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Vienna Doctoral School of Pharmaceutical,
Nutritional and Sport Sciences

PhaNuSpo Retreat 2024

Vienna
Doctoral
Schools

Vienna Doctoral School of Pharmaceutical, Nutritional
and Sport Sciences, University of Vienna

16-17 September 2024

Naturhotel Steinschaler Dörfli, 3213 Frankenfels, Lower Austria

What you can expect

A two-day programme of exciting scientific discussions, networking, promoting interdisciplinary exchange and learning transferable skills. Day 1 will focus on science: there will be a panel discussion with our SAB members, poster presentations by our PhD students and science karaoke presentations showcasing the research diversity of the VDS PhaNuSpo. Prizes will be awarded to the 4 best posters. Day 2 will include workshops on career development, an open space for PhD students to brainstorm and plan self-organised initiatives (e.g. science slam competition), followed by an interactive session on peer-to-peer learning (World Café style). Supervisors are invited to attend a workshop on supervision and on the postdoc initiative of the University of Vienna, led by external experts. Last but not least, our annual retreat is a nice break from the daily routine at the university and a perfect opportunity to exchange ideas and network with other PhD students, supervisors and invited guests, as well as having lots of fun.

Target group

The Retreat is open to VDS PhaNuSpo members and invited guests. Active participation is expected for both days and will be credited with ECTS: active participation 1 ECTS, additional 2 ECTS for poster authors and 1 ECTS for jury members.

Travel, accommodation and meals are organised and covered by the doc school for PhaNuSpo members and invited guests.



Your Feedback



Scan the QR code or go to
<https://forms.office.com/e/Rd10GSdzfs>

The Link is active from
17 Sep. (4pm) – 04 Oct. (midnight)



Three disciplines. One goal.

Programme of Mo 16.09.2024: Science Day

- All sessions are held in the large seminar room Talblick (in the Haus Talblick 7)
- Lunches & dinner: outside the large seminar room or outside area
- The evening village festival/get-together: Dorfplatz and Dorfwirtshaus (4).

Time	Programme point
8:30	DEPARTURE from 1090 Vienna, Josef-Holaubek-Platz (in front of BK.A)
Approx. 10:30/11:00	ARRIVAL in Frankenfels, Seminar Hotel Steinschaler Dörfel Time for check in and short walk, physical exercise,
11:30 – 12:30	Warming up & connecting <ul style="list-style-type: none"> • Welcome, housekeeping and introduction to the retreat programme <i>by Jürgen König</i> • Interactive icebreaker <i>led by PhDs Johanna Sick and Max Wodak</i>
12:30 - 14:00	LUNCH BREAK
14:00 - 15:00	Panel discussion and Q&A with PhaNuSpo SAB members , moderated by PhD students <i>Johanna Sick and Max Wodak</i> <ul style="list-style-type: none"> ○ Pharmacy: Marcel A.G. van der Heyden, University Medical Center Utrecht, Netherlands ○ Nutrition: Christoph Matthys, KU Leuven, Belgium ○ Sport (online): Daniela Caporossi, University of Rome Foro Italico, Italy
15:00 – 17:40	POSTER SESSIONS with a coffee break: Tell others what your research is all about in a way they can understand!
15:00 - 15:05	• Rules for poster sessions <i>by Marietta Zille</i>
15:05 - 16:15	• Poster session A : odd numbers
16:15 - 16:30	COFFEE BREAK
16:30 - 17:40	• Poster session B : even numbers
17:50 - 18:30	PPT Science Karaoke competition , <i>hosted by Johanna Sick and Max Wodak.</i> <ul style="list-style-type: none"> • Presentations & voting for the best presenter. • Poster & Science Karaoke Award Ceremony
19:00 onwards	• DINNER • Dorffest / Get-Together



Three disciplines. One goal.

