



## DANA foundation-FENS funded European Brain Awareness Projects 2021 Report

### 2019

Austria/Salzburg  
Belgium/Buggenhout  
Croatia/Osijek, Zadar  
France/Paris, Grenoble, Gonesse, Nantes  
Germany/Berlin, Bonn, Heidelberg  
Greece/Heraklion  
Hungary/Budapest, Szeged, Debrecen  
Ireland/Maynooth  
Italy/Messina, Torino  
Poland/Warsaw, Stare Miasto, Krakow  
Portugal/Coimbra, Lisbon  
Romania/Braia  
Russia/St.-Petersburg  
Serbia/Belgrade  
Slovakia/Bratislava  
Slovenia/Ljubljana  
Spain/Murcia, Valencia, Barcelona, Toledo  
Switzerland/Basel  
Turkey/Gebze  
United Kingdom/Leicester, London

### 2020

Armenia/Yerevan  
Bosnia and Herzegovina/Tuzla  
Croatia/Rijeka, Zadar, Split  
Finland/Helsinki  
France/Marseille, Nice, Paris, Nouzilly  
Germany/Berlin  
Greece/Heraklion  
Hungary/Budapest, Debrecen  
Ireland/Limerick  
Italy/Padua  
Netherlands/Rotterdam  
Poland/Warsaw, Krakow  
Portugal/Aveiro, Coimbra  
Romania/Braia  
Russia/St.-Petersburg  
Serbia/Belgrade  
Slovenia/Ljubljana  
Spain/Ciudad Real, Toledo, Barcelona, Burjassot  
Switzerland/Basel  
Turkey/Izmir  
United Kingdom/Saxmundham, London

### 2021

Belgium/Brussels, Heverlee, Liège  
Bosnia and Herzegovina/Tuzla  
Croatia/Rijeka, Split  
Czech Republic/Prague  
Finland/Helsinki  
France/Toulouse  
Germany/Berlin  
Greece/Athens  
Hungary/Szeged, Pécs  
Ireland/Greystones  
Italy/Rome, Torino  
Poland/Gdansk, Opoczno  
Portugal/Coimbra  
Romania/Bucharest  
Russia/St.-Petersburg  
Serbia/Belgrade  
Spain/Murcia, Toledo  
Switzerland/Vaumarcus  
Ukraine/Kyiv  
United Kingdom/Edinburgh, Cambridge

### 2021 Awarded Projects – Geographical Distribution



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## Introduction

The Dana Foundation offers financial support of up to EUR 1,000 to those who organise a brain awareness event during the Brain Awareness Week 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 2021, the directors of The Dana Foundation once more approved a grant to FENS.

## 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:

- Malgosia Kossut (EDAB Executive Committee Member)
- Roland Pochet (Belgian Brain Council Secretary General)
- Eva Sykova (DABI and EDAB Executive Committees member)
- Carlos Ribeiro (FENS Secretary General-elect)
- Francesca Cirulli (FENS Treasurer-elect)
- Nicolas Petersen (FENS Communications Committee member)

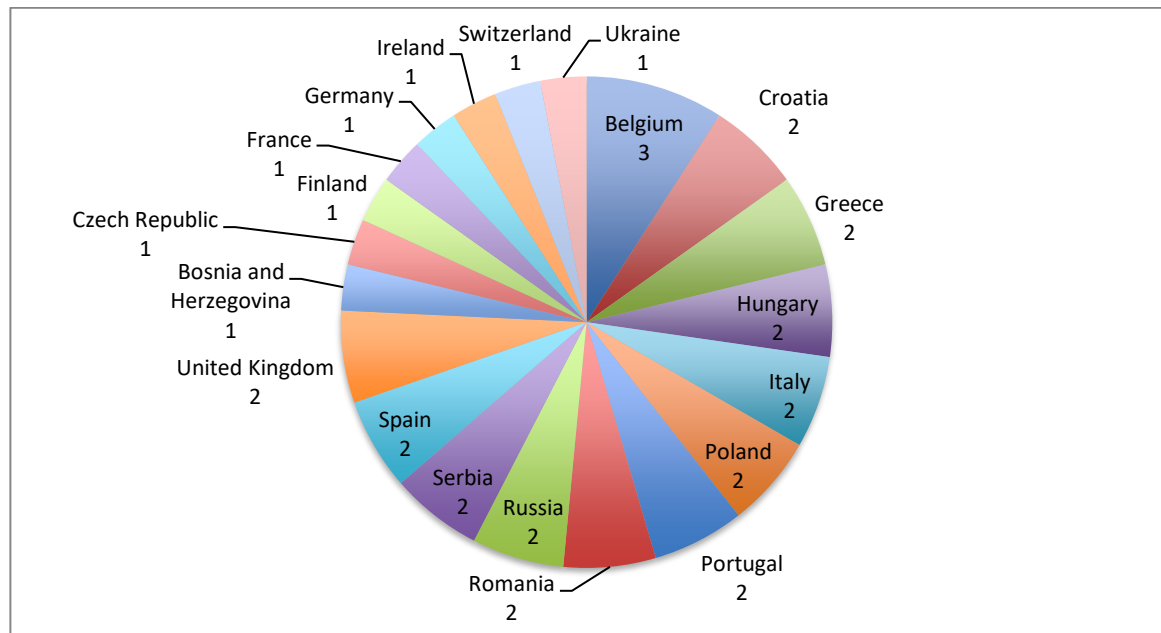
## Selected projects

66 applications from 26 different European countries were submitted, of which 33 projects in 20 different European countries were selected for support by the Dana–FENS grants.

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

1. Que se passe-t-il quand le cerveau dégénère ? - Alessandra K. Cardozo (Université Libre de Bruxelles, **Belgium**)
2. Brain Matters for young and old - Ann Van Der Jeugd (Leuven Brain Institute, **Belgium**)
3. Semaine du Cerveau 2021 - Martine Vanherck (Uliege (sciences.be network), BBC, **Belgium**)
4. Tuzla Brain Week - Edina Sejdin (Medical Faculty in Tuzla, **Bosnia and Herzegovina**)
5. Brain in digital form - Zrinko Baričević (University of Rijeka, **Croatia**)
6. Fearless Brain Project - Linda Lusic Kalcina (University of Split School of Medicine, **Croatia**)
7. Týden Mozku (Week Of The Brain) - Josef Syka (Centre for Joint Activities of the Academy of Sciences, **Czech Republic**)
8. Healthy Brain – Connected Brain. A video project - Andrei Rodionov (Helsinki University Hospital, **Finland**)
9. Cérébrum - Simona Celebrini (CNRS, **France**)
10. The Touchable Brain: an immersion into how the brain senses - Ian Stewart (EDGE Neuroscience-Art e.V., **Germany**)
11. Online events of the Hellenic Society for Neurosciences during Brain Awareness Week 2021 - Panagiotis Politis (Hellenic Society for Neuroscience, Biomedical Research Foundation of the Academy of Athens, **Greece**)
12. Is seeing, feeling, hearing believing? Using multisensory illusions as an educational tool on human perception and brain function - Argiro Vatakis (Panteion University of Social and Political Sciences, **Greece**)
13. Rise up and walk! - From neurodegeneration to neurorobotics - Zsófia Hoyk (Biological Research Centre, **Hungary**)

14. Opening a window on the brain - Neuroscience in the public space - Attila Sik (University of Pécs, **Hungary**)
15. Music Consciousness: How visual we are compare to synaesthetes? - Svetlana Rudenko (Technological University Dublin, **Ireland**)
16. How our brain innovates thinking (HOBIT) - Dionigi Mattia Gagliardi (Numero Cromatico, **Italy**)
17. Physical Exercise and the Brain - Giuseppe Zappala (CentroScienza, **Italy**)
18. Brain Days in Tri-City (Dni Mózgu w Trójmieście) - Wojciech Glac (University of Gdansk, **Poland**)
19. Scientific Conference for Children "Do you know your brain?" - Karolina Kosno-Basińska (Zespół Szkół Prywatnych, **Poland**)
20. Brain Time - Marta Quatorze Correia (CIBB (CNC and iCBR), **Portugal**)
21. Neuroscientists on-demand - Daniel Ribeiro (Universidade de Coimbra, **Portugal**)
22. Brain States-Different Dimensions of Consciousness - Patricia Popovici (Scientific Organisation of Medical Students, **Romania**)
23. BAW - Brain health - Cristina Vladau (Asociatia Pacientilor cu Afectiuni Neurodegenerative, **Romania**)
24. Brain and sleep - Lyudmila Korostovtseva (Almazov National Medical Research Centre, **Russia**)
25. 8th St.-Petersburg Brain Awareness Week "The Power of Genes" - Irina Sukhotina (Pavlov First St.-Petersburg State Medical University, **Russia**)
26. Train Through Your Brain: Let's Take a Look! - Milorad Dragic (Faculty of Biology, University of Belgrade, **Serbia**)
27. Ten pillars of Neuroscience - Stefan Jakovljevic (Student section of Serbian Neuroscience Society, **Serbia**)
28. XVIII BAW in Murcia. Times of COVID: a syndemic perspective of the brain and mental's functions - Maria-Trinidad Herrero (University of Murcia, **Spain**)
29. Discovering Neuroscience through the screen: Online Brain Awareness Week at the Hospital Nacional de Paraplégicos - Hugo Vara Rivera (Hospital Nacional de Paraplégicos, **Spain**)
30. Is anxiety the brain's sworn enemy? - Cherine Fahim (Endoxa Neuroscience, **Switzerland**)
31. BAW@BIPH - Brain Days at Bogomoletz Institute - Andrii Cherninskyi (Bogomoletz Institute of Physiology, **Ukraine**)
32. Neuron Safari - Richard Fitzpatrick (University of Edinburgh, **United Kingdom**)
33. Virtual British Brain Bee 2021 - Martyna Petrulyte (British Brain Bee, **United Kingdom**)



The COVID-19 pandemic and resulting governmental restrictions across Europe have impacted some events in 2021, which had to be postponed to 2022:

8. Healthy Brain – Connected Brain. A video project - Andrei Rodionov (Helsinki University Hospital, Finland)
9. Cérébrum - Simona Celebrini (CNRS, France)
10. The Touchable Brain: an immersion into how the brain senses - Ian Stewart (EDGE Neuroscience-Art e.V., Germany)

Details can be found in the relevant reports for each event.

## Reports of the selected projects

### 1. Que se passe-t-il quand le cerveau dégénère ?

**Dates and Duration:** The whole BAW Week (7 Days)

**Contact:**

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 Route de Iennink, 808 Brussels, Anderlecht, 1070 Belgium  
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**Report**

The “Spring of Science” is an annual event organized by the Wallonia and Brussels Federation and its main universities and aims to popularize science to the general public. It offers free scientific activities to pupils from the 3rd kindergarten and to the general public. The PS takes place from March 22 to 28 in 2021 (for info: <https://www.sciences.be/evenements/printemps-des-sciences/> ).

One of the themes that the Biomedicine students of the Faculty of Medicine of the Free University of Brussels, Belgium prepared for the PS 2021 is: "What happens when the brain degenerates?" They have prepared a video capsule (5 min), an animated Power Point presentation of 15 min and an educational file on these subjects:

1. What is it really hiding in our heads?
2. Cannabis, friend or foe of depression?
3. Amyotrophic Lateral Sclerosis

Due to the COVID crisis, the event took place online. Hundreds of people attended the virtual event, which was a success.

#### Related Links

- <https://www.sciences.be/cerveau/>
- <https://www.braincouncil.be/news>



## 2. Brain Matters for young and old

**Dates and Duration:** The whole BAW Week (7 Days)

#### Contact:

Ms. Ann Van Der Jeugd

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Email: [ann.vanderjeugd@kuleuven.be](mailto:ann.vanderjeugd@kuleuven.be)

#### Report

The Leuven Brain Institute hosted several events including two lectures and a workshop related to Alzheimer’s disease for Brain Awareness Week 2021. Our events were streamed live, the lectures aimed at the general public and adults, the interactive workshops at children, and over 200 people participated in our events. Besides this, our institute also raised general brain awareness about the brain via our dedicated social media channels and the ones from our institute members and national outreach partners such as the Belgian Brain Council (BBC). We posted over 50 messages that week; all related to (fun) facts about the brain such as brain facts on bananas (see picture) and portrayed our research in layman’s terms.

On Tuesday 16th of March, Prof Dr Rose Bruffaerts, neurologist at the University Hospitals Leuven and assistant professor at the University of Hasselt gave a lecture about (ab)normal cognitive aging that was very well attended and initiated an interactive and professionally moderated Q&A afterwards. On Thursday 18th of March, Prof Dr Koen Poesen, clinical pathologist at the University Hospitals Leuven and professor at the University of Leuven, gave a lecture about what our blood can tell us about our brain. Again, many people were interested and his lectures sparked a stimulating conversation about Alzheimer's diagnostics afterwards. Finally, on both Wednesday and Saturday afternoon, Dr Ann Van der Jeugd, Program Manager of the Leuven Brain Institute and President of the Belgian Women in Science, gave two online STEM workshops #TheSmellChallenge. First, children were taught about the brain with some fun quizzes, rodent research with some cool videos, and how olfaction deficits can help us in unravelling neurological disorders such as Alzheimer's.

