WE GOT TOGETHER
WE SHARED OUR WORK
WE LEARNT ABOUT EVERYONE ELSE’S WORK

The third edition of the CERIS Open Day
was held at Foz do Arelho,
on October 9th and 10th, 2019
The programme was filled with keynotes, team-building activities and oral presentations.

DAY 1

“All Aboard!” - Gathering at IST and departure
“Outdoor activities - Trail”
Lunch
“Get to know CERIS” - Kahoot
Keynote presentations:
“Flying Sharks, Mosquitoes and Rock & Roll”  
by João Correia
“Career management skills: why we need them and where to get them?”  
by Pedro Resende
“How to finish your PhD without Prozac and other mental health issues in academia”  
by Ekaterina Vinnik
Dinner - Welcome speech by Prof Luís Picado dos Santos
Quizz
Hangout!

DAY 2

Breakfast
“Don’t forget your swimwear” – Yoga and Canoeing
Lunch
“Getting to know the outdoors”
“5 minute pitches” - PhD presentations
“Why can’t we do this every day?!!” - Return to Lisbon
“Farewells and Crying Goodbyes”
Exploring together
Learning something new
Getting to know each other
The numbers!

Participants: 78
Professors: 8
Nationalities: 12

All CERIS Research were represented:

- Hydraulics: 16
  - 9
  - 5
  - 3
  - 2
  - 1
  - 1
  - 1
  - 1

- Systems and Management: 3
  - 5
  - 13
  - 1

- Transportation Systems: 30
  - 12

- Studies on Construction: 12

Environment and Water Resources: 13
- 19%
- 53%

The evaluation questionnaire was filled in by 32 participants. All of who think it is positive to promote such events in CERIS!

RELEVANCE FOR WORK

- Very Low: 19%
- Low: 19%
- Moderate: 9%
- High: 13%
- Very High: 6%

WORK/FUN BALANCE

- Too focused on work: 13%
- Focused on work: 6%
- Good balance: 19%
- