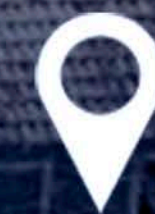


17-18 | **1st** Annual *IN* Retreat

February | INSTITUTO DE NEUROCIENCIAS



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Suites Pueblo Acantilado
Plaza Ciutat Alguer 10,
03560 El Campello



Dear all,

We are pleased to inform you about the program of the First Annual IN Retreat in the venue "Suites Pueblo Acantilado" on the 17th and 18th of February. The aim of this activity is to foster the interaction between all the different members of our researcher centre in a friendly scientific environment. This program is the outcome of the effort of different researchers (PhD candidates and postdocs) who have volunteered their time to make it possible for you to enjoy and have a good time among colleagues.

Our trip starts in the hospital bus stop (in front of the institute). The bus will pick us up at 08:30h. Please **be aware, it is mandatory to bring your ID or passport** with you in order to check into the hotel. **You will not be able to check in without it.** To facilitate the check-in process, we will be collecting IDs upon boarding the bus. If you're traveling by car please drop off your ID and luggage at the hotel desk as soon as you arrive.

On Monday the 17th, upon arrival to the venue, please drop off your ID (if you have not done so on the bus) and luggage at reception; they will tag them and take them to your room. The retreat activities will take place in the congress hall at the venue; please head to this location to start the program. The organizing committee will open the day with opening remarks and the following activities programmed for the day will be explained clearly before the starting time. Please, also check the last page of this program for more details about the different activities.

Coffee breaks are provided with beverages and pastries. Lunch will be served in the hotel dining room (directly across from the congress hall). It will start at 14:00, and the format will be seated and pre-sorted table selection, so **please check your table number before sitting**. Dinner will start at 21:00h to 21:30h in the dining room and seating is at free will. After dinner, we all will move to the congress hall to continue with a series of entertaining activities, starting with blind presentations from PIs. After this, **we will continue with our theme party (see details below)**.

On Tuesday the 18th, breakfast will be served in the restaurant at 09:00h until 10:00h; make sure to allow yourself time to check out during breakfast time. After this, the retreat will continue in the congress hall until 13:30h, at which time we will take a retreat group photo. Please do not forget this, as we need everyone to be present. Also please be aware that there is no lunch provided this day. The bus will depart at 14:00h from the hotel entrance and go directly to the IN.

Thank you very much for your collaboration and please do not hesitate to ask about any detail or clarification.

The retreat organizers.



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Monday the 17th of February

8h30	Buses depart from the INA
9h00-10h00	Check-in "Pueblo Acantilado Suites" <i>Chairs: Javier Rodríguez Baena; Verónica Murcia; Carmen Navarrón</i> <i>Chairs: Beatriz del Blanco ; Juan Medrano ; Ernesto Sáez</i>
10h00-10h15	Welcome and Opening Remarks. Who is Who (*) <i>Chairs: Michael Gachomba; Ghrisha Giasafaki</i>
10h15-11h45	Team Trivial (*)
11h45-12h15	Coffee Break <i>Chairs: Khalil Kass; Anna Prieto</i>
12h15-14h00	Speed Posters (*)
14h00-16h00	Lunch Time <i>Chairs: Quique Velasco; Raquel García</i>
16h00-17h00	Unit techniques Presentations
17h00-17h30	Coffee Break
17h30-21:00:	PIs private meeting <i>Chairs: Quique Velasco; Raquel García</i>
17h30-20:00	Techniques Workshop and Round Table (*)
20h00-21h00	Free time
21h00- 22h30	Dinner <i>Chairs: Diana Costa; Ana de Torres; Juan Carranza</i>
22h30- 00h30	Blind Presentations and Party (*)

Tuesday the 18th of February

09h00-10h00	Breakfast and check out <i>Chairs: Kevin Caref; María Royo</i>
10h00-12h00	Let's sit and talk (*)
12h00-12h30	Coffee Break <i>Chairs: Javier Rodríguez Baena; Verónica Murcia; Carmen Navarrón</i>
12h30-13h30	Concluding and Closing remarks (IN Director and Heads of the Units).
13h30	Group Photo
14h00	Buses depart from the hotel to the IN

