A few months ago I started a new challenge, and at the time I couldn't imagine it would turn out to be something so intense and “mind-shifting”. I never considered myself a good story-teller and when my boss forwarded me an email about FameLab I thought that it wasn't really the right thing for me. However, I was really intrigued by the fact that, in preparation for this (now I know) wonderful science communication competition, they offer the possibility to follow some masterclasses in non-verbal communication, in how to efficiently structure a presentation and in how to make a presentation appealing for the audience. «That's something for me», I thought. Well, already from the first class I realized how science communication is normally underestimated and, incredibly, how it is possible to increase our own communication skills by following some simple rules...and a bit of practice.

My FameLab experience also allowed me to meet some incredible people, scientists with the common passion of communicating science, their science, to the general public. I can probably say I learned something from each of them. Winning the regional competition at the Erasmus MC in Rotterdam and the national final in Utrecht was an unexpected “plus” to this fantastic experience. I had the honor of representing the Netherlands in the international competition, another great experience. However, I can say that one of the biggest awards of FameLab is the new networks of people you can establish by simply sharing your enthusiasm around science and science communication, and by doing that new possibilities will automatically open for your future.

I strongly recommend all young scientists to try this experience, to add this extra challenge to your scientific path. It doesn’t really matter how far you will go in the competition, at the end you will be at least a better communicator than before and, maybe with a bit of luck, you will manage to get a bit further and you will realize that science communication can become part of your job.

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