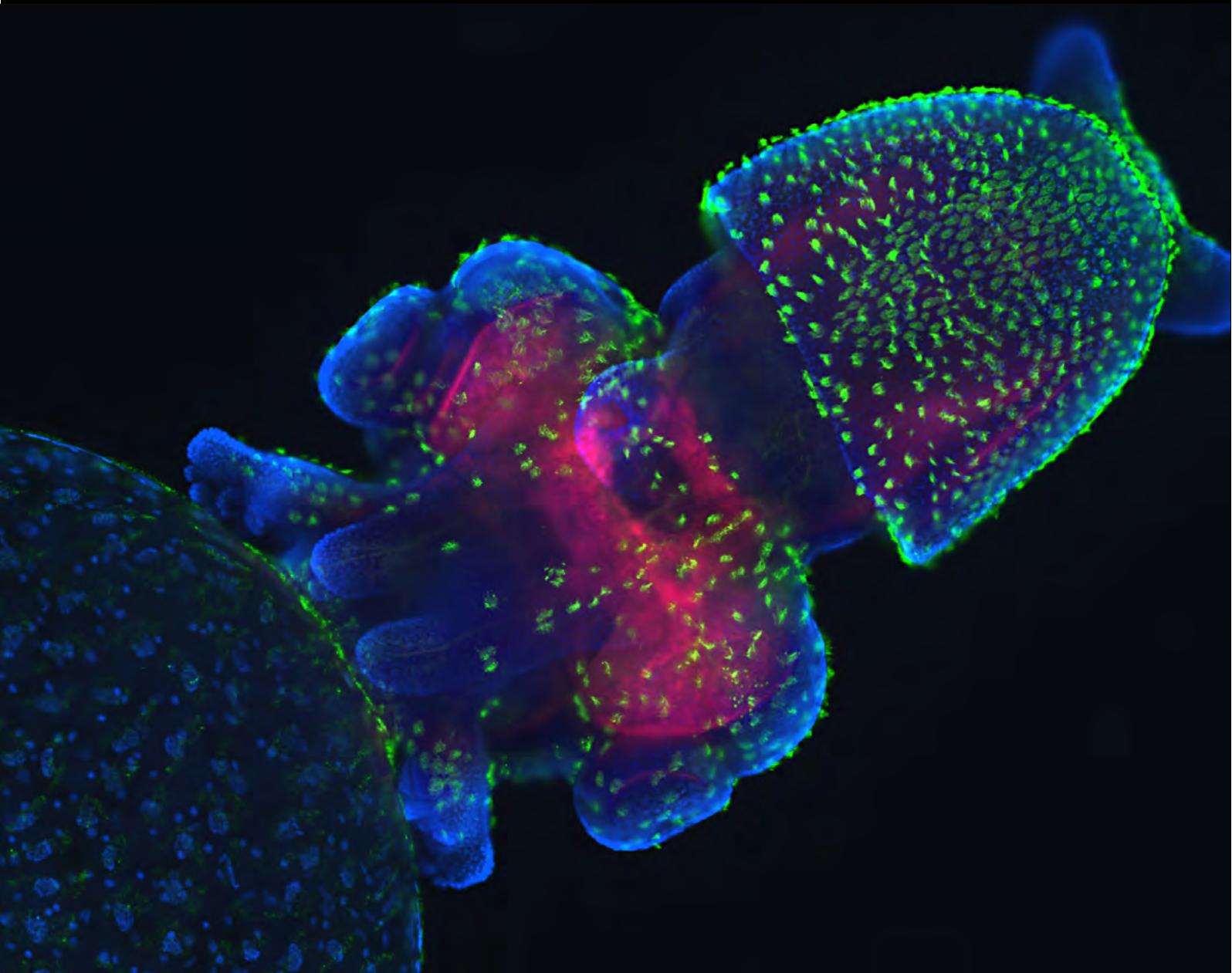


CSDBInsiders



April Seminar
Students Abroad
Tips for Internships Abroad
Alumni Updates
Beer Tasting Guide

INTRODUCTION

Dear CSDB students,

It's only a few weeks until our annual retreat to Antwerp and Ghent; we hope you are as excited for this as we are! In preparation for this, we have included an essentials packing list, as well as a Beer Guide to prepare you for the world-famous Belgian Liquid Gold. Of course, we also have our standard rubrics on the amazing seminar by Dr. Anne Rios about 3D imaging and the report on the social activity dinner. Dennis and Rosan will tell you about their experiences abroad in Scotland and Sweden, respectively, and were kind enough to share some of their tips for arranging an internship abroad, a process that many of us are busy with at the moment! Last but not least, we have contacted some CSDB Alumni to tell about their experiences AFTER the master's programme, which is especially interesting for those of you who are a little further on in the programme. Anyway, we hope you enjoy our third newsletter and hope to see many of you at the retreat!

