



Image by Iratxe de Dios Cubillas

**Keep you uPhDated days  
CAB-INTA  
18<sup>th</sup>-19<sup>th</sup> December 2024**

# Keep you uPhDated days 2024

## Short programme

### Wednesday 18<sup>th</sup> December

08:30 – 08:45	Registration and welcome
08:45 – 10:15	<b>Session 1 - Vera Rubin</b>
10:15 – 10:45	Coffee break ☕
10:45 – 12:00	<b>Session 2 - Yuri Gagarin</b>
12:00 – 13:30	Round table: <i>Internationalization and Research Career</i> <ul style="list-style-type: none"><li>- M<sup>a</sup>Paz Zorzano Mier (Evaluation committee)</li><li>- Laura Sánchez García (Postdoc)</li><li>- Antonio Martínez Henares (Predoc)</li></ul>
13:30 – 14:30	Lunch break - remember to bring your own food!
14:30 – 15:45	<b>Session 3 - Harrison Schmitt</b>
15:45 – 17:15	Workshop - <i>Corporal expression: overcoming stage fright</i>

### Thursday 19<sup>th</sup> December

08:30 – 10:00	<b>Session 4 - Rosalind Franklin</b>
10:00 – 11:00	Coffee break ☕ - option to attend a talk about the research done at CAB
11:00 – 12:15	<b>Session 5 - Baruch Blumberg</b>
12:15 – 13:15	Workshop - <i>Mental health: acknowledging impostor syndrome</i>
13:15 – 14:45	Christmas lunch! 🎄