Next, kids were invited to take part in the Smell Challenge where they were blindfolded and had to recognize several smells (parents were beforehand instructed to assist in this part). Their scores were discussed and kids could ask questions about the research. Some questions were: "How can mice and animal testing help us find a solution for Alzheimer's? How do you catch Alzheimer's mice? Do mice really like cheese?" The kids were given a fancy fluorescent vest afterwards to literally raise awareness for brain health (sent to their home address), a gift they very much appreciated.

We've got a lot of positive feedback from the participants about our activities. They've indicated that they've learned a lot about the Alzheimer's research and the brain and neuroscience in general.

#### Related Links

- <https://braincouncil.be/belgian-baw-events-2021>
- <https://twitter.com/leuvenbrainins1/status/1367797166723522562>



### 3. Semaine du Cerveau 2021

**Dates and Duration:** The whole BAW Week (7 Days)

**Contact:**

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### Co-organiser

Ms. Laurence Ris, UMONS

Laurence.RIS@umons.ac.be

### Report

The "Brain Week" is an annual meeting aimed at promoting research on the brain to the general public. Coordinated internationally by the European Dana Alliance for the Brain (EDAB), the Brain Week has been organized in Belgium by the Belgian Brain Council (BBC) since its creation in 2005. It has become a national event and major international.

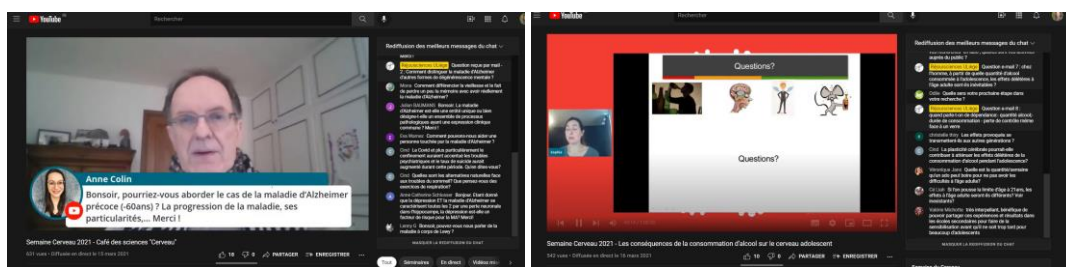
The Sciences.be network and its member universities offer an annual program of activities for schools and the general public.

In 2021, the activities have been dematerialized due to the health crisis.

For us, this was the opportunity to coordinate our programs and to offer all our audiences in Wallonia and Brussels a wide choice of activities.

### Related Links

- <https://www.sciences.be/cerveau/>



## 4. Tuzla Brain Week

**Dates and Duration:** 29.03-31.03.2021

### Contact:

Mrs. Edina Sejdin

Student Council of Medical faculty of Tuzla "MEDICUS" Medical faculty of Tuzla, University of Tuzla  
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Bosnia and Herzegovina

Tel: (+387) 621-21112

Email: [tbw.medicus@gmail.com](mailto:tbw.medicus@gmail.com)

### Report

Tuzla Brain Week was held in a hybrid form this year. Most of the content was held online, while some of the live activities were held in accordance with the epidemiological situation.

In the week before the official start of TBW, 5 webinars of experts in the field of (bio) medicine and neuroscience were held, with the participation of:



- Neurologist prof.dr. Omer Ć. Ibrahimagić «Consciousness disorders: Could the« roadmap »be better?»
- Neurosurgeon prof.dr. Mirsad Hodžić- «The influence of the media on the perception of brain surgery»
- Neuropsychiatrist prim.dr. Zlatko Kalabić- «The role and importance of the Center for Mental Health during the COVID-19 pandemic»
- Head of image analysis Muhamed Baraković, PhD «Advances in structural magnetic resonance neuroimaging: from research to clinics»
- Psychologist prof. dr. Sabina Alispahic «Panic attacks»

Age workshops were held in hybrid form. With the youngest and oldest population, we worked through Zoom using questionnaires, tasks and exercises, with the aim of pointing out the importance of mental health and proper learning, the development and preservation of cognition. We worked with the population from high school and college on a workshop on the town square entitled "Trained Brain - Correct Conclusion" and "Pandemic vs. Social Life". Leaflets about neuroscience were distributed to the citizens on that day, from the aspect of the importance of visits to doctors and breaking the stigma of neurological and psychiatric diseases. The video workshop is available on our social platforms.

Before the worsening of the epidemiological situation, a workshop "3D printing and modelling in BMI" was held in cooperation with the Faculty of Mechanical Engineering and assistant Denis Bećirović, who gave an introductory lecture and presented practical application through fabrication of human organs, tissues and prosthetic limbs.

First day: The opening ceremony and plenary lectures were held online via a live broadcast link, and professors got involved via Zoom. With a total of 4 plenary speakers, participants had the opportunity to hear many new things and discoveries from the field of neuroscience. The plenary speakers were:

- Prof.dr. Dževdet Smajlović - «Transcranial sonography of the brain parenchyma: A new way into the brain»
- Prof. Dr. Merita Tirić-Čampara- "Multiple sclerosis: New insights and trends"
- Prof.dr. Mirsada Hukić- «SARS COV-2 / COVID-19: What is Power Really?»
- Prof.dr. Ali Jawaaid- «Pathogenesis of Neuropsychiatric Disorders: From What We Eat to How Our Parent Felt»

Second day: Student research session was held through Zoom with the presentation of scientific papers of students and young doctors from Bosnia and Herzegovina, countries in the region, such as students from Austria, Germany, Georgia and other countries, which were evaluated by a professional scientist committee. The three best works won awards.

After the Scientific-research session, a workshop was held with prof. dr. Ali Jawaaid entitled "The Basics of a Scientific Research Paper- Made Ridiculously Simple". Dr Jawaaid demonstrated how to easily write a

simple scientific research paper of high quality and simple way. The workshop lasted for 3 hours split into 3 phases and it was aimed at young doctors and medical students.

Due to the unfavourable epidemiological situation and the impossibility of holding professional workshops live, they were held by experts through the Zoom application, as very interactive, with a lot of videos and pictures.

1. Basic Life Support- dr.med. Igor Pejić

2. Pediatric Emergency- mr.med.sci Sabina Salkanović- Delibegović

TBW Crack The Case- was held via Zoom. It was a competition for (bio) medicine students where the practical neuroscience cases with clinical features are presented as well as a representation of a random neuroscience phenomenon. The goal was to develop differential and clinical thinking in diagnostic procedures when working with a patient.

TBW Neuro Talk- was also held by Zoom. It is an activity with special emphasis on the psychological aspect of life and the impact of the COVID-19 pandemic on efficient work, memory and anxiety, which is growing among young people. How to protect our mental health was told to us by a psychology expert, mr. sc. Nera Kravić Prelić, Head of the Department of Psychology, University Clinical Center Tuzla.

Tuzla Brain Week was held in aggravating pandemic circumstances, but regardless of the hybrid system and most of the online content, we managed to gather a large number of students from countries in the region and the world, and celebrate this Brain Awareness Week, with the hope of new experiences encourage young people to continue working on the promotion of neuroscience, new research in neuroscience even more and better than before.

#### Related Links

- <https://www.facebook.com/TuzlaBrainWeek/videos/4104767442908614>
- <https://tbw.sv-medicus.ba>
- <https://www.facebook.com/TuzlaBrainWeek>



## 5. Brain in digital form

**Dates and Duration:** 15-19.3.2021

**Contact:**

Mr. Zrinko Baričević

University of Rijeka Department of biotechnology

RADMILE MATEJČIĆ 2

RIJEKA, Primorsko-goranska, 51000 Croatia

Tel: (91) 598-2451

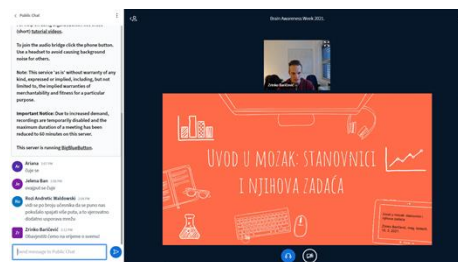
Email: [zrinko.baricevic@uniri.hr](mailto:zrinko.baricevic@uniri.hr)

## Report

This year's BAW project included three professors from the Department of biotechnology, who, together with myself, held lectures every day from 15 to 19. 3. This event produced video teaching material for everybody interested, which was disseminated through our media channels. More than 100 people participated in the event, with the video materials being viewed and downloaded daily. We hope to continue collaborating with several middle schools on similar projects in the future.

## Related Links

- <https://biotech.uniri.hr/hr/>
- <https://www.facebook.com/events/446396390118449>
- <https://www.linkedin.com/feed/update/urn:li:activity:6776953905768091648/>



## 6. Fearless Brain Project

**Dates and Duration:** 15/03/2021 - 19/03/2021

### Contact:

Dr. Linda Lusic Kalcina

University of Split School of Medicine, Neuroscience, Sukoišanska 12 Split, 21000 Croatia

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## Report

Two weeks before planned activities started, we sent a public announcement of activities to all schools in the Split- Dalmatia County, along with the call for teachers to encourage students to create art and literary works. Following the interactive lecture on a virtual platform, short virtual workshops were performed with each class. Power point presentations, video projections and brain models were presented during Brain awareness week 2021 from Monday 15th March to Friday 19th March (pictures will be uploaded in the current report).

The lectures were aimed at teaching the brain structure and behavioural neuroscience to elementary school children (Show me the brain and When I'm afraid, what happens in my brain?), teaching how to apply the cognitive and behavioural neuroscience of fear and sleep in everyday life (Can I teach my brain

to help me when I'm afraid? and I can't fall asleep when I'm afraid). Workshops started with questions of students aged 7-11 years' old which were answered while showing specific brain regions involved in different emotions on brain models. The duration of each lecture was 45-60 minutes, and a total of 14 elementary schools from the Split-Dalmatia County participated: Elementary School Josip Pupacic Omis, Elementary School Vjekoslava Paraca Solin, Elementary School Dobri, Elementary School Neoric- Sutina, Elementary School Ivana Lovrica Sinj, Elementary School Kostanje, Elementary School Petra Berislavica Trogir, Elementary School Kralja Zvonimira Solin, Elementary School Split 3, Elementary School Gradac Brist, Elementary School don Mihovila Pavlinovica Podgora, Elementary School Gradac, Elementary School Spinut, Elementary School Bijaci.

During the lectures and workshops, we were aimed at achieving the promotion of the public understanding of neuroscience with the emphasis on teaching children about changes in the brain when we are afraid, which might improve their coping skills.

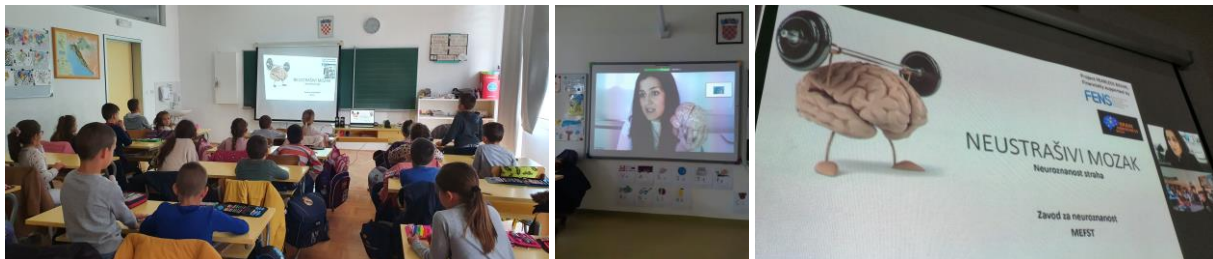
Following the call for teachers to encourage students to create art and literary works, teachers were also invited to send the best art pieces to Department of neuroscience. All artwork was published on the Facebook page of the Brain awareness week in Split ([www.facebook.com/tjedanmozga](https://www.facebook.com/tjedanmozga)) where we reached a total of 12 920 users, and teachers from various schools in the whole Split-Dalmatia County contacted us. All artwork is still available for this report in the aforementioned Facebook page.

Materials funded by FENS and DANA through the project FEARLESS BRAIN were aimed at promoting Brain Awareness Week, and were prepared and packed before distribution to the participating schools.

Considering the epidemiological circumstances in the current pandemic outbreak in Croatia, contact was always virtual and Zoom meetings included 1 or 2 classes at each elementary school.

#### Related Links

- [https://www.dropbox.com/s/8pck8zb5z1q7sny/zoom\\_0.mp4?dl=0](https://www.dropbox.com/s/8pck8zb5z1q7sny/zoom_0.mp4?dl=0)
- <https://www.facebook.com/tjedanmozga>



## 7. Týden Mozku (Week Of The Brain)

**Dates and Duration:** The whole BAW Week (7 Days)

#### Contact:

Prof. Josef Syka

Centre for Joint Activities of the Academy of Sciences of the Czech Republic  
Národní, 3 Prague, CZ, 11000 Czech Republic

Email: [vidimova@ssc.cas.cz](mailto:vidimova@ssc.cas.cz)

*Co-organiser*

Mrs. Kristyna Vidimova, Centre for Joint Activities of the Academy of Sciences of the Czech Republic  
[vidimova@ssc.cas.cz](mailto:vidimova@ssc.cas.cz)

## Report

Week of the Brain is a unique cycle of lectures on the newest discoveries and trends in the brain research and neuroscience. The Week of the Brain in the Czech Republic was initiated and established by the Czech neuroscientist, professor Josef Syka in 1998. The Czech Brain Week corresponded fully with the commitment of the European Dana Alliance for the Brain, to enhance the public understanding of brain research. Around 60 activities is organized every year – popularization lectures are intended primarily for high school and university students and also for the general public. During the lectures, records are made, which later serve as study material for the general public.

