

7TH-9TH JULY

SUMMER SCHOOL ON LEADERSHIP

AND CAREER DEVELOPMENT

FOR PHD STUDENTS AND

EARLY STAGE RESEARCHERS

WELCOME BOOK

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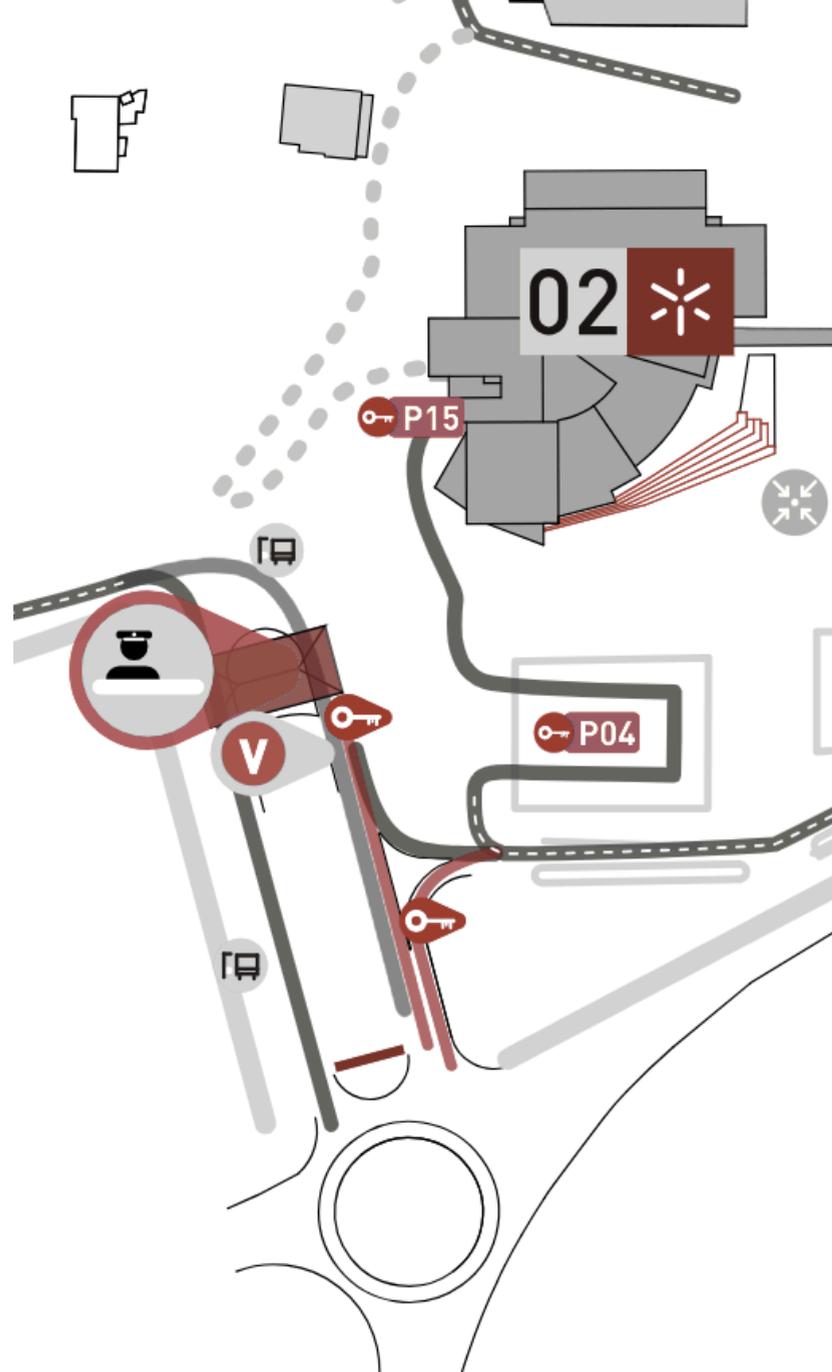
Map

University
of Minho



CP2

The Summer School will take place in the **André Cruz de Carvalho room** on the 2nd floor of **building 2**.



