I had a training stay in Warsaw, at the Nencki Institute of Experimental Biology, from the 31st of May 2009 to the 27th of June 2009.

I went there in order to learn the High Resolution In Situ Zymography (for the protocol see: Gawlak et al., 2009; Neuroscience 158:167-176), as this technique could be useful for my PhD project and for my lab in general.

In the Nencki Institute I worked in the lab of Molecular and Systemic Neuromorphology, under the direction of prof. Grzegor Wilczynski.

I arrived in the institute with my specimens and in that lab they teach to me and we performed together the embedding in wax, the cutting and the Zymography. As I had many material to process, these procedures occupied exactly all the four weeks I stayed there.

At the end of my staying, I had 90 slides, from 7 different experimental conditions and processed in two different ways. Now that I am back in Italy I’m beginning to analyze all this material. Moreover, I am able to completely perform the technique by myself and we will introduce it in the routine procedures of our lab.

In parallel to this technique, that was the reason of my training stay, I also had the opportunity to learn the Gel Zymography technique, that is a technique that allow to quantify the activity of Matrix Metalloproteinases 2 and 9 in tissue lysates. I made just a few trial on control animals, but now I am able to perform this technique. Thus now we will introduce also this technique in our lab.

Besides the technical skills, during my staying at the Nencki Institute I also had the opportunity to present a seminar with data from my lab and I had many scientific conversations that were really stimulating for my PhD project and also for my personal growth.

If I can express a personal comment on my training, it has been a wonderful experience, very useful for my lab and for me as well.

Simona Foscarin.