal.

Visiting the Natural History Museum for the self-led tour was fascinating, particularly seeing how research and public engagement can work together to increase awareness about climate change and the efforts being made to reduce greenhouse gas emissions. Our visit to Imperial College London's White City Campus was even more inspiring. I was particularly interested in the research being conducted there and the emphasis placed on involving communities in research planning and communicating research findings.

The programme concluded with group presentations focused on reducing greenhouse gas emissions. I particularly enjoyed the opportunity to combine our academic knowledge with creativity by designing handmade posters. It was refreshing to step outside the traditional academic environment and think about how to communicate an important message in a way that was visually engaging and accessible. Listening to the ideas presented by the other groups also showed me the many different ways in which the same global challenge can be approached.

Overall, my eyes were opened to the power of interdisciplinary collaboration. Achieving net zero is not a challenge that can be solved by one discipline alone. I left the programme feeling inspired, more aware of the complexity of climate change, and more confident in the value of bringing different perspectives together. Most importantly, I hope to carry these lessons into my future career and research, particularly by strengthening community engagement, interdisciplinary collaboration and the translation of research into meaningful action.

I am sincerely grateful to the organisers, directors, coaches, speakers and all the participants who made

the programme such a memorable and eye-opening experience. It has given me new knowledge, new perspectives and, most importantly, a renewed motivation to contribute to solutions for a healthier and more sustainable future.

Hiro Ishii
School of Computing,
Department of Computer Science,D3

I joined the Imperial-Science Tokyo Global Fellows Programme at Imperial College London from 7 to 11 September 2026. The theme, "Net Zero: From Data to Action", gave me a chance to connect my research in machine learning with the practical question of how to encourage environmental action. My doctoral work focuses on federated learning and second-order optimisation, so I usually approach problems through algorithms and experiments. Working with researchers from different disciplines helped me consider who would use a proposed solution and what would make it useful in daily life.

Our group proposed LOTO, an app concept aimed at university students. The idea was to reward sustainable activities with points that could be exchanged for coupons or goods. My main role was to develop the prototype.

Preparing our final poster and presentation taught me how to work with people from different fields under time pressure. We had to divide the work and bring our contributions together within a few days. Explaining our idea also gave me practice in making the problem and intended benefit clear to people outside my field. The feedback on our final presentation asked how we would verify that users had actually taken environmentally friendly actions, how to build connections between users and how to keep the app useful over time.

In my free time, I went out for meals with my teammates and also visited Hyde Park and the British Museum. On the first evening, our team came second in the pub quiz. A guided walk through central London linked famous sights to net zero, which I found especially interesting. I am still in touch with my teammates, and the programme was much more enjoyable than I had expected. I came away with a better understanding of net zero and a broader view of how my research skills can contribute to projects that involve both technology and human behaviour.

Balqis Arche Nofinska
School of Life Science and Technology
Department of Life Science and Technology, D3

When I arrived at Imperial College London for the Global Fellows Programme, I honestly wondered how a gut microbiome researcher would fit into a week about Net Zero. I was used to working with data analysis of gut microbiome and metabolite. not carbon emissions or city infrastructure.

Looking back, that uncertainty turned out to be the best part of the experience, because it pushed me to learn far outside my comfort zone.

What I will remember most are the people. I was placed in a team with three students from Imperial and three from Science Tokyo, each with a different background and way of thinking. On the very first night, still barely knowing each other, we won the pub quiz at the welcome dinner. From there, we spent the week solving challenges, debating ideas, sharing dinners, and exploring London together. By the end, we were no longer just teammates but friends.

Working in such a diverse team taught me a lot about collaboration. I learned to listen to ideas that were very different from mine, to explain my own field in simple words, and to accept honest feedback without taking it personally. Together, we developed LOTO, a gamified app that encourages students to take everyday actions toward Net Zero. When we pitched it and received critical comments, we had only a few hours to improve it. That pressure showed me how quickly an idea can grow when people from different disciplines challenge it together.

The programme also changed the way I see my own work. My research relies heavily on data science and machine learning, and I had never really thought about its environmental cost. Learning about the energy consumed by generative AI made me more mindful of when and how I use such tools. Seeing how Imperial puts sustainability into daily life, from waste-sorting stations to seaweedcoated food packaging, also made me realise that big goals like Net Zero start with small, visible changes. I now hope to bring that mindset back to my lab and to Science Tokyo.

