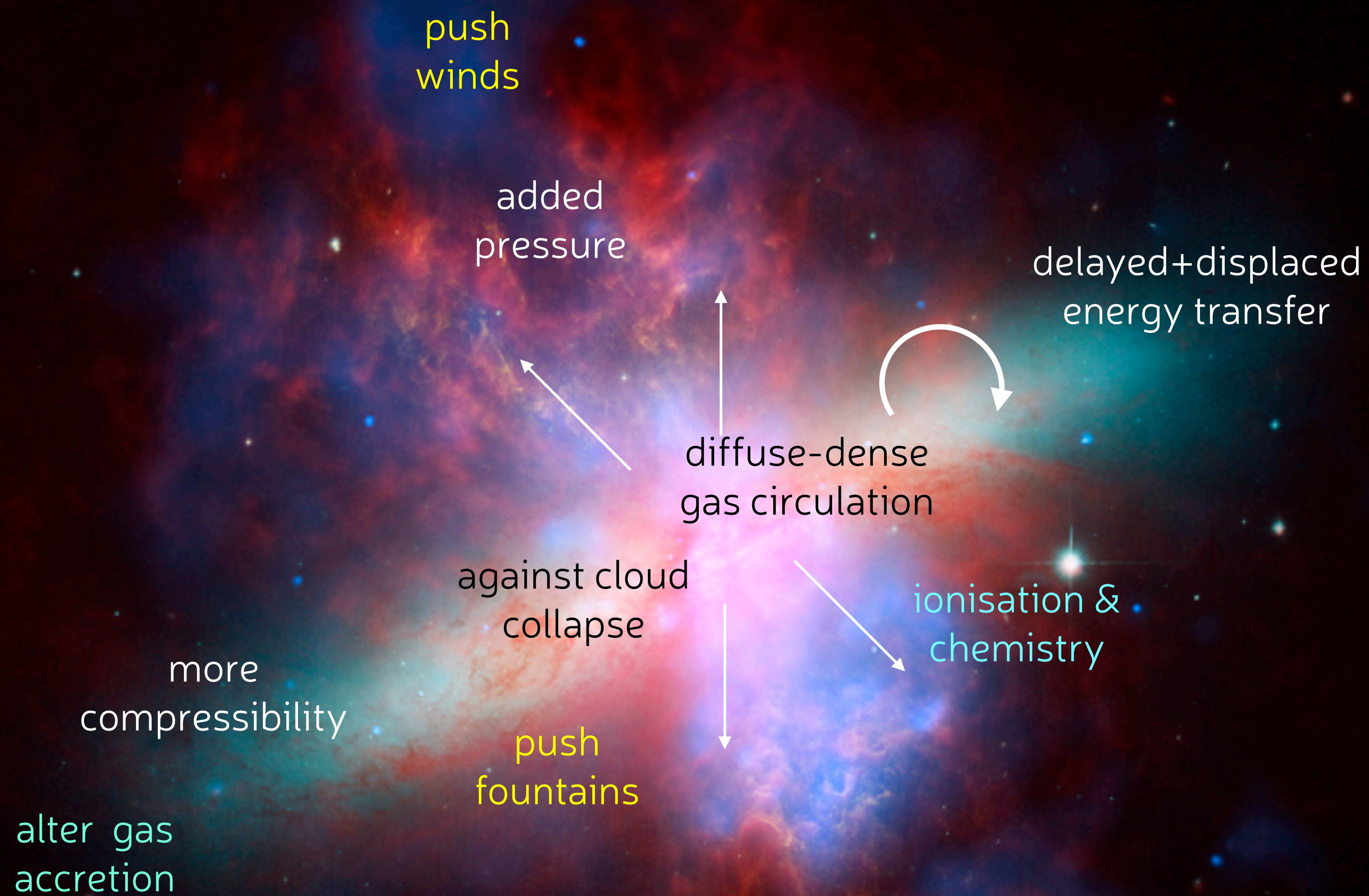
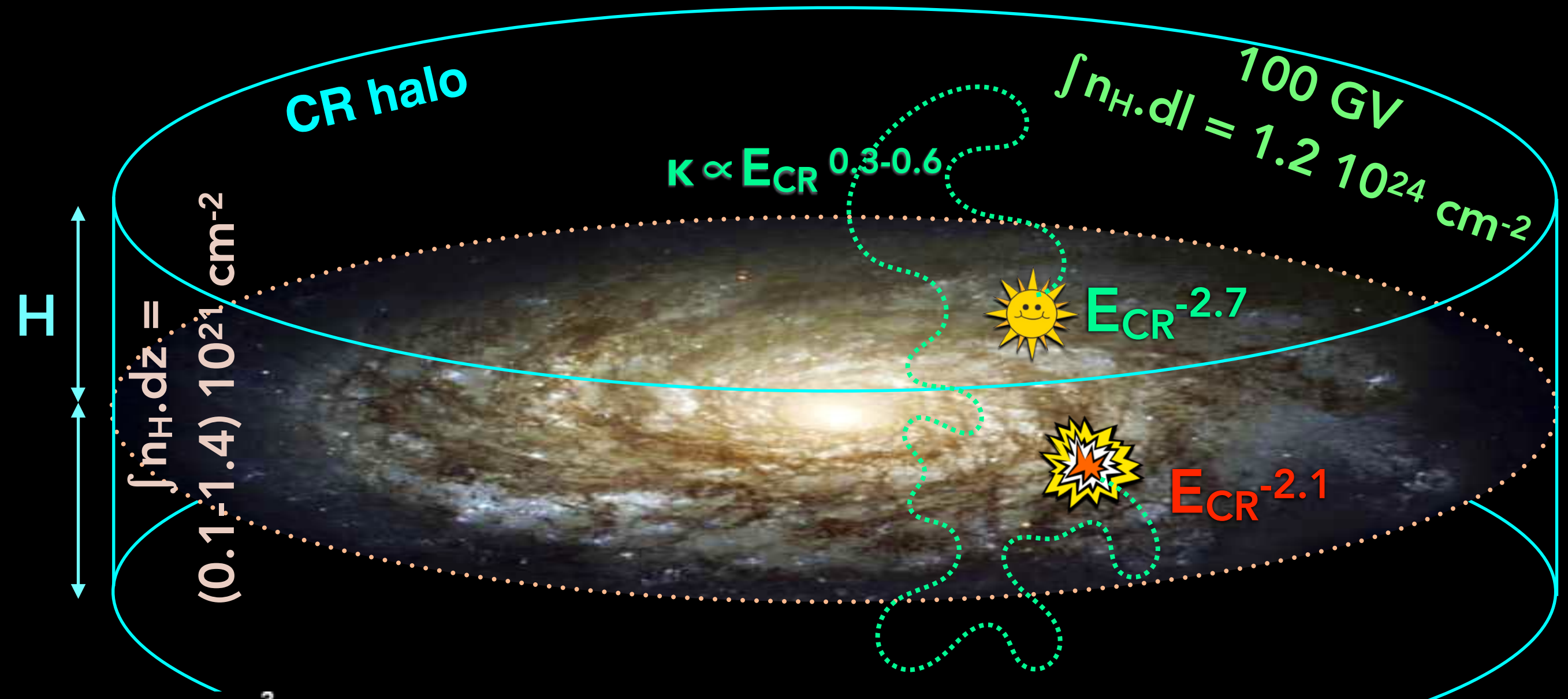


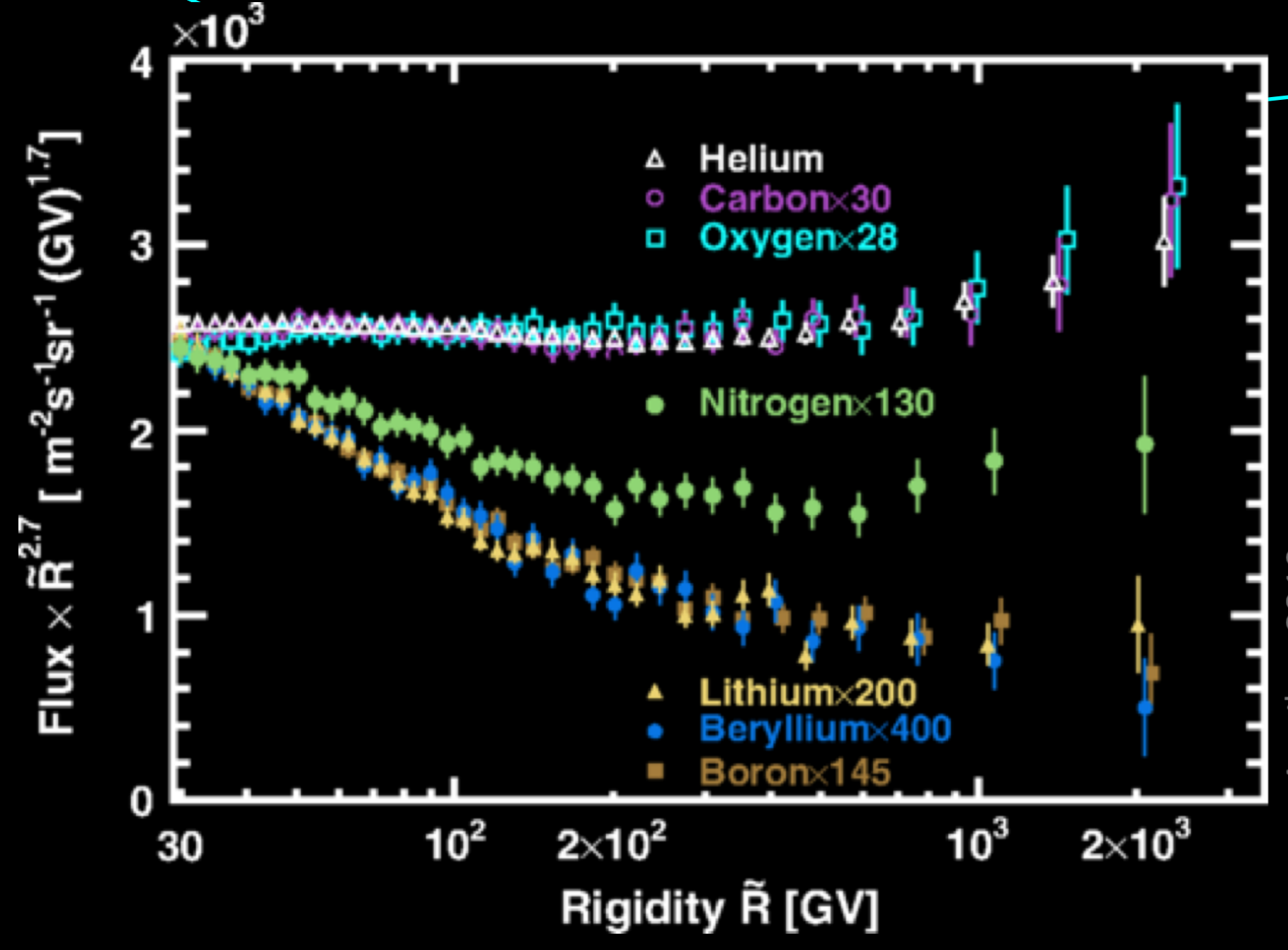
*How fast do
GeV-TeV cosmic rays
travel?*



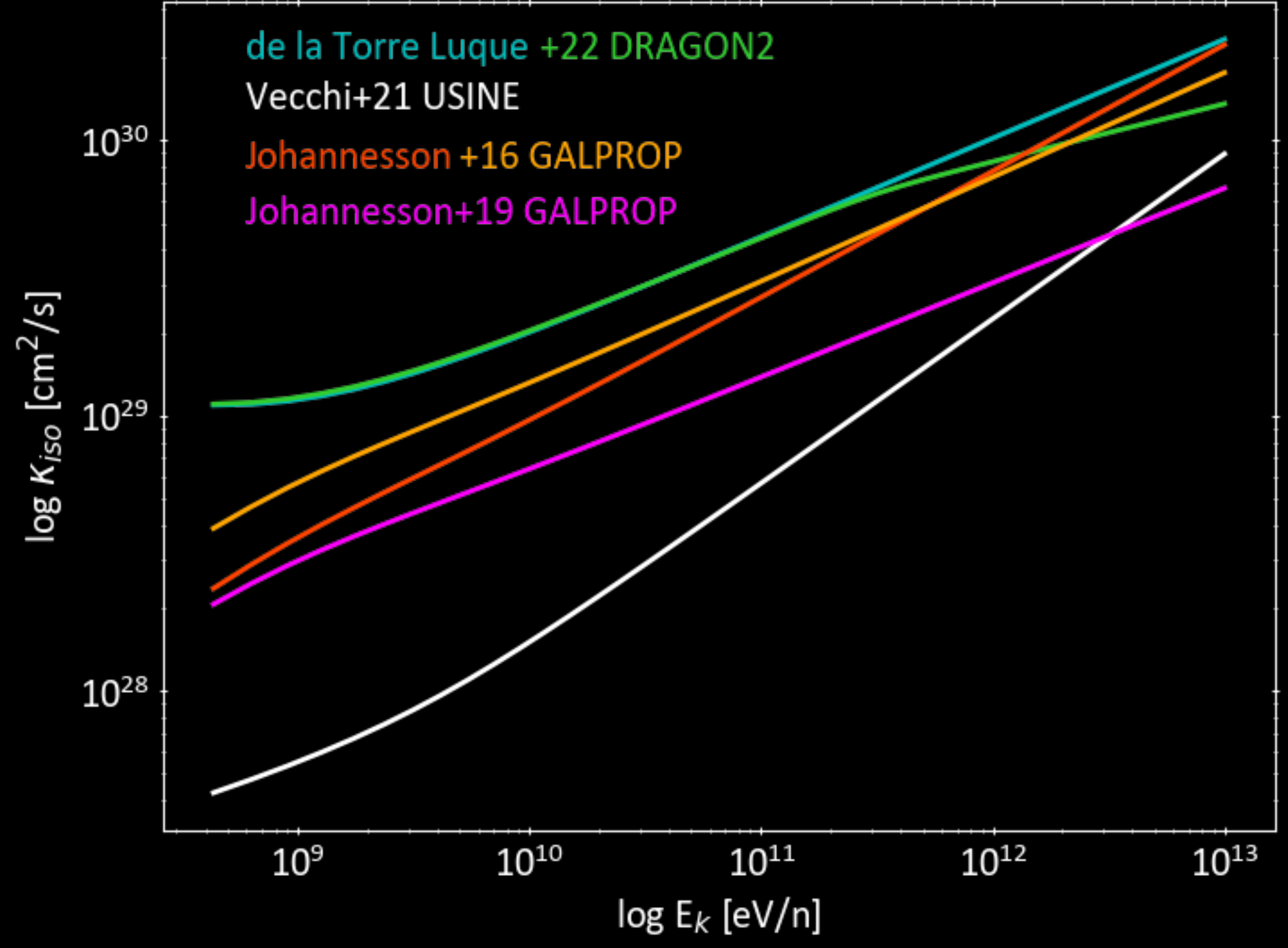
self or interstellar confinement?
diffusion coeff $\kappa(E)$?
how uneven $\kappa(E)$?
halo extent?



$\kappa(\text{GeV}/n) \approx 10^{28-29} \text{ cm}^2/\text{s}$,
 different $\frac{n_2}{n_1}(E)$ trends,
 different cross-sections,
 inelastic collisions,
 advection, reacceleration...



$$\Rightarrow \frac{n_2(E)}{n_1(E)} \propto \kappa(E)^{-1}$$



- diffusion on self-excited or ISM-cascade Alfvén waves

$$\kappa(\text{GeV}/n) \approx 10^{28-29} \text{ cm}^2/\text{s}, \quad l_{\text{scat}} \approx 1 \text{ pc}$$

$$R_{\text{gyr}} = 0.08 \text{ au or } 0.4 \mu\text{pc} \left(\frac{R}{1 \text{ GV}} \right) \left(\frac{B}{5 \mu\text{G}} \right)^{-1}$$

- halo HIM

- non-linear Landau damping (ion resonance with beat waves between Alfvén wave couples) Xu & Lazarian 22

- $v_{\text{stream}} \approx v_A$ Lee & Völk 73, Kulsrud 78

- $\kappa(E) \propto E^{0.7}$ Blasi+12

- WIM 1.8 kpc-thick layer

- turbulent damping (interactions between self-excited waves & ISM waves)

- $\kappa \propto \kappa_0(M_A) (E/E_0)^{1.1}$ Xu & Lazarian 22

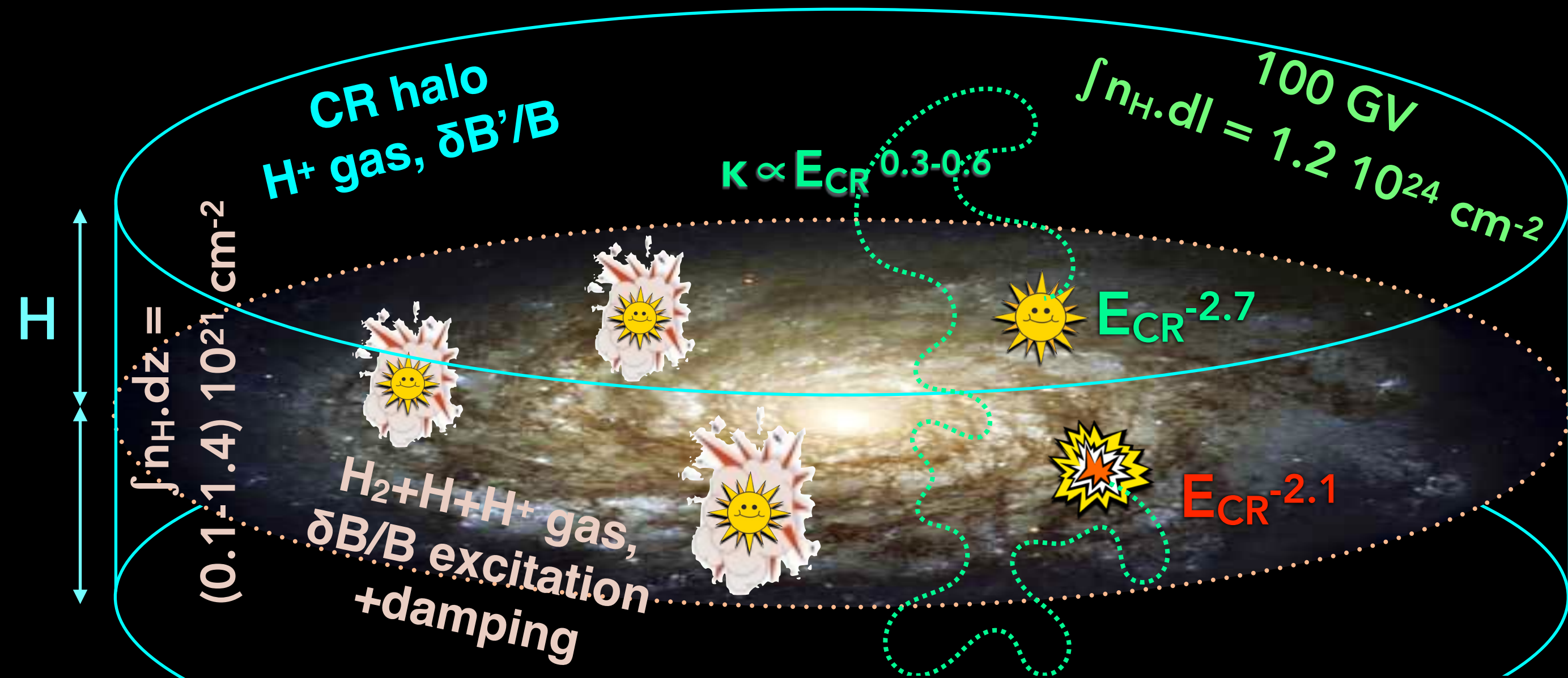
- neutral gas

- ion-neutral damping

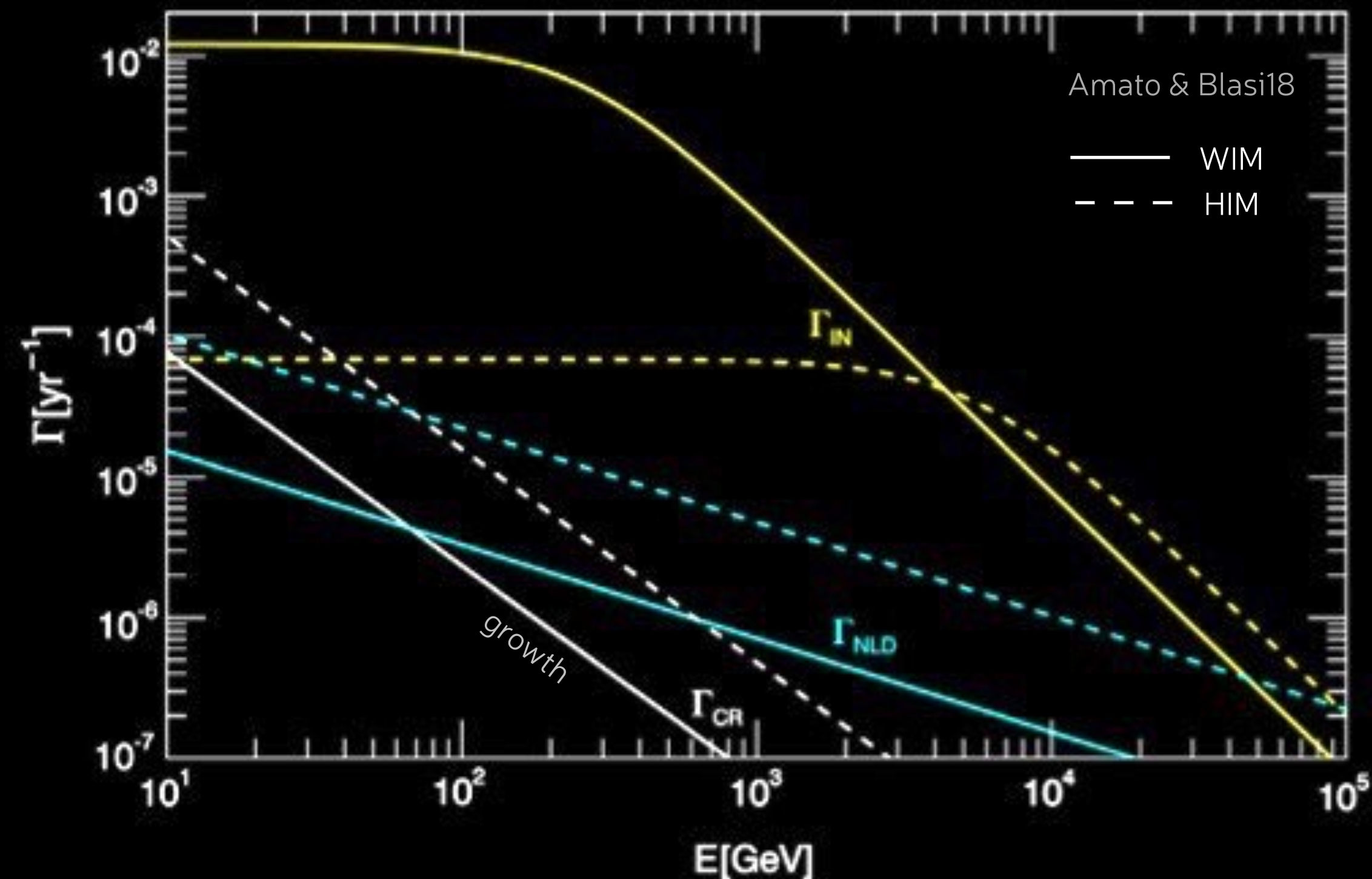
- $v_{\text{stream}} \sim 30 v_{A,\text{ion}} \gg v_A$

- diffusion via B line random wandering?