All the best,

StuCom '17/18

TABLE OF CONTENTS

APRIL SEMINAR

CANOEING & DINNER

STUDENTS ABROAD

INTERNSHIP ABROAD TIPS

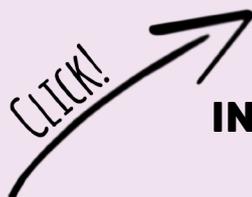
ALUMNI UPDATES

PACKING LIST

BEER GUIDE

PUZZLE PAGE

COLOPHON



APRIL SEMINAR

DR ANNE RIOS, PRINCESS MÀXIMA CENTRUM, UTRECHT

On the 19th of April the StuCom welcomed the CSND master students and other invitees in the Ted Peek auditorium of the Hubrecht Institute. It was time for the third seminar of this year and Prof. Stefan Barakat from the Erasmus MC Rotterdam had been invited to present. Unfortunately, he had to cancel on the day before the actual seminar due to illness. As StuCom we decided to ask Anne Rios, which we had planned to invite for the fourth and final seminar this year, to present the next day. Amazingly, she replied that she would be willing to take the offer and the next day she was present together with two of her PhD students. Anne Rios had started her own research group at the Princess Maxima Centre in 2017 and focuses mainly on state-of-the-art 3D imaging and studying the behavior of cancer cells during the progression of pediatric cancers.

The swift reply of Anne was not the only surprise from her side. During her presentation she asked the audience to put on the 3D glasses that she had handed out before the seminar in order to better appreciate the 3D images from her lab and the work during her postdoc. During her postdoc in Australia, Anne Rios had worked on 3D multi-photon imaging of breast tissue with single cell resolution, specifically focusing on duct formation during puberty. Moreover, she ended her presentation with the display of a hologram model of different organs, which she would like to be constructed at a larger scale in the Princess Maxima Centre auditorium. All in all, Anne Rios gave a great insight into the new field of 3D imaging, which she showed in a very cool way with the 3D glasses and the hologram.

After the talk, there was time for the traditional pizza and drinks. This time outside, as the weather was very good and we were all longing for some tanning. Just outside the Hubrecht everyone enjoyed their pizza and drinks and some students approached Anne Rios for further information on her lab and available positions. As StuCom we are very happy that the seminar that we feared would have to be cancelled turned out to be a great success. We hope to see you next time for our last seminar this year!

Unfortunately we have no pictures of the day for you due to a technical issue. Sorry!



CANOEING&DINNER

POST-POSTER-PADDLING & DINNER

On the 29th of May, we had scheduled our third social activity: Post-Poster Paddling + Dinner. After working very hard on our posters, we were all in need of some relaxing time together, and canoeing through the beautiful nature of Utrecht seemed like a perfect way to relax. After the canoeing, we had booked a table at 't Gras van de Buren for dinner and drinks. Unfortunately, heavy thunderstorms that day made us cancel the canoeing... But they couldn't stop us from having a great night at 't Gras!

When everyone had arrived at the restaurant safely (and mostly dry! 😊), we all ordered our first drinks and toasted on a nice night. In between our conversations we enjoyed our burgers, Mexican wraps, ravioli, and cheese fondue, and after some more drinks (the special beers were very popular) and good stories, it was time for our long-awaited desserts! Both the ice cream waffles and chocolate brownies were equally loved.

After paying our bills, some students went home while others stayed for another drink or two (or more). We thought it was a very successful night filled with lovely food, drinks, and laughter. We hope you all enjoyed it as much as we did. See you next time!

Cheers!



STUDENTS ABROAD



ROSAN HEIJBOER, STOCKHOLM

Please tell us a little bit about your background.

I did my bachelor in Biology at the UU. During the bachelor I got interested in molecular biology and cancer more and more and therefore I chose to apply for the CSDB master's program. I did my first internship in the lab of prof. Alain de Bruin studying the role of E2F7/8 in cell cycle regulation.

Which country and institute did you go to?

I am currently doing my second internship in the lab of prof. Rune Toftgård at the Karolinska Institutet in Stockholm, Sweden.