Programme of Tue 17.09.2024: Transferable skills

Locations: see map on the last two pages

- Career talks for PhD students: in the large seminar room Talblick (Haus 7) and/or in the outdoor area.
- Supervision workshop for supervisors: in seminar room Felsblick (Haus 7).
- World Café: in the seminar room Talblick or/and in the outdoor area.

Time	Programme point
Until 9:00	<ul style="list-style-type: none"> • Breakfast and check-out • Individual morning activities
09:00 - 12:00 with coffee breaks	<p>Parallel Sessions</p> <p>A) For PhD students: "My career path and its successes and challenges", career talks with invited postdocs from outside academia. Format: 3 groups rotating.</p> <ul style="list-style-type: none"> ○ Pharmacy: Isabella Presch, Senior Medical Director of Fortrea's Rare Diseases, Advanced Therapies and Pediatrics Team. ○ Nutrition: Petra Burger, Director Public Affairs at The Coca-Cola Company. ○ Sport: Christoph Triska, Leistungssport Austria, Head of Sport Science Team. <p>B) For Supervisors, SAB and Postdocs: Workshop on "Practices in PhD Supervision: Navigating Complexities in PhD Supervision" <i>Trainer: Markus Böckle</i></p>
12:00 - 13:30	LUNCH BREAK
13:30 - 15:00	<p>Parallel Sessions</p> <ul style="list-style-type: none"> • For PhD students: "World Café - the benefits of peer-to-peer learning" <i>Led by Markus Böckle, Johanna Sick and Max Wodak</i> • For Supervisors, SAB and Postdocs: "Building a postdoc career development center at univie" <i>By Lisette Schmidt, Center for Doctoral Studies and Career Development of the University of Vienna</i>
15:00 – 15:30	<ul style="list-style-type: none"> • Group photo • Retreat Wrap-up & Closing Drinks
15:30	DEPARTURE
17:30	Estimated arrival (depending on traffic) at 1090 Vienna, Josef-Holaubek-Platz



