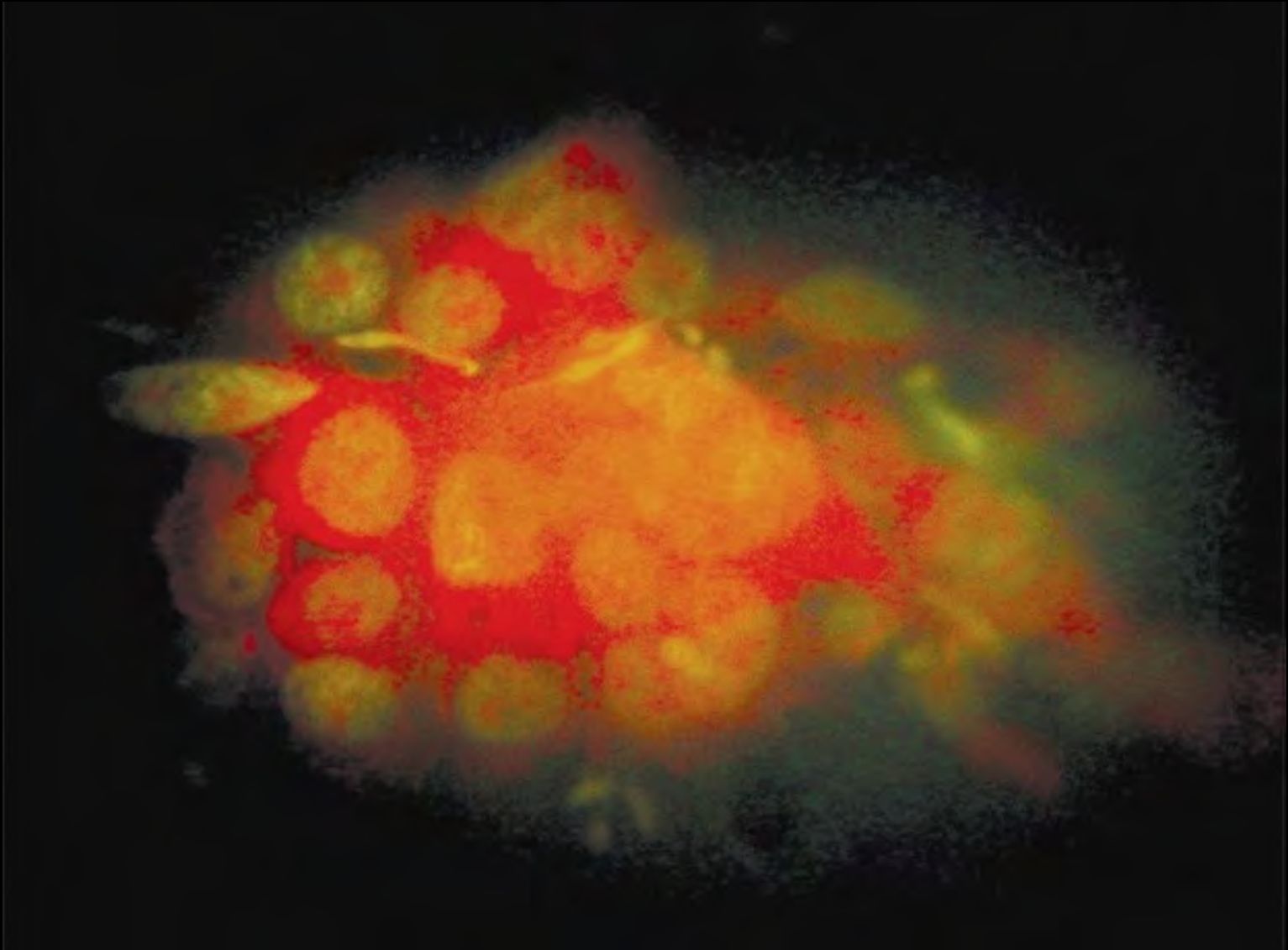


CSDBInsiders



**July Seminar & BBQ
Canoeing
RETREAT PICTURES!!
Students Abroad
Alumni Updates**

INTRODUCTION

Dear CSDB students,

We cannot believe how fast this year flew by; by the time this newsletter comes out, it has been a year since most of us were finishing up their first internship, or had just started our time as a CSDB student. Now, a whole new 'generation' of CSDB students just joined the family. We can all agree that we can look back at a great year, filled with interesting seminars, fun social activities, and of course our awesome retreat to Antwerp, Ghent, and Mechelen. For the last time, we want to entertain you with this newsletter full of activity summaries, puzzles, and stories of students abroad and CSDB alumni. In a few weeks time, a new group of students will take over our role as StuCom, whom we wish a lot of luck and fun with organising all future activities. We would like to thank you for all your participation and enthusiasm, it is a great pleasure to be part of this awesome CSDB community, and was an even greater one to have been your StuCom for the past year!

