

9th September 2012

Re: NIHR/BAD research taster bursary

I would like to thank the NIHR/BAD for giving me this excellent opportunity to visit this highly established research institute, as well as Prof O'Toole and her team warmly welcoming me into their research laboratory.

I have visited Prof O'Toole's research laboratory at the Blizzard institute in London in March 2013. It was a very productive and interesting week.

I had the opportunity not only to learn basic laboratory techniques but also to learn techniques that are highly relevant to my research project.

I was warmly welcomed to the 'state of the art' Blizzard institute in the heart of London. Prof O'Toole's team introduced me to techniques I was unfamiliar with, like QPCR and zebrafish microinjection. In addition, I have observed basic laboratory procedures, which I was already familiar with.

I discussed research projects, data and received advice and guidance from leading academics. In addition, I was given the opportunity to discuss the difficulties I have come across when working with different laboratory techniques with the more junior members of the team.

My attachment at the Blizzard institute and interaction with leading academics has built the foundations for future research collaborations.

Overall it was a very worthwhile experience and I have learnt a lot. I acquired practical skills and was introduced to the use of an alternative in vivo model, the zebrafish model, in dermatological research. I have familiarised myself with a new research environment and recognised the variation between research settings. I will transfer all the key skills I have acquired into my current research project.

I thoroughly enjoyed this research taster bursary and I would highly recommend it to anyone who is thinking of embarking into a research project in the near future.

Kind Regards
Dr Stamatina Verykiou