Programme

9h00-9h30 | André Cruz de Carvalho room

Registration

9h30-9h45

Welcome session

Sandra Paiva, UMinho Vice-Rector for Research and Innovation | Chair of the Summer School

9h45-12h30

Module 1 - Research Leadership principles | Part I

Sandra Schmid, Chan Zuckerberg Biohub

Team of the University of Minho

12h30-14h00

Lunch | Panoramic Restaurant

14h00-17h30

Module 1 - Research Leadership principles | Part II

Sandra Schmid, Chan Zuckerberg Biohub

Team of the University of Minho

This opening module will discuss what effective research leadership means and how it can be developed. Participants will learn about the key principles regarding successful leadership in research environments, with an emphasis on building and leading high-performing teams. The session will discuss the importance of fostering a positive and productive research culture. Insights from senior academic leaders and interactive discussions will help participants reflect on their own leadership style and identify ways to strengthen it.

DAY

Programme

9h00-12h30

Module 2 - Managing people and leading research teams | Part I

Effective Communication: Guiding Principles and Tools for Difficult Conversations

Yasmin Dolak-Struss, Solution Base

Effective communication plays a central role in research leadership and team dynamics. In this session, we introduce key principles and hands-on tools to support your daily interactions and prepare for challenging conversations in academic settings. We will explore foundational communication models and what they imply for your leadership and communication practice, as well as strategies for asking solution-focused questions. Short exercises and role plays will support you in recognising different perspectives and using communication as a tool for constructive leadership.

12h30-14h00

Lunch | Panoramic Restaurant

14h00-17h30

Module 3: Careers in Research: Paths and Opportunities

Strategic Career Planning in Academia and Beyond

Yasmin Dolak-Struss, Solution Base

Sandra Schmid, Chan Zuckerberg Biohub

This module introduces strategic career planning for researchers, exploring both academic and non-academic paths. We will discuss key factors shaping academic research careers - including publications, funding, networking, and visibility - and reflect on what can support or hinder long-term development. The session also highlights ways to explore opportunities beyond academia and encourages brief reflection on your current direction and potential next steps.

Drawing on perspectives from both research coaching and senior academic experience, the module supports participants in taking ownership of their professional journey.

Dinner | Information provided during the event

DAY

Programme

9h00-12h30

Module 2 - Managing people and leading research teams | Part II

Self-Management for Leaders: Prioritization, Delegation, Managing one's Energy

Yasmin Dolak-Struss, Chan Zuckerberg Biohub

In this session, we will focus on self-management as a foundation for effective leadership. We will start by exploring how your working environment and personal working style shape your ability to lead and make decisions. Building on that, we will examine practical strategies for setting priorities, deciding what to delegate, and managing your time and energy across competing demands. The session combines short inputs, peer exchange, and tools you can apply in your everyday practice. We will also look at how self-awareness and small shifts in how you structure your time can contribute to a more sustainable leadership style.

12h30

Lunch on the go

DAY

Invited Speakers



Sandra Schmid
Chan Zuckerberg Biohub, USA

Sandra Schmid is an internationally recognised cell biologist and research leader, currently Chief Scientific Officer at the Chan Zuckerberg Biohub in San Francisco. She holds a PhD in Biochemistry from Stanford University and has led pioneering research on clathrin-mediated endocytosis, publishing over 170 articles. Sandra has held prominent leadership roles, including department chair positions and presidency of the American Society for Cell Biology. Alongside her research, she is deeply committed to mentoring the next generation of scientists and supporting their development as effective leaders in science.



Yasmin Dolak-Struss
Solution Base, Austria

Yasmin Dolak-Struss is an experienced trainer and systemic coach specialising in career development for researchers. She studied technical physics and holds a doctorate in biomathematics. After several years in research and a subsequent career in a large research funding organisation, where she trained and advised international researchers, she started her own business. Today, she supports researchers in building strong professional profiles, strengthening their skill set and developing successful and meaningful careers both within and outside academia.



Participants

Adrian Barry Sosa, University of Granada
Ahmad Kaab Omeir, University of Vilnius
Alexandre Malley-Ernewein, University of Lyon 1
Eugenio Martin Gelos, University of Maynooth
Giovanni Parente, University of Maynooth
Joana Vieira, University of Minho
João Pedro Gonçalves, University of Minho
Licínio Zacarias Zitha, University of Minho
Marlene Nogueira, University of Minho
Micaela Aguiar, University of Minho
Milda Babonaitė, University of Vilnius
Ngozi Edeagu, University of Leipzig
Paulo Silva, University of Minho
Ricardo Franco Duarte, University of Minho
Romain Thinon, University of Lyon
Saira Sehar, University of Padua
Steven Roldan Gomez, University of Lyon 1
Teresa Quesada, University of Granada
Vesela Simeonova, University of Graz
Vilius Mačkinis, University of Vilnius