Why did you decide to go abroad for your internship, and how did you end up at your current place?

I was actually really doubting to go abroad at the start of the master's program. But I realized that as a student it is a great and easy opportunity to live abroad for a longer period. It gives you the chance to see how research is done in another country and offers you some perspective.

I ended at my current internship by googling and sending emails. You can read more about this later.

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

My current project is focusing on Hedgehog signaling in the stroma cells. Hedgehog ligands are upregulated in colorectal cancer (CRC). Therefore, it has been considered to play an oncogenic role in CRC. However, hedgehog is restricted to the stroma and stroma specific activation of hedgehog reduces tumor development. I am following up on this and focusing on the role of stroma cells in CRC liver metastases.

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

It is maybe a bit cheesy but so far the hardest part was the moment I was actually leaving the Netherlands. I was super nervous and saying goodbye to my family and boyfriend at the airport was hard.

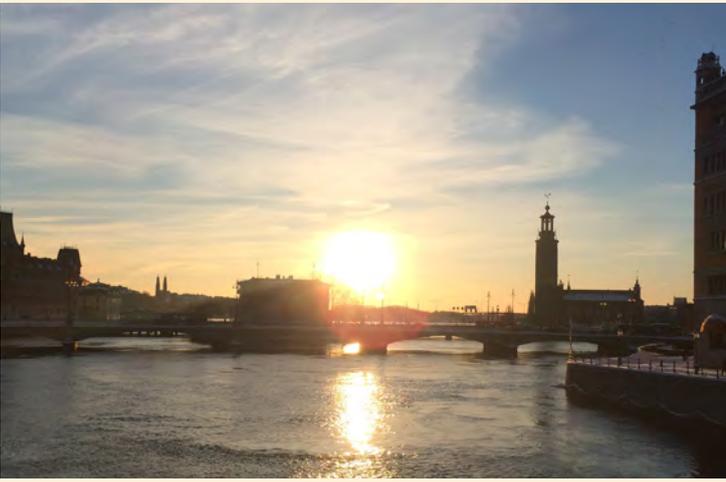
What has been the best part about going abroad so far?

The best part for me so far has been doing a lot of new stuff, meeting a lot of new people and succeeding in doing things out of my comfort zone.

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

One of my favorite places is along the water at Strandvägen, Östermalm. It is a nice place to stroll along the water and it gives you a great view over on the Southern Island on the one hand and luxurious hotels on the other. Another great place is Vette-Katten, a typical Swedish coffee place where Swedes come to have a fika (Swedish coffee break with lots of pastries). At last, the Southern island of Stockholm, Södermalm is really nice. It has great bars and restaurants but also nice parks to hang by the water.





DENNIS TIMMERMAN, GLASGOW

Please tell us a little bit about your background.

I started my scientific career in Utrecht, finishing my undergraduate (bachelor) in Biomedical Sciences in 2016. I directly carried on with CSND and finished my major research project, in the lab of Dr. Hugo Snippert, on cancer stem cells in intestinal tumor organoids at the end of last year.

Which country and institute did you go to?

I am currently residing in the beautiful country of Scotland. I am working in the Cancer Research UK Beatson Institute in Glasgow.



Why did you decide to go abroad for your internship, and how did you end up at your current place?

I am going to be brutally honest here; I didn't really care if I went abroad or not. The main reason I started looking for an internship abroad is because it looks great on your resume. I got kind of lucky and found/got this placement via Joep Sprangers (recently graduated CSND student).

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

I am currently working with mouse models of intestinal and colorectal cancer. My project mainly focusses on finding new strategies to target cancer (stem) cells in the early onset of cancer. Therefore, we are looking for ways to target these cells within an early tumor while leaving the healthy stem cells intact. We are using mouse-derived intestinal organoids as in vivo models to study the efficacy of, and mechanism behind, these strategies.

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

Getting the ERASMUS+ grant, BoE forms, GSLS applications and all the bureaucratic shenanigans that come along with it, sorted out.

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

Getting to explore a completely new environment and meeting a lot of new people. It is also really good for improving your English. And, of course, you get to hang out with Daan (♥) and drink beer in the form of pints (instead of the shot glasses of beer back in The Netherlands).

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

Byres Road and surroundings, in this area you can find plenty of pubs, bars and places to have a quick bite to eat. Also the highlands and hills surrounding Glasgow are amazing for beautiful hikes and allow for stunning views. The Garage, a club, is not that bad either...