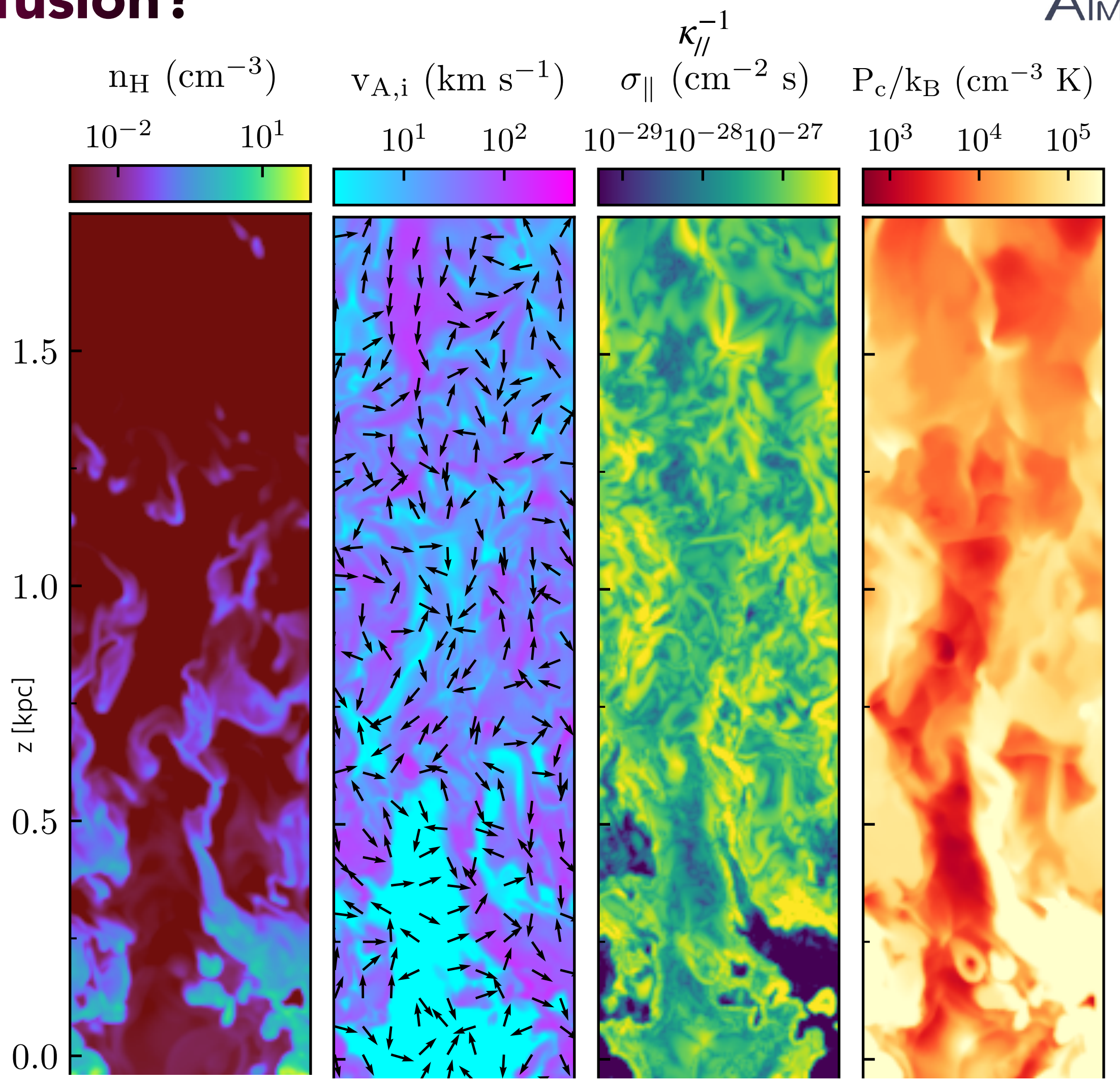
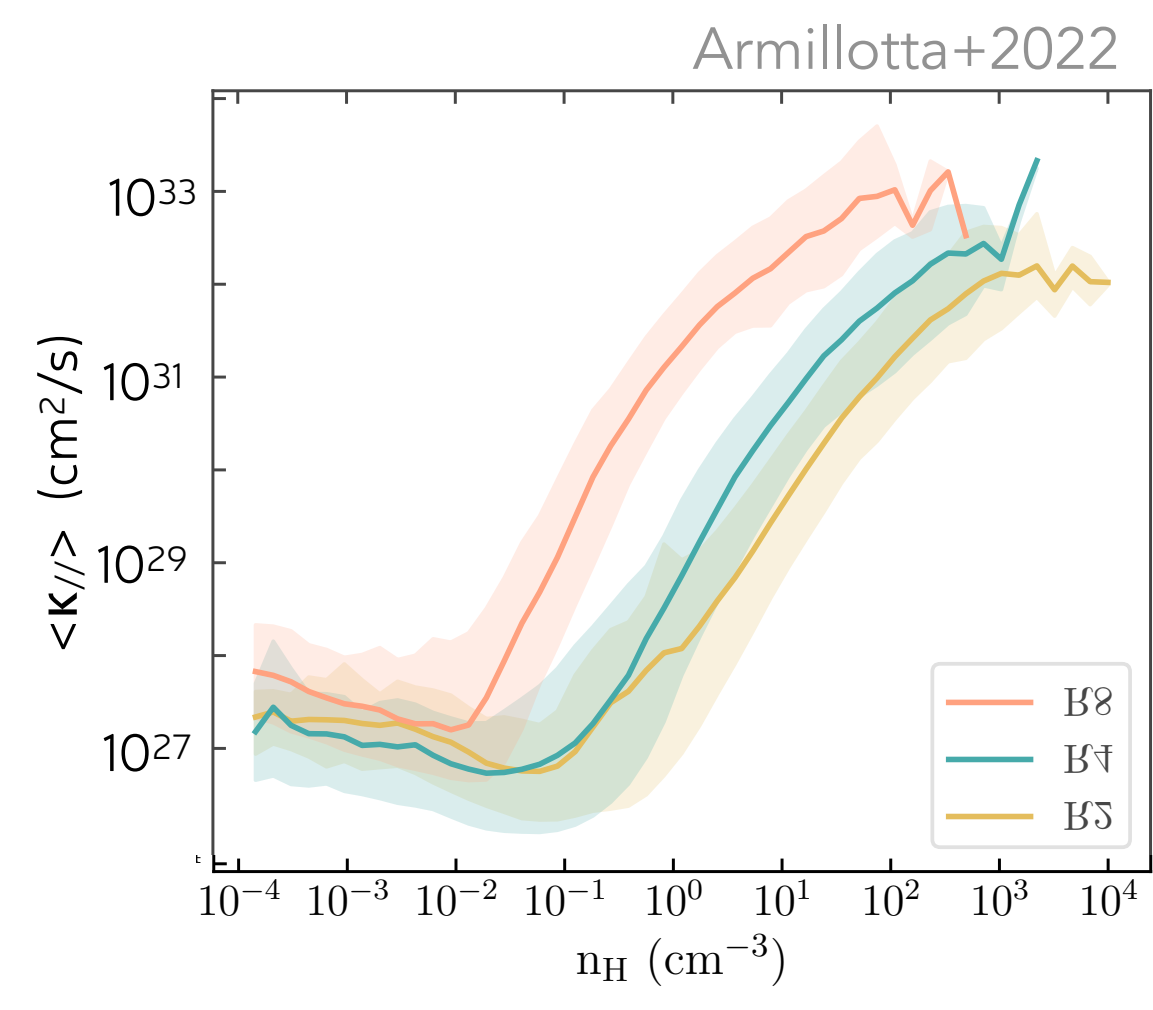
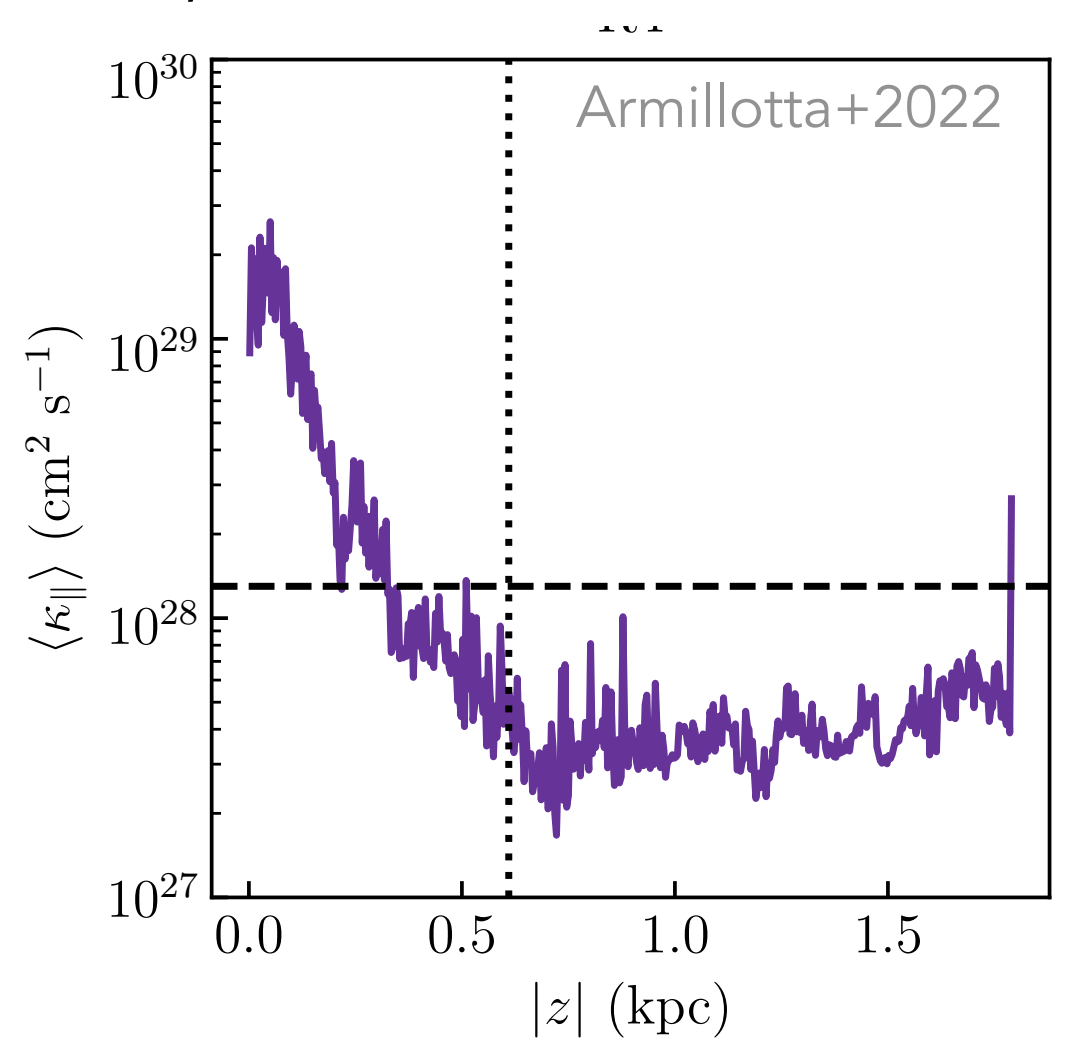
if $M_A > 1$: $\kappa \propto L_{\text{inj}} M_A^{-3} E^{1.6}$



environmental changes in $\kappa(E)$ value & slope, with M_A & ionisation rate. self-confinement < 100 GeV?

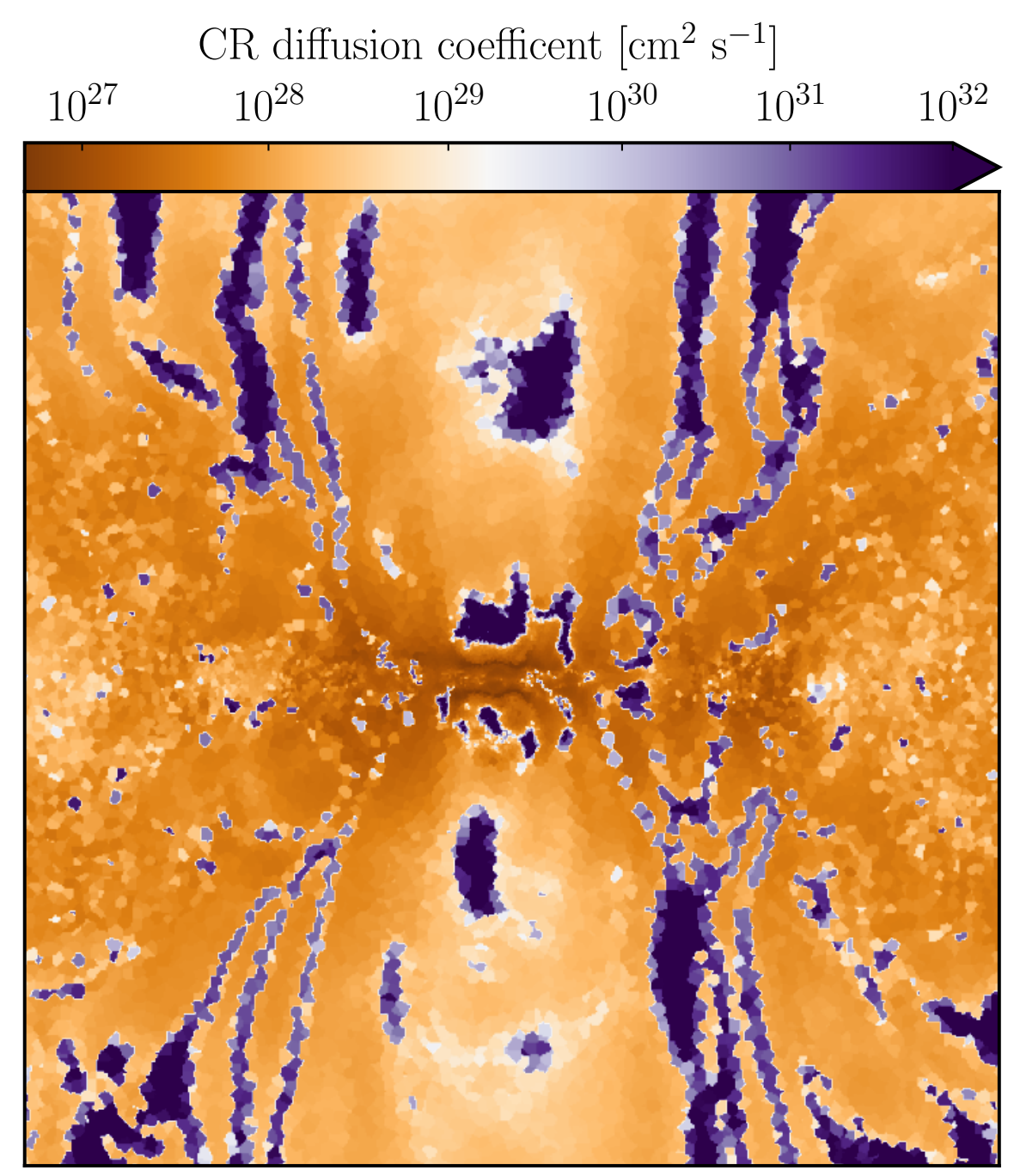
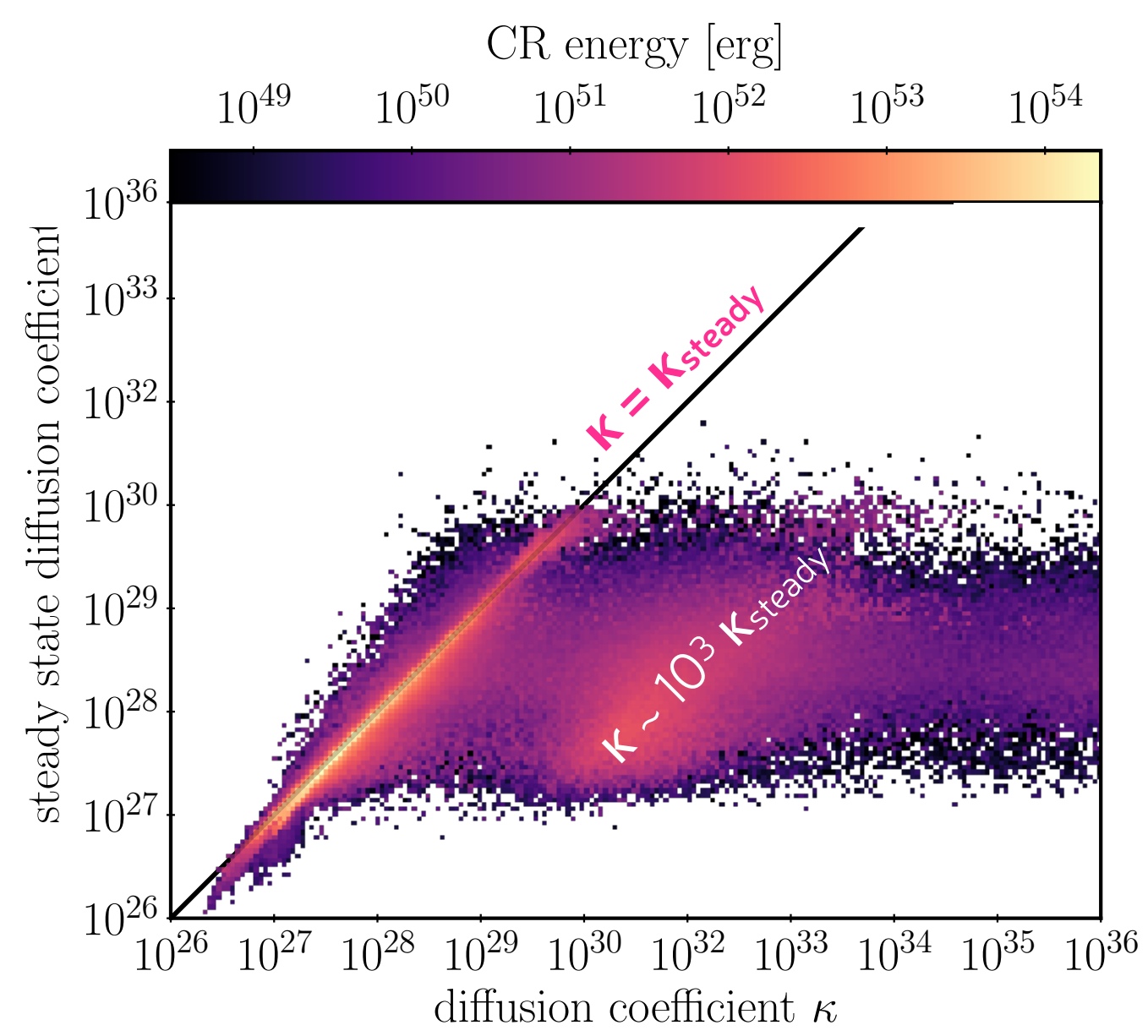


☀ variations by 50 to 1000 ...



☀ steady-state streaming approximation often holds

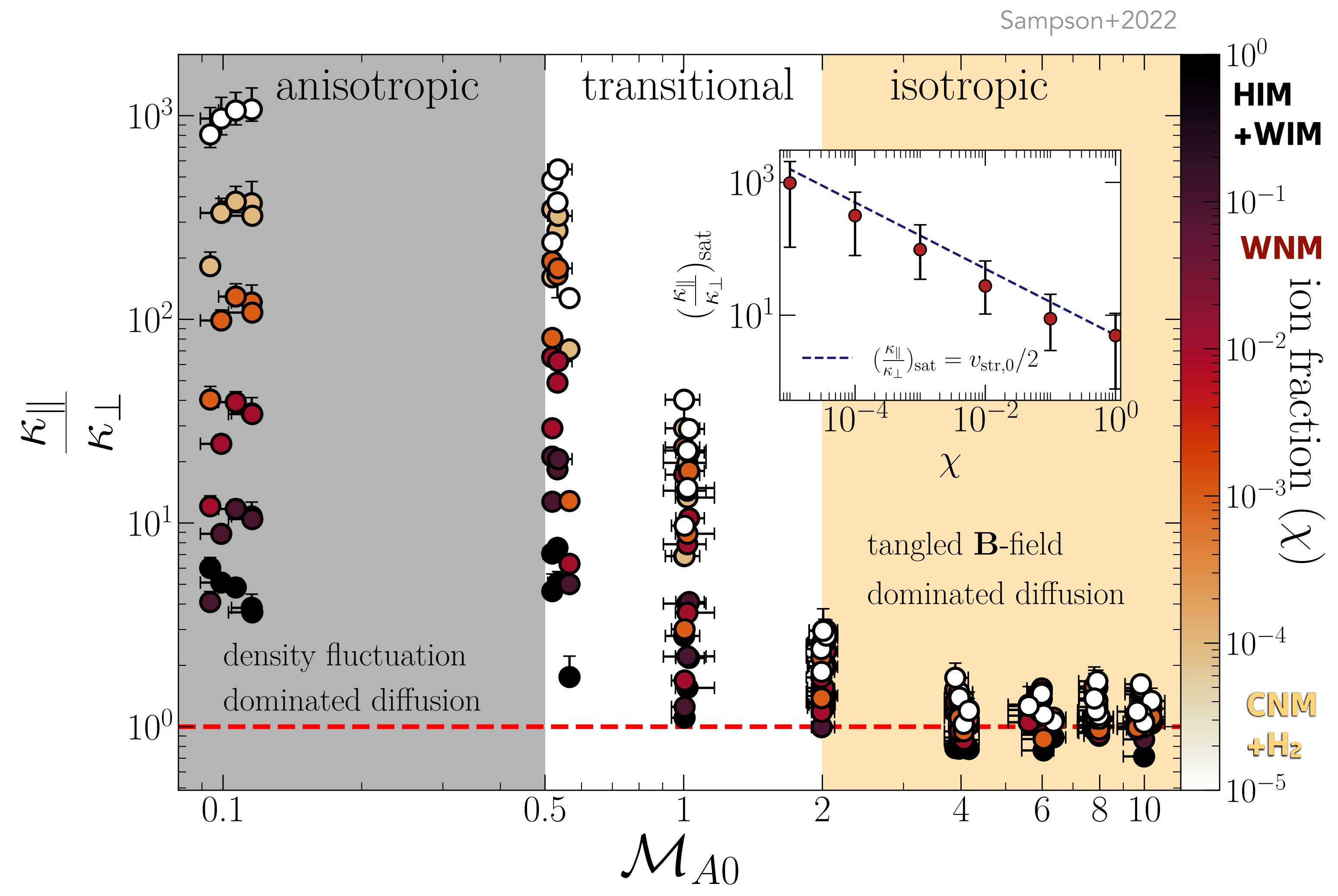
● Alfven-wave dark regions where $\vec{B} \perp \vec{\nabla} P_{\text{CR}}$



Armillotta+2022

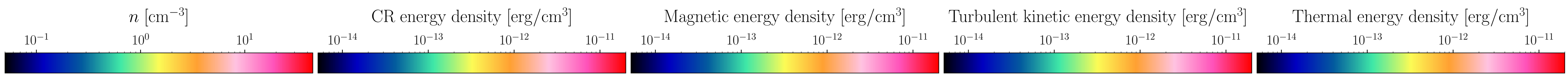
how anisotropic is diffusion?

