



**DANA foundation–FENS
funded European Brain Awareness Projects**

Final Report 2016



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1. Introduction

The Dana Foundation is offering financial support of up to 1,000 EUR to those who organise a brain awareness event during this period in March. The Dana Foundation has asked FENS to administer this support reserved for European organisations contributing to the Brain Awareness Week (BAW).

In 2016, the directors of The Dana Foundation once more approved a grant to FENS.

2. Selection procedure

FENS distributed the Dana grants in a competitive procedure. A call for applications was launched and the best projects were selected by a committee composed of members of Dana, EDAB and FENS:

Malgosia Kossut (EDAB Executive Committee Member)

Barbara Best (Dana Vice President & Director of Member Relations)

Pierre Magistretti (IBRO President and EDAB Vice Chairman)

Colin Blakemore (EDAB Vice Chairman)

Andreas Draguhn (FENS Treasurer elect)

Juan Lerma (FENS Secretary General elect)

3. Selected projects

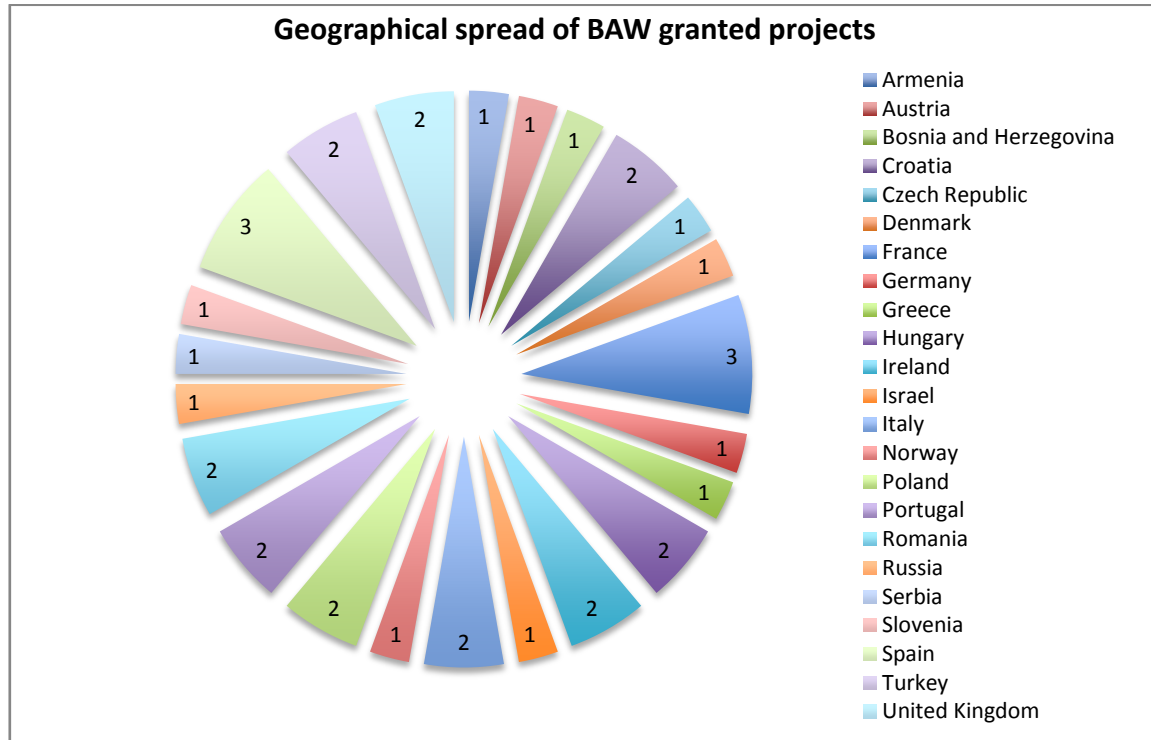
79 applications from 28 different European countries were submitted, 36 projects in 23 different European countries were selected and could be supported by the Dana–FENS Grants.

The following BAW projects (listed by country) were selected for funding:

1. *“Meet your brain” Public Campaign* - Arsen Gasparyan (Young Biologists Association NGO, **Armenia**)
2. *Im Reich der Sinne – in the World of the Senses* - Lars Klimaschewski (Medical University Innsbruck, **Austria**)
3. *Tuzla Brain Week - The Brain and Growing up* - Bahrija Golubovic (Association of Medical students "MEDICUS", **Bosnia and Herzegovina**)
4. *Born to be empathetic (Neurobiology of empathy)* - Ivica Kostovic (Croatian Institute for Brain Research, School of Medicine, University of Zagreb, **Croatia**)
5. *Our Brain Stories* - Nataša Šimić (University of Zadar, **Croatia**)
6. *Neurodegenerative Diseases around us* - Monika Baxa (Czech Huntington Association, **Czech Republic**)
7. *Center of Functionally Integrative Neuroscience Brain Awareness Week* - Thomas Alrik Sørensen (Aalborg University, **Denmark**)
8. *Creativity, this is inside the head! (La créativité, c'est dans la tête !)* - Isabelle Le Brun (Grenoble Institut of Neurosciences, **France**)
9. *The brain in its environment* - Carole Rovere (Institute of Molecular and Cellular Pharmacology, **France**)

10. *The brain's life span: from embryo to old age* - Olivier Bosler (CNRS/Aix-Marseille University, **France**)
11. *Brain Awareness Week Berlin 2016* - Margret Franke (Humboldt-Universität zu Berlin, **Germany**)
12. *BAW 2016 : Hellenic Society for Neurosciences activities* - Antonios Stamatakis (University of Athens, **Greece**)
13. *Drugs and Our Brain* - Maria Deli (BRC HAS, **Hungary**)
14. *Brain Awareness Days in Budapest* - Emilia Madarász (Inst. of Experimental Medicine of Hungarian Academy of Sciences, **Hungary**)
15. *Healthy Brain Aging – Tús Maith Leath na hOibre (A good start is half the work)* - Caitriona Long-Smith (University College Cork, **Ireland**)
16. *Brain Awareness Meeting*- Barry Boland (University College Cork, **Ireland**)
17. *Brain Awareness Week in Israel* - Gal Richter Levin (University of Haifa, **Israel**)
18. *Are we really free ?* - Giuseppe Zappalà (CentroScienza Onlus, **Italy**)
19. *Settimana del Cervello 2016 (Brain Week)* - Piero Paolo Battaglini (University of Trieste, **Italy**)
20. *Brain plasticity: public lectures and podcasts* - Joel Glover (University of Oslo, **Norway**)
21. *Brain Awareness Week 2016 in Krakow : Mysteries of the brain-* Elzbieta Pyza (Jagiellonian University, **Poland**)
22. *"Dzień Mózgu 2016" (The Brain Day 2016)-* Tomasz Gąsiewski (The Brain! Foundation, **Poland**)
23. *Discovering the brain!* - Margarida Castro-Caldas (iMed.Ulisboa, Faculty of Pharmacy, University of Lisbon, **Portugal**)
24. *Brain Facts and Research 4everyone* - Sara Varela Amaral (CNC.IBILI: CNC - Center for Neuroscience and Cell Biology & IBILI - Institute for Biomedical Imaging and Life Sciences, **Portugal**)
25. *My Curious Brain - Second Edition* - Ioana Podina (University of Bucharest, **Romania**)
26. *Romanian brain-match: neuroscientists versus society* - Ana-Maria Zagrean (Medical School, Carol Davila University of Medicine and Pharmacy, **Romania**)
27. *BRAIN and PERM: Let's get acquainted!* - Sofya Kulikova (National Research University Higher School of Economics, **Russia**)
28. *Seven senses of the world* - Slobodan Stankovic (Students' Neuroscience Society of Serbian Neuroscience Society, **Serbia**)
29. *Brain Awareness Week 2016: Spectrums of normality-* Andraž Matkovič (SiNAPSA, slovensko društvo za nevroznanost, **Slovenia**)
30. *INc activities during the 2016 Brain Awareness Week* - Gemma Guillazo Blanch (Universitat Autònoma de Barcelona, **Spain**)
31. *Experimental Models for Understanding Human Brain Function* - Diego Echevarria (Instituto de Neurociencias, **Spain**)
32. *Savour Toledo -Brain Awareness Week 2016* - Ksenija Jovanovic (National Hospital for Paraplegics, **Spain**)
33. *Brain Awareness Week Activities of the Neuroscience Society of Turkey (NST) - A Journey into the Brain* - Gulgun Sengul (Ege University, School of Medicine, **Turkey**)
34. *OurBrain – Brain Awareness Week 2016 Activity for 5-11 year-old students in Greater Istanbul Area* - Isil Kurnaz (Gebze Technical University, **Turkey**)

35. *Understanding Brain Function Evolution of the Brain: an exhibition for the 2016 Bristol Neuroscience Festival*- Emma Robinson (Univ. of Bristol, **United Kingdom**)
36. *Heroes of Neurons : Brains at Work* - Paula Rowe (City University London, **United Kingdom**)



FENS warmly congratulates the grant winners!

4. Reports of the selected projects

1. "Meet your brain" Public Campaign

Dates and Duration: 14-20 March 2016

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On March 14-20, the "Young Biologists Association" NGO, in collaboration with the Yerevan State University Student Scientific Society and Institute of Physiology NAS RA, organized "Meet your brain" public campaign. The stand-up banners were exhibited on March 14-20, 2016 in the central building of YSU. Each banner presented part of a brain and neurodegenerative diseases touched with it and the necessary information about disease. The educational materials were distributed among the students. The quiz-contests were organized during exhibition and via YBA's Facebook page and the winners received the prizes. The movie screenings, discussions and presentations in schools were also organized. The demonstrative visit to Institute of physiology and public discussion with neurobiologist was carried out.

