

Advanced Training Course 1-4 Report

Deliverable 4.10

The following Advanced Training Courses (ATCs) were held in Finland in April 2017. Fellows, beneficiaries and partners were able to use this opportunity to meet each other for the first time, seek answers, network and exchange information and knowledge successfully.

All the presentations and training were also recorded online via Panopto, (a video platform used by University of Birmingham to manage, live stream, record, and share videos across courses and projects) and will be available via the PANINI website in June 2017.

The feedback received from the Researchers was as followed;

Positive feedback –

- ‘it was well organised and provided an abundance of beneficial opportunities’
- ‘highlight of the event was to meet the other Early Stage Researchers (ESRs)’
- ‘The School provides valuable opportunity to meet other ESRs and supervisors and discuss potential collaborative projects’.
- ‘The Schools take the differences between the ESRs’ backgrounds into account, so that the training was very well addressed for all of us’.
- ‘the scriptoria training improved my plain/simple English writing skills, which will enable me to communicate effectively’
- ‘I liked the ‘Biology of Aging’ session’
- ‘I learned more from the afternoon session about physical activity’.
- ‘The examples provided by Anna Whitaker on dissemination’.
- ‘it was also valuable to hear video lectures of well-known experts in the area of aging’.
- ‘the school was successful in creating atmosphere that helps to exchange experience’
- ‘It was also good to have lectures on different topics relating to aging, especially topics about genetics and cognition since these are not my expertise’.

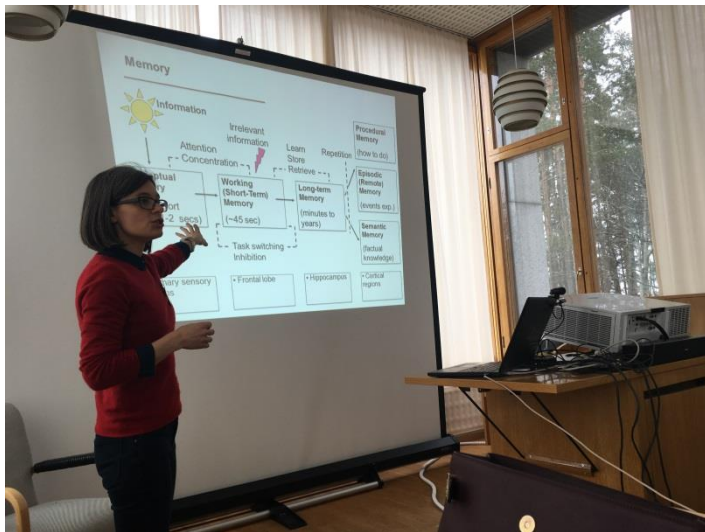


Potential Areas of Improvement -

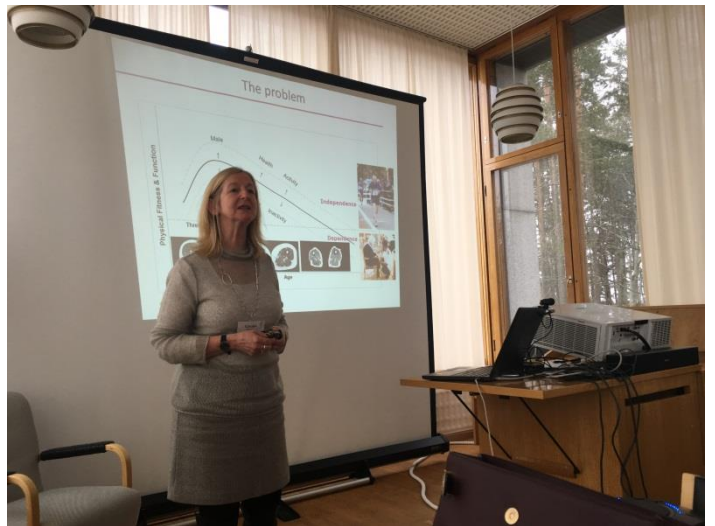
- 'would have been preferable to have a longer period of time' 'Scheduling was a bit too tight'
- 'to make the meeting more interactive'
- 'Scriptoria training could have been extended a little'
- 'Presentations over skype / phone were difficult to follow and prone to technical issues'.
- 'Better to have video conferencing instead'
- 'still a knowledge gap between the 'molecular' people, 'physiology' people and 'nutrition' people. I think that PANINI should aim to build a commonlanguage... '....a series of informal "crash courses" where the ESR(s) with more experience share their knowledge'.
- 'share the presentations handout in advance so we can study them before the ATC'
- 'Would like to add some practical session in the workshops. E.g. given a topic and write a press release'.
- 'supervisors' presentations were short liked to have a deeper look in those fields'
- 'to include more genetic background in the training'