CR transport $\frac{\partial f}{\partial t} = \vec{\nabla} \cdot \left[\left(\vec{u}_{gas} + v_{A,ion} \frac{\vec{B}}{|\vec{B}|} \right) f \right]$ in MHD turbulence, assuming strong coupling with Alfvén waves



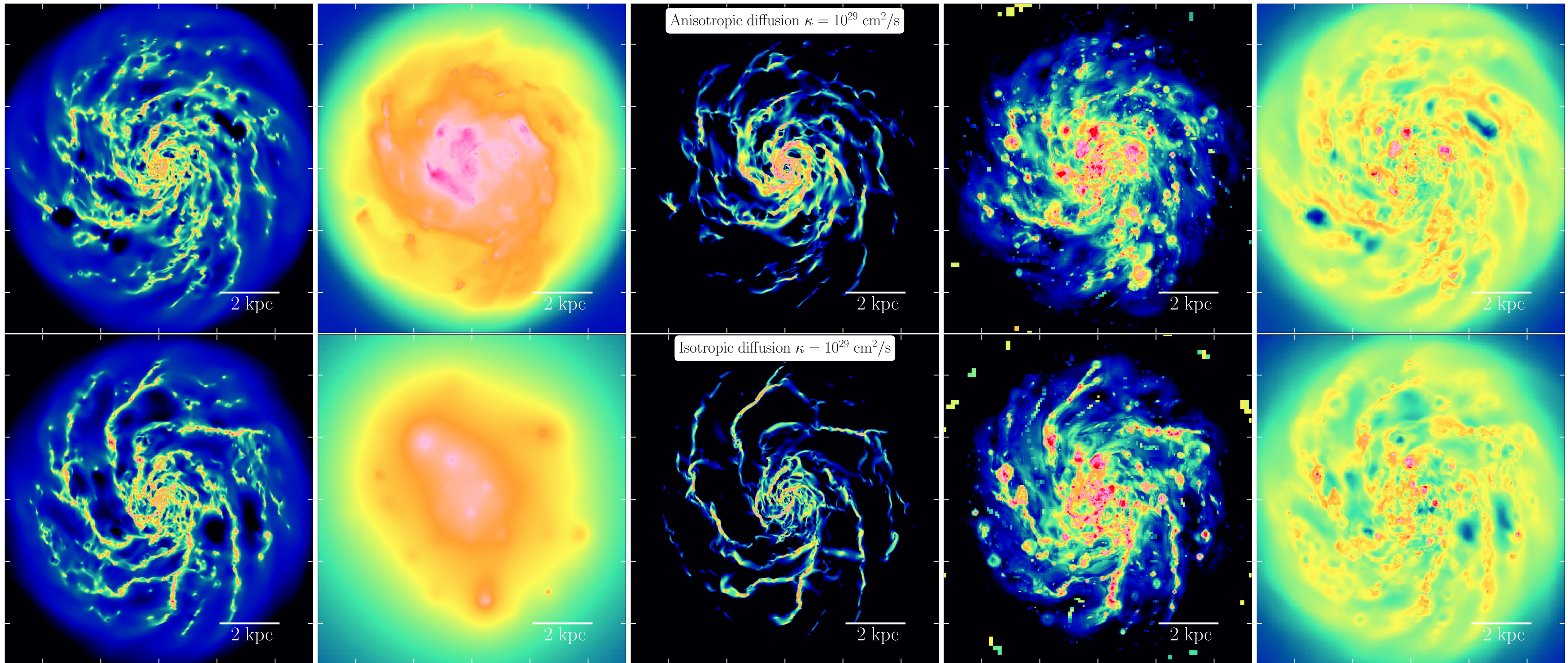
- ☀ $10^{11} M_{\odot}$ total mass, forming $1 M_{\odot}$ /yr of stars
- ☀ multiphasic gas down to 9-pc resolution, ideal MHD with RAMSES

$10^{29} \text{ cm}^2/\text{s}$



anisotropic

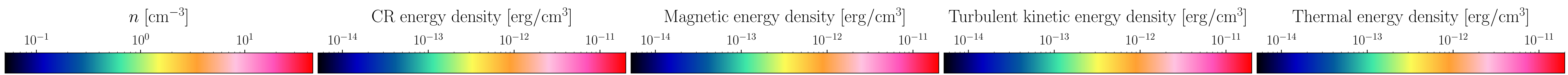
isotropic



- ☀ $10^{11} M_{\odot}$ total mass, forming $1 M_{\odot}$ /yr of stars
- ☀ multiphasic gas down to 9-pc resolution, ideal MHD with RAMSES

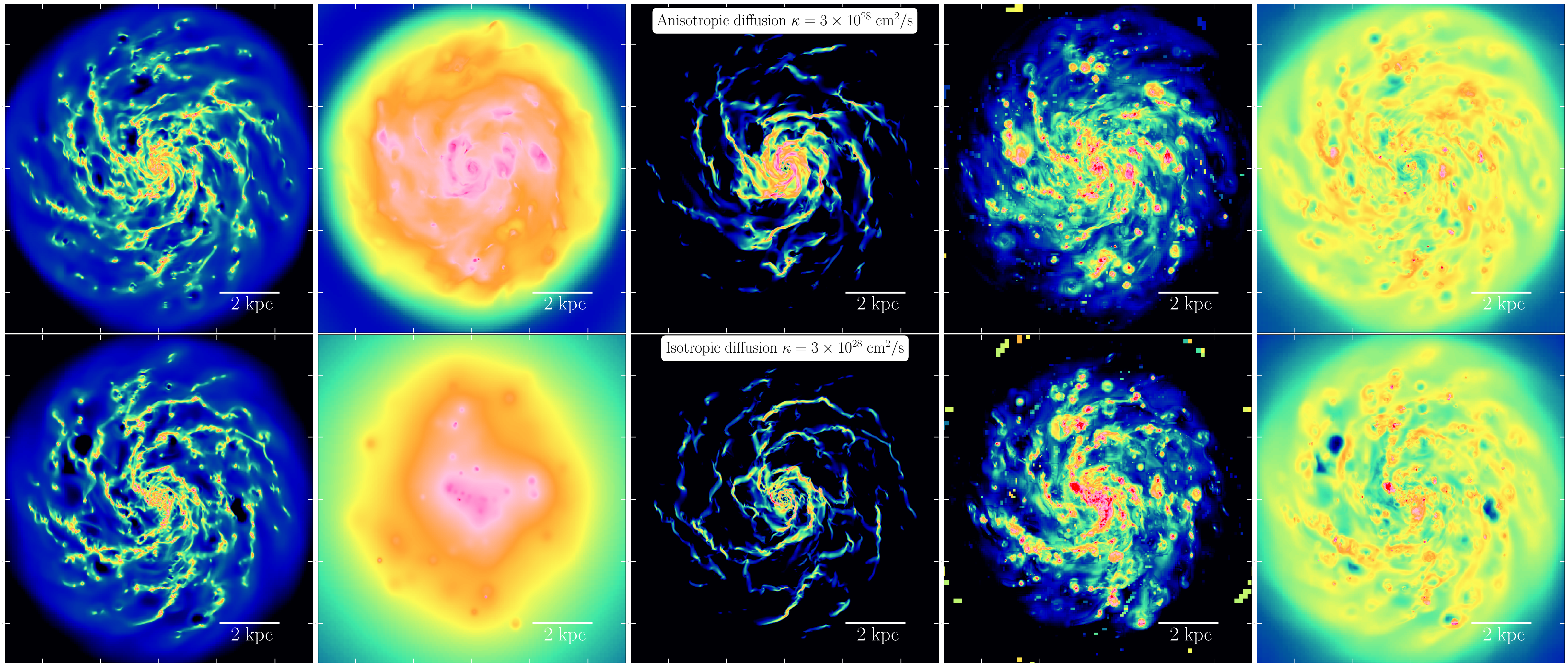
$3 \times 10^{28} \text{ cm}^2/\text{s}$

$10^{29} \text{ cm}^2/\text{s}$



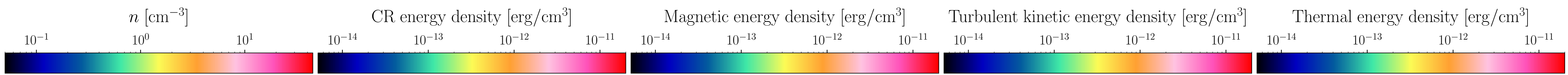
anisotropic

isotropic



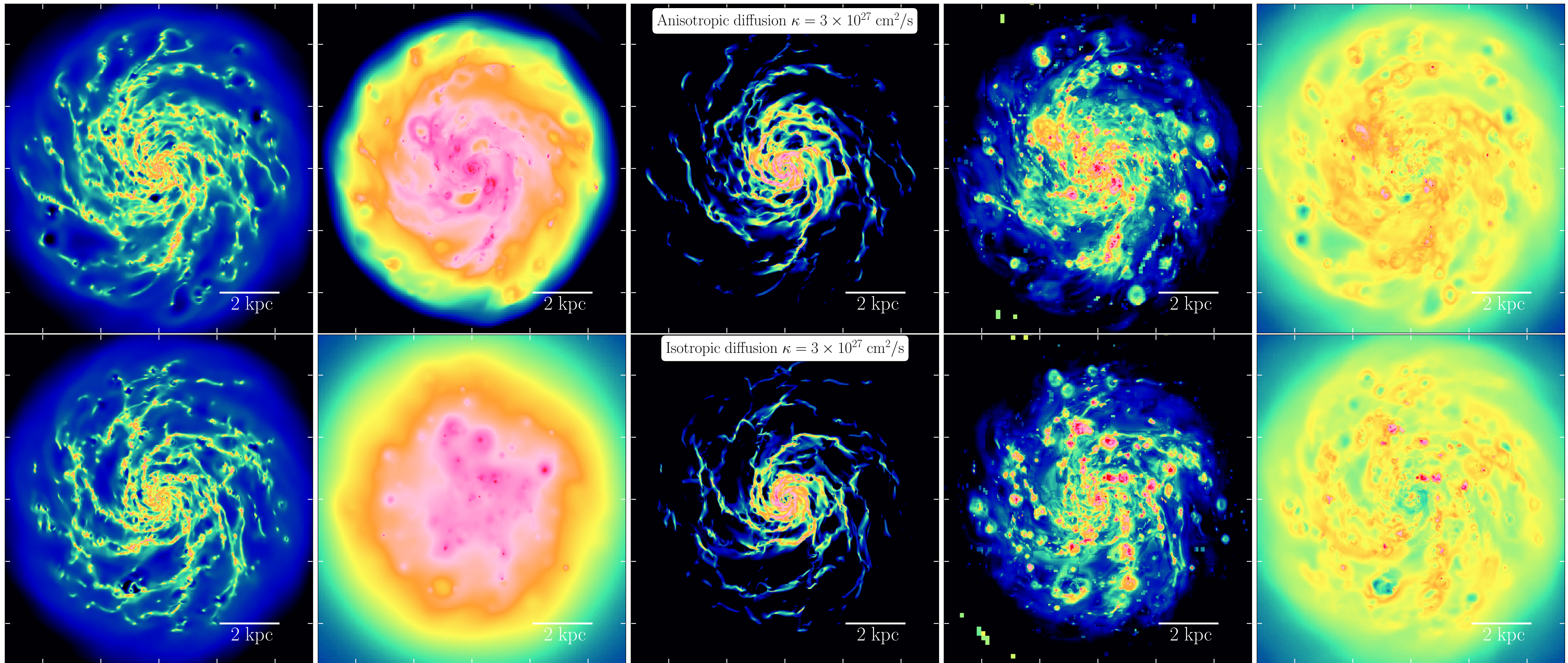
- ☀ $10^{11} M_{\odot}$ total mass, forming $1 M_{\odot}$ /yr of stars
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$3 \times 10^{27} \text{ cm}^2/\text{s}$ $3 \times 10^{28} \text{ cm}^2/\text{s}$ $10^{29} \text{ cm}^2/\text{s}$



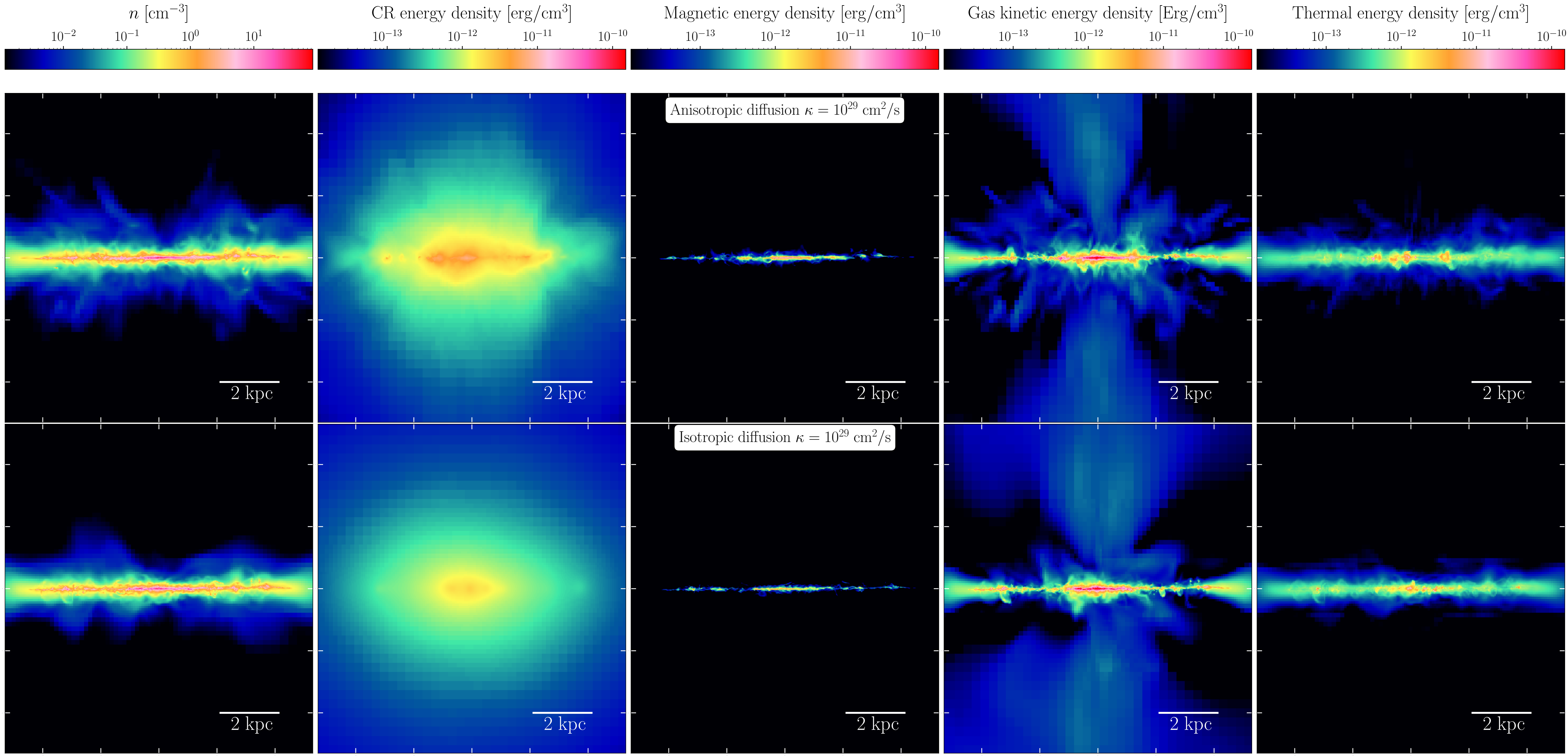
anisotropic

isotropic



- ☀ $10^{11} M_{\odot}$ total mass, forming $1 M_{\odot}$ /yr of stars
- ☀ multinhasic gas down to 9-pc resolution ideal MHD with RAMSES

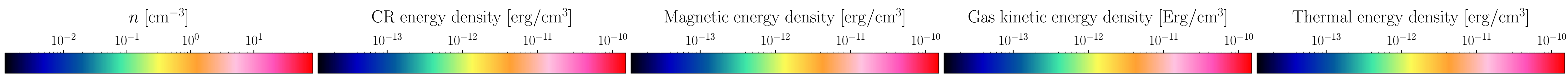
$10^{29} \text{ cm}^2/\text{s}$



- ☀ $10^{11} M_{\odot}$ total mass, forming $1 M_{\odot}$ /yr of stars
- ☺ multinhasic gas down to 9-pc resolution ideal MHD with RAMSFS

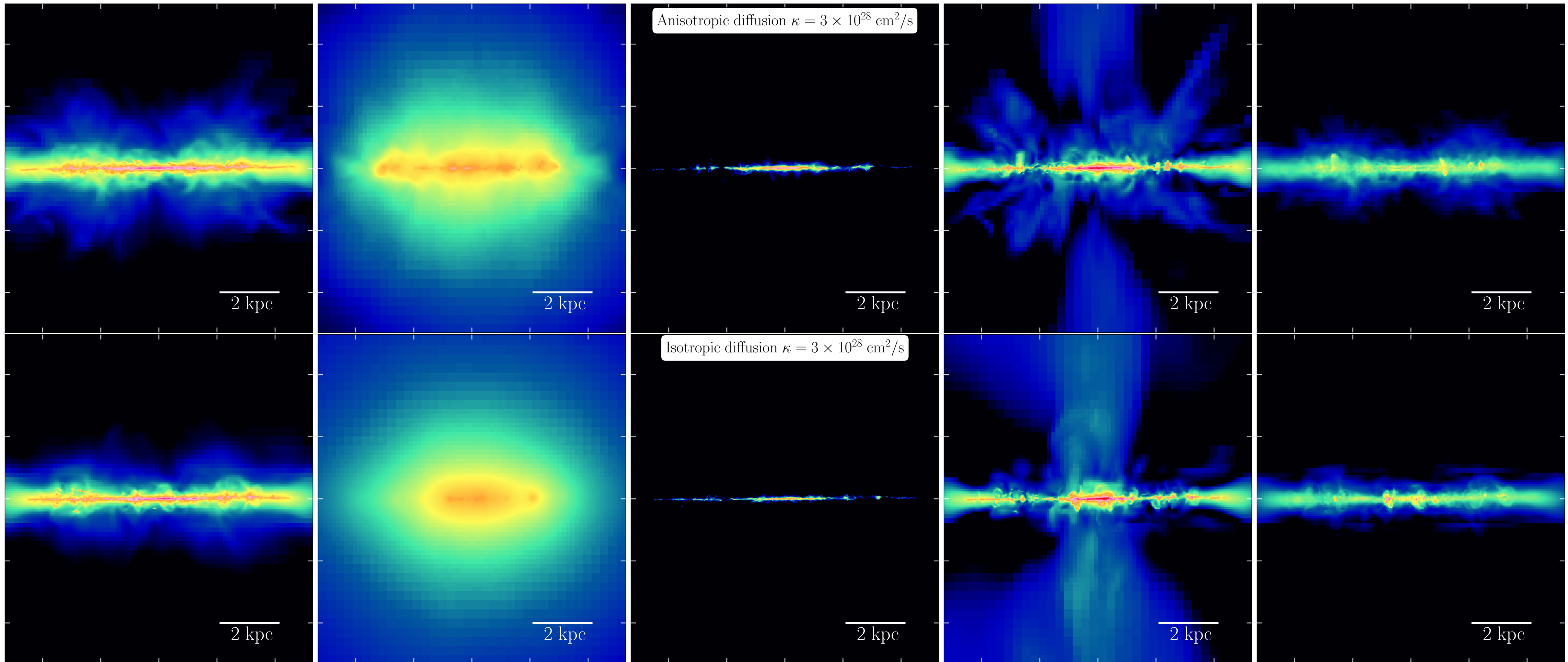
$3 \times 10^{28} \text{ cm}^2/\text{s}$

