

Program – K2 Junior Retreat 2019

November 4-5, Myrkdalen



Monday 4th

08:39 Train departs from Bergen Railroad Station

08:50 – 09:45 Speed dating during the train ride

Talk with a partner for 3 minutes each to pitch your background and ongoing work, before switching partners

09:53 Arrival at Voss. Bus onward to Myrkdalen from Voss Station

10:30 Arrival at Myrkdalen

11:00 – 11:30 Welcome and introduction *Simon, Arvid*

11:30 – 12:15 Lunch

12:30 – 14:00 SESSION 1 – 2-MINUTE LIGHTENING TALKS *Chairs: Piotr, Simona*

12:30 – 12:32

12:33 – 12:35 x 15 (the order will be sent by e-mail in advance)

13:15 – 13:30 Break

13:30 – 13:32

13:33 – 13:35 x 15

14:15 – 14:30 Break

14:30 – 15:15 SESSION 2 – DISCUSSION OF THE LIGHTENING TALKS *Simona, Simon*

15:15 – 15:45 Break / refreshments

15:45 – 17:30 SESSION 3 – HOW TO ALLEVIATE WORK-RELATED STRESS AND BE MORE EFFICIENT (GROUPS OF 4-5)

Task: Choose 3-5 issues (see examples in handout) and provide possible solutions for them.

Issues of choice and solutions are to be presented in the Tuesday morning session.

18:30 – 19:00 Cocktail
19:00 – 20:00 Dinner
20:00 – Social

Form new groups for quiz:

You will be told a profession, and mingle with the others to mime your profession. The goal is to identify the others who have the same profession as you (your new group).

Quiz: Science-related topics.

Elvira, Ester, Cathrine

Games: The groups will circulate between different board games.

Tuesday 5th

07:30 – 09:00 Breakfast & Check-Out

08:30 – 09:30 SESSION 4 – GROUP PRESENTATIONS (based on session 3)

09:00 – 09:10 Group 1

09:10 – 09:20 Group 2

09:20 – 09:30 Group 3

09:30 – 09:40 Group 4

09:40 – 09:50 Group 5

09:50 – 10:00 Group 6

10:00 – 10:15 Break

10:15 – 12:15 SESSION 5 – STRESS-COPING STRATEGIES *Arvid*

Mindfulness: What ancient wisdom and modern psychology can tell us about handling workload and time pressure.

12:30 – 13:30 Lunch

13:45 Departure to Voss by bus

14:37 – 15:56 Train from Voss to Bergen Railroad Station

The Organizing Committee

Simon Dankel (Associate Professor)

Piotr Mydel (Associate Professor)

Anagha Joshi (Associate Professor)

Simona Chera (Associate Professor)

Ester Anne Kringeland (PhD candidate)

Elvira García de Jalón Viñegra (PhD candidate)

Cathrine Horn (PhD candidate)

Guest:

Arvid Skjerve, Clinical psychologist, PhD, mindfulness teacher.