



Success stories of SCIEX fellows



SCIEX Scholarship Fund

Since 2008 Switzerland has been participating in various projects designed to reduce economic and social disparities in the enlarged European Union.

The SCIEX Scholarship Fund was launched as part of the Scientific Exchange Programme between Switzerland and 10 new member states of the European Union, SCIEX-NMSch, for the years 2009–2016.

The main goal of projects implemented under the SCIEX Scholarship Fund is to pursue cooperation in research and build partnerships that develop capacities of individual scientists and lead to establishment and strengthening of

cooperation between scientists from Switzerland and Poland. The grants allowed Polish fellows to benefit from high standards in research and experimental development, innovative and competitive environments, and strong links between higher education and industry, including private business. The Programme provided a unique opportunity for researchers to boost their scientific careers, develop new skills and competences, gain international experience and extend their scientific networks. Furthermore, research training placements allowed enhancement and establishment of sustainable institutional partnerships.

Foundation for the Development of the Education System

Since 2009, the Foundation for the Development of the Education System has operated as a Contact Point for the SCIEX Scholarship Fund in Poland. The primary goal of FRSE is to support activities leading to the reform and development of the education system in Poland. The FRSE has acknowledged and extensive experience in managing European educational programmes and is the only institution in Poland displaying such expertise. In the years 2007–2013, the Foundation coordinated the implementation of the Lifelong Learning Programme (including Erasmus, Leonardo da Vinci, Comenius and Grundtvig) and the Youth in Action programme in Poland. Thanks to the integrity and reliability of its operations,

FRSE has been appointed the Polish National Agency of the Erasmus+ Programme for the years 2014–2020.

FRSE is also responsible for other European information and educational initiatives in Poland.



Mirosław Marczewski,
General Director, Foundation
for the Development of the
Education System



Roland Python,
Director of the Swiss
Contribution Office

In the modern world, where knowledge is a universal cultural resource of any society, there is a growing need for scientific exchange promoting innovation and sustainable cooperation between science and the economy. The SCIEX Scholarship Fund has become a significant element of support for mobility of doctoral students and scientists from Poland, goals of the Europe 2020 strategy for the promotion of social and economic development in the field of science and higher education.

Four Swiss higher education institutions are listed in the 2015 Shanghai Ranking of the world's top 100 universities. Seven out of twenty-seven scientific institutes in Switzerland (25%) are among

the top 300 best universities in the world. The average Swiss scientist publishes an article in a Philadelphia science citation indexed journal once a year. Given the enormous scientific potential of tiny Switzerland, we have a lot to learn from them.

I am convinced that the cooperation of Polish and Swiss scientists, as well as of scientific and research institutes will be successfully continued on many different levels and the links established by the research teams, scientific institutes and representatives of economic sectors will result in new ideas and boost the prestige of Polish science in Europe and worldwide.

Nowadays, building competitive advantage on the base of knowledge and innovation is the driving principle of economic development. For years, Switzerland has been experiencing efficient partnership between academic and research institutions, vocational training centres and industry. This permanent cooperation not only leads to systematic exchange of knowledge and competences but also allows education and training offers to be tailored to the changing need for human resources. As a result, successful enterprises create high value jobs and economic growth is sustained.

implemented by Polish and Swiss research institutions. SCIEX offers young talented scientists the opportunity to pursue their research activities in Switzerland. With these two programmes, cooperation between Swiss and Polish research institutions is strengthened. Polish fellows benefit from excellent conditions for performing high standard experiments and research in an innovative and competitive environment, with close ties to higher education and industries. Swiss host institutions expand their research programmes thanks to the involvement of the outstanding competencies of the Polish researchers.

With its experience, Switzerland naturally expressed its readiness to support research and development activities in the beneficiary countries of the Swiss Contribution – the programme aimed at reducing social and economic disparities within the European Union. Poland is the largest beneficiary of this initiative, receiving 486 million Swiss francs for the implementation of 58 projects and programmes. Two of them focus on supporting research and science.

More than 130 Polish fellows have eventually gained international exposure with the support of SCIEX. Nearly 370 short-term visits by mentors of Polish fellows contributed to the excellence of the research work. All actors of this tremendous success can be proud of the results achieved.

I would like the SCIEX fellows who enjoyed this unique experience to maintain privileged relationships with Switzerland while pursuing their international careers.

The Polish-Swiss Research Programme finances 31 joint research projects

SCIEX

The SCIEX Scholarship Fund aims at contributing to the reduction of economic and social disparities in the enlarged European Union through fostering the scientific capacities of researchers in new member states and promoting sustainable research partnerships between the ten new member states and Switzerland.

The main goal of projects implemented as part of the SCIEX Scholarship Fund is to establish scientific partnerships which will:

- develop individual researchers' capacities (human capital);
- foster scientific progress and innovation (scientific prospects);
- establish or enhance networks between researchers (networking)

Duration period

1 IV 2009

until

31 XII 2016

Budget

12 mln CHF

Number of fellows

135

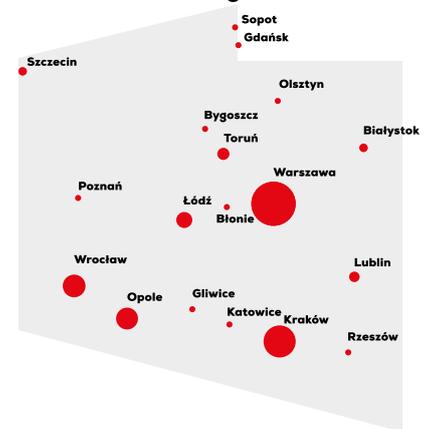
69

Mrs.

