



NANOSTEM

Developing new **NANO**materials for neural **STEM** cells drug delivery

Newsletter

Issue 3 — March 2020

Welcome to the 3rd issue of the NANOSTEM newsletter

A lot has been happening since the last issue of NANOSTEM newsletter in September. A large majority of the ESRs have been jumping around from **secondment** in **secondment** to strengthen collaborations and extend their skills set; in this issue you can read the adventures of Inês, Eirini, Alena, Sonia, Federico and Francesca around Europe! The ESRs have been also highly dedicated in showcasing the diversity of research and highlighting the impact of research on our daily lives to the public; here you can read about the experiences of Roberta and Elisa at the **European Researchers' Night**, the most famous occasion for researchers to showcase their own work to a wider audience. The impact of our research can also be seen by the participation of our ESRs in **scientific conferences**; Eleonora and Sara will tell you more about that in this issue of the NANOSTEM newsletter. And... For the first time, **Georges Kiriako**, the last ESR joining NANOSTEM, is writing an article about himself and how has been the experience as a NANOSTEM ESR so far. This and much more in the new issue of the NANOSTEM newsletter.



All NANOSTEM ESRs have contributed to first the Nanostem Advent Calendar addressing different scientific topics in a funny and simple way!

Have a look inside to get to know more about this exciting journey!



This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska-Curie grant agreement No 764958.



Queen Mary
University of London

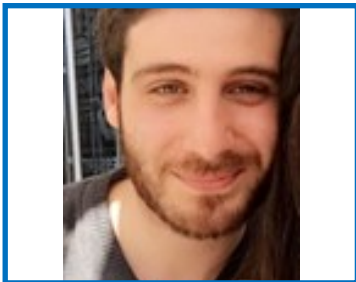
Georges first experience as a NANSOTEM ESR

When my Marie Curie adventure started

An article by Georges Kiriako, ESR

When I first read my acceptance to the Nanostem PhD program, it was a dream come true. Not only was I excited for the project, but also for visiting the beautiful city of Stockholm. On the 1st of the June, as soon as I landed in Sweden, I was really shocked and amazed. Coming from a middle eastern country, I was really surprised by many things such as the public transport, the cashless city, the cleanliness and the quietness of Stockholm. Swedish people are very cold at first but once you get to know them, they are very nice and friendly. The second day, I visited my university and got to know my lab mates. The research center is truly magnificent and artistically designed. The people I met were very warm and kind. The first few months was all learning and reading about DNA nanotechnology since this is a new field to me. With the help of my colleagues, I started working on my project with excitement and enthusiasm. On

About Georges



Georges was born in Beirut, Lebanon. He obtained his bachelor's degree in biology at the Lebanese University and a master's degree in biomedical engineering at the American University of Beirut. His master's thesis was focused on developing a 3D in-vitro model of the blood-brain barrier to study cancer metastasis. He has expertise in developing biomaterials for 3D culture of cells. On the 1st of June 2019, Georges enrolled as a Ph.D. student in Ana Teixeira's lab at Karolinska Institutet. His research will focus on developing DNA/Protein nanostructures for blood-Brain barrier permeation. In his free time, he enjoys reading books, watching movies and taking hiking trips.

October, I visited the beautiful city of Kiruna, in north of Sweden. It is there that the spectacular northern lights appear every night. At around 10 PM, sitting in the jacuzzi outside and drinking wine, the aurora came into life. It was by far the best experience in my entire life. It was so majestic and peaceful. It was in this moment that I felt really happy to be in Sweden.



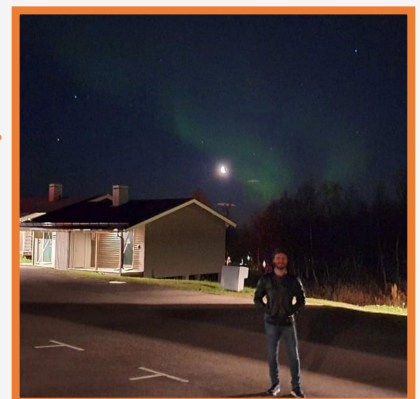
Biomedicum,
Karolinska Institutet.

