

8:00 - 9:00	Trainee day check-in and coffee		
9:00 - 9:15	Welcome by the EBRs Trainee Board / Betty Rodriguez-Cortes		
9:15 - 10:00	Keynote Lecture: Valérie Simonneaux		
	Group 1 (Basics)	Group 2 (Technical)	Group 3 (Career and others)
10:15 - 11:00	Basics of chronobiology (Andrew Millar) chaired by: Betty	The SCN achieves global impact through relay and amplification of diffusible signaling (Rae Silver) chaired by: Kate	PhD survival kit (Arisa Hirano) chaired by: Ruth
11:00 - 11:15	Coffee		
11:15 - 12:00	Evolution of the circadian system (Emi Nagoshi) chaired by: Valentina	Clocks in different environments (Alex West, Noga Kronfeld-Schor) chaired by: Tereza and Fernando	Is there life after PhD? Academia (Pieterjan Dierickx) vs industry (BU Director Novogene GmbH Yuanyuan Chen) chaired by: Kate
12:00 - 13:15	Lunch, tables with PIs		
13:15 - 14:00	Circadian rhythms in plants (Alex Webb), chaired by: Tereza	Workshop on publishing Marry Harrington (chief Journal of Biological Rhythms) chaired by: Betty	Sex differences in circadian regulation (Horacio de la Iglesia) chaired by: Kate
14:00 - 14:30	Break (scientific speed dating)		
14:30 - 15:15	Circadian biology in clinical setting (Laura Kervezee, Dirk Jan Stenvers) chaired by: Valentina	Non-traditional model organisms in chronobiology (Kristin Tessmar, Martha Merrow) chaired by: Fernando	Trends and future of chronobiology (Ruud Buijs, Satchin Panda) chaired by: Betty and Tereza
15:15 - 16:00	Trivia + closing remarks		