GOING ABROAD



Because we know a lot of you are currently arranging an internship abroad, we thought it would be helpful to ask our 'Students Abroad' about how they arranged their internships and share some tips and tricks with you. Enjoy!

How did you end up at your current place? Did you decide the lab, country or city first?

Dennis: I already knew that I wanted to do in vivo work in my second internship and that I would prefer going to an institute. I also knew that working on intestinal and colorectal cancer was something I really liked. Furthermore, if you're deciding to go abroad, you might as well go someplace good. When I heard of this lab I was pretty much sold immediately as it fitted all my interests perfectly.

Rosan: I decided first on the country. I wanted to stay in Europe and I had a personal interest in the Scandinavian countries. I had already been to Sweden once during a trip with the student association of Biology, therefore my focus was on Sweden or one of the other Scandinavian countries.

How did you arrange your internship and how easy was it? E.g. Did you have to do a Skype interview or was sending an email enough? Did you have to send out many emails to different labs?

Dennis: To be honest, I got super lucky. I found out about this place via Joep's presentation during the CSND retreat. As I hadn't even fully decided whether or not to go abroad, I decided to look into this institute online and just see what it was like. After a few hours of reading some stuff and looking at groups I asked Joep if he could get me into contact with the leading professor – 4 emails, a 7 minute skype call, and 3 days later I was in.

Rosan: Arranging my internship was actually pretty easy. When I knew I wanted to go to Scandinavia, I started googling on research institutes and research groups. However, research institutes or universities often have these chaotic websites with no clear description of the research groups. So you have to be a bit persistent. I knew about the Karolinska Institutet in Stockholm and on their website I came across an article written about a recent publication of the group of Rune Toftgård. I was interested in the topic and I send Rune an email with my motivation asking if he had possibilities for a student research project. One week later I got a response from my current supervisor asking if I was interested in the projects he was working on. A few emails and one informal Skype meeting later, I was in.

How did you arrange your accommodation?

Rosan: With the accommodation I was lucky. Stockholm has the worst house market and rooms are scarce. But the Karolinska Institutet offers housing for students, PhD-students and post-docs. I applied as soon as possible for a shared apartment and just when I was getting nervous about finding a room I got an email from the housing agency offering me a room.

Dennis: Okay, I have to admit that I got pretty lucky here too. Naturally, I looked around on some sites and placed some ads online and on Facebook. However, as this is not the most effective way of finding a place, I figured it was worth the shot to ask my supervisor to be if he knew anyone that had something. Apparently there was someone from the same group who had a spare room and was looking for a roommate. We had some contact over mail, did a small video call and I got the place.



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

Rosan: I only applied for the Erasmus Grant. The application goes via the international office. It is a 10 step process before you can apply but it is not that hard. The only thing that stressed me out was when they had lost my application form some how... You have to apply for the Erasmus grant 6 weeks before you start your internship. I officially applied for the grant exactly 6 weeks in advance, so just on time! I did not apply for any other grants because there was simply no time. My internship was finalized half of November and I was starting in March. A lot of grants want you to apply at least 3 months before you leave and that means you have to have all the paperwork done at least 3 months in advance.

Dennis: Yes, ERASMUS+. The procedure was the most illogical, exhausting, and dumbest thing ever.

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

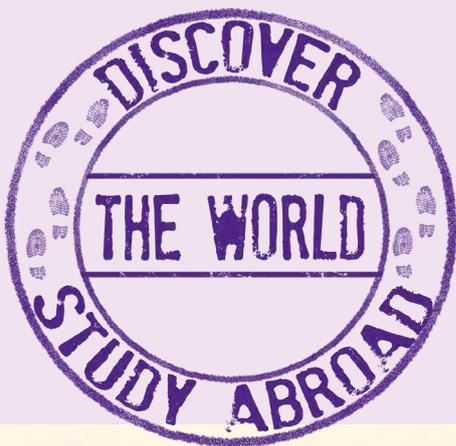
Rosan: I started arranging everything 3,5 months in advance. I send my first email to the KI in October, the internship was officially confirmed half of November and I got on the plane to Stockholm end of February. So I think paperwork wise 3 months in advance is minimum because you need a lot of signatures and confirmations of different offices and this takes a while.

Dennis: Dunno, eight? I could've started later I guess. It really depends on where you're going and how lucky you get with all the steps along the way. I'm still in Europe and since the UK has not gone through with the BREXIT yet I didn't need a visa or anything, this saves you a lot of time. The best tip I can give is just keep proceeding with all the stuff you need to do. Trust me, a lot of external factors are going to delay you in the process, don't be one of them ☺.