Due to restrictions related to the Covid-19 pandemic, we did transfer the festival program online therefore we made livestreams and broadcasted recorded events and lectures.

13 popularization lectures were recorded and published on the festival website. 48 accompanying program events (workshops, quizzes, films, etc.) were broadcast online. In total we offered more than 60 events to the public (mostly students and adult public). Views of the event took up to 56,109 views (via the festival website [www.tydenmozku.cz](http://www.tydenmozku.cz), Facebook profile and YouTube channel). The public is informed about BAW in the media, such as television and radio, in magazines and newspapers, on social networks. This year, our activities brought us the attention of 63 media outputs.

## Related Links

- <https://www.youtube.com/watch?v=jnTxOhg6sAM&list=PL0APKSsMMMZR0BLB5IssyBiCXQ41VVUy&index=2>
- [www.tydenmozku.cz](http://www.tydenmozku.cz)
- <https://www.facebook.com/tydenmozku>
- <https://www.avcr.cz/cs/pro-verejnost/akce-pro-verejnost/tyden-mozku/>



## 8. Healthy Brain – Connected Brain. A video project

**Dates and Duration:** Postponed to BAW 2022 due to pandemic

### Contact:

Dr. Andrei Rodionov  
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BioMag Laboratory  
PO 340 HUS  
Helsinki, 00290, Finland

Email: [andrei.rodionov@tmshub.fi](mailto:andrei.rodionov@tmshub.fi)

### Report

The project aims to produce and distribute online video materials to increase awareness of the latest neuroscientific research on brain connectivity conducted in the BioMag Laboratory Helsinki University Hospital by Dr. Andrei Rodionov PhD for development of early diagnosis of mild traumatic brain injury (mTBI) with transcranial magnetic stimulation.

#### Objectives

- 1) to inform general public about importance of early diagnosis of mTBI and association of head traumas (even mild) with risk of long-lasting post-traumatic symptoms that can lead to depression and suicide.
- 2) to present recently started cutting-edge research utilising combination of stimulation and neuroimaging to improve our understanding of brain connectivity and recovery after mTBI.

In the planned video material we will present recently started research aimed at development and implementation of a novel diagnostic approach for mTBI based on integration of high-tech noninvasive methods including source localization of pathological brain activity with magnetoencephalography (MEG) and estimation of cortical connectivity with navigated transcranial magnetic stimulation to obtain individual maps of brain connectivity associated with specific mTBI symptoms.

## 9. Cérébrum

**Dates and Duration:** Postponed to 14-20 March 2022

#### Contact:

Dr. Simona Celebrini  
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CNRS CERCO UMR5549  
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Email: [simona.celebrini@cnrs.fr](mailto:simona.celebrini@cnrs.fr)

### Report

The Brain Awareness Week, « La semaine du Cerveau », has been organized in Toulouse for more than 20 years now. During that week, about twenty events are freely available to Toulouse residents in a dozen different locations, and they usually attract up to 200 people each.

In order to remain attractive and to encourage the public to attend as many events as possible, various types of events presenting local research efforts (conferences, debates, movie projections, workshops...) are organized each year.

For our 2021 edition, we will display, in addition to the conventional events, a show-conference that aims, through simple and fun experiments, to transmit to the audience the latest scientific knowledge on brain functioning; a unique opportunity to simply discuss recent discoveries in neuroscience.

The performance is called “Cerebrum” and is proposed by Yvain Juillard, former neurobiologist. This spectacle has been recognized of “general interest” by the CNRS (French National Centre on Scientific



Research) last year. The show will be completed by the intervention of a researcher who will address the questions of the audience and comment on the topics addressed during the show.

## **10. The Touchable Brain: an immersion into how the brain senses**

**Dates and Duration:** Postponed to 11-18 January 2022

**Contact:**

Mr. Ian Stewart  
EDGE Neuroscience-Art e.V.  
Wathestrasse 51  
Berlin, 12051, Germany  
Email: [ian@edge-neuro.art](mailto:ian@edge-neuro.art)

**Report**

This proposal is for a weeklong program of events focussed around a public science-art exhibition. The program presents current knowledge in sensory and computational neuroscience with reference to its applications in machine development and AI. This will be hosted by EDGE, an association that holds creative events to bring neuroscience to the public by using art as a communication medium.

The exhibition of neuroscience-art installation Sensory Neuronal Network invites members of the public to interact with a multimedia representation of how the brain interprets our sensory environment. Real scientific data of how the brain processes what we touch is represented through a sculpture with sound and projection images. Participants take on the role of researchers, experimenting and observing, to become immersed in the science of what we understand of the brain.

This free exhibition in Berlin will be accompanied by public and online talks from sensory neuroscientists, as well as a 'drink and think' social event. The open-door approach with art in a social neighbourhood will reach a new audience. A science journalist will write a non-expert literature review describing the translation of sensory neuroscience into the machine advances we see today.

## **11. Online events of the Hellenic Society for Neurosciences during BAW 2021**

**Dates and Duration:** The whole BAW Week (7 Days)

**Contact:**

Dr. Panagiotis Politis  
Biomedical Research Foundation of the Academy of Athens Center of Basic Research  
Soranou efesiou 4 Athens, Attiki, 11527 Greece  
Tel: (0030) 694-6953879  
Email: [ppolitis@bioacademy.gr](mailto:ppolitis@bioacademy.gr)

**Report**

Our activities included a number of online events, presentations and webinars organized by members of the Hellenic Society for Neuroscience (HSfN). These activities comprised of talks and discussions open to general public, demonstrations, video presentations as well as interactive sessions regarding the brain and its functions and took place during the Brain Awareness Week, March 15-21, 2021. We encouraged the participation of early career scientists and students that presented talks, art and movies regarding



brain processes. The topics of the events included the function of neurons and the brain, the impact of the pandemic on stress and our brains, the imaging of the living brain, how our brain learns and remembers, and the impact of stress on our brains. Several senior and junior members of the HSfN participated with online talks/discussions and organization of the events.

In particular, the following events were held during BAW 2021:

1. A virtual lecture presented by Prof. George Chrousos, entitled "The human brain in our universe". George Chrousos is Professor of Pediatrics and Endocrinology Emeritus, Holder of the UNESCO Chair on Adolescent Health Care, and Director of the University Research Institute of Maternal and Child Health and Precision Medicine, National and Kapodistrian University of Athens, Medical School. During this event, students, researchers and lay public had the unique opportunity to interact with this world-renowned scientist in a live Q&A. The lecture was recorded and uploaded to the HSfN website. This event was hosted by our society's members Dr Alexia Polissidis and Dimitris Isaakidis.
2. An online event entitled "The Jennifer Aniston neuron and other adventures on how the brain shapes reality" and organized by HSfN members from the Department of Biological Applications, University of Ioannina. In this 3h virtual event, students from science and the humanities departments were introduced to the fundamental role of the brain in understanding the world around us and our ability to successfully interact with it. The Students were engaged in activities that demonstrate the difference between sensation and perception and familiarize them with the tools for imaging the living brain. This event was organized by our society's member Dr Lefkothea-Vasiliki Andreou together with young students from her research group (Panagiota Papapetrou, Katerina Kiropoiou and Panagiota Koulouri).
3. An online event entitled "What happens in our brain when we get stressed?" and organized by the Department of Biological Applications, University of Ioannina under the guidance of Dr Michaela Filiou. This event included an online presentation of a video (duration: few minutes, language: English and Greek) where using a marker, a whiteboard and the art of drawing, the working team illustrated in a comprehensive and simple way what happens in our brain when we are exposed to psychological stress. The video was broadcasted and a Q&A session was followed about what happens in our brain when we are exposed to psychological stress. The target audience of this event was high school and university students as well as general public.

## Related Links

- <https://www.hsfN.gr/brain-awareness-week-2021/> <https://www.hsfN.gr/brain-awareness-week-2021/>
- <https://www.facebook.com/alexia.p.5/posts/10164832889735305>



## **12. Is seeing, feeling, hearing believing? Using multisensory illusions as an educational tool on human perception and brain function**

**Dates and Duration:** The whole BAW Week and on-going.

**Contact:**

Dr. Argiro Vatakis

Panteion University of Social and Political Sciences, Psychology

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**Report**

What one sees, feels, tastes, smells, and hears is not always what one actually receives as input from the outside world. That is, the brain receives a large amount of data, which are then reconstructed, through multiple assumptions, into a rich perceptual experience. One may interpret these reconstructions as flaws and errors of brain functioning, but, in reality, these represent the outcome of the complex computations the brain makes to interpret each and every experience that ultimately allow us to interact with the world. Current research on multisensory perception has led to the discovery of a number of multisensory illusions opening the path for new research and theories on the ways in which the brain integrates multiple sensory inputs. Our BAW2021 project aimed to educate children and adults about sensory and multisensory perception, as well as brain function through an online portal in a fun and interactive way that can be experienced in the comfort of one's home. The work is still on-going but this was accomplished through the development of an interactive collection of online tools (videos, demos, activities etc.) to communicate the science of multisensory illusions. This portal will be continuously updated and enriched with more information and more illusions, so as to compose a standard meeting place for future BAW meetings in Greece.

The portal can be viewed here <https://sites.google.com/view/multisensory-illusions/αρχική>. Based on the portals analytics over 400 people visited the portal with 76% of the visitors from Greece and the rest from other countries mainly Germany, Cyprus, and the US.

**Related Links**

- <https://sites.google.com/view/multisensory-illusions/αρχική>

## **13. Rise up and walk! - From neurodegeneration to neurorobotics**

**Dates and Duration:** 18/03/2021

**Contact:**

Dr. Zsófia Hoyk

Biological Research Centre, Institute of Biophysics

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*Co-organiser*

Prof. Mária Deli, Biological Research Centre, Institute of Biophysics

[deli.maria@brc.hu](mailto:deli.maria@brc.hu)

Other organizers:

- Gábor Steinbach, PhD – [steinbach.gabor@brc.hu](mailto:steinbach.gabor@brc.hu)
- Lilla Barna – [barna.lilla@brc.hu](mailto:barna.lilla@brc.hu)
- Anikó Szecskó – [szecskoaniko@gmail.com](mailto:szecskoaniko@gmail.com)
- Beáta Barabási – [barabasi.beata@brc.hu](mailto:barabasi.beata@brc.hu)

## Report

Our 12th BAW event was held on 18th of March 2021 as an online event. The program was announced on posters and social media (Facebook, LinkedIn). The lectures related to neurodegeneration and neurorobotics, the focus of our outreach event this year, were held by experts in the field. Roland Patai, PhD, a neurobiologist, talked about neurodegenerative processes affecting the human motor system and new advances in the development and design of artificial limbs. Sándor Valkai, PhD, a biophysicist, demonstrated state-of the art brain-computer interfaces and their applications in bionic arms and legs. Both lectures were held online having an audience of 68 and 61 persons, respectively. Following the talks the audience was invited to participate at an interactive online quiz containing questions related to the lectures. The first three participants solving the quiz correctly were awarded. After the lectures participants of the event had the possibility to perform some simple workout, which help to overcome the harmful effects of sitting during hours in front of a computer. There were 36 persons interested in the online fitness training streamed from a local gym by Róbert Király, a professional trainer. The laboratory demonstrations related to cell cultures, cell viability experiments, psychoactive compounds, atomic force, fluorescent and two-photon microscopy were also popular: 173 persons listened to the live online demonstrations of research going on at our laboratories. The pre-recorded laboratory demonstrations registered 224 views. An art competition focusing on the relationship the brain has with motor functions was announced for schools in Szeged in February. Submitted art pieces were exhibited in an online gallery and three winners in each category (grades 1-4, 5-8, 9-12 and art school students) received prizes based on the evaluation of a professional jury and a public vote. The BAW playhouse, open all through the event, had several activities, including optical illusions and interactive online puzzles, entertained 578 users.

## Related Links

- <https://www.facebook.com/508226266342327/photos/a.510197289478558/1072792329885715>
- <https://twitter.com/BarriersGroup/status/1369286236930719746>
- <https://www.linkedin.com/feed/update/urn:li:activity:6775051103269605376/>



## 14. Opening a window on the brain - Neuroscience in the public space

**Dates and Duration:** The whole BAW Week (7 Days)

**Contact:**

Prof. Attila Sik

Institute of Transdisciplinary Discoveries, Medical School, University of Pécs

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**Report**

From 2020, our Institute on behalf of the Hungarian Neuroscience Society, provide the national coordination of Brain Awareness Week (BAW) events. Our duty includes the continuous maintenance and updating of the official Hungarian BAW website ([www.agykutatashete.hu](http://www.agykutatashete.hu)), as well as online-offline marketing activities with national coverage, presenting and representing all locations uniformly.

