

# YSF Newsletter - August 2022

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## 1. Message from the YSF's Spokesperson

Dear ESB and YSF members,

The ESB-YSF is happy to provide you the important updates regarding the activities for young scientists. We will start with explaining in more detail what we are organizing during the ESB conference. The program is online and can be found at <https://www.esbbordeaux2022.org/en/program/program/36>.

The YSF organizes the **opening workshop** on **Sunday 4 September** with interactive talks on Science Outreach and bringing products from Lab to Market. On **Tuesday 6 September** we organize a **second workshop**, this time on a topic that deserves more attention we think: Mental Health. Right after the second workshop, we will meet at the **General Assembly**, where we present in more detail our activities from the past year. Young ESB members will have the chance to interact and share their opinions and ideas regarding our activities. Most excitingly, several **Education Awards** will be awarded to young scientists, including the Julia Polak European Doctorate Awards, Rudolf Cimdins Scholarships, and Racquel LeGeros Award. Tuesday's program will be finished by our **YSF night out**, which always promises to be a lot of fun with plenty opportunities for interactions between old and new friends.

For the designers among us, we would like to remind you about the **YSF logo contest**. Indeed, we need your help with the creation of our **new logo**. Please send your ideas to [ysf@esbiomaterials.eu](mailto:ysf@esbiomaterials.eu) before 20 August and get the chance to shine within the biomaterials community, on our website, presentations, and gadgets and win a price. We aim to announce the winner, as well as our new logo during the YSF General Assembly (6 September).

Thank you again for your support during all of our activities, follow our social media channels and website so you are always up to date with the latest news of YSF.

And finally, I look forward to meeting many of you at the upcoming ESB Annual Meeting, in Bordeaux in September 2022.

Best regards,

Arn Mignon

(on behalf of the YSF board)



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## 2. YSF ESB events at ESB 2022 - Bordeaux

The program of the YSF events at ESB2022:



### YSF Workshops at ESB2022 Bordeaux

#### Part I: Science Outreach and Lab to Market

Sunday, September 4 – 14:00-16:00 (CET)

##### 14:00 YSF Workshop

YSF ESB Board officers Patrycja Domalik-Pyzik, Paula I. P. Soares

##### 1. Tips for successful science communication

**Abstract:** Have you ever felt stuck when trying to explain your research to non-scientists? Or even to scientists but outside of your field?

During this workshop, I'll give you easy-to-apply tips to help you share your research with any kind of people and make your family dinners much easier as well as your science communication presentations!

**Speaker:** Elodie Chabrol, freelance science communicator and director of Pint of science international & France, Paris, France

Q&A to Speaker

##### 2. Wonder & synergies at the service of knowledge

**Abstract:** Can wonder and synergy help your science go further? Let's dive into the Cell Worlds project, founded by Renaud Pourpre and Terence Saulnier: an unprecedented journey into unknown worlds: us. Cell Worlds is an Art & Science project that aims to raise public awareness of the beauty, fragility and complexity of cellular worlds through wonder and emotion. Cell Worlds' mission is to bring microscopy images and their stories to places where they have never been: far from the laboratories and hard drives of scientists, closer to the general public. A project born from multiple synergies with scientists, and which helps us think about models of scientific communication.

**Speaker:** Renaud Pourpre, Freelance Science communicator, Cell Worlds, Paris, France

Q&A to Speaker

### 3. From lab to market: a giant leap

**Abstract:** Based on the journey at Readily3D, from a proof-of-concept experiment on a lab bench to a standalone certified product, he will present some aspects of product development and product management, notably minimum viable product development and customer-driven product development.

**Speaker:** Paul Delrot, CTO and co-founder of Readily3D, Lausanne, Switzerland  
Q&A to Speaker

## Part II: Mental Health

Tuesday, September 6 – 17:15-18:15 (CET)

### 17:15 YSF workshop opening

YSF ESB Board officers Arn Mignon, Nicola Contessi Negrini

#### 1. How to keep young researchers in a good mental shape?

**Abstract:** This workshop will focus on the project 'Mental Health Matters' of the KU Leuven University (Belgium). Via the project, young researchers are inspired to discover new habits in the context of staying healthy and in a good mental shape during their career. Recently, a light-hearted and invigorating podcast was produced for and by KU Leuven researchers. Two hosts talk with other PhD students and Postdocs about their mental well-being. Through the different episodes, different questions are tackled, for example: How do you stay confident and resilient in a highly competitive world? How do you deal with stress, isolation or anxiety? How do you create a good work/life balance? And how do you stay motivated during your research process? Colleagues and professors share their experiences and advice. In addition to the podcast series, new initiatives are planned in the next months. In this workshop we will explain the different actions within the project of 'Mental Health Matters' and focus on how we tailored those initiatives to our target groups.

