



TRAINING CATALOGUE 2021

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Introduction: Together, we grow

IBEC's mission is achieved by carrying out different objectives, one of which is to train the next generation of experts in healthcare technologies. IBEC aims at preparing researchers to deliver brilliant research while giving them the opportunity to make the next steps onwards in their professional careers.

We are convinced about the value and positive impact of skills training not only on people's behavior, but also on the development of researchers at all career levels at IBEC. The training courses complement participants' expertise with the continuing development of transferable skills and competencies that can help them to be better prepared for today's rapidly changing environments, thus ensuring that they are given the opportunity for professional development and for improving their employability for future career perspectives. In this effort, supervisors are vital to foster their team's awareness of the importance of skills development.

The past year has been extraordinary challenging for the whole Institute. We are proud to state, that nearly all initially planned training activities for 2020 were successfully moved to virtual formats. We want to thank all our internal and external trainers and all participants for their ongoing patience and enthusiasm in this adventure, together we kept the motivation and learning high through this challenging times.

In 2020 we learned that, apart from training offers in transversal skills and competencies, it is also important to give space to train on wellbeing tools, as well as diversity and gender equality. Including these important pillars is crucial for creating collective resilience. The Training Catalogue for 2021 is fully aligned with the current IBEC Strategic Plan and the European Charter for researchers. Some of the training actions have been planned in the Action Plan of the Human Resources Strategy for Researchers (HRS4R). Moreover, our commitment to offer excellent training is even stronger for IBEC as a Severo Ochoa Centre of Excellence.

This Training Catalogue is a summary of the transversal skills, scientific tools and techniques and health and safety courses offered to the IBEC community. It represents a work in progress as we adapt the existing courses and develop new ones, to stay up to date with the evolving needs of our researchers and the IBEC community. We want to highlight the high quality of trainers, a good mix of internal and external trainers, with academic and non-academic background. This year we are proud to have more internal trainers, which shows not only the great motivation to help their colleagues at IBEC, but also their good quality as trainers. So here a special thanks to all of them.

As in last year, we also have included the courses organized by BIST, some of which are totally or partially funded. We would like to thank BIST to support the training activities of the seven research centers (CRG, IRB, ICFO, ICIQ, ICN2, IFAE, and IBEC) thus improving the skills and abilities of our researchers and supporting their professional development.

We would like to thank the PhD Committee and postdoctoral committee for their collaboration and dedication in collecting the training needs of IBEC's researchers, as well as their contributions in defining some of the courses in this Training Catalogue. In total, 4 meetings were held with Committees to make sure that all training necessities could be considered. We also want to thank the work council at IBEC for their collaboration and for making this Training Catalog possible. Some of the training activities are funded by the Spanish Ministry of Science and Innovation under the grant Centros de Excelencia Severo Ochoa y Unidades de Excelencia María de Maeztu (CEX2018-000789-S).

Carolina Marí, Head of Human Resources



Categories of training activities

A. TRANSFERABLE SKILLS

- Communication: Writing and Oral skills
- Leadership and management skills
- Entrepreneurial skills and Technology Transfer
- Gender & Diversity

B. SCIENTIFIC TOOLS AND TECHNIQUES

- Visualizing Data; Image J and Video processing; Statistical Analysis; Matlab; Tips and tricks to achieve good results at the bench; Image creation and photographic edition; Excel, etc.

C. HEALTH & SAFETY

- Courses focused on job requirements in the laboratory and offices, safety course, well-being and health promotion courses, such as yoga classes..

D. LANGUAGES

- Spanish
- Catalan

Registration instructions

As of February 2021, the registration system will be available at our IBECNET.

With this Intranet functionality, we will avoid time-consuming and repetitive tasks, such as sending and receiving emails.

Instructions for the process of inscription:

Important: To assure your participation, a **TWO-STEP** process is necessary. Without the second step, your inscription will not be registered.

- Click on the button “Training” at the IBECNET.
- Click on the course you are interested to attend. Your data will be uploaded automatically from our database. **Register** for the course (**Step 1**)
- Step 1 will be followed by an eligibility check by the HR Unit based on predefined eligibility criteria, representativity of different areas, research groups and Units and chronological order of inscriptions.
- You will receive an email from HR where you will be asked to **confirm (Step 2)** your attendance at the IBECNET. Your confirmation closes the process.
- Once you have confirmed your supervisor will be informed by email.

At the IBECNET, there will be 2 periods for inscriptions:

- From February to mid-July, for the courses within this period.
- From mid-July to December for the courses within this period.

Cancellation: Once you have confirmed your attendance you must give at least 3 days (72 hours) notice if you wish to cancel, so that we have the possibility of finding another person to take your place. **If you fail to do this, you may not be permitted to participate in a future course.**

In case of unavoidable, last-minute cancellations such as illness, please send an urgent email to hr@ibecbarcelona.eu or call extension 24487 / 31144 so that we can try to fill your place.

Any IBEC member may participate in training activities free of charge; however, in some courses there is an eligibility criteria depending on career experience or other considerations. These are specified in the description of each course. In most of the courses free spots are offered to IBEC Alumni members.

When the training activity extends beyond lunchtime, a lunch meal or sandwiches will be covered by IBEC.

Until further notice, all IBEC courses will take place virtually, participants receive a link to the meeting.

As soon as in-classroom training will be possible again, trainings will take place at:

Parc Científic de Barcelona (PCB):

Tower I, floor 11
Parc Científic de Barcelona
Baldiri Reixac 4-8


Campus Diagonal – Besòs UPC:

Edifici C (floors 5, 6 and part of basements C and I)
Av. d'Eduard Maristany 16
08019 Barcelona

Training Catalogue Overview 2021

CATEGORY	TITLE	DATES	AIMED AT	BY
A. COMMUNICATION	Powerful Presentations for Scientists	September 13th, 14th and 16th	PhD students and Postdocs	IBEC
	Becoming a Scientific Writer Putting 'why' before 'how'	October 7th & 8th	PhD students and Postdocs	IBEC
	Learning to write clearly The 'how' of good scientific writing	November 3rd & 4th	PhD students and Postdocs	IBEC
	Conflict resolution through communication	March 15th, 16th and 18th	All IBEC members	IBEC
A. LEADERSHIP & MANAGEMENT SKILLS	Group coaching: Communication and collaboration in research groups	Throughout the year	All IBEC members of the same research group	IBEC
	Coaching for Group Leaders	Throughout the year	Group Leaders	IBEC
	How to succeed in your PhD	February 6th & 7th February 20th & 21st	1st year PhD students	BIST
	How to succeed in your PhD II	April 16th, 21st, 23rd, 26th, 28th and 30th	1st year PhD students	BIST
	Mentoring Skills	To be defined	Postdocs and Seniors (mentors)	IBEC/ BIST
	Personal effectiveness & How to be productive	May 10th, 11th & 13th	All IBEC members	IBEC
	Leadership skills for postdoctoral researchers	March 5th, 8th, 11th, 15th and 18th	Postdoctoral researchers	BIST
	Supervising PhD Students - Skills for effective supervision	To be defined	Postdoctoral researchers	BIST
	Supervising Masters Students - Skills for effective supervision	To be defined	Postdoctoral researchers	BIST
	Effective Grant Writing and Grant overview for Senior Positions	October 4th	Postdocs, Senior Researchers and GL	IBEC