Northern lights in Kiruna.

Georges



Karolinska
Institutet



The ESRs are going on secondment!

Arriving in London!

An article by Inês Albino and Eirini Epitropaki, ESR

Eirini Epitropaki (ESR14) and Inês Albino (ESR4) joined the team in QMUL last October to start their secondments in the setting of the NanoStem project. Now they tell you all about their experience...

“In order to monitor the behaviour of my particles further I went to Queen Mary University in London for my secondment and examined the protein corona formation and the surface tension abilities of my synthesized particles. The first day I was welcomed to the lab by all the group members of the Resmini group and they really made me feel like at home so I adjusted pretty quickly. Fortunately, it happened that I wasn't the only ESR there for a secondment, so for all the inductions and lab safety lectures I was accompanied by ESR 4 Inês Albino, which helped me a lot by lighting up the mood even afterwards if I had a failed experiment. The laboratories were really well equipped and I liked the fact that even though different groups were using the facilities everybody was collaborating and helping each other. The responsibilities and the bureaucracy seemed to be significantly reduced from what I am used to in my group so I could be more efficient in the lab, where I got the results I was expecting for the protein corona formation. Furthermore the surface tension measurements gave me a new aspect of the physicochemical abilities of my particles especially those with different structure. Moreover, ESR 3 Roberta Bilardo, after the guidance of Prof. Resmini, proceed in zebrafish experiments with my particles, whereas I solidified the expectations of cytotoxicity effect that my particles have. At the end of my secondment, it was scheduled



After the Greek restaurant... The perfect ending and great farewell!

to go for dinner to a Greek restaurant, which was the perfect ending and a great farewell.

Overall my experience of this secondment was extremely positive and I wish I had more time to spend there. I had results for my particles and a very pleasant atmosphere in and out of the lab. I would like at this point to thank all the members of the Resmini group for their hospitality, ESR 4 Inês Albino for the great laughs and music in the lab, ESR 3 Roberta Bilardo for the zebrafish experiments and especially Prof. Resmini for her guidance and the great lectures.”

Friday night at QMUL everyone gathers in SCR for few drinks



Friday night at QMUL everyone gathers in SCR for few drinks

Eirini

“Just as Eirini did, I went to London last autumn to further characterize the brain delivery system we are developing at CNC using Resmini’s group know-how. But soon I realised the scope of my secondment at QMUL was going beyond that. At the Chemistry department, I was going to work with people from different backgrounds, meet other scientists and create opportunities for new partnerships. Occasionally, I was going to make new friendships. I was welcomed in Resmini’s group where I found a smaller team in close discussions and brainstorming. The working field was also different, a more materials chemistry oriented one, which was challenging sometimes to recall some concepts, but helped in learning new techniques and better understanding the work developed by my fellow ESRs in QMUL. After one month my stay was about to end, I was feeling I fitted that laboratory as I fit mine. I think that’s the result of multi-disciplinary projects and teams working together. Thanks to everyone involved I returned home with exciting results and great experiences. Next summer it will be my turn to host a member of Resmini’s group in Coimbra and I am looking forward to that.”

Inês

Alena's secondment at the University of Birmingham

An article by Alena Vdovchenko, ESR

The last six months of my life I spent at the University of Birmingham, where I was on a secondment in Prof. Rachel O’Reilly research group. Let me sum up some of the best things I’ve experienced in Birmingham:

- ◆ The first thing that catches an eye in the O’Reilly group is its size – there are more than 30 people in the group, the Picture 1 is a proof of my words. This provides the group with a very broad level of expertise; so you can find a person experienced in any chemistry-related techniques and equipment sitting next to you!
- ◆ I will definitely miss windows in the lab with an amazing view on the campus (see Picture 2);
- ◆ Half the price of accommodation in comparison to London XD;
- ◆ Fun group events – Group Bowling Night, Christmas Mini-golf party, Christmas Symposium (see Picture 3 with a hint of Christmas vibes in the lab);
- ◆ Very supportive and friendly members of the group who helped me not only during the struggle with an experimental work, but also brightened up my time outside the lab by showing around Birmingham. And since there are not many exciting sightseeing sites in Birmingham, with the help of the group members, I visited many historical places throughout England.
- ◆ last but defiantly not least – I really enjoyed my scientific work! This secondment gave me an opportunity to plunge into the depths of synthetic polymer chemistry, not only in the lab, but also during group meetings, productive discussions and searching for answers in the literature.



