



Newsletter - May 2021

# 500 Women Scientists Bern-Fribourg

On the 20th of May, we held our third outreach event “**Online Extravaganza**”, which was a great night! We are grateful to the speakers **Dr. Nadia Maaroufi** and **Serafina Calarco** for their interesting talks about the effects of human activities on soil fungi and of the endocannabinoid system on our brain.

**Silvia Crespo-Pomar**, who is in charge of the networking activities across different associations, has coordinated the organization of a **Flash Mob** and a series of **short science talks** for the 14<sup>th</sup> June. See more information below and join us!

**500 Women Scientists Bern-Fribourg Pod Coordinators**

**Claudia Kasper, Teresa Chávez-Capilla, Andrea Fortier and Ana I. Benítez-Mateos**

---

## TOP STORIES

### Do you want to contribute to the Frauenstreik this year?

We are planning to join this year’s [Frauenstreik](#) on June 14, which will be quite different because no large demonstrations are possible (instead, they planned many different actions all over town). We will do a series of **short science talks** (2-3 minutes), using a few items or dress up a little (lab coat, construction helmet, etc.) to **increase the visibility of women scientists** and normalize women experts (check out [soapboxscience](#) and “my thesis in 180 seconds” [here](#) or [here](#) for inspiration).



# WOMEN SCIENCE FLASHMOB

500 W\$ BERN-FRIBOURG @ FRAUENSTREIK 2021, JUNE 14

Series of *short science talks* to *increase the visibility of women scientists* and **normalize women experts**

*Short science talks* (2-3 minutes, free to use few items or dress up)

Use *simple terms* for a *general and diverse audience*

During *three different time slots* at *three different locations*

**Please join us!!**

**Register in:**

[500wsbern.wixsite.com/500wsbern/frauenstreik](https://500wsbern.wixsite.com/500wsbern/frauenstreik)





**Find more about what we do in:**







**500W\$ Bern-Fribourg**

[500wsbern.wixsite.com/500wsbern](https://500wsbern.wixsite.com/500wsbern)

- We **meet at three different time slots at three different locations** (one of them for sure in front of the main university, others TBD).
- Talks should use **simple terms for a general and diverse audience** and give clear, concise, compelling explanations of your research.
- Take **2-3 larger paper sheets** (A3) with succinct information, ideally a graphic, which can be **shown along with your talk** (check out this [video](#)).
- Seize this is a great opportunity to **reach even not so science-savvy audiences** and pitch our research to the public!

The vision is that many of us take part and that we “recruit” friends and colleagues as well. For every one of us, this is not a big effort but **if we are a bunch of people, we can make a real show**. Each of us can talk three times (or more), but if you have only time for one slot you are also very welcome!

**Please join us (register [here](#))!**

Men are of course welcome as audience but they are expected to keep in the background. Covid-19 regulations will be respected.

## Federal Council adopts national gender equality strategy

The Federal Council adopted the 2030 gender equality strategy at its meeting on 28 April. This is the Swiss government's first national strategy specifically aimed at promoting gender equality. It focuses on four central themes: promoting equality in the workplace, improving work-life balance, preventing violence, and fighting discrimination. The key measures of the strategy will be fleshed out by the end of the year and are expected to be adopted or implemented by 2023. An interim review of the strategy will be undertaken at the end of 2025. The strategy focuses on four action areas:

- Further promotion of equality in professional life
- Further promotion of reconciliation of work and family life
- Reinforced prevention of gender-based violence
- Increased fight against discrimination

## On-line Success!

On the 20<sup>th</sup> May we hosted our third outreach event aimed to share quality science with the public and to normalize the concept of women doing science. Despite being compelled to use an online format for obvious reasons, we counted more than 20 enthusiastic participants from all around the globe. The talks were outstanding. Hand in hand with Dr Nadia Maaroufi and Serafina Calarco, we learned about the relevance of fungi in soils, and about the role of the endocannabinoid system in our body. Encouraged by several polls, the audience had the opportunity to interact with the

**Dr Nadia Maaroufi**



speakers, not only during and after the talks, but also during the escape room adventure we

## Serajina Calarco



had prepared. Participants were separated into breakout rooms to solve a complex crossword with songs, videos and drawing puzzles to arrive at the conclusion that **equilibrium** was the common factor for both topics. Indeed, fungi in soils are crucial to restore and maintain balance in terrestrial ecosystems. In a similar way, the endocannabinoid system oversees the

production of different chemicals aimed to equilibrate our body when it is out of balance. Full of originality and imagination, our outreach coordinators Sara Calarco and Teresa Chavez-Capilla, succeed to create an engaging event to temporarily replace our highly acclaimed *500 Women Scientists in the Pub*, which we hope can be resumed soon.

## Good reads with Andrea

Do you consider yourself as non racist? Hear out what Reni Eddo-Lodge has to say about that in her book “**Why I’m no longer talking to white people about race**”. As a young black woman journalist, Reni raises her voice to tell us how racism feels in everyday life and that thinking “I am race blind” might be too idealistic to be really true.

Warning: if you are white, this is NOT a comfortable reading, but it is an interesting one.

### SAVE THE DATE

Join us for the short science talks happening on the Frauenstreik **June 14<sup>th</sup>**. Register [here](#) if you want to improve the visibility of your work with a short talk.

CONTACT US in [500wsbern@gmail.com](mailto:500wsbern@gmail.com)

YOU CAN JOIN OUR POD [HERE](#)

 Visit us at: [500wsbern.wixsite.com/500wsbern](https://500wsbern.wixsite.com/500wsbern)

 Follow us on Twitter [@500wsB](#)

 Follow us on Instagram [500WS Fribourg - Bern](#)

 Follow us on Facebook [500 Women Scientists Fribourg - Bern](#)