I would strongly recommend the GFP to other Science Tokyo students, especially those who feel that the theme is "not their field." You do not need to be an expert to contribute; your different perspective is exactly what makes a team stronger. In just one week, you will practise teamwork, communication, and presentation skills in an international setting, gain friends and connections at one of the world's leading universities, and return with a fresh way of looking at your own research. If you are hesitating, my advice is simple: apply, and let yourself be surprised by what you learn.

Finally, I am deeply grateful to Science Tokyo for supporting my participation, and to Imperial College London and all the organisers, speakers, and participants for making this week so meaningful.

CHENG Yanyan
Department of Health Care Sciences, D3

Participating in the Imperial-Science Tokyo Global Fellows Programme in London was an intensive and memorable experience that allowed me to work closely with doctoral students from different academic and cultural backgrounds. As a nursing researcher, I usually approach problems from the perspectives of patients, health, and care.

During this programme, however, I was asked to think about sustainability and Net Zero together with students whose backgrounds were very different from mine. This pushed me to step outside my usual way of thinking and to consider how health, behavior, technology, design, and environmental sustainability can be connected.

One of the most valuable parts of the programme was the group work. Our team had to identify a realistic sustainability challenge, examine possible evidence, and develop a proposal within a limited period of time. At first, our ideas were broad and sometimes moved in different directions. Through repeated discussion, we gradually learned how to clarify the problem, challenge assumptions, and decide what was both meaningful and feasible. I realized that interdisciplinary collaboration is not simply putting different expertise in the same room. It requires us to explain our ideas in language that people outside our own field can understand, listen carefully to other perspectives, and sometimes let go of our first idea in order to build a better one together.

The programme also changed the way I think about Net Zero. Before joining, I tended to see carbon reduction mainly as a large policy or technology issue. Through lectures, discussions, and observations around Imperial College London, I began to understand that small decisions in everyday environments can also matter, such as energy use in laboratories, transport choices, and the way institutions encourage sustainable behavior. More importantly, I learned that a technically good solution will not necessarily work unless people are willing and able to adopt it. This reminded me strongly of nursing research, where patient behavior, communication, support, and real-life feasibility are often just as important as the intervention itself.

Another important learning experience for me was communicating entirely in English. Following fast group discussions, expressing disagreement, asking questions, and presenting ideas spontaneously were much more demanding than everyday conversation. There were moments when I could not express an idea as precisely as I wanted, but I also became more willing to speak before my English felt 'perfect'. By the end of the programme, I felt more confident participating in international discussions and communicating with researchers from other disciplines.

Overall, the Global Fellows Programme gave me much more than knowledge about sustainability. It helped me reflect on how I work with others, how I communicate ideas, and how I position my own research within a wider global context. The friendships and conversations I had in London were also an important part of the experience. I returned to Japan with a broader perspective, greater confidence in international collaboration, and a stronger motivation to continue developing as a researcher who can work across disciplines and cultures.

CHEN CHENG
School of Environment and Society
Social and human science, D3

The GFP Program 2026 in London was a truly valuable experience for me. Focusing on climate change, it brought together doctoral students from Science Tokyo and Imperial College London for lectures, discussions, group activities, and team challenges.

Although the programme lasted only five days, we had the opportunity to work closely together, exchange different perspectives, and develop innovative ideas around the theme of “Net Zero.”

Among the activities, the one I found most interesting was the logic quiz. Our team did not succeed in solving it, but the discussion that followed made the experience particularly meaningful. We explored how each person had approached the problem, what assumptions we had made, and why we had chosen different strategies. Through this exchange, I gained a better understanding of my teammates’ abilities, strengths, and ways of thinking.

For me, this was an important lesson: teamwork is not simply about combining knowledge, but also about understanding how others think and recognising what each person can contribute. Although we failed to solve the quiz, working through our different approaches together made it one of the most interesting and valuable learning experiences of the programme.

Another highlight was developing our smart food-waste bin system. Our team proposed adapting an ordinary household bin by adding a small camera inside, with a battery and display panel mounted outside. In our proposed design, the camera would connect to an AI service to identify food waste.