View on UoB from the lab window (left) and Christmas vibes in the lab (right).

Overall, this secondment was very useful for me - I had an inside look at the work and management of such a large and productive group, I found new friends and gained valuable experience that will help me take another step towards getting a PhD. Nevertheless, while the time in Birmingham was so enjoyable, I look forward to returning to Queen Mary to begin a new stage of work.



Rachel O'Reilly group 2019

Alena

My secondment at MJR Pharmjet

An article by Federico Traldi, ESR

Last November, I had the opportunity to travel for a month secondment to MJR Pharmjet, one of our ITN's industrial partners located nearby Saarbrücken (Germany), where I was very excited to receive my first experience in an industrial research laboratory. Before I could even access and have a look into the company laboratories, I had to pass a series of tests on the basic protocols and safety guidelines adopted by the company. As my stay was short and time for experiments limited, I was required to start studying from the very first day! The best part of this is that all documents were written in German! Of course, with a good help from Sonia, her colleagues and google translator, I managed to complete all tests within a week, and I was ready to start working in the lab the following week.

From my lab experience in the company I can say I now appreciate very well how different research can be in an industrial set up compared to an academic one. I was astonished by how strictly and rigidly scientists in the company must adhere to the established protocols. Not speaking of the infinite rules regarding how to report experiments on a laboratory notebook: failing to follow even the most subtle formality may invalidate the entire experiment! I must admit though, as days passed, I started to understand the importance of reporting experiments in a very detailed and formal way. Sometimes even the apparently most insignificant detail in how you carried a procedure out can have an unexpected impact on the experiment outcome and results!

Although nothing really special happened in the two thousand souls-village where I lived for a month, I was in a strategic position. In less than an hour of car we were in Luxembourg! Here me and Sonia had a small reunion with the ESRs from the University of Artois (Eleonora and Elisa) and spent a wonderful day in this amazing city (we even bumped in a science festival!).



Elisa, Sonia, Eleonora and Federico at the Science Festival in Luxembourg.



Saarbrücken's Christmas Market.

Another attractive destination I had a chance to visit a few times was Saarbrücken, the biggest city in the region of Saarland. Here I spent some time in Prof. Mark Schneider's group at the University of Saarland (academic partner of Nanostem) and obtained various trainings in his laboratories. I also was lucky enough to visit the Saarbrücken's famous Christmas market and warm up with some Glühwein while enjoying a couple of Bratwursts: German bliss!

I would like to thank Sonia, Dr. Nazende Türeli and all MJR employees for the kindness and support they provided during my stay!

Federico

My secondment at Saarland University

An article by Sonia Lombardo, ESR

Since I am one of the lucky ESRs doing her PhD in pharmaceutical industry, I did not have the chance to experience working in academia since the beginning of my work at MJR PharmJet GmbH. However, academia was not uncharted territory for me, as I was already going monthly to Saarland University, in Prof. Marc Schneider's group (where I am registered as PhD student) for attending lab seminars and presenting my work. The advice I received there from Prof. Schneider, post-docs and PhD students were invaluable. I also enjoyed a lot the proximity with fellow PhD students, which I am maybe a bit lacking at MJR. All of these reasons made me very excited about my three-month long secondment in Prof. Schneider's group at Saarland University from October to end of December 2019.

As Saarland University is just 30 km away from my home and MJR, the beginning of my secondment was quite easy. Indeed, I did not have to worry about moving and settling somewhere new and I knew already most of the people in the group. Another big advantage was that I could always stop by MJR if I needed some data, to take some samples, or just to make sure my colleagues were not forgetting about me.

