

Just before Christmas, I completed my research exchange at the Department of Old Age Psychiatry, Institute of Psychiatry, Psychology & Neuroscience at King's College London, supported by the European Alzheimer's Disease Consortium (EADC). The main goal of my stay was to gain hands-on experience in dementia biomarker research within a translational and clinically oriented setting.

During my time at King's, I worked directly in the laboratory, performing ELISA-based biomarker measurements on clinical CSF samples and learning extracellular vesicle (EV) isolation using differential ultracentrifugation. I became familiar with experimental workflows used in translational dementia research and clinical trial-oriented projects, and gained valuable insight into how laboratory findings are integrated with clinical studies. Observing and participating in these processes significantly broadened both my technical skills and my understanding of biomarker development.

It was truly inspiring to experience a new laboratory environment and work within a multidisciplinary team dedicated to biomarkers, clinical research, and translational neuroscience. The openness of the group, the excellent facilities, and the many scientific discussions created a very motivating and collaborative atmosphere. Beyond the lab, being part of academic life at King's and experiencing London in winter made the exchange even more memorable.

I am very grateful to the team at King's College London for being so welcoming and supportive, and to the EADC for enabling these exchanges and fostering collaboration across European research centres. This fellowship was extremely enriching both scientifically and personally, and I hope it marks the beginning of future collaborations.

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