The panel would display the type of food waste and its estimated associated carbon emissions, offer simple tips for reducing waste or reusing suitable food scraps, and add the estimated emissions to a weekly bar chart. This would help users understand the environmental implications of their food-waste habits and track changes over time.

We also introduced Wabi, an interactive character intended to make the system more engaging.

Inspired by the Japanese word _wabi_, the name was chosen to express our commitment to more sustainable living and reflect the intercultural spirit of the programme. Wabi would initially appear with its mouth open, waiting for food waste. If too much food was discarded, its expression would turn sad, offering a gentle reminder to waste less. Through this character, we hoped to make an abstract issue such as carbon emissions more relatable in everyday life.

What I valued most about this project was the process of developing the idea together. Coming from different academic and cultural backgrounds, we often approached the same problem from different perspectives. Through discussion, prototyping, and preparation for our presentation, we gradually brought these perspectives together into a shared design. The experience helped me appreciate not only what my teammates knew, but also how they communicated, questioned assumptions, and developed ideas.

Beyond these learning experiences, I deeply value the friendships I made during the programme. I hope these connections will continue to grow and lead to opportunities to collaborate again in the future. Overall, GFP 2026 in London was academically inspiring, culturally enriching, and personally meaningful.

Kasumi Yoshitomi
Department of Lipid Biology, D3

Participating in the Imperial-Science Tokyo Global Fellows Programme 2026 was a valuable
opportunity to work with doctoral students from very different academic and cultural backgrounds.Under the theme “Net Zero: From Data to Action,” we spent five intensive days at Imperial College London learning how interdisciplinary collaboration can turn scientific evidence into practical ideas for societal challenges.

Throughout the week, we took part in team-building activities, expert talks, visits to Imperial’s White City Campus, and a Net Zero walk through central London. These activities encouraged us to look at sustainability not only from the perspective of our own research fields, but also through engineering, data science, infrastructure, economics, and social implementation. As my own research is in cancer biology and medicine, working on a topic far outside my usual field was initially challenging, but it became one of the most rewarding aspects of the programme.

For our collaboration project, my team focused on waste heat from data centres. We discussed the mismatch between rapidly increasing data-centre energy use and the availability of nearby demand for recovered heat. Rather than considering heat recovery only as a technological problem, we approached it as a location and data problem. We proposed a data-driven framework for identifying suitable data-centre locations by integrating factors such as electricity availability and price, local heat demand, distance to heat users or district-heating networks, climate, and infrastructure costs.

Developing the idea, refining a short pitch, responding to peer feedback, preparing a poster, and finally presenting it to experts showed me how quickly an interdisciplinary team can develop an unfamiliar topic when members contribute different expertise.

The most important lesson for me was that effective collaboration does not require everyone to share the same specialist knowledge. What matters is being able to explain one’s perspective clearly, listen to other disciplines, ask useful questions, and continuously revise an idea together. I also became more confident communicating in English in an international research environment. The programme broadened my view of what collaborative research can be and motivated me to seek connections beyond my own field. I hope to maintain the network I built at Imperial and apply the collaborative mindset I gained through GFP to my future research and international activities.

Aoi Muronosono
School of Materials and Chemical Technology
Department of Chemical Science and Engineering, D2

This programme was a highly valuable experience, defined by collaborative teamwork on the "Net Zero" theme and the inspiring atmosphere of London. A major highlight was the diversity of our six-person team. Comprising students from Science Tokyo and Imperial College, we represented a mix of nationalities (Japanese, British, Ghanaian, and Chinese) and academic fields ranging from chemical engineering to data and life sciences. This multicultural and multidisciplinary environment naturally challenged my usual perspectives and demonstrated the true power of diverse viewpoints in problem-solving.

Academically, the programme was highly engaging. Inspired by insightful lectures and a visit to Imperial's White City Campus, where we learned about their vision for an integrated, energy-circular community, our group focused on a key behavioral challenge: encouraging everyday actions that contribute to Net Zero. To bridge the gap between the short-term costs and long-term benefits perceived by individuals, we proposed a mobile app that informs users of the specific financial and health benefits of adopting sustainable habits. By dividing roles based on our respective areas of expertise, we were able to learn how to collaborate effectively with others.