Working in academia was a nice opportunity for me to gain experience on cell culture and microscopic techniques that we do not have at MJR. Gaining experience in new fields is something tremendously useful to broaden your spectrum of competences. The work I did in biology will certainly help me understand better now the struggle of some ESRs working in this field.

This secondment was also useful to confront the industry GMP (Good Manufacturing Practice)-like environment I work in at MJR and which I got very used to, to the maybe more relaxed rules of academia. Differences were noticeable and it was a nice opportunity for me to get reacquainted with the way labs work in university, as well as to get more flexible in my way of working.

Finally, this secondment was a nice opportunity to socialize more with people from the group and I left really feeling as part of the team. I am now really looking forward to the lab seminars and to my short visits, of course for the scientific benefits they provide, but also for the heartwarming “welcome back” I receive each time.

Sonia

My short visit to the University of Artois

An article by Francesca Tomatis, ESR

“Amazing”, this is the first word that comes to my mind if I need to shortly describe my two weeks in Lens. I have been welcomed by Eleonora and Elisa, who kindly helped me in every single moment of my visit. I could count on them for the practical organization (from the rides Lille to Lens to the keys for the apartment, but also the food for the first evening and too many other small but incredibly precious attentions) as well as for the help in the lab (where to find things, advices on how to improve my experiments...). They made me meet their friends and discover the surroundings of the town, allowing me to simultaneously feel a bit on holidays but also at home since the first minute I arrived. We had the chance to visit Lille and Arras, have a walk in Lens, take pictures in front of the Memorial for the Canadian soldiers dead during the wars and also climbing in Liévin. Moreover, I could taste the typical food of the region, falling in love with the “cassonade flamande” and enjoying a lot of crepes and gaufres.

We had really good time also in the lab, where I tested the toxicity of my nanoformulations and their crossing of the blood brain barrier. I could perform the experiments that were planned for my visit, but most importantly I could compare two ways of realizing the same model, learning a lot and obtaining suggestions on what I could change in my experiments in order to get better results. It has been useful to see an alternative management of the lab, too, in which every person is aware of the results of all the other colleagues and where everyone is involved in the development of the blood brain barrier model adopted.



Francesca, Elisa and Eleonora caught off guard in the lab.

I saw a different way of communication between researchers and I am sure this will be beneficial for my future career. I also received some comments about my results from the PIs, Marie Pierre and Caroline, and I will take advantage of them for my future work.

What scared me more during the time at the University of Artois was the presentation of my project in front of the group working in Lens. I was told I would have had to present at the end of my short visit, so I tried to prepare the speech during the time between the experiments. Even in this occasion the other ESRs helped me a lot, allowing me to try the presentation in front of them several times. At the end it has been a good training for me and an opportunity to improve my skills also in this way.

So, I can definitely affirm I am extremely satisfied of my experience in Lens, both on a working and on a personal level. It has been a short but certainly valuable visit. Now it is time to go back to Portugal and Eleonora will come with me to do her two-months-long secondment, so a new adventure is waiting for us!

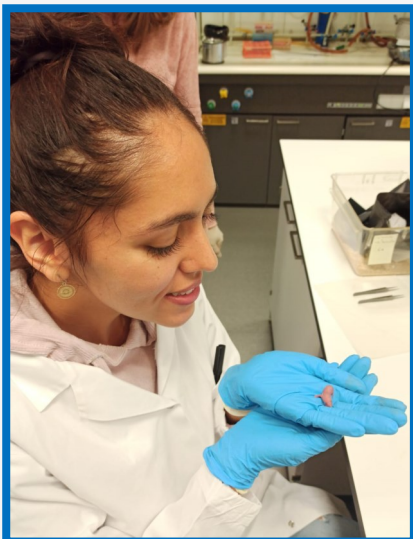
Francesca

The PhD Experience

An article by Angela Barrera, ESR

“Time passes very quickly” this is a sentence that you hear everywhere, but, when it comes to a PhD, you can feel it even closer to your life. During this experience I have felt that time does not go so fast, times flies. It is about many things to do, classes to take, new techniques to learn, trainings, and a lot of experiments to plan and to perform. A lot of things to do, it also means a lot of experiences to live, to go through, to enjoy and learn from.

