

## Our INSPYRE training session

The 31<sup>st</sup> of March 2019 a group of students from College Lycée Experimental went to Frascati in Italy for a week to participate in the INSPYRE training session. There we met people from 15 different countries from all around the world. This was a week of physics conferences but also a time to get to know new people and exchange knowledge.

Monday till Friday we had conferences mainly about quantum physics and particle physics. There were speakers from all around Italy and one from Finland. The best conference was the one held by Catalina Curceanu because it was simple and clear. She talked about *7 mysteries of Modern Physics*. It all leads us to quantum mechanics.



Two of the days we got to see a bit of the labs, DAPHNE and KLOE, which were a detector and an accelerator. We also got to do some experiments with scientists Wednesday and Thursday before lunch. The experiments were about everything from Atoms to Quantum mechanics to medicine and Cosmic ray.

Even though this week was a training session to experience how the physics works in the real world we also had some time to be social and get to know the others. Already on our first day we started to get to know a lot of people and in the evening, we went to a restaurant to eat dinner with a lot of new friends. The Wednesday INSPYRE arranged a social dinner for participants so that we

all of the could all get to know each other better.

There was also some spare time in the afternoons where we got to do what we wanted and the three first days the weather was so good that we went for a swim in the outdoor pool on the hotel.

The last day of our training session we had a “graduation” where we all got our diploma for participating. Thanks to Catalina Curceanu and Rossana Centioni this experience is possible, and everyone had a great week full of physics.

After this week we returned to France a little bit tired but maybe with some new ideas and knowledge for our future.



Figure 1: The 90 students who participated on the INSPYRE training session



Figure 3: after the "graduation" and everyone were happy with their week