Beyond the programme, I was able to have some very meaningful experiences. After the first day, a welcome party was held at a pub on campus. We participated in a common activity at British pubs "pub quiz" in teams, which helped us bond. Also, on the third day, since we had a field trip to central London in the afternoon, I continued exploring with my team members even after the group officially disbanded. In particular, I have vivid memories of taking an UberBoat ride along the River Thames on our way back that day. On the evenings of the other days, I enjoyed musicals, operas, and visits to art museums by myself. Even though my stay was short, I was able to fully enjoy London's art scene.

Overall, this programme was a wonderful experience that broadened my horizons. In addition to reflecting on the programme's theme, I gained valuable experience collaborating in a diverse,
international setting. I would like to express my sincere gratitude to the organizers and everyone involved in making this programme possible.

WEN JIANWEI
School of Environment and Society
Department of Transdisciplinary Science and Engineering, D2

I joined the Imperial–Science Tokyo Global Fellows Programme, a one-week camp-style visit in London for doctoral students from Imperial College London and Science Tokyo, where I was in a six-member team. Under the theme "Net Zero: From Data to Action," the programme had developed collaborative research, leadership, and communication skills through workshop-style projects, team discussions, site visits, and poster presentations.

In a mixed team, I helped work on a rough idea into a concrete poster and final pitch. Our project, "Carbon

Cutter," proposed a conceptual framework using artificial intelligence to analyse household food carbon footprints, identify high-impact behaviours, and offer personalised recommendations for sustainable choices. It was exciting to see how our different backgrounds-data, policy, technology, and social perspectives were combined into one coherent proposal.

The programme was intense but rewarding. I learned to communicate across disciplines, and balance between progressing and necessary discussion. As my research relates to coastal climate study, the Net Zero theme was especially meaningful. I gained important insights from Imperial's climate community and its efforts toward the Net Zero mission.

Beyond the project, I enjoyed the international atmosphere, site visits, and informal exchanges. It was my first experience of jet lag, and even the short-term stay offered a small window into UK daily life. Overall, this was one of the best experiences of my doctoral study. It strengthened my understanding in international collaboration and reminded me that global challenges require teamwork across borders.I sincerely thank the organizers, staff, and sponsors, including the Institute of Science Tokyo Fund, for making this opportunity possible.

ALAFATI ABULAJIANG
Graduate School of Medical and Dental Sciences
Orthopedics, D2

Taking part in the Imperial–Science Tokyo Global Fellows Programme 2026 was a rewarding experience. I felt lucky to have such friendly teammates, and we quickly got to know each other
through team challenges and discussions. Our teammates from Imperial also showed us around nearby museums.

We visited White City Campus and joined a guided walk around London, learning more about its history and culture. Throughout the week, we developed a project on how opportunities to reuse waste heat could inform the choice of locations for data centres. On the fourth day, we brought our ideas together, divided the work and refined our proposal before presenting it on the final day.

Working with students from different academic and cultural backgrounds taught me to communicate clearly, listen carefully and build on each person's strengths. Combining our perspectives helped us develop more creative ideas. The team challenges also showed me the importance of understanding the rules, managing time, assigning clear roles and adjusting our strategy when needed. I particularly appreciated our coach's approach. When we asked questions, our coach often asked what we thought, encouraging us to think independently and helping us develop our own ideas.

At first, I wondered how much I could contribute to a net zero project with my background in orthopaedics. I soon realised that my doctoral training had given me useful skills beyond my own field, including finding information, analysing problems and exploring possible solutions. This gave me more confidence in working across disciplines, which is also important in my own research. Seeing the other teams' presentations showed me the variety of ways people could approach the same challenge. Their creativity helped me appreciate the value of international exchange and how people from different fields can contribute to net zero.

I am grateful to all the academic and support staff at Science Tokyo and Imperial for organising the programme, and to my teammates and fellow participants for their kindness, ideas and support. We have stayed in touch, and I hope these connections will lead to future opportunities to learn from one another and collaborate across

disciplines.

Reiji Terunuma
School of Engineering
Department of Systems and Control Engineering, D2

Through this Global Fellow Programme, I had the valuable opportunity to engage in discussions with international, interdisciplinary PhD students both at Imperial College London and Science Tokyo. This experience broadened my perspective beyond my own field of research.