I have been involved in this, not even one year and after all this time, I am being through many things, personally and academically. It took me some months to get used to the different life, to the fact of being in a different country. I think, I still have things to learn and to get used to. I had to take some trainings to be able to continue with my project. First, I went to the University of Beira interior, in the center of Portugal, I went there to learn a new technique, to learn how to culture neural stem cells. It



Angela at the FELASA course

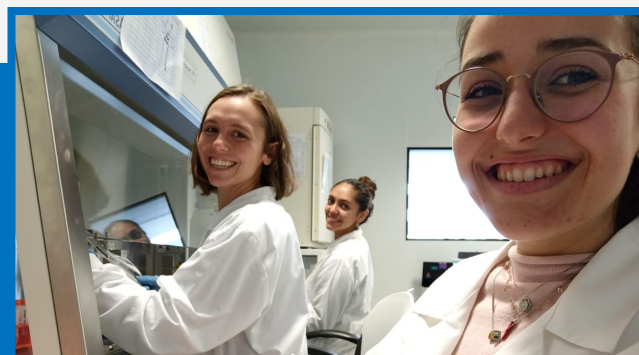
was a great experience, I met other super nice and gently PhD students; to go to a different laboratory, and to be involved with what other people do is always a nice experience. Then, as part of my PhD, I have to work animals models; to be able to do it Europe, I had to take and official certification: the FELASA course and training; it was a super challenging course, because it was about all what you have to know related with animals experiments. Everything in just two weeks, including a project to defend and an exam to present at the end of the course. The experience was so nice, it was a multidisciplinary course full of people with different backgrounds and academic levels; plenty of P.Is, post docs and others PhD students; for me was a great experience to be there, to share time with all them, and another plus, the course was held in Porto, and being in that beautiful city for two weeks was amazing.

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Francesca, Angela and Inês by the seaside in Portugal!



Warm welcome from the team in Coimbra to Eleonora that went for secondment.

Angela

The ESRs have been active in Outreaching!

European Researchers' Night

An article by Roberta Bilardo, ESR

The annual appointment of the European Researchers' Night represents one of the most famous occasions for researchers to showcase their own work. Several events are organised around Europe with the aim of bringing researchers closer to the public, by showing the diversity of research and highlighting its impact on daily life. Also, it is a way to encourage young people to embark on research career.



The beginning of a very rewarding experience!

The popularity of this occurrence has been growing over the years, and over 1.5 million of visitors were counted to attend the 2018 Night!



The ESRs Roberta, Federico and Alena in action!

Following this enthusiasm, all of us, fellows based in UK, decided to actively take part to it last year. To do so, we got involved into the event “Science at the Cathedral”, organised by the LifeLab community and taking place on September 27th and 28th in Ely (in Cambridgeshire). The presence of a great number of research groups allowed to propose a very varied programme of games and activities for attenders of all the ages. Among these, DNA sequencing, looking at different types of cells by using electron microscopy and, even, programming little STEM cells robots...! Given the wide range of choices, it was impossible not to enjoy at least one of the proposed “experiments”!

We dealt with the extraction of DNA from fruit. In fact, by using everyday household items such as washing-up liquid and salt, we were getting DNA out of strawberries and allowed visitors to see it with their own eyes. Particularly children were engaged in this experiment, fascinated by the possibility to move from the macroscopic world to the microscopic one by simply smashing fruit and adding some salt and alcohol. From our side, the most challenging part was to make complex concepts and mechanisms accessible and to explain these by using simple words. However, it seemed we really got there since the youngest attenders were full of enthusiasm of doing science with their own hands and looking at the outcome with their own eyes.

But this experience resulted very formative for us also because of the presence of so many other groups. Observing how they organised their stands let us recognise how many different and captivating approaches you can choose to transmit even difficult notions. Some of them inspired us and caught also



Tired but happy and feeling of accomplishment!