Related Links

Official website of Yerevan State University - <http://ysu.am/news/en/Explore-your-brain>



2. Im Reich der Sinne – in the World of the Senses- Austria

Dates and Duration: 14-20 March 2016

Contact:

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The BAW has been successfully conducted in Western Austria since 1999. The Medical University of Innsbruck participated in this event with lectures organized for the general public, for students from major high schools and for kids in Northern Tyrol. The overall goal is to inspire interest in brain research and to draw attention to what is being accomplished in Neuroscience laboratories at Innsbruck Medical University.

In 2016 we offered a variety of activities with a focus on sensory systems. Several presentations were organized by our vice rector for research (Dr. Christine Bandtlow) and given by experts in their fields. Appr. 150 attendants of all age groups participated per day and engaged in long post-talk discussions. A special highlight was the lecture about the latest news on cannabis use (Dr. Hans-Günther Knaus, Pharmacology). Dr. Michaela Kress (Physiology), the director of the EU-project “ncRNAPain”, held a lecture about pain mechanisms. Dr. Birgit Högl (Neurology), a well-known doctor heading the sleep laboratory in Innsbruck, revealed the relation between sleep, dreams and the senses. The director of the ophthalmology clinic, Dr. Nikolaos Bechrakis, took the public to a journey through the human eye and informed about visual disorders. The last lecture was also well attended. Thirty percent of the population suffer a vertigo-attack once in a lifetime. So, Dr. Katharina Hübner, a young psychiatrist, answered a lot of questions about this topic.

For students and young people starting at kindergarten age Dr. Lars Klimaschewski (Neuroanatomy) developed a special program in collaboration with the local State Board of Education. In recent years over 800 high school students were informed about normal and pathological brain functions including diagnosis, treatment and prevention of disorders of the brain. During this years' BAW appr. 230 pupils attended seminars in their schools covering a variety of topics from brain anatomy (Dr. L. Klimaschewski), neurosurgery (Dr. Wilhelm Eisner), drug addiction (Dr. H.G. Knaus), epilepsy (Dr. Christoph Schwarzer) and mechanisms of learning (Dr. Gerald Obermair). Fifty children took part in the special kids afternoon workshop.

Advertisements for all events appeared on radio-programs and in various print media. The press conference was organized by Dr. Barbara Hoffmann-Ammann and very well visited. The first time we also used Twitter for our campaign (#BAWIBK).

Links :

Overview on the web: <https://www.i-med.ac.at/event> - Twitter: https://twitter.com/BAW_IBK

Pictures and short reports from the lectures: <https://www.facebook.com/wochedesgehirns>

Press conference & release (in German): <https://www.i-med.ac.at/pr/presse/2016/15.html>

Finally, the invaluable support by the DANA foundation and by Dipl.-Päd. Carmen Scirè-Riedl for organizing the kindergarten and school events is gratefully acknowledged.

3. Tuzla Brain week 2016 – The Brain and Growing up -Bosnia and Herzegovina

Dates and Duration: 14-20 March 2016

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Irma Ramic

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The project was a big success and that is due to the sheer will, creativity and time of all of our members which they put into their work. We received a lot of positive feedback from the participants who we reached during the project.

All of the planned workshops were modified for the intended population and were carried out successfully. Our main goal was to promote the understanding of the brain, its function (physiological or otherwise) and the power from we can have from understanding our brain.

In my opinion we even succeeded in contributing in the process of destigmatization for certain diseases just by offering some insight into the brain.



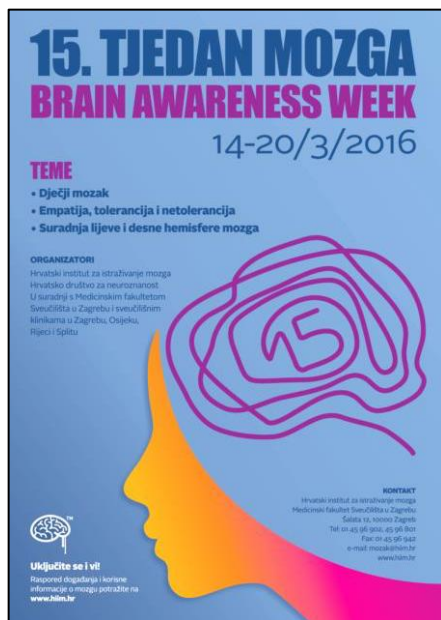
4. Born to be empathetic (Neurobiology of empathy) - Croatia

Dates and Duration: 14-20 March 2016

Contact:

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Main topics presented during BAW2016 in Croatia were: Neurobiology of empathy, Child brain, Left and right brain. Lectures, workshops and open tables were dealing with recent neuroscience data explaining neurobiological basis of different social behaviour patterns, particularly empathy which has evolved as one of the most human traits. The topic on understanding the empathy was attractive to broad audience and extremely relevant concerning the actual humanitarian issues in Europe. Many other topics related to state of the art in field of brain research were presented to general public, such as neuroethics, impact of genes and environment on cognitive abilities in children, advances in research of neurodevelopmental and neurodegenerative disorders, etc. During Croatian Institute for Brain Research Open Days, lectures and workshops were organized for primary and secondary school population, aiming to spark interest and initiate the desire for neuroscience in youngsters.



Figures: BAW2016 Croatia poster, lectures at elementary schools, drawings by children during workshops and Open day laboratory tour at Croatian Institute for Brain Research.

5. Our Brain Stories - Croatia

Dates and Duration: 14-19 March 2016

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Department of Psychology, University of Zadar, celebrates BAW since 2005 and our former programs usually included activities assigned to different age groups: kindergarten kids, primary and secondary pupils, university students, older people, as well as the general public. The aim of all our activities is the promotion of neuroscience researches with an emphasis on keeping the brain fit and healthy throughout the lifespan. The project *Our Brain Stories* represented a continuation of our earlier activities. The programme included workshops and lectures for different age groups.

Workshops for kindergarten kids and primary school pupils included learning of basic facts about the brain. The title of the topics were: *How Your Brain works?*, *Magical Brain*, *A window into the world of neurons*, etc. Different activities, such as short plays, matching of puzzles, drawing brain, neuro-quiz took place. In the addition to the above-mentioned activities, posters and power points presentations, video projections and short plays were also maintained. All participants had the possibility to ask about neuroscience (*Ask about neuroscience*). A total of 80 kindergarten kids took part in these workshops.

Following the instructions of the *Croatian Society for Neuroscience*, three workshops with following topics: *Tolerance*, *Child's Brain and Tolerance*, *Empathy – We, kids, also feel and understand*, were organized for at least 60 primary pupils and about 30 kindergarten kids.

Professors and students from Department of Psychology gave workshops and lectures for secondary school pupils and university students. Two performances (*Your Brain in Love*) were performed by psychology students for 60 secondary school pupils and 30 university students. The lecture about sexuality (*Let's Get It On*) is held in the Students' Club (cca. 50 students in audience). We also realised workshop named *Looking with fingertips* for 15 secondary school pupils.

Our Mobile Laboratory visited secondary schools, where professors and psychology students carried out various interesting experiments (Stroop effect, mental rotations, geometric illusions, etc.). *Our Mobile Laboratory* visited 60 secondary school pupils. In public library was held lecture *All you need to know about 10 percent Brain myth* (50 in audience).

Elderly people, who live in an old people's home, are very interesting for our activities. For them (80 elderly people), lectures and special workshops (*Sleeping and Dreaming*, *Healthy Brain through the Lifespan*, *Exercises for the Brain*, *Stories about Empathy and Tolerance*) were organized. After this, the residents, psychology students and professors joined together informally (*Gathering With a Cup of Tea*). We also visited Psychiatric hospital in Rab, where the students of psychology learned about the different types of psychological treatment of brain damage.

Our workshops included about 10 participants and each of our work team included one professor and 2-3 psychology students. During BAW, all our work teams wore BAW t-shirts. As usual, our activities were promoted in mass media communication and online, on our BAW and university pages.

We would like to thank the FENS for your generous support.



6. Neurodegenerative Diseases around us – Czech Republic

Dates and Duration: 15-19 March 2016

Contact:

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The aim of the campaign “Neurodegenerative Diseases around us” was to raise public awareness about neurodegenerative diseases (ND) and to show tight collaboration of basic research, clinical research and individuals affected by ND.

Lectures about Huntington’s disease (HD) and animal models of ND for translational research were presented at the Faculty of Sciences of Charles University in Prague.

The door of the Institute of Animal Physiology and Genetics in Libechov was open for public. Current projects focused on ND were presented. PhD. students gave lectures at elementary school.

The winners of art competition were awarded.

ND, their basic and clinical research were discussed in large shopping centre in Prague. The informational materials were distributed.

More than 900 persons were reached.

