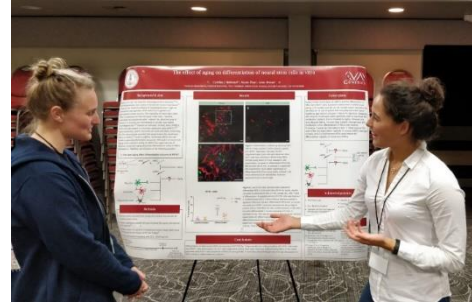


## Research project at Stanford University – 2019

From April till October 2019, I had the opportunity to do an internship at the lab of Anne Brunet at Stanford University. Together with my supervisor Xiaoi Zhao, I have worked on the question: ‘What is the effect of manipulating phospholipid remodeling pathways on the function of neural stem cells in aging?’ This internship at a prestigious university like Stanford has taught me how to provide high-quality research and how to stay critical. Especially this research group showed me how important precision and practice is. Furthermore, I have also learned new techniques and skills, e.g. CRISPR/Cas, flow cytometry, immunocytochemistry, culturing primary neural stem cells, and developing cell differentiation protocols. Near the end of my internship, I was also allowed to join the Genetics Retreat in Monterey, which was organized for the entire department, and the Brunet lab Retreat at Lake Tahoe, which was solely for lab members. This was a great opportunity to connect with other scientists and colleagues, and we have had lots of fun too!



Not only did I learn a lot from the lab, but I have also experienced American culture for the first time. With my housemates (I had ~15 housemates) I went to a baseball game of the Giants. It is surprising how important sports are in the USA. When supporting the Stanford team, I noticed the popularity of



American Football, even at college-level. Palo Alto is a small town compared to San Francisco, which was one hour away. Obviously, I have visited the city a few times, but I loved living in the Stanford-bubble in Palo Alto. People would either go out at the Patio or at the Nut House, and everyone knew where to find the Wholefoods or the Trader Joe's. After my internship, I also got the opportunity to travel through California, to visit Los Angeles, Yosemite, Death Valley and San Diego. It is a beautiful state and I would love to go back again someday.

In summary, I have worked and connected with scientists who are the international pioneers in brain aging research. This research project has confirmed that I would love to specialize in brain aging and neurodegenerative diseases. Furthermore, I have experienced the American life and I have seen how beautiful California is. This internship in California was an amazing and unique chance and I am very grateful that the Nora Baart Foundation has helped me take this opportunity!

