

Lisbon, August 28th, 2025

To whom it may concern,

On behalf of the *3D Printing Center for Health* (3DP4Health), I am very pleased to provide this letter of recommendation for **Lilli Josephine Anders**, whom completed an internship at our association between September 1st, 2024 and February 2nd, 2025, in close partnership with the NOVA School of Science and Technology (NOVA FCT) and Instituto Superior Técnico - University of Lisbon (IST-UL), while developing her MSc program at IST-UL.

During her internship and MSc integrated project curricular unit work, Lilli demonstrated exceptional **technical and scientific competencies** in the field of biomedical engineering, scientific research methods, numerical analysis, additive manufacturing, and patient-centered innovation. She acquired in-depth knowledge of 3D-printing technologies and became highly proficient in CAD software (Autodesk Fusion 360), applying these skills to both simple and complex projects alike. She also optimized 3D-printing parameters for application-specific requirements, achieving high-quality and clinically relevant results.

Her main internship project focused on the development of a **3D-printed modular drinking system for tetraplegic patients**, co-created with healthcare professionals from the Rehabilitation Center of Alcoitão. The device was specifically designed to be modular and adaptable, enabling individuals to drink independently. In this project, Lilli combined strong technical expertise with creativity, empathy, and close collaboration with clinicians, ensuring the device responded effectively to patient needs.

Beyond her internship, Lilli developed her MSc thesis at the 3DP4Health, focusing on the design and prototyping of a **customized orthoprosthesis for a young child with fibular hemimelia**, in collaboration with the Department of Physical Medicine and Rehabilitation at Hospital D. Estefânia – Unidade Local de São José. This highly innovative project required not only technical excellence but also advanced project management skills, as she coordinated multiple stakeholders including hospitals, engineers, therapists, and the child's family. Through an iterative, patient-oriented design

process, she successfully delivered a functional, clinically relevant device that is now in use.

Lilli is distinguished by her **fast comprehension and strong technical understanding, logical and analytical problem-solving skills, and remarkable ability to document and disseminate scientific results**. She has an excellent command of English, a high level of quality awareness, reliability, and integrity, and consistently demonstrates a structured and systematic working style. Moreover, she excels in teamwork and communication, integrating seamlessly into multidisciplinary environments, while also working independently with diligence, rigor, and attention to detail.

Equally important, she showed an exceptional capacity to **integrate collaborative teams**, both within the 3DP4Health and with clinical partners from Hospital D. Estefânia and Rehabilitation Center of Alcoitão. Her professional conduct, empathy, and dedication to patient-centered innovation are qualities that make her a valuable contributor to any research or clinical environment.

We are deeply grateful for Lilli's valuable contributions to our projects and have no doubt that she will continue to excel in her future academic career. She has our **highest recommendation**.

Sincerely,



Cláudia Quaresma
President
3D Printing Center for Health