



# PhD Retreat Cardiovascular Research

## April 8<sup>th</sup> | Gertrudiskapel | Utrecht

### Program

09.30 - 10.00

**Coffee**

10.00 - 10.05

**Welcome - Prof. Dr. Gerard Pasterkamp**

*Program director*

10.05 - 10.45

**Prof. Dr. Rick Grobbee**

*As part of its new 3.0 strategy, the UMC has selected five themes on which it will focus most of its resources regarding both medicine and research. One of these themes is named "Circulation" and it encompasses all cardiovascular related research and medicine. Prof. Dr. Rick Grobbee is leader of this theme and he will tell us about the implications of this new strategy.*

10.45 - 11.30

**Erik Ravenstijn MSc.**

*On May 20th 2009, Erik Ravenstijn stood on top of the Mount Everest after years of training. He was the youngest Dutch man ever to achieve this and to do so, he had to overcome several setbacks while finishing his Master's degree. He will share with us the lessons he learned about how to achieve your goals.*

11.30 - 12.30

**Posters and lunch**

12.30 - 13.30

**Discussion of posters**

*Discuss your poster in a group of fellow students. You have 3 minutes to present your poster and 3 minutes to answer questions.*

*All students are obliged to bring a poster (see backside for more information).*

13.30 - 14.00

**Poster selection and prizegiving**

14.00 - 14.30

**Coffee**

14.30 - 16.30

**Pub quiz**

*The pub quiz, a phenomenon as old as the pubs. We will start this test after the coffee and we'll continue as the first drinks are served. Which group of PhD students will excel in their knowledge of the world?*

15.30 - 17.30

**Drinks**

This retreat is organized free of charge for all students of the PhD track Cardiovascular Research. To register please send an e-mail to [phd.cvr@gmail.com](mailto:phd.cvr@gmail.com) before March 28<sup>th</sup> including your name, laboratory and title/topic of your poster.

## **Poster Session**

The goal of this poster session is to inform you about the different types of research that are conducted within the track Cardiovascular Research. Next to that, it is of course also a great opportunity to get feedback on your own research or ideas. The topic of the poster can range from a new study, a study in progress or already finished work. Maximum poster size is A0, portrait format.

Each group will have presenters with different research topics and the discussion will be led by a senior researcher. To facilitate the formation of the groups we would like to ask you to provide the title or topic of your poster when you register for the retreat.