The “Neurodegenerative diseases around us” campaign with the BAW schedule and art competition was announced on flyers which were distributed at public places, Facebook <https://www.facebook.com/events/1678680832405120/> and websites

<http://pigmod.avcr.cz/pro-verejnost/160310-tyden-mozku-2016.html>

<http://www.huntington.cz/zivot-s-hch/novinky-a-clanky/tyden-mozku.html>

<http://www.helpnet.cz/kalendar-akci/tyden-mozku-neurodegenerativni-onemocneni-kolem-nas>



7. Center for Functionally Integrative Neuroscience Brain Awareness Week - Denmark

Dates and Duration: 14-18 March 2016

Contact:

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The CFIN Brain Awareness Week revolved around a number of public lectures in three major Danish cities; Aarhus, Aalborg, and Copenhagen. At Aarhus University afternoon lectures was held all week except Wednesday, where we opened the doors to the MEG/MR and PET centre's. Additionally, two extended afternoon lecture series were held at Aalborg University and University of Copenhagen. Topics revolved around neuroscience to demonstrate the diversity of the field. We presented topics like; the vascular system and the human brain, the use of animal models, the history of neuroscience, imaging techniques, degenerative diseases of the brain, sensation and perception, religion, and consciousness. All the events were free for participants, and aimed at all ages of the general public.

8. Creativity, this is inside the head! (La créativité, c'est dans la tête !)- France

Dates and Duration: 14-19 March 2016

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BAW Coordinator: Isabelle Le Brun, assistant Professor UGA (Université Grenoble Alpes)
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For the 2016 edition of brain awareness week, we organised events from Monday, March 14th to Saturday, March 19th. These actions all question the issue of creativity: What is creativity? How does the brain produce creativity? Which kinds of environment or context do foster creativity? How is concerned with creativity? The events will take place in a diversity of settings and places in order to meet different audiences.

On **Monday evening**, Juan Vidal gave public conference on the cognitive processes of intuition. His aim will be to describe how ideas emerge.

On **Tuesday evening**, at the Odyssee, in Eybens (a suburb from Grenoble), a professional actor read extracts from « *L'intranquille* », written by the painter Gérard Garouste. The reading was followed by a discussion with the public, together with Sebastian Dieguez (Neuropsychologist, Fribourg, Switzerland), who wrote a book titled "Maux d'artistes" (Artists' sufferings). The aim of the reading and debate is to speak about the various contexts stimulating artistic creativity.

On **Wednesday evening**, the documentary movie "Notre créativité oubliée" (Our forgotten creativity) were screened at Mon ciné. The screening will be followed by a discussion with the director of the documentary and neuroscientists who are expert in the domain of the brain characteristics of creative people.

On **Thursday evening**, a conference on Human specificity with regard to creativity, and asking the question "can machine be creative?" took place at the Institute of Neuroscience of Grenoble.

On **Friday evening**, also at the Institute of Neuroscience of Grenoble, workshops for children, teenagers, and their families will enable visualizing the networking of different cellular components of the brain. This workshop is based on the manipulation of Teddy Bears, each representing a brain cell type, imagined by the association "cogni'junior" (<http://cognijunior.org/>).

Furthermore, every evenings, the bookshop "Les modernes" proposed a selection of books related to the themes of the evening.

A reading of children's books and an exhibition of the illustrations of the books "*Dans la tête d'Albert*" (In Albert's head) were organized together with the "Printemps du livre" (The spring of books) and one of Grenoble public libraries.

A creative and interactive exhibition on the brain in the literature of the XIXth century was installed first in the University Hospital of Grenoble and then at the Grenoble Institute of Neuroscience. It is now installed, and until May 31, in the academic medicine pharmacy library.

This week was a great success: 100 to 200 peoples have participated to each event, adds-up to at least 1000 people for the whole week. Several TV shows, radio interview and articles in local newspapers were done about the Brain Awareness Week in Grenoble.

Most of the debates have been recorded and were placed as podcasts in the following university website: <http://podcast.grenet.fr/structures/ujf/la-semaine-du-cerveau/>



9. The brain in its environment in French Riviera - France

Dates and Duration:14-21 March 2016

Contact:

Scientific organizers:

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Since 2009, the BAW is organized on the French Riviera under the supervision of the CNRS, the University of Nice Sophia-Antipolis and the French Society for Neuroscience. The BAW 2016 was an event of scientific culture and communication destined to the general public that reached 3800 people, from school children to elderly people, in Nice, Cannes, Antibes, Contes, Grasse, Valbonnes and Sophia Antipolis. This year's topic on the French Riviera was "The brain in its environment". The organization committee, Dr. Carole Rovère, Inserm researcher, Pr. Jacques Noël from the Institute of Molecular and Cellular Pharmacology (IPMC), and John Pusceddu, in charge of communication and public outreach at the CNRS Côte d'Azur, coordinated the work of 90 researchers, teachers, PhD students, clinicians, research engineers and technicians during the week. The program of the BAW was diffused on-line (www.semaineducerveau.fr/coteazur), through media-coverage, tweeter, Facebook and flyers. The BAW received large media coverage with more than 50 reports in the media, on TV (France 3, Azur TV), radio-stations (RCF, France Bleu Azur...), local newspapers (Nice-Matin...) and WEB reports (see the detailed report for information and illustrations).

The scientific workshops are one of the largest successes of the BAW 2016. 4 days of workshops in schools and Public Media Centers in Antibes and Valbonne gathered almost 1000 children that learned about the brain, and tested their knowledge and cognitive performances with amusing experiments. The workshops were about the brain anatomy (3D brain, brain staining...), observation of neurons in microscopes, memory tests, the senses of taste, how we smell, visual perception, perception of pain, mice enriched environment, exercise and cognition... Researchers and PhDs from laboratories in psychology (BCL, CNRS-UNS), sports and physical activities (LAMHESS, UNS) and neuroscience (IPMC, CNRS-UNS) prepared the workshops to assure their scientific quality.

Another great public outreach of the BAW 2016 was two theatre plays, "Chaos mouse" and "Deep Brain Stimulation", that were presented to the public and high school students (140 people reached) by the theatre company « Les sens des mots » ("The meanings of words") created by Thibault Rossigneux. The performances were presented in the historical theatre of the Chateau Valrose in Nice. These plays are produced after a science-art project called "Binôme" that is formed by the encounter between a neuroscientist and an author. After a 50 minutes encounter, the author writes a unique script inspired by the research of the scientist. This creates original and provocative plays on hotly public debated topics such as animal experimentation for research. Performances were followed by discussions between a panel of neuroscientists, including the president of the local ethical committee for animal use, the artists and the public. This event was supported by the CNRS, UNS and Inserm.

The 'movie-science' evening in Valbonne was also a great culture-science event with the presentation of the movie « Poetics of the Brain » by Nurith Aviv, followed by a discussion between 2 neuroscientists from the IPMC and 120 people in the public.

Of course, the 27 public conferences organized during the week were also highlights of the BAW 2016 that reached more than 2500 people in 6 cities of the French Riviera. The opening conference,

“Subconsciousness, emotions and the brain”, by Pr. Yves Agid, neurologist and neuroscientist, member of the French Academy of Sciences, co-founder and scientific director of the Brain and Spine Institute in Paris, was given in front of 300 people in the prestigious Centre Universitaire Méditerranéen in Nice. School children were a particularly cherished public of the BAW with about 600 children from 12 different schools attending the conferences. Senior people were also interested by conferences on the brain and sleep, the brain and memory, the brain and stress. A gala conference about the life of the 19th century scientist Paul Bert was organized in partnership with the ‘Rotary club Cannes Palm Beach’ to raise money for the ‘Federation pour la Recherche sur le Cerveau’ (FRC). An interesting aspect of some of the lectures was that they covered topics in neuroscience that were adapted to the place of the conference. For example the conference “How the brain adapts to the heat?” at the National Museum of Sports in Nice was related to the Olympic games in Rio and followed by a free visit of the museum, an interactive conference on odours and the brain at the International Perfume Museum in Grasse, a conference on brain-computer interface at the engineering school Polytech’Nice in collaboration with INRIA.

Altogether, the evaluation of the public return on BAW 2016 was very enthusiastic.

Complete activity report here : https://www.dropbox.com/s/tw175vlgwo2fa4e/Presentation-BAW_2016_French%20Riviera.pdf?dl=0

10. Brain Awareness Week Berlin 2016 - Germany

Dates and Duration: 14-18 March 2016

Contact:

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Berlin School of Mind and Brain

Margret Franke, margret.franke@bccn-berlin.de, phone: +49-30-20939110

Bernstein Center for Computational Neuroscience

For the whole week we offered a program for different target groups: The BAW started on Monday morning with a three hour program for high school pupils at the Humboldt Graduate School: a talk on perception and perceptual illusions followed by seven different workshops to choose from, e.g. on pain, emotion and stress or the senses (75 participants).

On Tuesday morning we showed the movie “Inside out” for pupils grade 5-7 followed by a Q&A session with Prof. I. Dziobek (51 participants). In the evening we organized a talk by Prof. E. Altenmüller on the effect of music on thinking, feeling and emotions (100 participants).

The symposium “Mind, Brain, Body”, a one-day event on Wednesday, had an interdisciplinary group of young neuroscientists as target group (110 participants).

The workshop planned for Thursday “Computing Neurons” had to be postponed due to the instructor’s illness. In cooperation with the Berlin Metropolitan School we organized a school visit by six PhD students who gave an overview of their research (50 participants). For younger children we organized a workshop in the “gelbe Villa”, a day care activity centre for kids aged from 4-12. In this two hours workshop the kids aged from 6-10 years could do brain puzzles, play a neuron game, do a decision-making experiment and get an introductory talk on brain functions and illusions (25 participants). In the evening we offered a talk by Kate Stone “Language, learning and the brain” in English in cooperation with the POP SCIENCE Café (70 participants).

On Friday evening Prof. Olaf Blanke gave a talk on body self-consciousness and experiences with neuro-prosthesis (100 participants), hosted by the Schering Stiftung.