$10^{29} \text{ cm}^2/\text{s}$



anisotropic

isotropic

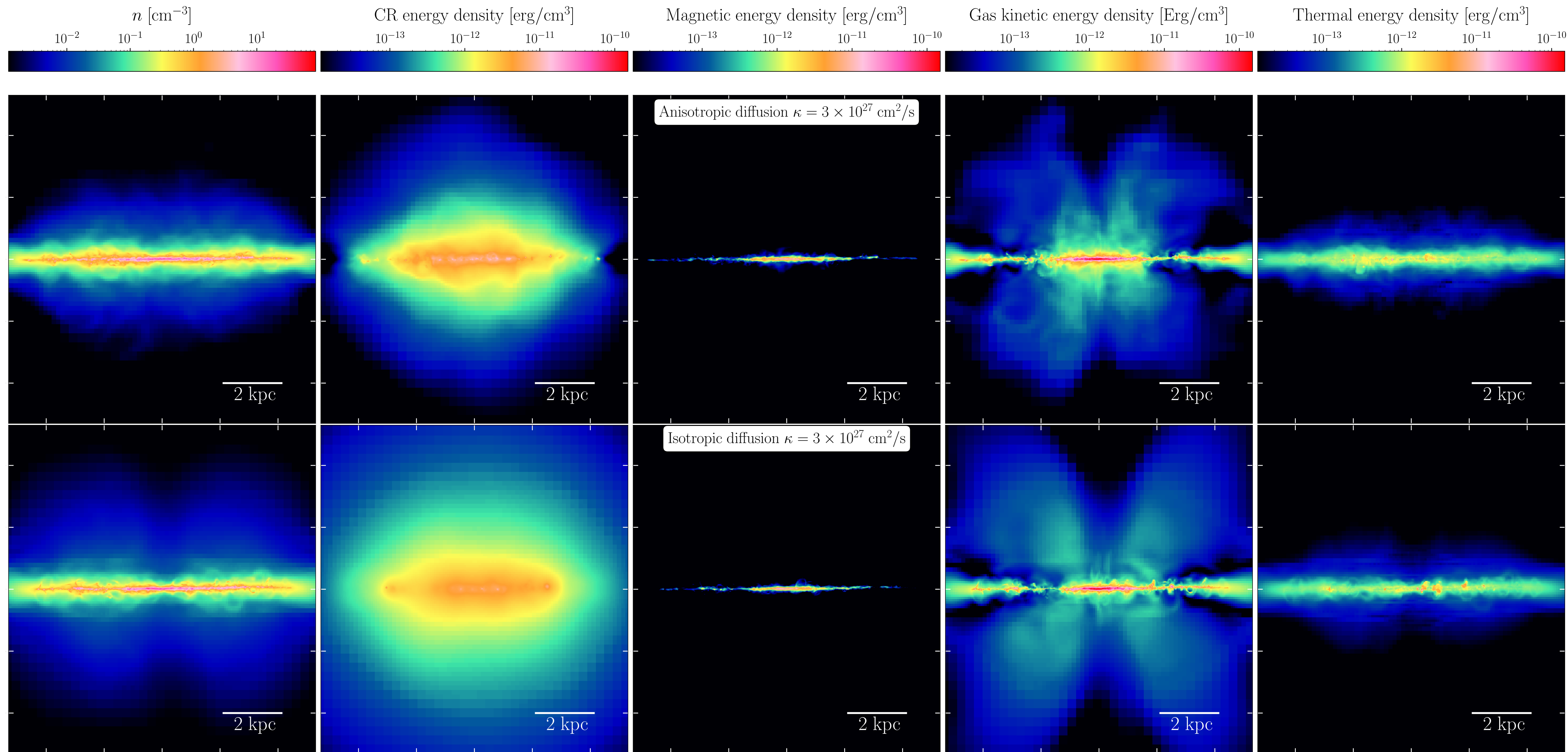


- ☀ $10^{11} M_{\odot}$ total mass, forming $1 M_{\odot}$ /yr of stars
- ☀ multinhasic gas down to 9-pc resolution ideal MHD with RAMSES

$3 \times 10^{27} \text{ cm}^2/\text{s}$

$3 \times 10^{28} \text{ cm}^2/\text{s}$

$10^{29} \text{ cm}^2/\text{s}$



anisotropic

isotropic

2 kpc

2 kpc

2 kpc

2 kpc

2 kpc

2 kpc

2 kpc

2 kpc

2 kpc

2 kpc

Anisotropic diffusion $\kappa = 3 \times 10^{27} \text{ cm}^2/\text{s}$

Isotropic diffusion $\kappa = 3 \times 10^{27} \text{ cm}^2/\text{s}$

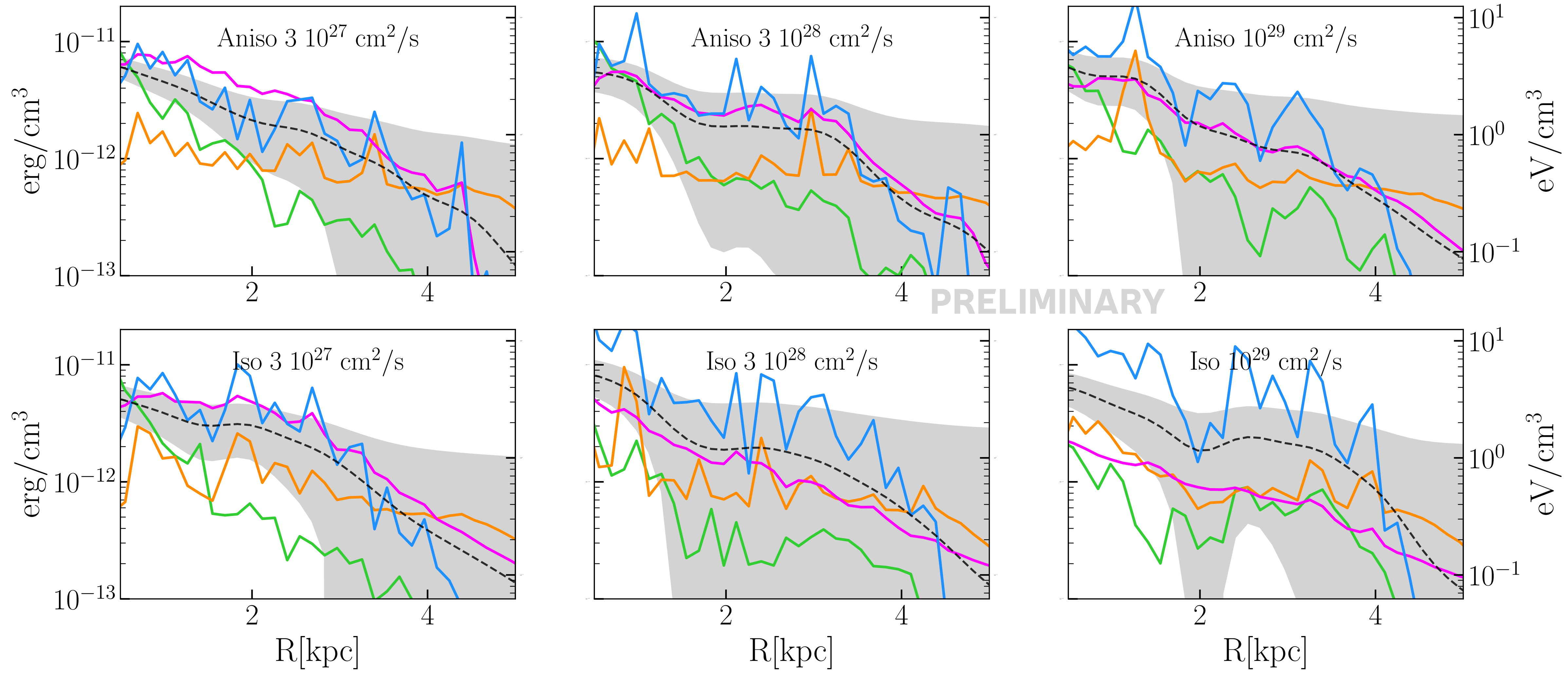
- global radial CR gradients steeper than in the Milky Way, but only slightly sensitive to κ value or degree of anisotropy (shallower if isotropic)
- magnetic field still growing in the simulations



Nunez-Castineyra+2022

anisotropic

isotropic

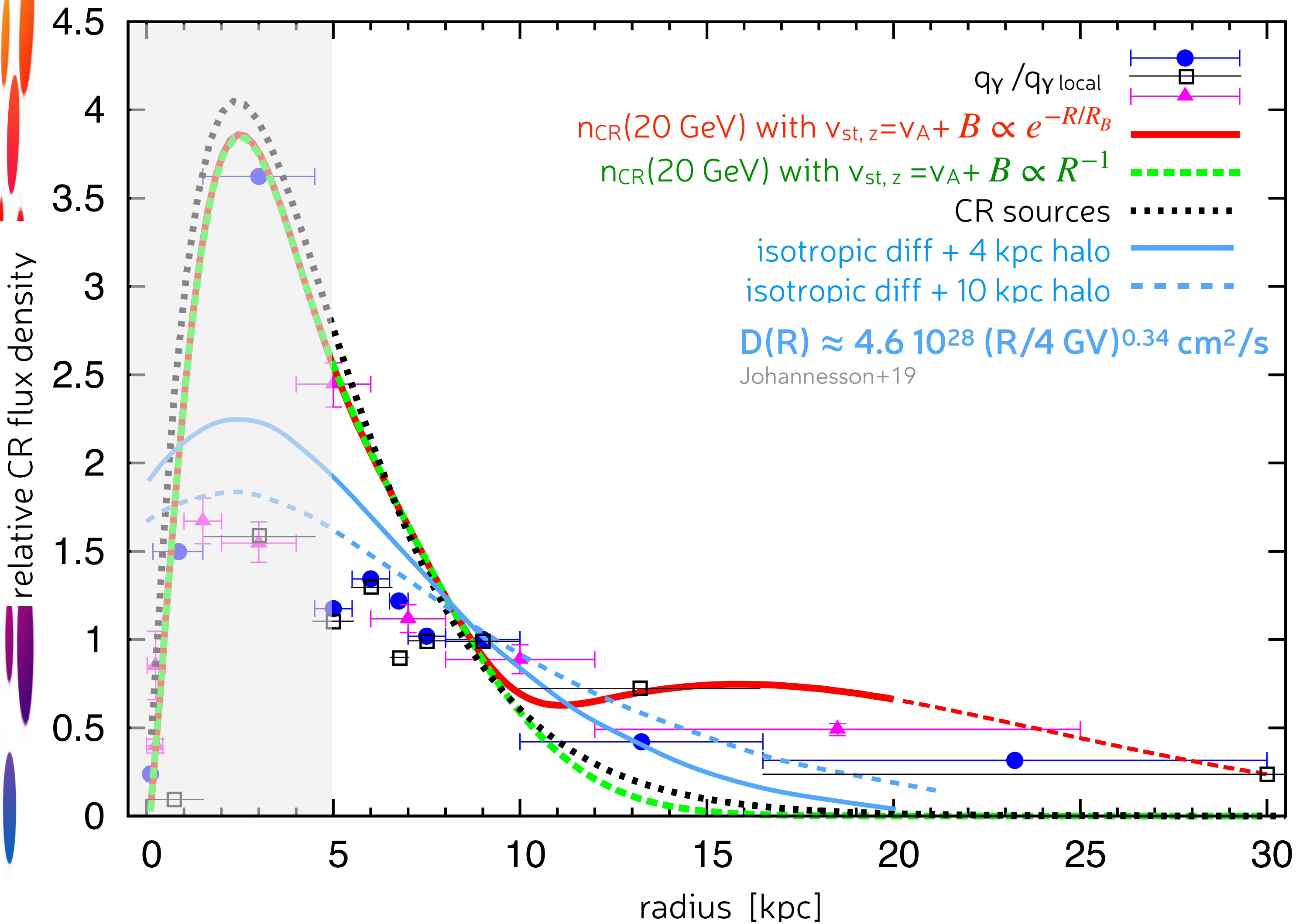


cosmic-ray radial gradient

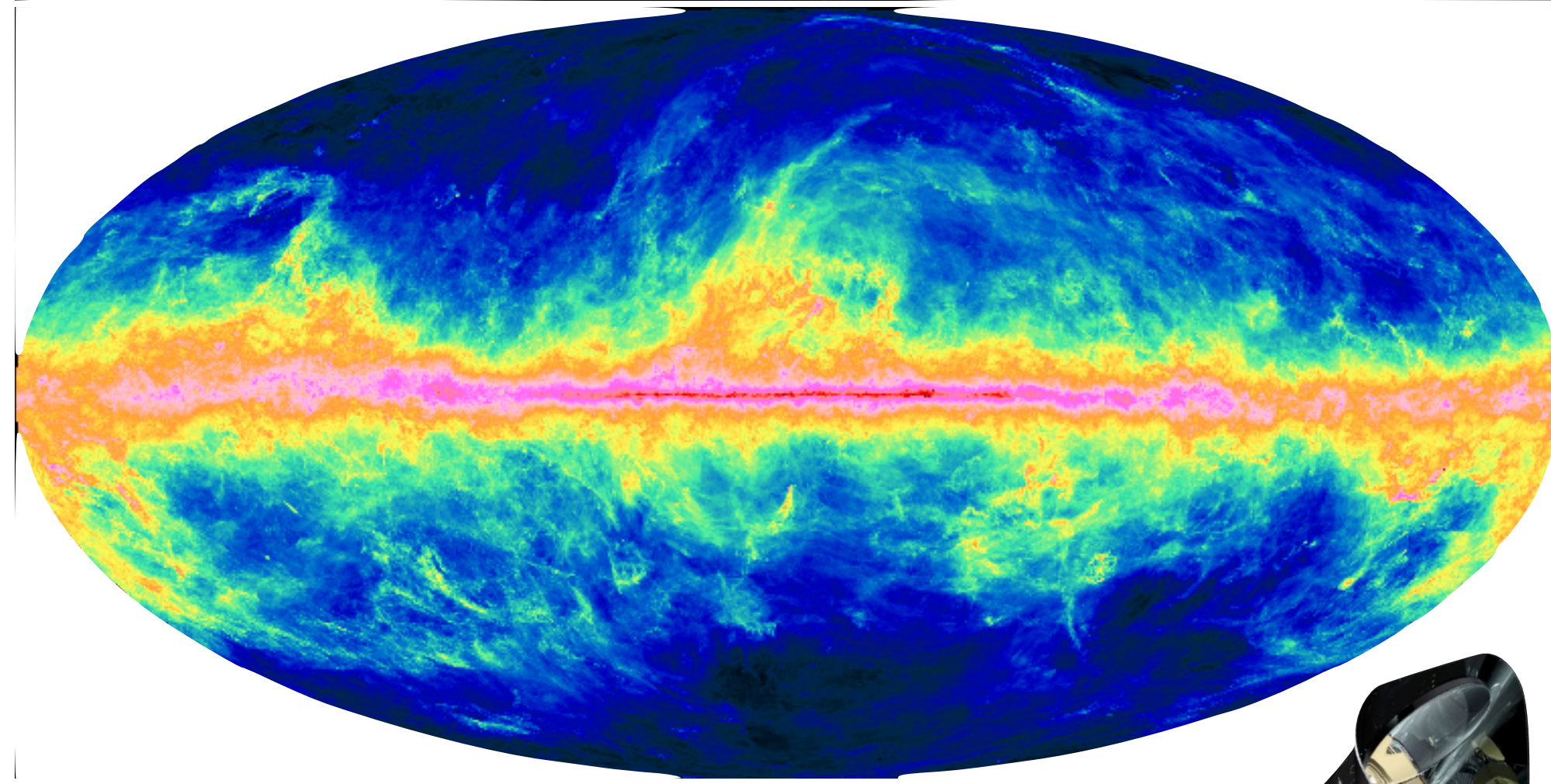
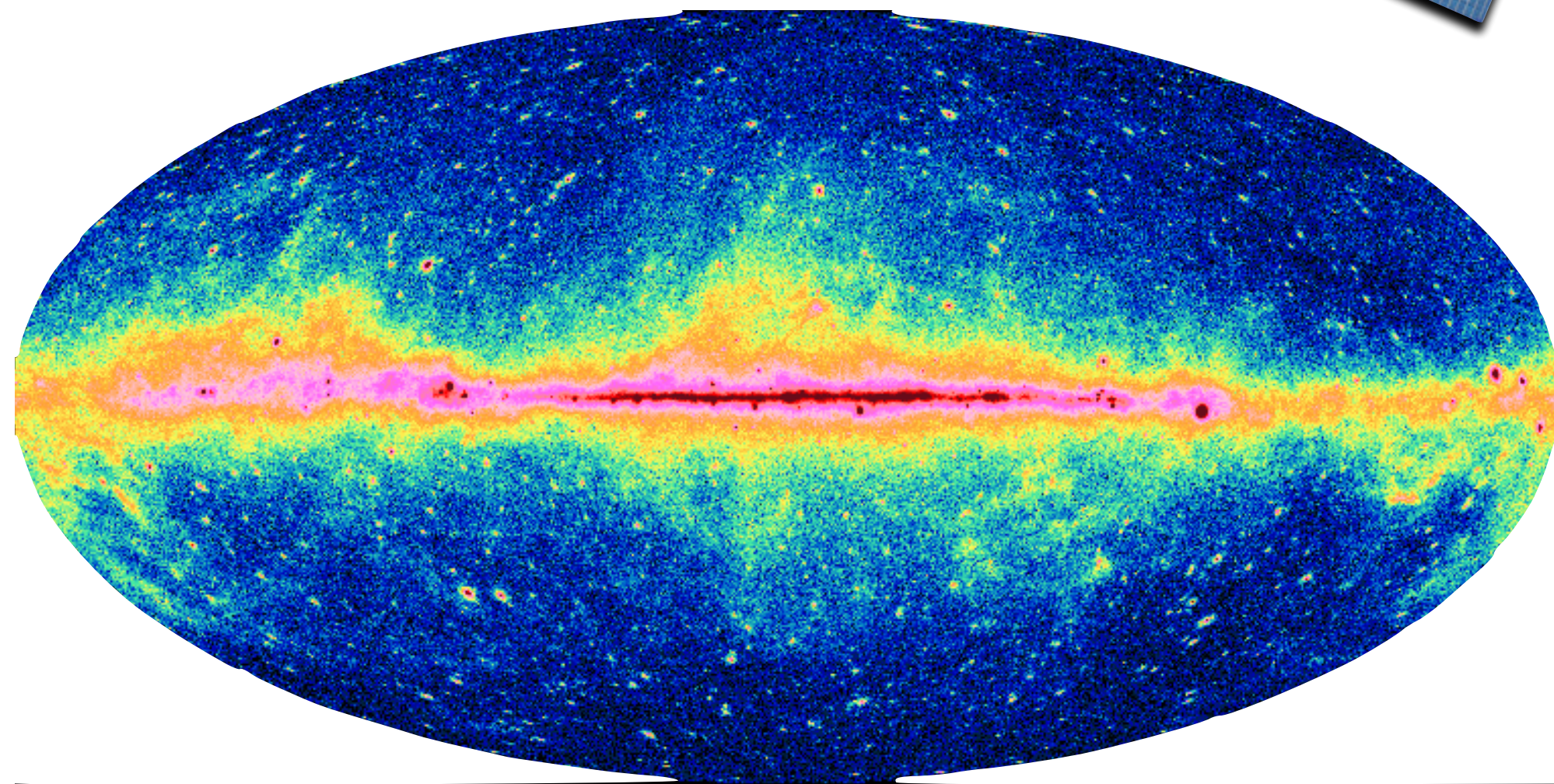
- few-GeV to TeV CR nuclei flux: Galactic profile at variance with transport models
- importance of B_0 and Alfvénic Mach number M_A
- increased $\delta B/B$ in spiral arms => smaller $D_{||}$ and larger D_{\perp} ? large amount of dark gas?



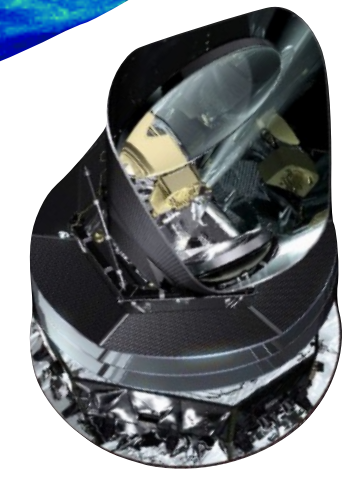
$$\int n_{gas} n_{CR} dl$$



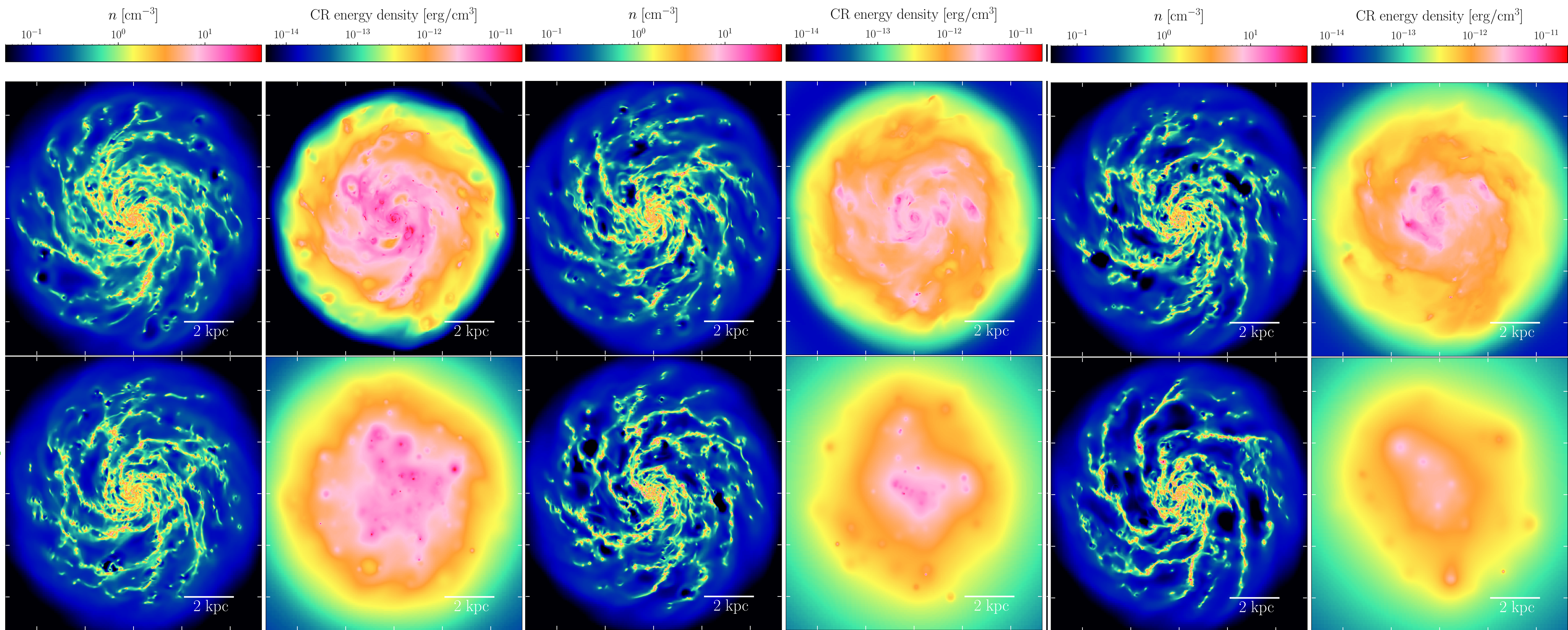
Acerro+16, Yang+16, Pothast+18, Recchia+16, Tibaldo+13



$$\int n_{gas} \frac{M_d}{M_{gas}} \kappa_0 \left(\frac{\nu}{\nu_0} \right)^\beta B_\nu(T_d) dl$$