Our Institute's mission and efforts, formulated as a foundation, are kept in mind as a goal to be achieved during the BAW: to promote the science of brain research by combining different disciplines and methodological approaches. We have elaborated on topics that are of great interest to a wide range of people, in all social groups.

Due to the current pandemic we implemented our programs online. To prevent technical issues, our lectures and round table talks were pre-recorded and then later, during the official BAW period we published the videos on our official Hungarian BAW Youtube channel. During the week we published a program every day. Most of our invited guests were excellent lecturers of our university.

Prior to the series and during the official program week, we had total of 41 media appearances nationwide, featured on a national television channel (m5), national radio (Kossuth Radio), several leading online news portals and regional media. Since BAW week our Institute's programs have more than 13 000 views, the most viewed video is seen more than 8500 times. The received grant of 1000 EUR was spent on the following costs:

- 1) updating the official Hungarian BAW logo for all locations;
- 2) online advertisement on Facebook platform for all Hungarian locations (Pécs, Szeged, Debrecen, Budapest);
- 3) and for our own programs in Pécs we rented professional equipment and hire a specialist to make high quality recordings.

You can access our programs at the links below:

Mind of the Criminal: <https://www.youtube.com/watch?v=T-uHOGIWnx8>

I, You, We: social levels of Brainwashing <https://www.youtube.com/watch?v=i4zsoSVIVaM>

Degree of Dread: origin and evolutionary development of phobias:

[https://www.youtube.com/watch?v=Jf5thG\\_u70E](https://www.youtube.com/watch?v=Jf5thG_u70E)

From brain waves to music frequency: <https://www.youtube.com/watch?v=F8lLpNVOHDA>

Dance session for Parkinson patients: [https://www.youtube.com/watch?v=43XgSrJw\\_2o](https://www.youtube.com/watch?v=43XgSrJw_2o)

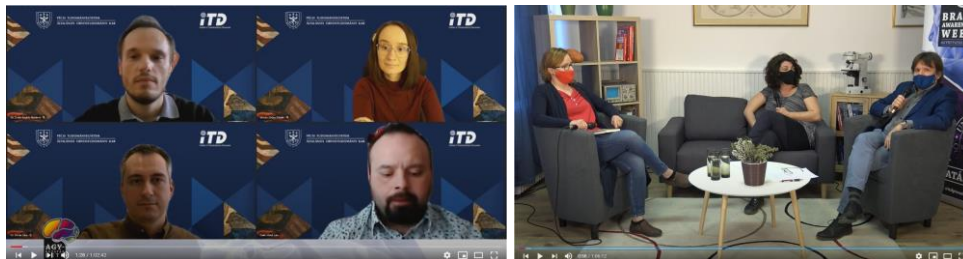
Substance use and recovery: <https://www.youtube.com/watch?v=Pfb1JzF7SDg>

Female addictions and transgenerational effects: <https://www.youtube.com/watch?v=nfdaWGnshNs>

Addictions of Generation-Z: [https://www.youtube.com/watch?v=8h\\_5Side26E](https://www.youtube.com/watch?v=8h_5Side26E)

#### Related Links

- <https://www.youtube.com/watch?v=T-uHOGIWnx8>
- <https://agykutatashete.hu/>
- <https://www.facebook.com/events/1105790986554371>
- <https://itdweb.hu/>



## 15. Music Consciousness: How visual we are compare to synaesthetes?

**Dates and Duration:** 20/03/2021

#### Contact:

Dr. Svetlana Rudenko

Technological University Dublin

School of Electronic & Electrical Engineering

Greenway Hub, School of Electronic and Electrical Engineering, TUDublin , Grangegorman

Dublin 4, Dublin, 9P49+5P

Ireland

Tel: (+353) 876-733604

Email: [rudenkos@tcd.ie](mailto:rudenkos@tcd.ie)

#### Co-organiser

Dr. Richard Roche, Maynooth University, Department of Psychology

[Richard.Roche@mu.ie](mailto:Richard.Roche@mu.ie)

#### Report

Awarded by FENS/ Federation of European Neuroscience Societies. With support from TUDublin & tPOT EU\_SHAFE research group led by Dr Damon Berry & John McGrory, School of Electronic & Electrical Engineering, where Svetlana is research fellow. [www.svetlana-rudenko.com](http://www.svetlana-rudenko.com)

Zoom recorded live link of the virtual event.

<https://vimeo.com/526864640>

Introduction & Discussions by Dr Richard Roche, Maynooth University

Music Consciousness talk by Dr Svetlana Rudenko, TU Dublin

Synaesthesia Art & presentation lecture by Carol Steen, president of American Synesthesia Association

Schuman Quintet Op. 44 by Svetlana Rudenko & ConTempo Quartet/ Bogdan Sofei (violin 1), Ingrid Nicola (violin 2), Andreea Banciu (viola), Adrian Mantu (cello).

Schuman Piano Quintet Op. 44 performance file (not Zoom audio) [www.vimeo.com/526060540](http://www.vimeo.com/526060540). Recorded remotely during the time of pandemic due to Covid-19. Sound engineering by Ruth Kennington.

In this journey through the senses and music emotion we offered insights into diversity of perceptions and consciousness on the example of music performance of Schuman Piano Quintet Op. 44 and discussions. Consciousness is the most fundamental neuro and biological process of the brain, providing our survival in the existing world, awareness of self and our reality. What if the reality is a fantasy? Music and Arts are associated with higher states of consciousness. We investigated how musicians use their senses in creating “imaginary reality” and how artist-synaesthete can capture music expression in colour. The discussions were led by Dr Svetlana Rudenko & Dr Richard Roche, co-directors of Music Consciousness Lab. <https://synesthesia18.github.io>

Dr Richard Roche, Trinity College Dublin & Maynooth University, author of the book “ Why Science Needs Art”. New York artist- synaesthete Carol Steen painted the performance, she is Co-founder of American Synaesthesia Association (since 1995). Do musicians use the visualisation of senses? Do they experience cross-modal associations when the memory triggers subjective experiences to relate to the emotion in music? Synaesthesia is considered “a window into perception, thought and language” (Ramachndran and Hubbard, 2001) This project offered wide audience provocative thoughts were our emotion is formed and how our visualisation of senses can bring us to alternative states of consciousness associated with Music, Art and Creativity. We had very engaging Q&A session, total registered participants 75 people.

#### Related Links

- <https://vimeo.com/526864640>
- <https://twitter.com/LanaRude>
- <https://www.loveyourbrain.ie/event/124-music-consciousness-how-visual-are-we-compared-synaesthetes>
- <https://vimeo.com/526060540>





## 16. How our brain innovates thinking (HOBIT)

**Dates and Duration:** 15/03/20 - 21/03/20

### Contact:

Mr. Dionigi Mattia Gagliardi

Numero Cromatico

Via dei Pianellari, 20, Rome, 00186

Italy

Email: [numerocromatico@gmail.com](mailto:numerocromatico@gmail.com)

### Report

How our brain innovates thinking (HOBIT) is the event organised by Numero Cromatico for Brain Awareness Week 2021. Numero Cromatico is a non-profit association and research centre established in Rome in 2011. The project focused on the relationship between art and neuroscience and the importance of a hybrid approach to artistic and scientific research to be promoted through free webinars. Further, it aimed at raising awareness among the community of both experts and non-experts on the most recent discoveries on the human brain and their importance in various fields of knowledge as well as daily activities.

Numero Cromatico hosted six webinars of a duration of about an hour and a half. External speakers were also invited, namely Massimo Salgaro and David Freedberg. Massimo Salgaro - professor at the University of Verona - addressed the topic of empathy by highlighting its criticalities and potential, in both literature and science; David Freedberg - Pierre Matisse Professor at the Columbia University - held an interview with Dionigi Mattia Gagliardi (president of Numero Cromatico) drawing from some extracts of Freedberg's book *The power of images* (1989) only to talk about his research experience between History of Art and Neuroscience.

The other four webinars were held by the members of Numero Cromatico:

Theories and models of visual consciousness between art and science, by Salvatore Gaetano Chiarella, artist and PhD in Psychology and Cognitive Science.

How we use the brain to build an art project, by Giulia Torromino, post-doc at the Telethon Institute of Genetics and Medicine (TIGEM),

How we perceive the beauty of words, by Manuel Focareta, artist and researcher engaged in studies on the spatial and visual qualities of literary texts.

Beauty and the brain: New frontiers for artistic research, by Dionigi Mattia Gagliardi, artist and professor of Perception Theory at the Quasar Institute for Advanced Design in Rome.



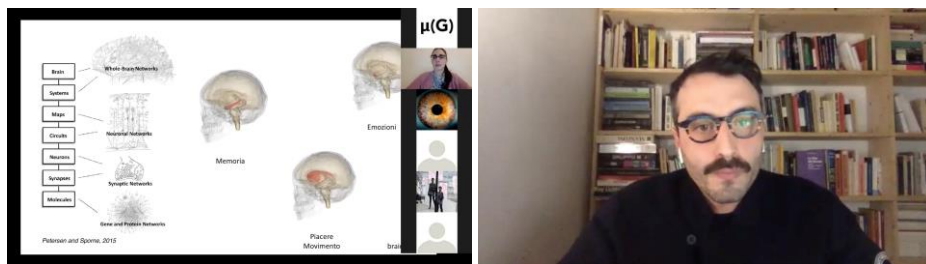
Alongside the six online appointments, we also organised an online workshop for 13 and 14-year-olds from the Istituto Omnicomprensivo in Orte (Viterbo). The event took the name of Origami Lab: discovering the brain, and it was held by Marco Marini and Luisa Amendola - two of the members of Numero Cromatico - who introduced the students to the various brain areas and their functions in a fun and interactive way.

All the proposed activities, despite the difficulties due to COVID-19, had an excellent response, successfully involving different target audiences, with an average of about 40 participants for each appointment. The response of participants was very positive and active: at the end of each talk, participants seized the opportunity to ask a few questions to the speaker.

We reckon that HOBIT could become an annual event with a growing number of appointments, activities and topics to discuss. This first experience within Brain Awareness Week fills us with pride and paves the way for future projects and collaborations, corroborating our hybrid and transdisciplinary approach to artistic and scientific research.

#### Related Links

- <https://en.numerocromatico.com/hobit>



## 17. Physical Exercise and the Brain

**Dates and Duration:** 15-20 March 2021

#### Contact:

Mr. Giuseppe Zappala

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Italy

Tel: (328) 599-1143

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#### Co-organiser

Neuroscience Institute Cavalieri Ottolenghi of Turin

#### Report

Moderate physical activity can sculpt our brain circuits and promote brain health. From the young to the elderly, from the injured patient to the space traveller, human beings must remember that they were born to walk and that there is a strong interaction between muscle and brain activity, which can support each other. In addition, the new green deal highlights the importance of practicing physical activity in a

natural environment, to promote well-being and mood. Physiological and potentially pathological issues were then identified.

Events.

March 15 9:00 pm - March 15 10:30 pm

#### EXOSKELETONS: BEYOND THE INJURY OF THE SPINAL CORD

Exoskeleton Corrado Calì, Nico - Neuroscience Inst. Cavalieri Ottolenghi Diego Garbossa, Department of Neuroscience - Neurochirurgia, Università di Torino

March 16 9:00 pm

#### VIRTUAL TRAINING, REAL IMPROVEMENT

Dalila Burin, Smart-Aging Research Center – Tohoku University, Sendai – Japan – Prize GiovedìScienza 2016

March 17 6:00 pm

#### A GYM TO TRAIN THE BRAIN FIFTEEN QUESTIONS TO TURN IT ON!

Mauro Berruto, men's national volleyball coach (2010 - 2015)

March 18 9:00 pm

#### Walking in the green and blue as an antidepressant

Francesca Cirulli, Centro di Riferimento per le Scienze comportamentali e la Salute Mentale, Istituto Superiore di SanitàPaola Rocca, Dipartimento di Neuroscienze - Psichiatria, Università di Torino

#### MOTOR ACTIVITY IN A SPACE STATION

Appointment CentroScienza Week of the Brain

The environments that characterise space missions are not very comfortable to the human body. As a result of microgravity, astronauts experience various physical changes, which can have a major impact on their health. Some of these conditions can be counteracted by exercising daily, but doing gymnastics in space is not an easy task.

Marinella Ferrino, Thales Alenia Space Human Factors - Cislunar Habitat

Marina Boido, NICO, Department of Neuroscience, University of Turin.

#### Related Links

- [https://www.centroscienza.it/settimana\\_cervello21/](https://www.centroscienza.it/settimana_cervello21/)
- <https://www.facebook.com/page/708224689272249/search/>
- <https://twitter.com/centroscienza>
- <https://www.instagram.com/stories/highlights/17914034485617443/>
- <https://www.torinotoday.it/eventi/la-settimana-del-cervello-torino-15-20-marzo.html>
- <https://www.lastampa.it/torinosette/news/2021/03/12/news/vivere-nel-verde-fa-bene-al-cervello-1.40016459>

- <https://www.zipnews.it/al-via-oggi-la-settimana-del-cervello-dedicata-a-esercizio-%20sico-e-cervello/>
- <https://www.torinoscienza.it/notizie/settimana-del-cervello-2021>



## 18. Brain Days in Tri-City (Dni Mózgu w Trójmieście)

**Dates and Duration:** The whole BAW Week (7 Days)

### Contact:

Mr. Wojciech Glac  
University of Gdansk  
Department of Animal and Human Physiology  
Wita Stwosza, 59  
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Email: [wojciech.glac@ug.edu.pl](mailto:wojciech.glac@ug.edu.pl)

### Report

Thanks to the on-line formula, over 20,000 people took part in the 11th Brain Days in the Tri-City at the University of Gdansk.