In the group work, we first got to know each other's backgrounds, characteristics, and strengths through recreational activities. By repeatedly giving each other feedback on role allocation and communication flow when tackling tasks, I was able to learn the process of refining our teamwork.

From this process, I came to realize that a critical factor in team activities is having a shared understanding of team values. This shared understanding allows us to function more smoothly and positively, even when opinions differ. Our team defined the following values:

- Supporting, respecting, and learning from each other
- Open communication and representation of every member
- Handling conflict constructively
- Avoiding technical jargon
- Round-robin discussion (with the option to pass)

Regarding "Net Zero" as a global environmental issue, our group focused on the low level of social awareness surrounding it and proposed installing interactive boards in public facilities as a way to change people's awareness. To make such a proposal convincing and realistically actionable, we had to clearly analyze the current situation and underlying challenges, articulate the expected impact of our proposal, and address potential risks and concerns. In this process, exchanging views with other groups also gave us the opportunity to reconsider environmental issues from multiple perspectives. Conducting this kind of analysis and developing a proposal within such a short period of time was a demanding yet stimulating challenge.

Finally, these five days of tackling a global scale issue as an international, interdisciplinary team gave me a valuable, hands-on understanding of leadership, communication, and collaboration across disciplines and cultures. I am deeply grateful to everyone who supported this programme, as well as my fellow participants. I hope to carry forward the experience and network gained through this programme toward my own growth.

Irshad Hussain
School of Environment and Society
Department of Civil and Environmental Engineering, D1

Participating in the Global Fellows Programme 2026 at Imperial College London was a valuable opportunity to experience interdisciplinary and international teamwork. Under the theme "Net Zero:
From Data to Action," I worked in a team of six students from the

Institute of Science Tokyo and Imperial College London, with research backgrounds ranging from civil and geotechnical engineering to healthcare, remote sensing and robotics.

At the beginning of the programme, we introduced our research and looked for connections between our different fields. We identified three common ideas—Prediction, Production and Prevention—and named our team “The 3 P’s.” We also established team values such as open communication, respecting different opinions, supporting each other and explaining technical ideas in simple terms.

Throughout the programme, various teamwork activities helped me understand the importance of clear communication, active listening and working effectively under limited time. We also attended lectures on climate policy, carbon emissions, data-driven technologies, renewable energy and other Net Zero-related topics. Sharing the key points from these lectures within our team was especially useful because it encouraged us to learn beyond our own research fields. Our team also visited the Science Museum, where we explored energy transition and carbon-emission reduction from a broader perspective.

For our project, the team focused on making air pollution and its health impacts more understandable to the public. This led to the concept of a London–Tokyo Green Health board, which connects environmental data with health information and practical actions. The idea reflected the programme theme by creating a pathway from data to understanding and ultimately to action.

The experience I gained during the programme was highly meaningful. I hope to apply these lessons to my own doctoral research and future career, particularly by communicating my research more effectively, remaining open to perspectives from other disciplines, and thinking more carefully about how research outcomes can contribute to real-world solutions. I am grateful to Imperial College London, the Institute of Science Tokyo, the programme organizers, coaches, lecturers and all the participants who made this experience possible.

Qichen MA
Graduate School of Health Care Sciences
Department of Health Sciences, D1

Participating in the Imperial–Science Tokyo Global Fellows Programme 2026 in London was a valuable opportunity to step outside my usual research environment and think about the theme, “Net Zero: From Data to Action,” with doctoral students from different countries and disciplines. Through lectures, workshops, discussions, and collaborative project work, I learned that net zero is not only a technical target.

It is also a practical challenge that requires reliable data, clear communication, and cooperation among researchers, professionals, policymakers, and communities.

One of the most meaningful parts of the programme was working intensively in an interdisciplinary and intercultural team. We began with different areas of expertise and different assumptions about which problems were most important. To develop an action-oriented proposal, we had to identify a shared goal, explain our ideas without relying on specialist terminology, and decide which elements were both meaningful and feasible. Preparing our final presentation within a limited time taught me how to organize complex information, divide roles according to each member’s strengths, and improve an idea through repeated discussion and feedback.

