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CONFERENCE REPORT

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This year, I attended the EMS Annual Meeting for the first time in my professional career. It was an empowering experience, as I had the opportunity to meet and exchange with many researchers in my field of study. I am very grateful to the Awards Committee for awarding me a YSCA to attend the conference onsite.

This award has been a helpful contribution and a pleasant recognition to my work as a 1st year Ph.D. student. It allowed me to present two posters with the results of my Ph.D. thesis: "Sensitivity of the winter North Atlantic-European atmospheric circulation to Tropical North Atlantic SST anomalies" and "Influence of the winter Atlantic Niño on the North Atlantic-European atmospheric circulation" in the session "UP3.2 Mid-latitude atmospheric teleconnection dynamics".

The UP3.2 session is the one I felt it contributed the most to my professional interests. In particular, the oral presentation by Ivana Herceg-Bulić entitled: *Impact of tropical SSTs on the late-winter signal over the North Atlantic-European region* was interesting because it is closely related to my research. The methodology and results presented by the researcher were really inspiring and impressive. I think it might be a helpfull contribution to my knowledge of the topic. Moreover, the session was well organized, with different topics of interest, and the interaction time between the speakers and the audience was also well coordinated by the conveners. In addition, in the poster session I had the chance to interact with other participants interested in my work. I also had the opportunity to discover compelling studies presented in the poster session.

I also enjoyed other sessions, mainly belonging to the UP, as it was the *UP3.1* Climate change detection, assessment of trends, variability and extremes, which is close to my research interest and is a topic to which we should increasingly pay attention. This session provided me with evidence of the extreme consequences we are suffering due to climate change and also of the tools and methodologies used to detect it.

Finally, I think it was a very positive experience because I did not only learn about science, I also learned different ways of projecting science, and I also had the opportunity to meet potential future collaborators for my work.