



My name is Idalina Gonçalves and for the first time I realized a STSM.

This STSM was realized in Grenoble INP – Pagora (France) for 5 weeks. During this period, I had the opportunity to apply a technology studied by my research group on a different matrix. It was quite challenging and very fruitful since it allowed me to learn about new scientific concepts and experimental techniques that were further adapted to my current research. Besides, during this STSM I knew some people that is working on different research fields and since then a nice collaboration has been established between of us. Moreover, to live in a different country and to socialize everyday with people from other countries opened my mind and led me thinking a bit out of the box. Thus, summarizing, this STSM really contributed not only for my growing as a researcher, but also as a person and I believe that was only the first of many STSM in a near future.