I was privileged to attend to EMBO Practical Course on Methods in Cell Biology in Heidelberg, at European Molecular Biology Laboratories (EMBL) in August 2007. Among over a hundred applicants I was chosen together with thirty other pre- or postdoctoral students all over the world. The course was focused on broadening the participants’ knowledge of experimental systems and technologies in modern cell biology, including light and electron microscopy techniques e.g. LSM (laser scanning microscopy), EM-tomography, TIRF, FRAP, FRET, FLIM, FCS, laser ablation and image analysis. Variety of different cell biological models was used, such as budding-and fission yeast, mammalian tissue culture cells, and Xenopus egg extracts. Seminars and lectures were given by well-known invited and local speakers, followed by practical laboratory work in the Cell Biology and Biophysics unit at EMBL. In practical sessions, I got the privileged to attend in laboratory workshops of Dr. Claude Antony, Dr. Philippe Bastiaens, Dr. Eric Karsenti and Dr. Michael Knop. I would highly recommend this course to anyone interested in modern cell biological methods. Finally, I gratefully acknowledge National Graduate School in Informational and Structural Biology and Emil Aaltonen Foundation for financial support.