JNS-CNS Travel Award Participation Report



I had the opportunity to participate in the 19th Annual Meeting of the Chinese Neuroscience Society (CNS 2026), held in Fuzhou, China, from September 10–13, 2026, with the support of the JNS-CNS Exchange Travel Award. The meeting brought together a large and diverse neuroscience community and provided an excellent environment for scientific exchange.

One of the highlights of my participation was presenting my Ph.D. research, entitled "Offline Prefrontal Cortical Dynamics Underlines Odor-based Transitive Inference Emergence in Mice," during the Youth Forum. Presenting my work in this setting was both challenging and rewarding. It allowed me to explain my research to scientists with different backgrounds, receive feedback, and interact with other researchers from several countries.

I was interested in the sessions related to sleep neuroscience. "Beyond the Sleeping Brain: From Core Mechanisms to Circuit Dysfunction" covered topics ranging from sleep need and prefrontal sleep–wake regulation to microarousal, hypothalamic mechanisms, and neuroimmune influences on sleep. I also attended "Troubled Emotions, Troubled Sleep" which included studies of emotional processing during sleep and the different contributions of NREM and REM sleep to emotional-memory reprocessing. These topics were closely connected to my own work investigating offline neural dynamics and cognition.

I also enjoyed attending the Presidential and plenary lectures of Ole Kiehn and Hailan Hu, which exposed me to research areas beyond my immediate field and emphasized the breadth of contemporary neuroscience. Equally valuable were the informal conversations with researchers (that I befriended !) during breaks, poster sessions, and social events. Coming at the final stage of my Ph.D., this experience felt like a fitting *finis coronat opus* to my doctoral journey, bringing scientific exchange to present the work I had developed over the course of my Ph.D.

Outside the conference, staying in Fuzhou gave me the opportunity to experience a part of China that was completely new to me. I particularly enjoyed exploring the city and trying local Fujian cuisine, including lychee pork, oyster omelet, and razor-clam soup with loofah! Trying these distinctive local dishes, together with experiencing the city, especially; Three Lanes and Seven Alleys, added an enjoyable cultural dimension to the trip and made the visit personally memorable.

Overall, CNS 2026 was a highly valuable experience for me both scientifically and personally. I am very grateful to the Japan Neuroscience Society and the Chinese Neuroscience Society for the JNS-CNS Exchange Travel Award and for providing me with this opportunity to present my research, meet neuroscientists from different backgrounds, and experience the neuroscience community in China.