All the best,

StuCom '17/'18



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COLOPHON

*Check
this out
→*

JULY SEMINAR

KATHARINA SONNEN, HUBRECHT INSTITUTE

On the 4th of July 2018, it was time for the fourth and final StuCom seminar. Katherina Sonnen, who had just finished a postdoc in the lab of Alexander Aulehla in Germany, was the speaker of this seminar. She moved from EMBL Heidelberg to the Hubrecht Institute to start her own research group in September 2018. Her talk focused on how biological systems can encode information in oscillations. As an example, she used the reaction of PC12 cells to specific growth factors. When treated with EGF, the cells respond with a transient activation of the MAPK pathway and subsequent proliferation. On the other hand, stimulation with NGF will result in a prolonged activation of the MAPK pathway and is followed by differentiation. This nicely illustrated that the dynamics of signalling pathways can have large influences on the eventual response of the cell.

As a model to study signalling dynamics, Katherina Sonnen uses the segmentation clock in mouse embryos. During segmentation, the somites in the mouse embryo tail oscillate in their signalling in several pathways, namely Notch, FGF and Wnt. To discover which parts of these signalling pathways are most important (i.e. frequency, period or amplitude), she forces different signalling frequencies upon the embryos by entrainment, after which she studies the effect on segmentation. For this purpose, Katherina Sonnen created a microfluidic chip that is able to tightly control the content of the medium that flows through the embryos. It was very cool that she had brought a prototype of these chips for demonstration!

This last seminar of the year was not followed by the traditional pizza's. Instead, the StuCom held a barbecue at the Cambridgelaan on the Uithof. Everyone, including Katherina, walked over to the Cambridgelaan where the barbeques were already smoking and hot, and the beer was cold and waiting to be opened. As it was the 4th of July, the national independence day of the US, there was a little surprise involving the national anthem and confetti for Sarah. Although very surprised (yet delighted), she responded appropriately and sang the national anthem while covered in confetti!

As StuCom we enjoyed the last seminar and barbeque a lot and consider it a great success. We hope to see you again at the activities in the new academic year!





CANOEING

At the end of the year, the StuCom organized the last social activity. We were happy to see that many students signed up to go canoeing with us! However, because of unexpected thunderstorms, we had to cancel the social activity in first instance. After rescheduling the event to a more sunny day, we were still able to go canoeing, although with a smaller group. We climbed into our canoes and the fun could begin. Some groups tried to make a race out of it and tried to be the first to arrive at the city center. Other groups went for a sightseeing tour and got lost in the vegetation next to the water... Although we only had one hour, some groups almost managed to reach Ledig Erf! Unfortunately for them, they had to peddle all the way back in the same speed... In the end, everyone arrived back at the starting point, without any wet clothes and no major accidents.

After the canoeing, we made a group picture and some of us went to the Florin to grab some food and watch the World Cup game. Together, the whole activity was a lot of fun and a nice end-of-the-year activity. We hope to see you all at the activities of the new StuCom!



STUDENTS ABROAD

SJOERD TJALSMA, PARIS

Which country and institute did you go to?

Bonjour! When I am writing this I am almost finished with my minor research project in the Institut Curie, which is located in the city center of Paris (yes it's actually possible for a research institute to be in the center and not somewhere far away like the Uithof!).

Why did you decide to go abroad for your internship, and how did you end up at your current place? Was it hard for you to arrange this internship?

Actually, I have the feeling I got very lucky when applying for this internship. During my first internship last year I just asked around if people knew good labs on the topic I wanted to work on (epigenetics). Then at some point, I think half a year before I wanted to start, I sent an email and the same day I got a reply that there was space for a student! Then we set up a Skype with my supervisor and that was all I needed to do. So unfortunately, I don't have many suggestions to find a place, I guess it's important to ask a lot of people for ideas and just send emails.