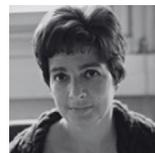
Organising Committee



Chair
Sandra Paiva
University of Minho



Anne Giroir-Fendler
University of Lyon 1



Cristina Vieira
University of Lyon 1



Fernando Cornet
University of Granada



Gerald Lind
University of Graz



Guadalupe Soriano
University of Granada



Massimiliano Zattin
University of Padua



Pedro Francés Gómez
University of Granada



Romain Thion
University of Lyon 1



Vida Lapinskaitė
Vilnius University

Local Organising Committee



Chair
Sandra Paiva
Vice-Rector for
Research and Innovation



Ana João Rodrigues
Researcher at ICVS



António Vicente
Director of the
UMinho Doctoral
College



Ana Rita Carlos
USAPI



Carla Santos
Director of USAPI



João Ribeiro
Professor at the
School of
Economics and
Management



Nádía Gouveia
Arqus UMinho
Project Officer



Sofia Gomes
Arqus UMinho
Communications
Officer



Tiago Farinha
Personal Assistant
to Vice-Rector for
Research and
Innovation



Vanessa Alves
Arqus UMinho
Institutional
Coordinator

Communication

Please, use
#ArqusResearchLeadership
#ArqusCareerDevelopment to
share your experience in this
Summer School

You can communicate with all
participants via the WhatsApp:



01

University of Minho

**Rectorate of the
University of Minho**

Largo do Paço
4704-553 Braga



01

University of Minho

University of Minho (UMinho) is a public foundation governed by private law and it is one of the most prestigious Portuguese higher education institutions. The (UMinho) was founded in 1973 and it has three campi, one in the city of Braga (Gualtar) and two in the city of Guimarães (Azurém and Couros). UMinho is a comprehensive university with 12 Schools and Institutes that cover the vast majority of scientific fields of knowledge. These Schools and Institutes are responsible for 60 undergraduate programmes and integrated masters, 110 master programmes and 60 PhD programmes. UMinho has more than 600 ongoing research projects. These projects fall within the framework of 30 research centres, 9 associated laboratories, 11 collaborative laboratories and 5 innovation centres and 50 spin-offs.



01

UMinho has over **20.000** students of which over **2.500** are international

UMinho registers 30 patents/year. UMinho is also strongly committed with the development of society through many partnerships (with municipalities, schools or companies) and its direct participation in the governance of 58 associations and foundations in social, economic and cultural domains. The University promotes 500 cultural events/year and has its own orchestra. Internationalisation is another key area of activity. Around 400 UMinho students per year take a period to study abroad and around 600 foreign students come to UMinho, Master and PhD Programme in association; mobility in and out of students; Scientific cooperation signed with universities worldwide, comprising 90 different countries (in Europe, USA, Latin America, China and East Asia). In the Shanghai Ranking (ARWU) 2023, Universidade do Minho is among the top 500 higher education institutions worldwide. UMinho was acknowledge as the European Most Active University in Sports in 2018.

12

Schools and Institutes

02

Welcome to Braga



02

Braga

Braga is the 3rd largest metropolitan area in Portugal, with about 200 thousand inhabitants, being the capital of Minho's region. Braga is one of the most ancient cities in Portugal, where you can still find many roman and medieval archaeological remains. Braga markedly young population has led to its nomination as European Capital of Youth by the European Youth Forum in 2012. Braga was given the award of Best European Destination 2021.