From 15 to 21 March 2021 the 11th edition of the Brain Days in Tri-city took place at the University of Gdansk. We have conducted over 70 lectures and workshops for children and adults. In addition to live webinars, we have prepared numerous games, quizzes and virtual escape rooms, as well as video materials about the brain, which are still available at the website [www.dnimożgu.ug.edu.pl](http://www.dnimożgu.ug.edu.pl).

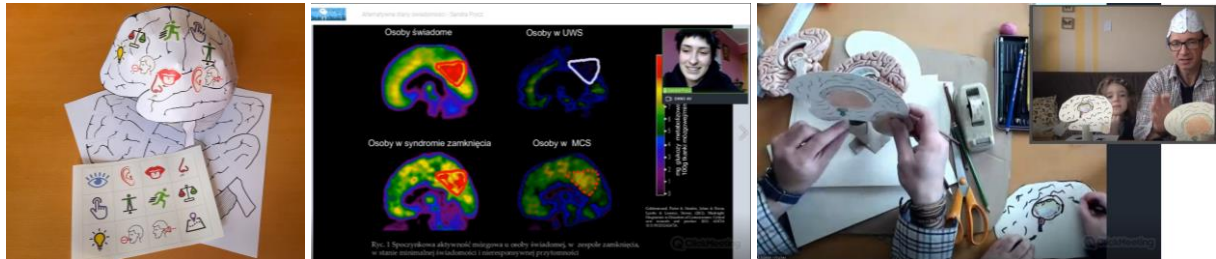
Thanks to the on-line formula at the Brain Awareness Week at the University of Gdańsk, the lectures and workshops were attended by over 20,000 people not only from the Tri-City and Pomerania, but also from all over Poland and even from other countries, including Germany, Great Britain, Sweden, Norway and other European countries and even USA.

Thanks to a grant from the Dana Foundation and the Federation of European Neuroscience Societies, over 500 children received via post a cardboard brain cap, useful for learning about the structure and functions of the cerebral cortex.

The rich program of the Brain Awareness Week celebrations in the Tri-City was possible thanks to the involvement of scientists, PhD students and students of the University of Gdańsk and Medical University of Gdańsk.

### Related Links

- [www.dnimoszgu.ug.edu.pl](http://www.dnimoszgu.ug.edu.pl)
- [www.facebook.com/dni.mozgu.trojmiasto](https://www.facebook.com/dni.mozgu.trojmiasto)



## 19. Scientific Conference for Children "Do you know your brain?"

**Dates and Duration:** 15/03/2021-19/03/2021

### Contact:

Mrs. Karolina Kosno-Basińska  
Zespół Szkół Prywatnych  
ul. Partyzantów 1a Opoczno, łódzkie, 26300 Poland  
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Email: [k.kosno-basinska@zsprywopoczno.pl](mailto:k.kosno-basinska@zsprywopoczno.pl)

### Report

During the Brain Awareness Week 2021 we organized the 1st Scientific Conference for Children "Do you know your brain?"

Our young participants of the event had an extraordinary opportunity to take part in a scientific conference for children modelled on a real scientific conference.

We managed to carry out various activities for children and teenagers from our Association of Private Schools (Zespół Szkół Prywatnych). Every class and event was be age appropriate.

We had 5 target groups:

- kindergarten + nursery (age: 3-6) - total 49 children,
- grades 1-3 primary school (age: 7-9) - total 126 children,
- grades 4-8 primary school (age: 10-14) - total: 154,
- high school students (15-16 years old) - total: 35,
- teachers and students' family members (who watched the lectures on-line with children) total - 44 teachers and about 365 family members.

Total amount of participants: ~773 (it is much more than we expected!)

Our purpose was to expand the knowledge of a human brain and how it works in a form of scientific conference for children / teenagers.

About 2 week before the Conference we announced a Competition for our older students in 2 categories:

- making 3D model of a brain or a neuron,
- preparing a presentation concerning the neuroscience (and presenting it to younger audience during the event).

On the first day we had "Opening Ceremony Lectures" held on-line for our older students (4-8 primary and high school grades students having classes at home because of Polish regulations related to Covid-19). This event was held by two professionals (dr Tony Vega - biophysician and bioinformatician and Martyna Kosno - PhD student, pharmacist and biochemist), who work on neurodegenerative diseases at UT Southwestern Medical Center (Dallas, Texas, USA).

At the same time biology, English and kindergarten teachers organized thematic classes concerning the topic (both in Polish and English) held in every grade (1-3 primary, kindergarten and nursery groups).

On the first day of the Conference all the competition participants brought their models and presentations to our "3D Models Gallery" designed for this purpose.

During days 2-4 we held workshops in every age group for younger students (1-3 grades primary) and nursery/kindergarten children.

The primary school students were preparing their posters for the last day of the Conference. Every poster presented different aspect of brain work, ex.: memory and mnemo techniques, emotions, diseases prevention, brain diet, stress management, influence of sport activities on mental health. Every group of children visited our "3D Model Gallery", where we had displayed all the competition works. During this visit they were trying to guess (with their teacher's help) the materials from which the models had been made. Competition participants gave lectures to the younger students (concerning the topic of the Conference). During each lecture, members of the Jury were present to evaluate the participant's presentation.

On the last, 5th day younger students (1-3 grades) presented their posters during "the Poster Session" to their peers (ex. grade 1a students to grade 1b students).

At the end every group took part in a mnemo technique Challenge organized by one of the teachers. After that all participants received small prizes.

The last day of the Conference was also the best moment to announce the winners of the competition and awarding of prizes.

We consider the 1st Scientific Conference for Children "Do you know your Brain?" as a great success! Our young participants gained new valuable knowledge, our teachers gained some experience organizing a scientific conference for the first time and our students' family members also took part in the on-line lectures and were so excited because of it! Next year we hope to prepare something even more interesting!

#### **Related Links**

- <https://www.facebook.com/zsprywopoczno/videos/1537375553135361>
- <https://www.facebook.com/zsprywopoczno>



## 20. Brain Time

**Dates and Duration:** 10/03/21 - 30/03/21

### Contact:

Ms. Marta Quatorze Correia

CIBB – Centre for Innovative Biomedicine and Biotechnology (CNC – Center for Neuroscience and Cell Biology - and iCBR – Coimbra Institute for Clinical Biomedical Research)

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Portugal

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### Report

“Brain Gain” online sessions series

On March 10, 17, 24, and 31, this online sessions series approached neurosciences from different points of view. The main goals were to reinforce Neurosciences as a strong research area in Portugal and to inspire undergraduate and graduate students to follow neuroscience-related careers. This initiative was supported by the Portuguese Society for Neuroscience (SPN) and counted with the participation of 22 speakers from all over the country. We received more than 900 registrations and gathered around 300 people each session.

Online sessions with Schools

From March 15 to 26, more than 20 researchers presented their work, engaging around 770 elementary, middle and high school students, as well as graduate students.

Bipolar Disorder Day

On March 30, we have created a comic about Bipolar Disorder Day to celebrate World Bipolar Day. This comic was published in a national newspaper – Público, and aimed to raise awareness about this disorder and the importance of fighting the social stigma that still surrounds mental diseases. We have worked within a multidisciplinary team of researchers, science communicators, and psychiatrists from the Coimbra University Hospital Centre. The publication had around 7100 interactions (visualizations and shares).

World Sleep Day

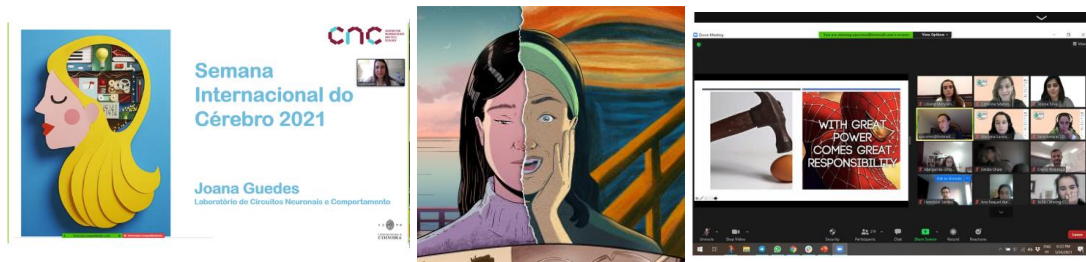
To celebrate World Sleep Day, we promoted a digital campaign on social media in collaboration with the Portuguese Sleep Association. This campaign aimed to share facts about sleep and to raise awareness



about the importance of healthy sleep habits. We have shared sentences and videos every day during March. We reached more than 18 000 people.

#### Related Links

- [http://www.cnbc.pt/outreach/outreach00\\_1.asp](http://www.cnbc.pt/outreach/outreach00_1.asp)
- <https://www.facebook.com/276614335773395/photos/a.276956909072471/3293287137439418/>
- [https://twitter.com/cnc\\_uc/status/1371544228128550915?s=20](https://twitter.com/cnc_uc/status/1371544228128550915?s=20)



## 21. Neuroscientists on-demand

**Dates and Duration:** 15/03/2021 to 19/03/2021

#### Contact:

Mr. Daniel Ribeiro  
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#### Report

The Neuroscientists on-demand project offered students ranging from 6 to 15 years old the opportunity of connecting with neuroscience researchers from the Proaction Lab, University of Coimbra. Due to the COVID-19 pandemic, we held the event online and prepared two different activities according to student school years. Each session lasted about 30 minutes. Registrations were open for a couple of weeks and we were forced to close them early due to a high volume of registrations.

For students between 6 and 10 years old, we prepared a presentation about the different brain areas and their functions. There was also a practical part where students could apply their knowledge by colouring a brain blank brain diagram. Here, they could correlate brain areas with their respective cognitive function. We held 9 sessions with 7 schools and some individual registrations, impacting a total of 110 students.

For older students (11-15yo) we prepared a presentation about vision, detailing how the visual information travels from the eyes until the brain makes sense of the information around us. For the practical part, we introduced some visual illusions and challenged the students to try to explain what was happening in each case. This was the most interesting part for the students, for what I experienced. Many were the times that we continued after the scheduled time because there were many questions. We held 18 sessions with 6 schools and some individual registrations, impacting a total of 244 students



When preparing both sessions, we found the materials provided by the Dana Foundation to be very helpful. They were a very good guide on preparing the presentations, especially in what concerns the detailing of the scientific contents adapted to the students' school grades.

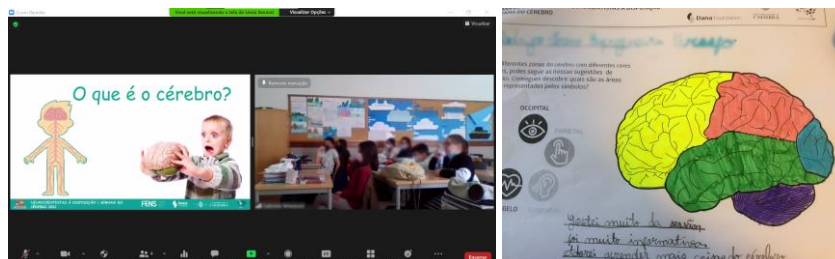
For this project, we asked scientists in different career stages to participate. We had senior researchers, the lab had, principal investigators, post-docs, Ph.D. students, and Master students collaborating. We feel it is important for everyone to develop their science communication skills and habits.

I, Daniel, got very positive feedback on this project. The neuroscientists wish to continue to organize more science communication events and now realize the importance of it (I am a science communicator, and I have been creating public engagement initiatives since I joined the laboratory). The parents and teachers found the activities very well designed and thanked us to find the time to engage with them. Teachers, in particular, asked us to organize similar events in the future.

The students showed a great interest in the activities, which we could tell from the sessions and from the feedback that was given to us through their teachers.

### Related Links

- <http://proactionlab.fpce.uc.pt/en/news-entry/proaction-lab-celebrates-the-brain-awareness-week>
- <https://www.facebook.com/page/236900139829841/search?q=%23brainawarenessweek>
- [https://twitter.com/search?q=%23brainawarenessweek%20%40proactionlab&src=typed\\_%20query](https://twitter.com/search?q=%23brainawarenessweek%20%40proactionlab&src=typed_%20query)
- <https://www.linkedin.com/company/proactionlab>



## 22. Brain States-Different Dimensions of Consciousness

**Dates and Duration:** The whole BAW Week (7 Days)

### Contact:

Mrs. Patricia Popovici  
Scienti30c Organisation of Medical Students  
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### Report

During the 7 days of Brain Awareness Week, the Scientific Organisation of Medical Students in partnership with National Neuroscience Society organized a series of online events tackling this year's theme "Brain States-Different Dimensions of Consciousness". We engaged people with different backgrounds, middle school pupils alongside students in order to bring them closer to the fascinating world of neuroscience. We advertised the events in the local newspapers, on social media and on our official website.