- fewer gas spurs if κ increases, even fewer if isotropic diffusion
- more elongated/blobby CR spurs if anisotropic/isotropic, along star formation activity

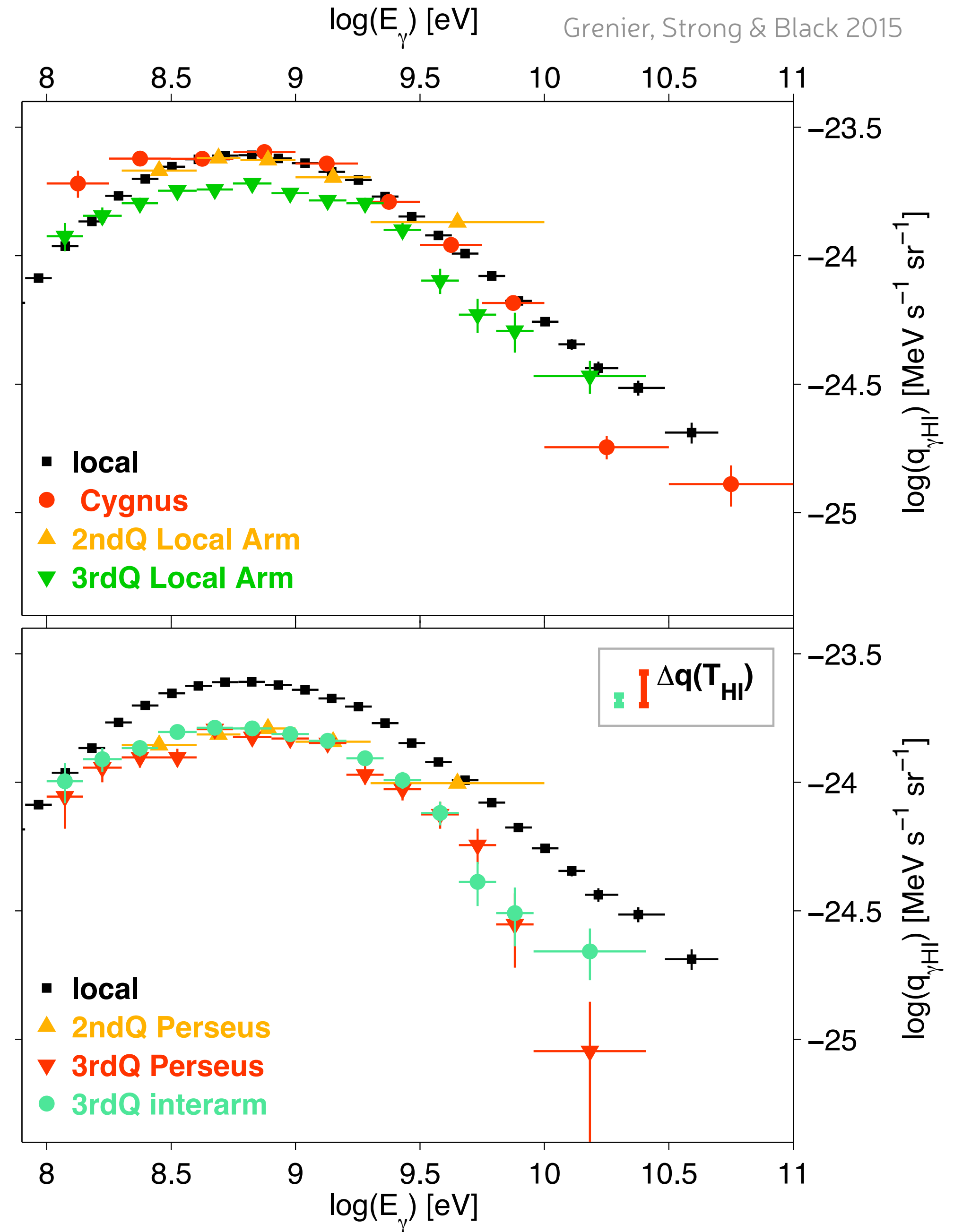
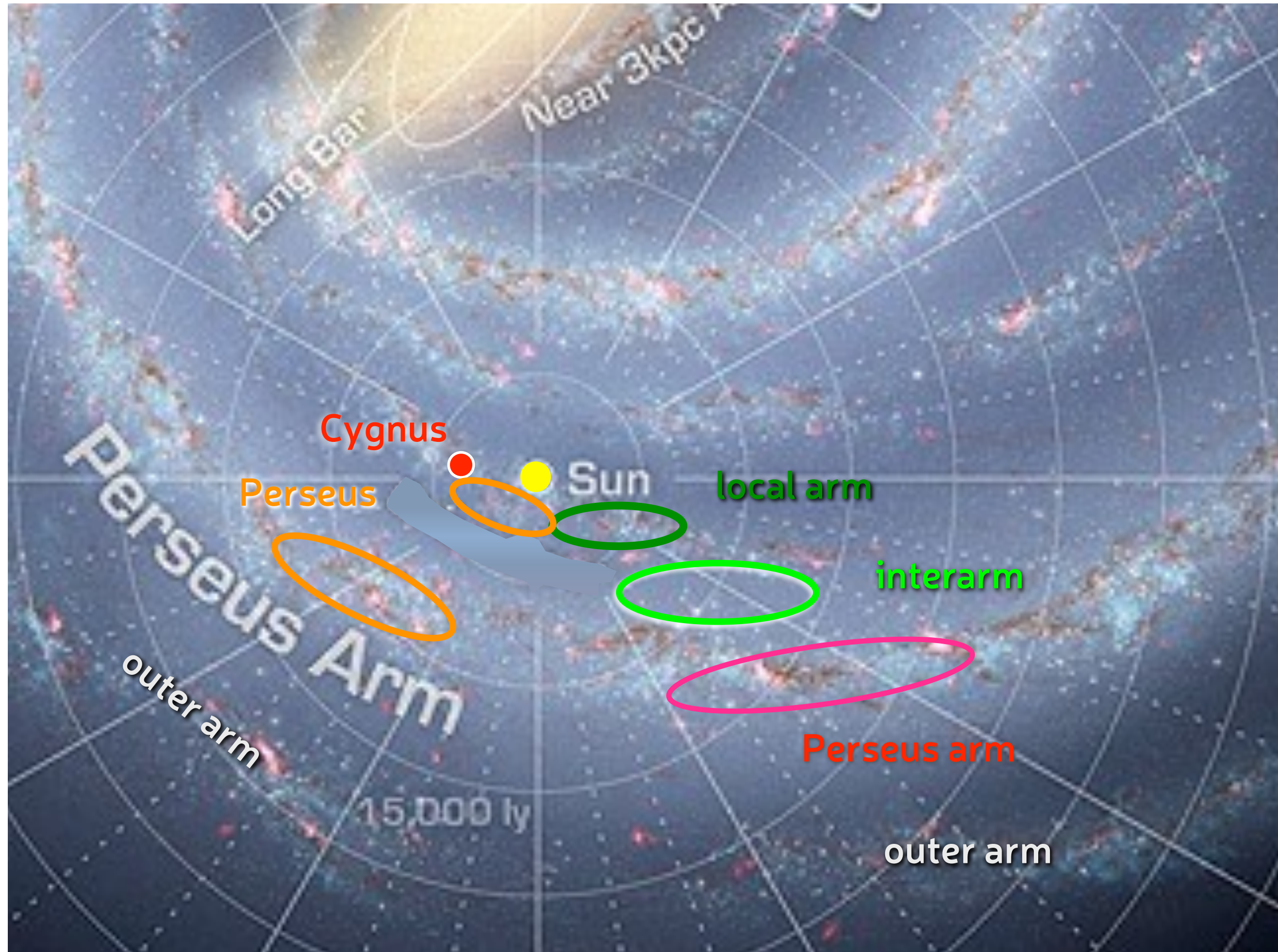


$3 \times 10^{27} \text{ cm}^2/\text{s}$

$3 \times 10^{28} \text{ cm}^2/\text{s}$

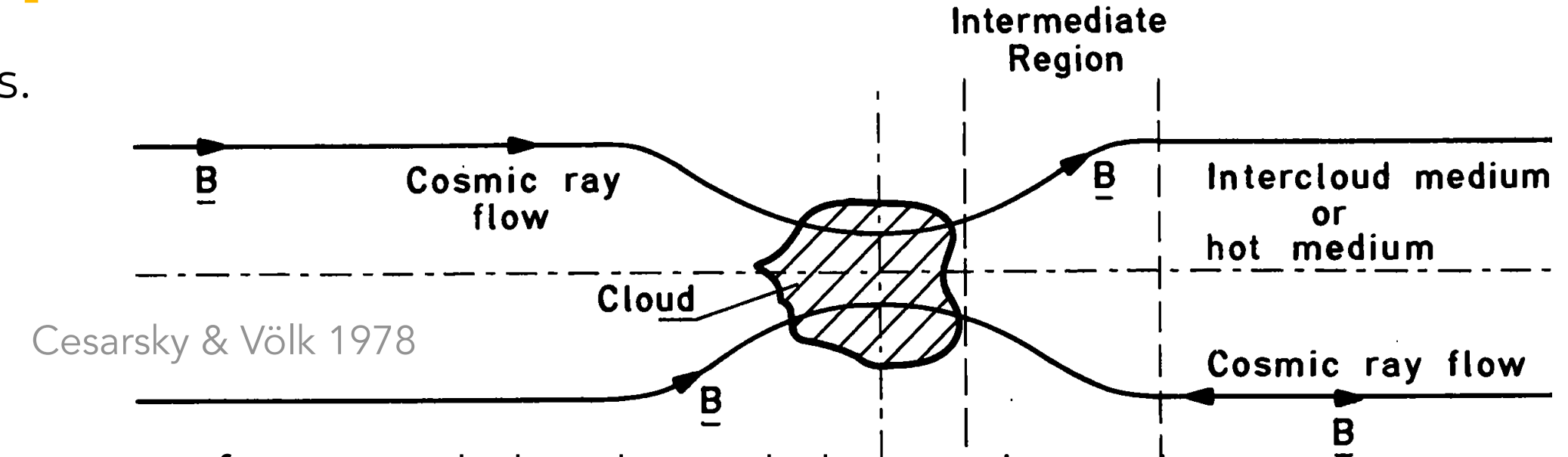
$10^{29} \text{ cm}^2/\text{s}$

- ☀ super-Alfvénic arm (tangled B, isotropic κ) vs interarm sub-Alfvénic (stiff B, anisotropic κ)
- yet same average spectrum ...

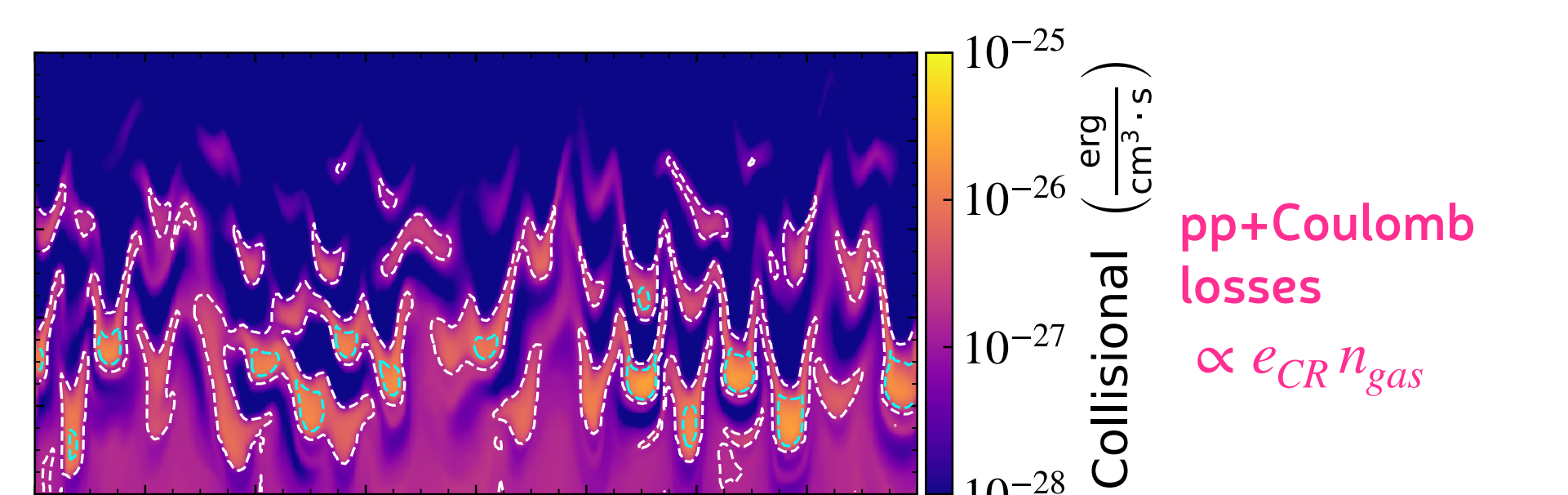
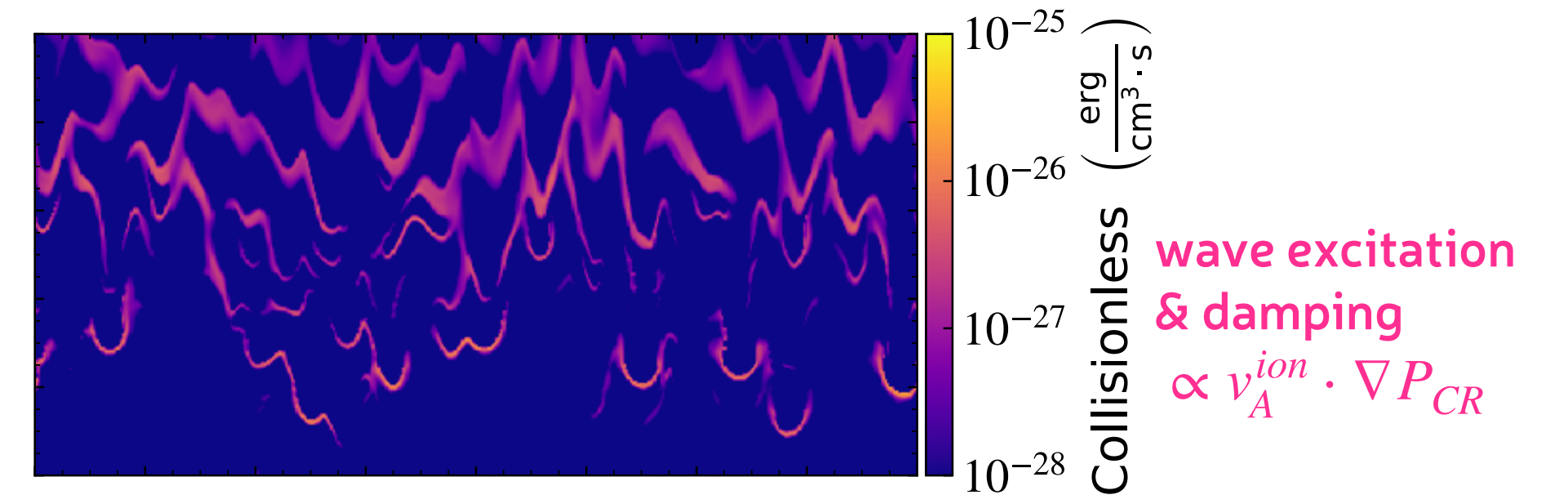
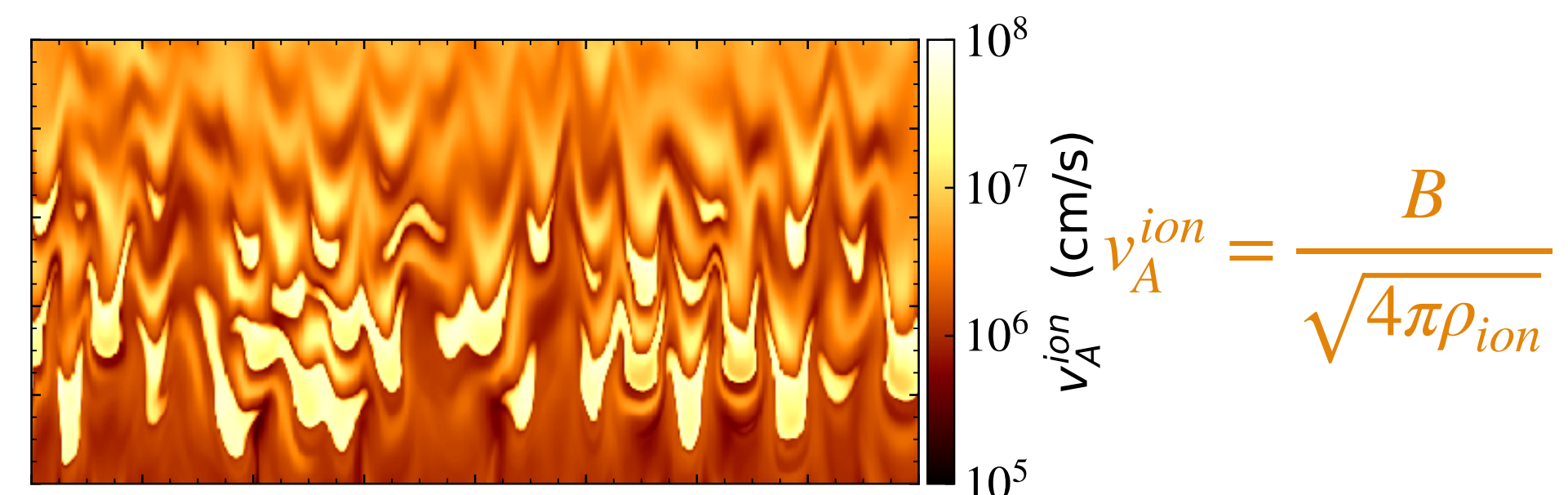
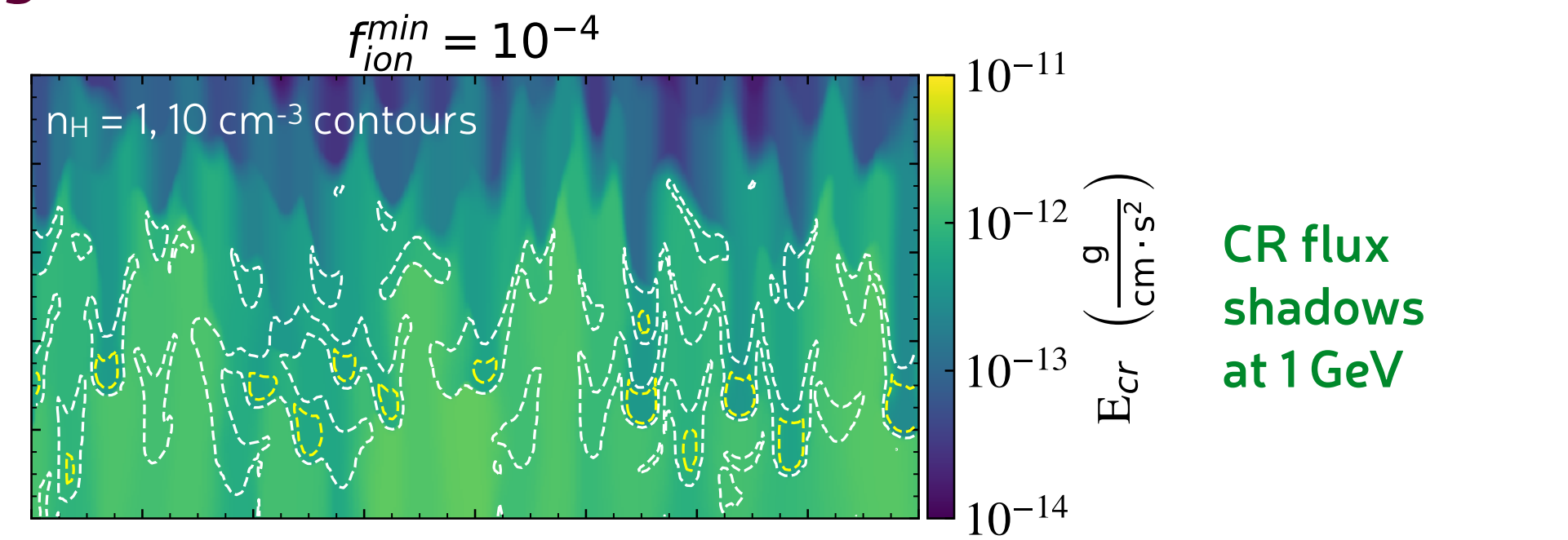
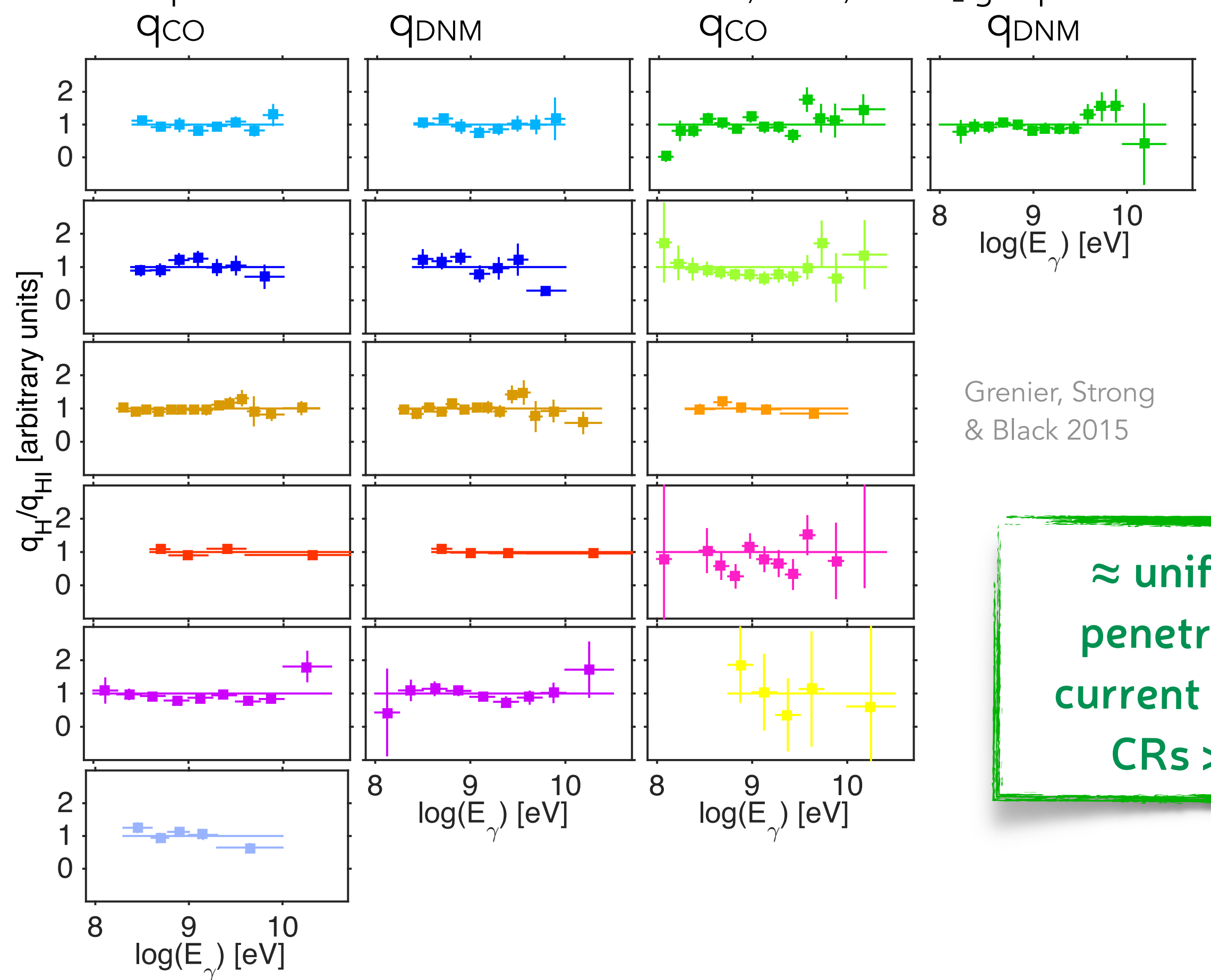


