

## PBL Retreat, Rovereto 2024 - Information Letter

*This letter provides information that is important for the 2024 lab retreat-CAOs trip; please read it carefully. We did our best to include all the useful information. Just in case we realize we are missing something or if something needs to be updated, the committee can make changes or additions. Any changes or additions made after this letter has been distributed will be written in **red font** (please occasionally check for any new red text). If you feel like something is missing from this overview or you have a question: use the [INFO Lab Retreat - Italy, May 2024 channel](#) to reach out.*

*Cheers,  
Ingmar, Dota, and Maartje*

### **TRAINS**

#### **Nijmegen - Rovereto**

<b>7-May-2024</b>	
<b>7:02am Nijmegen Centraal - Arnhem Centraal</b>	7:02am departure from platform 1a, 7:20am arrival at Arnhem on platform 3
<b>7:37am Arnhem centraal - Duisburg Hbf</b>	7:37am departure from platform 9, 8:39am arrival at Duisburg Hbf
<b>9:02am Duisburg - Munchen Hbf</b>	9:02am departure from Duisburg from platform TBD 3:12pm arrival at Munchen Hbf at platform 23
<b>3:34pm Munchen Hbf - Rovereto</b>	3:34pm departure from Munchen Hbf from platform 12 20:17pm arrival at Rovereto train station

#### **Alternative trip for now:**

<b>12-May-2024</b>	
<b>9:43am Rovereto - Munchen Ost</b>	9:43am departure from platform ?, 2:16pm arrival at Munchen Ost on platform 6
<b>2:31pm Munchen Ost - Munchen-Pasing</b>	2:31pm departure from platform 1, 2:49pm arrival at Munchen-Pasing on platform 8
<b>2:56pm Munchen-Pasing - Mannheim Hbf</b>	2:56pm departure from platform 10, 5:28pm arrival at Mannheim Hbf on platform 2
<b>5:35pm Mannheim Hbf - Arnhem Centraal</b>	5:35pm departure from platform 3, 8:57pm arrival at Arnhem Centraal on platform 9

- You are responsible for valid tickets, being on time, your luggage, and, in general, getting to Rovereto. The committee tries to provide helpful information but is NOT responsible for getting you or your luggage to or from Rovereto.
- The train from Nijmegen to Arnhem (and vice versa) is not included in your DB ticket, so bring your OV-chipkaart (and put money on it if needed) or buy a ticket for this part. If you depart from another city in the Netherlands to Arnhem (and vice versa), check if you included that part of your journey in your ticket. Otherwise, make sure to get a ticket or use an OV-chipkaart, and of course, don't forget to check-out with your OV-chipkaart in Arnhem!
- Wifi and power plugs on the train: In the ICE, each set of 2 seats shares a power plug, and there is Wi-Fi (slow when busy). On the Eurocity (Munich—Rovereto), there are a bit fewer powerplugs (maybe 1 per 3-4 seats) and no Wi-Fi. Between Munich—Innsbruck and Bressanone—Rovereto, there is usually decent 4G. Between Innsbruck and Bressanone—Rovereto, the internet is very limited due to mountains and tunnels.
- Food and drinks: You are responsible for your own food and drinks on the train. ICE has an onboard restaurant (<https://www.bahn.de/service/zug/bordgastronomie>), the Eurocity has an onboard restaurant in summer (not sure if it's there in May yet; <https://www.oebb.at/en/reiseplanung-services/im-zug/bordservice>), and a snack-cart all year round. Food on the train is decent but expensive. If there are no delays, you should have time to buy something at the train stations, which have several food stands/shops. I usually bring at least breakfast and lunch from NL already and only get coffee/snacks on the way.
- Make sure to have your DB tickets, preferably in the DB app, otherwise on your phone or on paper.
- After CAOs, people have different travel(/staying) plans including members of the retreat committee. Maartje is the only committee member traveling back to the Netherlands with the 'main train' (the one suggested by Ingmar when we all booked our tickets). She leaves to walk to the train station at 8:45 am. Again, the committee is NOT responsible for keeping track of who needs to get on the 'main train' to the Netherlands or for you to catch the train.

## **ROOM ASSIGNMENTS**

Chiara - 9  
Claire - room 11  
Dota - room 10  
Eva - room 8  
Floortje - room 4  
Floris - room 1  
Ilayda - room 10  
Ingmar - room 6  
Jakub - room 6  
Judit - room 9  
Lea - room 8  
Maartje - room 10  
Mandy - not applicable  
Paulo - room 12  
Qifei - room 12  
Swantje - room 11  
Yamil - room 6  
Ambra - not applicable

## **HIKING ASSIGNMENTS**

	Hike					
Group A	Dota	Ilayda	Paulo	Swantje	Floortje	Jakub
Group B	Maartje	Floris	Chiara	Qifei	Yamil	Mandy
Group C	Ingmar	Eva	Claire	Judit	Lea	