During the whole week, the exhibition “Crossing Fibers: A Retrospectroscopic View”, curated by the Neurobureau, was displayed at the Humboldt Graduate School (estimated visitors: 250).

Our program was announced on TV at the university restaurants and in the underground TV system with more than 30 spots/day. “dasgehirn.info”, our media partner, advertised the program on its website, Facebook and twitter. All other partner organizations promoted the BAW events on their own websites’, the www.baw-berlin.de website, on Facebook and Twitter. Mathematics and biology teachers were contacted directly to inform about the special events for pupils.

We are very grateful that our master and PhD students as well as our faculty members made this program possible.

We would like to thank FENS for their generous support. The grant made it possible to organize a very diverse program and advertise it broadly with spots and flyers.



11. BAW 2016 : Hellenic Society for Neurosciences activities - Greece

Dates and Duration: 14-20 March 2016

Contact:

Antonios Stamatakis
HELLENIC SOCIETY FOR NEUROSCIENCE
P.O. Box 13254, University of Patras, 26 504 Patra
www.hsfn.gr

List of activities

A. Brain in motion

A public outreach event in the most central metro station in Athens (Syntagma) where passing-by travellers had the chance to see and explore images and models of brains and neurons, use microscopes and interactive software depicting brain areas, as well as to pose questions to members of the HSfN. More than 800 people interacted directly with five senior and ten young HSfN members and many more explored on their own the exhibits and poster.

B. Depression in life and art

In this interdisciplinary event 4 speakers delivered short talks on depression from very diverse perspectives:

Literature, Neuroscience and Psychoanalysis. Depression from the view of Psychiatry

Gender differences in depression and anti-depressant treatments

Poetry in the dark sun of melancholy

The narcotic influence of art in Kavafi's and Freud's work

The talks were followed by an open discussion with a very lively audience, in a packed concert hall, hosting ~450pax.

The presentations are available online:

<http://www.blod.gr/lectures/Pages/viewlecture.aspx?LectureID=2657>

C. Does the Brain Change (?)

The event took place on Wednesday 16/03/16 at the Conference Hall «Spiti tou Politismou» in Rethymno, Crete. The aim of the event was to inform the public about changes that took place in the brain during the evolution of man as well as about changes that normally occur during development, changes that occur as a consequence of experiences (i.e. experiences of daily life but also traumatic experiences such as living under excess poverty) but also changes that result from one's dietary habits. Newer findings on the topic were presented and questions on major social problems that are related to the functions of the brain were discussed.

Stella Giakoumaki referred to the evolutionary and developmental trajectory of the brain. She presented findings and hypotheses and reviewed the basic principles of functioning of the CNS.

Andreas Kastellakis referred to changes that occur at synaptic and cortical levels in the brain as a result

of life experiences. He presented the plastic capacities of the healthy brain as well as the recovery of functions in the injured brain and the brain of psychiatric patients.

George Panagis reviewed modern findings on the adverse effects of poverty on the development of the brain in children and consequently on the development of significant abilities, such as language, memory and learning. He also referred to potential interventions that can be applied in several levels (e.g. family, school) to help prevent the aforementioned effects of poverty.

Antonios Liodakis referred to the adverse effects of poor nutrition on the brain and described ways to approach the problem.

D. Emotions & Empathy

The theme of the event “Emotions & Empathy” was addressed both by senior scientists who gave lectures and by high school students who presented a theatrical play and a multimedia project. The audience (high school students and their parents) participated with a lively discussion with questions regarding both emotions and brain function in general. ~120 people participated in this event.

E. A School Day for the Brain. “The Brain....What? How? Why?”

250 pupils and students, 35 graduate students and 2 postgraduate students of the Department of Biology of the Univ. of Patras participated in the event. Also the event was attended by 100 parents and general public and was recorded by the Patras local channel, LYXNOS.

The specified themes have been chosen by students from a list of various subjects, suggested by their teachers in collaboration with Associate Professor Marigoula Margarity and Professor Spyros Efthimiopoulos. The students had the opportunity to visit the laboratory of Human and Animal Physiology of the University of Patras, during February or March. The visit included a “power point” presentation on the basics of how our brain works and observation of brain sections at the microscope.

F. A School Day for the Brain: “Brain....The unknown... Known”

150 pupils and students and 2 postgraduate students of the Department of Biology of the Univ. of Patras participated in the event. Also attended by 70 parents and general public.

On March 29 Dr M. Margarity, the Director of Secondary Education of Ilia Mr. Vasilios Dimitrellos and the headmasters of the participating schools gave a press conference in the local media (in channels: ORT and COSMOS, in newspapers: Patris and Proini) on the school conference stressing the importance of the transmission of knowledge about the functions of the nervous system to both the general public and the students.

For this event there was a lot of reporting in the local media and photos were published.

Media coverage:

https://www.youtube.com/watch?v=HLzLdbc_iTg

https://www.youtube.com/watch?v=HLzLdbc_iTg

<http://www.upatras.gr/el/node/5181>

G. Little Brain-Researchers

The event included a talk related to the structure and the function of the brain, a demonstration of a

plastic model of the brain and nerve cells and brain constructions made of plasticine, paper, tree branches and other simple materials. The event took place in the classrooms of the 3rd Primary School of Karpenissi. Also an activity especially adjusted for the kindergarten children took place.

http://www.evrytanika.gr/index.php?option=com_content&view=article&id=1092921:-3-&catid=43:2011-11-19-19-46-40&Itemid=124

H. Understanding the brain

The event includes a talk relevant to the structure and function of the brain, with an emphasis on topics related to addictions, somatosensory, memory/learning, stress, sleep etc. Stress-induced behaviour test recording (elevated plus maze test, open field test) will be described and a demonstration of a plastic model of the brain will follow.

I. Brain-Scapes

This event was an art exhibition where the artist, Mrs. M. Efstathiou is also an MD and was inspired by the brain atlases of Prof. Paxinos. Her artwork, Brain-scapes are a combination of brain-atlases' images with her artistic work. The exhibition took place in the Art Hall of IANOS bookstore located at the centre of Thessaloniki, and lasted till the 2nd of April, 2016. During the opening ceremony Dr. A. Tsingotjidou made a short presentation of the BAW activities in Greece and worldwide and mentioned the necessity of the collaboration between science and art. The artist, Mania Efstathiou explained the reason of her inspiration by the brain atlases' images. Her work was welcomed warmly by the audience.

J. Presentation of "His Image"

A similar event was organised in Volos with the book "in His image". Please see point K.

K. Brain Events – Wanderings

In Thessaloniki, Greece on Saturday 19 of March 2016 at the Ceremony Hall of Old Philosophy Department, Aristotle University of Thessaloniki George Paxinos's first novel entitled "In His Image" was presented. The presentation was organized by the Hellenic Society of Neurosciences and the Lab. of Anatomy and Histology, Fac. of Vet. Medicine, Univ. of Thessaloniki.

The event was greeted by the Ambassador of Australia in Thessaloniki, Mrs. Constantina Kyrgidou and the President of Greek-Australians in Thessaloniki, Mrs. Anastasia Skliros. The writer was presented to the audience by Anastasia S. Tsingotjidou, Asst. Prof. of Anatomy at School of Veterinary Sciences, Thessaloniki, Greece.

The book was commented by:

- Elisavet Sakellaridou, Prof. of English Literature, Aristotle University of Thessaloniki,
- Emmanuel-Nikolaos Panteris, Assist. Professor, Department of Botany, Fac. of Biological Sciences, Univ. of Thessaloniki, Thessaloniki, Greece,
- Dr. Pantofili Varvarigou, Dr. of Philosophy, University of Athens,
- Dr. Angelos Vlahos, Dr. of Contemporary History, University of Athens
- Melpo Lekatsa, Pharmacist.

The pharmacist, Melpo Lekatsa also commented on the book, with her personal input, since parts of it are describing events from her life. Parts of the book were read by the actress Dora Chrysikou. Following the presentation there were questions to the writer from the audience. During the

presentation there was an art exhibition of Mania Efstathiou, on plexi taking place.



12. Brain Awareness Week in Szeged : Drugs and Our Brain - Hungary

Dates and Duration: 7-16 March 2016 – exhibition of drawings of the competition

17 March 2016 – concert, lectures, quiz, teahouse, lab demos and playhouse

Contact:

Dr. **Mária Deli** – deli.maria@brc.mta.hu

András Harazin – harazin.andras@brc.mta.hu

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This year the BAW event was held in the Biological Research Centre on 17 March 2016. The program was announced on posters, social media, and websites. Around 200 students arrived from secondary

schools. Playhouse was visited by children and their parents. A concert of Show Me, a local band opened the event. Two lectures were given on classical and designer drugs, their effects and detection modes. In the quiz connected to the presentations six students received BAW T-shirts for the correct answers. In our art competition 'Imagination and our brain' 34 art pieces were submitted and exhibited. Nine winners were prized in three categories with gift parcels. A teahouse was held by the organizers and the lecturers and a BAW cake was shared between all participants. Lab demos were also a great success.



13. Brain Awareness Days in Budapest - Hungary

Dates and Duration: 17-18 March 2016

Contact:

Emilia Madarász (Institute of Experimental Medicine of Hungarian Academy of Sciences; IEM-HAS)

Post address: 1083 Budapest, Szigony utca 43., Hungary;

Tel.: 36 1 210 9966; e-mail: madarasz@koki.hu)

The program contained four main packages:

A. « *The brain in pictures* » exhibition decorated the routes to all program sites, and illustrated the macro- and microscopic structure of the brain, the main routes of contemporary brain research, and the methodology of behaviour studies (Picture #1).