penetration of few-GeV-TeV cosmic rays inside clouds

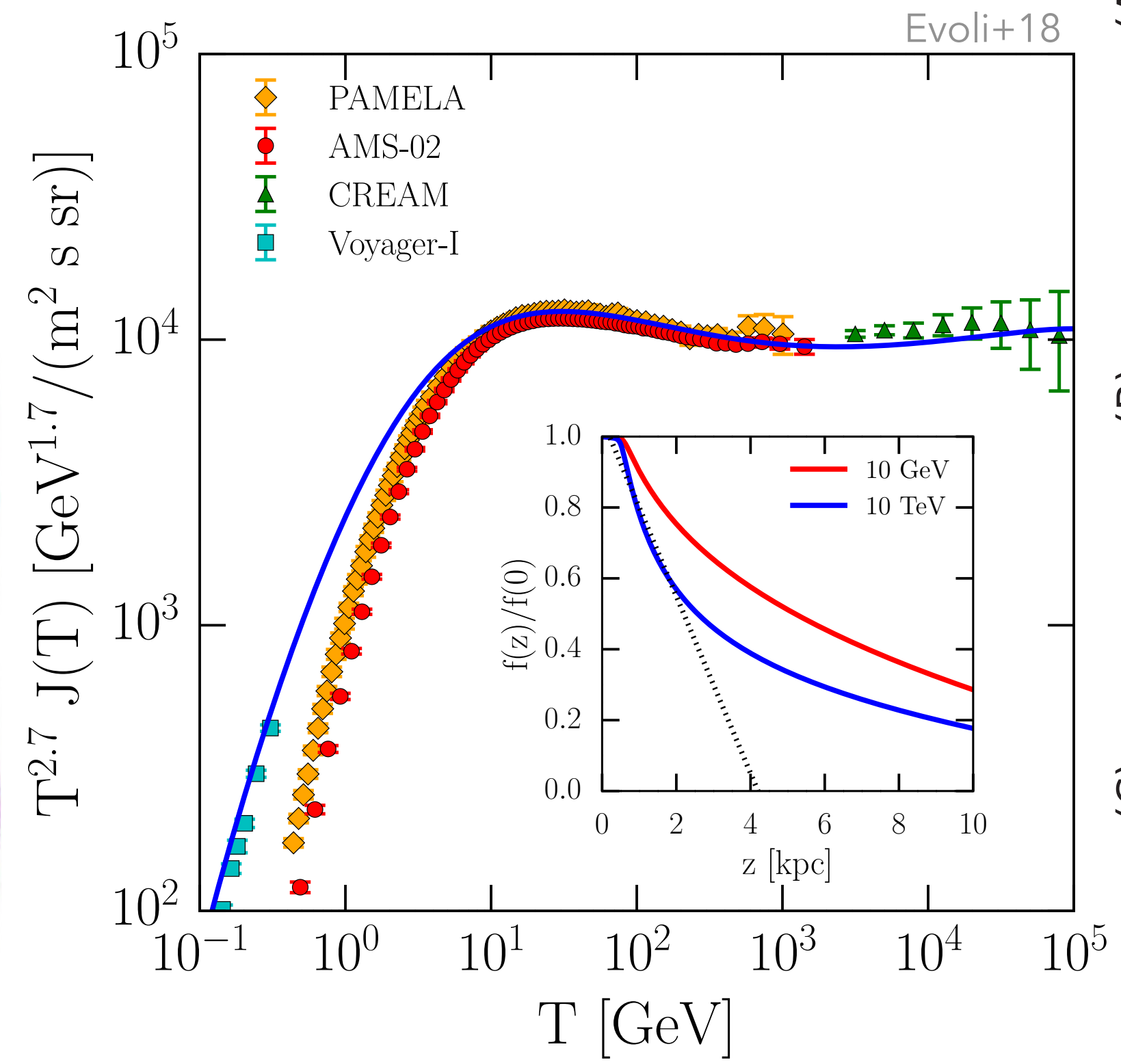
- mirroring CR depression vs. increased scattering by self-generated waves
- CR loss < factor 2 to 5



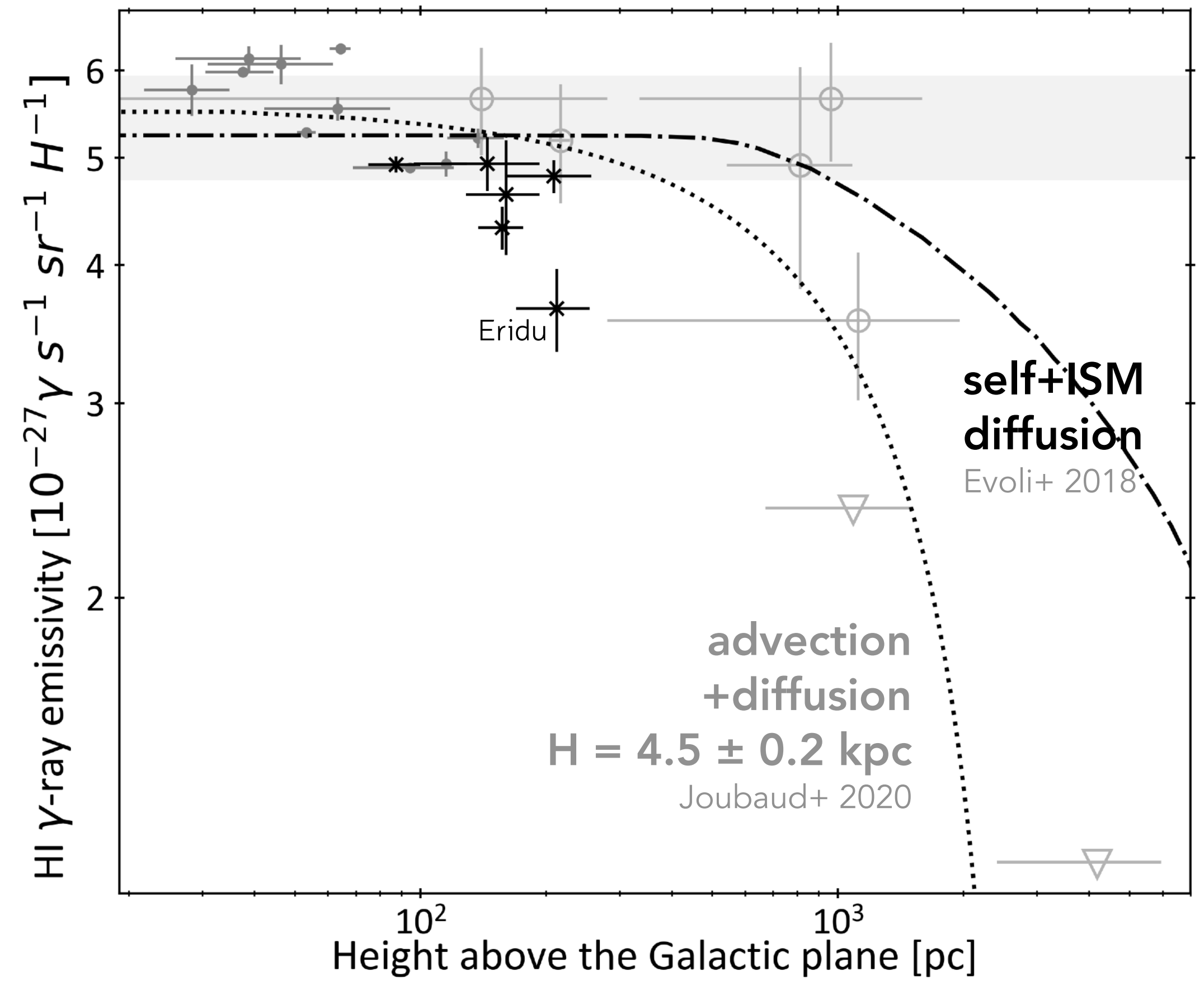
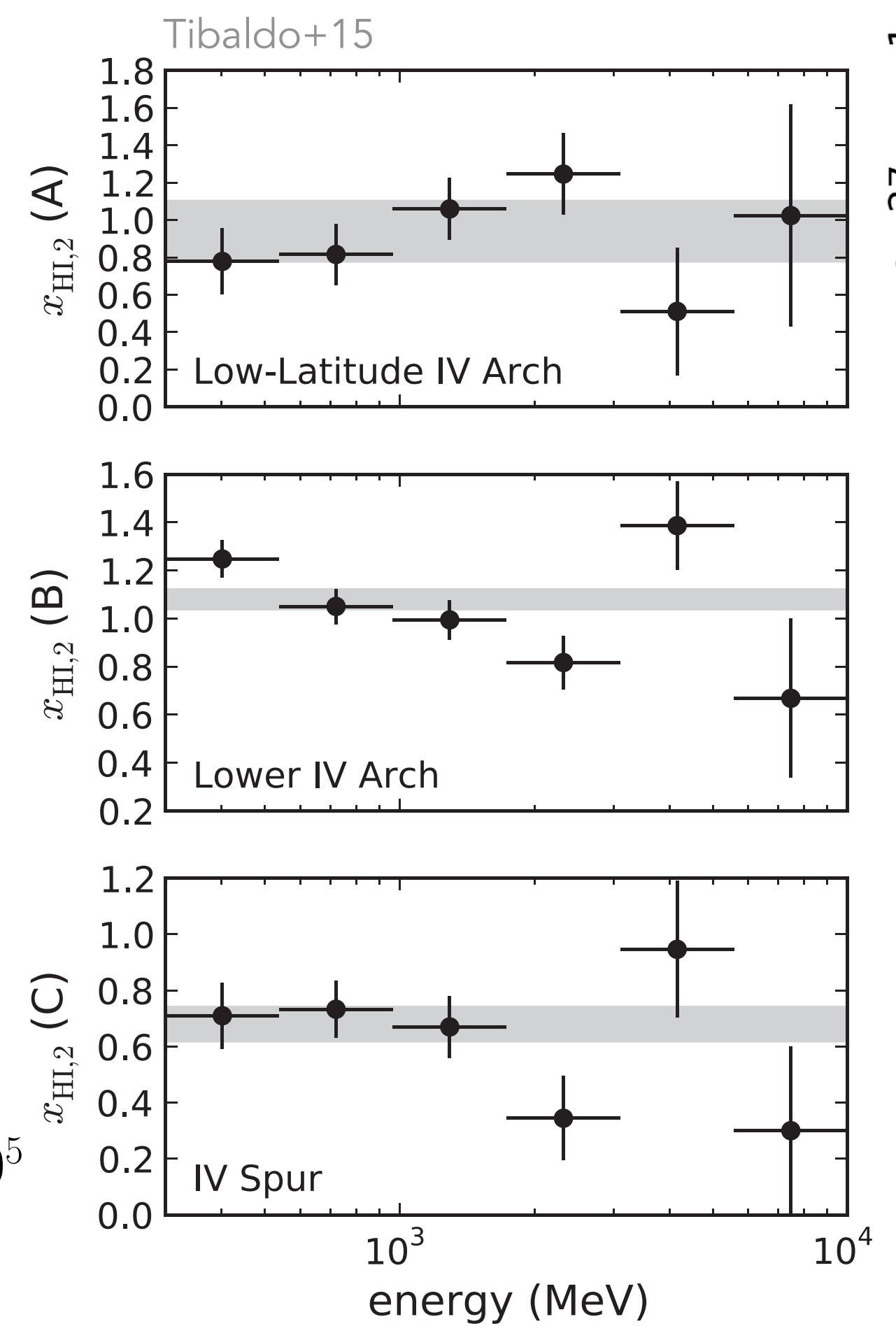
- multiphase ISM = "obstacle course of gas-coupled vs decoupled streaming regimes, further complicated by hadronic and Coulomb collisions with ambient gas"
- obs: no spectral deviations seen across the HI, DNM, and H₂ gas phases down to pc scale



- γ -ray measurements of the local CR flux with height
- 1D curve advection+diffusion : $H = 4.5 \pm 0.2$ kpc Joubaud+20
- AMS-02 2nd/1ary spectra
- USINE modelling with advection+reaccel+diffusion or pure diffusion $H = 5^{+3}_{-2}$ kpc Weinrich+20
- DRAGON modelling $H = 7.5^{+1.13}_{-0.95}$ kpc de la Torre Luque+22

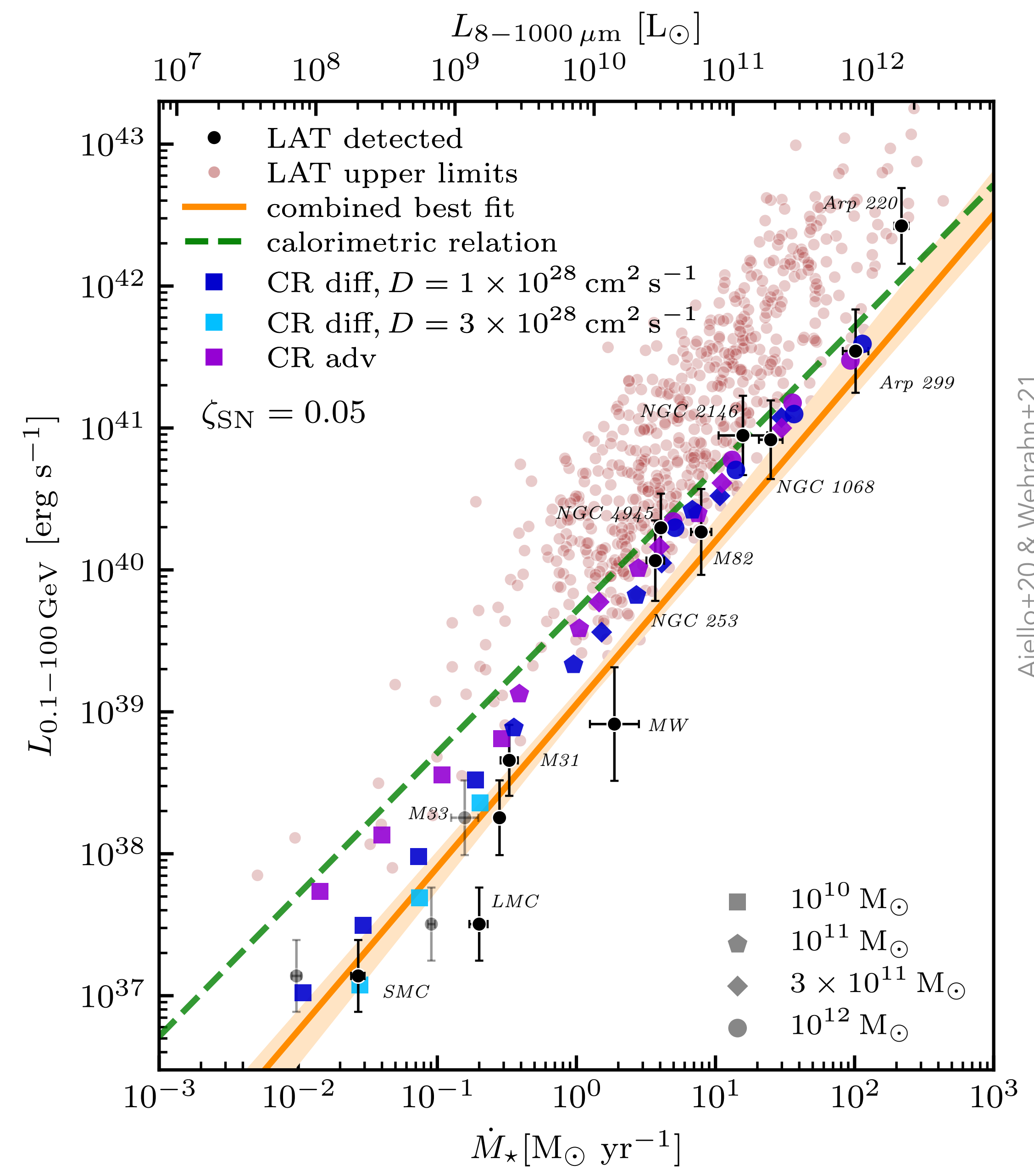
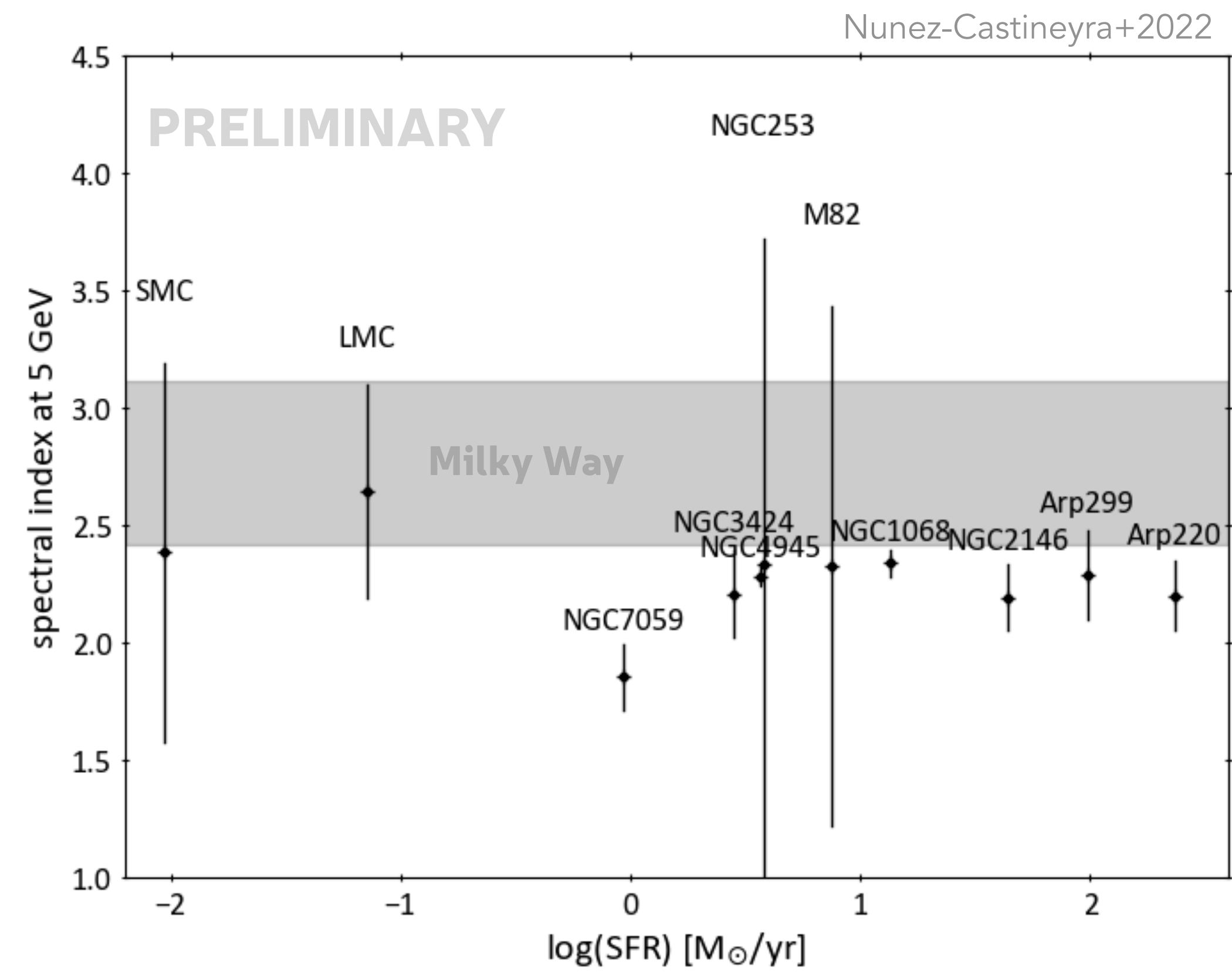


