



ESB-YSF Board Elections – 2026-2030

## European Society for Biomaterials-YSF (ESB-YSF) Board Elections Application Form

*Name:* Ana Luísa Filipe Castro

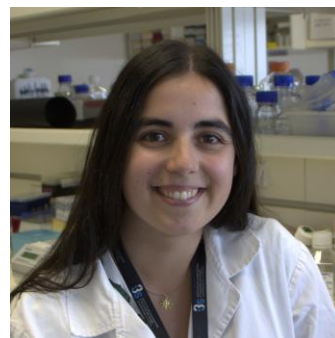
*Nationality:* Portuguese

*Date of birth:* 11-11-1995

*Current position (position, affiliation):*

PostDoctoral Researcher,

i3s - Institute for Research and Innovation in Health, University of Porto, Portugal



*Research interests (5 keywords):* 3D In Vitro Models; Tissue Regeneration; Extracellular Matrix Dynamics; Diseased Microenvironments; Orthoregeneration

*Position applied for (please rank your preferences from 1 (most preferred position) to 6 (less preferred position)):*

5	YSF Spokesperson
2	YSF communication and dissemination officer
1	YSF educational officer
4	YSF secretary
3	YSF national chapters liaison officer

*Past ESB conferences attended:*

ESB 2019 – Dresden, Germany

ESB 2021 – Porto, Portugal

ESB 2022 – Bordeaux, France

ESB 2023 – Davos, Switzerland

## **Candidate summary (max 1 page)**

### ***Motivation:***

As an early-career researcher working in the field of tissue engineering towards orthoregeneration (specially focused on intervertebral disc disease modelling), I have experienced firsthand how valuable the young sections of different societies are in promoting young researchers and fostering scientific exchange and career development. I am motivated to join the YSF Board to actively contribute to this dynamic network, helping to strengthen the visibility of young researchers within the biomaterials community, in which I have been participating since the early years of my scientific path, starting with ESB 2019 in Dresden. Throughout my research journey, I have worked across different areas of biomaterials science and engaged in international collaborations, which have highlighted the importance of connecting diverse scientific perspectives and interdisciplinary teams, particularly at early career stages. I aim to bring this collaborative mindset to the YSF, contributing to initiatives that promote dialogue and interaction between young and senior researchers across the ESB community, towards our shared goal of advancing biomaterials science.

### ***Possible Achievements:***

As a YSF Board member, I would bring a strong sense of collaboration and commitment to ongoing and new initiatives that strengthen the visibility and engagement of young researchers within the ESB community.

If selected as Educational Officer, I would contribute to developing training activities and workshops tailored to early-career researchers, building on what has been successfully organized at each ESB annual meeting. I would also be interested in exploring online events throughout the year, in collaboration with other young sections from related societies, to promote key practical skills such as scientific writing, communication and interdisciplinary collaboration. Furthermore, I would like to contribute to initiatives that enhance accessibility and participation, such as travel grants or support schemes to help young researchers attend biomaterials-related events.

As Communication and Dissemination Officer (my first preference), I would work to enhance the YSF's online presence through consistent and appealing content, including researcher highlights, short educational posts and coverage of YSF and ESB main and supported events. I would also explore new formats for outreach, such as short video interviews, to make communication more dynamic and accessible.

Nevertheless, I am eager to contribute to the YSF's activities beyond any specific role, supporting the team wherever my experience and motivation can be most valuable to advance the YSF's mission.

### ***Communication skills:***

Throughout my academic path, I have been involved in both scientific dissemination and community engagement. I have experience communicating science to different audiences, from writing and presenting at international conferences to organizing and mentoring students in laboratory and thesis projects. Beyond academia, I am also engaged in youth and educational initiatives aimed at the general public, frequently visiting primary and high schools to promote scientific curiosity and awareness of biomedical research. These experiences have strengthened my ability to adapt messages to diverse audiences, combining clarity and enthusiasm to make science more accessible and inspiring.

### ***Any other ideas/remarks:***

Motivated by the YSF's mission to foster collaboration, knowledge promotion and exchange and inclusion among young biomaterials researchers, I am committed to promoting initiatives that connect researchers across disciplines, countries and career stages, helping the forum continue to fully realize its potential as a diverse and engaging community.