66

Mr.

Fellows' cities of origin



Academic title

60

Doc.Cand.

73

Dr.

2

PD Dr.

Research area

Psychology, Educational science and Religious sciences
Legal and Social sciences, Economics
History
Archaeology, Ethnology and Visual arts
Linguistics and Literature
Mathematics
Astronomy, Astrophysics and Space Sciences
Chemistry
Physics
Engineering Sciences
Environmental Sciences

10	Earth Sciences	2
10	Basic Biological Research	11
	General Biology	1
11	Basic Medical Sciences	1
2	Experimental Medicine	2
	Clinical Medicine	1
1	Preventive Medicine	
5	(Epidemiology/Early Diagnosis/Prevention)	1
5	Engineering Sciences	14
	Human Sciences	5
2	Life Sciences	1
15	Mathematical/Natural Sciences	9
13	Medical Sciences	3
7	Social Sciences	3
10		



Katarzyna Aleksandrowicz,
Director of Scholarship
Programmes, Foundation
for the Development of the
Education System

As part of the SCIEX Scholarship Fund, 135 Polish doctoral students and young scientists have been awarded grants of a total value amounting to 12 million CHF to hold fellowships lasting 6-24 months at Swiss research institutes. The projects implemented covered various areas, ranging from advanced technology research to polymers produced by bacteria with the use of biotechnology, from induced renewable resources and psychological investigation into narcissist personalities, to dance studies.

In the interviews featured in this publication, SCIEX fellows emphasize the scientific value of the research conducted. Polish scholars appreciate access to top class equipment, libraries, and other resources available at the visited HEIs. They attend high ranking conferences

and seminars. They continue cooperation with home institutions and work on joint publications.

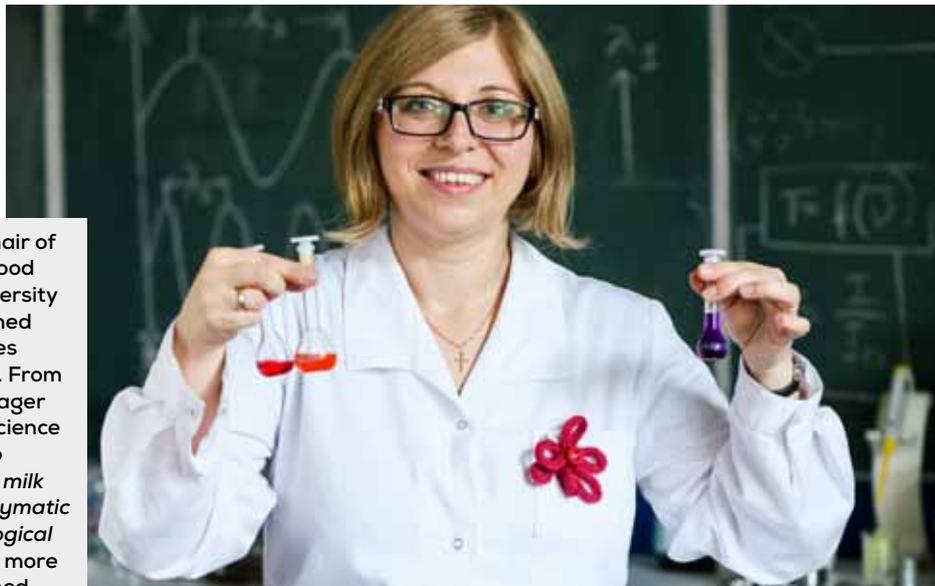
This brochure is a brief account of the best practices in scientific cooperation under SCIEX. It presents the challenges faced, as well as the inspirations and cultural experiences of the grant holders. It describes the impact of mobility on the professional careers of the young scientists.

I hope you enjoy reading
this publication!

Dr inż. Joanna

Bryś

Assistant professor at the Chair of Chemistry of the Faculty of Food Sciences at the Warsaw University of Life Sciences. She has earned master's and doctoral degrees (the latter in 2005) at WULS. From 2010-2012 she was the manager of a project of the National Science Centre entitled *Research into methods of obtaining human milk fat substitutes by way of enzymatic acidization and their technological use*. Author and co-author of more than 150 publications published at home and abroad (to mention articles in IF indexed scientific journals). Cooperates with food manufacturers and international research centres.



DURATION OF THE SCIEX PROJECT:
1.11.2010-31.10.2011

PROJECT:
HMFS – Human Milk Fat Substitute

Warsaw University
of Life Sciences

PL

CH

ETH Zurich – Swiss
Federal Institute
of Technology in
Zurich

What was the objective of your project implemented as part of the SCIEX programme?

The purpose of this project was to obtain human milk fat substitutes by way of the enzymatic acidization of such fats as lard and fat from cow's milk with essential fatty acids. As a result, structured lipids were obtained which were then analysed chemically.

What were the outcomes of the project?

As far as the project itself is concerned, its objective was achieved. Moreover, my project allowed the Swiss team to become familiar with fat modification and some methods of analysis of fats.

Access to an immense library and splendidly equipped laboratories, getting to know new instrumental analytical methods and their transfer to Poland were just as important for me. My home institution considers it very important to have had this opportunity to cooperate with one of the best universities of technology in Europe (*Eidgenössische Technische Hochschule Zürich*) and even in the world (*QS World University Rankings*). This cooperation will be continued. And one more outcome: I think that the persons I had the pleasure of cooperating with have a better knowledge of Polish history, culture and natural environment.

