



IDPbyNMR in St.Moritz

Complementary skills training Career planning, self management & structuring your thesis: Summary

IDPbyNMR aims to prepare young people for their career. In scientific trainings, they learn to tap their potential and to create innovative ideas. The first of these trainings took place in Budapest in autumn 2011, where the researchers have been introduced to databases and to the analysis technology of intrinsically disordered proteins. But to succeed in research, scientific skills alone are not sufficient. Complementary Skills are indispensable to succeed. The „Complementary Skills Trainings“ of this project are designed to meet exactly this demand.

Ignoranti quem portum petat, nullus suus ventus est. ('If one does not know to which port one is sailing, no wind is favourable') Lucius Annaeus Seneca



In February 2012 the young researchers met for the first edition of the Complementary Skills Programme in the picturesque ski village of St. Moritz, they learned and were encouraged to define their objectives in analogy to the quote from Seneca. The following topics were on the agenda:

- Self-Marketing: What is Self-Marketing? Why is it important and how is it done? (incl. Presentation exercises)
- Benchmarks and Competition in Research: Impact of benchmarks and competition in research and the future career. How to deal with it?
- Project management: Organizing the PhD project. Important tools & methods (IPMA standard)

The highly positive feedbacks and the happy faces of the 14 PhD students confirmed: The programme has convinced and inspired and it is on a really good way to serve its purpose also with respect to the promotion of innovation in Europe.