



InCognito

For your monthly study-related needs and feeds.

November 2014

Suggestions, feedback or comments? Let us know at newsletter.cognito@gmail.com.

BEAU BORDEAUX



Group picture taken during the study trip to Bordeaux (by Yangyang Xu). The report is on page 3!

CHANGING OF THE GUARDS: A NEW NEWSLETTER COMMITTEE

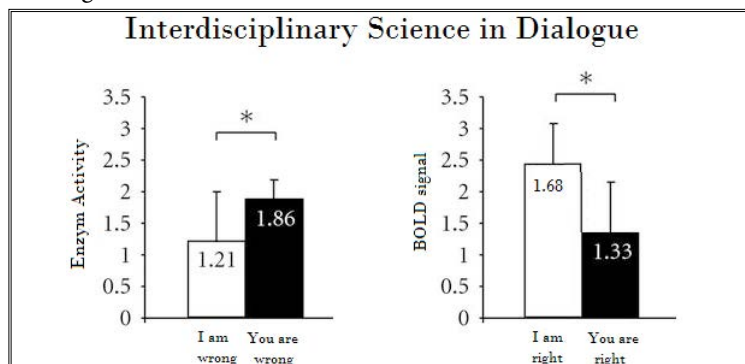
Now that the new students have fully integrated in the master programme and have successfully survived their study trip to Bordeaux, they're also taking their places in the committees. The newsletter has some fresh blood as well. With their new view on the matter, some changes to the newsletter will be made, among which the introduction of some new sections: a puzzle, the alumnus profile, and a comic! The alumnus profile will be introduced in next month's issue. Because we sensed that some students are struggling with what they want to do after they've finished the master's, we figured that it might be helpful to provide them with information about what previous students are doing now. Each month we will ask one alumnus to answer a couple of questions. Both alumni who went into research and who decided to do something entirely

different will be represented. So, if you're a MBCS-alumnus and would like to share your story with current students, please let us know by sending an e-mail to newsletter.cognito@gmail.com.

We're also looking for some creative talent to create a funny comic for the newsletter every month. If you would like to help us out by doing so, you are more than welcome to let us know by sending an email!

We're going to try our best to make the newsletter a big success and hope you will enjoy reading it as much as we do writing!

The newsletter committee,
Slave driver & busybody Annemarie,
Hobby cook & printer boy Nelson,
Lay-out girl & crypto-fanatic Lieke,
Comic hero & stenographer Marco,
Creative writer & human spell checker Lionel.



AGENDA

Drinks @ CREA

Every Tuesday, 21:00-late

Street smart

6 November 16:00, Carolina McGillavrylaan lobby

Our fellow student Christos has come up with the initiative to set up a journal club-like community to discuss papers, books, videos and other scientific information with interested and ambitious students. This event will be kicked-off by a meeting at the Science Park green building. More information will follow via Facebook!

Brein in Beeld: Sex, drugs, rock 'n roll

7 November, 19:30, NEMO
€12,50 including 2 drinks

Symposium on addiction, sex, and the brain. Language of communication is Dutch.

www.breininbeeld.org

Studentencolloquium

11 November, 17:00, Brainwave

Biologist Michel Haring will provide information about the current view of the beta faculty. This will be followed by an academic highlight presentation by a student in information science, who will present his/her graduation project.

Beta Break: Extreme Experts

12 November, 12:00, Central hall Science Park

Note: language of communication is Dutch.

Cognito quiz and General Members Assembly

24 November

The Cognito board organises a quiz about various 'beta'-subjects between couples of her members. The winners will be put forward to participate in the Beta break quiz in December! More information about the event and about signing up to participate will follow.

After the quiz the general members assembly will take place, in which you can all ask your critical questions and demand explanation from the board members. The perfect opportunity to have a voice in Cognito! Plus, there will be free beer!

KOELEMAN DOWN UNDER

Brains abroad: Jan Koeleman in Melbourne



Jan's "ridiculous selfie"

Two years ago I did a semester abroad at the University of Melbourne in Australia. Besides meeting lots of new people from around the world, enjoying the summer heat during Dutch winter and backpacking along the east coast from Sydney to Cairns, I also met my girlfriend during my time in Australia. In August I returned to Melbourne and now we live together in an apartment which is a 5 minute walk from the beach and has a great view of the city – quite an improvement compared to the shipping container we lived in on the NDSM werf in Amsterdam.