What impact did the fellowship have on your professional and private life?

The fellowship has totally changed my professional and private life. It has provided impetus for many activities. Realising that I was going through a crisis and lacking energy to do anything, my sister encouraged me to apply for the fellowship. To me, however, the idea of going away for a year seemed completely irrational: I had just given birth to my second daughter and I feared I would not be equal to such an immense challenge. But my husband and I decided that he would take paternity leave and that we would go abroad together. Therefore, my going abroad made me realise how much our loved ones can do for us and how much we can do for them.

My research work progressed beautifully: Prof. Nyström gave me an exceptionally warm welcome and I was able to work comfortably, which allowed me to focus on my work, do lots of experiment repetitions and simply experiment in peace and quiet.

If not for the fellowship...

...I would not be so self-confident now, I would mistrust my knowledge and skills. The project broadened my horizons, gave me the courage to take up new challenges and strengthened my willingness to continue research. The visit to Switzerland also made me realise that there is no point in complaining, losing heart and giving up.

Dr. Dariusz

Burnat

Graduated in materials engineering from the State Higher Vocational School in Tarnow (2002-2006), and from the Faculty of Materials Engineering and Ceramics, AGH University of Science and Technology in Krakow. Graduated with honours in 2008 and commenced doctoral studies at AGH. He has continued research within SCIEX at the Empa institute, completed doctoral studies with honours earning a doctoral degree in April 2012.

DURATION OF THE SCIEX PROJECT:
1.11.2009–30.04.2011

PROJECT:
**NANO-SOFC
– Preparation and
Characterization
of Nanostructured,
Alternative Solid Oxide
Fuel Cell (SOFC) Anodes
with Focus on Carbon
Containing Fuels**

AGH University
of Science and
Technology in
Krakow

PL

CH

Swiss Federal
Laboratoires for
Materials Science
and Technology



What was the objective of your project implemented as part of the SCIEX programme?

My ultimate goal was to complete a PhD programme abroad, by gathering material for my PhD thesis and writing it. I managed to do that. As to the objective of the project itself – I intended to develop anodes able to work properly in higher temperatures and which would be efficient for a longer period than those applied at present. I wanted to propose new materials to be used in fuel cells which would constitute a remedy to certain persistent problems (e.g. low electronic conductivity, poor resistance to oxidation).

What were the outcomes of the project?

We developed some materials that our industrial partner found interesting. As to me – having completed the project I immediately started a regular job as a postdoc at the Empa institute (*Swiss Federal Laboratories for Materials Science and Technology*), but research into that solution was continued as part of another SCIEX project and some smaller projects. I can safely say that I

started something that subsequently turned out to be useful and good enough to get industry interested.

I have published several articles in highly ranked scientific journals (e.g. *International Journal of Hydrogen Energy, Fuel Cells*) and given presentations at recognised scientific conferences in which I would not have participated if not for the SCIEX fellowship and my subsequent work.

What impact did the fellowship have on your professional and private life?

The decision to work abroad allowed me to intensify my academic development. As regards my domain, my Swiss job lets me show what I can do – much more can be done there – and done possibly better – than anywhere else. My professional life as it is at the moment is a direct consequence of the SCIEX fellowship, e.g. it was my subsequent job that found me and not the other way round and I would not have cooperated on the projects that I have implemented. SCIEX also helped me to develop a significant contact network which is very important in professional life.

On the private level: I can boast of having improved my knowledge of foreign languages. Apart from English I have also gained proficiency in German, which I use every day and at the moment I intend to master French, which I am currently studying. I have also acquired qualifications relating to project management, working in an international and multicultural environment, and better time management to name but a few.

If not for the fellowship...

...I would not have been where I am today. I would not have had that chance to develop and achieve so much over such a short period of time. That was a valuable experience.

Dr hab. Aleksandra

Dziuroszy

She earned habilitation in 2013 at the Fryderyk Chopin University of Music in Warsaw and is the youngest holder of a *doktor habilitowany* degree in the field of eurhythmics and dance in Poland. Originator of Warsaw Dance Theatre, director of Warsaw Dance Days, International Contemporary Dance Festival, co-author and co-organiser of the Warsaw Dance Platform 2014-2016, member of the Scientific Council at the Choreology Institute in Poznań, vice chair of the Polish Choreology Forum, co-founder and member of STREFA OTWARTA Association, member of the Committee for Dance at the Department of Culture of the Capital City of Warsaw.

DURATION OF THE SCIEX PROJECT:
1.10.2014-31.03.2015

PROJECT:
**Tradition Dance Theatre
Performance (TDTP)**

The Fryderyk
Chopin University
of Music

PL

CH

Zurich University
of the Arts



What was the objective of your project implemented as part of the SCIEX programme?

The project was a hybrid – it combined research work and artistic performance – aiming to find an answer to the question whether tradition is obsolete today and whether or not its universal significance can be restored. This was the first project of the kind both for Warsaw and for the Swiss universities (Zurich University of Arts). It required a whole new research team to deal with investigating and comparing the traditions and customs of highlanders in both countries. Basing on that freshly acquired knowledge we prepared a performance – an artistic form of presenting our research results – we built the dramaturgy of its characters, wrote our script and some musical scores, and we designed the costumes. At a snap of the fingers we were transformed from a research group into a stage production team.

What were the outcomes of the project?