Can you tell us a little bit about your current project and group?

I've been in the lab of Edith Heard, who had a group in Paris for around 20 years but next year will move to EMBL in Heidelberg. Our lab works on X-chromosome inactivation, the process in early development where in females one of the two X chromosomes in each cell is silenced, and this happens with massive epigenetic changes. My project is about the role of a histone modification which accumulates on the inactive X. I have been doing ChIP-seq and live-imaging experiments to try to figure out what its role is during X inactivation. It was really cool that I could use both molecular and imaging techniques so I could see what I liked more.

What has been the hardest part about going abroad so far?

The hardest part of my stay here is that I miss my bike! I didn't buy a bike because I knew that since a few years Paris had a bike-sharing system. Unfortunately, this has changed company last year and now it totally doesn't work anymore...

What has been the best part about going abroad so far?

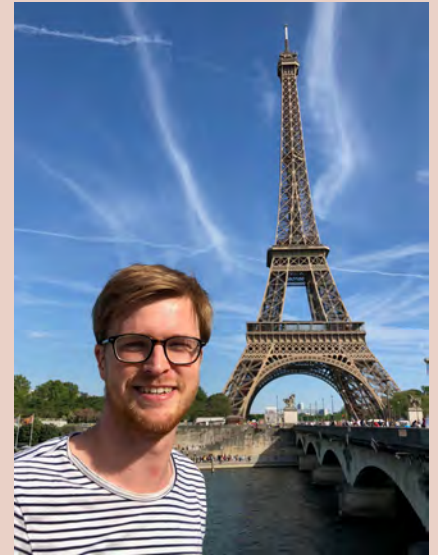
Paris is really an international city with many events. During my stay here, I visited Roland Garros, saw the Tour de France arrive, and enjoyed the fireworks and military parade at Quatorze Juillet. Of course I also witnessed France win the World Cup! I watched the final on a big screen at the Eiffel Tower and when the final was over and France had won the whole city was going insane. Although the part where I got trapped in a tear-gas riot at the Champs-Élysées in the middle of the night was a bit less fun, but still a memorable experience.

What are your favourite places to visit in your current city?

My favorite places are the Jardin Luxembourg (which is close to my internship so it's nice to relax when I'm stressing out about my experiments), Parc des Buttes-Chaumonts (a massive hill in the middle of the city), and La Petite Ceinture..

If you would have to give one tip to students who want to go abroad, what would it be?

My suggestion when looking for an internship position: try to find a topic on which you maybe want to do a PhD, and then see if you like it or not! Don't just try to continue with the same techniques you have been working with so far but try something else. I think that's the best way to figure out what kind of science you want to do later, if you want to stay in science anyway.





Living in Paris

What people see



What it takes

- Accepting regular transportation strikes
- Learning to press shift to enter a period or number on a French keyboard
- Continual paperwork
- Remembering to say "bonjour" when entering a shop
- Adopting a new definition of customer service
- Working out how to change lines at Châtelet
- A little complaining - just like the locals
- Surviving an near accident on a pedestrian crossing
- Reluctantly paying extortionate rental prices
- Preparing that a 'colis suspect' will occur on the RER and adjusting your travel time
- Living on the top floor and not having an elevator
- Dog poop slalom skills
- Understanding that registered postal delivery rarely comes directly to your apartment
- Accepting that some things aren't meant to be understood, even by the French - "bulletin salaire"
- Finding a job and obtaining a CDI
- Continual post office queues
- lot's of work meetings
- After 1-2 years in Paris moving to the other side of the Peripherique
- Becoming a passive smoker
- Accepting the [your nationality] way isnt the only way



DORINE HINTZEN, SAN FRANCISCO

Which country and institute did you go to?

I really wanted to go to The United States so I searched for labs mostly there. The city did not really matter for me, so anywhere in the USA was great at first.

Why did you decide to go abroad for your internship, and how did you end up at your current place? Was it hard for you to arrange this internship?

I sent many emails to many different labs, some didn't respond and some didn't have positions for master students. Finally, I found my internship via fellow CSDB student Eline ter Steege who was doing her internship there before me and her lab wanted another student from the same program. First I had to skype with the PI Sophie; then I Skyped with 3 other lab members before they offered me the position.

