



My name is Vanesa Alonso , I am lab Manager at CEU University San Pablo ,Spain, and thanks to STSM, I have had the opportunity to visit the group of Prof. Ciborowski at the Medical University of Bialystok.

I had a chance to learn new strategies and applications in the lipids field, covering the quantification of more than 500 compounds in a single run. That open a new window for my home group, thanks to this activity by the COST association, facilitating exchange of experience and transfer of new knowledge that for sure stablish potential collaborations between the groups .

From other hand, I have also had the occasion to visit a wonderful city full of history and charm, incredible museums , *Branicki* Palace and its stunning gardens as well as its gastronomy tasting the famous pierogis and Zurek soup.

I highly recommend the experience of being an STSM scholarship holder, I had a great time there and I have learnt a lot from the people in the group of professor Ciborowski and the experience itself. Many thanks to everyone who made it possible.