self-diffusion up to 2 kpc
ISM-diffusion at $z \gtrsim 2$ kpc

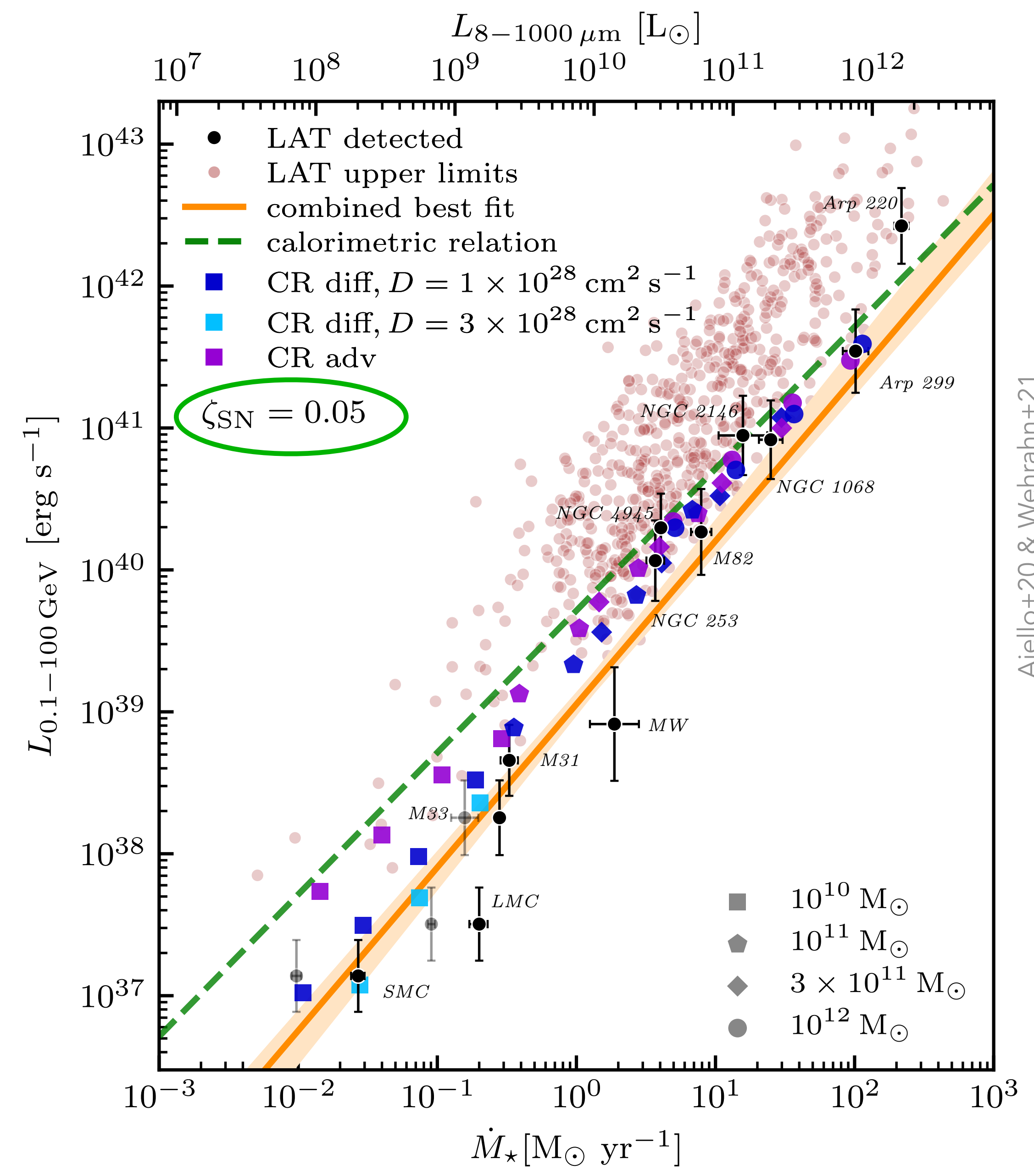
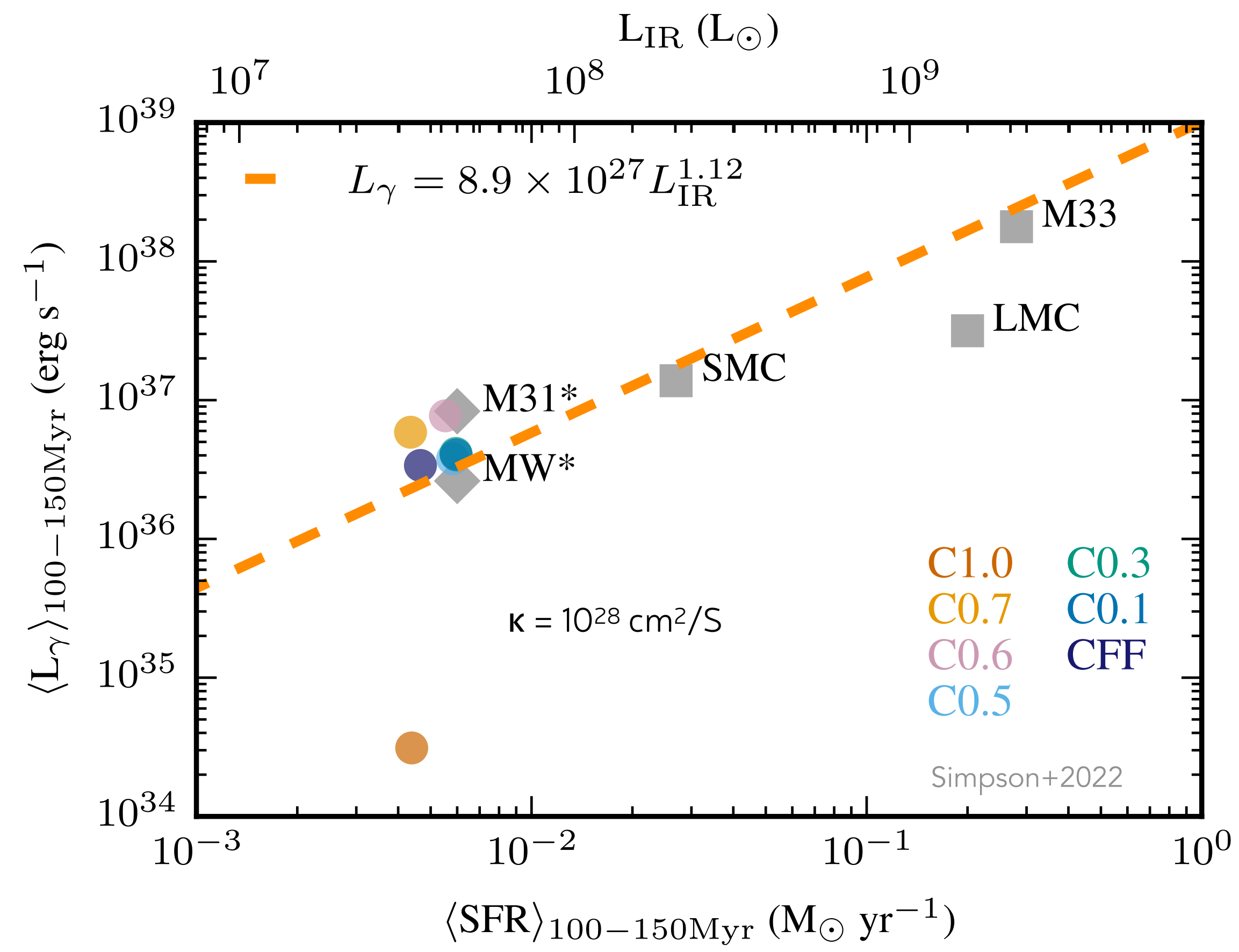


important assessment for vertical gas outflows in galaxy evolution
above a reasonably quiet disc : ok
wind in the central regions : extreme challenge

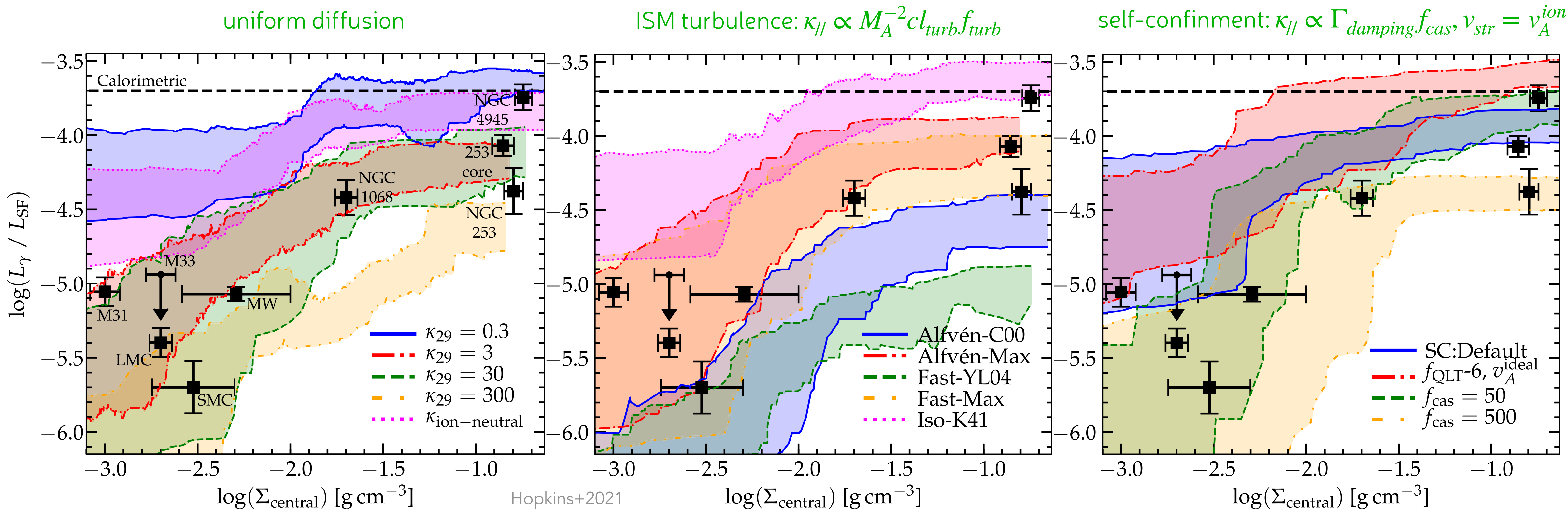
- CR activity scales with star-formation activity traced by the FIR luminosity
- calorimetric limit: $\tau_{\text{residence}} \approx \tau_{\text{pp}}$
- starburst galaxies = good calorimeters
- Milky Way = leaking calorimeter
- harder starburst galaxies but no spectral change over 2 decades in SFR



- CR activity scales with star-formation activity traced by the FIR luminosity
- calorimetric limit: $\tau_{\text{residence}} \approx \tau_{\text{pp}}$
- starburst galaxies = good calorimeters
- Milky Way = leaking calorimeter
- small dependence on SN feedback

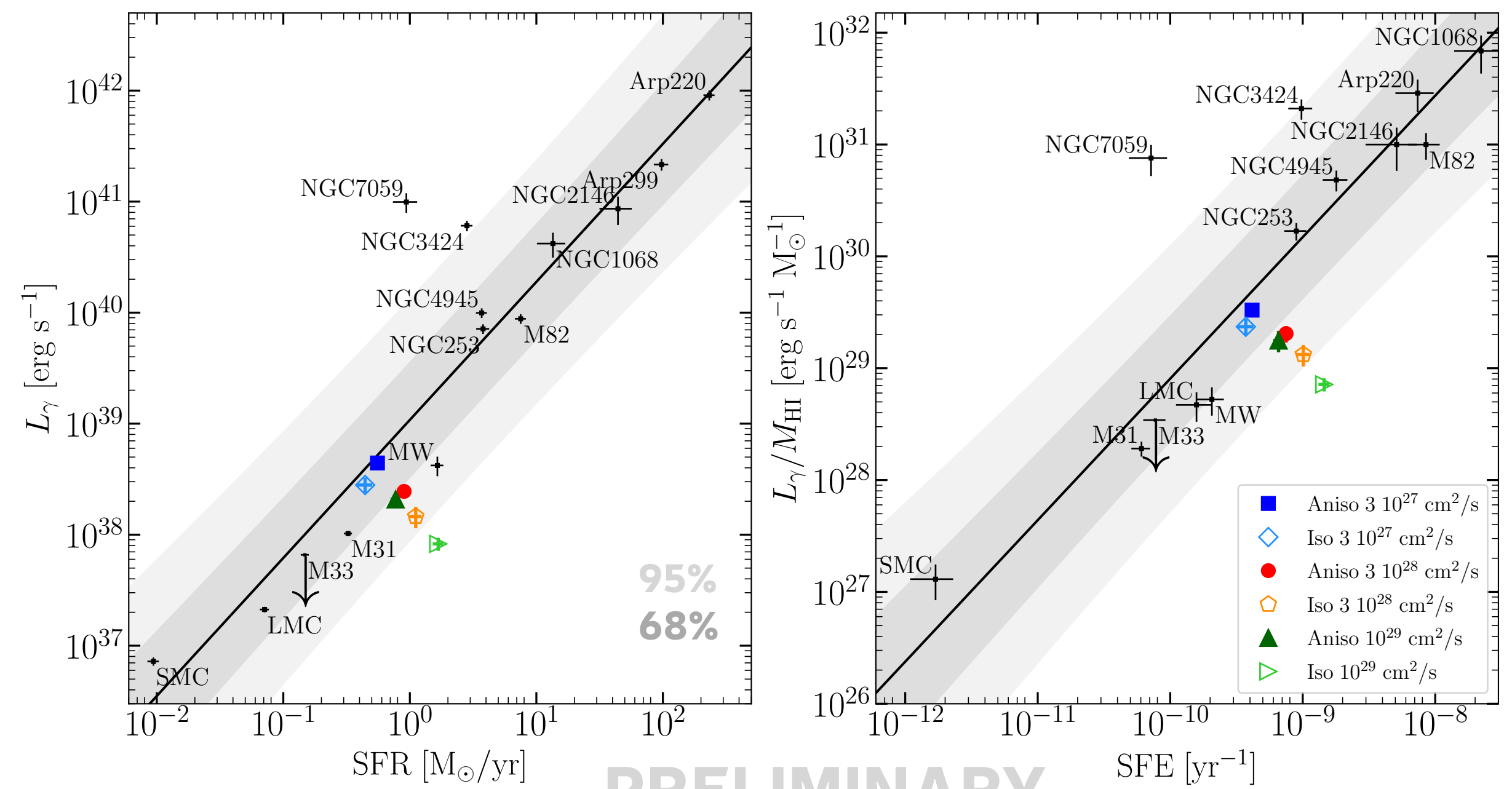


● need for much faster diffusion than estimated in the Milky Way or

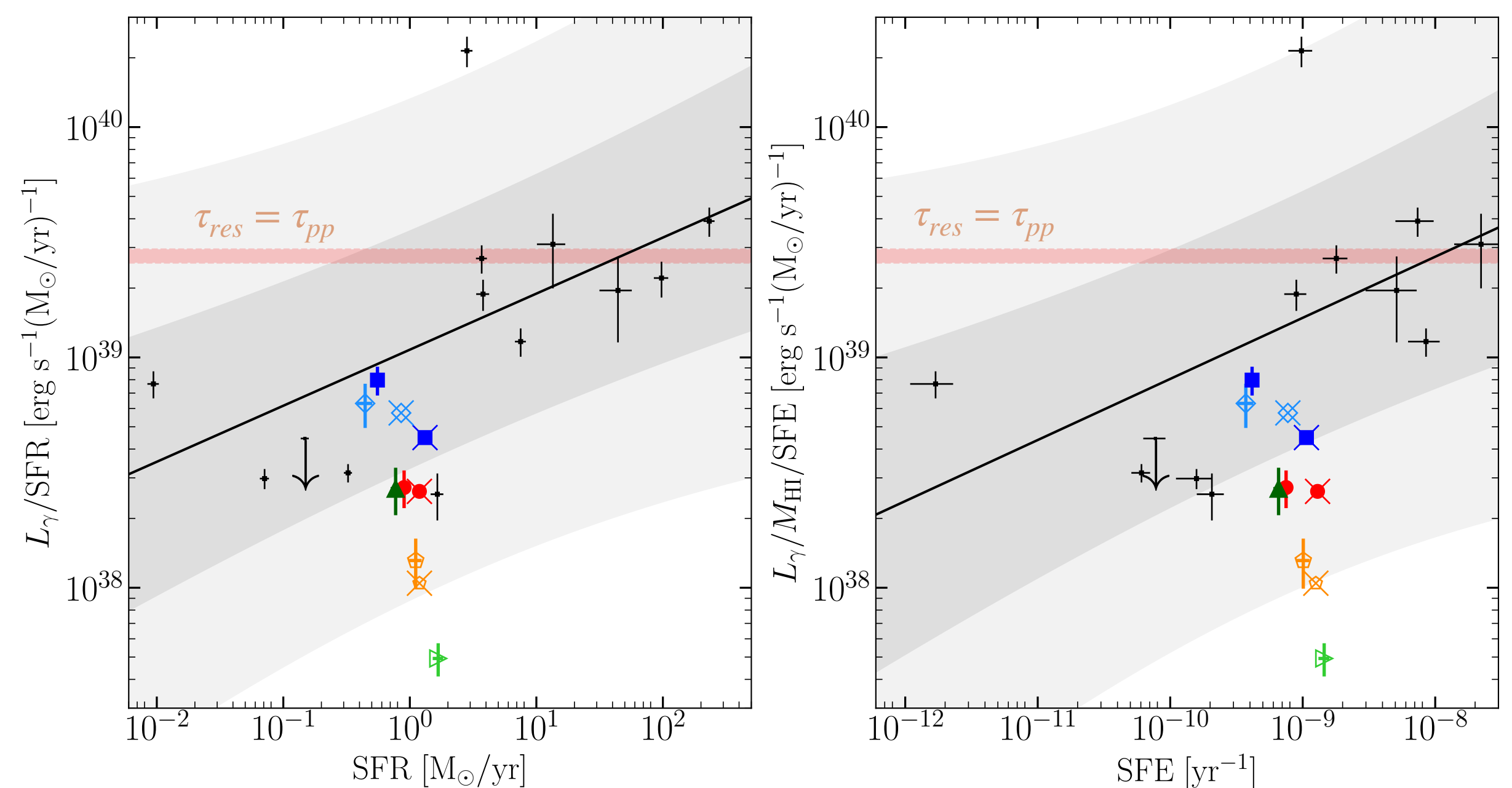
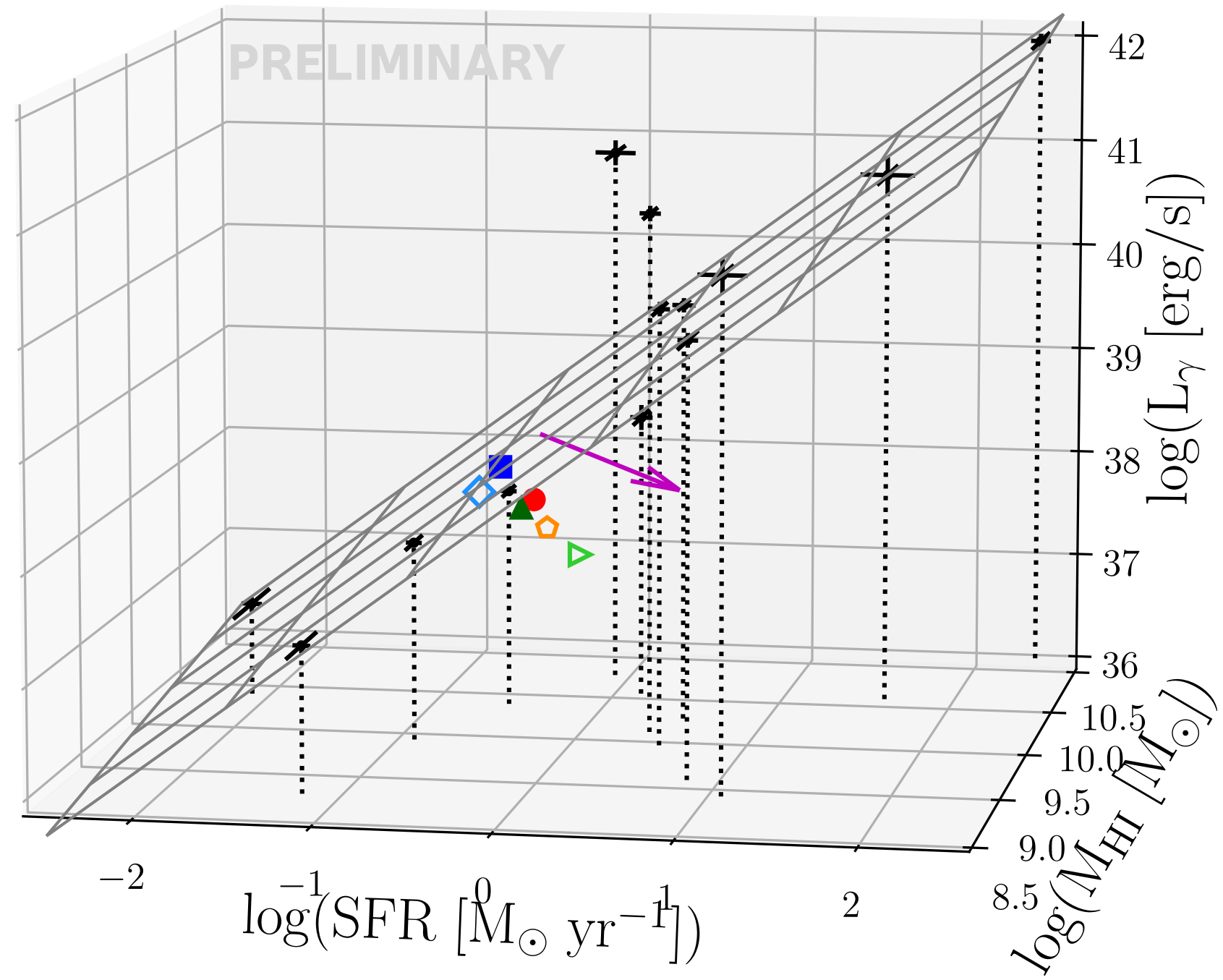


- diffusion impact on γ -ray luminosity \perp observation plane
- anisotropic $10^{27.5-29}$ or isotropic $< 3 \cdot 10^{28}$ cm²/s ok
- unlikely association for NGC 7059 in 4FGL