B. The « *Playground of behavioural studies* » consisted from three separate venues for studying :

- i) animal behaviour (Pictures #2, #3, #4 and #5) in the basement of the Hall ;
- ii) human perception, motor and cognitive coordination (Pictures #6, #7, #8, #9 and #10) in the corridor around the basement Hall

Visitors “played” at 24 workbenches, each supervised by scientists and supplied with explanatory posters. The experiments on mice and rats included observations of animal behaviour in open-field tests, Skinner-boxes, labyrinths and social interaction boxes. Self-tests of human reactions could be studied in human brain-computer interface experiments, audiometry, tremorometry as well as in optical and audio illusions.

C. “History of questions and methods in brain research” seminar and tour in the Biology Museum (Dr. Géza Zboray and Dr. Katalin Schlett; Eötvös Lorand Univ.)

D. Scientific lectures were presented in the Lecture Hall on :

- How the brain organizes behaviour? (Dr. Árpád Dobolyi; Eötvös Lorand Univ.)
- Child-hood determinants in human group-organization (Dr. Kata Oláh; RCNS-HAS)
- What does it mean that typically human? (Dr. György Bárdos; Eötvös Lorand Univ.)
- Evolutionary background of run-away phenomena (Dr. Topál József; RCNS-HAS)

Active visitors, those giving right answers, showed special skills in experiments or asked good questions were awarded by small presents including pens, rulers, cardholders - all decorated with Brain Awareness. The role of FENS and also DANA Alliance was clear for all participants.

All together, the event was a real success. We had more than 700 visitors during the 2 days, from 6-year olds to pensioners. Two television channels (MTV1 and Duna) presented a 30-min summary of the event for the wide public.



14. “Healthy Brain Aging – Tús Maith Leath na hOibre” (Healthy Brain Aging - A good start is half the work) - Ireland

Dates and Duration: 4-11 March 2016

Contact:

Caitriona Long-Smith^{1*}, Cara Hueston¹, Shane Hegarty¹, Janas Harrington² Aideen Sullivan¹, Yvonne Nolan¹

¹Department of Anatomy and Neuroscience, ²Department of Epidemiology and Public Health, Western Gateway Building, University College Cork, Ireland.

*Tel: 00-353-21-4205478 | E-mail: c.longsmith@ucc.ie

We held BAW activities in 5 primary schools in Cork, engaging both children, aged 7-9, and their parents, in topics surrounding brain health. We focused on positive (diet, exercise, learning, sleep, safety) lifestyle choices which may promote brain health. The children eagerly joined in the activities, conducting brain safety ‘egg drop’ and ‘jelly brain’ experiments; preparing healthy ‘brain food plates’; playing memory games; dancing to ‘activate their neurons’, and enjoying a tasty blueberry snack. Parents also participated actively in the information sessions. Feedback from parents and teachers alike was positive. All the schools invited the team to come back again next year. Moreover, the teachers continue to use the literature provided to further brain education in their classrooms.



15. Brain Awareness Meeting - Ireland

Dates and Duration: 14 March 2016

Contact:

Dr. Barry Boland

Department of Pharmacology and Therapeutics, Room 2.48, Western Gateway Building, University College Cork, Co. Cork, Ireland.

Phone: +353-21-4205977, E-mail: barry.boland@ucc.ie

Our event involved a one-day seminar that provided an opportunity for members of the general public of Cork city to engage with professionals involved in neuroscience research, mental health services and charities, who together support patients and families affected by mental illness, brain tumours, brain injury and dementia. The meeting provided a platform where attendees learned about a wide range of topics discussed in a friendly atmosphere. Amongst the broad range of brain related themes discussed, were issues such as “De-stigmatising mental illness”, “Cognitive and emotional Consequences of head injury”, “Biomarkers for stress resilience”, “Support provided by charities”, “Brain health in ageing”, “Dementia care and treatments” and “Supporting brain research in Ireland”.



16. Are we really free? - Italy

Dates and Duration: 16-21 March 2016

Contact:

Giuseppe Zappalà

Associazione CentroScienza Onlus

Via Accademia delle Scienze, 6 - 10123 Torino - Italy

Tel. +39-011-8394913- Fax +39-011-8127736

info@centroscienza.it

www.centroscienza.it

In collaboration with the Neuroscience Institute of the University of Turin, the Neuroscience Institute Cavalieri Ottolenghi and the National Institute of Neuroscience

How the structure and function of our brain is influencing our decisions? Is the human being completely free or is it submitted to external factors? How genes and environment, nature and nurture, influence the brain through epigenetics? Are we completely responsible for our actions? Criminal behaviour is genetically determined?

These fundamental questions have been investigated from the points of view of the neurobiologist, of the neuropsychologist and of the neuropsychiatrist, with a look on the history of criminal anthropology of Cesare Lombroso. The BAW included the Ferdinando Rossi Lecture on neuroscience held by Alexandra Joyner- Sloan- Kettering Center of New York, a special interview with the renowned TV journalist Piero Angela, and a meeting with young researchers in Neuroscience.

The overall audience of this edition of the BAW were over 1,300 people, more than the double of the previous BAW2015. The conference by Piero Angela in the Central Auditorium of the University of Turin was so requested that about a thousand people could not enter the Auditorium for lack of room (see photos).

[More detailed report](#)

[Press reviews](#)

[Flyer](#)

Web sites:

www.centroscienza.it/settimana_cervello16

<http://www.nico.ottolenghi.unito.it/ita/News/Settimana-del-Cervello-2016>

17. Settimana del cervello (Brain Week) in Trieste - Italy

Dates and Duration: 14-20 March 2016

Contact:

1) **Piero Paolo Battaglini**, Department of Life Sciences, University of Trieste, Italy. Phone: + 39 040 558 8601. email: battagli@units.it

2) Chiara Saviane, master in Science Communication "Franco Prattico", Interdisciplinary Laboratory for Natural and Humanistic Sciences, SISSA/ISAS (International School for Advanced Studies), Trieste, Italy. Phone: +39 040 3787 230; email: chiara.saviane@sissa.it
website: <https://www2.units.it/brain/BAW2016/index.html>

Monday 14: Readings and film screenings. General public.

Tuesday 15: Radio program with the leading organizers. General public.

Wednesday 16 afternoon: Seminar on sleep effects on mind and body. General public and high school students.

Thursday 17 afternoon: Science café on depression and ADHD syndrome. General public.

Friday 18 morning: Olympic games of Neuroscience. High school students.

Friday 18 afternoon: Roundtable: we and the animals. General public.

Saturday 19 morning: Visit to the laboratories of SISSA; seminars and interactive experiences on Neuroscience and social behaviour. General public and school students.

Saturday 19 afternoon: Roundtable: The Internet of things. General public.

Sunday 20 evening: Music and the Brain; concert with scientific interludes. General public.

18. Brain plasticity: public lectures and podcasts - Norway

Dates and Duration: 16 March 2016 5.30 pm

Contact:

Norwegian Consortium on Brain Development c/o **Joel C. Glover**

Dept of Molecular Medicine, Institute of Basic Medical Science, University of Oslo

PB 1103 Blindern, 0317 Oslo, Norway

joel.glover@medisin.uio.no, tel: +47-98652457

Norwegian Brain Council

Karl Johans gt. 7

0154 Oslo, Norway

post@hjerneadet.no, tel : +47-40413665

The title of the seminar, consisting of 4 public lectures, was "Hjerneplastisitet - hjernens fantastiske evne til å endre seg - med et blikk inn i fremtiden " (English translation: "Brain plasticity - the brain's fantastic capacity for change - with a view to the future").

We also included the following text: "Et seminar for dem som er nysgjerrige på hvordan hjernen fungerer og hvordan vi kommer til å bruke våre hjerner i fremtiden" (English translation: "A seminar for those who are curious about how the brain works and how we will use our brains in the future").

We organized a public seminar held at Litteraturhuset, Oslo (www.litteraturhuset.no) consisting of 4 lectures designed to provide a general audience insight into brain plasticity, including how it manifests itself, how it is generated at the cellular level, and how it can be harnessed, particularly with a view to the future when increasing use of brain-machine interfaces can be expected. The lectures were video recorded and a podcast will be generated from the video material for later publication on the internet.

The titles of the individual lectures were (translated from Norwegian):

Professor Joel C. Glover: The brain constructs its own version of reality (demonstrated by visual and auditory illusions).

Professor Arild Njå: Synapses - the brain's versatile and beautiful communication devices.

Associate Professor Marianne Fyhn: Brain plasticity - how does the brain change itself?

Professor Joel C. Glover: Brain plasticity and the future - neuroprostheses and brain- machine interfaces.

The seminar itself - podcasts are being made and will be available on the internet.

19. Brain Awareness Week 2016 in Krakow : Mysteries of the brain - Poland

Dates and Duration: 14-20 March 2016

Contact:

Elzbieta Pyza,

Department of Cell Biology and Imaging, Institute of Zoology, Jagiellonian University,
Gronostajowa 9, 30-060 Krakow, Poland,
tel. +48 12 664 53 37, e-mail: elzbieta.pyza@uj.edu.pl

During the BAW 2016 in Krakow we have organized seven open lectures for a general audience. Each lecture was 1 hr long and attended by about 1000 people. The lectures were given by distinguished Polish neurobiologists on the following topics: stress and depression, increasing brain power, brain plasticity, memory, sleep, cognitive functions of the brain and emotions. Each lecture was followed by 1 hr long discussion. Articles based on the BAW 2016 lectures were published in the popular science journal "Wszechswiat" (Universe). The Organizers and Lecturers have given several interviews for national and local broadcasting stations. Beside the lectures we organised an exhibition of BAW posters from previous years designed by Wojciech Kołek. At the end of the BAW 2016 there was a concert of music and science. Leszek Długosz was singing poems and playing piano and Jerzy Vetulani was giving comments what is going on in the brain during different emotional states.