Do you have additional tips & tricks, e.g. which additional stuff do we need to take in mind when studying abroad?

Dennis: Just keep calm and sign forms I would say! Honestly, just be aware that it's going to be a hassle, but once you get there and you're settled in, none of that really matters anymore. If you still doubt whether or not you should go, GO. It is really fun and worth your time, and at the same time a great way to explore new techniques and improve that resume. Also, go have fun, look around, plan trips, get drunk, I don't care, but make the most of it while you're there!

Rosan: Arrive a week before your internship starts! I came to Stockholm a week before I had my first day in the lab and I spend those days exploring the city and getting used to the Swedish daily life. I really liked this relaxed start of my time abroad.



ALUMNI UPDATES

Jelte van der Vaart - PhD Student Hubrecht Institute, Hans Clevers Lab

From Master to PhD Student

Every master student's mind is, from time to time, filled with the question: What to do next? Moreover, maybe more importantly: where? Am I pursuing academia or is the battle for publications too much for me? But don't worry, I've had them too. In this short article, I would like to take you through my process as a recent alumnus in deciding to start my PhD at the group of Hans Clevers in the Hubrecht Institute.



The most important message I want to give, is that no one can decide for you what is best. Becoming a PhD abroad or starting a consulting position at Nutricia can both be the best decision for two different individuals. Your decision should be based on your interest or some might even say passion. All nice and well but how do you know what is best? The urge for me to find answers started during my second year of CSND. I knew I wanted something with stem cells and maybe a little cancer could top up the cake. To me, academia represented an opportunity to do whatever I want. Although confined within financial limits and a group leader's interest, an academic PhD can start a project of its own interest and decide the course of the project. While talking to some friends starting in different positions in industry, this freedom was severely limited there. The chance to learn new techniques and keep on developing tied the knot for me. This freedom can, however, also be scary and discouraging. If you enjoy thinking about what went wrong, I think you would fit academia. If a single result already fills your head with ten new questions to answer next, you should consider spending some time as an academic PhD. But make the choice based on your gut feeling. A better example for this gut feeling came after the decision to start looking for a PhD position. After a small orientation in different groups around the world, I had my area of interest pretty much covered. As I said, something with stem cells and something with cancer. While reading 100s of papers on the subject from potential groups of interest, I'd always unknowingly float back to the group where I did my first internship. Aren't they doing something like this? Can organoids not help answering the open questions they raise? Is the expertise in Wnt signalling not essential for continuing this project? Different thoughts that came independently but eventually tried to make something clear to me: you should apply at the group of Hans Clevers.

