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The 12<sup>th</sup> European Congress of Psychology was held in Istanbul, Turkey from 4<sup>th</sup> July to 8<sup>th</sup> July 2011. It is a biennial congress organised under the auspices of European Federation of Psychologists' Associations (EFPA), which aims to be a platform to promote cooperation between national Psychologists Associations from all over Europe and improve psychology in the aspects of education, research and as a profession.

I took up this project initially because I was eager to broaden my knowledge in Statistics into Social Sciences, and this project caught my attention. I was fortunate to be given the opportunity to give an oral poster presentation on the "Patterns of Reactive and Proactive Aggression in Young Adolescents in Singapore" during the conference. It was nerve-wrecking as I did not major in Psychology, but after a while I realised that I just needed enough content knowledge about my research project to engage others in meaningful discussions. My professor and I also took the chance to firm up some of the details to prepare our paper for submission.

Although I did not major in Psychology, I still found some of the keynote speeches very interesting. In fact, some of the speeches were also very closely related to our daily lives, like the one on "Attachment Variability across Genders, Cultures, and Ecological Conditions: Can Romantic Insecurity Sometimes be Adaptive?" I was particularly impressed by the amount of data used in this research, a total of 56 countries!

Despite the Congress being a five full-day event, we still had some free time during some of the afternoons and evenings to roam the sights of Istanbul. Istanbul is situated uniquely geographically, bridging Asia and Europe, both physically and culturally. It is also a bridge between the past and future, a city that is filled with a myriad of colours and sounds, and affectionate Turkish people. We transcended from ancient city walls and palaces, churches and mosques, to the boisterous and dynamic nightlife. It was a memorable and enriching experience.