20. "Dzień Mózgu 2016" (The Brain Day 2016) - Poland

Dates and Duration: 12 March 2016

Contact:

Organizing committee: **Tomasz Gąsiewski**, Aleksandra Kołodziej, Anna Kozak, Pamela Sobczak, Julia Turska

Fundacja na rzecz popularyzacji i rozwoju neuronauki "Mózg!" / The Brain! Foundation

Nowy Świat 38/4, 00-363 Warsaw, Poland

Phone no.: +48 502 150 057, +48 693 559 838

E-mail addresses: kontakt@fundacjamozg.pl, mozg@fundacjamozg.pl

The first Brain Day organized by us as The Brain! Foundation has been a great success.

In terms of attendance we have exceeded our expectations, officially bringing c.a. 1500 people to the venue. Each of the lectures has been simultaneously attended by a crowd of 300-500, excluding online attendees using live streaming.

The area with interactive stands have been packed non-stop during the whole event. VR, the professional lie detector and 3D neuroanatomy have been a great hit. Hundreds of children have received or made some gadgets connected with The Brain Day. A few adults have also won the 3D printed brains made from real MRI scans.

The event has gained a lot media attention, including many radio stations and TV. We have received a vast amount of positive feedback from people aging 5 to 90.

Materials - External Links

Photo gallery 1:

<https://www.facebook.com/media/set/?set=a.952149961547664.1073741835.848869085209086>

Photo gallery 2:

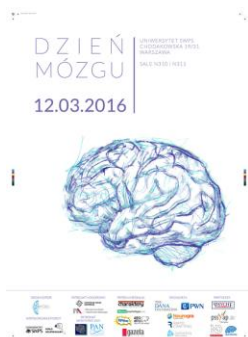
<https://www.facebook.com/media/set/?set=a.955309247898402.1073741837.848869085209086>

Photo gallery 3:

<https://www.facebook.com/media/set/?set=a.958194994276494.1073741838.848869085209086&type=1&l=04a1d7045f>

A snapchat movie made by one of the attendees:

<https://www.facebook.com/UniwersytetSWPS/videos/10154060895911803/>



21. Discovering the brain - Portugal

Dates and Duration: 16-20 March 2016

Contact:

Margarida Castro-Caldas

Research Institute for Medicines (iMed.Ulisboa), Faculty of Pharmacy, Universidade de Lisboa, Av. Prof. Gama Pinto, 1649-003 Lisbon, Portugal

Group: Cellular Function and Therapeutic Targeting (CellFun)

Email: mcastrocaldas@ff.ulisboa.pt

A. Neuroscientists go to schools - High schools

From March 14th to April 6th 2016, neuroscientists from iMed.Ulisboa visited different high schools in the Lisbon area, and interacted with students from educational level 3 to 4. In schools, the investigators performed oral presentations in parallel with audio/visual projections, focusing on one or more of the following main themes, according to students/teachers preferences and educational level: a) The brain and its components; b) Neurons and synapses; c) Neuronal death and neurodegeneration; d) Neuronal stem cells; e) Facts and Myths about the brain.

Number of persons reached: around 200

B. Neuroscientists go to schools - Kindergartens

On March 22th a neuroscientist from iMed.Ulisboa visited a kindergarten in the Lisbon area, and interacted with pre-school children (3-5 years old). The activity was adapted for young children, and was divided in 3 parts: a) A very simple introductory lecture about human brain morphology (focusing on the five senses); b) Guided “brain anatomy tour” using models of human brain and neurons; c) Brain games.

Number of persons reached: 25

C. Open Laboratories

On March 15th 2016, neuroscientists at iMed.Ulisboa received the visit of students from two high schools in the Lisbon area, and interacted with students from educational level 3 to 4. The visit started with a simple but catchy introductory lecture divided into four main themes: a) Structural and functional organization of the human brain; b) Aging and neurodegenerative diseases; c) Therapeutic strategies; d) Drugs of abuse.

Then, students were invited to perform simple experimental hands-on tasks, under the following themes: a) Guided “brain anatomy tour”, using models of human brain and neurons as well as observe and compare different preserved mammalian brains (mouse, rat, rabbit, pig); b) Observation of different mouse brain regions under a microscope, including brain slices from animals treated with different drugs. c) Simple experiments regarding the somato-sensory system, showing that touch is under brain control; d) Visual tests that allow students to understand how idiosyncratic are the senses, how inaccurate can our visual be, and Stroop test; e) Game: At the end of the visit, students were invited to play a game - rope neuron - and the winners received prizes.

Number of persons reached: around 50

D. Neuroscience Movies

In March/April 2016 we invited the entire community to come join us for mind/brain-related movies projected at iMed.Ulisboa Auditorium, followed by informal discussions with doctors (neurologists and psychiatrists) or activities for families and children related with the brain. We have projected and discussed the following films: "The theory of everything" (amyotrophic lateral sclerosis) (30th March), "Inside out" (brain functioning, for children) (9th April) and "A Beautiful Mind" (paranoid schizophrenia) (13th April).

Drinks and snacks were provided, to gather the community together.

Number of persons reached: around 250

Overall 15 researchers were involved, and 550 was the estimated audience reached, where about 400 were students (kindergarten, high school, undergraduate and postgraduate levels).



22. Brain Facts and Research 4everyone - Portugal

Dates and Duration: 6-26 March 2016

Contact:

Sara Varela Amaral (CNC.IBILI | CNC-Center for Neuroscience and Cell Biology & IBILI - Institute for Biomedical Imaging and Life Sciences (CNC.IBILI), University of Coimbra)

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Email : sara.amaral@cnc.uc.pt

The Brain Awareness Week (BAW) 2016 organized by Center for Neuroscience and Cell Biology (CNC) of University of Coimbra happened in Coimbra between 6th and 26th of March. Our activities involved 55 researchers and reached 1121 people from different publics.

Our BAW included the following activities:

A. Brain Myths, Facts and Research: radio and movies(12-20 March 2016)

In order to create meeting places between science and society, we developed audio- visual contents about neuroscience research and brain facts. In a partnership with Radio station RUC, we produced radio contents to explain or demystify myths about the brain and communicate scientific messages. The produced contents were transmitted by RUC every day during BAW and were shared in social networks of CNC and RUC.

The following themes were addressed in the radio contents:

- Music affects our emotions and behaviours? Researcher: Catarina Resende de Oliveira
- We just use 10% of our brain. Myth or truth? Researcher: João Laranjinha
- Alzheimer's disease only affects the neurons. Myth or truth? Researcher: Ana Luísa Cardoso
- How do we have energy to the brain? Researcher: Paulo Oliveira
- Eat well is good for brain. This is truth? Researcher: Cláudia Cavadas
- Marijuana is not addicted. Myth or truth? Researcher: Attila Kofalvi
- What are the differences between a health brain and an autistic brain? Researcher: João Peça
- Sleep is a lost of time? Researcher: Ana Rita Álvaro
- The happiness is in the brain. Myth or truth? Researcher: Manuela Grazina
- Women are more emotional and man are more rational. This is truth? Researcher: Emília Duarte
- The lost of memory means Alzheimer's disease? Researcher: Cláudia Pereira
- Diabetes is not related with brain. This is truth? Researcher: Paula Moreira

During BAW, RUC produced and transmitted a program about neuroscience with participation of neuroscientists.

Additionally, small videos, that we call "*selfie papers*", were developed where the scientist explains in

an informal way his/her last published paper. We produced the following “selfie papers”:

- “The race of the monocyte to the brain”
 - Researcher: Joana Guedes;
 - Link: <https://www.youtube.com/watch?v=-wD0ID1vEFY>
 - Paper: Guedes, Joana R. et al. MicroRNA deregulation and chemotaxis and phagocytosis impairment in Alzheimer's disease. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring* (2015) 3: 7 – 17 available in [http://www.dadm.alzdem.com/article/S2352-8729\(15\)00088-3/abstract](http://www.dadm.alzdem.com/article/S2352-8729(15)00088-3/abstract)
- “Building synapses”
 - Researcher: Maria Joana Pinto
 - Link: <https://www.youtube.com/watch?v=livzFLUH2Mw>
 - Paper: Pinto, Maria J. et al. The proteasome controls presynaptic differentiation through modulation of an on-site pool of polyubiquitinated conjugates. *The Journal of Cell Biology* (2016) 7: 789-801 available in <http://icb.rupress.org/content/212/7/789.abstract?sid=5bd79f0a-6f96-49d6-%208aa3-d302a82606ce>
- “Phosphorylate to disaggregate”
 - Researcher: Carlos Matos
 - Link: <https://www.youtube.com/watch?v=Ds5vMVSCb6c>
 - Paper: Matos, Carlos A. et al. Ataxin-3 phosphorylation decreases neuronal defects in spinocerebellar ataxia type 3 models. *The Journal of Cell Biology* (2016) 4: 765-480 available in <http://icb.rupress.org/content/212/4/465.abstract?sid=ff947cb2-4176-4c36-%2080e1-9df8fd14db48>
- “Can we delay the aging?”
 - Researcher: Mariana Botelho
 - Link: <https://www.youtube.com/watch?v=H2VJGsGXhWE>
 - Paper: Aveleira, Célia et al. Neuropeptide Y stimulates autophagy in hypothalamic neurons (2015) PNAS 13: 1642-1651 available in <http://www.pnas.org/content/112/13/E1642.abstract>

The videos and radio contents were shared on [CNC youtube channel](#) and [facebook page](#). All the contents are on [CNC webpage](#).