 **MEETING POINT** in Vienna on **16 September 2024** at **8:15**
The bus leaves sharp at **8:30 am**

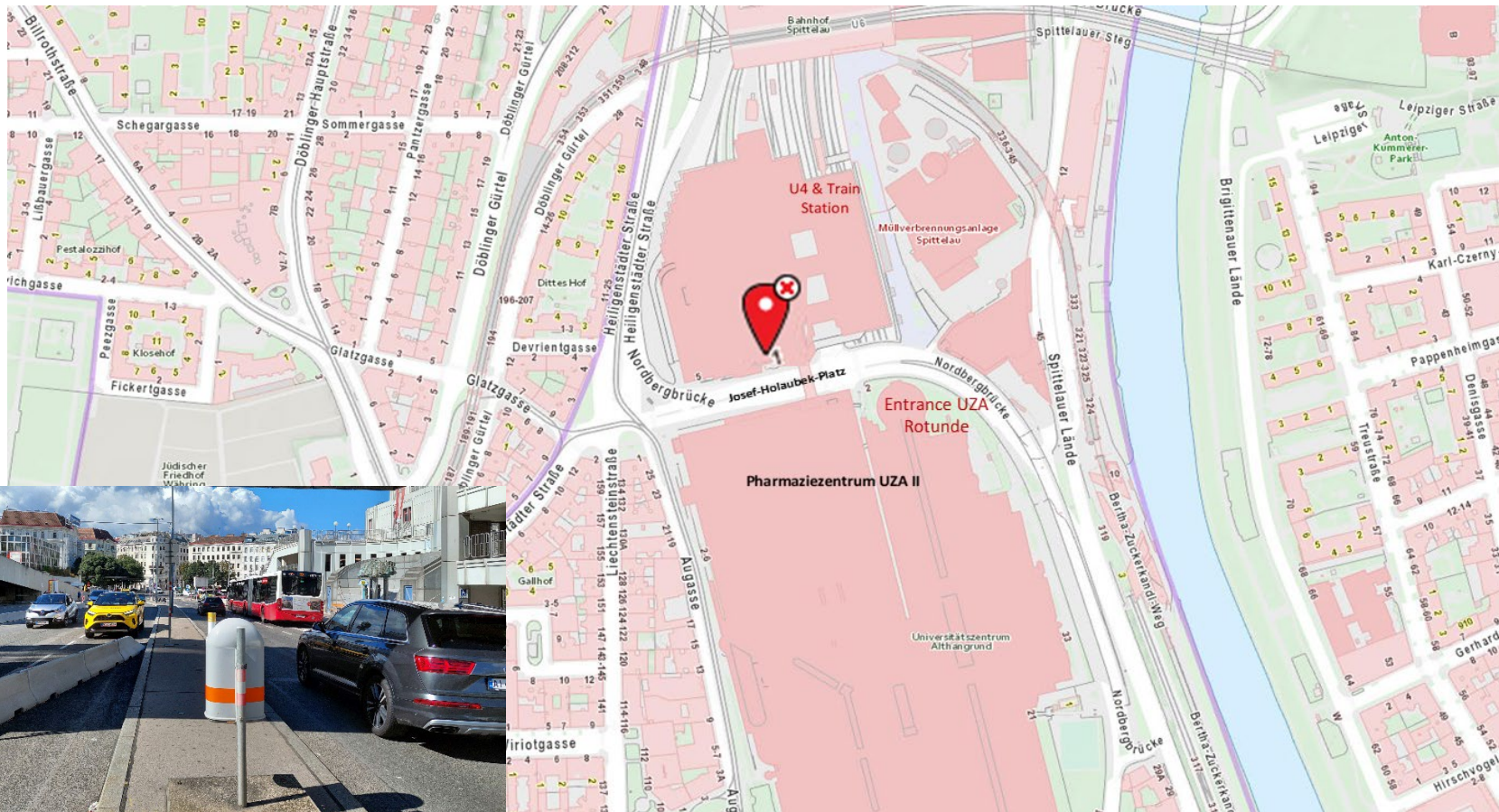


Photo: This is the view from having the entrance UZA2 Rotunde in the back down the street Josef-Holaubek-Platz towards Heigenstätter Straße. Our bus of the company "Dr. Richard" will most probably stop in the area where the yellow car is standing in the picture.

Site maps: Naturhotel Steinschaler Dörfli

10 Ausnahmehäusl

8 Jagdhaus

4 Dorfwirtshaus

3 Ferienhaus

2 Bauernhaus

DORFPLATZ

5

16

4

3

Empfang

1

6

7

8

9

10

INFO

Ausnahmehäusl

2

1

Dorfhotel

Empfang

11 Rondo „Brunnen“

Biotop

Blockhaus

13

Steinschaler Dörfli

3213 Frankenfels
Tel. 02724 373-0

4 Dorfwirtshaus

5 Haus der Stille

7 Haus Talblick

8 Jagdhaus

1 Dorfhotel Natur

weiss@steinschaler.at - www.steinschaler.at - steinschalerwiki.at



Your FEEDBACK on the RETREAT is very valuable and will be greatly appreciated (it's anonymous).

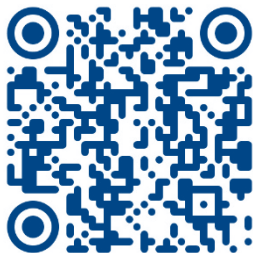
Scan the QR code or go to
<https://forms.office.com/e/Rd10GSdzfs>

*The link will be active from
17 September from 16:00 until 04 October midnight.*



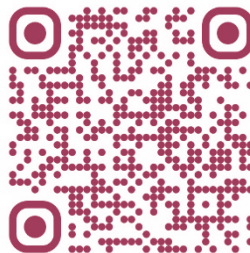
Website

<https://vds-phanuspo.univie.ac.at/>



LinkedIn

<https://www.linkedin.com/school/phanuspo/>



Podcast

<https://lifesciences-sciencelife.podigee.io/>

