

# Non-scientific report summary



During my stay at the Department of Chemistry at the University of Aveiro, I had an incredible experience. The facilities were excellent, the researchers were passionate, and the atmosphere was incredible. I witnessed fascinating experiments, attended meetings and learned a lot from the knowledgeable faculty members. I achieved significant outcomes. I gained practical knowledge, expanded my network, learned the value of teamwork, and was inspired to pursue further studies and research. It was a transformative experience that will shape my future in the field of lipids.

This opportunity creates a collaboration between the University of Aveiro and the University of Valencia, with a focus on paper publication.