Numbers (*):

Views of publications on CNC's facebook page: 105799

Shares of publications on CNC's facebook page: 306

Likes on publications on CNC's facebook page: 1734

Researchers involved: 17

(*) data collected on 31th March 2016

B. Brains at the Schools (12-20 March, 2016)

Neuroscientists went to Elementary, Middle and High Schools and Associations of disabled people to deliver neuroscience information in different formats: hands-on activities, games, formal lectures, and experiments on the laboratories.

Numbers:

Participants: 882

Number of schools and institutions: 13

Researchers involved: 40

CNC's research groups organized visits to their laboratories and gave talks about their research work.

Numbers:

Participants: 129

Number of schools and institutions: 3

Researchers involved: 14

C. Neuroquiz (19 March 2016) in Aqui Base Tango, Coimbra

Public quiz in an informal environment, organized by QUIZ SHOW Coimbra in collaboration with neuroscientists. The event happened in a local coffee shop and challenged the participants to explore brain-related issues like neurodegenerative diseases and brain function and to relate these topics with music, cinema and general knowledge.

Numbers:

Participants: 50 (full room)

D. Brainyevent (6th March, 2016) in Exploratório, Centro Ciência Viva de Coimbra

CNC researchers participated in a event organized by a Portuguese fundraising project dedicated to the awareness of the society about the importance of biomedical research ([Maratona da Saúde](#)) with the collaboration of the Science Center Exploratório. The main objectives of this event were to engage publics in scientific research and to contribute to fundraising for science. Specifically, the fundraising activities aim collecting funds to the research on neurodegenerative diseases. The hands-on activities, games and interactive modules of the exhibition about brain will trigger the debate between researchers and society. The event resulted in the production of a small TV content by the national TV public channel (RTP).

Numbers:

Participants: 60

Researchers involved: 15

Full report : https://www.dropbox.com/s/t4gls93o6gmwlvv/Report%20CNC_BAW%202016.pdf?dl=0



23. My Curious Brain - Romania

Dates and Duration: 14-23 March 2016

Contact:

Podina Ioana, Ph.D.

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“My Curious Brain-Second edition” comprised of 6 public lectures with approximately 900 participants. “My Curious Brain-Second edition” was visible online via [Facebook](#), totalling over 1300 likes. Noteworthy, given the request of the participants, the time dedicated to this event was extended to the 14.03 – 23.03.2016 interval.

[News about the event were](#) published in the General Press (e.g., [link 1](#), [link 2](#)), on the [radio](#), on the official webpage of the [University of Bucharest](#) and that of the [Faculty of Educational Sciences and Psychology](#). The materials provided by the www.dana.org were used as template for the event’s promotional materials.

Pictures and materials from the event can be accessed [here](#)

24. Romanian brain-match: neuroscientists versus society - Romania

Dates and Duration: 14-20 March 2016

Contact:

Ana-Maria Zagrean and Mihai Moldovan, National Neuroscience Society of Romania

SNN Secretariat

Medical School, “Carol Davila” University, 8 Eroii Sanitari Blvd, 050474 Bucharest, Romania

Tel: (+4021) 312.08.80

Email: contact@snn.ro, azagrean@gmail.com

<http://baw.snn.ro/>

National Neuroscience Society of Romania aimed to map the research interests of Romanian neuroscientists as well as what members of the Romanian society in the broad sense expect from brain research. The main interest from the society was the treatment of neurodegenerative diseases with impact on the mind. In contrast, neuroscientists reported a greater interest for understanding the normal nervous system. These results were discussed in a series of public lectures involving decision factors, science regulators and invited scientists from the Romanian diaspora. We benefitted of a wide press and media coverage. Satellite events included practical neuroscience workshops and a presentation competition for students. The project was supported by a Dana Foundation grant awarded by FENS.



25. BRAIN and PERM: Let's get acquainted!- Russia

Dates and Duration: 11 March – 10 April 2016

Contact:

Dr. **Sofya Kulikova**, PhD Neuroscience
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In Russia the public understanding of Neuroscience remains unacceptably poor. Thus, we've started the BAW campaign in our city which was attended by ~350 participants and included 4 types of activities:

- interactive lectures for senior school children on brain structure and functioning, investigation methods and cutting-edge neurotechnologies
- lectures for university students
- events for children (6-10 years) consisting of short lectures, games and hand-crafting exercises allowing to learn the basis of brain organization and functioning
- lectures on Neuroeconomics for general public.

We planned all events between the 14th and 20th of March but children liked them so much that we went on until the 10th of April! And now everyone is already looking forward to BAW 2017!



26. Seven senses of the world - Serbia

Dates and Duration: 14-20 March 2016

Contact:

Slobodan Stankovic

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Serbia +381642078277, email: slobodan.m.stankovic@gmail.com

For the sixth consecutive time this year, BAW in Belgrade was held by Students' Neuroscience Society of Serbian Neuroscience Society. This year theme was aiming to explain a relationship between senses and brain and how their interaction shapes our perception of the world. As every year, program was adapted for visitors of different age. Activities: lectures by distinguished professors and PhD scientists, panel discussion by Serbian Brain Council on improving public outreach, scientifically popular exhibition, laboratory visits, workshops held in high and elementary schools with goal of creating peer education groups, a short movie festival in collaboration with well-know artists from all Serbia interpreting their view of importance of the brain, neurocaffee and neuroquizz in local cafés.



27. Brain Awareness Week 2016: Spectrums of normality - Slovenia

Dates and Duration: 14-20 March 2016

Contact:

Andraž Matkovič
Institute of Pathophysiology
Zaloška 4 p.p.2218, 1000 Ljubljana, Slovenia
SiNAPSA, slovensko društvo za nevroznanost
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Ljubljana: 14.–19. 3. – lectures, workshops, round table, movie projections (5-10 hours each day)
Celje: 15., 17.–19.3. – one lecture each day (1–2 hours)
Grosuplje: 16. 3. – lecture (1 hour)
Idrija: 14. 3. – lecture (1 hour)
Izola: 15., 17. 3. – 4 lectures each day (3–4 hours each day)
Kranj: 17. 3. – lecture (1 hour)
Maribor: 17. 3. lectures with discussions (4 hours), 16. 3. – lecture (2 hours)
Murska Sobota: 20. 3. – lecture, workshop for children (3 hours)
Novo mesto: 17. 3. – lecture with discussion (2 hours)
Velenje: 14. 3. – lecture (2 hours)
Tolmin: 16.3., 17. 3. – lectures (1 hour each day)

Accompanying events:

- Little school of neuroscience, Ljubljana, 14. 3.–18. 3. – lectures on basic neuroscience topics (in collaboration with Neurology Clinic, Ljubljana)
- Art competition “Portraits of diversity” for primary and secondary schools, December 2015 to February 2016, closing event for best contributors – Winners will be awarded with theatre play about epilepsy
- seminar presentation of PhD students of biomedicine (in collaboration with University of Ljubljana)

Events on BAW 2016 were dedicated to the main theme: Spectrums of normality. The programme followed the previously established format with lectures, discussions, workshops, movie projections and round table. On Monday, we began with plenary lectures focused on the question “What it means to be normal?” Workshops for children and adults took place on Tuesday. On Wednesday we presented the top research in neuroscience in the previous year and in the evening we had a special celebration of first Slovenian brain day. Thursday was dedicated to the clinical themes and we had lectures on subjective experiences of people with mental disorders. On Friday we had round table about mystical experiences and on Saturday a ceremony for the winners of art contest took hold. Each day was also accompanied by movie projections and talks explaining the movie from a neuroscientific point of view (7 altogether). In preparation for BAW we organised an art competition for schools that started in December 2015.

28. INc activities during the 2016 Brain Awareness Week - Spain

Dates and Duration: 14 March – 12 May 2016

Contact:

Gemma Guillazo Blanch

Edifici B, Institut de Neurociències, Campus Bellaterra, Universitat Autònoma de Barcelona; 08193 Bellaterra (Barcelona).

Email: Gemma.Guillazo@uab.cat

Phone: (34) 93 581 1173

During Brain Awareness Week, researchers of the Institute of Neuroscience (INc) at the Universitat Autònoma de Barcelona (UAB) performed a set of different activities, aimed at kids (6-8 years old) and to the general public.

A. “Pretend to be a neuroscientist”

During this activity we simulated a Neuroscience Conference called “Pretend to be a Neuroscientist”. The participants were a hundred children (7-8 years old) from “L’Escoleta” Primary School. The session began with a “Welcome Ceremony” and the distribution of handouts. Each child received an ID badge, pencil, eraser and a notebook.

The Opening Ceremony included a 60min-speech given by Anna Vale-Martínez and Gemma Guillazo-Blanch entitled “Brain’s Secrets”. Using a PowerPoint presentation, a number of questions about brain functioning were asked in order to establish a dialogue with the children about brain mysteries. The children showed great interest in the talk and asked a lot of questions displaying a high level of curiosity about science and facts concerning the brain. They were taking notes during the whole lecture.