(*) See activities details below

Activities Details

WHO IS WHO: The aim of the game is to promote interaction between the personnel of the IN. For that purpose, we will carry out a modified version of the game Who is Who that works as follows: At the beginning of the event each person will get a card with an anonymous colleague's description. The card contains an ID, a fake avatar, a description about them (with some rules that will be explained in more detail) and a few keywords (4-5). Please follow the instruction in this [LINK](#). Once you have finished it, please drop it in this [DROPBOX](#) folder. During the retreat, you must guess who corresponds with the card, and then go to one of the organizers of the activity to make your guess. Once you answer, (independent of whether the answer is right or not) you will get another ID card. So, the more ID cards you guess, the more points you earn. Very easy, right? The activity will end after the breakfast on the second day and at the concluding remarks, prizes will be announced. (*Beatriz del Blanco ; Juan Medrano ; Ernesto Sáez*)

Activities Details

TEAM TRIVIA: How strong is your knowledge of neuroscience and its history? How well do you know the place you work and your colleagues? Are you ready to cooperate with your teammates to answer more questions and solve puzzles faster than the other teams? That's what you are going to do: play a TRIVIA-like game in groups competing with each other. Which team will win and receive the big prize?

SPEED POSTERS: The speed poster is a science divulgation activity meant to improve and practice your communication skills. In summary, participants will be divided into groups of 10-12 composed of PIs/Researchers/Postdocs/PhD students and techs. Every participant will have a couple of minutes to speak about his main project in a comprehensive and succinct manner with the help of a graphical abstract (size of 21.8cm X 13.7cm and pre-uploaded to a tablet). Further, each table will select one abstract to be presented to the other groups. The two best presented communications will be selected based on the graphical abstract and the presentation quality. Please don't need to prepare an abstract as they will be in charge of evaluating the abstracts, mentoring the other participants and helping the flow and the timing of the discussions in their group. Technicians are not obliged to present an abstract, but we strongly encourage them to present about their activities in the lab. Follow the instructions in this [LINK](#) to make your graphical abstract. If you need any help or have any questions please contact Anna Prieto (a.prieto@umh.es) or Khalil Kass (kkass@umh.es).

TECHNIQUES WORKSHOP: Unit techniques presentations from 16:00 to 17:00. In this activity you will see some of the major techniques from each unit, presented by our IN experts, giving you the opportunity to ask questions (and maybe in the future, borrow reagents). From 17:30 to 18:30. After being divided in random tables, you must find the right experiments to address a scientific question. From 18:30 to 19:00 - Here you must think about a new technique that would represent the next step forward for science. From 19:00-20:00- Next, we will have a roundtable discussion comprised of one representative per table where we will discuss the advantages and disadvantages of our chosen methods.

BLIND PRESENTATIONS AND 90's PARTY: The blind presentation activity will consist of a round of presentations whose speaker and assigned presentation will be drawn randomly. The speakers will have 5 min to present the assigned presentation by improvisation.

Approximate duration: 30 min. Afterwards, the party will be inspired by the 90s, and both the music and decoration will be based on this theme. Costumes and 90s attitudes will be valued. During the party, we will play brief games to encourage interaction among attendees. Approximate duration: 2h.

LET'S SIT AND TALK: A two-part scientific and social debate session. The main goals of this activity are to discuss some major ethical issues faced by modern science and to evaluate the health of our institute, with a focus on the effect of mental wellbeing on scientific quality and productivity. Please be sure to bring your mobile (we will have some interactive material) and enjoy a lively discussion. Concluding and closing remarks: Who is who prizes.

Organizers

María Royo	Michael Gachomba	Beatriz del Blanco	Diana Costa
Aroa Sanz	Javier Rodríguez	Juan Medrano	Kevin Caref
Raquel García	Mayte López	Khalil Kass	Enrique Velasco
Ana Torres	Juan Carranza	Ernesto Sáez	Carmen Navarrón
Anna Prieto	Roberto Santoro	Verónica Murcia	Chrysa Giasafaki



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