Because I have been here before, my first few weeks were probably quite atypical for most people who study abroad. Rather than exploring the city for the first time, I spent time renovating my new place and catching up with friends. Of course, starting work at a research institute abroad was

a new experience, and a very exciting one. I have been at The Florey Institute for 2 months now, writing my thesis on multiple sclerosis. Of course, I haven't finished it yet (I don't think anyone ever does that on time), but it was nice to get to know the institute and the people before I started with my project.

I only started my project yesterday, and today I get to see my rats for the first time. I'll be doing research on alcohol abuse, so those rats will be getting lots of free booze – some would call that lucky, considering a cheap beer over here will cost you €3.50. Thankfully, they have lots of social activities at The Florey, including a few just for students, which comes with free beer (and pizza) too. Because of those socials and because of the open floor plan in the building, it's easy to get to know people. There are also plenty of internationals around, including some Dutchies.

Yes, the Dutch are everywhere. I actually had two Dutch backpacker friends staying over the last two weeks. One of them was a great cook, so a few days ago I had a beautiful kangaroo steak, and the next day some kangaroo pizza – actually the first kangaroo I've seen since I've arrived. I can highly recommend it. So if anyone is wondering if I've seen any kangaroos yet, yes I have, it just happened to be on my plate.

I am going to leave you guys with a ridiculous selfie I took on a 3 year old phone camera (deal with it!). I took it on my daily commute on my bike towards The Florey, which takes me through a big park and through the city centre. The photo was taken on a bridge across the Yarra river around 9am with a view of the centre. Needless to say I'm wearing a t-shirt and shorts in late October, I'm in Australia after all.

IN MEMORIAM

**MARTA
GRZEGOREK**



Marta Grzegorek, student MBCS—Neuroscience track, passed away suddenly on Monday September 29th. Her passing has been a big shock to many and also to us. Marta was a student of the Master Brain and Cognitive Sciences since September 2012. She was almost finished with her master's programme. She was in the end phase of her final research project. During the time that Marta was our student, we have come to know her as a bright and determined young woman. We remember her driven personality and her curiosity. When we spoke to her or saw her in the group of students, she seemed to have a clear focus and was headed towards a successful academic career. Classes with Marta were lively and she was able to challenge ideas and concepts. She asked a lot of questions and was critical in a constructive way. It was a great pleasure for us to work with Marta. She successfully pursued her Master programme and it is sad that she can no longer share her capacities. It has come as a real shock that she isn't there anymore and we will miss her.

STUDY TRIP BORDEAUX



Suited up for lab rotations. Photo by Lionel Newman

While final exams, research proposals, and presentations kept us busy, we at least had one thing to look forward to when it was all over: Bordeaux. Finally, the celebration began in the early morning of Wednesday, 22 October, when we awoke at the ass-crack of dawn, filed into a bus at Amstel Station, and began a fifteen-hour drive to the scenic French city where we would meet top-level researchers at the Université de Bordeaux and be treated to some top-level wine. Of course, some people didn't need to wait for our arrival in Bordeaux before the celebrations started. Excitement filled the bus, even at such an early hour, as we applauded the bus driver

for skillfully preventing our deaths, sang a few rounds of Happy Birthday to Linda, and enjoyed some beverages on the road.

At last, we arrived at the Ibis Hotel at 23.00. Some students went straight to bed after a long journey while others enjoyed a relaxing drink at an Irish pub. But even those who went to sleep early were lucky to get much rest. Around 2:30 in the morning, a broken water pipe was signaled by an alarm that forced people outside in the cold with only their pajamas. About half the group slept through the whole thing, waking up the next morning only to hear stories about the alarm from the people with tired eyes and soggy luggage.

Thursday and Friday were filled with lab rotations and presentations by head researchers in topics ranging from neuroimaging the aging brain, to animal models of stress, drug addiction, and immune-to-brain interactions in depression, and beyond. After two days of lectures and thick French accents, on Thursday evening we were led to a beautiful high-ceiling gallery lined with stone called Place de la Victoire, where we were guided through a fun wine tasting and quiz. Students learned the history and the art of tasting and making wine in Bordeaux, and, by the end of the night, could identify the varieties of fruits, flowers, woods, and gravel that went into the different wines.

At Université de Bordeaux, we were treated like special visitors, from the cutting-edge presentations, to the guided lab tours, to the wine tasting. As a group of students walking through the narrow streets lined with limestone buildings and black laced balconies, wandering at night to the fair in the city center, and sampling the fine French cuisine and fantastic wine, this was truly a trip that won't be easily forgotten. Students spent four days with classmates who they might not have known well, and forged bonds that will last long hereafter.

