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What began as my PhD thesis at the University of Lucerne has now blossomed into this book – a journey that has transformed not only my research but also the person I have become. Much like the right to science, this process has been one of openness, exchange and mutual learning. It has taught me to sit with uncertainty, to think more slowly and to question more deeply – not only in my work but also in how I engage with the world. In embracing this right's spirit, I have come to see that science, in all its forms, is a profoundly human and transformative endeavour.

It is on this foundation that I owe my thanks to my supervisor, Professor Dr Martina Caroni. Your early suggestion to explore the right to science lit the path forward, and your patience, encouragement and support have carried me through every step. The years I spent working as your research associate at your chair offered an invaluable apprenticeship in academia, where I learned the skills and discipline essential to independent research – lessons that continue to guide me today.

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have imagined at the time. Your belief in me back then gave me the confidence to take this path, and for that I remain deeply grateful.

Very much in the spirit of the right to science, I was able to experience 'the benefits to be derived from the encouragement and development of international contacts and co-operation in the scientific field' (Art. 15(4) ICESCR). Science is indeed not a solitary pursuit in an ivory tower. It thrives on exchange, dialogue and shared enquiry. My time abroad was exactly that – each location bringing its own constellation of collaborations, fresh perspectives and new ideas that have profoundly shaped both this book and my own growth.

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