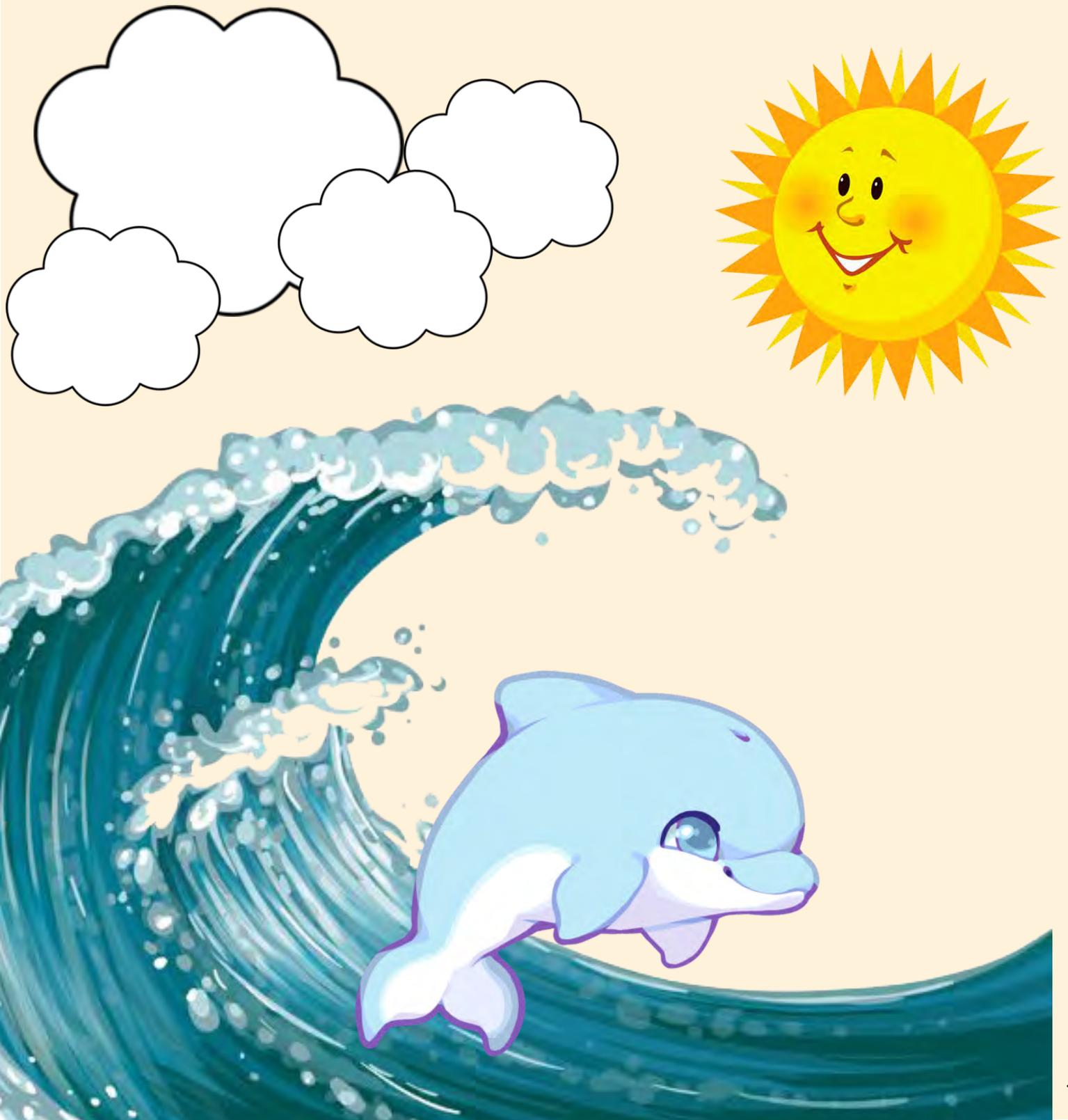
A few weeks went by before sending a short email to Hans asking for a meeting to maybe become a PhD student in his group. I left out as much information possible so he needed to invite me in to get to know me better. Of course, a CV was included since he did need to know me a little. Within a day, I was invited over from Oxford (sadly flight costs not covered). A short conversation on my science history, an intense discussion about my interests for the next four years and some chitchat later, I was awarded a position. This was mostly based on my earlier internship and therefore insights in the lab. Keyword here and everywhere is therefore: network. People that can vouch for you are worth 1000000 citations. So when applying, see if maybe someone knows the PI personally and can help you get involved.

Currently, I am 7 months into my PhD-career and I have not regretted anything yet. A day in the lab is highly similar to as it was as a master student so that does not change. The only difference is the responsibility. No project laying around with set experiments. If you fail, YOU fail. The question "do you want to do this?" changes to "what are you going to do?". Scientific freedom but also scientific stress. As long as you enjoy what you are doing, every failure is an opportunity (as long as it does not happen too often). Although you're stuck for four years, a PhD is a great and quick way to start a scientific career in both industry and academia.

I hope some of you have better insights in whether they want to pursue academia or not. If not or if you're looking for someone to know a PI personally, please feel free to contact me at j.vvaart@hubrecht.eu. Enjoy your year(s) as a master student and potentially see you around in the Hubrecht!

Eline Brombacher - Gap Year/Internship at ETH Zurich, Switzerland

For my 6 month internship at CSDB I went to Zurich, Switzerland, to work on germ layer development in zebrafish. During this period I decided that after I'd finished my masters, I'd want to work for a year, travel for a few months and subsequently decide if I want to do a PhD or not. One important factor for me was to gain a new experience in this 'gap year'. I wanted to either get experience in industry, or gain some bioinformatics skills. Finding jobs in industry was quite difficult. Start-up companies were often interested, but did not have any available positions and bigger companies required experience in industry, which I did not have. Another problem for me was that I applied for jobs in Switzerland and my German (and French and Italian) is not at a professional level. Nevertheless, after a job hunt of approximately 2 months I started at ETH Zurich in a metabolomics lab. It is a paid internship position, where I learned how to deal with transcriptomics and metabolomics data. I'll be working here till the end of July and from September onwards I'll be traveling for 6 months. I am very happy how things turned out and can highly recommend to take a working gap year!



