With this short note, I would like to express my thanks to the European Meteorological Society (EMS) Committee for giving me the opportunity to participate in ECSS 2019 through the Young Scientist Travel Award (YSTA). Participating in the ECSS meeting for the first time was an intense and fruitful experience. The interaction with scientists in the fields of severe storms and extreme weather had a positive impact for the last part of my PhD. Moreover, it provided me with new ideas and inspiration regarding my plans for Post-Doc research in the near future.

I found the sessions of the meeting very interesting and with a wide coverage, from field observations to numerical modeling and climatology, while both poster and oral presentations were of high quality. I was really interested in storm climatology, risk assessment and their relation to climate change as well as in the numerical modeling of storms with applications in forecasting and nowcasting. These sessions were quite close to my field of expertise and it was really important for me to learn more and get informed about state of the art research from scientific groups from all over the world. At the same time the conference was a wonderful opportunity for me to share my research and discuss with scientists from different disciplines providing feedback regarding my work.

My contribution to the ECSS2019 was with two presentations, a poster and an oral. These were a part of a combined effort within the framework of a project related to storms in the Mediterranean region including work from other members of the Atmospheric Modeling and Weather Forecasting Group (AM&WFG-NKUA). The poster presentation was an analysis regarding the effect of atmospheric-ocean processes in the evolution of Mediterranean storms. The oral one was a risk assessment study of areas highly affected by Medicanes. The analysis in both studies was performed employing a high resolution, online coupled, atmospheric and wave modeling system.

Overall, ECSS2019 was a well-organized conference and definitely a positive experience for me. I would like to thank again the EMS Committee and the European Severe Storms Laboratory for giving me the opportunity to join the community and learn about their activities.

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