

IDPbyNMR Training in St.Moritz

Tuesday 7 – Friday 10 February 2012

Time	Content
Tuesday: 7 February 2012	
Morning	Arrival of the participants
13.30-15.00	Getting started
	Introduction of the coaches & the participants/ class goals
15.00-15.30	Coffee break
15.30-17.00	Benchmarks for successful scientific career
	PhD process: planning and managing the thesis
18.00	Dinner
19.00	“Betthupferl” for sweet dreams
Wednesday: 8 February 2012	
08.00	Breakfast
9.00-10.30	Academic CV: structure – content – messages

10.30-11.00	Coffee break
11.00-12.30	Developmental process in academia: Career ladder
12.30-13.30	Lunch break
13.30-15.00	Expectation management & Communication in science
15.00-15.30	Coffee break
15.30-17.00	Marketing of the scientific idea
	Marketing exercise
Evening	Sledging with Fondue
Thursday: 9 February 2012	
08.00	Breakfast
09.00-10.30	Continuation of the marketing exercise
10.30-11.00	Coffee break
11.00-12.30	Practical aspects of self-marketing
	Social Networks
	Publications
12.30-13.30	Lunch

Coaches: Monika Clausen & Andrea Degen

13.30-15.00	Team management – Self management – Time management
15.00-15.30	Coffee break
15.30-17.00	Goals setting in practice
	Goal setting – time assignments – result controlling
18.00	Dinner
Friday: 10 February 2012	
08.00	Breakfast
09.00-10.30	Planning and contingency anticipation
	Monitoring & Controlling of projects: risk & contingency plan
10.30-11.00	Coffee break
11.00-12.30	CLOSING:
	Defence of the thesis
	Goals from day 1
	Future trainings
End of the Complementary skills training	

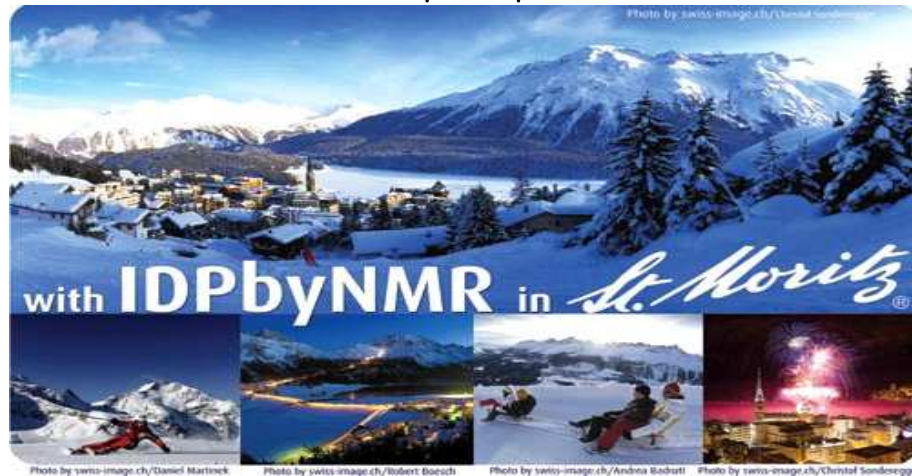
CV's		
	Dr. med. Andrea Degen	<p>Research Manager</p> <ul style="list-style-type: none"> ▪ > 10 years in R&D in Life Sciences ▪ Medical doctor in hospitals and research ▪ EU-National Contact Point (NCP) for Life Sciences for 5 years ▪ Proposal writing and implementation of various FP projects (SLIC, TB-DRUG, CONCO etc.) ▪ Evaluator of various funding schemes
	Dr. Monika Clausen	<p>Scientist – People Manager - Entrepreneur</p> <ul style="list-style-type: none"> • Engaged as trainer, coach and facilitator • Design and leading of workshops for transferable skills for academic clients (own training curriculum) • Coaching / Mentoring of groups / teams and individuals on career related issues • Broad training background and work in industry experience

Contact:

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Further information for the participants



How to reach the location:

Train: Airport – St.Moritz train station:

Find out your matching time table and buy your ticket on: <http://fahrplan.sbb.ch/bin/query.exe/en> or directly at the SBB ticket corner at the Zurich Airport (Check-In 3).

Train from Zurich Airport:

Please fill in: From: *Zürich Flughafen* To: *St.Moritz Bahnhof* (ca. 4h)

Bus & Train from Basel Airport:

Please fill in: From *Basel, EuroAirport* To: *St.Moritz Bahnhof* (ca. 5h)

Train from Geneva Airport:

Please fill in: From *Genf Flughafen* To: *St.Moritz Bahnhof* (ca. 6.5h)

Youth Hostel

The Youth hostel is situated in *St.Moritz Bad* ("behind the lake") and you can reach it by bus (number 9, the bus stop is called "Youth Hostel"), by foot (ca. 30 minutes, through snow-covered streets) or by taxi (between 20.- and 30.- CHF). You should buy your train ticket at the ticket corner before travelling. The bus tickets are normally available at the ticket corner but sometimes only in the bus. For those who like to stay a little bit longer, please get directly in contact with the youth hostel.

(Youth Hostel St.Moritz, Via Surpunt 60, 7500 St..Moritz Bad.Tel: +41 81 836 61 11 Fax: +41 81 836 61 12. Mail: st.moritz@youthhostel.ch Web: www.youthhostel.ch/st.moritz)

Currency

The currency in Switzerland is Swiss Franks (CHF). In most places you can also pay in Euro, but with a bad exchange rate and they often only accept tickets, so we recommend paying in CHF.

Equipment

The winter in St.Moritz is often very freezing, so we recommend taking along warm clothes, shoes (also for sledging!!!), gloves, a woolen hat, etc. The temperatures in the winter can switch from 20° Celsius (and more) below zero during the night to ca 3° Celsius on a sunny day, which is often the case. Don't forget your sunglasses and sun cream. For sledging (we'll do sledging by night!!) and eventually skiing you need additionally winter outerwear.

Leisure time activities

In St.Moritz you can go skiing, sledging, walking, cross country skiing, ski touring, doing wellness, enjoy the White Turf horse race on the frozen lake which is taking place in those days, etc. The Spa areas of many hotels are accessible also for exterior guests against payment and there's a great indoor pool in Pontresina (the one in St.Moritz is under construction), so don't forget your swimsuit. You can also borrow skis, snowboards and sledges in various sport outfitters (e.g. "Boom Sport" in St.Moritz Bad: <http://www.boom-sport.ch/>).

The following links will help you to get the needed information.

Useful links:

Engadin (name of the region), St.Moritz tourism

<http://www.engadin.stmoritz.ch/winter/en/>

Swiss railway company

<http://www.sbb.ch/en/home.html>

St.Moritz, further information

<http://www.stmoritz.ch/en/winter.html?cHash=1d016f26ad44af4c8088c999491a4bf9>

Engadin bus routes

http://www.engadinbus.ch/pdf/Fahrplaene/2010_2011/sommer/Linienplan.pdf