Valera was born on the Orion starship Utuharga, and didn't set foot on an actual planet for the first 10 years of her life. Her formative years were shaped by the independence and adaptability that life in space required, honing her instincts and skills long before formal training. She finds the gravity on most M class planets to be...weird, and has trouble sleeping without the hum of a starship.

At 16, during a trade negotiation mission with her family on Starbase 12, Valera seized a Federation shuttlecraft for a joyride; pushing the shuttle's limits to evade capture, till she decided she was done and returned the shuttle. Her stunt captured the attention of Lt. Commander Liu. Rather than meting out discipline, Liu recognized her aptitude and saw untapped potential in her. Convincing her that she could fly "further and faster" than ever before, the Liu sponsored her entry into Starfleet Academy, where Valera quickly rose to the top of her class in flight training.

When Liu (now Commander) was given a posting on the newly christened USS Nightingale, Valera (along with fellow mentee Faraday) was brought aboard to serve. When their mentor was given command of his own starship, Valera was offered a transfer and promotion, which she declined in order to stay on the Nightingale. This disappointed Faraday who told her she wasn't living up to her potential, their friendship has been strained ever since.

Cocky and sometimes brash, Valera wields humor as a shield, deflecting her insecurities with a mix of bravado and wit. Her ship and crew, however, have become her anchors, grounding her restless nature in camaraderie. She is a damn good pilot, and truly loves her ship. She's going to be the greatest pilot Starfleet has ever seen, whatever it takes.

- Valera is loyal to a fault, and will step in to defend her crew. She doesn't mind getting into trouble if it's for "her people."
- She sometimes tests the limits of her ship in ways that *border* on dangerous. She craves the rush of pushing technology—and herself—to the limit. This high tolerance for risk sometimes verges on carelessness, especially in tense or dangerous situations.
- She deflects emotional or vulnerable moments with humor, making it hard for others to see her true feelings or insecurities. Her humor can distance her from forming deeper relationships.
- Valera respects competence over rank.
- For Valera, the Nightingale isn't just an assignment—it's her family, a place she feels understood and needed in ways few can match.