PACKING LIST

As we are all a little forgetful at times, we decided to create a packing list for you with some essentials for our trip to Belgium.

Print the list & tick off the items when packing!

Basics & Miscellaneous

- Passport/ID
- (UU app with) student card
- List of medications
- Emergency contacts
- Credit-card/bank contacts
- Purses with Cash / bank card / credit card
- House keys
- Cell phone with charger
- Earbuds/headphones
- Food (lunch Wednesday) / snacks / gum
- Water bottle
- Paper/pen
- Books or e-books



Clothes

- Underwear
- T-shirts / Casual shirts
- Sweaters / sweatshirts / coat/ jacket
- Skirts / jeans / pants / shorts / dresses
- Belts
- Socks
- (Comfortable) Shoes
- Sleepwear
- Hats
- Glasses / sunglasses



Toiletries

- Toothbrush
- Toothpaste
- Face lotion/gel/etc.
- Soap
- Deodorant
- Shampoo/conditioner
- Brush/comb
- Nail file/clippers
- Sunscreen
- Lip balm
- Contact lenses/solution
- Feminine-hygiene products
- Medications
- Pain relievers



BEER GUIDE



Most Belgians like a bit of chocolate and waffles, but what every Belgian loves, is beer. Belgium is known for exceptional beer, especially the six Belgian Trappist beers. After the worldwide craft beer revolution there was some speculation that Belgium was falling behind in the beer field in terms of creativity and originality. However, many of the renowned breweries, as well as many new small scale breweries, have 'put on the naughty shoes' (Dutch saying which means: get out of your comfort zone and try something new) and crafted some of the most daring beers out there. Since we will be visiting Belgium soon and we don't want you guys to go through the country mindless of the culture, we offer a crash course in beer tasting.

Terminology

First of all we need to get some terminology straight. There are several types of craft beer, but the most famous are the Trappist beers. Trappist beer is a beer brewed by cistercian Trappist monasteries, of which there are currently eleven in the world. As mentioned earlier, there are six in Belgium (Rochefort, Westmalle, Chimay, d'Orval, Achel and Westvleteren), two in the Netherlands (La Trappe and Zundert) and one in Austria (Stift Engelszell), Italy (Tre Fontane) and the United States (Saint Joseph's). Trappist beers can be categorised based on their strength into four classes: Enkel (single), Dubbel (double), Trippel (triple) and Quadrupel (quadruple). These terms roughly describe the amount of malt and the original gravity (relative density compared to water) of the beer. In the case of Dubbel and Trippel these terms also describe the number of casks used in the fermenting process.

Ingredients

Before we can dive in the art of beer tasting we need to know about the basic ingredients of beer. Beer is brewed from cereal grains, most often from malted barley. However, wheat, corn and rice can also be used. During the brewing process, the starch sugars from the malt are fermented by yeast into ethanol and carbon dioxide. This means that increasing the amount of fermentable sugars, will result in a stronger beer with a higher alcohol percentage, while increasing the amount of non-fermentable sugars will make the beer sweeter. In most beers, hops is added, which will increase bitterness and add other flavours depending on the type of hops used. Hops also acts as a natural preservative.

Tasting

Now that we have some background information, we can start talking about the act of beer tasting. Craft beers are usually drunk from a glass instead of from the bottle. The most important reason for this is the fact that you cannot use your sense of smell when you drink beer from a bottle. This means you miss all the special aromas, which you will notice when you drink the beer from a glass. Furthermore, pouring your beer into a glass will activate carbonation and create a pretty foamy head. Last but not least, the glass will enable you to see the color of the beer. Are you drinking a dark and heavy beer, or are you drinking a golden blond beer?

So drinking beer from a glass is the way to go, but how do you get the beer in the glass without ruining the foam? When your beer is served you will often receive a glass that has been rinsed and still has some water in it. Get rid of it. You don't want to dilute the beautiful Belgian beer. Now that your glass is empty, hold it at 45 degrees and start pouring the beer. Once the glass is half full, start straightening the glass in order to create a nice foam head. In some craft beers there can be some yeast remainder on the bottom of the bottle. This is formed when a second fermentation step was performed by adding extra sugar to the beer when it is bottled. Opinions differ on whether or not to drink this yeast rubbish at the bottom of the bottle. Be warned, it has laxative quality.

