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**Interaction with the COST Office  
Representative SILVIA ALEXE on dissemination  
(what is done, how to increase dissemination  
activity)**

**7 September 2017**

**Hotel Park, Belgrade, Serbia**

**In April the Cost Action sent a message for encouraging to stay in touch with the communications officer, Silvia Alexe, about the action's communications activities or plan/idea (events, interview, media, relations, press release, success stories, etc).**

**Together with her team, she will be helping we share our activities and results.**

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This way we can reach and engage with your audiences, be those policy makers, journalists, industry representatives, educators, citizens or your own peers in other (similar) Actions

Communicating about activities throughout the Action's lifetime – and not just at the end - boosts the network's visibility and helps decision makers understand the importance of the network. This is particularly important given the recent budget cuts that affected COST Actions.

In March 2017, some Action participants had the chance to talk to the EU Commissioner for Research and Innovation, Carlos Moedas, about their Actions' impact on their own career and research.

Dr Ángeles Rodríguez-Peña, President of the COST Association, emphasised how COST attracts young researchers, giving them the chance to collaborate internationally. This makes it easier for them to establish a career in their home countries. *Through its networking activities, COST actually eases the pressure of going abroad for a better career. It actually reduces brain drain,*"

Dr Rodríguez-Peña added.

This is just one example of how important it is to share the Action's outputs.

**Collaboration for the dissemination regarding  
the calling on the summer training school in  
Pavia with 15 submissions.**

**In the future a strict collaboration for the  
creation of digital brochure on Euromene Cost  
Action and knowledge on activities of the  
different WGs.**

**A major involvent of the younger researcher in  
the activities of the Euromene cost actions with  
management of semianrs and public talk**