## **MIND MATCHING ASSIGNMENT**

Mind Matching Round 1			Mind Matching Round 2		
Yamil	Qifei	Dota	Maartje	Mandy	
Ingmar	Maartje		Ingmar	Dota	
Lea	Chiara		Judit	Qifei	
Eva	Paulo		Lea	Floortje	
Floortje	Claire		Yamil	Ilayda	
Floris	Swantje		Chiara	Floris	
Ilayda	Mandy		Eva	Claire	
Jakub	Judit		Jakub	Paulo	Swantje

## **SCHEDULE INFO**

The schedule will be shared on the [INFO Lab Retreat - Italy, May 2024 channel](#)

### **Chores**

CREWS				
		<i>Time</i>		<i>person responsible</i>
Wednesday	grocery trip 1		7:30 to 8:30	Dota & Lea & Yamil
	breakfast (set-up and clean-up)	set up ready by	9:00	Ilayda & Maartje & Qifei
		clean up finished by	10:00	
	lunch (set-up and clean-up)	set up ready by	12:30	Ingmar & Eva & Claire
		clean up finished by	13:40	
Thursday	grocery trip 2		7:30 to 8:20	Paulo & Judit & Chiara
	Picnic (set-up and clean-up)		12:30	Floortje & Swantje & Paulo

### **BREAKFAST CREW ASSIGNMENT (CAOS)**

Friday Morning	Hiking Group A	Prepare for breakfast
Saturday Morning	Hiking Group B	Prepare for breakfast
Sunday Morning	Hiking Group C	Prepare for breakfast
Sunday Clean Up	Everyone	

### **IMPORTANT Scheduling Notes:**

- On Wednesday, we will go on a hike right after lunch. Please make sure that you have sun protection, wear hiking/running shoes, bring a filled water bottle, and grab some snacks to bring on the hike. Also, bring an extra layer because we are doing a tour of cold wine cellars afterwards. Take a couple of minutes during lunch break to pack some snacks and grab whatever you need from your room.
- Thursday morning: We leave for breakfast right after meditation. After breakfast, we stay in town until about 4 pm. There is no time to 'get ready' to leave after meditation, so make sure you grab all the stuff you need for the day (e.g., a sun-protection phone, wallet, sweater, or something else to sit on if you don't want to be sitting on grass for a long time) before the meditation starts at 8:30 a.m.
- COAs starts on Thursday at 6 pm. This is a reception where you can pick up your CAOs name tag/batch and have some snacks and drinks. If you eat enough snacks, you might get enough for a meal. Otherwise, you might need to go out for some food after the reception. During CAOs, we will have communal breakfast moments, and people are assigned to get breakfast ready and clean it up. However, the lab retreat committee is not responsible for your meals during CAOs. It is also your own responsibility to get reimbursed for the dinner (or any other food/drinks) you buy during CAOs.

- Make sure you have packed up your luggage before breakfast on Sunday morning. We need the time after breakfast to collectively clean up [distributing left-over food/drinks and throwing out food/drink(packaging)], and check out

## **PACKING LIST**

<b>Clothing</b>	<b>Work</b>	<b>Other</b>
Regular clothes for the conference	CAOs poster if you have one	Water bottle (for hiking/picnic), but also for train rides
1x picnic / relax clothes	Laptop	ID card: they check in train at border. Either EU ID card or driver's license, or passport.
1x hiking clothes	Conference backpack/bag	The Deutsche Bahn app is recommended (but at least the train tickets on phone or paper).
(light) hiking shoes (or other sports/running shoes)		Bathing suit for jacuzzi/sauna at accommodation, in case there is time.
Small hiking backpack (we only need 1 for every 2-3 people)		Your own food and drinks for traveling day
Thin rain jacket		Sunscreen
Sunglasses		mosquito/tick spray (there are ticks...). We'll have some to share in case you forgot.
Hat against sun		If you have, bring a reusable grocery bag, so we don't need to get plastic ones!
		<b>Copy of your identity card/passport to save time at the accommodation during check-in.</b>

## **OTHER INFORMATION**

### **General**

- It will be helpful if you download [this app](#) on your phone (and if you want easy access to travel info and digitally load your train tickets, also the Deutsche Bahn app).
- We will be spending the majority of Thursday outside and might be sitting on the grass for quite a long time. If you don't want to sit on the grass for a long time, bring something to sit on on Thursday morning.

### **For all Post-Docs (including Jakub):**

Questions/topics to think about in preparation for the lab retreat:

- Which experiences helped you come up with the idea/question for your research grant(s)?
- What advice would you give past you to help you with the process of developing a big idea/question for a grant proposal?

### **For all Phds and RAs:**

Questions/topics to think about in preparation for the lab retreat:

- What's Your Proposal Title for the Starting Grants of 2030?
- How do you come up with this question, and what difficulties or insights have you encountered along the way that you'd like help with?

### **Important addresses and URLs**

- Accomodation: Casa del Pittore, Via Acquedotto 8, Rovereto
- [CAOs](#), Workshop on CONCEPTS, ACTIONS, and OBJECTS

### **FAQ**

Was this lab retreat secretly designed to make everyone a morning person?

- Yes, you caught us.