	Research Integrity for researchers at early career stages	April 27th	PhD Students	IBEC
	Research Integrity for supervisors & GL's: supporting good research practice through leadership.	April 27th	Supervisors & GL's	IBEC
	How to interview effectively and get the best candidate	June 1st & 7th November 9th & 16th	All IBEC members	IBEC
A. ENTREPRE-NEURIAL SKILLS AND TECHNOLOGY TRANSFER	How to reach the Industry	April 19th	All IBEC members	IBEC
	The development process of a drug for humans	May 5h	All IBEC members	IBEC
	The development process of a medical device	May 17th	All IBEC members	IBEC
	The legislation in relation to experiments using animals, human cells/tissues, and humans	June 8th	All IBEC members	IBEC
	The role of the Spanish drug agency	June 22nd	All IBEC members	IBEC
	Entrepreneurship	September 15th	All IBEC members	IBEC
	Contract research & negotiation	September 8th	All IBEC members	IBEC
A. GENDER & DIVERSITY	Integration of Gender dimension into research	September 20th	All IBEC members	IBEC



CATEGORY	TITLE	DATES	AIMED AT	BY
B. SCIENTIFIC TOOLS & TECHNIQUES	Matlab: basic level	October 18th	Master students, PhD students	IBEC
	Matlab: intermediate level	November 8th	Master students, PhD students	IBEC
	Image creation and photographic edition - Affinity Designer and Affinity Photo	March 22nd March 24th	PhD students	IBEC
	Statistical analysis applied to re-search data	January 11th until February 4th	PhD students	IBEC
	Tips and tricks to achieve good re-sults at the bench	October 27th	Master Students and 1st year PhDs (mandatory)	IBEC
	Image J Basic	May 6th	Master students, PhD students and Postdocs	IBEC
	Image J Advanced	May 27th	Master students, PhD students and Postdocs	

CATEGORY	TITLE	DATES	AIMED AT	BY
C. HEALTH & SAFETY	Healthy habits for teleworking	February 22nd	All IBEC members	IBEC
	Security Training Laser and UV Lamps	October 14th	All IBEC members	IBEC
	Introductory Course: How to work safely with biological agents and biological samples	March 25th November 25th	All IBEC members	IBEC

CATEGORY	TITLE	DATES	AIMED AT	BY
D. LANGUAGES	Spanish beginners	March - May	All IBEC members with an IBEC-labour contract + all PhD students and Postdocs	IBEC
	Spanish intermediate	September - November	All IBEC members with an IBEC-labour contract + all PhD students and Postdocs	IBEC
	Catalan	All year	All IBEC members	CPNL

Powerful presentations for scientists

The course's aim is to improve scientists' effectiveness and confidence when presenting their research to peers and public and multi-disciplinary scientific audiences.

Participants will spend approximately half the time in plenaries (all the group together) and the other half of the time working, in discussion and sharing ideas in workshops. At the end of the week each participant makes a 4-minute presentation on which they receive feedback

Dates:

13th of September 15:00 – 18:30

14th of September 15:00 – 18:30

16th of September 15:00 – 18:30

Target group:

PhD students and post-docs (maximum 10 participants).

Participants should be advanced English speakers who are able to converse easily about their research in English.

Training content:

- When to make a presentation.
- Structuring your presentation
- Making the abstract concrete
- Creating effective slides
- Body Language
- Voice
- Personal Delivery
- Final PresentationStrengthen critical awareness of successful presentations to enhance their on-going learning.

Trainer:

Cormac Walsh is an Executive Consultant specializing in Communication Skills, Leadership and Sales training. He has worked as a Team Coach, Sales Trainer, Management Consultant and Business School Professor. He is focused on Storytelling in Business, CEO Coaching, Corporate Communication Consulting, and Investment Pitch Coaching. He has a wealth of experience in Leadership & Management. As a TEDxGracia speaker himself, Cormac has also trained individuals to deliver TED talks. He has worked closely with the organizing teams of TEDx events, helping them market the event and train their team members. Cormac is an active member of Toastmasters International, a former Director of Toastmasters in Spain and a Distinguished Toastmaster.



Becoming a Scientific Writer: Putting ‘why’ before ‘how’

Becoming a Scientific Writer - putting ‘Why’ before ‘How’ is a workshop that provides a holistic overview of the most important skills you will need to become an efficient and effective scientific writer. The aim of this workshop will be to help publishing scientists develop a more impartial, analytical view of their own writing behavior and of their readers’ perception of the finished product.

We highly recommend you attend both workshops Scientific Writing workshops, as they are correlated, although the registration will be done separately.

Dates:

7th and 8th of October, 10:00 – 13:30 both days

Target group:

PhD students (as of 2nd year) and post-docs

Training content:

Participants will develop a deeper understanding of the structure of scientific papers, with a renewed focus on the purpose of each section and the connections between them. They will gain a global framework for conceptualizing the entire publishing process, how to create an expectation in the reader and then deliver on that expectation, and how to make the qualitative jump from a passive scientific account to an active scientific argument. We will then apply this knowledge to the practical task of constructing a scientific manuscript from scratch.

This training workshop is highly interactive with extensive elements of partner work, exercises and group discussion, and a special emphasis on sharing and learning from participants’ own expertise and experience. To increase applicability, we work with real-life cases from the participants.

Trainer:

Dr. Gavin Lucas, director of The Paper Mill, is a scientist with 14 years of experience as a biomedical researcher, and 11 years of experience as an academic author’s editor, consultant and trainer. In addition to his own solid track-record as a publishing scientist on national, European and international research projects, as an academic author’s editor and consultant, he has helped plan, critique, and polish over 250 original scientific articles for dozens of institutes in diverse fields, as well as numerous FP7 and H2020 proposals. He also has extensive experience as a trainer in scientific writing and other topics and provides consultancy on scientific productivity at academic institutes and agencies.

Becoming a Scientific Writer: Learning to write clearly - The how of good scientific writing

Learning to write clearly, the 'how' of good scientific writing is a workshop that aims to help participants improve their writing skills through awareness of the elements of clear writing. Participants will learn linguistic tools to transmit scientific messages.

We highly recommend you attend both Scientific Writing workshops, as they are correlated, although the registration will be done separately.

Dates:

3rd and 4th November, 10:00 – 13:30 (both days)

Target group:

PhD students and post-docs

Training content:

In this workshop, the focus is on language. We will work on some of the most common problems of language construction that make scientists' writing unclear. Starting with words, and moving on to sentences and paragraphs, we will consider why we are prone to these problems and will practice some intuitive editing tools to address them. The key message is that, to become a good scientific writer, you don't need to be a great writer, just a good scientist. This training workshop is highly interactive with extensive elements of partner work, exercises and group discussion, and a special emphasis on sharing and learning from participants' own expertise and experience. To increase impact and applicability, we work with real-life cases from the participants whenever possible.

