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My name is Anna Plater and I am the Head of International Office at the Polish Academy of Sciences which in Japanese terms is an equivalent of Science Council of Japan combined with the RIKEN network of research institutes.

First and foremost, I would like to express my deepest gratitude to Mr Sasakawan, to Nippon Foundation and to the extremely friendly and hard working team of SYLFF Secretariat. Thanks to you this workshop has been a truly wonderful experience that we will remember forever. Also, I would like to say big thank you to the fellows and to the president of APU for allowing us to meet on this beautiful campus in Beppu.

My adventure with SYLFF started in 2014 when I was struggling to finish my PhD thesis. This was particularly difficult as simultaneously I had to work full time. It is really thanks to Sylff funding that I have finished my doctoral thesis, obtained the degree and moved on to successfully pursue my career in the Polish Academy.

I come from Poland which for many of you may be familiar as the homeland of Chopin or Maria Skłodowska-Curie. What is also worth to mention is that this year we are celebrating 100 anniversary of the establishment of diplomatic relations between Poland and Japan. This anniversary as well as the amazing opportunity to meet and discuss with the Sylff fellows who came here from many different countries around the world invited me to think on how can I contribute to strengthening further relations between our countries and our regions, as well as how can we make our everyday work relevant globally.

During our session in September and April we had the unique opportunity to visit the most picturesque parts of Japan, immerse in the exciting culture of Japan not to mention the Japanese cuisine, but also to discuss and challenge ourselves in a truly friendly and stimulating group of Sylff fellows, Foresight Intelligence facilitators and participating Japanese experts.

For me the key thought which came up in many discussions during our workshop was the growing understanding that whatever bad happens locally it has global consequences, yet

whatever good happens locally it can have global applications only if we jointly strive for it. The amazing sylff network provides us with tools to share best practices and to transform our initiatives into globally relevant projects.