"Opening Ceremony and Presentation Competition". For the first day of this year's Brain Awareness Week, Mihai Moldovan, Associate Professor at the University of Copenhagen and President of the National Neuroscience Society, opened the week with a speech about Brain Awareness Week and brain states. The rest of the day, 10 passionate and ambitious of middle school or high school students, alongside university students, gave presentations surrounding this year's theme. The best six presentations (three from the adult category and three from the teenage category) were awarded in the evening of that day.

"TIPS Neuro". The second day was all about interactions, communication and problem solving, alongside Alexandru Dimancea, Neurology Resident, University Emergency Hospital of Bucharest and two other passionate students. TIPS (Training with Interactive Presentations for Students) is a SOMS event, where cases found in the clinic are brought to the untrained, from the highly trained, in the form of a puzzle of neurological pathology.

"Open Lab Day". Researchers from the "Neuroscience Laboratory", Division of Physiology and Neurosciences at "Carol Davila" University and from Copenhagen University held presentations and answered the public's questions about the research world. This session was moderated by Ana Mria Zagrean, Professor at the Devision of Physiology and Neurosciences at Carol Davila University of Medicine and Pharmacy(CDUMP) and the presentations were about the research conducted at the Neuroscience laboratory at our faculty in epilepsy, neonatal asphyxia, dystonia and coma.

"Speed dating a neuroscientist" webinar brought together three Romanian neuroscientists: Ioana Grigoras, PhD Student at Oxford University, Miralena Tomescu, researcher at CINETic and Andrei Ilie, clinician-scientist training in Neurology in the UK, who shared with us their research and the challenges they faced in their journey to success. Our panelists talked about brain states during social interactions, functional MRI and changes in brain states in medicine and life of a neuroscience researcher.

"Neuroscience Round Table" moderated by Prof. Leon Zagrean, the honorific president of the National Society in Neuroscience, took place on Friday. Our special guest, Jan Bjaalie, opened the event by presenting his international project - eBrains. For the rest of the evening, our panelists (Adrian Restian, Profesor at the Department of Family Medicine, CDUMP, Ana Maria Zagrean, Profesor at the Devision of Physiology and Neurosciences, CDUMP, Bogdan Pavel, Senior Lecturer at Devision of Physiology and Neurosciences, CDUMP, Marius Leordeanu, Associate Profesor at Politehnica University) involved the entire public in a debate regarding how COVID-19 pandemic affects our brain, the difference between consciousness and self-awareness and the future of artificial intelligence in medical care.

"Neuroscience Movie Night" was held on Netflix Party where we watched together "My beautiful broken brain" alongside neurologists and psychiatrists. Our guests explained the pathology of the brain and answered all the attendees' questions.

Throughout the week, we also held a giveaway on SOMS's Instagram page, to keep the public engaged by offering them three prizes. The feedback we received from the participants and the panellists was very encouraging and positive. We reached over 25000 people through social media communications and we had around 60 active attendees every day.

#### Related Links

- <https://www.soms.ro/brain-awareness-week-2021/>
- [https://www.facebook.com/events/2776895802574298/?acontext=%7B%22event\\_action\\_history%22%3A\[%7B%22mechanism%22%3A%22search\\_results%22%2C%22surface%22%3A%22search%22%7D\]%7D](https://www.facebook.com/events/2776895802574298/?acontext=%7B%22event_action_history%22%3A[%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D]%7D)



## 23. BAW - Brain health

**Dates and Duration:** 15 - 19 March

#### Contact:

Ms. Cristina Vladau

Asociatia Pacientilor cu Afectiuni Neurodegenerative

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#### Report

The workshop 'About the brain health', organized by the Association of Patients with Neurodegenerative Conditions (APAN Romania), took place in the context of the International Brain Awareness Week (Brain Awareness Week 2021). The event made a brief review of what neuroscience represents, the importance of sleep, nutrition and exercise for good brain function, but also current details about telemedicine, teleradiology and digital health in the neuro field.

#### Agenda:

15 March About neuroscience

What we know about how the brain works (anatomy, functions, basic concepts about how your brain works and learn to better control the best performing equipment in the known Universe.)

\* Paul Olteanu, Mind Architects

16 March Sleep, nutrition and exercises for the brain General information about maintaining a healthy lifestyle in general but particularly for the brain health. \* Dr. Irina Oane, neurologist SUUB

- \* Claudia Neagos, nutritionist specialised in neurodegenerative conditions
- \* Drd Himena Zippenfening, rehabilitation specialist

#### 17 March Brain diseases

6 most represented brain diseases by patient associations in Romania (epilepsy, Alzheimer, stroke, Parkinson, Multiple Sclerosis and brain cancer), problems they face (research, high treatment costs, multidisciplinary and complex teams, therapeutic options etc.). The patient (the centre of the multidisciplinary team, understands and documents about the condition, is aware of the social implications, asks questions and negotiates therapeutic options etc.). Challenges for the future in neurological disorders. Barriers and challenges related to access to medical services in a timely manner.

- \* Epilepsy – Ileana Stefan, executive director, Asociația Pacienților cu Epilepsie din România
- \* Alzheimer – Raluca Sfetcu, board member Romanian Society of Alzheimer
- \* Stroke - Dr. Răzvan Radu, neurolog SUUB
- \* Parkinson – Emilia Zagavei, presiden Sufletul lălelelor
- \* Multiple Sclerosis – Cristina Vlădău, vicepresident APAN România
- \* Brain cancer – Alina Comănescu, president Sănătate pentru comunitate

#### 18 March Mental health

Anxiety and depression. Run after happiness. The new standard for the modern times? Psychos Institute Bucharest

- \* Dr. psih. Irina Mălălina Manea, Psychos Institute
- \* Psih. Irina Uricariu, Psychos Institute
- \* Psih Claudia Popescu-Tănase, president Psychos Institute Bucharest

#### 19 March Digital health in the neurology field

The pandemic time changed the medicine and new innovative solutions are arriving. It is the future brighter for the neuro care?

- \* Moderator – Dr. Ion-Gheorghe Petrovai, FreshBlood, EITHealth Romania
- \* Elena Ovreiu, councillor of the Health Ministry
- \* MedicaI – tele radiology and integrated telemedicine, Mircea Popa, founder and CEO MedicaI
- \* Atlas – mental health app, Mihai Bran funder and CEO Atlas
- \* The Human Link – Alzheimer app and gadget, George Georgescu CEO, Connected Medical Devices

Webinars consisted in a theoretical lecture followed by an interactive session of Q&A.

#### Related Links

- <https://www.afectiuni-neurodegenerative.ro/brain-awareness-week-2021/>
- <https://web.facebook.com/events/123192013063042/>



## 24. Brain and sleep

**Dates and Duration:** 15/03/2021-15/04/2021

### Contact:

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### Co-organiser

Mrs. Anastasia Tanicheva, Museum of Health  
[https://healthmuseum.ru/museum/tanicheva\\_a@inbox.ru](https://healthmuseum.ru/museum/tanicheva_a@inbox.ru)

### Report

We have developed a series of video recordings with the animated and cartoon elements, which explain some mechanisms and functions of sleep, the effects of different chemicals (energetics, coffee, cacao, tea, sugary drinks etc.) on brain activity, cognitive functions and sleep. In addition, one video tells about the effects of music on brain and sleep, and another presents where the dreams come from. Some practical advice is included in the scenarios. The video recordings are created in different style in order to attract attention of people of different age and social groups. Thus, we applied both computer and hand-made animation (see photos: Animation\_arrangement\_1 and Animation\_arrangement\_2).

In March, for the Brain awareness week we started a new Instagram account Zzzleep (<https://instagram.com/zzzsleep?igshid=149rnju6ofv8h>) aimed at teenagers and general population for promotion of knowledge about sleep, sleep- related brain functions and health. The animated video recordings were distributed and promoted via this account (in stories and posts), as well as via other social media (Facebook, VKontakte, the channel of the Museum of Health) and professional societies (National sleep society, All-Russian Antihypertensive League, European Sleep Foundation (ESF) – video about functions of sleep in English was included in the April Bulletin of the ESF [https://a0c4b0.emailsp.com/f/rnl.aspx/?fme=ss/r2z.0me=wy\\_&x=pv&m7=vvuw55g3:--fjo6a0f17-cdidnb&x=pp&txs1h68j9coz:5m=nyxvrNCLM](https://a0c4b0.emailsp.com/f/rnl.aspx/?fme=ss/r2z.0me=wy_&x=pv&m7=vvuw55g3:--fjo6a0f17-cdidnb&x=pp&txs1h68j9coz:5m=nyxvrNCLM)).

Our team would like to thank all the people who helped and supported the initiative: Anastasia Tanicheva, Bulat Sharipov, Varvara Abakumova, Denis Ishtokin (imaging, animation and video processing, promotion; Museum of Health); Alexey Gordeev, Sofia Alferova, Ekaterina Zabroda,

Maximillian Zdanevich (scenarios, Herzen University); Sofia Osipenko, Valeria Kemstach, Vladislav Zheleznyakov, Mikhail Bochkarev, Anastasia Belevitina, Yurii Sviryayev (scenarios, Almazov Centre); Yulia Chursina, Elena Korostovtseva, Vyacheslav Fedorov and Ravilya Morozova (imaging, animation and video processing), as well as the audience interested in this activity.

#### Related Links

- <https://www.youtube.com/watch?v=4zyNO8yjcs&list=PLwfVSPqqNs-VhHYwsQuISLfsxFjCjndQS&index=3>
- <https://www.facebook.com/lyudmila.korostovtseva/videos/10158064990197703>
- <https://instagram.com/zzzleep?igshid=149rnju6ofv8h>
- [https://vk.com/id873119?z=video873119\\_456239083%2F6e6ba0906d556deee7%2Fpl\\_wall\\_873119](https://vk.com/id873119?z=video873119_456239083%2F6e6ba0906d556deee7%2Fpl_wall_873119)
- <https://disk.yandex.ru/i/NVZCaLTb4e7XiQ>



## 25. 8th St.-Petersburg Brain Awareness Week “The Power of Genes”

**Dates and Duration:** The whole BAW Week (7 Days)

#### Contact:

Dr. Irina Sukhotina  
Pavlov First St.-Petersburg State Medical University  
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St.-Petersburg, 197022 Russia  
Tel: (7812) 338-7102  
Email: [irina.sukhotina@gmail.com](mailto:irina.sukhotina@gmail.com)

#### Co-organiser

Dr. Olga Lubashina, Pavlov Institute of Physiology RAS  
[laglo2009@yandex.ru](mailto:laglo2009@yandex.ru)

#### Report

##### Brief:

The St.-Petersburg Brain Awareness Week'21 “Power of Genes” provided cutting-edge knowledge about influence of genes on the characteristics of brain. On the basis of modern scientific data the following issues were discussed: the impact of genome vs. environmental factors on individuality of brain (Day 1), the degree of genes' contribution to a variety of psychological and psychophysiological traits (Days 2, 4),



genetic causes of brain diseases, and genetically determined ways of treatment of mental disorders (Day 5). Lectures “University Saturday for schoolchildren” (Day 6) covered aspects of the main BAW topic that were important for school audience. Since BAW was held in a remote format, we diversified the lectures and workshops by virtual excursions to research laboratories (Day 3) and exhibitions (Day 7).

Specifically:

Opening day (Day 1) suggested topic interesting for everyone, “What neurons and their genes can tell about our intelligence” by Dr. Goriounova, followed by vivid discussion.

Workshop (Day 2) “Nature versus nurture: did genes win?” presented talks “Stress, epigenetics and mental health” by Prof. Rosanov, “The first 1000 days of life: a resource for development and welfare” by experts from the Institute of Early Tutorage, Dr. Antokhina and Dr. Antonova, and “Intergenerational epigenetic inheritance under stress and chemical exposure” by Prof. Patkin. Debating on genes' impact to human psychological diversity continued on Day 4 with presentation “Human behaviour: the role of genes, social factors and something else” by Dr. Tikhodeev.

The medical applications of knowledge in brain genetics were viewed at first in the lecture “Genetic drivers of tau pathology: causes, consequences and therapeutic opportunities” by the invited speaker Prof. Duff (Day 1) and then throughout the workshop “Medical aspect” (Day 5) in talks “Genetics and epigenetics of post-stress brain pathology” by Prof. Dyuzhikova and “Promising treatments of genetically determined neurodegenerative diseases” by Dr. Senkevich.

“Open Labs Day” for general public (Day 3) contained virtual visits to the Laboratory of genetics of behaviour (Pavlov Institute of Physiology RAS) and the Laboratory of medical genetics (Pavlov First St.-Petersburg State Medical University). These videos presented historical records about how brain genetics has started, as well as interviews and lab experiments showing how and what the modern researchers worked on.

Lectures “University Saturday for schoolchildren” (Day 6) were given by young scientists and physicians. Specifically, the talks were “What genes can say about how we talk” (Anna Levina), “Individual differences in working memory: genetics and parenting” (Nadezhda Sutormina), “Secrets of happy career: genetic roots of your talent” (Eugenia Sitkina), “Hereditary brain disorders” (Arthur Gavrichenko), and “Schizophrenia and genes” (Elizaveta Kustina). After a set of talks, quizzes based on presented lectures with prizes as books on neuroscience were carried out.