Trainer:

Dr. Gavin Lucas, director of The Paper Mill, is a scientist with 14 years of experience as a biomedical researcher, and 11 years of experience as an academic author's editor, consultant and trainer. In addition to his own solid track-record as a publishing scientist on national, European and international research projects, as an academic author's editor and consultant, he has helped plan, critique, and polish over 250 original scientific articles for dozens of institutes in diverse fields, as well as numerous FP7 and H2020 proposals. He also has extensive experience as a trainer in scientific writing and other topics and provides consultancy on scientific productivity at academic institutes and agencies.



Conflict resolution through communication skills

Through this interactive workshop participants will acquire knowledge on the relationship between communication and conflict management. Participants will improve skills on how to identify and understand the barriers to effective communication. They will practice recognizing the role of emotions in conflict management, its difficulties and challenges

Fechas:

15th, 16th and 18th of March. 10:00 – 12:00 (all days)

Participantes:

All IBEC

Contenido del curso:**COMMUNICATION AND CONFLICT**

- Communication styles in the face of a conflict
- Types of communication
- Barriers to effective communication

MESSAGE MANAGEMENT

- Management and communication of emotion
- Active listening

SKILLS

- Assertiveness and the “I” message
- Principles of nonviolent communication

Trainer:

Emma López Sóle is an independent consultant in organisational development with a strong focus in conflict management. She provides mentoring and training to improve the conflict resolution, self-confidence, leadership and communication skills of individuals who want to establish more successful interactions in the workplace. She also helps devise organisational policies and practices to prevent and manage conflicts, improving working conditions and productivity. Passionate about people, Emma has twenty years' experience in public and private organizations in the legal & conflict resolution field in the UK and Spain. With extensive experience as a trainer, she has created and provided the postgraduate Mediation Program at the Rovira i Virgili University. She is also the author of several articles and books on conflict resolution, mediation and Restorative Justice practices.

Group coaching: communication and collaboration in research groups

The aim of the course is to improve communicative and relational competencies in a research group. We will understand what the identity of the research group is and the way of working and relating in the group, thus we aim to create strong relations, show awareness and consideration for others, promote supportive relationships based on trust and learn listening skills and how to give and receive feedback.

It is highly recommended that the group coaching sessions are combined with individual coaching sessions for Group Leaders.

Dates:

3 half day sessions (one session per month). Dates to be negotiated with the Group Leader.
In person class sessions (not available on- line) = 10 hours.

Target group:

All IBEC members from the same research group. In 2021 up to 4 research groups will be trained

Training content:

Based on a first session between the consultants and the Group Leader a specific program will be created according to the needs of the research group. Contents common for all research groups, but not restricted to are the following:

- Communication: Know how to give and receive feedback, listen and ask. How to be more effective about exchanging information and ideas with others.
- Collaboration: Knowing how to establish agreements (ask and offer) and establish relationships of trust.
- Relationship: know how to recognize others, establish support alliances, share and support in situations of difficulty, understand how you complement with the others. How to balance between giving and receiving.
- Explore the reorganization of the group so that it gains autonomy.

Methodology:

Group coaching, systemic analysis to understand the group as a relational system and case studies.

Trainers:

Elena Palma: Founder of Tiempo de Aprender. Senior consultant Facilitator of Change in Organizations. Psychologist for the UB. Transformational Coach by Institut Gestalt & People Tech Solutions (Washington). Systemic coach. Certified in MBTI (Myers-Briggs Type Indicator). Systemic Projects and advice with Management Teams.

David Valls: Systemic consultant and facilitator of transformation in organizations. Senior coach with international certificate (ICFPCC). Trainer of trainers and Consultant in Neurolinguistic Programming by the NLP University (Santa Cruz, CA). Higher Engineer in Electronics and Technical Engineer in Telecommunications from Ramón Llull University.



Coaching for Group Leaders

The coaching process consists of 7 individual sessions between Coach and Coachee, with a duration of around 1 hour. They are performed with a maximum interval of 15 days between sessions.

The time between sessions pretends that the coachee can carry out actions and assimilate the changes. The coach at that time is present virtually.

Individual coaching sessions. (In 2021 up to 4 coaching processes will be offered)

Target group:

Group Leaders, with priority for those involved in the group coaching (see above mentioned course).

Content:

First meeting: The purpose of this meeting is to establish a goal of improvement jointly and consensually.

During the 7 individual sessions with confidential character, the agreed objective of improvement will be worked on together.

Last meeting: The purpose of this meeting is to assess together the results of the process and ensure that improvements in relation to the agreed objective have been achieved.

Trainer:

Elena Palma: Founder of Tiempo de Aprender. Senior consultant Facilitator of Change in Organizations. Psychologist for the UB. Transformational Coach by Institut Gestalt & People Tech Solutions (Washington). Systemic coach. Certified in MBTI (Myers-Briggs Type Indicator). Systemic Projects and advice with Management Teams

How to succeed in your PhD

What can you do to make yourself a more effective doctoral researcher and get the most out of your PhD?

BIST has organized an interactive and intensive course composed by four sessions of 2h each within VITAE's framework entitled "How to succeed in your PhD". It has been designed for first year doctoral researcher and will look at practical ways to increase their effectiveness and meet the challenges of your PhD. The content has been elaborated by ICIQ with contribution of BIST and external trainers

Dates:

Group 1: Monday and Wednesdays (15th, 17th, 22nd, 24th) February from 10:00 to 12:00

Group 2: Tuesday and Thursday (16th, 18th, 23rd and 25th) February from 17:00 to 19:00

Target Group:

1st year PhD Students.

Training content:

Pre-course work:

- Auto-reflection (personal work before the course)
- Stress management (information to give before the course)
- Description research project
- Play with an online tool

Core content:

- Creativity applied to promote collaborative research
- Communication and feedback
- Project and Time management tools I
- Project and Time management tools II

Transversal content:

- Team work
- Auto-reflection
- Conflict management

Trainer:

The course will have a team of 3 trainers and one coordinator, together they will provide a range of resources to help researchers to develop and articulate their skills and plan their continuing professional development.



How to succeed in your PhD II

What can you do to make yourself a more productive doctoral researcher and get the most out of your PhD?

BIST has organized an interactive and intensive course composed by four sessions of 2h each within VITAE's framework entitled "How to succeed in your PhDII".

The first and final session are for all researchers. The remaining sessions are 'stand-alone'. This means that researchers do not need to attend all the sessions but can choose the one session they would find most useful.

Dates:

April 16th, 21st, 23rd, 26th, 28th and 30th

Target Group:

PhD students on from their second year

Training content:

16th of April: Mandatory Initial Session

High Intensity Productivity: Maximising the impact of short time periods or opportunities for progress.