The strongest lesson I took from the programme was that collecting data is only the beginning. Data become useful when people can understand them, connect them to a real decision, and act on them within the constraints

of an actual system. At the same time, a solution cannot be judged by a single indicator. Its environmental benefit, social impact, accessibility, cost, and burden on the people expected to use it must all be considered. This perspective helped me understand the programme's phrase "from data to action" in a much more concrete way.

I am a first-year doctoral student in nursing and health sciences. My current research focuses on falls and recurrent falls among older adults, using longitudinal care records and continuous, non-contact monitoring data such as movement, bed-exit status, heart rate, and respiratory rate. Although this topic is not directly an environmental study, the programme encouraged me to think more broadly about how healthcare data might support safer and more efficient care. If changes in an older person's condition can be identified and communicated appropriately, care staff may be able to focus observation and support where they are most needed. However, any digital approach must be evaluated carefully so that it does not increase workload, create unnecessary alerts, or widen inequalities.

The programme also strengthened my confidence in international collaboration. As a nurse, I am used to starting from concrete clinical problems and the experiences of patients and care staff. In conversations with participants from engineering, data science, environmental research, and other fields, I realised that this clinical perspective can make an important contribution to an interdisciplinary team. I also learned to listen more carefully, ask questions when I did not understand another field's assumptions, and express my own ideas in a form that others could build upon. The informal conversations between sessions were equally valuable because they created trust and allowed us to learn about one another's research cultures and motivations.

Overall, the Global Fellows Programme was both an academic and personal learning experience. It showed me that ambitious global goals become manageable when they are translated into specific questions, appropriate evidence, and realistic actions. I will bring this mindset back to my doctoral research by considering not only what can be measured, but also how findings could be interpreted and used responsibly in healthcare practice. I am grateful to the organisers, facilitators, and fellow participants who created such an open and stimulating environment, and I hope to continue the relationships and interdisciplinary perspective developed during this week.

ZANNATUL FERDOUS SUKHI
Graduate School of Medical and Dental Sciences
Cariology and Operative Dentistry, D1

I had the opportunity to participate in the Global Fellows Programme 2026 at Imperial College London from 7–11 September, under the theme "Net Zero: From Data to Action." The programme provided valuable learning on sustainability, climate change, net-zero strategies, and the importance of translating data into practical action.

Throughout the five-day programme, I participated in lectures, teamwork, problem-solving activities, peer review, and discussions with students from diverse academic backgrounds. Working with members from medicine, climate change, disaster policy, circular economy, food security, and dentistry helped me understand the value of interdisciplinary collaboration and different perspectives in addressing global challenges.

As part of the programme, our team developed "Carbon Cutter," a smart food-bin sensor concept designed to increase awareness of household food waste and its environmental impact. The project was aligned with SDGs 11,

12, and 13. Developing and presenting this idea taught me how to identify a problem, develop a practical solution, consider potential challenges, and improve an idea through feedback.

The programme also strengthened my communication, teamwork, critical thinking, and presentation skills. Presenting and discussing ideas in an international environment helped me become more confident in communicating in English and taught me how to explain complex ideas clearly and effectively.

Overall, GFP broadened my understanding of sustainability beyond my own field of dentistry. It encouraged me to consider how sustainable approaches can be incorporated into dental research and practice, particularly through material selection, resource efficiency, and waste reduction. I am grateful to Science Tokyo and Imperial College London for this valuable learning experience.

Ying
School of Engineering
Department of Information and Communications Engineering, D1

The Global Fellows Programme gave me one of the most rewarding teamwork experiences I have five simple rules: be on time, be engaged, speak up, be honest, and respect each other. Over the following five days, these simple rules gradually became the way we worked together.

Coming from different academic backgrounds, we naturally contributed in different ways. We listened to each other, spoke openly, shared responsibilities, and stepped in whenever something was missing. What I valued most was that everyone cared more about the success of the team than about standing out individually. We recognised each other's strengths and genuinely wanted to see one another shine. This created an environment where we felt comfortable sharing ideas and building on each other's thoughts.