How did you arrange your accommodation?

I was lucky that I could take over Eline's room in San Francisco! Close to the lab and with nice roommates!

Did you apply for any grants, and if so, for which grants did you apply and how did the application procedure go?

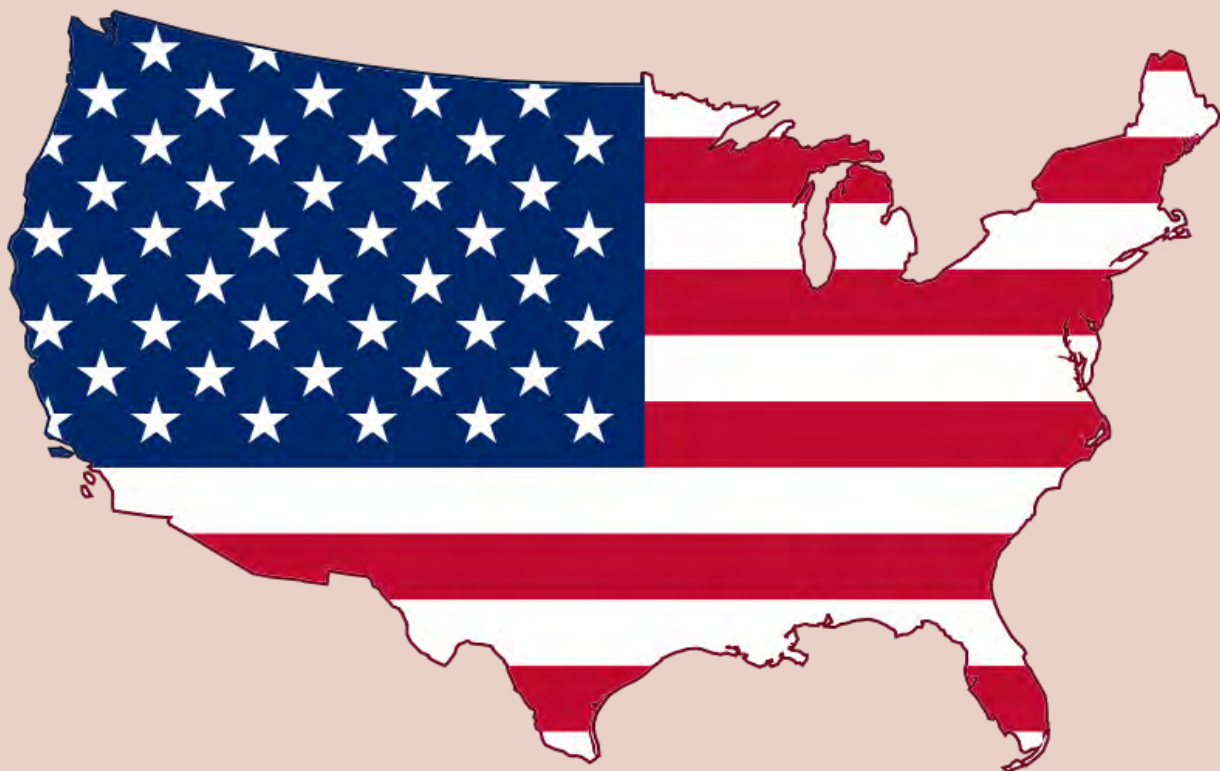
I didn't apply for conventional grants but got some via my family and parents jobs.

How many months in advance did you start with planning your entire internship? Would you recommend to do it earlier/later?

I started looking for labs 9 months in advance but found this lab 4 months in advance. I would recommend to find something earlier as finding normal grants was not possible anymore due to lack of time.

Do you have additional tips & tricks, for future CSDB students planning an intenshrship abroad?

When going abroad you should keep in mind that the first month can be difficult but then you will find your way! I had the best time in the USA and met so many great people! I really advise people who go abroad to focus on their internship but grab the opportunity to explore the city and country you are in! Sometimes your internship can be overwhelming but you should keep in mind that you are there to learn so absorb all the information handed to you but also have fun. Balancing social life, traveling and work is the key!!



ALUMNI UPDATES

JURRIAAN JANSEN - TRAINEE POLICY OFFICER AT DUTCH MINISTRY

Let me be honest with you: a year and a half ago, six months before graduating from the CSND master's program, I had no idea what my life would look like after finishing my last internship. Although I mostly enjoyed spending my days in the lab, I had a strong feeling that this was not the place I would want to spend the next years of my life.

