 

**EASTBIO Student Retreat**

[Firbush Point Field Centre](https://www.ed.ac.uk/sport-exercise/outdoor-centre), Firbush Point, Loch Tay, Killin FK21 8SU

**8-10 April 2020**

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| **Retreat Schedule** | | |
| **Wednesday 8 April** | | |
| Arrive by 12 pm | Coach to Firbush from Edinburgh, Aberdeen & Dundee | |
| 12:00 | Lunch (bring own) | |
|  | Free time | |
| 15:45-18:30 | “Digital profiles and presenting your skillset”  **Dr Jo Young** (The Scientific Editing Company)  *In this session you will be encouraged to consider your digital profile and footprint and consider how you can optimise your professional online presence to support your offline efforts. The session will cover profiles, your skillset and networking (both online and offline). Please bring a phone or a tablet with you.* | |
| 19:00 | Dinner |  |
| 20:00 | Networking, drinks and a ‘Science Pub Quiz’ | *Bar can open from 18:00-23:00* |
| **Thursday 9 April** | | |
| 8:30-9:00 | Breakfast | |
| 9:30-12:30 | Activities (free time) | |
| 12:30 | Lunch | |
| 13:30-17:00 | Activities (free time) | |
| 17:30-18:30 | “Coping with PhD stress in final year and finding the best support for you”  **Ms Georgia Longmoor (University of Edinburgh)** | Resource Centre |
| 19:00 | Dinner | |
| 20:00 | Drinks and a Science Pub Quiz | *Bar can open from 18:00-23:00* |
| **Friday 10 April** | | |
| 8:30-9:00 | Breakfast | |
| 9:15-12:00 | Free time | |
| 12:15 | Coaches depart (for Aberdeen and Edinburgh) | |

**About our guest speakers:**

**Georgia Longmoor** has been an Eastbio PhD student at the University of Edinburgh for the past 4 years, and at the time of this retreat she'll have finally submitted her thesis! She’s come up against a lot of obstacles in the last 2 years, and in the process has found coping strategies and support networks that have really helped her. She’s looking forward to sharing this with all of you!.

**Dr Joanna Young** is founder of The Scientific Editing Company and provider of training in researcher development, start-ups, enterprise, post-PhD careers in collaboration with the University of Edinburgh and other HEIs.

**Practical information**

**Travel**

Two coaches will take students to Firbush point on the 8th April, as follows:

Aberdeen to Firbush (return trip):

* Departure from the Zoology Building car park (old Aberdeen campus) at 8:30 (https://www.abdn.ac.uk/about/campus/maps/view/113/)
* Pick up at Dundee train station ~10:00

Edinburgh to Firbush (return trip):

* Departure from Swan’s Building, King’s Building at 9:30

Both coaches will depart from Firbush Point on 10 April, ~12:15 pm. Drop off at Dundee, Aberdeen and Edinburgh.

*Please aim to be on time as the coaches were instructed not to wait for more than 5 minutes after the specified departure times.*

**Forms**

All students are to complete the attached **Declaration Form** and hand it in to the Firbush point Reception upon arrival.

See also some information on **‘What to bring – What to expect’** (venue form).

For any queries, email EASTBIO at enquiries@eastscotbiodtp.ac.uk.

We hope you will enjoy the Retreat!