Roberta

Science is Wonderful

An article by Elisa Moya and Eleonora, ESRs

The last 25-26 September 2019, a wonderful experience in the shape of a big free exhibition for science divulgation which brought the world of science to the public, organised by the European Commission, was held in Brussel. Around 5000 people (schools, families, young, and “not as young” people) took part through this event full of games, live demonstrations, hands-on experiments, and the possibility of a face-to-face chats with researchers.



The ESRs Eleonora and Elisa ready for the action!

Together with Eleonora Rizzi (NanoStem project ESR), and one collage (ESR from another ITN project) from our laboratory in France, we had the wonderful opportunity to set up a stand in such awesome event. Children from all ages came to the Science is Wonderful event with their schools or families, to discover science and play with it. Funny games where all over the stands to help children understand what we do in the lab, kept them entertained and, our wish was, to make them enthusiast for the science too.



The enthusiastic Elisa and Eleonora explaining their research to a wide audience!

Speaking to a such big public which is not in the field, was challenging, moreover when the age range was so wide, and the languages, specially in Brussels, are various. However, we nicely managed to speak in French, Italian, Spanish, Dutch and English, thanks to the internationality of our small team, and explain to children and adults our research and field.



... And this is the rewards of such experience!

A rewarding feeling was coming to us every time we saw such interest and happiness from the public when they were playing with our games, or having a look to the fixed human brain cells at the microscope that we brought! It was super exciting for them! After all, we just could say that it was a really beautiful experience, rewarding and pleasant in all its aspects.

Elisa & Eleonora

The Failed and Bored conference – neither boring, nor a failure after all

An article by Patrick Quoika, ESR

When I first got to know about the title of the conference, I had trouble holding myself back not to make a silly joke about it. I had only just met Mohammad, the main organizer of the event at the General Assembly of the Marie Curie Alumni Association (MCAA) in Vienna in February 2019. He was the Chair of the Austrian Chapter of the MCAA, therefore the reference person for me within the organization. When he started elaborating what the conference was going to be about it got interested quickly. “We all experience failures in our scientific career. The question is to what extent it should be part of the process...” He was very passionately explaining, why he thinks these are important topics to talk about and that the discussion of these matters is usually avoided for different reasons. He strongly stated, that in his opinion, it would be a good idea to change that. Besides, he mentioned, that the conference was going to be in Innsbruck and since I am stationed there, it would be great, if I wanted to contribute... (:)) At that time I was actually on Secondment in Paris. In fact, in the first few months of the organization, none of the organizers was in Innsbruck. Therefore, Mohammad and the team he gathered for organization was exclusively interacting online, via Skype, SLACK, or simply chatting. It was quite challenging to have different people, working all over Europe, organizing an event in a city, where for the time being nobody was present, accidentally...

Obviously some parts of the organization, do not need any actual presence of the organizers. Choosing and getting in contact with potential speakers and sponsors, can usually be done via email, or phone calls anyways. Also putting up a website and implementing a registration procedure is totally doable from anywhere, where you can go online with your laptop. One of the first tasks I handled was preparing a short advertisement video for the conference. Even though I spent quite some evenings (and parts of the nights) on that, it was really a lot of fun working on that. Amongst other things, I was also responsible for organizing a venue and catering as well as advertising the event on posters and so on. These were definitely tasks, I needed to do in place. So when I arrived back in Innsbruck in July (right after the NANOSTEM summer school) I was quite busy, especially since I did not want the organization of the conference to affect my regular business as a PhD student...

When the day of the conference finally arrived, I had already been in contact with the other organizers a lot. In particular with Mohammad, but also Veronika, who is the chair of the Swiss chapter of the MCAA. It was actually an interesting situation to meet them again at the conference, since I only met them both very briefly in person, yet I got to know them quite a bit over the months, because of the extensive online correspondences. I am very proud to say, that the conference worked very smoothly. Even more, the talks and discussion were very interesting and the interaction with the audience was quite vivid. Still, when we ended the day in the old town of Innsbruck in a traditional Tyrolean Pub, we were quite relieved. Organizing such an event is quite challenging, especially if you do it next to your everyday routine as a PHD student. Nevertheless, I was very happy that I accepted and met the challenge of taking part of the organization and I am looking forward to future events of the MCAA.



