

SOMACROSS Research Retreat 06.11. - 08.11.2024

Wednesday, 06.11.2024 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 by Kerstin Maehder
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 – 9:00 p.m.	Dinner
	Social evening

Thursday, 07.11.2024 Everyone	
8:00 – 9:00 a.m.	Breakfast
9:30 – 9:45 a.m.	Arrival of the other participants
9:45 – 11.15 a.m.	Project Updates I & Discussions
11:15 – 11:30 a.m.	Coffee Break
11:30 -1:00 p.m.	Project Updates II & Discussions
1:00 – 2:00 p.m.	Lunch
2:00 - 3:15 p.m.	Structural equation model (baseline) + methodological input (basket trial)
3:15 - 3:30- p.m.	Coffee Break
3:30 – 5:00 p.m.	Project Meetings // Advisory Board Meeting/Data Safety & Monitoring Board
5:15 – 6:15 p.m.	Functional Fitness/HIIT
7:00 – 9:00 p.m.	Dinner
	Social evening

Friday, 08.11.2024 Everyone	
8:00 – 9:00 a.m.	Breakfast
9:15 – 09:45 a.m.	Feedback Advisory Board & Discussion
09:45 – 10:45 a.m.	Pitch possible new project & Follow-up proposal session I
10:45 – 11:00 a.m.	Coffee Break
11:00 -12:30 a.m.	Follow-up proposal session II
12:30 – 1:00 p.m.	Resumé & Conclusion of the Research Retreat
1:00 – 2:00 p.m.	Lunch
From 2:00 p.m.	Departure