After the election of Trump in the United States, the vote in favor of Brexit and during the months leading up to the Dutch elections for the 'Tweede Kamer' (House of Representatives), I got more and more interested in the big social/political challenges our generation is facing. Climate change, the huge number of refugees, increasing inequality and an aging population are only a few of them. So I decided to start looking for a job where I could have more – or maybe another – impact on society. Don't get me wrong: fundamental and translational research do have a huge societal impact. Finding ways to cure cancer or Alzheimer's is a very important goal to pursue. However, when I found myself culturing organoids, I didn't really feel connected with society.

So now I had roughly determined a direction to start a job search. But how do you start to look for a job where you deal with social/policy issues, when you have a master's degree in fundamental biomedical research? Luckily, I found out that the Dutch government offers a trainee program for policy officers: in two years, you work for three different employers within the government (mostly at the ministries, but there are also possibilities to work in Brussels (EU), for a city government or even for a Dutch embassy anywhere in the world). On most Fridays, trainees follow a training program that teaches them all the basics on how the government works. The good news was that the government is always looking for people with different backgrounds, and therefore the only requirement is that you have a master's degree. The bad news, however, was that usually around 3500 people apply and only 110 get in. During the selection (consisting of four rounds), the feeling got stronger that this traineeship would be the best way to start my career. So it doesn't require any explanation that I was very happy when I finally got the message that I was offered a job as a trainee (policy officer) at the ministry of Health, Welfare and Sport.

Two years ago, I would have laughed at the idea of becoming a civil servant. Now I think it's the best choice I could have made. I'm working on big questions – such as how to reduce waiting times for mental health care – in a very dynamic and political setting. I prepared the minister for multiple debates with the national parliament, spoke with many professionals, patients, insurers and policy makers and learned so much in only a few months. Although the work can be just as frustrating as doing big experiments that fail – because solving social issues is far from easy (duh) – I am very glad that I took the leap. Funny enough, and I know this is a cliché, my master's degree still helps me a lot. Thinking analytically and critically, structuring information effectively and working with a (flexible) plan to achieve goals are indispensable to work as a policy officer.

ERINN LOS - PHD CANDIDATE, UNIVERSITY OF CAMBRIDGE (UK)

I am currently a PhD student in the Gurdon Institute, which is affiliated with the University of Cambridge. I chose to return to the lab where I did my second internship, the St Johnston lab. (red: the St Johnston lab works on cell polarity in *Drosophila* and mouse intestinal organoids). My PI was keen to have me back, but I still had to secure funding. It was not extremely difficult to get in, which in part is because I had a great recommendation letter from my PI. I chose to do a PhD, because I found the research topic interesting and I wanted to challenge myself. Also, I am considering a career in academia or in R&D in a life sciences company, where a PhD will be useful. I chose to do my PhD here, because I love Cambridge as a city and I wanted to explore a different environment to work and live in. My advice to graduating CSDB students is to use your contacts from your internships to find a PhD position or other job. Your own network is the best place to find a new position.

RETREAT

CSDB Retreat 2018 - Belgium

At the end of June, it was finally time for the greatest event of the year: the retreat! This year, we all went to Antwerp & Ghent (with Mechelen as a bonus), and enjoyed the many scientific and social events and activities the StuCom had planned. On the next pages, you will find a (too) short overview of the three days – including pictures. More pictures can be found on the CSDB website and in your mailbox!

Wednesday June 20th

Everyone gathered way too early at the Hubrecht parking lot and many of you were mainly physically present and still needed a coffee to start the day. After everyone got into the bus, we could depart to Ghent! The StuCom had provided a booklet with all necessary information and everyone soon started reading, puzzling or sleeping. We arrived in the morning and had some time to grab a coffee or breakfast at the local cafés in Ghent. Next, we could enjoy a boat tour around Ghent and after that, we drove to the iGhent Tower, on the university campus, where we got two lectures from the Ghent Science Park. These lectures provided us with more information on how the scientific community in Ghent – and specifically in the Science Park – was set up and what kind of research was done here. Most importantly for our master, we heard about the Cancer Research Institute Ghent (CRIG), which tries to unite and enhance the impact of cancer research.