ATC Topic		Lead
ATC 1	Biology of Ageing Theories of Ageing; Immune and endocrine ageing	Janet Lord <i>(Video Conference)</i>
	Brain ageing and cognition	Nadine C. Santos
	Musculoskeletal ageing; Sarcopenia and skeletal muscle responsiveness to exercise and nutrition	Carolyn Greig



Nadine C. Santos, UMINHO



Carolyn Greig, UOB



An engaged and attentive audience

ATC Topic		Lead
ATC 2	Outreach & dissemination Outline of PANINI dissemination commitments and plans	Anna Whittaker
	Patient/Participant Involvement and Dissemination	Joanne Plumb
	Scientific Communication for non-specialists (only ESRs attend)	Scriptoria – Sandy Williams



Anna Whittaker, UOB

Joanne Plumb, UHB

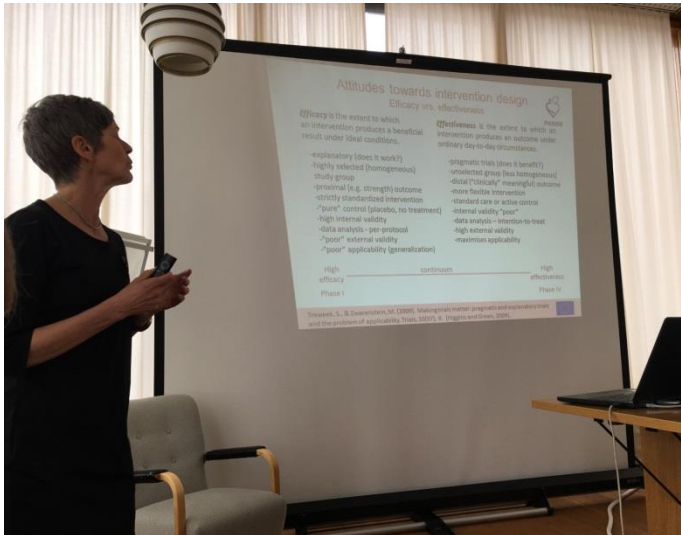


Sandy Williams from Scriptoria trains the Fellows in Communicating Research to Non-Specialists

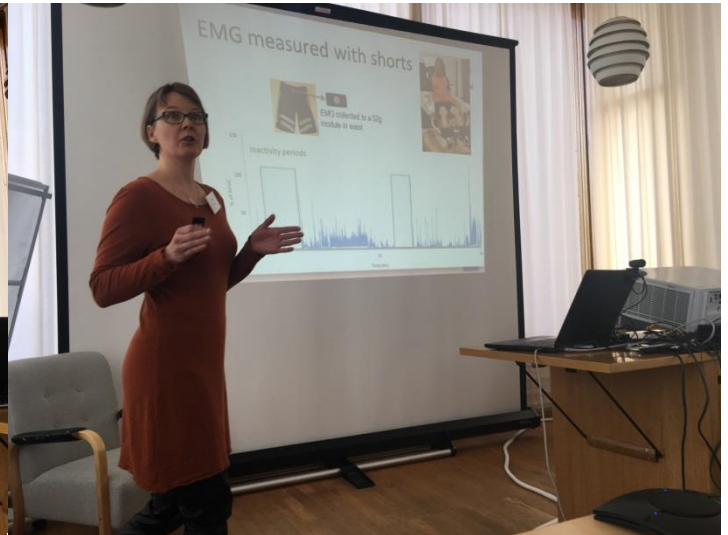
Some excerpts from feedback forms about the Scriptoria training below:

- 'Trainer is really competent and makes you feel involved.' *Barbara Iadarola (ESR11)*
- 'Really needed, since we have to prepare public engagements staff.' *Anon*
- 'Great value of information.' *Anon*
- 'Perfect, great manual and helpful.' *Anon*
- 'Excellent course. Very well delivered.' *Paul Doody (ESR2)*
- 'Very happy and satisfied with the workshop.' *Rizwan Tahir (ESR8)*

ATC Topic		Lead
ATC 3	Physical activity and ageing; Physical activity interventions for healthy ageing	Sarianna Sipilä & Taija Finni



Sarianna Sipilä, UJ



Taija Finni, UJ

ATC Topic		Lead
ATC 4	Nutrition and ageing Genetics and longevity	Paolo Garagnani (Video Conference)
	Nutritional intake, sarcopenia and physical activity	Andrea Maier
	Obesity and ageing; Dietary patterns and ethnic and cultural variations.	Janice Thompson



Andrea Maier, VU Amsterdam



Janice Thompson, UOB