Morning and evening virtual Museum excursions “Brain in Hermitage” (Day 7) completed the BAW’21. That was a talk about brain and brain structures with demonstration of exhibit items in anatomical hermitage of Pavlov First St.-Petersburg State Medical University by an expert in neurosurgery Prof. Cherebillo.

Advertising:

The contribution of FENS and DANA was acknowledged in printed materials and on a website of the event ([brainweekspb.org](http://brainweekspb.org)). Pavlov First St.-Petersburg State Medical University made significant contribution to advertise BAW activities by including them to a special printed Calendar issue, and posting an announcement on the University website. Co-organising institution Pavlov Institute of Physiology RAS also put notifications on website. In social network, radio and newspapers the event was announced and promoted by BAW Organising Team.



#### Statistics:

Up to 800 listeners were connected daily to remote events of BAW. They were mainly represented by students (54.2%) from ~10 institutions, as well as by advanced specialists as teachers, high school lecturers, psychologists, but also by ordinary people interested in neuroscience achievements. About 300 schoolchildren have visited lectures of “University Saturday”. The possibility of remote participation made it possible to involve more listeners from general public, as well as from cities other than St-Petersburg: the virtual audience was geographically widespread!

#### Post-hoc:

The best lecturer (Dr. Tikhodeev) and the 5 quiz-winners were awarded. After BAW we received a lot of warm words in feedback questionnaires. The archive and video-records of events are available at [brainweekspb.org](http://brainweekspb.org) and YouTube channel. Post-release articles and interview with the best lecturer are published in newspapers “Pulse”, “Psychological newspaper”, and “Herald of High School”.

The main objectives of BAW “Power of Genes” – to discuss how brain work is influenced by genome, to inform on genetics advances in treatment of brain diseases, to inspire people by completely new knowledge about brain obtained through genetics – have been achieved.

#### Related Links

- <https://brainweekspb.org>
- <https://vk.com/club88727454>
- [https://www.youtube.com/channel/UCo\\_PO0qIDqFKZgPMwx9qdDA](https://www.youtube.com/channel/UCo_PO0qIDqFKZgPMwx9qdDA)



## 26. Train Through Your Brain: Let's Take a Look!

**Dates and Duration:** The whole BAW Week (7 Days)

#### Contact:

Mr. Milorad Dragic

Faculty of Biology, University of Belgrade Department of General Physiology and Biophysics

Studentski trg 16

Belgrade, 11000 Serbia

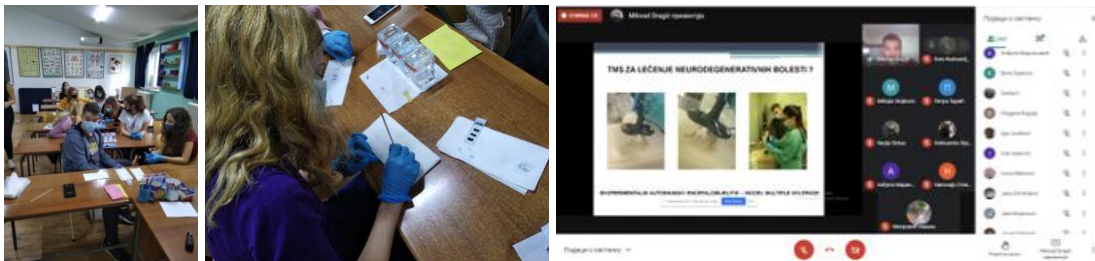
Email: [milorad.dragic@bio.bg.ac.rs](mailto:milorad.dragic@bio.bg.ac.rs)

#### Report

TRAIN THROUGH YOUR BRAIN - LET'S TAKE A LOOK! is conceived as open laboratory organized in several train stations, each being a part of tissue preparation process – from whole brain to stained histological

slides. Visitors would have opportunity to see what brain actually looks like (human and rat) and to observe it under microscope. There will be a multiple stations starting from a whole brain examining morphology and gross anatomy, leading next to preparation of sections for histochemical staining. Next station will be staining the previously cut slides and the last station would be observation under microscope of brain tissue and all types of nervous cells i.e. astrocytes, microglia, oligodendrocytes etc. This open laboratory will be intermingled with sessions where eminent professors and scientist from the field of neuroscience (Serbia and abroad) would give an interesting lectures about the brain and importance of neuroscience today. We are confident that the whole event will be organized on site (not virtually) and we have all the necessary permissions to organize in such manner.

Our event started with excellent online lectures from prof. dr Janet Dubinsky (University of Minnesota), prof. dr David Linden (Johns Hopkins School of Medicine) and prof. dr Dragana Rogulja (Harvard Medical School), followed by interactive workshop as described.



## 27. Ten pillars of Neuroscience

**Dates and Duration:** The whole BAW Week (7 Days)

### Contact:

Mr. Stefan Jakovljevic  
Serbian Neuroscience Society  
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### Report

Eleven lectures were held online via the Zoom platform and streamed simultaneously on YouTube. With the slogan „Modern human and brain“, this year's theme, professors and lecturers from different scientific fields presented their work related to the topic. Lectures regarding modern neuroscience problems were conducted from different points of view, including anxiolytics, autism, parkinsonism, Alzheimer's disease, nervous system pathophysiology anxiety, migraine, psychoactive substances in sport, hepatic encephalopathy, brain computer interface, and mental health.

As part of program we organized Instagram quiz , and the winners won prizes that were associated with event's main slogan. Video material that was used to promote event and breakdown main topics we filmed in collaboration with Brainz TV production.

Besides aforementioned topics one discussion was dedicated to mental health considering the current situation caused by the pandemic of Covid-19. Participants were experts in fields of psychiatry and psychology. They shared their professional experience in patient - contact experience. After answering questions concerning mental health issues during the pandemic and ways to deal with them, the audience was eager to ask their questions to the panellists. Overall, the panel was engaging and very well received by the public. The lectures have shown to be successful. The total view count from was around 11 500 on our YouTube channel, while we reached maximum number of participant on Zoom platform as well.

We've organized a mini-symposium, where students of Bachelor or Master studies could present scientific articles. Our mission was to shine spotlight on future young scientists. One topic was opiophobia, opiophilia and other neuropharmacology psychedelics.

As a part of the children's work, we announced the competition called "What does the human brain symbolize" and received about 1700 drawings. The first 3 places in the 4 categories (from kindergarten to high school) were determined by reviewing the received drawings, and the best drawings were awarded gifts sent to their home addresses. A catalogue with all the drawings has been published on the section's website.

#### Related Links

- <https://www.youtube.com/watch?v=8ILaBc2XCKU&t=4696s>
- <https://neuronauke.org/>
- <https://www.facebook.com/sekcija.neuronauke>
- <https://www.youtube.com/watch?v=uySyma7VIsU>



## 28. XVIII BAW in Murcia. Times of COVID: a syndemic perspective of the brain and mental's functions

**Dates and Duration:** 12-18 March 2021

#### Contact:

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University of Murcia  
Human Anatomy & Psychobiology  
Clinical & Experimental Neuroscience (NiCE-IMIB)  
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## Report

The 18th Brain Week, an activity co-organized by the University of Murcia, was held from Friday, March 12 under the title 'The brain in times of Covid: Loneliness, emotions, resilience or dysfunction'. The talks on this topic could be followed virtually.

The opening session started with the official presentation of the conference, followed by the talk 'Empathy, resilience and hope to combat the effects of the pandemic, with Rosa María Espinosa Gil, from the Physical Medicine service and Rehabilitation of the Arrixaca; Sonia Gayoso, Ana María Lucas and Raúl Nieto, specialists in clinical and experimental neuroscience at the IMIB and the UMU.

Over the next few days, anxiety and stress caused by the pandemic, sleep disorders and secondary alterations that the disease can cause in the brain, among other issues, were discussed.

In addition to the round tables and talks related to the pandemic, there were also others related to the observation and attention capacities of the brain and were presented through magic games or police deductive techniques, among others. A poster contest was also held.

## Related Links

- [https://www.um.es/en/web/ucc/-/la-semana-del-cerebro-coorganizada-por-la-umu-tratar%C3%A1-la-soledad-y-las-emociones-en-tiempos-de-la-covid/1.1?redirect=%2Fen%2Fweb%2Fucc%2Ffinicio%3Fp\\_id%3Dcom\\_liferay\\_asset\\_publisher\\_web\\_portlet\\_AssetPublisherPortlet\\_INSTANCE\\_qQfO4ukErlc3%26p\\_p\\_lifecycle%3D0%26p\\_p\\_state%3Dnormal%26p\\_p\\_mode%3Dview%26\\_com\\_liferay\\_asset\\_publisher\\_web\\_portlet\\_AssetPublisherPortlet\\_INSTANCE\\_qQfO4ukErlc3\\_delta%3D20%26p\\_r\\_p\\_resetCur%3Dfalse%26\\_com\\_liferay\\_asset\\_publisher\\_web\\_portlet\\_AssetPublisherPortlet\\_INSTANCE\\_qQfO4ukErlc3\\_cur%3D7](https://www.um.es/en/web/ucc/-/la-semana-del-cerebro-coorganizada-por-la-umu-tratar%C3%A1-la-soledad-y-las-emociones-en-tiempos-de-la-covid/1.1?redirect=%2Fen%2Fweb%2Fucc%2Ffinicio%3Fp_id%3Dcom_liferay_asset_publisher_web_portlet_AssetPublisherPortlet_INSTANCE_qQfO4ukErlc3%26p_p_lifecycle%3D0%26p_p_state%3Dnormal%26p_p_mode%3Dview%26_com_liferay_asset_publisher_web_portlet_AssetPublisherPortlet_INSTANCE_qQfO4ukErlc3_delta%3D20%26p_r_p_resetCur%3Dfalse%26_com_liferay_asset_publisher_web_portlet_AssetPublisherPortlet_INSTANCE_qQfO4ukErlc3_cur%3D7)
- [https://www.um.es/actualidad/agenda/adjuntos/decimosexto\\_concurso\\_de\\_carteles\\_xviii\\_baw\\_murcia.pdf](https://www.um.es/actualidad/agenda/adjuntos/decimosexto_concurso_de_carteles_xviii_baw_murcia.pdf)



## 29. Discovering Neuroscience through the screen: Online Brain Awareness Week at the Hospital Nacional de Paraplégicos

**Dates and Duration:** The whole BAW Week (7 Days)

### Contact:

Dr. Hugo Vara Rivera

Hospital Nacional de Paraplégicos

Comisión de Divulgación

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Spain  
Email: [hvara@sescam.jccm.es](mailto:hvara@sescam.jccm.es)

*Co-organiser*

Dr. Juliana Martins, Hospital Nacional de Paraplégicos, Comisión de Divulgación  
[jmartinsd@externas.sescam.jccm.es](mailto:jmartinsd@externas.sescam.jccm.es)

## **Report**

Due to the limitations imposed by the Covid-19 pandemics, BAW 2021 in the Hospital for Paraplegics (HNP, Toledo) was designed as a series of educational videos to be shared through online platforms and social networks. Thirteen short (3 min) scientific videos were recorded and edited by PhD students and other scientific and technical personnel from the Research Unit of the HNP. These videos described current Neuroscience-related projects as well as specific technical resources of the Research Unit. The videos were uploaded to the HNP youtube channel, Infomedula TV (<https://youtube.com/user/infomedulaTV>). The topics of the video, divided in two thematic groups, were as follows:

What do we investigate?

1. Neuronal plasticity
2. Astrocytes, oligodendocytes and remyelination
3. Astrocytes and their interaction with neurons
4. Central fatigue
5. Changes in the cerebral cortex after a spinal cord injury
6. Anatomy of the corticospinal tract and its implication in locomotion
7. Spinal cord injury and micro RNAs
8. Multiple sclerosis and MDSCs
9. Dementia and cardiovascular risk

How do we investigate?

10. Transcutaneous electrical stimulation of the spinal cord
11. Brain-machine interface
12. Proteomics
13. Flow cytometry

A list of related questions were provided to High Schools together with the video links, intended to be used in their educational programs. At the end of the Brain Awareness week, the schools sent back a filled questionnaire where the teachers evaluated the audio-visual activities and identified the five best videos (from an educational point of view). Most of the feedback was highly positive, remarking the opportunity for the students to attend the research activities despite the health security issues. Not only

did they recognize the effort of recording the videos, but they also encouraged us to provide similar online activities in the future.

Additionally, the videos were projected in one of the main halls of the HNP, where patients and their relatives could watch them in the mornings during the whole week. Later on, the authors of the best videos received a motivational prize, and the efforts of all the participants were recognized during one of the HNP weekly scientific meetings.

As a different approach to disseminate the importance of brain research, copies of a divulgative poster were placed inside public buses in Toledo bus lines to reach as many people as possible. The poster described five interesting brain facts and emphasized the importance of keeping an active brain. These posters also included information about the BAW initiative and its importance to the society.

