Hello, my name is Joanna Godzien, and this autumn, EpiLipidNET afforded me a remarkable opportunity to undertake an STSM. I selected the Department of Chemistry at the University of Perugia for my visit, where Professor Laura Goracci and her group graciously hosted me.

The primary objective of this STSM was to familiarize me with the Lipostar software, acquiring the proficiency to utilize it effectively upon my return to the home lab. I delved into its functionalities and capabilities, applying them to analyze my own data.

For hands-on training with real data, I selected the lipidomic profiles of plasma samples obtained from patients before and after viral infection. This experience deepened my comprehension of lipidomics data processing, enhancing my confidence in approaching such datasets. Importantly, it empowered me to extract information more effectively and reliably. This newfound knowledge will undeniably reshape my approach to lipidomics data analysis, enabling me to work more efficiently while extracting more comprehensive insights. I am eager to share this expertise with my colleagues at the Metabolomics Laboratory in the Clinical Research Centre.

The experience was intense yet immensely rewarding. I was impressed by the level of support and attention I received throughout. Each morning commenced with a brief meeting to outline the day's tasks, while at day's end, my progress and challenges were thoroughly reviewed. Additionally, any issues encountered during the day were promptly addressed. I was encouraged to ask questions not only pertaining to scientific matters but also regarding local amenities, cuisine, and tourist attractions. Assistance extended even to practical matters such as arranging transportation to the airport, which was invaluable during my stay abroad.

The warm reception from all group members fostered a friendly and inspiring atmosphere. I was surrounded by experts eager to offer guidance and share their expertise. Although my STSM was short, it was an important event in my professional growth.

To anyone who is considering applying for an STSM, I genially encourage you to apply! I am very grateful for this experience and would do it again!