- 21st of April: Optional Session
Wellbeing and Resilience
- 23rd of April: Optional Session
Different, not wrong. Communicating with impact
- 26th of April: Optional Session
Coach yourself through impostor syndrome
- 28th of April: Optional Session
Effective communication with my supervisor
- 30th of April: Mandatory Final Session
What's next? Your career post-PhD

Trainer:

The course will have a team of 3 trainers and one coordinator, together they will provide a range of resources to help researchers to develop and articulate their skills and plan their continuing professional development.

Mentoring Skills

The aim of the workshop is to prepare Postdocs and Senior Researchers for their roles as Mentors within the IBEC mentoring program for predoctoral researchers. Participants will be introduced to the IBEC Mentoring Program and will be prepared for their role as Mentor, before they start the program.

In parallel, BIST centers are working on a global Mentoring Program that could partially or totally coincide with IBEC Mentoring Program

Dates:

To be defined

Target group:

Postdoc and Senior researchers (mentors) participating in the IBEC's Mentoring Program

Training content:

- Objectives for and the overall program
- Individual Expectations.
- What is Mentoring?
- The features of the IBEC Mentoring Program.
- Preparation of Learning Action Plan
- Follow up of the scheme.
- Next steps

Trainer:

Louise Schubert works both as an Organization Consultant and Executive Coach and has more than 30 years' experience working as a specialist in Learning and Development. She is accredited by the European Mentoring and Coaching Council (EMCC) at Senior Practitioner level; she has an MSC in Organization Consulting and is also certified as a Coach Supervisor. Over the last 4 years she has been helping organizations to set up Mentoring programs and also works as a Mentor herself with Oxford Brookes University, in the UK. She is English and has lived in Spain for the last 25 years.



Personal Effectiveness & How to be productive

The training course will equip the participants with tools and techniques to maximize personal effectiveness looking at areas such as how to organize their time in line with their personal, work/study commitments and deal with varying life/work pressures.

Dates:

10th, 11th & 13th of May, all days from 10:00 – 14:00

Target Group:

All Ibec members

Training content:

- Productivity and how it applies to our lives.
- The importance of setting long-term and medium-term goals.
- Distinguish between urgent and important tasks as a tool of prioritization.
- Apply the Pareto Principle to daily tasks.
- Create effective to-do lists.
- Understand procrastination and take steps to avoid it.
- Constructive mind sets that contribute to personal effectiveness.
- Take a positive approach in communicating more assertively.
- Be able to identify and deal with potential and real conflict.

Trainer:

Janice Haywood is director and senior trainer with Business Learning Solutions, company which specialized on Training and coaching in Management and People skills, such as personal effectiveness and productivity. Janice is also professional business coach from the Coaching Academy in the UK.

Leadership skills for postdoctoral researchers

Leading in strategy and culture in a research environment.

Four three-hour workshops will introduce theories and strategies to support the development of leadership skills for Post-Doctoral staff. Participants will use these insights to develop their individual leadership approach that encourages team cohesion and internal collaboration towards a clear research objective & empowers team member to manage their own wellbeing to ensure continued productivity through uncertain and stressful times. Participants will learn how to create a culture of open, proactive communication and decision-making.

Dates:

5th, 8th, 11th, 15th and 18th of March

Target Group:

Postdoctoral researchers.

Training content:

The program starts with a one-and-a-half-hour session to meet fellow participants, share leadership challenges, and discuss researcher resilience and peer support. Four, 3-hours, workshops introduce leadership theory. Participants work in small groups to apply the theory to their individual leadership challenges and create and commit to applying new approaches in the workplace.

- Clarity of direction and decision making.
 - Develop clear aims, objectives and work packages.
 - Techniques to support strategic and tactical decision making.
- Leadership presence
 - How do develop individual and team commitment to your strategic research objectives
 - Strength based leadership theory
 - The trust equation
- Communication and team management
 - Tools to effectively communicate your strategic research objectives.
 - The What, How and Why
 - When to consult, when to inform
 - Manage individuals to ensure effectiveness, independence and Situational leadership.
 - Progressive tasks, maintenance tasks and delegation techniques
- Stress Management
 - The impact of stress on productivity and decision making.
 - Techniques to rebalance from states of stress.
 - Wellbeing maintenance and how to incorporate it into workplace culture

Trainer:

Caroline Broad started her 'entrepreneurial adventure' in 2011 as Broad Associates Ltd delivering interactive workshops that develop communication and collaboration skills. Caroline also works with businesses providing process improvement and knowledge management consultancy.

Caroline has lived in Cambridge for twenty years and gained her twenty years' experience leading teams and delivering technical and transferable skills training whilst working in bioscience, educational charity and Hi-Tech sectors.



Supervising PhD Students - Skills for effective supervision

Supervising PhD Students - Skills for effective supervision

Participants will gain clarity on the role of a supervisors. They will learn how to ensure quality outputs whilst balancing career opportunities of their students and how to effectively manage the time spent on supervising alongside your other responsibilities. Also, the course includes an insight into Intellectual Property rights on produced work

Dates:

To be defined

Target group:

Postdoctoral researchers

Training content:

The role of a supervisor

- Expectations of an academic supervisor
- The process of 'contracting in'
- Manage expectations of your PhD student

Supervisor Skills

- Manage the relationship and develop trust
- Support versus challenge style of supervision
- How to develop an independent researcher
- Manage your time whilst meeting the needs of your student
- Negotiate outputs
- Challenge Assumptions
- Feedback skills
- Recognise opportunities to exploit intellectual property

Trainers:

Caroline Broad started her 'entrepreneurial adventure' in 2011 as Broad Associates Ltd delivering interactive workshops that develop communication and collaboration skills. Caroline also works with businesses providing process improvement and knowledge management consultancy.

Caroline has lived in Cambridge for twenty years and gained her twenty years' experience leading teams and delivering technical and transferable skills training whilst working in bioscience, educational charity and Hi-Tech sectors.

Supervising Masters Students - Skills for effective supervision

An interactive training workshop to develop your supervision skills. An opportunity to meet other Supervisors of master's Students. Participants will gain clarity on the role of a supervisor and practice the foundation skills of being a supervisor. They will learn to ensure they meet and manage the needs of your master's Students and effectively manage the time spent on supervising alongside your other responsibilities.

Dates:

To be defined

Target Group:

Postdoctoral researchers

Training content:

The role of a supervisor

- Expectations of an academic supervisor
- What does your master's student need from you?
- The process of 'contracting in'
- Manage expectations

Supervisor Skills

- Communication skills
- Challenging Assumptions
- Feedback skills
- Managing the relationship
- Dealing with potential challenges
- Manage your time
- Negotiate outputs

Theories and models introduced.

- Kolb's learning cycle
- Intervention styles
- Situational leadership
- GROW model
- Triple Constraints

Trainer:

Caroline Broad started her 'entrepreneurial adventure' in 2011 as Broad Associates Ltd delivering interactive workshops that develop communication and collaboration skills. Caroline also works with businesses providing process improvement and knowledge management consultancy.