Roots – that was the title of the performance we created – seventy minutes of original musical scores, choreography, direction and costumes, and a libretto that can function as a whole or be presented in parts (solo performances). There is also an article that I am going to present at a conference in Warsaw in September 2015 and a DVD containing unique footage showing folk customs in

various Swiss cantons. There is also a soft outcome – I have learned a new way of thinking, better organisation of work and improved regularity. These skills can now be put to practice.

What impact did the fellowship have on your professional and private life?

During the six months in Switzerland I acquired new organisational skills. I have learnt how to establish rapport with others, how to build new things from scratch, I have learnt about a new dimension of marketing and PR. I have acquired funding for remuneration for dancers from the City of Zurich. The fellowship has been very beneficial for my professional life and has not interfered with my personal life (I left with my husband, who was a great support for me). I have established new contacts, communicated in a foreign language and discovered a new region.

If not for the fellowship...

...I would not have gained the knowledge and experience which I intend to use later on. This fellowship is a cocktail of skills and experiences which are bound to pay off – if not today, then in 20 years, if not in professional, then in private life.

Andrzej

Gadkowski

He studied law and European studies at the Faculty of Law and Administration, Adam Mickiewicz University in Poznan. He also completed master's studies in international and European law at the Faculty of Law of the University of Geneva. Since September 2009 – doctoral candidate at the Department of European Law at the Faculty of Law and Administration, Adam Mickiewicz University, and since April 2010 – doctoral candidate at the Department of Public International Law and International Organization at the Faculty of Law, University of Geneva. The defence of his PhD thesis entitled *Treaty-making capacity of international organizations* written under a cotutelle programme is scheduled for autumn 2015.



DURATION OF THE SCIEIX PROJECT:
1.12.2010 – 30.11.2012

PROJECT:
**TMPIO – The treaty-
making power
of international
organizations**

Adam Mickiewicz
University

PL

CH

University
of Geneva

What was the objective of your project implemented as part of the SCIEIX programme?

My assumption was that as part of the project implemented in Geneva under the direction of Prof. Laurence Boisson de Chazournes I would ultimately define the topic of my PhD thesis and prepare its concept. I had also assumed that I would prepare a sufficient amount of the thesis to be able to apply for a postdoc programme at UAM. I had planned my participation in international conferences and courses for doctoral students from various European HEIs. I also wanted to establish contact with activists of UN international organisations based in Geneva and conduct library research in foreign scientific institutions. My plans also included the preparation of a few publications which have since then appeared in collective works and scientific journals.

What were the outcomes of the project?

I am happy to have been able to implement my project in Geneva – the best place in which to meet my

academic objectives. I have in mind not only the Department where I conducted my research but also the numerous international organisations that are based in the city. It was, after all, the *ius contrahendi* of international organisations that was the subject of my research. I managed to attain all of my research objectives owing to which my joint Poznań and Geneva PhD procedure is nearing its end.

What impact did the fellowship have on your professional and private life?

The fact that I met all of my research objectives while in Geneva is of paramount importance. However, there were other things worth mentioning that are the added value of the fellowship. There are so many of them, for example the opportunity to explore that beautiful country and the fascinating city of Geneva with its unique international atmosphere. Sailing on Lake Geneva with an international group of postdocs and joint skiing trips to the Alps surrounding the city also contributed to the good atmosphere for academic work. I particularly value the experience that I gained by taking an active part in scientific, didactic and organisational projects as a fellow and assistant at the Department of International Law and International Organisations. I continue to remain in close contact with those employees and postdocs who work at the Department and we are already planning more joint research projects.

If not for the fellowship...

...perhaps I would not have been able to conduct my research in the best scientific institutions. I might not have had the chance to cooperate with the highest ranking scholars in the world of international law. I would have had no opportunity to work in an international group of postdocs from all continents and I would not have been able to present Polish achievements in international law to such a wide audience.

Dr. Lucjan Janowski

Assistant professor at the Department of Telecommunications of the AGH University of Science and Technology in Krakow. He defended his doctoral thesis in 2006. In 2007 worked as a postdoc at CNRS-LAAS (Laboratory for Analysis and Architecture of Systems of CNRS) in France, where he focussed on discovering anomalies and network attacks. He conducts research on telecommunications network users' quality of experience – mainly video services (VOD, monitoring systems, computer games).

DURATION OF THE SCIEX PROJECT:
1.10.2010–31.03.2011

PROJECT:
**QoHealth – QoE
Optimisation for Health
Tele-monitoring and Tele-
treatment Systems with
Constrained QoS**

AGH University
of Science and
Technology in
Krakow

PL

CH

University
of Geneva



What was the objective of your project implemented as part of the SCIEX programme?

The main problem concerned the quality of data transmitted through telecommunication networks: we focussed on a very specific domain – telemedicine. We wanted to develop quality tests for ultrasound data transmitted through telecommunications networks – at the time that way of gaining insight into the results of medical analyses seemed a revolutionary solution for Mali, a country with probably just one surgeon practising in the whole territory apart from the capital of the country, and where access to other specialists is just as limited. We focussed on developing software which – despite poor satellite signal quality – would be able to transmit ultrasound images for the purposes of medical consultation.

What were the outcomes of the project?

Although we achieved our objective related to the technical part of the project, we failed to implement the solution: it turned out that the volume

of medical cases in Mali was low and that nurses conducting ultrasound examinations needed just some weeks of training plus some months of practice to make consultations with a doctor unnecessary. In the course of my SCIEX project I was invited to do some other research on quality: it was about using mobile applications (some years ago that was a groundbreaking idea). That research was conducted for *Carnegie Mellon University*, USA (one of the best universities of technology in the world). I fully succeeded there: I wrote the best article in my entire academic career, later published in *Communications Magazine*.