The activity “Pretend to be a Neuroscientist” also included different practical Workshops:

- “Synapse Puzzle”. Children were divided into different groups (25 per group), and each one made a synapse on a corkboard. Meanwhile we explained the different parts of a synapse and its functional importance.
- “Wearing a Brain-Hat”. From the content introduced in the opening ceremony talk, children constructed a “brain-hat” representing different brain functions to study which parts of the brain facilitate the different senses, language, reasoning ability, etc.
- “Looking at the neurons”. Children also had the opportunity to observe different brain preparations under an optical microscope. Participants were encouraged at the end of the activity to draw what they have observed.

In the Closing Ceremony, we presented the main conclusions of the conference. Participants each received a Certificate of Attendance. The activity was a great success and we are sure the children will remember it for a long time!

<http://inc.uab.cat/English/News.php?Noticia=364>

B. "Cells on canvas"

From the 21st of April to the 12th of May we organized the exhibition "Cells on Canvas": Microscopic NeuroImages at the Sala d'Exposicions Teresa Pamies at the Centre Cívic Urgell in Barcelona. This exhibition was a microscopic journey where art and science merge to explore in, an artistic manner, the cellular responses of the nervous system. The images in this collection, were obtained by confocal microscopy and have been portrayed in scientific journal covers for their content and artistic value. The works of art displayed are a collection of images obtained by the neuroscientist Dr Carlos Barcia. This activity is part of the MIRÓ – Project (Microscopy Images Repository Organizer) designed to disseminate and popularize science by the INC. The exhibition was aimed towards the general public and overall caused great public interest.

<https://www.facebook.com/Centrecivurgell/posts/1099027076828132>

<http://www.ccurgell.cat/programacio-cultural/cel%C2%B7lules-sobre-llenc-neuro-imatges-de-microscopia/>



29. Experimental models for understanding Human Brain Function - Spain

Dates and Duration: 14-17 March 2016

Contact:

Diego Echevarria

Human Anatomy Lecturer

Instituto de Neurociencias (in.umh.es)

Universidad Miguel Hernandez de Elche (UMH)

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This year, a group of 76 volunteers from our Institute has made possible that 25 primary and secondary schools and university faculties and residents of Alicante (with a record 1,200 visitors) welcomed the facilities of the Institute of Neuroscience.

BAW 2016 began on Monday 14th with the cycle "Brain and Society", in which the debate "Neuroscience and violence" was organized. During the next 3 days at the Institute, visitors received talks, demonstrations in booths of electrophysiological techniques, Molecular biology, Sensory illusions and the exhibition of different animal models used in Brain Research. "Leica Microsystems" and "Surgical Training" have sponsored the event with equipment and tools.

For further audiovisual and electronic documentation please go to: <http://in.umh.es/baw.html>



30. Savour Toledo - BAW 2016 - Spain

Dates and Duration: 14-18 March 2016

Contact:

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This year Toledo is the Spanish Capital of Gastronomy. Our program "Savour Toledo-BAW 2016" has employed this initiative to organize a series of activities accessible to the public of all ages, in which the neuroscience research and taste of local cuisine came together.

Besides public talks like: Tasting with the brain; Brain and the control of appetite: why do we always have space for a desert?; Emotional aspects of the cuisine; Olive oil: a big treasure for the brain; The role of cholesterol in the brain: is it good or bad?, we organized an exhibition of the CNS photography, guided visits to our research laboratories, brain-inspired games for the youngest and an interactive public workshop dedicated to olfaction. Our event had great media coverage, attracting more than 1000 people.



31. Brain Awareness Week Activities of the Neuroscience Society of Turkey (NST) - A Journey into the Brain - Turkey

Dates and Duration:14-20 March 2016

Contact:

Prof. **Gulgun Sengul**

Ege University, School of Medicine, Department of Anatomy

35100, Bornova, Izmir, Turkey

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NST organized public and school activities in Izmir for BAW. A press release distributed by Ege Ajans to 3000 news and media outlets of Turkey. A live TV and radio program reached 20.000 and a newspaper article 'Brain Health: 14 Facts' reached a million people. Two public conferences by Prof. Gökçay on stroke, and Prof. Pırıldar on depression reached an audience of 500. A neuroquiz was made to public at local cafes. A movie evening -Ex Machina (2015) with psychiatrist Prof. Gönül reached 150 people. Two high school lectures (by Profs. Sengul, Balkan and Keser) was made to 450 and a neuroanatomy lab tour (Prof. Ozturk) to 40 high school students. A nursery school visit reached 40 five-year-olds. NST also supported public and school activities in cities Manisa, Denizli, Trabzon and Konya.

BAW TV program:

<https://www.youtube.com/watch?v=3f7yO2QtTJI>



32. OurBrain – Brain Awareness Week 2016 Activity for 5-11 year-old students in Greater Istanbul Area - Turkey

Dates and Duration: 14-19 March 2016

Contact:

Prof. Işıl Kurnaz

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0090 535 576 40 81; ikurnaz@gtu.edu.tr

In this year's event, faculty members from different universities have visited TED Istanbul College Nursery (60 students), Gebze Technical University nursery (15 students), TED Istanbul Secondary School (6th graders, 104 students), and Gebze Cuma Village Elementary School (60 students). On March 19th (Saturday) we have also addressed a total of 120 students from various schools gathered at Sancaktepe Science and Experiment Center (see schedule). Additionally, Prof. Dr. Tayfun Uzbay (Chair of Molecular Biology and Genetics Department, Uskudar University) has given a Science Talk addressing 10th and 11th graders at Dr Behiye Nevhiz Isil Anatolian High School, Tuzla (80 students).

Faculty members had given a brief presentation (5-10 min, depending on the level of students) on their research area, including brain imaging, cognitive, neuroscience, neurobiology, and learning. Prof. Dr. Isil Kurnaz (project coordinator) is a Molecular Neurobiologist at Gebze Technical University and Asst. Prof. Gulayse Ince Dunn is a Molecular and Developmental Neurobiologist at Koc University; they have talked to students about "neurons" (with their "hair" or dendrites, and their "arms" or axons) and neuron networks. Assoc. Prof. Fuat Balci is a cognitive psychologist, Prof. Dr. Yasemin Gursay Ozdemir is a Neurologist and Prof. Dr. Kemal Turker is a neuroanatomist at Koc University; they have talked to students about the lobes of the brain, how brain can be "fooled" in optical illusions etc. Asst. Prof. Esin Ozturk Isik and Asst. Bora Buyuksarac are Biomedical Engineers at Bogazici University, and Dr. Zeynep Firat is a Radiologist at Yeditepe University Hospital; they showed the kids what brain imaging is and how the doctors "take pictures or movies" of the brain. Finally, Assoc. Prof. Aysun Oztuna is in Science Education at Sakarya University and Prof. Dr. Buket Yakmaci Guzel is a member of Science Education Faculty at Bogazici University; they have talked to kids about how our brain learns, how important motivation, nutrition, attention etc. are, and what some brain conditions such as dyslexia are.

Following these brief presentations, students were given various activities in five stations (each station lasts 3 minutes), such as crossword puzzles, play dough, optical illusions, colouring, "I am a neuron" drama, "fooling the senses" (where the subject is blindfolded, with nostrils closed, and asked to taste coffee, cinnamon, cumin or cocoa) and so on. We discussed what brain and neuron are, how we "see" inside the brain, what brain means to us and how it helps us "jump, swim, dance, learn, play chess". 6th graders were also asked to prepare slogans or posters (sample photos attached to the report).

Our activity report has been posted to Dana Foundation partner page. Social media, mainly our lab's facebook page (<https://www.facebook.com/AxanLab>) and facebook pages of partner schools or science centres have been the most successful, especially since we could also reach parents.



33. Understanding Brain Function Evolution of the Brain: an exhibition for the 2016 Bristol Neuroscience Festival - UK

Dates and Duration: Part of the Bristol Neuroscience Festival held 18th and 19th March 2016

Contact:

Dr Emma Robinson

FBPhS, University of Bristol, Biomedical Sciences Building, University Walk, Bristol, BS8 4PX

Tel: 0117 33 11449, emma.s.j.robinson@bristol.ac.uk

The aim of the exhibit was to provide visitors with examples of real brains to illustrate how the brain has developed and changed across species. The resulting exhibition included brains collected from insects, fish, birds and mammals. The samples were prepared and fixed then mounted into identical size specimen pots so that the relative size and anatomy could be clearly illustrated. The resulting exhibition consisted of 16 brains from the smallest, a cockroach, to the largest, a cow. The exhibition was complemented with a set of sheep brains which had been dissected and could be handled by visitors as well as a model of a human brain. Over 3000 people attended over 2 days including ~1500 school students.



34. Heroes of Neurons: Brains at Work - UK

Dates and Duration: 14-18 March 2016

Contact:

Paula Rowe and Cassandra Bland,

Room D426 Rhind Building, City University London, St John Street, London, EC1R 0JD.

Paula.rowe.1@city.ac.uk, Cassandra.bland.1@city.ac.uk, Telephone: 0207 040 0161

Talks were well attended with about 20% being members of the public. Discussion continued afterwards for up to 2 hours.

Amazing Brains at Work Exhibition

Achievements of 8 famous people were individually described. The observer was invited to guess who, then lift a curtain to reveal the person's name, picture and some cerebral facts. The 9th 'high achiever' was revealed in a mirror.

Sound and Vision

To celebrate the working of the human brain, Professor Jamie Ward from Sussex University, discussed synaesthesia.

Speed Science

4 psychology/neuroscience experts simultaneously engaged in dynamic 3-minute Q&A sessions.

Wellbeing at Work

Dr Carien van Reekum from Reading University explained emotion regulation and psychological wellbeing. Dr Paul Flaxman from City illustrated how this can be affected by overwork and offered preventative tips.

