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On September 13-16th 2022 I had the opportunity of presenting my research at the 10th German Stem Cell Network Conference. This year the conference was celebrating two events: the conference's 10th anniversary and the 20th anniversary of the Stem Cell Network North Rhine Westfalia (NRW), the organization from which the idea of establishing a German Stem Cell Network originated. As such, I was not only able to attend the main conference, but also to listen to additional keynote speakers invited for the NRW Symposium.

This was my first in-person conference since I started my PhD and the first in 3 years that it could take place without any Covid-related restrictions. This scientific meeting was important for me to meet scientists from the whole of Germany, as well as neighboring countries such as Austria and Switzerland, working on stem cells in different systems and disease models. The conference also involved presentations of prominent invited speakers from abroad: in particular, I had the honor to listen to a talk from the Nobel laureate Shinya Yamanaka, known world-wide for his discovery of iPSCs, who gave a talk on the future of iPSCs for patient care. Another keynote lecture was given by the Italian Senator and Director of the National Institute of Molecular Genetics Elena Cattaneo, who talked about her work on Huntington's disease. Both talks were very inspiring and showed the value of these researchers both as scientists and as human beings.

Furthermore, I had the opportunity of presenting my research on how to convert mouse fibroblasts into induced myogenic progenitors with an oral presentation, during the session regarding pluripotency and reprogramming. The presentation sparked the interest of other scientists who approached me to compare their data with our findings: in particular, it was interesting to identify the transcription factor I am mostly working on in an *in vitro* organoid model of human myogenesis, developed by a professor also interested in using it to develop defective myogenesis in muscular dystrophies.

In general, participating in this conference taught me what the current topics of research are and gave me the possibility of interacting with scientists that are using similar techniques, broadening both my knowledge and my network. In particular, I am now more aware of the current translational challenges that are being discussed in the fields and some research shifts that are happening based on this: for example, the interest in autologous cell therapies is shifting more towards cost and time-efficient generation of allogenic cell banks with reduced immunogenicity. It is for this reason that I am very thankful to the BioMed Program for awarding me the Travel Grant and allowing me to attend this conference.