The programme itself supported and strengthened this way of working, and what made it especially valuable was how thoughtfully team exercises, reflection and coaching were woven into the whole experience. Instead of being given answers, we were repeatedly encouraged to discuss and think for ourselves. I also appreciated the emphasis on using AI as a tool rather than a substitute for our own thinking and communication. Much of our work grew directly from conversations within the team, followed by searching for data and evidence to develop our ideas.

By the final day, we had developed a proposal using civil and environmental data to support datacentre site selection. We created our final poster by hand, which was surprisingly meaningful to me. After spending so much time working in front of screens, there was something very satisfying about standing around the same sheets of paper, writing, drawing and creating one shared piece of work together. During the final presentation, the questions, encouragement and suggestions we received made us feel that our work had been genuinely listened to and valued.

What I will remember most, however, is the connection I formed with my teammates. On our final day, the six of us took a Polaroid together and signed it. We made a small promise that whenever we meet again, we will take another photo and see how many we can collect over the years.

Five days passed very quickly, but I returned to Japan with a much clearer understanding of how much trust, respect and open communication can shape a team. I am grateful for what we created together, for the friendships we formed, and for an experience that I know I will remember for a long time.

LIU SICHENG
Graduate School of Medicine
Human Genetics and Disease Diversity, D1

The experience that I had been through in Imperial college of London leaves me with great acquirement and inspiration. During only this one week, we managed to form a team, worked on a meaningful topic about our climate and finally demonstrated our poster to 3 experienced tutors as well as all the participants in GFP. I believe it was a precious opportunity for me to attempt to conceive our scheme on a specific topic because during this time it challenged our ability to communicate with each other effectively and more importantly it asked us to connect our own research to the real world, which I think helped us develop the direction of our research from a more meaningful and realistic perspective after we return to our laboratory.

When I first met all the team members in my group, I was very glad that we started our communication naturally and smoothly though we had never met before. We played several games together to cultivate chemistry with each other so that we can work as a team more effectively. In the first day, we played sudoku which is a classical puzzle. It asked us to infer all the blocked numbers in a panel according to limited revealed information and rules. I found that the gameplaying process was sort of similar to the process of scientific research, we availed our logic thinking and discussed about the possible answer for each unit of the panel, although we couldn't verify our guess which is an obvious difference to the research process, we still obtained our own result from our reasoning process. The answer was not sole, and it was not important as well after we got our own explanation. The whole process embodied the value of the game: Can we work as a team and use our intelligence and knowledge to explore this unknown world which never offered standard answers to us?

We also had gained so much valuable knowledge about the efforts the prior researcher made on realizing the goal of Net Zero for our climate. One of the professors on economy taught us that the activities involved in economy can be basically summarized as the process of making decisions because of the scarcity of our resources. To achieve the goal of Net zero, we must also consider the achievement of other goals, such as the development of economy. Our ultimate goal is to maximize the overall development for our society. I also got the knowledge about how we can make better use of biogas from daily life waste and how they motivated children to help collect data about the production of PM2.5 particles in the atmosphere by simply attaching the sensor on their backpack. These examples represent not only the fruit of climatic scientific research but also the determination and dedication of the climatic scientists on our climate. After absorbing these knowledges, we discussed and formulated our own ideas on Net Zero for our climate. We decided to develop an application on smart phone to help people make simple choices that can benefit their health and wealth while they can also contribute to the achievement of the Net zero goal out of these decisions. We conceptualize this idea because in our discussion we noticed that the actions from common individuals can also make a substantial difference if we can lead more people to realize the problem and make their contribution. Most of the time, people either don't know about the climate effects of their decisions or are unwilling to contribute to protecting our climate at the cost of their own time, money or comfort. We use

information from scientific literature on medicine, finance and climate to help people make simple decisions in their daily lives. Because we try to make these decisions to be beneficial to individuals and our environment simultaneously, when people adopt the advice from the app, they also help to achieve the goal of Net zero. We believe that our approach can form a positive loop for eventual achievement of individual well-being and environmental protection.

In conclusion, it was a great experience for me. I made friendships with young researchers from Imperial college of London; I was really impressed by their excellent performance during the whole process. I also positively participated in this meaningful activity, and I think I strengthened my communication skills, critical thinking and problem-solving skills. I am sincerely grateful for the opportunity to be able to join in this activity and will combine these precious gains with my own research after.