1. Reasons for joining the ENS
I first heard about ENS in the end of 1989 and I did not know any other society of Neurology in Europe. I sent an abstract for a poster in the second ENS Congress in Brighton in 1990. I was impressed by the high scientific level and the friendly atmosphere in the sessions. Since then I have participated in every ENS Congress with posters, oral presentations, in teaching courses and the multiple sclerosis expert sessions. I became immediately member of the ENS and 1998 I was elected for the Executive Board. Following my activities in ENS a great number of Greek neurologists have attended the ENS meetings.

2. On the values and missions of the ENS
As mentioned before, a crucial value was the advanced scientific level, the friendly environment in the sessions and the high standard of our journal, the Journal of Neurology, which has increased its impact factor throughout the years. Furthermore, I liked to the selection of the invited speakers based exclusively on their scientific background. The thorough review of the submitted abstracts resulted in an almost 20% of rejection and that contributed to the good or excellent quality of the accepted abstracts. As the meetings were attended by a great number of participants from various countries, it was possible to communicate with colleagues all over the world.

3. Important achievements during my presidency
In 2005 I was elected President of the ENS and next year I organized the Presidential Symposium in Vienna. The title of the Symposium was „Advances in Multiple Sclerosis“. I decided that this Symposium would not focus on Neuroimmunology which dominated multiple-and still does- but would cover other aspects of multiple sclerosis as Neurodegeneration, Neuroprotection and Repair. In Vienna in 2005 I proposed again (as I did previously in 1997) that the Congress of our Society in 2007 should be held in the island of Rhodes in Greece. The Congress, under my chairmanship, as the previous one, was a big success not only of the usual high scientific standard but also of the substantial number of participants (more than 3000), after a transient decline in participation in the two previous meetings.