

SOMACROSS Research Retreat 30.08. – 01.09.2023

Wednesday, 30.08.2023 Early Career Researchers	
Arrival 10 a.m.	Welcome Coffee
10:00 – 11:00 a.m.	Informal exchange between early career researchers
11:15 – 12:45 a.m.	Coaching-Workshop I
12:45 – 1:30 p.m.	Lunch
1:30 – 3:00 p.m.	Coaching-Workshop II
3:00 – 3:15 p.m.	Coffee Break
3:15 – 4:45 p.m.	Coaching-Workshop III
5:30 – 6:30 p.m.	Pilates
7:00 – 8:00 p.m.	Dinner
	Social evening

Thursday, 31.08.2023 Everyone	
8:00 – 9:00 a.m.	Breakfast
9:00 – 10:00 a.m.	Meet the Prof
10:00 – 10:15 a.m.	Arrival of the other participants
10:15 – 11:30 a.m.	Lecture (Prof. Blake Dear)
11:30 – 11:45 a.m.	Coffee Break
11:45 -1:15 p.m.	Project Updates
1:30 – 2:30 p.m.	Lunch
2:30 - 3:00 p.m.	Pitch Session Mini-Grants
3:15 – 4:45 p.m.	Project Meetings // Advisory Board Meeting/Data Safety & Monitoring Board
5:30 – 6:30 p.m.	Functional Fitness
7:00 – 8:00 p.m.	Dinner
	Social evening

Friday, 01.09.2023 Everyone	
8:00 – 9:00 a.m.	Breakfast
9:15 – 10:00 a.m.	Lecture (Prof. Rona Moss-Morris)
10:15 – 11:15 a.m.	RU SOMACROSS: Reflection and Research Perspectives
11:15 – 11:30 a.m.	Coffee Break
11:30 -12:30 a.m.	RU SOMACROSS: Reflection and Research Perspectives (continued)
12:30 – 1:00 p.m.	Mini-Grants Award, Resumé & Conclusion of the Research Retreat
1:00 – 2:00 p.m.	Lunch
From 2:00 p.m.	Departure