The tasting can begin! As we discussed, you first take a good look at the color of the beer. Also take into account the consistency of the foam head. We gently swirl the beer to pull out the aromas and test the retention of the head. This is the time to smell the beer. It is often recommended to first take two sharp quick sniffs before taking a normal sniff. Try to evaluate the different smells and take one final sniff with your mouth open. You have acquainted yourself with the aromas of the beer and it is time to take the first sip and actually drink the beer. Take small sips and resist swallowing right away. Let the beer linger

on your tongue for a bit and try to distinguish the different ingredients. Do you taste the malts, the hops, some extra added ingredients? What about the after taste? Is it strong and bitter? To help you a bit in expressing your experience of tasting we have included a list of tasting terminology below.

Now that you know how to drink Belgian beer it is time to enjoy. Bottoms up and happy beer tasting!

We leave you with a short description of some beers you will definitely encounter during our stay in Antwerp and Ghent.



Westmalle Tripel

A strong, dry and spicy trappist ale. The product of a secondary fermentation lasting 5 weeks. This is a complex ale with a fruity aroma and a nice nuanced hop scent. It is soft and creamy in the mouth, with a bitter touch carried by the fruity aroma. An exceptional ale, with a great deal of finesse and elegance, and with a splendid long after taste.



Duvel

A Duvel is still seen as the reference among strong golden ales. Its bouquet is lively and tickles the nose with an element of citrus which even tends towards grapefruit thanks to the use of only the highest-quality hop varieties. This is also reflected in the flavour, which is beautifully balanced with a hint of spiciness. Thanks to its high CO2 content, this beer has a wonderful roundness in the mouth. A Duvel is both the perfect thirst quencher and the ideal aperitif.



Rochefort Trappistes 10

The top product of the Rochefort Trappist brewery. Dark color, full, and a very impressive taste. Strong plum, raisin, and black currant palate, with ascending notes of vinousness and other complexities.



Chimay Grande Réserve (Blue)

Originally brewed as a Christmas beer in 1948, this dark ale has rich flavors of mulling spices and caramel, with a smooth palate and warming finish.

Tasting Terminology

Amber: Describes medium intensity colored beers, ranging between pale and dark.

Balance: Describes how a beer exhibits a perfect balance of ingredients, bouquet, texture and aroma.

Bitterness: Generally the higher the hop content, the more bitter the beer.

“Big” Beer: Refers to the richness or fullness of flavor derived from the malt.

Body: As with wine, refers to the “mouthfeel,” the impact and texture of the beer on the palate.

Bouquet: Another wine tasting term, describes the beer’s complex aromas.

Caramel: Refers to a buttery, toffee-flavored aftertaste.

Clean: Refers to pure, crisp, fresh tasting beer, free of sediment.

Clove: Refers to wheat beers that resemble the taste of cloves.

Crisp: Refers to a beer’s acidity and refreshing qualities.

Depth: Denotes both the beer’s richness and its complexity of flavors.

Finish: Describes a beer’s aftertaste and your final impression of it.

Flowery: Refers to the flowery aroma hops give beer.

Full-bodied: Characterizes malty beers with complex flavors.

Haze: Caused by yeast or protein suspension, refers to a cloudy appearance and slightly musty taste.

Hoppy: Refers to a beer with a high hop content.

Malty: The term for sweet, smoky, earthy flavored beers that have undertones of caramel or molasses.

Smooth: Characterizes easy drinking beers with great mouthfeel.

Spicy: Refers to a distinctly hoppy flavor or the aroma of herbs.

Thin: Refers to a watery, one-dimensional beer that lacks body or character.



Sources: www.kegworks.com / www.tinmillbrewery.com / www.independent.co.uk

COLOPHON

STUCOM EMAIL

stucomcsd@gmail.com

STUCOM FACEBOOK

[Stucom CSND](#)

CS&D LINKEDIN

[CS&D Master Students & Alumni](#)

COVER PHOTO

Squid embryo confocal image

<http://thenode.biologists.com/select-a-development-cover-%E2%80%93-round-2/photo/>

SPECIAL THANKS

Rosan Heijboer

Dennis Timmerman

Jelte van der Vaart

Eline Brombacher

NEWSLETTER DESIGN & CONTENT

Jonas Mars - Editor

Esmée van Vliet - Editor & Design

Julian Buissant des Amorie - Beer Guide

Marjolein Lugtigheid - Packing List

Lilian Sluimer / Eva van Alebeek - Canoeing