What impact did the fellowship have on your professional and private life?

The SCIEX project was a significant part of my professional development – owing to the fellowship I managed to narrow an extensive range of general topics down to two which are becoming more and more important in scientific research: telemedicine and mobile devices. The results of my Swiss research will be included in my postdoctoral thesis – in this respect the fellowship is a very important contributing factor.

The SCIEX project also meant invaluable experiences, for example the opportunity to meet Prof. Antoine Geissbuehler, a true guru in his domain, and the chance to observe his style of working and ways of thinking, etc. Working in a new team is always a tremendous inspiration to a scientist: only in this way are you really able to broaden your scientific horizons and build up valuable contacts. And the last but not the least benefit – my increased self-confidence. I went there, I succeeded, I got along just fine!

If not for the fellowship...

...I am sure I would not have taken an interest in mobile devices quality or perhaps in telemedicine. And even if I had somehow stumbled on something like that, without the SCIEX project I would have had no funds giving me freedom of action. I am a grant holder of a ministerial grant for young and outstanding scientists which, most probably, would not have been possible if not for my participation in the SCIEX programme.

Assistant professor and doctoral student at the Faculty of Environmental Engineering of Warsaw University of Technology. Graduated from WUT in environmental protection and information technology. Apart from teaching classes in hydrology and protection of water resources, as a member of the team at the Faculty of Environmental Engineering of WUT, he specialises in the analysis of water quality, combining a field research approach, computer models and teledetection research (remote sensing).



DURATION OF THE SCIEIX PROJECT:
1.10.2011–30.09.2012

PROJECT:
**HAWAQIR:
Hyperspectral
Assessment of Water
Quality in Reservoirs**

Warsaw University
of Technology

PL

CH

Swiss Federal
Institute of Aquatic
Science and
Technology

What were the outcomes of the project?

The three highly rated publications that I prepared together with the Swiss team are a concrete outcome of the project. The fellowship allowed me to establish long-term cooperation with the *Eidgenössische Anstalt für Wasserversorgung, Abwasserreinigung und Gewässerschutz* (EAWAG), which made it possible for me to apply equipment lent by EAWAG: we measured the temperature and content of chlorophyll in 41 vertical profiles as well as the features and water flow rate of 20 horizontal sections of the Zegrze Reservoir. I used the measurements obtained for the purposes of my PhD thesis. The contacts I then established and the exchange of experience are also very helpful in the process of submitting further applications – now the procedures seem much more straightforward. My project in Switzerland significantly raised my professional qualifications.

What impact did the fellowship have on your professional and private life?

In the short run, my participation in the project made me realise the difference that exists between the levels of knowledge in water quality research in Poland and in the rest of the world. Switzerland is a paradise for scientists not only because of its brilliantly organised research facilities or access

to the latest global publications, but above all also because of opportunities to experience exchange in an international environment. I was able to observe the organisation of research work abroad and became familiar with new and often superior solutions worth applying at Polish universities. I am sure that a fellowship abroad broadens your horizons and inspires you to carry on. Privately and above all, my Swiss mobility allowed me to become independent, starting from such mundane tasks as dealing with formalities in a foreign country, through breaking language barriers, to establishing foreign contacts.

If not for the fellowship...

...I think I would have continued looking for other mobility opportunities. Studying has always meant travel. For example Copernicus studied at the University of Bologna as he wanted to gain new knowledge. I am very grateful to my thesis supervisor as he was the one to insist that I should apply for this fellowship abroad. He knew what he was doing encouraging me to take this opportunity for mobility. He himself has travelled a lot, starting as early as in the 1970s, to return to his Polish HEI with his newly acquired knowledge that he would never have had a chance to acquire in our country.

Dr. Katarzyna

Klimek

Graduated in psychology at the Jagiellonian University (1989-1994) and completed postgraduate studies in tourism at Ecole Suisse de Tourisme (1994-1997) in Sierre. She has worked for Swiss and Polish travel agencies organising inbound and business tourism, coordinated training projects in Poland for governmental groups from the former Soviet bloc as part of USAID – an American programme of democracy development. Since 2003 – working at the Cracow University of Economics – Department of Tourism, where she presented her PhD thesis in 2009. Following her SCIEX fellowship, she has worked as a postdoc fellow at the Institute of Tourism of the University of Applied Sciences (HES-SO Valais) in Sierre in Western Switzerland.

DURATION OF THE SCIEX PROJECT:
1.11.2010 – 31.10.2011

PROJECT:
DMO challenges -he role of Destination Management Organizations (DMO) in the Commercialization of Tourism Products: New Challenges in an Integrated and Dynamic Global e-Market Place

Cracow University
of Economics

PL

CH

University of
Applied Sciences
and Arts Western
Switzerland



What was the objective of your project implemented as part of the SCIEX programme?

I intended to familiarise myself with the latest trends in holistic destination management in mountain countries via DMO (*Destination Management Organisations*) and with the role of those organisations in ensuring sustainable tourism development. One objective consisted in comparing certain models of tourist region management in Alpine countries (DMOs are active there) with those in Poland and in suggesting innovative solutions which could facilitate the application of an integrated management model in our country. I did quantitative and qualitative research in local, regional and national DMOs: I sent out 270 questionnaires and conducted a dozen or so interviews with DMO managers in Switzerland and Poland.