Caroline has lived in Cambridge for twenty years and gained her twenty years' experience leading teams and delivering technical and transferable skills training whilst working in bioscience, educational charity and Hi-Tech sectors.



Effective Grant Writing for Senior Positions

This workshop, focused on Senior positions at Ibec, will provide participants with practical skills on effective grant writing as well as an annual overview on grants, including information on the what, when and requirements for applications.

Dates:

October, 4th, 10:00 – 12:00.

Target Group:

Senior Positions (Group Leaders, Senior Researchers and Postdocs).

The final list of participants will be defined by the Group Leader of the potential participants and the Projects Office team.

Training content:

- Overview of current funding schemes.
- Insights on the next EU R&I framework program – Horizon Europe (2021-2027).
- Overview of the evaluation procedure of EU proposals.
- Improvement on the writing skills.

Trainer:

Project Managers at the IBEC's Projects Office.

Research Integrity for researchers at early career stages

The participants of the workshop will gain an improved understanding of personal responsibility for good research practice and research integrity. They will understand how research culture can influence individual decision making under pressure, and the costs and consequences of research misconduct. They will gain skills in working with supervisors to support clear and effective communication, project monitoring, and the agreed delegation of responsibilities. After the course, they will have improved knowledge of a fast-evolving research reporting infrastructure that supports reproducibility and good research practice as well as improved skills in ethical reasoning to navigate common grey areas in research practice and research reporting.

Dates:

27th of April, from 09:30 – 12:00

Target Group:

Early career researchers (PhD Students, Master students)

Training content:

- What is good research practice?
- Who is responsible for good research practice?
- Research misconduct
- Reporting concerns at IBEC
- Ethics case discussion

Trainer:

Dr Jane Alfred, the Director and Co-founder of Catalyst Editorial Ltd. Jane Alfred is a professional editor and trainer specialising in research integrity, responsible research practice, publication ethics and peer review.



Research Integrity for supervisors: supporting good research practice through leadership

The participants of the workshop will gain an improved understanding how to create good research practise through leadership in their research group. They will understand how research culture in their group can influence individual decision making under pressure, and the costs and consequences of research misconduct.

Dates:

27th of April, from 13:30 – 16:00

Target group:

Supervisors: Senior researchers, Postdocs and GL .

Training content:

- Supporting good research practice through leadership:
- Presentation of current reports on leadership problems in the lab, which identify principles for good lab management. Explore these principles through guided discussion in breakout groups. The aim of this discussion is to explore where tension points and challenges lie, to share solutions that support good practice, to surface useful tools and approaches, and to identify where further support or training might be required.
- Outcome setting discussion:
- Reflective, guided discussion to identify individual or institutional outcomes and actions to take forward and put into practice.
- Ethics case discussion:
- Tailored according to the training needs of this more senior group

Trainer:

Dr Jane Alfred, the Director and Co-founder of Catalyst Editorial Ltd. Jane Alfred is a professional editor and trainer specialising in research integrity, responsible research practice, publication ethics and peer review.

How to interview effectively and get the best candidate

The workshop will be an opportunity for interviewers to practice and perfect their interviewing techniques by sharing knowledge and good practices.

It is proven that the Competency Based Method can help us achieve better understanding and analysis of the candidate. Using the recognized principle that past and present behaviors are best predictors for future performance and evaluating not only his/her aptitude and technical skills for the job position, but also the alignment with the research group and IBEC, the recruitment process will be lead successfully and professionally.

Dates:

Group 1: June 1st & June 8th, both from 15:00 – 16:30

Group 2: November 9th & 16th, both from 15:00 – 16:30

Target Group:

Group Leaders, Heads of Unit, Senior Researcher and Postdocs.

Training content:

- What are competencies and why use competencies for recruitment and selection
- Interview techniques
- Competency Based Interviews: framework at IBEC
- Soft skills for the interview: questioning techniques, listening, observing, verbal and non verbal communication, feedbacks
- Recruiting diversity: how to avoid gender bias and awareness of own cultural filters
- How to evaluate your interview

Trainer:

Anke Kleff is psychologist and organizational development internal consultant. She has been working for more than 15 years as an HR professional in the field of development, recruitment and the implementation of strategic HR initiatives and has joined IBEC in 2019.

How to reach the Industry

The objective of the course How to reach the Industry is to understand the different pathways to transfer innovations to the companies and to the market.

Dates:

19th April, 10:00 – 12:00

Target group:

All IBEC members.

Training Content:

- Different pathways and strategies to transfer research results and innovations to the companies.
- Characteristics and constraints of the innovation process in the companies.
- Overview different strategies

Trainer:

Eduardo Salas, He holds a degree in medicine and surgery and a doctorate in medicine. His post-doctorate was developed at the University of Alberta in Canada in the Department of Pharmacology. He has obtained a Master in Business Administration. Previous positions: Physician at Endocrinology in Hospital Universitario Marqués de Valdecilla, Scientist at Wellcome Research Laboratories in UK, R&D director and head of IP office at Laboratorios Lacer, SA, and partner, scientific director and head of IP office at Gendiag. Eduardo has more than 20 years of experience leading science and business; leading drug developments (both pre-clinical and clinical), medical device developments (analytical and clinical), CE-label process, research collaborations, in and out technology transfer and IP portfolio . He has published 70 papers and 10 patents.

The development process of a drug for humans

The objective of the course is to acquire the knowledge of the process from the medical need identification to the authorization of commercialization for a new drug for humans.

Dates:

May 5th, 10:00 – 11:00

Target group:

All IBEC members.

Training Content:

- the identification and selection of a medical need
- the selection of the target to which the new drug will be directed.
- the synthesis and analysis of different compounds to achieve the led identification.
- We will describe the different stages of the preclinical and clinical development of a new drug

Trainer:

Eduardo Salas, He holds a degree in medicine and surgery and a doctorate in medicine. His post-doctorate was developed at the University of Alberta in Canada in the Department of Pharmacology. He has obtained a Master in Business Administration. Previous positions: Physician at Endocrinology in Hospital Universitario Marqués de Valdecilla, Scientist at Wellcome Research Laboratories in UK, R&D director and head of IP office at Laboratorios Lacer, SA, and partner, scientific director and head of IP office at Gendiag. Eduardo has more than 20 years of experience leading science and business; leading drug developments (both pre-clinical and clinical), medical device developments (analytical and clinical), CE-label process, research collaborations, in and out technology transfer and IP portfolio . He has published 70 papers and 10 patents.



The development process of a medical device

The objective of the course is to acquire the knowledge of the process from the medical need identification to the authorization of commercialization for a new medical device.

Dates:

May 17th, 10:00 – 11:00v

Target group:

All IBEC members.

Training Content:

In the course we will enter into the details on how to identify and select of a medical need, and how to design and establish the technical specifications of the product to be developed. We will learn how to identify the Gold Standard for the comparison of the new product. We will understand the analytical and clinical validation studies and the process to obtain the CE mark.

