

I am Mara Martín-Alonso, PhD student in Alicia G. Arroyo's laboratory at the CNIC (National Center of Cardiovascular Research, in Spain). We work at the Vascular biology and inflammation department, in the Matrix Metalloproteases group. Currently I am in my 4th year of PhD, studying the role of a metalloproteinase (MT4-MMP) in the vasculature, where it is highly expressed.

At the GRC MMPs meeting I presented my work as both a talk and a poster. Personally, the reception to the talk was really good, public asked a lot of questions. It was a good opportunity to present my data and allowed me to meet researchers related to my field of study and some good future collaborations arose.

In general the talks were very interesting and useful, just like the questions and discussion time after them.

In sum, it was an important impulse to my career.