What were the outcomes of the project?

I used the survey results to identify what DMOs in individual countries dealt with. I prepared a report published as a book (*Destination Management and Sustainable Tourism Development. A Cross-Country Analysis*). I also wrote two articles – one of them was published in the 2012 EUROCHRIE conference materials, the other appeared in the *European Journal of Tourism, Hospitality and Recreation* in 2013. The opportunity to help my Swiss friends become familiar with Poland was an added benefit of the

fellowship. Owing to those contacts the Tourism Institute in Sierre still continues cooperation with Poland in a range of scientific and research activities.

What impact did the fellowship have on your professional and private life?

The fellowship has had a great impact on my academic development. I was able to explore the subject of holistic tourism management, about which I had known little. Thanks to the fellowship I managed to meet lots of scientists whose interests included DMOs. Therefore, I was able to prepare a joint publication with my Swiss colleagues and present the outcomes of the project at a number of important conferences.

The SCIEX research project was the starting point for other professional activities. The research that I have been conducting for the last five years has added to my academic achievements, which I intend to list when applying for admission to a postdoctoral programme. In terms of my private life, that mobility was a very stimulating experience in the opinion of my family, and especially of my two sons who learned French and German, visited Switzerland and became familiar with its culture.

If not for the fellowship...

I am sure that my life would have been completely different, more mundane and devoid of the openness to the world that I gained thanks to the mobility.

Dr. Karolina

Krawczak

Faculty of English graduate from Adam Mickiewicz University in Poznań (UAM) – M.A. degree in 2004 and PhD in 2008. Assistant Professor at the Department of Cognitive Linguistics, Faculty of English, UAM. Secretary of the Polish Cognitive Linguistics Association. Member of such organisations as the Association Française de Linguistique Cognitive and the Societas Linguistica Europaea. Research interests: cognitive semantics, corpus research, intersubjectivity, social emotions. As part of her SCIEX project she conducted research into the anthropological profiles of shame in language and culture.



DURATION OF THE SCIEX PROJECT:
1.07.2013–30.06.2014

PROJECT:
EMOCOMP – Comparing self-evaluative emotions across languages and language varieties

Adam Mickiewicz
University

PL

CH

Université de
Neuchâtel

What was the objective of your project implemented as part of the SCIEX programme?

The project focussed on the corpus and quantitative analysis of the notion of shame and embarrassment in the context of three different cultures: British, American and Polish. It was a comparative study based on corpus data and using statistical methods – one of my objectives consisted in the identification of socially and culturally preconditioned trends in the use of language within the scope of the study. Shame is a social emotion deeply rooted in the system of norms characteristic of a community. Therefore, it is to be expected that the way shame is understood, experienced and described will vary in different languages.

What were the outcomes of the project?

First of all, I managed to achieve my intended objectives. Using advanced multivariate methods, I determined three profiles of shame characteristic of the language groups I researched. A few presentations at international conferences, a number of articles in

highly rated journals and publications, a thematic session organised in cooperation with the Swiss mentor, Prof. Martin Hilpert, and the Polish mentor, Prof. Małgorzata Fabiszak, at an international conference held by the Societas Linguistica Europea and – last but not least – a jointly written article and jointly edited volume in one of the best journals in my domain are concrete results of my work. Moreover, when in Switzerland, I was invited to Geneva, to the Swiss National Centre for Affective Sciences, where I had the opportunity to present my research.

What impact did the fellowship have on your professional and private life?

Switzerland provides excellent working conditions. Actually, I had an office at my disposal, which facilitated my research. The funds to finance my participation in conferences were also significant. I had the great opportunity to cooperate with Prof. Martin Hilpert, a highly regarded specialist in corpus linguistics. Being in contact with a different working environment, mentality and culture contributed to my professional development. The linguistic aspect is worth mentioning as well: the Swiss mobility significantly raised the level of my French. The added value of my fellowship is that I gained new methodological skills and found new scope for research.

As regards my private life – Switzerland is a country of outstanding beauty and its small towns situated on picturesque lakes surrounded by mountains are etched in my memory. I discovered those places thanks to my fellowship. Moreover, I met a lot of wonderful people. My Swiss mentor and his family were extremely helpful and kind, so were my colleagues with whom I worked in the same HEI. The farewell party that they organised for me is a good example of that friendly atmosphere.

If not for the fellowship...

...I would have had no opportunity to meet so many wonderful people, discover so many breath-taking places, organise the thematic session with my mentors and – consequently – I would not have edited the volume with them and there would have been no jointly written article.

Dr. Artur

Marchewka

Head of the Laboratory of Brain Imaging at the Neurobiology Centre, Nencki Institute of Experimental Biology, the Polish Academy of Sciences (www.lobi.nencki.gov.pl). Graduated in psychology from the University of Warsaw. Awarded doctoral degree in the field of neurophysiology from the Nencki Institute of Experimental Biology, Polish Academy of Sciences. Served a twelve-month fellowship at the University Hospital in Lausanne (UNIL-CHUV).

