

**Report of the EULAR/ACR Exchange Programme 2018
(October 18-19)**

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I was honoured to be chosen for the 2018 ACR/EULAR exchange programme.

Being in the beginning of my career as a researcher, I considered this programme an opportunity to meet more junior researchers and together create a network for potential future collaborations. The programme included talks by significant people in the field of rheumatology, and we were also given the opportunity to present our research to mentors and receive important feedback, including suggestions for refinements.

Everything was very well organised. We received information continuously about what was being planned and what we were expected to do, including the registration to the ACR meeting, the hotel reservations, the agenda for the meeting and all important information about the city of Chicago, for example transportation.

Overall, the exchange was an inspiring experience that I'm going to remember for a long time to come. Having heard about the mentors' journeys through career and life is a blessing. I learned that curiosity, originality and persistence are important ingredients for successful research. I met wonderful people who I look forward to seeing again at future meetings, and to collaborating with in future works.

I would encourage all young researchers to take advantage of the opportunity and apply for the programme. It may change your career. It will hopefully refine your way of conceiving research. It will definitely remind you of one of the most important reasons why you do research; that is because research is wonderful.

