I attended the Sixth International Conference on Recent Advances in Nonlinear Mechanics (RANM2025) in Hangzhou, China (24–28 October 2025) where my abstract "Finite Element Simulation of Head–Helmet Impacts with Nonlinear Foam Response and Coupled Neck Dynamics" was accepted for an oral presentation. The conference starts with plenary lectures in the morning with a central theme of physical nonlinearity, drawing attention from people in both solid and fluid mechanics. The afternoons are parallel sessions with more specialised topics, such as origami structures, impact mechanics, etc. My talk summarised a finite element simulation model, validation needs and implications towards safer helmet design; and I received detailed technical feedback from experts and got useful contacts for further research collaboration in impact dynamics and the wider engineering mechanics fields. In addition to the conference programme, I completed a complementary visit to the Motion Structures Lab in Tianjin University, where I discussed work on environment responsive materials and multi-stable structures. This experience has greatly strengthened the value of this trip.

To enable sustainable travel, the conference and lab visit were consolidated into a single trip, minimising emissions. Wherever practical I used low-impact local transport, including coach, underground, and high-speed rail.