DURATION OF THE SCIEX PROJECT:
1.05.2010–30.04.2011

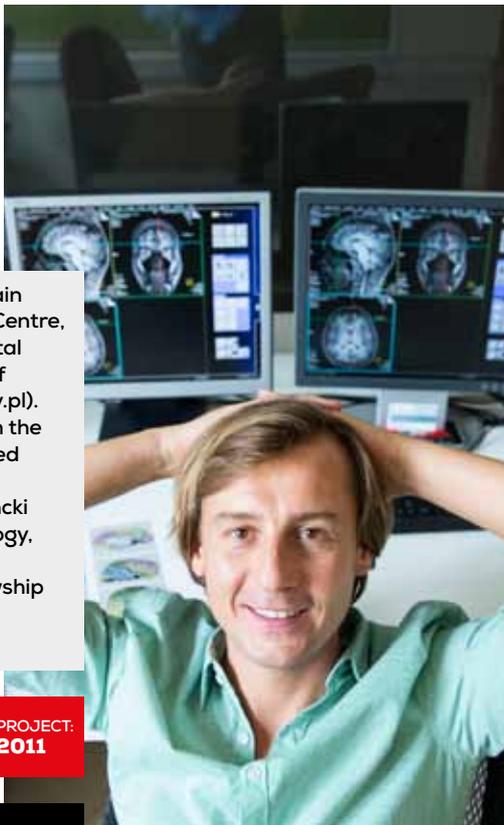
PROJECT:
**AIAD – Advanced
Imaging in Alzheimer’s
disease**

Nencki Institute
of Experimental
Biology, the Polish
Academy of
Sciences

PL

CH

Lausanne
University
Hospital



What was the objective of your project implemented as part of the SCIEX programme?

The project focussed on the methodology of brain structure research using MRI in Alzheimer disease patients. We researched the way in which brain structure scans could be used to diagnose the disease before the onset of its behavioural symptoms.

What were the outcomes of the project?

We proved in our publication that brain structure-related data and voxel-based morphometry make it possible to analyse information coming from different scanners and centres. We proved that this method could be used for different sources, which allows us to draw conclusions relating to the whole population regardless of the country from which such data comes. It is also possible to demonstrate the whole spectrum of the disease. We can also share data – the Human Brain Project is one of the platforms that serve this purpose.

What impact did the fellowship have on your professional and private life?

There are lots of advantages impacting various aspects of my life. Professionally – the opportunity to work with eminent scientists and meet people being specialists in their domain was truly invaluable. It is owing to those new contacts that together with LREN (*Laboratoire de Recherche en Neuroimagerie* in Lausanne) we now have a joint project entitled Harmonia NCN. I am not the only one to have benefited from the fellowship – a student of mine is currently serving a placement in Geneva at Prof. Patrick Vuilleumier’s laboratory.

In Switzerland, I was exposed to a completely new way of approaching science, running a laboratory and cooperating with others. I worked in an environment whose academic standards were exceptionally high. I am trying to make use of this experience in my current job. During my fellowship period I learnt basic French – a language that I had never studied before. That was quite a cultural challenge not directly related to work as we used English in the lab. I became familiar with Switzerland – a perfectly organised country, good to live and work in and a good place to conduct scientific activity. In my leisure I used to cycle around the country doing some sightseeing and I skied. I made new acquaintances, even friends.

If not for the fellowship...

...I would not have achieved what I have now and my academic career would have developed in a completely different way. The experience gained thanks to the fellowship helped me win the competition for the post of the Head of the Laboratory of Brain Imaging at the Nencki Institute of Experimental Biology of the Polish Academy of Sciences. I am of the opinion that such mobilities should be compulsory after the presentation of a PhD thesis as they shape one’s research work for many years to come. I think that any situation where somebody’s whole academic career is tied to just one institution must be seen as something downright anachronistic today.

Dr. Michał

Parzuchowski

University of Gdańsk graduate. In 2008 he completed with distinction a doctoral programme at the University of Social Sciences and Humanities (thesis supervisor: Prof. Bogdan Wojciszke). Currently an assistant professor at the SWPS University in Sopot performing the function of Head of the Social Cognition Lab. Apart from being the creator of the www.badania.net website posting honest discussions concerning current research, he is a promoter of use of the Internet in psychological tests.



DURATION OF THE SCIEX PROJECT:
1.10.2013–30.09.2014

PROJECT:
GRL : DSSL Gender Representation in Language: Diminutive Suffixes in Sexist Language

University of Social
Sciences and
Humanities

PL

CH

University
of Fribourg

What was the objective of your project implemented as part of the SCIEX programme?

Gender disparity is one of the problems that Europe is currently grappling with. The project intended to study the cognitive mechanisms of gender stereotyping – beliefs concerning men’s and women’s different capabilities to play social roles. The project was implemented in cooperation with dr. Pascal Gygaks from the University of Fribourg who has considerable achievements in this field.

What were the outcomes of the project?

The results of the research are the main outcomes of the project. They are intended to contribute to the development of knowledge about what causes sexist behaviour and – in the future – to the use of non-discriminatory language. We are at the stage of writing a manuscript discussing the sex discrimination mechanism whose functioning we investigated there. We are hoping to persuade academia to recognise our research results.

What impact did the fellowship have on your professional and private life?

A year-long mobility abroad is never a comfortable thing for somebody who is the father of two children. However, in the end I managed to reconcile my family life and academic career. From the professional viewpoint, my mobility to Switzerland and the

opportunity to work in dr. Gygaks’s lab was an exceptionally valuable experience. It was important to see a different approach to work and verify my knowledge and skills in a new academic context.

On top of that, I had the opportunity to meet an exceptional group of young and ambitious scientists and we became friends. My host mentor and I were able to develop our common passions not related to work – we spent weekends rambling and playing futsal.

If not for the fellowship...

