

**[Early Career Meeting SwissPLANT 2024](https://swissplantscienceweb.unibas.ch/en/swissplant/) 16–17 Jan 2024, Les Diablerets**

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**Micro-RNAs induced by a swim at 35°C counteract skiing stress**

**Thomas Boller1**, Frederick Meins, Jr.2

1 Department of Environmental Sciences – Botany, Basel University, thomas.boller@email.xyz

2 FMI Basel

Skiing is considered a form of severe stress for plant scientists, based on field studies in Les Diablerets. Here, we show that micro-RNAs induced by a swim at 35°C counteract negative effects…