



## Meet M. Remi BARILLON, the new Research Vice President

♦ **You made a part of your academic education abroad. Do you have any special memories regarding these stays about the welcoming structures?**

I went to the University of Exeter in the United Kingdom for 16 months in order to do part of my postdoctoral research. During this period, I combined my research work with the completion of my thesis on the measurement of radioactivity in the environment and its application in the field of radioprotection and geology. I joined a research team at the University of Exeter which was working on the issue of radioactive waste disposal as part of a European project.

When I left Besançon, which is not only my home town but also my comfort zone, and found myself on the campus of the University of Exeter, I experienced a radical change. I was pleasantly surprised by the welcome I received on my arrival. I was greeted by a university staff wearing the academic dress and coat of arms of the University of Exeter, which was very impressive! He took the time to show me around the campus for an hour, he explained to me how the campus works, where I could open a bank account, do my shopping, how to get health coverage. I was very surprised by the welcome given to international students as there was no such organisation at my home university.

♦ **According to you, which aspects are the most important to welcome Foreign Researchers in a university like Strasbourg?**

Since I am very sporty, during my stay in Exeter I immediately joined sports clubs. I joined the prestigious rugby club of Exeter and it was an amazing experience. It allowed me to meet people from all walks of life very quickly and thus to create social links. This helped me a lot because, in addition

to my laboratory colleagues' assistance, I was able to create a social link, which I think is extremely important for discovering a new culture. Especially when you arrive in a city where you don't know anyone and where you are confronted with the language barrier at first.

In my opinion, the human aspect is essential when welcoming an international researcher, particularly within the host laboratory, teams and thesis director. They represent their first contact on arrival, so it is up to them to ensure the welfare of the researcher.

This is particularly true during the current COVID-19 pandemic, when newly arrived researchers may suffer from isolation, so it was important to maintain contact between them and the research team.

♦ **For which reasons is Strasbourg University an attractive place for International Researchers?**

The city's name itself, Strasbourg, is appealing. As a European capital located in the heart of Europe and recognised throughout the world, the city enjoys an international reputation.

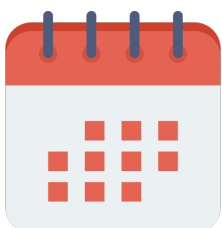
Furthermore, the University of Strasbourg, one of the largest universities in France, is also a world-renowned brand active in almost all fields. It is a prestigious university with a lot of talented persons and Nobel Prize winners, especially in the field of chemistry, which makes the university extremely attractive.



Rémi Barillon - Crédit photo :  
Jean-François Badias

## What's up in Euraxess?

### Euraxess Service Centre operating



We are mainly working remotely and progressively going back to the office. We remain available to answer your questions by email, by phone or video conference but also in person at the Maison Universitaire Internationale **by appointment only**. We are looking forward to meet you in person again!

The Euraxess Service Centre will be closed during summer from **July 26th to August 24th**.

## Past events



### A look back at the International Week of women's rights

As part of Equality Week, the Euraxess Service Centre in Strasbourg, in collaboration with the Equality-Parity mission, has organised on March 12th a quiz on equality and parity in France and around the world. It was the opportunity to confront your knowledge and deconstruct preconceived ideas on the subject during a friendly and interactive moment.

The quiz has been followed by a discussion on the same topic with Prof. Isabelle Kraus, equal-parity vice-president of the University of Strasbourg.

### A look back at the webinar: "Get to know the Alumni Network and the ADIRA"

On May 20th, in collaboration with the alumni service and ADIRA, the Euraxess centre organised a webinar to allow foreign researchers to better discover the socio-economic environment and the labour market in Alsace.

After the presentation of the Alumni network and its services, Simon Thierry, ambassador of the network in 2021, spoke about his academic career and the importance of building a network that has allowed him to grow professionally. Finally, Monique Jung, Director of the ADIRA, gave an overview of the socio-economic environment in Alsace, a region that is very attractive internationally.



## Upcoming events

### KTUR PHD TALKS

The PhD Talks are promoted by the KTUR project, which aims at strengthening cross-border knowledge and technology transfer in the Upper Rhine region. These monthly virtual meetings seek to instill and develop entrepreneurial thinking in PhDs, Postdocs and MA students. Participants will actively interact with research founders and international experts and learn how to transform cutting-edge research into innovative businesses.

Next session: **Thursday, June 17, 1.30 – 2.30 pm** : First steps to launch a startup in the KTUR region.

More information and registration: <https://ktur.eu/en/ktur-phd-talks/>



Crédit photo: Jacques HAMPE

### Visit of Strasbourg: «Strasbourg, An Unavoidable Path»

The historic centre of Strasbourg is unique in many ways. Surrounded by two channels of the river Ill, it takes the form of a mysterious little island, with its narrow streets and footbridges, its medieval houses and Germanic influences. The tour begins with a masterpiece of Gothic architecture, the "Cathedral of Notre-Dame de Strasbourg". Passing through the "place Gutenberg", we arrive at the "place Saint-Thomas". The tour ends with the discovery of the "Petite France".