03

Arriving to Porto Francisco Sá Carneiro Airport



03

From Porto Airport to the City Center of Braga *by bus*

Campus de Gualtar 55,9 km



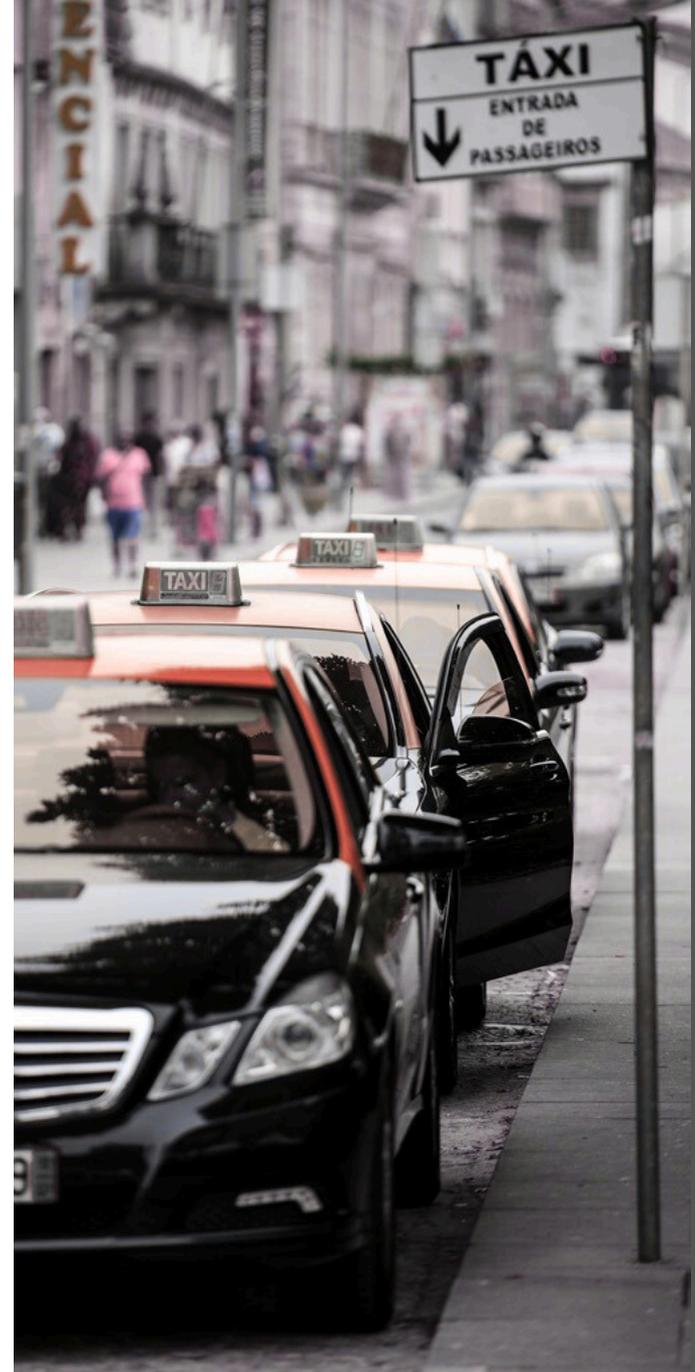
getbus • <https://www.getbus.eu/pt>

FLIXBUS • <https://www.flixbus.pt>

03

From Porto Airport to the City Center of Braga *by taxi*

All taxis are equipped with a taximeter, and the fare charged is limited to the amount displayed on the meter. The price of a taxi journey is based on four passengers. It is compulsory for passengers to be given a receipt. A standard taxi ride at off-peak hours was of around 75€. Uber and Bolt are also available.



03

From Porto
Airport to
the City
Center of
Braga *by*
train

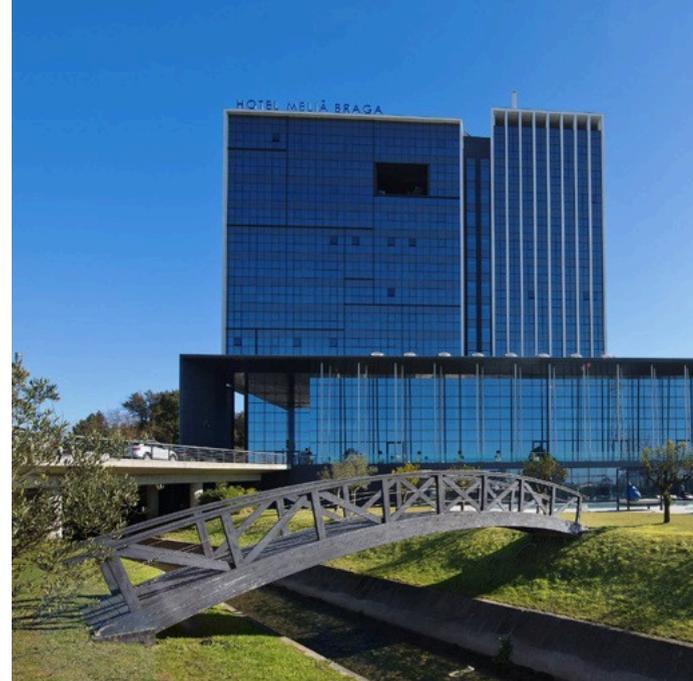
At the Airport go to the Metro Station and take Line E, which is coloured Violet and runs every 20 or 30 minutes, depending on the time of day and day of the week. At the Train Station of São Bento (Porto city center) or at the Station of Campanhã (transfer station) it is possible to catch a train to Braga. Visit www.cp.pt portal where you can check the train schedules.