Trainer:

Eduardo Salas, He holds a degree in medicine and surgery and a doctorate in medicine. His post-doctorate was developed at the University of Alberta in Canada in the Department of Pharmacology. He has obtained a Master in Business Administration. Previous positions: Physician at Endocrinology in Hospital Universitario Marqués de Valdecilla, Scientist at Wellcome Research Laboratories in UK, R&D director and head of IP office at Laboratorios Lacer, SA, and partner, scientific director and head of IP office at Gendiag. Eduardo has more than 20 years of experience leading science and business; leading drug developments (both pre-clinical and clinical), medical device developments (analytical and clinical), CE-label process, research collaborations, in and out technology transfer and IP portfolio . He has published 70 papers and 10 patents

The legislation in relation to experiments using animals, human cells/tissues, and humans

We will review the different laws regulating a range of aspects when performing experiments with animals, humans or human cells/tissues

Dates:

June 8th, 10:00 – 11:00

Target group:

All IBEC members.

Training Content:

In the course we will review the requirements for the different status of persons working with experimental animals, the role of the Ethical Committees for human and animal studies and the regulation to perform experiment with human cells and tissues

Trainer:

Eduardo Salas, He holds a degree in medicine and surgery and a doctorate in medicine. His post-doctorate was developed at the University of Alberta in Canada in the Department of Pharmacology. He has obtained a Master in Business Administration. Previous positions: Physician at Endocrinology in Hospital Universitario Marqués de Valdecilla, Scientist at Wellcome Research Laboratories in UK, R&D director and head of IP office at Laboratorios Lacer, SA, and partner, scientific director and head of IP office at Gendiag. Eduardo has more than 20 years of experience leading science and business; leading drug developments (both pre-clinical and clinical), medical device developments (analytical and clinical), CE-label process, research collaborations, in and out technology transfer and IP portfolio . He has published 70 papers and 10 patents.



The role of the Spanish Drug Agency

We will analyze the role of Spanish Drug Agency, agency that protects public health through different activities.

Dates:

June 22nd, 10:00 – 11:00

Target group:

All IBEC members.

Training Content:

The Spanish Drug Agency develops several activities very relevant for the public health. In the course, we will analyze those activities such as:

- The evaluation and authorization of medicines for human use and a veterinarian.
- Authorization of clinical trials with medicines or with medical devices.
- Continuous monitoring of drug safety once marketed.
- Authorization or registration as well as inspection of pharmaceutical laboratories and manufacturers of active ingredients.
- Monitoring supply and sourcing of medicines to society.
- Inspection functions and responsibilities in the control of narcotics and substances
- Certification, control and surveillance of medical devices.
- The fight against illegal medicines, medical devices and counterfeit cosmetics.
- Tracking the safety of cosmetics and products personal care

Trainer:

Eduardo Salas, He holds a degree in medicine and surgery and a doctorate in medicine. His post-doctorate was developed at the University of Alberta in Canada in the Department of Pharmacology. He has obtained a Master in Business Administration. Previous positions: Physician at Endocrinology in Hospital Universitario Marqués de Valdecilla, Scientist at Wellcome Research Laboratories in UK, R&D director and head of IP office at Laboratorios Lacer, SA, and partner, scientific director and head of IP office at Gendiag. Eduardo has more than 20 years of experience leading science and business; leading drug developments (both pre-clinical and clinical), medical device developments (analytical and clinical), CE-label process, research collaborations, in and out technology transfer and IP portfolio . He has published 70 papers and 10 patents.

Entrepreneurship

The objective of the course is to share the experience of a company creation and management.

Dates:

September 15th, 10:00 – 12:00

Target group:

All IBEC members. Maximum 25 participants.

Training Content:

During the session, the process of company creation and management will be presented. As well as the skills to be developed to manage the entrepreneurship process successfully, including planning, financing, contracting, sales, etc.

Trainer: to be defined



Contract research and Negotiation

The objective of the course is to gain insight on how to plan the contract research strategy and the negotiation aspects involved..

Dates:

8th of September, 10:00 – 12:00

Target group:

All IBEC members. Maximum 25 participants.

Training Content:

- The process of contract research
- Contracting a project plan, a license
- Strategy and negotiation skills.
- During the course we will work on a practical case study

Trainer:

Diana González Gironès. Pharmacist with a PhD in Biomedicine, and a postgraduate degree in innovation, business and medical devices. Previous positions in technology transfer, business development and clinical trials.

Diana is a professional with ten years' experience in science and business. She performed research at Idibell in Barcelona, Uppsala University in Sweden and Biocenter-Innsbruck Medical University in Austria, publishing over ten scientific papers and collaborated with biotech companies. Diana holds a postgraduate degree in medical devices, business and innovation. Diana have experience in clinical trials, in technology transfer as officer in the Center for Genomic Regulation and as a business development manager in a licensing technology company.

Integration of gender dimension into research

Gender dimension” means integrating sex and gender analysis into research. With a focus on bio-medical and bio-engineering fields this workshop will show how Sex and Gender Analysis is to be integrated into all phases of basic and applied research—from setting priorities, to funding decisions, to establishing project objectives and methodologies, to data gathering, analyzing results, and evaluation.

Dates:

20th of September, from 10:00 to 14:00.

Target group:

All IBEC members

Training content:

- Sex/gender as conditions of quality in science knowledge making
- Using research process as the frame, demonstrate sources and effects of gender bias in results and outcomes (e.g., hypothesis formation, literature search, data collection and analysis, theoretical considerations, reporting, application/innovation etc.)
- Demonstrate examples of research that has included methods of gender analysis (e.g., vaccines, biomarkers, cancer immunotherapy, etc.)
- Cell sex: why it matters
- Issues in commercial supply of cell lines, and biobanks
- Issues and opportunities for innovation: e.g. lab-on-a-chip, predictive biomarkers,
- Lessons from Horizon 2020 on integrating gender dimension in proposals and in evaluation.

Trainer:

Dr. Elizabeth Pollitzer is founder and Director of Portia, an organization devoted to improving gender equality in STEM and promoting the inclusion of the gender dimension in STEM. She has 20 years’ experience teaching and researching in the Departments of Computing and Management at Imperial College, University of London. Her original training was in Biophysics. She now applies this scientific background to her work as director of Portia. Portia was the coordinator of the genSET project, the Gender Summits were established as part of the genSET project.



Matlab I (Basic Level)

The workshop aims to provide participants with an accessible and comprehensive introduction to Matlab..

Dates:

18th October from 9.00 - 14.00 h

Target group:

PhD students (maximum 20 participants).

Training content:

The course is interactive, and participants will have opportunities to carry out practical exercises. IBEC provides MATLAB license for the course.

MATLAB - BASIC LEVEL

- Introduction to the MATLAB environment.
- Data types.
- Matrices and Operators.
- Scripts and Functions.
- Flow control.
- Basic plotting.
- Practical exercises.