... I would not have believed in my competences. My fellowship made me realise that Polish scientists’ knowledge is on a par with that of their colleagues from foreign HEIs. The system of work, however, is what differs. Not only do the Swiss spend more time at their HEIs but their work culture (e.g. popping out together for lunch every day) strengthens integration within a team and their motivation to carry on working.

Dr. Maciej

Piskunowicz

Radiologist and nuclear medicine specialist. Studied at the Medical University of Gdansk (GUMed) where he received his MD in 2000 and in 2006 he presented his PhD thesis. Conducts research into the use of second generation ultrasound contrast mediums in pediatrics and BOLD imaging in magnetic resonance imaging. He works at the Radiological Lab at GUMed where he conducts research and classes for students of programmes delivered in Polish and English.

DURATION OF THE SCIEX PROJECT:
1.06.2012–30.11.2012

PROJECT:
LEMAN study

Medical University
of Gdansk

PL

CH

Lausanne
University Hospital



What was the objective of your project implemented as part of the SCIEX programme?

The project was a component of a bigger undertaking whose purpose was to evaluate the role of oxygen deficiency in renal parenchyma and autonomic dysregulation in hypertension. As a radiologist I was to evaluate renal parenchyma oxygenation using the BOLD-MRI method (*blood-oxygen-level dependent magnetic resonance imaging*).

What were the outcomes of the project?

My cooperation with two engineers partly changed the methodology of that examination and resulted in developing a semi-automatic programme significantly reducing the risk of various observers, incorrect measurements. Although the project ended in December 2013, I have been describing examination results working remotely. My latest mobility to Lausanne in February 2015 focussed on joint work on a new sodium spectroscopy project. The publications and conference abstracts that I have

already prepared and some more of them submitted for review are not the only outcomes of the project – it also allowed me to meet new people. Staying in touch afterwards, the length of the cooperation period significantly exceeds the length of my stay in Switzerland.

What impact did the fellowship have on your professional and private life?

I was able to observe how research work is conducted in Switzerland (e.g.: organisation of work, relations in a team). This work is long and intense but the working conditions are excellent. When I was going to Switzerland my friend working for a different centre said I should take a bread maker with me as I would have no time to do my shopping – in Switzerland work finishes late on weekdays, on Saturdays everybody writes their scientific papers and on Sundays no shops are open. However, Lausanne and its French way of life turned out to be different from German-speaking cantons – although it is true that I did not have free time. I worked in a hospital from eight to six and there was an hour-long lunch break. Doctors see patients until 3.00PM and then they write articles. But the lunch break is sacred and the huge hospital canteen makes a strong impression.

Private life: I started to drink coffee and to savour dark chocolate. I grew to like Swiss red wine and cheese, especially the variety coming from Gruyères near Lausanne. This list of private benefits is not exhaustive. I failed to learn good French but I became familiar with Switzerland and... for the first time in my life I experienced AMS after having climbed the Jungfrau. My six months in Switzerland made me also realise how very much I was attached to my family and I decided that should I go abroad in the future, I would not do it without my wife and daughter.

If not for the fellowship...

... I would not have met all those people with whom I have been friends ever since. And that's the most important thing.

Dr. Szymon

Wichary

Assistant professor at the Interdisciplinary Centre for Applied Cognitive Research of the SWPS University of Social Sciences and Humanities in Warsaw. Graduated in biology and psychology from the Jagiellonian University in Krakow. In 2004 awarded a doctoral degree in psychology by the same university. His main interests include the role of personality, emotions and stress in decision making and the biological sources of individual differences (temperament, personality, readiness to take risks). Conducts research into decision making psychology, cognitive psychology, emotions psychology and physiology.

DURATION OF THE SCIEX PROJECT:
1.10.2010–30.09.2011

PROJECT:
**BUMSS – Bottom-up
model of strategy
selection**

University of Social
Sciences and
Humanities

PL

CH

Centre for Economic
Psychology
-University of Basel



What was the objective of your project implemented as part of the SCIEX programme?

I intended to do empirical research, create a computer model of strategy selection as well as analyse data gathered for the purposes of the model.

What were the outcomes of the project?

The main outcome was a description of relations between emotional stress and decision making. The research provided a precise answer to how people process information before making a decision when they are under the influence of stress, and which decision strategy they use on such occasions. A computer model of decision making was created. I presented the project outcomes at a seminar organised by the Interdisciplinary Centre for Applied Cognitive Research and published two articles in respectable scientific journals.

As part of the project, the Centre for Economic Psychology at the University of Basel offered training to assistant lecturers conducting the research, its results were also presented at an internal seminar organised by the host institution. And another result – although the fellowship is over, the Centre for Economic Psychology and the Interdisciplinary Centre for Applied Cognitive Research continue to cooperate.

What impact did the fellowship have on your professional and private life?

I have accepted an invitation from a colleague, with whom I had worked on other projects and the SCIEX fellowship has allowed me to expand my research and establish academic contacts with the best research teams in my field. As a result, we have published an article and implemented a project on the impact of hormones on decisions involving risk taking, which is the topic I am working on. During the fellowship, I had time to explore knowledge of modelling and I continue my explorations by participating in annual modelling workshops organised at the University of Amsterdam.

If not for the fellowship...

...I would not have had the opportunity to conduct that kind of research or publish its results as they would have got stuck somewhere. I regret to say that before the Swiss chapter of my life I found it difficult to do research in Poland (different financing rules, long waiting period for the consideration of applications, etc.). Therefore, I am convinced that in order to conduct successful scientific research you have to go abroad to see for yourself what research work in other countries looks like.

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