04

Places to stay in Braga

Hotel Meliá Braga Av. Gen.
Carrilho da Silva Pinto - 8, 4715-380
- Tenões (+351) 253 144 000
www.melia.com
melia.braga@meliaportugal.com



Hotel Mercure Av.
João XXI, 4715-036 -
Braga (+351) 253 206
000
mercure.accor.com
h8308-re@accor.com

04

Places to stay in Braga

Hotel Vila Galé Largo Carlos
Amarante, 4700-308 - Braga
(+351) 253 146 000
www.vilagale.com
empresas.reservas@vilagale.com



Hotel Dona Sofia Largo de São
João do Souto - 131, 4700-326 -
Braga (+351) 253 263 160
hoteldonasofia.com
info@hoteldonasofia.com

04

Places to stay in Braga

Hotel Ibis Braga

Rua Do Carmo - 38,
4700-309 - Braga
(+351) 253 204 800
ibis.allbragahotels.com
h1802@accor.com



Ibis budget Braga

Avenida Da Liberdade - 96,
4715-037 - Braga
(+351) 253 614 500
ibis-budget-centro.com
h9042@accor.com

04

Places to stay in Braga

Burgus Tribute & Design Hotel

Rua Dom Afonso Henriques - 28,
4705-426 - Braga (+351) 253
680 000 burgushotel.com
reservas@burgushotel.com



Porta Nova Collection House

Rua Dom Diogo de Sousa - 6,
4715-039 - Braga, (+351) 253
614 185 www.portanovach.pt
reservas@portanovach.pt

04

Places to visit in Braga

With more than 2000 years of history, Braga is known by its distinct churches, splendid XVIII century houses, beautiful gardens, distinguished monuments and museums. The Roman legacy is one of most attractive factors of Braga, often called the 'Portuguese Rome', due to its origin in the Roman city of Bracara Augusta. Braga is the third largest metropolitan area in Portugal and its rich history combines with modern amenities, tradition with innovation, creativity to conservatism.



04

Places to visit in Braga

Sé Catedral de Braga Braga's Cathedral is also the oldest in the country and was built in the 12th century by the parents of Portugal's first King, D. Henrique and D. Teresa, who are buried there. Braga is to this day one of the country's main religious centres, having the Holy Week Celebrations and the São João Festival as the highlights in its liturgical and touristic calendar.



Bom Jesus do Monte

The monumental set off “Bom Jesus do Monte”, like mentioned in some books about Braga, is for sure, the biggest, the most majestic, the most symbolic and poetic sacro-mount built in Europe, were religious, baroque, rococo and neoclassical architecture predominates. It was recognized, in 2003, World heritage humanity by UNESCO.

04

Places to visit in Braga

Palácio/Museu dos Biscainhos

The Palácio dos Biscainhos is located on the street that gave it its name, in allusion to the craftsmen from Biscay, who settled here in the 16th century, and who worked on the urban development of Braga. The Biscainhos Museum, housed in a Baroque palace, is a landmark period in the history of Braga.



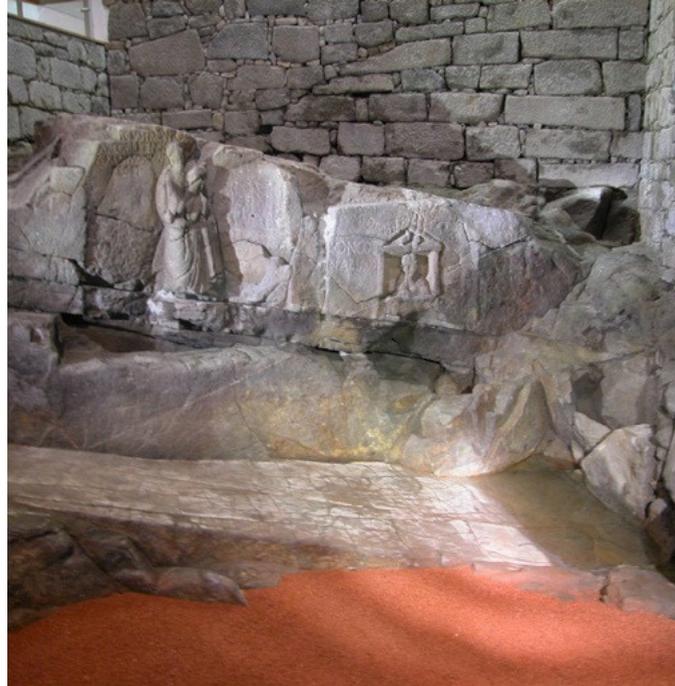
Theatro Circo

The Theatro Circo is undoubtedly the most charismatic room of Braga. It was conceived for the first time in 1906 by a group of people from Braga, led by Artur José Soares, José António Veloso and Cândido Martins. The renovated Theatro appears as a single space, combining the tradition of the Italian stage with one of the most technically sophisticated infrastructures throughout Europe.