Trainer:

Lluís Fernández Romero is a Physicist and Electronic Engineer, both degrees obtained from the University of Barcelona. (UB). He also obtained a Master in Nanoscience and Nanotechnology, at the same University. He has a PhD in Engineering and Advanced Technologies (UB). The main goal of the thesis was to design and build a chemical sensing system inspired by the architecture of the olfactory system of mammals. After finishing his PhD he started a postdoc at the Institute for Bioengineering of Catalonia (IBEC), developing fully automated pipelines for metabolomic analysis for Nuclear Magnetic Resonance (NMR) and Liquid Chromatography - Mass Spectrometry (LCMS) data, developed in R language. Nowadays, he works as a Lecturer Professor at the Department of Electronics and Biomedical Engineering at the UB, but I still collaborate with the Signal and Information Processing for Sensing Systems group, at IBEC.”.

Matlab II (Medium level)

The workshop aims to provide participants with an accessible and comprehensive introduction to Matlab at a Medium level.

Dates:

8th of November from 09:00 – 14:00

Target group:

PhD students (maximum 20 participants).

Training content:

The course is interactive, and participants will have opportunities to carry out practical exercises. IBEC provides MATLAB license for the course

MATLAB – MEDIUM LEVEL

- Importing/Exporting data.
- Introduction to Statistics: descriptive statistics, linear regression.
- Introduction to Signal processing: smooth a noisy signal and find peaks.
- Introduction to Image Processing: correct non-uniform background and detect foreground objects.
- Advanced plotting.
- Practical exercises.

Trainer:

Lluís Fernández Romero is a Physicist and Electronic Engineer, both degrees obtained from the University of Barcelona. (UB). He also obtained a Master in Nanoscience and Nanotechnology, at the same University. He has a PhD in Engineering and Advanced Technologies (UB). The main goal of the thesis was to design and build a chemical sensing system inspired by the architecture of the olfactory system of mammals. After finishing his PhD he started a postdoc at the Institute for Bioengineering of Catalonia (IBEC), developing fully automated pipelines for metabolomic analysis for Nuclear Magnetic Resonance (NMR) and Liquid Chromatography - Mass Spectrometry (LCMS) data, developed in R language. Nowadays, he works as a Lecturer Professor at the Department of Electronics and Biomedical Engineering at the UB, but I still collaborate with the Signal and Information Processing for Sensing Systems group, at IBEC.”.



Image creation and photographic edition with Affinity Designer and Affinity Photo

Early-stage researchers should be able to create and edit their scientific posters and presentations autonomously, to archiving skills of user interface of an image creating and editing software, creating texts, diagrams from scratch, to illustrate complex concepts and processes. Researchers should be able to create and edit their graphic content autonomously, seeking to optimize them in terms of clarity and quality; how to work with images to show or print them efficiently, maintaining the maximum level of quality and an optimal workflow.

Dates:

March 22nd and March 24th, 11:00 – 14:00 (both days)

Target group:

PhD students, maximum 18.

Training content:

- Characteristics of digital images.
- Why do they look so bad when printing and other ...
- File formats and uses: jpg / png / pdf / bmp / tiff
- Affinity Photo interface: Main Menu, panels and tools.
- Document measures. On screen and for printing.
- Edit images and graphics from other programs.
- How do I import it?
- Crop an image
- Scale an image to a specific size
- Composition of images from pieces of other images
- Transformations applied to many images at once (document stacks)
- Add text, special characters, and basic shapes
- Easy image editing (brightness, color, sharpness) and filters / effects
- Save editable documents.
- Export print optimized artwork (quality)
- Export artwork optimized for on-screen presentations (loading speed)
- Exercises: Composition exercise/Editing exercise/Trimming exercise

Trainer:

Cecilia Gorriz is a University Professor in the field of Online Design and Communication, with more than 7 years of teaching experience in design schools such as ESDi (URL), Bau (uVic) and Elisava (UPF). Specialties: Project Management, Web Design, E-commerce, Digital Communication Consulting.

Statistical Analysis applied to Research Data

The course will give an overview on important concepts and methods used to analyze Biological data. The emphasis will be on the understanding of statistical concepts and their interpretation in a research framework. The final goal is to have a deep understanding of the meaning and interpretation of a test statistic and how to construct own statistic given data..

Dates:

From January 11th until February 4th (total of 14 training hours)

Target group:

PhD students and Postdoctoral researchers (maximum 20)

Training content:

- Introduction. Sampling distribution. Statistical inference. Student-t test
- Analysis of variance. One-way ANOVA. Two-way ANOVA. Multiple comparison procedures.
- Correlation and regression. Multiple regression analysis. Partial correlation.
- Categorical Data. Introduction to Experimental Design. Effect size and Power Analysis.

The course is interactive combining practical and theoretical lectures.

Trainer:

Hafid Laayouni is an associate researcher at Universitat Pompeu Fabra and the coordinator of the degree of Bioinformatics (Join degree between UPF, UPC and UB). He obtained a master degree in Genetics and a PhD in Biological Sciences from University Autònoma de Barcelona in 2000. He is author of more than 36 papers in indexed journals, two book chapters and mentor of 5 PhD theses. He is joined professor at the University Autònoma de Barcelona and visiting professor of the master's degree of Bioinformatics and Computational Biology of the Escuela Nacional de Sanidad (ISCIII, Madrid).



Tips and tricks to achieve good results at the bench

Are you sure that you know the basics for performing an experiment? Come to the 5th Edition of the dynamic and practical workshop “Tips and tricks to achieve good results at the bench” and find it while playing and having fun. The objective of this workshop is to acquire the good practices necessary in a laboratory to ensure the highest quality of the results.

Dates:

October 27th, from 11:00 – 13:00

Target group:

Newcomers student researchers that work at IBEC wet labs: Master Students and first year PhDs.

For 1st year PhDs working in wet lab this course is mandatory.

PhDs in their 2nd year who could not attend previous editions are welcome to participate.

Training content:

This workshop is focused on fundamental basic aspects of working in a Chemistry/Biology laboratory: process of performing an experiment, from previous planning until the moment of leaving the bench.

- Introduction and overview to the Good Laboratory Practices.
- Highly interactive and practical daily lab situations with real equipment.
- Understand the basics of good laboratory practices
- Plan an experiment considering all the steps necessary to perform it
- Use several basic equipment: scale, centrifuge, pHmeter, biosafety cabinet/sterile technique, handling liquids
- Classify several types of hazardous waste

Trainer:

IBEC's Core Facilities members.

Image J Basic

The aim of the workshop is to achieve basic skills in the analysis and quantification of microscopy images using ImageJ. The course is interactive, and participants will have opportunities to carry out practical exercises..

Dates:

6th of May, 15:00 – 18:00

Target group:

PhD students, Master students and post-docs.

