Josefa Laveda, a Chemistry PhD student at the University of Glasgow, attended the recent Standing up for Science media workshop held at the University of Glasgow on 26th November 2013.

"I found the workshop very interesting and useful. Now I understand a bit better how research is transmitted in the media and how journalists deal with scientific research. After this workshop, I have realized how important is communicating our ideas in an appropriate way to engage the public because of course what we all want at the end is let everybody know our research and make possible to apply it in our lives. Moreover, I also learnt that social networks as Twitter or writing a blog can also be a suitable way to present my research to a wide range of public. Finally, this workshop made me aware of the necessity of asking always for evidence to communicate good science in the media."