

### My personal experiences during the FASEB meeting:

The FASEB meeting has certainly given a great contribution in all its nuances to my personal enrichment gained by interpersonal exchange of experiences. Before leaving for the conference, I planned just few things and I have simply brought along a lot of curiosity as a dress to wear every day. I was immediately surprised by the dedication with which everyone was sharing their work experiences with great humility and I was extremely fortunate to feel myself as a truly integral part of a meeting among outstanding scientists. I think there is no inner evolution, if you cannot find it in people around you, a great source from which to grasp subtle advice for a future life path. To my amazement, during the presentation at the business meeting, I saw my name like a bright flash on the screen of the big lecture hall. It took me some time before I realized what was happening. It is a great satisfaction to get a reward for what you have learned and worked for so hard to convert it into a nice story. What makes me happy is to know how much my work has been appreciated by excellent scientists. Above all, I would like to underline that good work is sustained and supported by proper advices and knowledge that I achieved from my mentors. Thanks to the interaction with people of diverse scientific and cultural background at the conference, I had the chance to be exposed to and focus on particular aspects that I would otherwise only have learned slowly, over time. For instance, I was struck by the way how a specific project can be crossed by a plethora of collaborations that all together can develop to flow into other interesting branches. Indeed, I had the great opportunity to collaborate with the members of our amazing rowing team during the wonderful afternoon dedicated to group activities at the conference. Canoeing was the name of our experiment and the river was our lab bench. However, a sudden summer storm interrupted the normal course of our project and the famous branches leaping from the riverbank were there, ready to rescue us. Today, when I remember those days at the meeting, I can say that no matter which kind of branches will rescue you, first of all, it is crucial to find them and for sure the FASEB conference has been a great place for discovery.

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