

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

It should not exceed two A4 pages and should include a photo of the candidate.

Name: Cátia Filipa Rodrigues Monteiro

Nationality: Portuguese

Date of birth: 20/08/1995

Current position (position, affiliation): Junior Researcher, CICECO – Aveiro Institute of Materials, Department of Chemistry, University of Aveiro, Campus Universitário de Santiago, Aveiro, 3810-193 Portugal

Research interests (5 keywords): Human-derived biomaterials, 3D tumor models, vascularized systems, cell-sculpted materials, organ-on-chip



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:

Throughout my scientific career, I have attended several national (10) and international (12) conferences, which have provided excellent opportunities to engage with renowned researchers from the biomaterials community, exchange knowledge, share experiences, and showcase my scientific achievements. Within the ESB framework, I had the pleasure of attending the ESB conferences in 2023 (Davos, Switzerland) and 2025 (Turin, Italy), where I delivered oral presentations highlighting my PhD work and, more recently, my research as a Junior Researcher. In both editions, I also presented two posters (one in each edition) related to collaborators' work. Although I could not attend the ESB 2021 (Porto, Portugal) in person, my PhD supervisor presented both an oral and a poster communication related to the work I was developing. Additionally, I would also like to mention that I presented my research in the World Biomaterials Conference (WBC) 2020, held virtually due to the COVID-19 pandemic, further strengthening my engagement with the ESB global community.

Candidate summary (max 1 page)

Motivation:

My motivation to join the YSB-ESB Board comes from a genuine intention to contribute to the development and visibility of the young biomaterials community. Attending ESB conferences has shown me the value of this network in connecting researchers and inspiring collaboration. I have been involved in mentoring students and organizing academic activities and conferences since my bachelor's studies, when I was a member of the Chemistry Student Group at University of Aveiro (UA). Since 2024, I have also been lecturing "Transferable Competences - Communication and Presentation Techniques" at UA. These experiences have strengthened my communication and engagement skills, deepening my interest in education and scientific communication. I would like to extend this passion to support YSB-ESB initiatives, promoting knowledge exchange, skill development, and visibility for early-career scientists. I would be honoured to help strengthen that mission within the ESB and give back to a community that has greatly shaped my path.

Possible Achievements:

I would like to contribute to initiatives that bring young researchers closer together and make the YSB-ESB community more dynamic and visible. One idea could be to create an online forum on the ESB website where members can share their latest work, discuss challenges, and exchange ideas in an informal and supportive environment.

Another goal would be to strengthen the dissemination of YSB-ESB activities, awards, and funding opportunities through more engaging and regular communication channels. Finally, I believe we could expand the existing award schemes, especially those supporting research stays abroad, to encourage international collaboration and new learning experiences for young scientists.

Communication skills:

I really enjoy communicating science and helping others do the same. To date, I have had the opportunity to present my work as oral communication (9) and poster presentation (15). Since 2024, I've been teaching "Transferable Competences - Communication and Presentation Techniques" at the University of Aveiro, where I guide students in sharing their work with confidence and clarity. I've also organized conferences/seminars/workshops (e.g. SupraLife Summer Schools and Final Conference) and mentoring activities, participated in several outreach events (e.g. TechDays, European Research Night), which taught me how to connect with people from different backgrounds and make scientific discussions engaging and accessible. I like to bring energy, empathy, and a collaborative spirit to every interaction, qualities I believe are key to strengthening the YSB-ESB community.

Any other ideas/remarks:

Another initiative I would like to suggest is the creation of a regular webinar series, inspired by the "Tissue Talks" format, where renowned scientists from across Europe could share their latest research and perspectives with young biomaterials researchers. These could be complemented by special editions entitled "**From a Young Researcher to Young Researchers**", offering a space for early-career scientists to present their ongoing work, exchange experiences, and foster collaboration among peers. Held once a month, for example, these sessions could provide accessible, high-quality scientific content while strengthening the sense of community within the YSB-ESB network.