

## **Awards bridge gap between students and medical researchers**

Research Australia is giving budding scientists a unique opportunity to join leading medical researchers as part of a mentoring program.

The Research Australia Youth Ambassador for Health Research awards challenged students from around Australia to submit essays on the topic 'What young people can do to nurture their brains to be the best that they can be'.

Seymour College student Grace Charlwood, 14, is this year's state winner, being named the South Australia Research Australia Youth Ambassador for Health Research. Her essay highlighted the importance of balance to increase the brains capacity and fulfil potential.

"The key to nurturing the brain is about finding a sense of balance. Everything we do educates us in some way, be it social, ethical or academic, so in order to care for our brains in the best possible way we have to balance all these types of education," said Grace.

Grace will join researchers and scientists from the University of Adelaide as part of the mentoring program.

Grace, along with state winners from all over Australia, will take part in a special teleconference to develop a consensus statement as the voice of Australian Youth.

The national winner will be announced in October and will deliver the statement to Federal Government Ministers in Canberra.

The Chief Executive Officer of Research Australia, Rebecca James, congratulated Grace on an insightful essay. "The Youth Ambassador Program provides an ideal avenue to draw out the astute observations of some of our finest young students and hopefully lead them to careers in medical science," Ms James said.

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**MEDIA:** To arrange an interview or a photograph, please contact:

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### **About Research Australia**

Research Australia is a unique national alliance of over 190 member and donor organisations with a common mission to make health and medical research a higher national priority. For more information on Research Australia visit [www.researchaustralia.org](http://www.researchaustralia.org).

The National Youth Ambassador Program is kindly sponsored by The Bio21 Cluster, Brain & Mind Research Institute, Griffith University, The University of Queensland, Medibank Private, QUT Institute of Health and Biomedical Innovation, The University of Adelaide, University of Technology Sydney and The Walter and Eliza Hall Institute of Medical Research.

Research Australia National Youth Ambassador for Health Research

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