

My name is Ilias and I had the great opportunity to receive the Short Term Scientific Mission-STSM award offered by the **EpiLipidNET COST Action**. The STSM funding supported a two-month visit to the Lipid Cell Biology Laboratory led by Prof. Giovanni D'Angelo at EPFL in Lausanne, Switzerland. The primary goal of my STSM was to resolve the composition and spatial distribution of lipids in *C. elegans* upon hypoxia using MALDI-MSI. A technique currently not accessible in the home laboratory at IMBB-FORTH but available in the host laboratory at EPFL. During my stay, I gained a deeper understanding of how to optimize and perform MALDI-MSI, as well as process lipidomic data. Additionally, I expanded my scientific network and established new collaborations. My standout moments in the host lab were achieving the first MALDI images in *C. elegans*, with around 200 annotated lipids, and the inspiring weekly brainstorming sessions over cold beers at Satellite in the EPFL campus. The STSM proved to be a fantastic experience for me!! Lastly, I would like to express my gratitude to Julia and Joanna for their support throughout my STSM application.