After the talks, we drove to Antwerp, where our beautiful, modern hostel was located. Everyone got to their room, unpacked and soon found his way to the city center of Antwerp. That night, we enjoyed the Belgian beers, the World Cup game Spain – Iran and eventually got some rest from the long day in our beds.



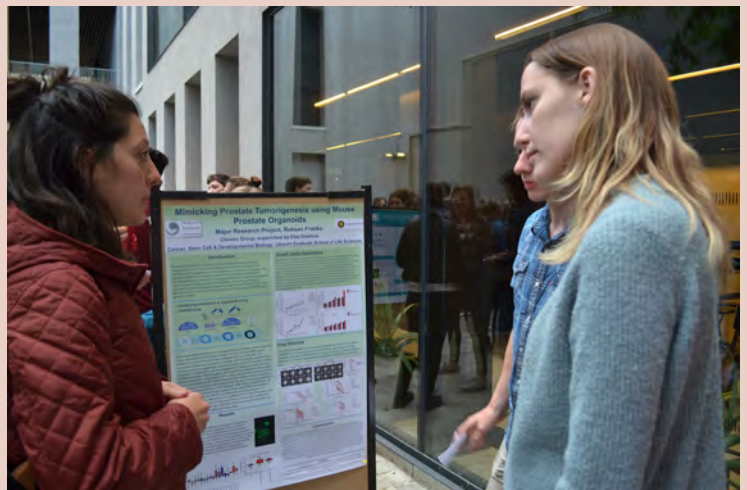
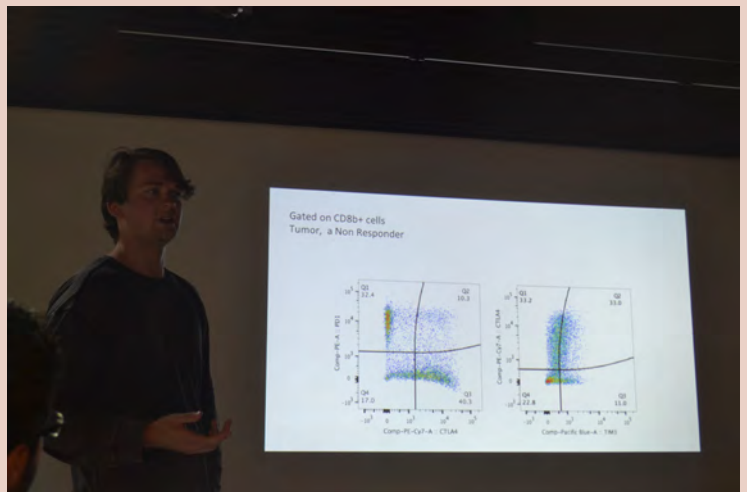
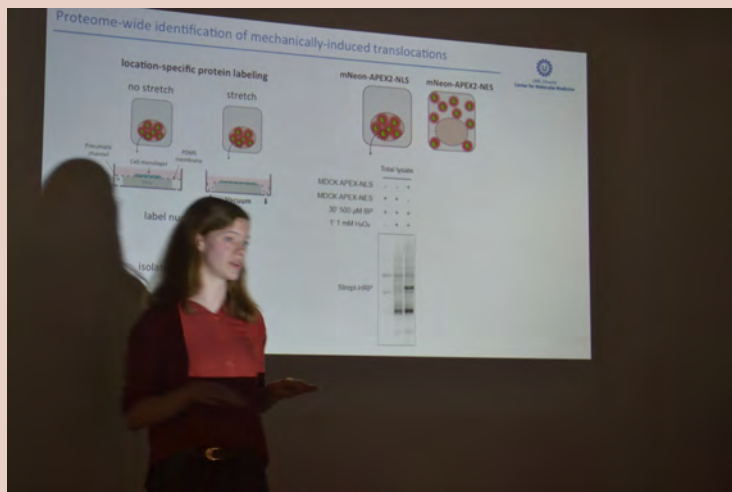
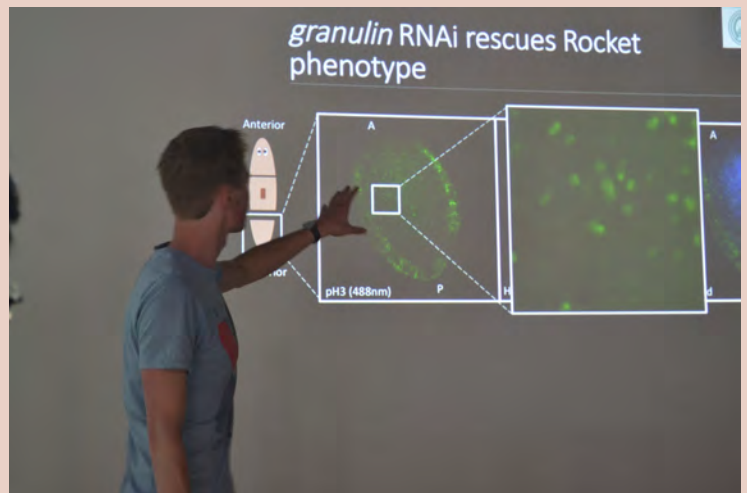