Patrick proudly happy for organising MCA³C

Patrick

ESRs showcasing their research!

At SEISC Conference in Orsay...

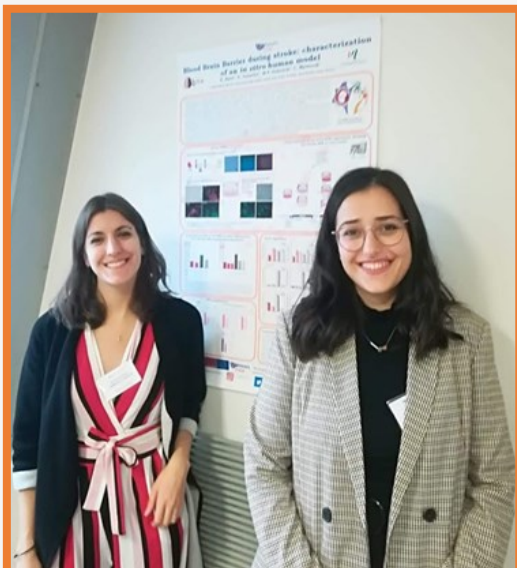
An article by Eleonora Rizzi, ESR

Being able to communicate to the public your work, your effort and your knowledge is really rewarding. As PhD we are always willing in sharing our research and as Marie Curie ESRs, even more. Last year I was so lucky to participate to some national and international conferences and also outreach event organized by the European Commission. Very different experiences that pushed and tested me in many different ways.

The SEISC Conference (Société d'études des interfaces sang cerveau, national conference) was held in Orsay last September and was the first time presenting my work with a poster. Quite challenging and scary, since you have to deal with people with years of experience in the field. In this case your only worries is: 'Would I be able to confidently answer to all their question? And if I will not know the answer? What then?', this was just one of the many many thoughts in my mind before the poster session. I was quite nervous...



Flash Talk to expose the topic of my research to the public and invite them to see the poster.



My beloved poster and a friend, that happens to be also your colleague from the NANOSTEM network!

It is a complicated and oxymoronic situation, you are divided between the fear that you will not be able to answer questions and the one were no one would be interested in your work enough to ask questions. Presenting your poster is anyway not your only thoughts when you attend a conference, being able to witness and be part of others research, being able to participate to the discussion or just listening to the presentation of professor and lecturer is astonishing.

Overall it was a really nice experience, people came to see my poster and we had a great chat about my work and the project I'm involved in. It was a great opportunity for me to start sharing my research and my experience with such a large public and being able to see the interest in people coming to your poster to ask question makes a compensation for all the hour spent in the lab to gain data to show!

Spoiler alert: I was able to answer all the question!! :P

Eleonora

... and at the 14th Portuguese Congress of Stroke

An article by Sara Castro, ESR

The most important conference in the topic of Stroke in Portugal arrived one more year to Porto, for the 14th time!

Between the 6th and 8th of February, I had the amazing opportunity to attend to the 14th Portuguese Congress of Stroke and learn more and more about the situation of this disease not only in Portugal but in whole Europe. The congress aimed, one more year, to bring the best professionals in the area and present new advances and ideas to everyone, with topics like: “Evolution of decision-making in acute stroke treatment”, “Relevant stroke public health issues”, “The Burden of Stroke in Europe”, “Cerebral vascular disease in the community”, “Stroke and sleep” or “The future of stroke treatment in Europe”. Every day, besides having amazing researchers and doctors giving this amazing talks, young researchers had the opportunity to present real clinical cases which brought me closer to the realness of this disease and the urge to find new treatment approaches.



Poster presentation!



Social media activity: #OlhaoNeuron. Love your brain. Maintain it sane, and live with no pain!