**Speaker:** An Bogaerts, Safety, Health, Environment (SHE) advisor, KU Leuven, Belgium

#### 2. Navigating the Early Academic Career, With a Smile

**Abstract:** "The most beautiful experience we can have" is the description that Einstein gave of the fundamental emotion of true science. Yet, in the competitive world of biomedical research, this experience is often counterbalanced by frustration, fear and uncertainty. This is especially true in the early years of an academic career, when one can easily lose track of the purpose and meaning of one's work, and forget about the joyful moments in the everyday life of a researcher.

Why doing research, then? Why persevering? How to make it through? In this semi-formal motivational talk addressed to the community of students and young investigators, we will seek to look on the bright side of our work, and rediscover what is so great about research. Sharing thoughts and reflections on the first ten years of a young career, we will try to identify the pitfalls to avoid on the way to obtaining a PhD or becoming a permanent researcher, but also highlight the many unique opportunities. The discussion will revolve around the notions of success, expectations, goals and paths, perspectives, passion, creativity, life/work balance, and more, through personal life experience, inspiring quotes, open questions, and direct interactions with the audience. Yes, research is awesome! Come and see why...

**Speaker:** Vianney Delplace, Researcher at INSERM, Nantes, France  
Q&A to Speaker

**Tuesday, September 6      18:30-19:30      ESB-YSF General Assembly**

**Tuesday, September 6      20:15 - late      YSF Night out**

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### 3. News ESB educational awards

After two years of reduced mobility and many telematic interactions, we would like to encourage young researchers to travel again. Therefore, we are opening two calls per year for Racquel LeGeros educational award starting in 2022. The first call took place on the 31st of January, and the second one is scheduled for the 31st of November. The award is meant for PhD students aiming to increase their knowledge in a specific topic and/or a technology related to biomaterials and regenerative medicine. The prize consists of a certificate and €1500 to cover part of the mobility cost. Please, find the specific details of the call on the YSF-ESB web page.

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### 4. YSF call for projects 2023

YSF-ESB Call for projects is an annual initiative from YSF board, sponsoring the organization of events/workshops for a total amount up to 1,200 Euros. The final aim of the call is to promote the training of young scientists and to stimulate dissemination in the field of biomaterials in Europe. The call will be soon open for a new round in 2023. The YSF call for projects gives you a wonderful opportunity to gain financial support for all those activities. Plan ahead your national or European 2023 event focused on the training of young scientists and science dissemination and be ready to apply. All young YSF-ESB members (under 40 years old) are eligible, provided they have contacted their National Chapter (NC) representative before sending the application.

Please note that the deadline for the submission of the project on this call will be **31st January 2023**. If you need more information, please contact us at: [ysf@esbiomaterials.eu](mailto:ysf@esbiomaterials.eu).

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### 5. YSF logo design contest

The YSF logo design contest is still on! We are looking forward to receiving even more of innovative graphic designs that will tell our story as young European scientists passionate about biomaterials. We want as many of you to have a chance to submit your proposals as possible. Hence, we have extended the deadline to be (hopefully) just in time to reveal a brand-new logo during our General Assembly on Tuesday, September 6.

#### Terms and conditions:

1. Logo entries should be submitted by email to [ysf@esbiomaterials.eu](mailto:ysf@esbiomaterials.eu).
2. The extended deadline for entries is **20 August 2022**.
3. The full name 'Young Scientist Forum of the European Society for Biomaterials' might be hard to nicely fit into the logo design. Hence, the logo should contain either: (1) 'Young Scientist Forum' and 'ESB' acronym or (2) just both acronyms, i.e. 'YSF' and 'ESB'. There are no color/format restrictions however, the logo should look good when presented together with the ESB logo (<https://www.esbiomaterials.eu/>). This does not mean that it has to contain the ESB logo or part of it.
4. Logo design entries will be judged based on the following criteria: 1. relevance (20%), 2. originality (20%), 3. versatility (20%), 4. simplicity (20%), and 5. aesthetics/match with the ESB logo (20%).
5. The prize is **€150 and a certificate**. The money will be transferred to the account provided by the winner.

6. Designs must be submitted in \*.PNG or \*.TIFF format with high resolution. Color and black & white versions should be included.
  7. Logo designs must be original and cannot violate any copyrights. Submitting individuals will be held accountable for any issues that may involve intellectual property violations.
  8. IP: all submitted designs will become the property of the Young Scientist Forum of the European Society for Biomaterials. YSF-ESB reserves the right to make minor necessary adjustments to the winning design to meet any technical requirements that may occur.
  9. The organizers (YSF-ESB) reserve the right to terminate the Contest without selecting a winner. In such a case, the Contest might be re-opened for additional submissions.
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## 6. Stay tuned on Social Media

Get updated and/or start a conversation with our members! Looking forward to hearing from you!

Connect with us on LinkedIn! - <https://www.linkedin.com/groups/8676375>

Twitter @YSF\_ESB - Join the conversation!