The BAW initiative at the HNP was spread through local and regional newspapers, both online and printed. Local radio and television channels were also involved in BAW, interviewing some of the video authors (links are listed below):

<https://www.ondacero.es/emisoras/castilla-la-mancha/toledo/audios-podcast/mas-de-uno/mas-uno-toledo-15032021-20210315604f5b21cc8eb700013d13a8.html> (min 39:00)

[https://www.cmmedia.es/programas/radio/castilla-la-mancha-hoy/podcasts/1\\_zig8fgf6/](https://www.cmmedia.es/programas/radio/castilla-la-mancha-hoy/podcasts/1_zig8fgf6/) (2:35:00)

<https://youtu.be/OLbw2JkrUbk>

<https://youtu.be/vytu23U3igc>

[https://www.cmmedia.es/programas/tv/castilla-la-mancha-despierta/informativos-completos/1\\_dpydshac/](https://www.cmmedia.es/programas/tv/castilla-la-mancha-despierta/informativos-completos/1_dpydshac/)

Additional activities have been programmed as outdoors live conferences to be undertaken in local primary schools. Four topics about nervous systems will be discussed at a level understandable by 8-11 year-old students. However, due to pandemic situation and school availability, these talks will take place after this report has been delivered.

### Related Links

- <https://youtu.be/TIF1XQo7hws>
- <https://youtube.com/user/infomedulaTV>
- [https://www.cmmedia.es/programas/tv/castilla-la-mancha-despierta/informativos-completos/1\\_dpydshac/](https://www.cmmedia.es/programas/tv/castilla-la-mancha-despierta/informativos-completos/1_dpydshac/)





### 30. Is anxiety the brain's sworn enemy?

**Dates and Duration:** The whole BAW Week (7 Days)

**Contact:**

Dr. Cherine Fahim  
Endoxa Neuroscience  
Château de Vaumarcus, Le château 3  
Vaumarcus, Neuchâtel, 2028 Switzerland  
Tel: (+41) 798-731508  
Email: [Cherine.fahim@gmail.com](mailto:Cherine.fahim@gmail.com)

**Report**

Type of Events Held:

The 2021 BAW week was a special one. For the 43first time I communicated mainly the 7 days online.

How we communicated neuroscience & Target audience:

It was a great experience since the presentations (video, Powerpoint slides presentations, sharing fun information regarding anxiety and the brain) reached more people than I could imagine actually present in a conference or a meeting as usual.

Useful links:

[https://www.youtube.com/results?search\\_query=cherine+fahim+cerveau](https://www.youtube.com/results?search_query=cherine+fahim+cerveau)

Instagram : @endoxaneuro

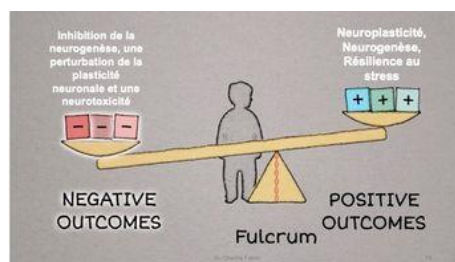
Linkedin : @endaxneuro

Twitter : @endoxaneuro

Facebook : Endoxa Neuroscience

**Related Links**

- <https://www.youtube.com/watch?v=sXuwgN-bbJg&t=1s>
- [www.endoxaneuro.com](http://www.endoxaneuro.com)
- <https://www.facebook.com/endoxaneuro>
- <https://twitter.com/endoxaneuro>
- <https://www.youtube.com/watch?v=AcIFPe43-Gg&t=8s>



### **31. BAW@BIPH - Brain Days at Bogomoletz Institute**

**Dates and Duration:** The whole BAW Week (7 Days)

**Contact:**

Dr. Andrii Cherninskyi

Bogomoletz Institute of Physiology, NAS Ukraine, Cellular Membranology

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Ukraine

Tel: (+380) 442-532142

Email: [blacknick@blacknick.info](mailto:blacknick@blacknick.info)

**Report**

Four main events were organized during BAW.

1) BrainLectures - a traditional set of talks about the brain and its functions delivered online. More than 1500 people registered, and hundreds visited every lecture (Zoom + YouTube). 7 brain days = 7 lectures:

\* "Catch your rhythm!" by PhD Olga Maslova about chronobiology and brain mechanisms of circadian rhythms with some useful tips for everyday life

\* Dr. Victoriia Kravchenko talked about the cognitive reserve of our brain and how to keep it healthy and productive for many years - we need to start changing our lives now!

\* MD Stanislav Kravchuk explained the brain-gut axis and the necessity of a healthy diet for long-lasting high brain productivity

\* MS, a doctoral student from Max Planck institute Vasyl Mykytiuk talked about the brain and motivation how hunger, thirst, sex, aggression, sensation seeking, etc. shape our brain activity

\* Dr. Dmytro Isaev explained the potential role of cannabinoids in treating nervous diseases and legal issues in Ukraine related to such substances using

\* Dr. Andrii Cherninskyi talked about consciousness - what it is, wherein it is, how many identities could be in a single brain, etc.

\* Prof. Nana Voitenko finalized the program with a lecture about brain mechanisms of happiness.

Every talk was followed by the Q&A section. According to feedbacks, listeners received a lot of new interesting and practically useful information about the brain and its health. Some of the lectures are freely available at the partner project's channel - <https://www.youtube.com/watch?v=NE6EE0meDiU>

The next events were focused on schools.

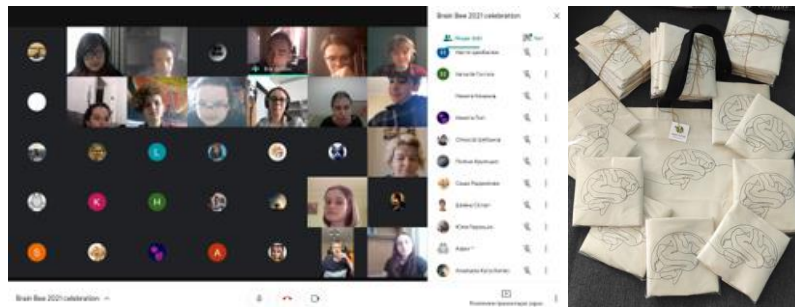
2) The webinar "Neuroscience in school" was dedicated to the study of the nervous system: popular myths, misconceptions, and errors in textbooks. 76 school teachers passed the preliminary online test, and the answers then were analysed and explained together with Dr. Andrii Cherninskyi, researcher and the author of official school textbooks. All participants received a set of electronic study materials. That was the first such event in Ukraine, and we plan to make it regular, which will improve the connection between science and school.

3) Finally, we have organized the online celebration of the "NeuroScience Online" educational course and Ukrainian Brain Bee competition. More than a hundred schoolchildren were involved. National champions of Ukrainian Brain Bee gave inspirational talks about neuroscience in their lives. Some of them now study biology or medicine in Ukraine, others are involved in research projects in France and Switzerland. Then organizers and judges presented the prizes for the best students. Those were excellent non-fiction books by Dick Swaab, Norman Doidge, Michio Kaku, Stephen Hawking, Richard Feynman, and even the astronaut Chris Hadfield. Very special prizes were the "eco-bags" made by the social enterprise aimed to help youth with neurological issues like autism spectrum disorders, Dawn's syndrome, cerebral palsy, and others. This will remind participants about the official Brain Bee slogan "Building Better Brains to Fight Brain Disorders".

We thank FENS and DANA for supporting our activities.

#### Related Links

- <https://youtu.be/NE6EE0meDiU>
- <http://usn.org.ua/index.php?id=baw2021>
- <https://www.facebook.com/events/214497727039145>



## 32. Neuron Safari

**Dates and Duration:** The whole BAW Week (7 Days)

#### Contact:

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United Kingdom  
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Email: [neuronsafari@gmail.com](mailto:neuronsafari@gmail.com)

#### Report

My contribution to this year's Brain Awareness Week (BAW) was the upgrading of my on-going Neuron Safari project. This is an immersive introductory window into cell biology and neuroscience all conducted within Minecraft. The aim was to enhance the existing Neuron Safari experience with two new zones: Experimental and Blood Brain Barrier. These were enhanced and explained through the

release of new detailed walkthrough videos, and a live Q & A session, which took place on the 20th March.

The website was updated to include a special BAW section, which hosted the specially made videos and links to the live event. The Experimental Zone features a fully functioning Water Maze, where users can place platforms, choose their starting location, and even have time delays before the hidden platform is triggered that allows a user to escape the maze.

There is also a working event arena, which showcases a complex flavour to place matching task translated into a visual format, but retaining the same behavioural metrics and methodology found in the real-world rodent equivalent. This zone affords an opportunity to explain and demonstrate animal behavioural work in a largely familiar environment, and a chance to explain what non-invasive animal experimental work can help us discover about our own brains.

The Blood Brain Barrier zone is designed to be a complex network of puzzles, traps, and challenges that place the player in the role of a small molecule trying to make their way into the brain. Users pick up as they go information about how different molecules require different pathways through, and the structures involved in keeping unwanted molecules out.

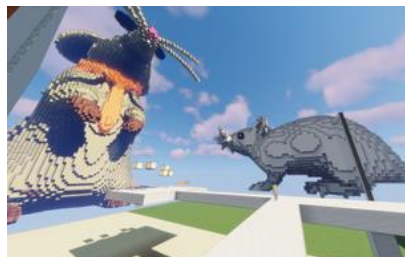
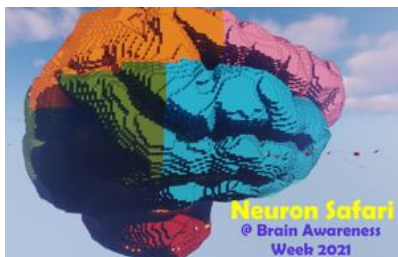
The live Q & A was multicast to Youtube and Twitch, and offered me the chance to explain some of the goals of the project, why I did it in the first place, and talk a bit more about some of the content in the new zones. Whilst some technical issues hampered audience interaction, the chance to do this during BAW has opened up a new avenue for showcasing the Safari to people who might not have Minecraft, and is an avenue I will be actively investigating.

Overall, the BAW update was a great success, with over 250 new visitors to the website. Advertising via Instagram, Facebook and Twitter reached thousands of young people predominantly across Europe and the USA, and allowed the Safari to reach groups not normally easily accessed through my normal channels.

Building on this, the Safari will continue to see improvements on these two zones, and work has started on translating them to function across all different Minecraft formats. My thanks once again to FENS for making all this possible!

#### Related Links

- [https://drive.google.com/%20le/d/17pyAbTZ6\\_Sf6O4zqXW2Ue0gRYUYSZVWr/view?usp=sharing](https://drive.google.com/%20le/d/17pyAbTZ6_Sf6O4zqXW2Ue0gRYUYSZVWr/view?usp=sharing)
- <https://www.neuronsafari.com/brain-awareness-week-2021.html>
- <https://twitter.com/NeuronSafari>
- <https://www.youtube.com/channel/UCwLdb1SOQ5FsABlv8o4AZvQ>



### 33. Virtual British Brain Bee 2021

**Dates and Duration:** 20/03/2021

**Contact:**

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British Brain Bee  
67 Elizabeth way, Cambridge  
Cambridge, CB4 1DB  
United Kingdom  
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**Report**

The Regional Brain Bee 2021 championship aimed to promote brain science to secondary school pupils with the aim of motivating pupils to pursue careers in neuroscience. This half-day competition was open to all secondary school students in United Kingdom and it was held virtually via Zoom. It was attended by 63 pupils.

The competition consisted of 4 parts:

1. MCQ Challenge

- \* 30-minute quiz on Google forms
- \* 50 Multiple Choice Questions (MCQs).

2. Neurohistology & Neuroanatomy

- \* 20 brain structures
- \* Naming anatomical structures
- \* Naming histological cross sections
- \* Answers to be submitted in Google forms

3. Patient diagnosis

- \* 10 questions with videos
- \* Finding out diagnosis of patients
- \* Answers to be submitted in Google forms

4. Live Q&A

- \* Only for Top 10
- \* 15 questions
- \* 30 seconds per question
- \* Answers to be submitted in Zoom chat to judges

The written exam

Participants started competing in a written exam that included multiple-choice and fill-in-the-blanks questions on any topic included in their study resources. Participants were quite impressed by the format of this section and a few described it as quite challenging!

The neuroanatomy/ neurohistology section involved identifying slides, pictures and models arranged in slides. The patient diagnosis exam consisted of 10 case studies with videos of the patients, so the participants had the opportunity to observe many symptoms demonstrated by patients.

The speakers

We were delighted to host 4 wonderful guest speakers that motivated the participants about pursuing neuroscience even more. They were:

Elspeth Grace, 2015 British Brain Bee National Champion University of Cambridge

Emmanuela Obaro, 2018 British Brain Bee National Champion University of Birmingham

Heema Gokani, Research Assistant University of Edinburgh

Prof Frances Edwards, Professor of Neurodegeneration University College London

The Live Q&A invited 10 top performers to compete among themselves. Our judges, Dr Cassandra Terry, Dr Martina Wicklein and Dr Yasir Syed challenged the top 10 finalists with short-answer questions. From a very nerve-wracking round that needed more questions to break a tie, we concluded to the top 5 finalists!

1st place Aviral Batra

2nd place Masha Sychevskaya

3rd place Aleksandra Tracichleb

4th place Sasha Lisitsyna

5th place Kaja Posnik

## Related Links

- [www.brainbee-uk.com](http://www.brainbee-uk.com)
- <https://www.facebook.com/britishbrainbee>