The meeting was full of interesting and dynamic talks over the three days it lasted but not only did I have the opportunity to gain knowledge in the context of clinical stroke, but also to enjoy the wonderful environment of the meeting. More than one thousand professionals gathered up in the same place to share experiences and give advice while drinking coffee and sharing Portuguese sweets!

During the second day of congress, it took place a funny and different activity that aimed to bring the conference near to people, the #OlhaoNeuron contest. It consisted on posting a photo on your social media with the mascot of the congress, a brain named Neuron, followed by the hastag #OlhaoNeuron (Look at Neuron in

Portuguese) and a catchy phrase. Me and my ESR NANOSTEM fellows came up with the phrase: Love you brain, maintain it sane and live with no pain! We eventually didn't win the contest, but I had a lot of fun!

Saturday was the big day for my poster presentation! I had the opportunity to present the latest results of my research in front of great professionals and share what NANOSTEM is. It was a great chance to train my communication skills and had a valuable Q&A time!

I am looking forward for next year's meeting, to share, learn and enjoy science!

Sara

The NANOSTEM Advent Calendar

(or 🧑🏫 🧑🏫 📷 📅 🎄 🧑🏻)

An article by Matteo Puglisi, ESR

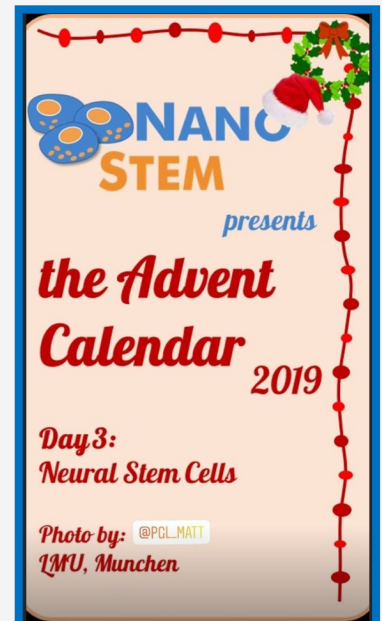
Since NANOSTEM made its appearance on social media, the ESRs had tried different ways to engage with the public. For example, we created posts to introduce ourselves, we shared pictures about the conference we attended, and the scientific dissemination events we joined. After a couple of months of such occasional posting, we felt ready to our first collective social media challenge: creating the first Nanostem Advent Calendar.

The idea was simple: creating a virtual advent calendar by posting one picture on our social media every day, from the 1st to the 24th of December. Such post would have addressed different scientific topics in a funny and simple way and shared our enthusiasm about the forthcoming Christmas holidays.

Realizing the calendar was not easy. December is always a hectic period in labs. Scientists rush to complete as much experiments as possible before the holidays and there is very little time to play around with pictures. The NANOgram team had a very intense month, but we made it! The Christmas-enthusiast Eleonora kept everyone on track and managed to create some wonderful Christmas-graphics to frame our posts. All the ESRs grabbed smartphones and microscopes, creating nice pictures, videos and animations. Writing a description that everyone, even non-scientists, could understand was challenging but also fun.

During the whole month we shared brain cells, nanoparticles, Christmas-themed lab equipment, human brains, a zebrafish embryo, fluorescent molecules and scientists dressed up as Santa Claus. Our Instagram stories and Twitter posts received many reactions from our followers, including questions about how we culture our beautiful cells! Even if you miss it, you do not have to worry. All the pictures are stored in a special highlight on our Instagram account (@nanostem_msca).

The NANOSTEM calendar was definitely fun and a success, so follow us on Instagram, Twitter and Facebook to see what more we will share with you in the future!



The NANOSTEM Advent Calendar



Matteo's publication for the Nanostem Advent Calendar

Matteo

Forthcoming events

Network events



- © NANOSTEM Joint Training School with NANOCARB — London (dates TBC)
- © 2nd NANOSTEM Scientific Meeting, 12th— 14th July 2020, Coimbra
- © 2nd NANOSTEM Training School, 15th–17th July 2020, Coimbra

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