04

Places to visit in Braga

Alto da Cividade On the Alto da Cividade hill, within a large protected archaeological area, next to the “Forum” of the ancient Roman city of “Bracara Augusta, are the only known Roman public baths in Braga. In the same area there is an attached theater, a monument of great heritage value.



Fonte do Ídolo

It was built at the beginning of the 19th century. In a rock shrine, associated with the cult of water, which is now known as the Fountain of the Idol. Its construction was probably due to a Roman citizen, named Célico Fronto, who had it built for the benefit of the community of Bracara Augusta. The uniqueness of this granite fountain gave it the classification as a National Monument in 1910 and, in 2002-2004, it was the subject of musealization works.

04

Places to visit in Braga

Café A Brasileira

Café A Brasileira is one of the most emblematic cafes in the city of Braga. It is located in Largo Barão de São Martinho, in the historic center of the city, having been requalified in 2008/09, being the architectural project the responsibility of architect Sérgio Borges.



Museu Nogueira da Silva

The Museum owes its foundation to the legacy, made in September 1975, in favor of the University of Minho by António Augusto Nogueira da Silva. The museum has a varied collection of paintings, sculptures, furniture, tapestry, jewellery, porcelain, glass and earthenware. The house has a French-inspired garden, with flower beds surrounded by boxwood, crowned in the background by magnolias surrounding a baroque fountain from an old farm in Gualtar.

04

Places to visit in Braga

Mosteiro de Tibães

Comprising a large building and a walled fence, the monastery we see today was built/rebuilt, decorated/redecorated, throughout the 17th, 18th and 19th centuries. With a functional architecture, it presented a clear separation between the areas of prayer, work and leisure and those of communication with the outside, and also between the areas occupied by the resident community and the others reserved for use as the mother house of the Congregation.



Arquivo Distrital de Braga

The Braga District Archive is a cultural unit of the University of Minho, a member of the respective Cultural Council, with regional archive powers for the Braga district area.

The Archive has more than 5 thousand linear meters of documentation of almost 6 hundreds of funds, from a time period between the 9th century and the present day.

04

Places to visit in Braga

Biblioteca Pública de Braga

The Braga Public Library is located in Praça do Município in Braga. Founded in 1841, its inauguration took place in 1857. Since 1975 it has been part of the University of Minho, and since 1932 it has a legal deposit of all Portuguese books and publications. It currently has more than 500.000 volumes.



Livraria Centésima Página

100ª Página opened to the public in 1999 and in 2005 it moved to Casa Rolão, in the heart of the city of Braga. 100ª Página also has a cafeteria and a garden where you can breathe tranquility. It is in this space that, every day, you can find several options for lunch or for a break throughout the day, in the company of a good book.

04

Places to eat in Braga

Around Braga's Cathedral you'll find plenty of restaurants with typical Portuguese cuisine, but also restaurants with a different variety of international dishes.



05

Contacts

University of Minho (UMinho)

(+351) 253 601 100

Immigration and Borders Service (SEF)

(+351) 253 205798

(+351) 808 202 653

Loja do Cidadão,
Rua dos Granjinhos - 6,
4700-352 - Braga

Tourism Office

(+351) 253 262 550

Avenida da Liberdade - 1,
4715-387 - Braga

City bus

TUB: tub.pt

National Emergency Number

112

Police (+351) 253 201 350

Largo de São Tiago - 6
4704-504 - Braga

Saúde 24 Health Support Line

(+351) 808 242424

Hospital de Braga - Braga

[PUBLIC]

(+351) 253 027 000
Rua Sete Fontes, São Victor
4710-243 - Braga

Hospital Trofa Centro - Braga

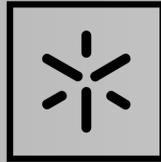
[PRIVATE] (+351) 253 140 700

Rua do Raio - 165
4710-923 - Braga

Fire Department (+351) 253 200

430

Largo Pualo Orósio
4700-036 - Braga



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