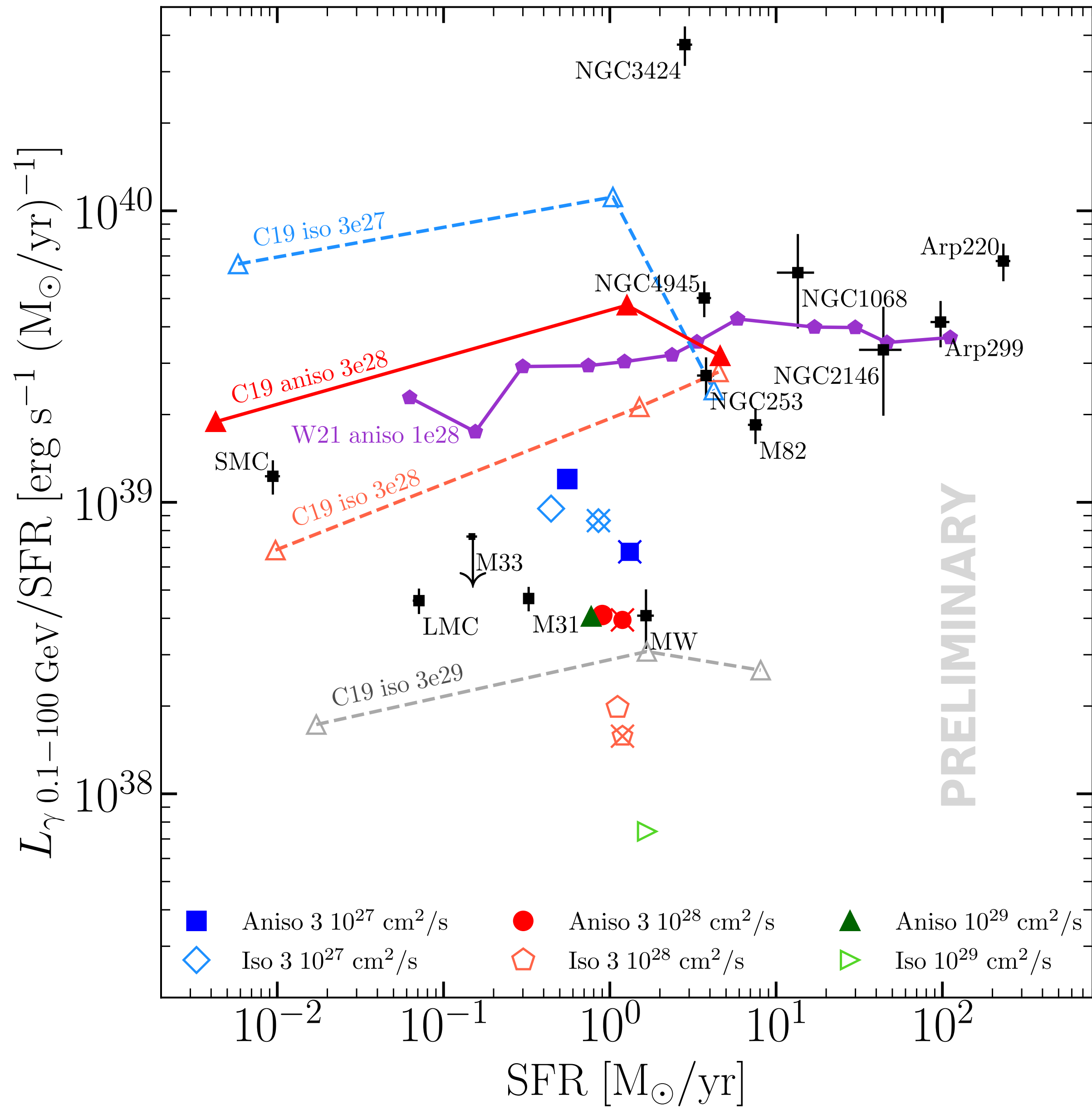
0.5 - 50 GeV



Nunez-Castineyra+2022

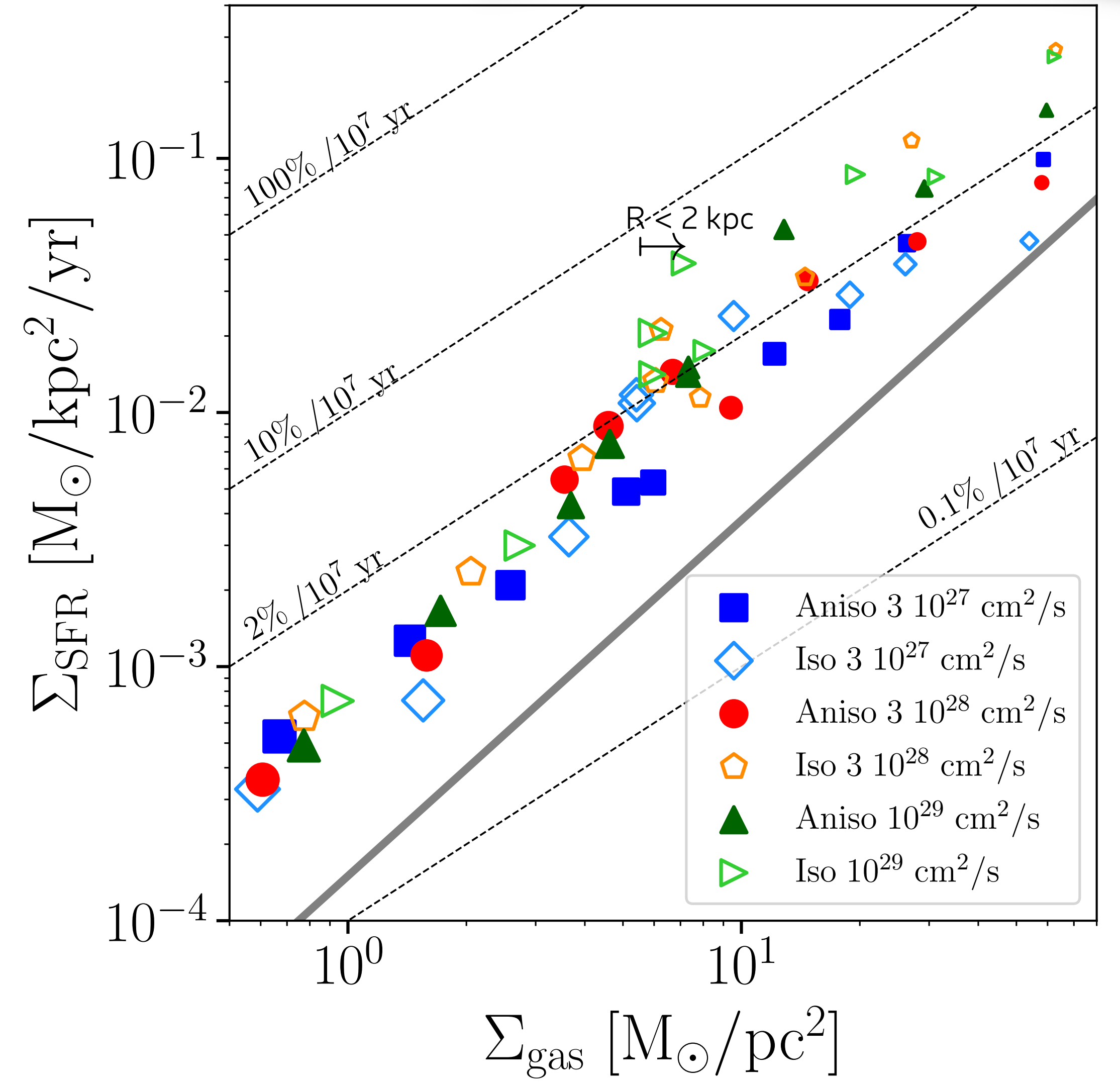
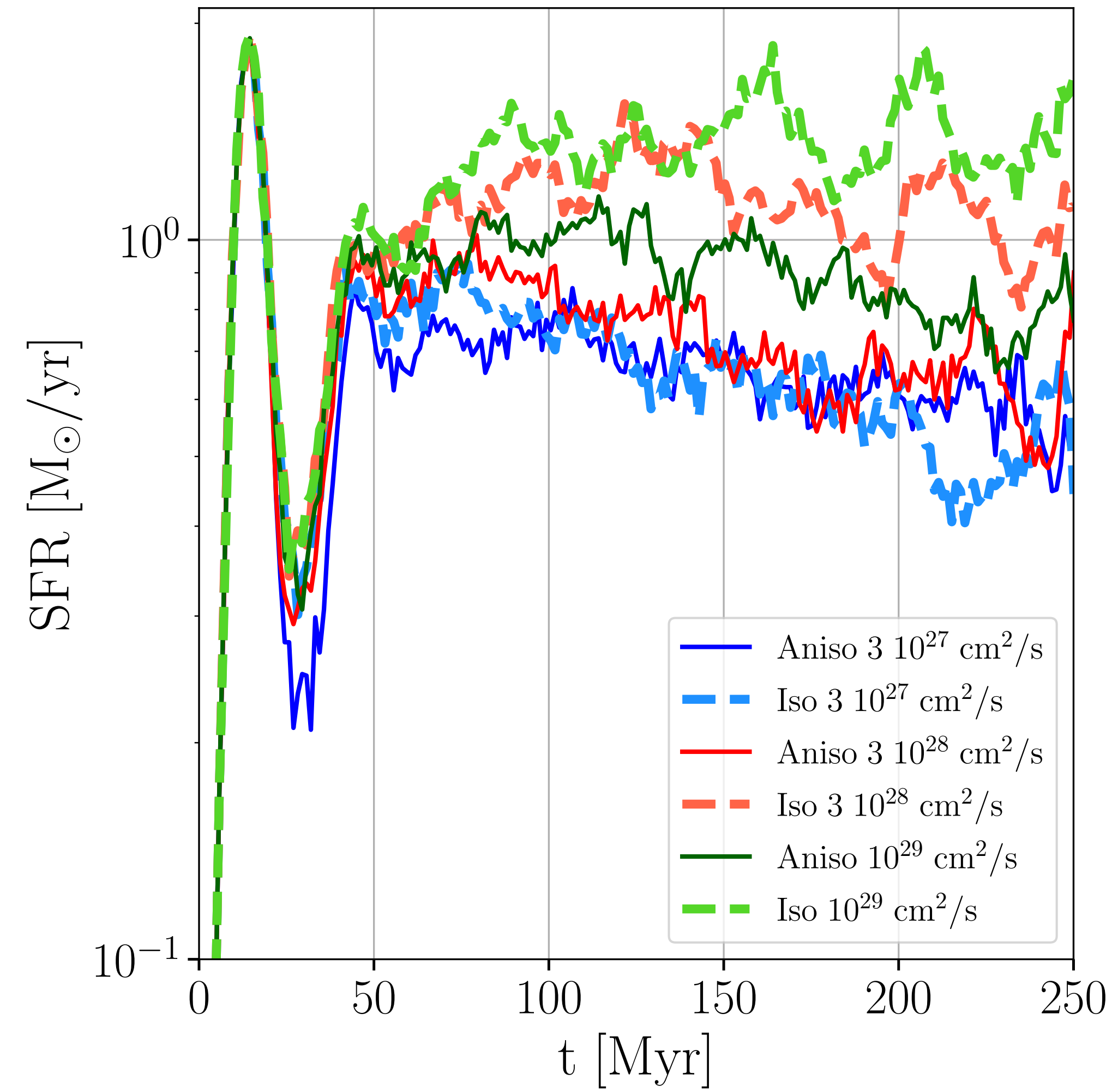


all $E_{inj,CR} / E_{SN} = 10\%$ per SN



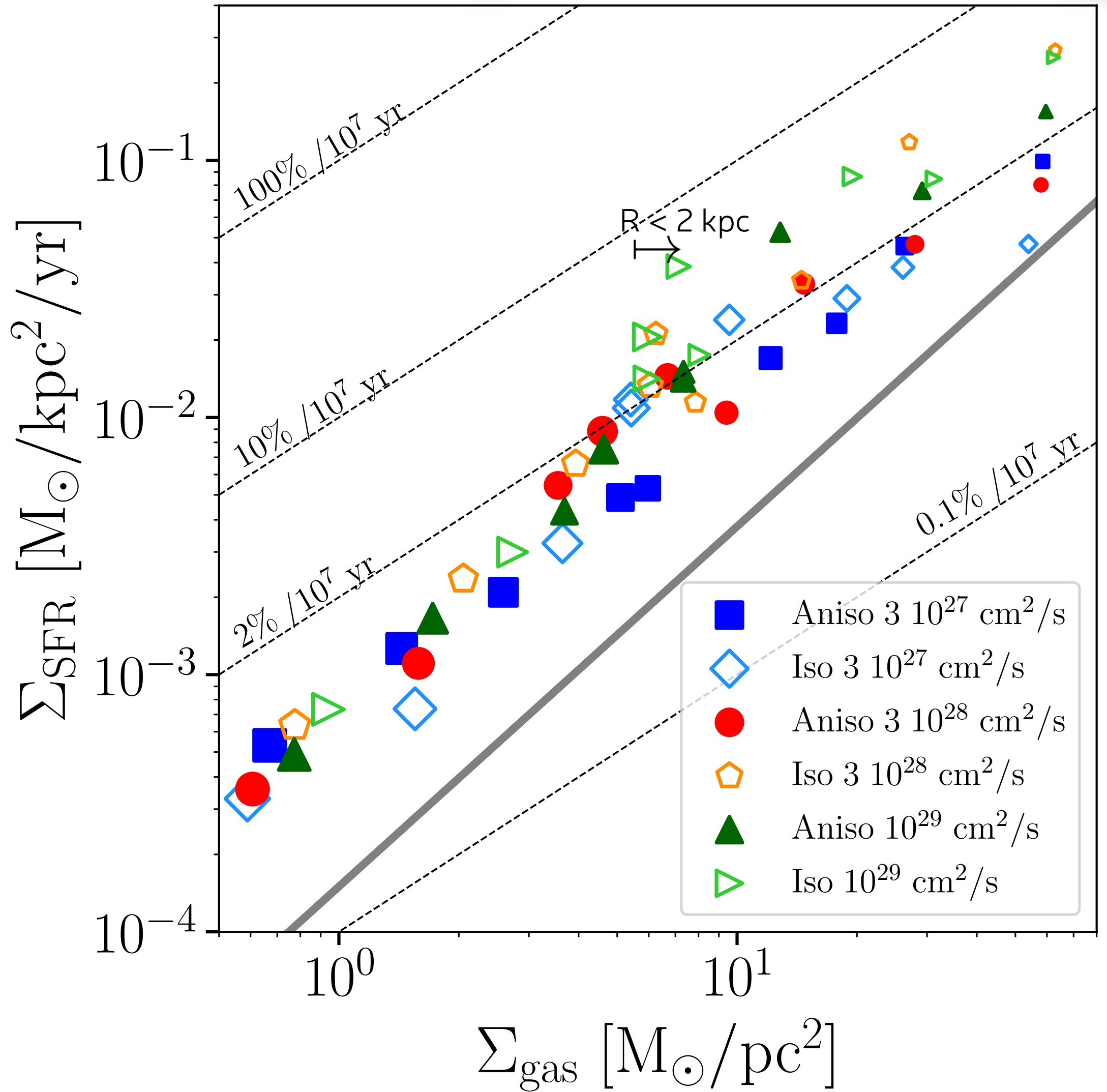
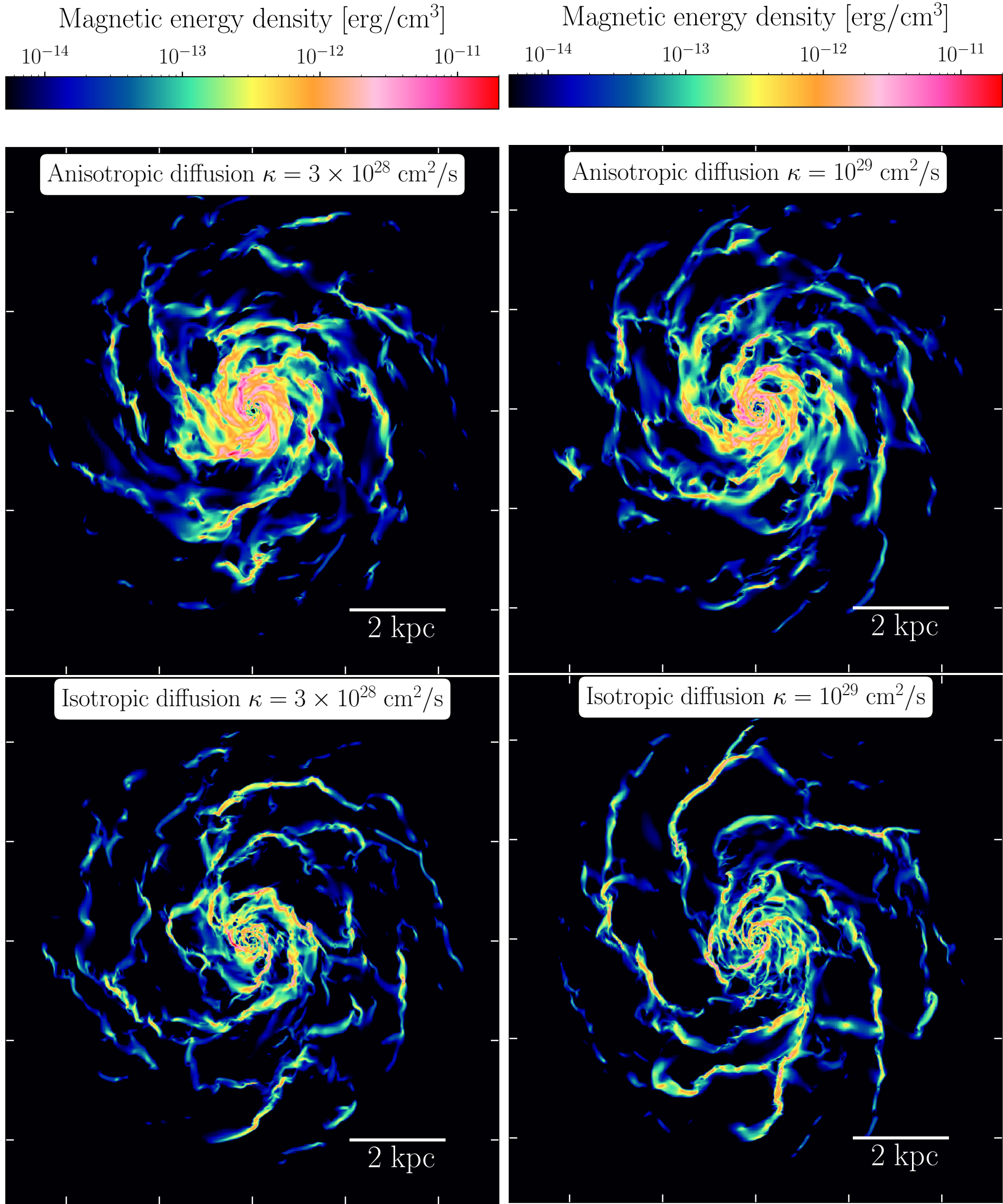
- $R > 2$ kpc : increased P_{CR} pressure => SFR suppressed by $< 50\%$
- $R < 2$ kpc : increased P_{CR} and P_B pressure => SFR suppressed by > 2 because $\langle B \rangle \times 3$ where $e_{CR} \gtrsim 2 \text{ eV/cm}^3$
- not SN-induced turbulence, but role of increased fountains? gal. wind?

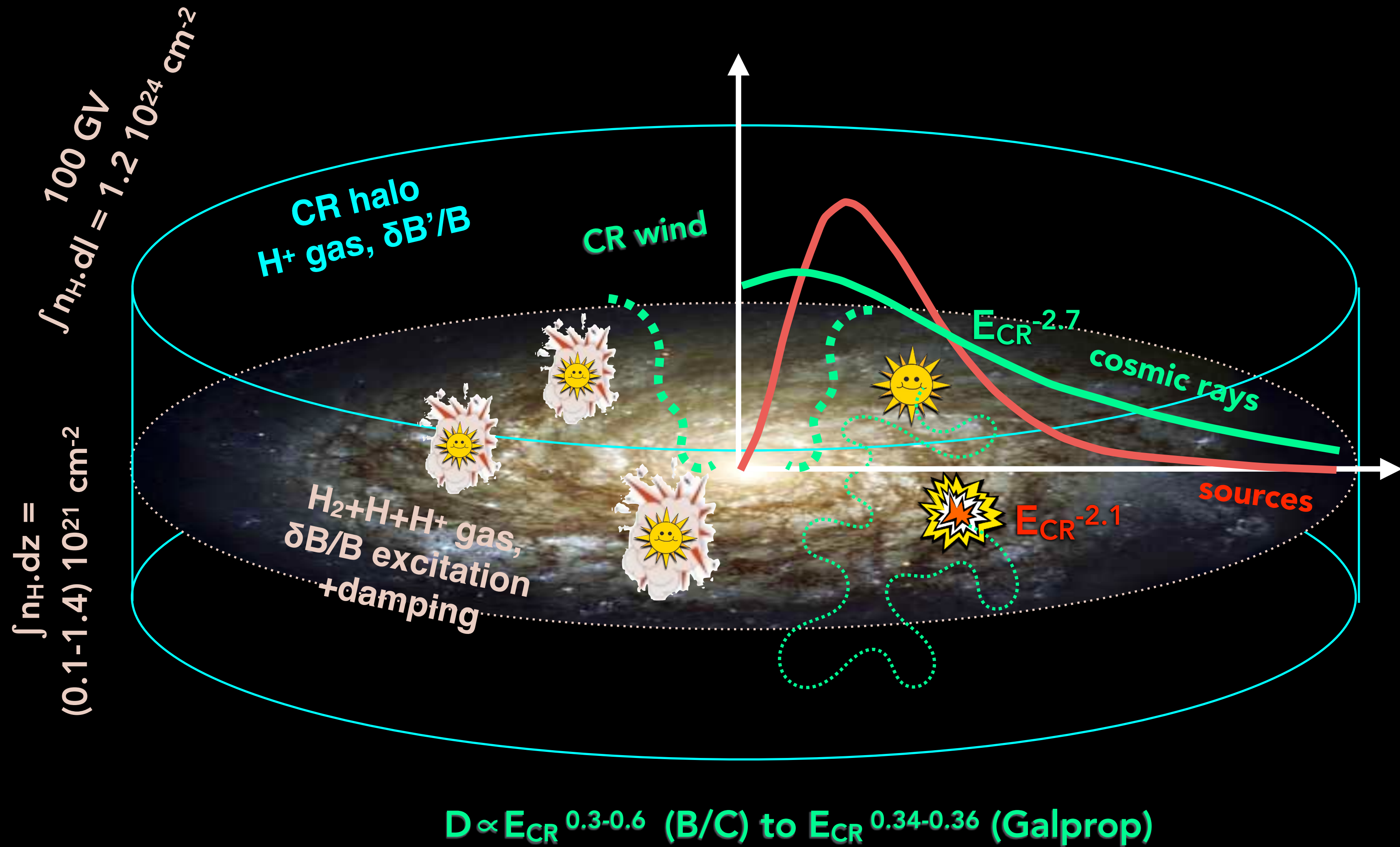
suppressed SFR if slow/
anisotropic CR diffusion



- $R > 2$ kpc : increased P_{CR} pressure => SFR suppressed by $< 50\%$
- $R < 2$ kpc : increased P_{CR} and P_B pressure => SFR suppressed by > 2 because $\langle B \rangle \times 3$ where $e_{CR} \gtrsim 2 \text{ eV/cm}^3$
- not SN-induced turbulence, but role of increased fountains? gal. wind?

suppressed SFR if slow/
anisotropic CR diffusion





- SNR envt escape?
- superbubble escape?
- level of superbubble/SNR re-acceleration?
- diffusive ISM re-accel?
- self-generated or ISM-induced confinement?
- where? $D(E)$? $D(SFR)$?
- level of flux & spectral variations across spiral arms & B valleys?
- hidden grammage?
- Gal. wind impact?
- local Chimney impact?