Training content:

- Image and video modes and memory allocation
- Image tools:
- Understanding image properties
- Transformation (cropping, removing background, filters...)
- Quantification (intensity profiles, types of measurements)
- Video tools
- Opening image sequences
- Transformation (drift, slice selection, background, walking average...)
- Quantification (kymographs, tracking, montage...)
- Generating videos for publication.
- Plugins
-

Trainer:

Manuel Gómez González is a postdoc at the Integrative Cell Tissue and Dynamics group, under the supervision of Prof. Xavier Trepát, at IBEC. Manuel's knowledge of ImageJ comes from his use for microscopy analysis and data processing, starting with his pre-doctoral research at the lab of Prof. Juan Carlos del Álamo, University of California, San Diego, and continuing now at IBEC.

Image J Advanced

The aim of the workshop is to achieve advanced skills in the analysis and quantification of microscopy images using ImageJ. The course is interactive, and participants will have opportunities to carry out practical exercises

Dates:

27th of May, 15:00 – 18:00

Target group:

PhD students, Master students and post-docs.

Training content:

- ImageJ Macro language
- ImageJ Macro creation and recording
- Application of ImageJ Macros to problems such as:
 - Object counting
 - Cell Tracking
 - Segmentation
 - Batch processing
 - Other quantifications

Trainer:

Manuel Gómez González is a postdoc at the Integrative Cell Tissue and Dynamics group, under the supervision of Prof. Xavier Trepát, at IBEC. Manuel's knowledge of ImageJ comes from his use for microscopy analysis and data processing, starting with his pre-doctoral research at the lab of Prof. Juan Carlos del Álamo, University of California, San Diego, and continuing now at IBEC.

Healthy habits for teleworking

Practical and very dynamic workshop focused on exercises that can be applied in your teleworking workplace. Promote correct postural hygiene, doing a practical session to stretch the muscles of the back

Fechas:

22nd of February & 1st of March, both days from 12:00 – 12:45

Participantes:

All IBEC

Contenido:

- Exercises to apply in the workplace.
- Provide tools to prevent musculoskeletal health issues
- Healthy lifestyle habits.
- Contents: Muscle activation, mobility and stretching exercises to be done during the working day

Trainer:

Jorge García Hiniesta, Personal Trainer, CEO of the multidisciplinary team Evolve Health and Exercise. Graduated in Sciences of Physical Activity and Sports (Collegiate No. 59252). Master in Physical Activity and Health. Professor and speaker at the Training School Specialty Re-adaptation of Injuries. Training Specialist during Pregnancy and Postpartum.



Security Laser Training

Training for safety awareness when handling laser and intense light. Training session to ensure sufficient competence so that staff that need to be in contact with the laser system has the minimum knowledge necessary to protect others and himself against the risk of accidental exposure to lasers

Dates:

October 14th, 2021 09:00 – 13:30

Target Group:

All IBEC. Maximum 12 participants (will be assigned upon order of registration and target group).

Content:

Basic principles of light and laser, risks to skin and eyes and best practices. The agenda of the basic training includes the following topics:.

- The laser beam
- The laser classes
- Hazard level in optical communication systems
- Accidental exposure
- The human eye
- Hazard mechanisms
- Risk parameters with lasers
- Accidents and their causes
- The laser safety program
- Selection of laser safety eyewear

Trainer:

The course will be performed by qualified trainers with experience in photonics, laser and electromagnetism

Introductory Course: How to work safely with biological agents and biological samples

Recently, IBEC has started a project to declare to the authority the use of biological agents and genetically modified organisms in its installations. For that reason, biological risk assessments have been performed in all IBEC laboratories. After these evaluations, it is of interest to offer a training in Biosafety to strengthen the safe work with biological agents and biological samples

Dates:

March 25th, 11:00 – 12:30

November 25th, 11:00 – 12:30

Target Group:

All IBEC

Content:

- What is the biological risk?
- Biologic agent classification in risk groups and biosafety levels
- Good laboratory practices
- Transport of agents and samples, inside and outside the PCB
- Waste management

Trainer:

Miriam Funes, holds a Bachelor of Biology, a Master of Molecular Biotechnology in 2009 and Biosafety specialization in 2019. Since 2004 she has been holding the position of laboratory technician for IBEC's Nano-bioengineering Group, overseeing laboratory management, training in biological techniques, the culture room and participation in research projects. She is responsible for Biosecurity at IBEC.



Spanish classes (beginner)

Non-Spanish speakers at IBEC will have the possibility to attend Spanish classes during 1 trimester.

Dates:

One trimester, from March to May

In person class session: 18 Hours, 1,5 hour per week

Target group:

The course is aimed at Non-Spanish speakers with an beginner Spanish knowledge. For PhDs, postdocs, Senior researchers, Group Leaders, technicians and research assistants regardless of the contracting institution. (Maximum 14 participants)..

Training content:

- In the first session, an analysis of needs will be carried out with all the participants in the group.
- At the end of the trimester there will be an evaluation test based on the content of the classes, as well as a performance review with each participant to check if he/she has achieved the objectives.
- By not following a book, the teachers can make the class subjects more flexible to adapt to the objectives and needs of the students in the class.
- The course will follow the integrated methodology of oral expression, written expression and grammar.

Trainer:

Experienced native speaker teachers from the language school Oxford House

Spanish classes (intermediate)

Intermediate Spanish speakers at IBEC, will have the possibility to attend Spanish classes during 1 trimester.

Dates:

One trimester, from September to November

In person class session: 18 Hours, 1,5 hour per week

Target group:

The course is aimed at Non-Spanish speakers with an intermediate Spanish knowledge. For PhDs, postdocs, Senior researchers, Group Leaders, technicians and research assistants regardless of the contracting institution. (Maximum 14 participants)

Training content:

- In the first session, an analysis of needs will be carried out with all the participants in the group.
- At the end of the trimester there will be an evaluation test based on the content of the classes, as well as a performance review with each participant to check if he/she has achieved the objectives.
- By not following a book, the teachers can make the class subjects more flexible to adapt to the objectives and needs of the students in the class.
- The course will follow the integrated methodology of oral expression, written expression and grammar.

Trainer:

Experienced native speaker teachers from the language school Oxford House



Catalan

There are 3 official course formats available, depending on your learning preferences.

Classroom Training:

If you prefer classroom training, you should contact the Consorci per a la Normalització Lingüística (CPNL). They offer courses for all levels of Catalan, both intensive and long-term. It is necessary to do an initial evaluation of your level. You can find training centers in all neighborhoods of Barcelona

<https://www.cpnl.cat/cursos-catala/>

Online Training:

If you prefer to study online, the best option is the official platform PARLACAT. They offer courses in learning groups and also free recourses, if you prefer to learn at your own rhythm

https://www.parla.cat/pres_catalaenlinia/AppPHP/login/index.php?lang=en

Language mentors:

If you prefer to learn Catalan with a local, we recommend the organization Voluntariat per la Llengua (volunteers for Catalan). Local people meet with you for conversations. It's an excellent way to improve your conversation skills. The organization offers many additional recourses, like cultural activities and an online platform

<https://www.vxl.cat/>