TEACHER OF THE YEAR AWARD

Every year the UvA and the ASVA student union jointly host the Teacher of the Year award. This is a way to promote good teachership and to make people aware of the importance of good teachers. It incorporates six faculties of the UvA, and thousands of students vote each year. Before voting teachers have to be nominated, by students, typically this happens per study or per study association. Nominating and voting can be done from 10 to 14 November, during which campaigns will run. The election is weighted and takes into account the number of students taught by each teacher, so everyone has a fair chance.

After voting each faculty will appoint a winner who will run for Teacher of the Year. All six candidates will be informed by the relevant study associations in creative and fun ways. On the 4th of December the faculty winners will be giving 8-minute lectures at CREA (come one, come all!), at this event the study associations will also hold a short pitch on why their faculty winner deserves to be teacher of the year.

Finally, a grand jury entirely comprised of students will get to decide which of the faculty winners will be the Teacher of the Year 2014. At the UvA's birthday, the Dies Natalis, the winner will be announced.

Relevant dates!

10-14 November: campaign week; students can nominate, and vote for their favourite teacher.

4 December: faculty winners will hold 8-minute lectures and study associations hold pitches. Crea, muziekzaal.

8 January: Dies Natalis UvA, the winner will be announced

FOOD FOR THOUGHT: KUFTA-BOZBASH

Kufta-bozbash is an Azerbaijani soup that literally means kofta-grey-head in English.

Ingredients

450 g of ground lamb or beef
½ cup of rice
1 tablespoon of dried mint
2 medium sized onion
dried sour green cherry-plums
1 cup of chickpeas (canned or soaked and boiled at home)
4 potatoes
2 tomatoes
Salt and pepper

Procedure

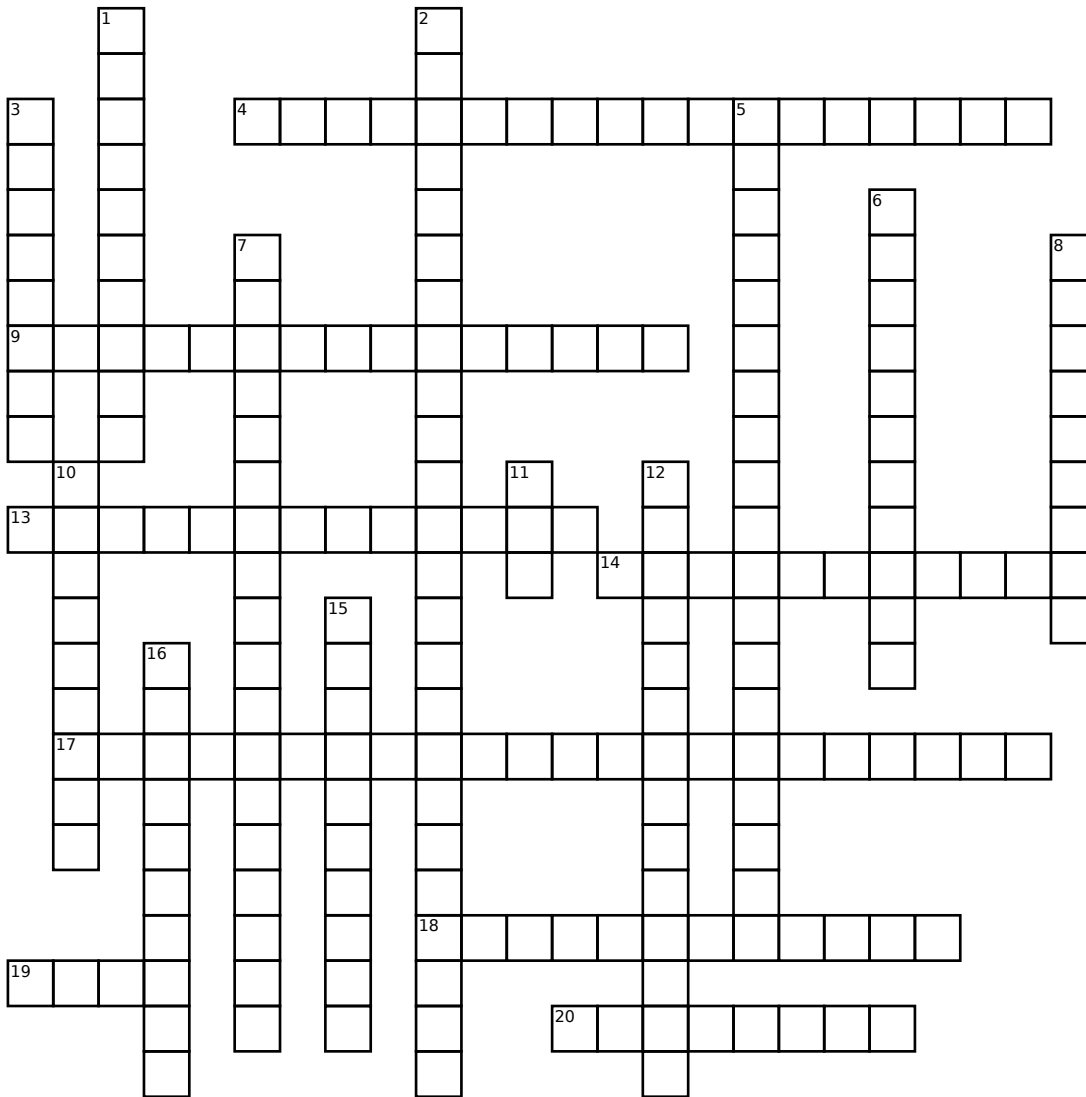
Grate 1 medium sized onion and mix it with ground lamb or