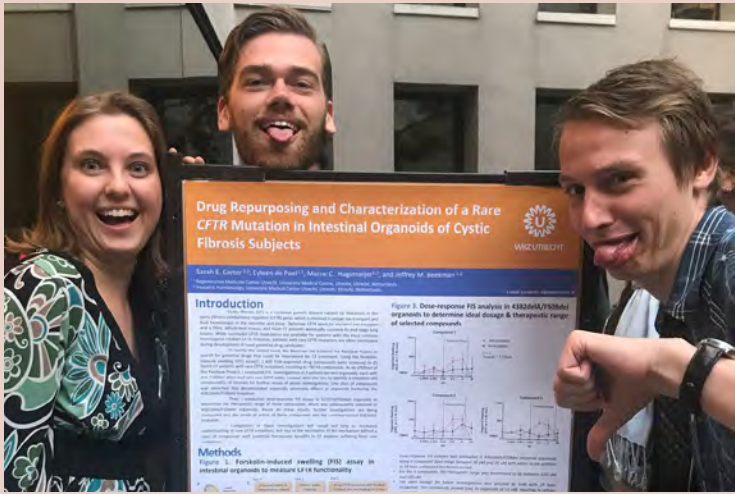
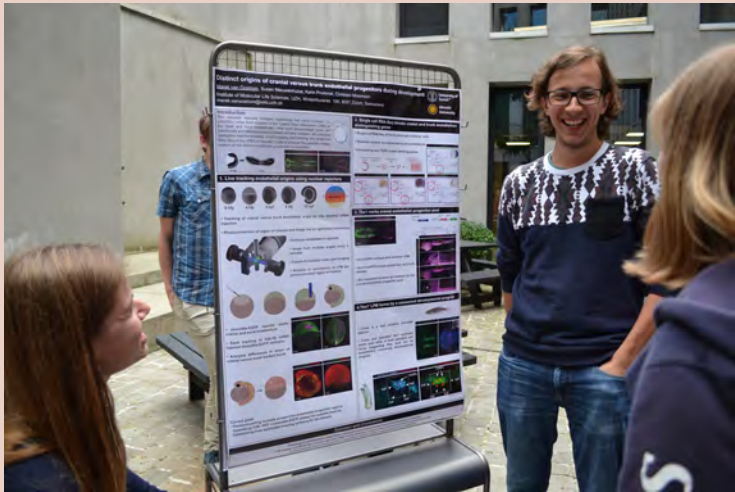
Thursday June 21st

Everyone gathered – again way too early – at the bus to go to the hospital of Antwerp. Here, we would learn more about their multidisciplinary approach in treating cancer and other diseases. The morning started with many short lectures about the hospital and its environment. After that, it was time for a tour around different departments of the hospital. The morning ended at the hospital with a very nice lunch, with a lot of nice sandwiches!

In the afternoon, we had some free time, but soon it was time to start the oral presentations by our fellow students Lars, Ronja and Vincent. They all gave high-quality, interesting presentations about their research projects and had to answer a lot of questions from the enthusiastic audience. After dinner, the rest of the group set up their posters and presented their research, too. The whole evening was very fun and interactive and we learned a lot about each other's projects.

After the presentations and posters, everyone went to the city center for some drinks to relax. The evening ended in a karaoke bar, where many students could sing their guilty pleasure songs and where everyone enjoyed the music, drinks and fun.