**Date: Saturday, June 19, 9am to**

**Meeting point:** In front of the tourist office, 7 Place de la Cathédrale, 67000 Strasbourg.

**Free registration:** <https://mui-inscriptions.u-strasbg.fr/sr2XSLPIqudhg>

### Nisha MISRA, Institut de Génétique et de Biologie Moléculaire et Cellulaire (IGBMC), from India

My name is Nisha MISRA. Following the successful completion of my PhD from **University of Delhi, INDIA**, I moved to the “**Institut de Génétique et de Biologie Moléculaire et Cellulaire**” (IGBMC) as a postdoctoral fellow under the mentorship of Prof. Pierre CHAMBON in the summer of 2013. My field of research is **circadian biology**. Importantly, in modern societies, owing to shift work, nocturnal social activities and jet lag there is an impairment of circadian oscillations. A chronic circadian impairment has been associated with the Metabolic Syndrome (MS), which include a variety of metabolic abnormalities including obesity, hyperlipidaemia, hyperglycemia, hypertension, diabetes as well as other problems like loss in memory, anxiety and depression. In this regard, my research work involved developing a mouse model for metabolic syndrome and to understand the molecular mechanisms of how the impaired circadian clock leads to metabolic syndrome and finally develop therapeutic approaches to realign the circadian clock in the mice suffering from MS to alleviate the diseased state.

Working at IGBMC, a leading biomedical institute not only in France but in Europe and under the guidance of a world-renowned scientist gave me a chance to get associated with cutting edge- technology and research that is at the forefront of innovation and discovery. The interdisciplinary research provided by the institute and the presence of scientists from a multitude of nations made collaborations and scientific exchange of

ideas truly enriching in my scientific endeavours. Furthermore, I feel that the research and development environment provided by the academic and industrial consortium in France is second to none more certainly in Europe and around the world. I feel privileged that my scientific career is taking its initial steps in France.

In addition to research, living in France made to understand that it is a melting pot of different cultures, religions and way of life. The country boost of a rich culture both in terms of history and natural beauty and not to forget the rich gastronomy and fashion. A country that teaches and follows those principles of liberty, equality and fraternity. Living in France enriches one's cultural experience and self -development.

Finally, I would like to express my sincere gratitude to the office of foreign researchers at the University of Strasbourg that has supported and helped me since the day I landed in France from the most trivial of things like finding a home to the most complicated official things. The foreign office plays an important role to embed international researchers from around the world to seamlessly assimilate not only in the academic and scientific milieu but also to the French way of life.



## Everyday life practical information

### Covid-19 Update

- ◆ **Curfew** extended to 11p.m.
- ◆ **Culture:** Cultural and sports activities may restart with limited capacity! For example, cinemas, theatres and shows venues: 65% capacity, to a maximum of 6,000 people per room.

Indoor and outdoor sports venues, such as stadiums and swimming pools may allow up to 65% of spectator capacity.

- ◆ **Travel:** There are no restrictions on travel within France.

The rules for travel to and from France depend on the country you wish to travel from or to, the purpose for your trip and your vaccination status.

Full information is available in English on the website of the Ministry for Europe and Foreign Affairs.



- ◆ **The health pass**, designed to facilitate travel within the European Union, comes into effect on July 1 for twelve months.

This health pass issued free of charge by the national authorities will be available in digital or paper format and will contain a QR code. The document will certify that a person has been vaccinated against Covid-19, has undergone a medical test (with negative results) or is immune (following an infection). It should make it possible to avoid quarantines in the destination countries. Information about vaccination in France: <https://www.sante.fr/>



## Do you know the University Early Warning Unit (Cellule de veille et d'alerte)?

Created around 10 years ago this unit is mainly composed of researchers and researchers lecturers who want **to support international students who have to face with acute difficulties**, especially regarding immigration issues.

A **solidarity fund** has been set up to help the students who are in a severe emergency.

Only one contact to join this cell: cellule-veille@unistra.fr



### Talking point: Social security



The registration and management of **foreign employees** holding a “passeport talent” residence permit and their family members is carried out by **the Paris CPAM**, regardless of their address of residence on the territory.

**At your request, your EURAXESS centre can take care of your registration upon your arrival in France.**

Foreign scientists holding a “passeport talent” residence permit, but who **do not work in paid employment in France**, are not centralised at the Paris CPAM and must be affiliated and attached to the **CPAM of their French department of residence**.

They must send their application for membership in the French health care system by post using the CERFA S1106a form to the CPAM of their place of residence in France.

For the **first three months** after their arrival in France, their health costs will be covered by their **private insurance**.

## The Euraxess' tip : Visit Alsace without a car!

Nice weather and longer days are inspiring to discover the region and its beautiful landscapes and to have pleasant walks.

With 14 railway lines and 161 stations served by the regional express train system (TER), Alsace has a very dense railway system. Coaches, synchronised with the train schedules, also provide connections to cities and villages. You can take your bike with you on the train for free, except between Strasbourg and Basel during rush hour.

Located on the hills in the Vosges mountains, Mont Sainte-Odile belongs to the spotlights of Alsace. With its beautiful abbey, Mont Sainte-Odile is a famous pilgrimage place, its source has supposedly curative powers on eye diseases. From the abbey you will enjoy a nice view on the Alsace plain and The Black Forrest.

More information: <https://www.visit.alsace/en/experiences/a-spiritual-experience-at-mont-sainte-odile/How to go to the Mont Sainte-Odile?>

Take the regional train (TER) to Barr. From the parking go to the town centre and from there follow the waypoints GR5 (red rectangle) which bring you to the Mont Saint-Odile (2:15 a.m. walk). On the way you can make a stop at the Landsberg Castle, which was built at the beginning of Middle Age.

Don't forget to take good shoes and water!

*The Euraxess Team wishes you and your family a healthy and happy summer !*



Mont Sainte-Odile

Crédit photo: Angélique Daniel

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