beef. Then add ½ cup of rice, 1 tablespoon (tbsp) of dried mint, 1 tbsp of salt, and some pepper to this mix. Mix everything together until you get a homogenous mass of ground lamb/beef with previously mentioned ingredients. Take enough meat to make a meatball with diameter of ~10 cm (or whatever the size you want it to be). If you have dried green cherry-plums, place one in the center of the meatball. Place meatballs into the pot with boiling water (add 1 tbsp of salt into this water) as you make them. While your meatballs are cooking in the pot, cut 1

medium sized onion into very small pieces and caramelize it in some vegetable oil. Then peel of the skins of 2 tomatoes and cut them into small pieces and add on top of the caramelized onion. Once the liquid from tomatoes evaporates, add this mixture to the pot with meatballs in it. Peel and cut 4 potatoes into small pieces and add them into the pan as well. Add a cup of chickpeas once our potatoes are cooked. Serve the soup with some dried mint and sumac. Sumac is a sour spice that you can find in almost any Turkish store in Amsterdam.

Words inCognito: cryptic crossword

A cryptic crossword is somewhat like a normal crossword puzzle, except all clues are riddles in themselves. An example of a typical cryptic crossword clue is "Disguised as a newsletter", which would be 'in cognito', the title of this newsletter and a synonym for 'disguised'. Good luck on this MBCS-themed brain teaser!



Across

- 4 The lay-out is just a tryout (12, 6)
- 9 The possibility to do something (6,9)
- 13 Reflective cells (6,7)
- 14 Marine animal with great spatial memory (11)
- 17 Computational model periodical (9,6,7)
- 18 Profane part of the ear (8, 4)
- 19 Don't take the projection off with a cleaver (4)
- 20 The transgenic mouse was beaten in a boxing contest (8)

Down

- 1 This stuff comes in 50 shades (4,6)
- 2 Connecting through collective pyromania (4,8,4,8)
- 3 The summary is not concrete (8)
- 5 It only offers possibilities in this specific area (5,5,9)
- 6 A scholar's garden (7,4)
- 7 Persistent extreme sadness (4,4,10)
- 8 Very pervasive shampoo (9)
- 10 On an excursion in Matlab (9)
- 11 Masters' track that includes the spinal cord (1,1,1)
- 12 A time of strict evaluation (8,6)
- 15 A boat full of trainees (10)
- 16 Publishing is easy as 1,2,3 (1,1,1,7)

BIRTHDAYS

- Anne Trutti
3 November
- Rik Ubachs
8 November
- Femke de Boer
9 November
- Werner de Valk
17 November
- Marco Heuvelman
18 November
- Tineke Slotegraaf
26 November
- Lourens Kemp
27 November
- Rudolfos Neufytou
29 November

HOROSCOPE



Sagittarius
22 November - 21 December

The key life phrase of Sagittarius is "I expand." This month, you will feel a strong urge to broaden your horizons, prompting you to begin trying your hand in new activities. Eventually, you will become deeply involved in a group of Elvis Presley enthusiasts, leading you to gyrate your hips indiscriminately at cyclers passing by, gaining astronomical popularity among a small group of people shouting and shaking their fists at you, and then falling into a disabling donut addiction that eventually makes it impossible for you to get up from the toilet, thereby fulfilling your key life phrase.

Lucky numbers: 0, π, eleventyfirst
Lucky fragrance: rose beef
Lucky dance: Gangnam Style