Friday June 22nd

The Thursday evening karaoke bar was not the best help in getting up early on Friday morning. Unfortunately, everyone had to get up to pack their bags as we had to leave the hostel quite early. We went to Mechelen, where we spent the morning on a terrace, enjoying the sun, lovely city and some coffee. We spent the afternoon at Biocartis, a company situated not far from Mechelen. Biocartis is aiming to develop a fully automated platform that can help in diagnosing several types of diseases molecularly. For example, Biocartis wants to use its platform in Third World countries to test different samples and biopsies on different diseases. That means personalized medicine, accessible to everyone in the world. Of course, we did not only get a lecture, but also a visit to the robot rooms – all in all very cool!

After Biocartis, we drove back to Antwerp, where we had dinner at pizzeria Da Giovanni. Next, we made a group picture at the cathedral of Antwerp and finally, we all got back in the bus and drove back to Utrecht. During the drive, most of us were asleep already, exhausted from the amazing three days we spend in Belgium. Before we knew it, it was all over and now, we only have the pictures left...

In conclusion...

We enjoyed it a lot and it was great to organize this year's retreat for you! Thank you for the amazing time!

Your Dearest StuCom '17/'18





INTRO SEPTEMBER

Welcome, September Starters!

On the 4th of September, a new group of CSDB students joined the community. First, the students had an informative talk by Joost on the ins and outs of being a CSDB student and an introduction to the StuCom by Esmée (including a very persuasive recruitment talk, if we may say so). Then, we invited two former CSDB students who came to talk about their career: Judith Vivié, who recently co-founded a single-cell sequencing company, and Eline ter Steege, who currently works at Nutricia.

After a short cookie break, we remodelled the room to facilitate the second part of the introduction afternoon: a series of fun ice-breaker games! In order to encourage the students to get to know each other, we divided them into different groups, which changed with each round, and had them perform small assignments. We hope that you all enjoyed the afternoon and got to know one another a bit!

Last but not least, we joined the students for a lovely Vietnamese dinner at the restaurant Kimmade. The students enjoyed shared platters with spring rolls, followed by a rice or noodle dish of choice. Afterwards, the group met some of the other students for drinks at De Beurs.

We wish you all the best with your future CSDB careers, and hope to see many of you at the StuCom events! We also hope to see some of you back as the StuCom of '18-'19 ☺ (mail: stucomcsd@gmail.com)

(



PUZZLE PAGE



1. One of the three locations of the retreat.
2. Name of the great bus driver who drove us all around Belgium.
3. The name of the company we visited in Mechelen.
4. One of the three locations of the retreat.
5. Another name for the very old, parochial church in Ghent, which belongs to the 'row of three'.
6. Name of our hostel.
7. One of the many Belgian specialties.
8. Name of the restaurant we went to on Friday.
9. The world cup football was played during the retreat. Many of us watched the match of Spain vs. Iran. In which minute was the only goal of the match scored?
10. One of the many Belgian specialties.
11. Amount of vegetarians on the retreat.
12. One of the three locations of the retreat.
13. The company in Mechelen (see 3) had a very high-tech facility and developed a platform to provide worldwide molecular diagnostics. What was the name of the platform?
14. Our fantastic program coordinator!
15. The research center in Antwerp designed for better cancer treatments.
16. One of the many Belgian specialties.
17. Our first visit was in Ghent, at the Science Park. What company hosted our visit there?
18. Number of StuCom members who organized the retreat.

Retreat Quiz Philippine:

Fill in the answers in the corresponding boxes. Same colors are same letters. Send your final answer to stucomcsd@gmail.com before October 15th and win!

Winner Last Puzzle

The answer to the futoshiki: 1425367. The winner was **Joris Hageman**, congratulations! You can pick up your price at the students room.

COLOPHON

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PHOTO CREDITS

Cover: <http://www.ijdr.in/text.asp?2011/22/5/649/93450> - IF stain of malignant cells in acridine orange stain

Carmen Rubio Alarcon

Joost Koedam (September Students)

RETREAT

Carmen Rubio Alarcon

Joost Koedam

Thomas Kluiver

Sarah Carter

SPECIAL THANKS

Sjoerd Tjalsma - Students Abroad

Dorine Hintzen - Students Abroad

Jurriaan Jansen - Alumni

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Jonas Mars - Retreat

Esmée van Vliet - September Starters

Jonas Mars - Puzzle Page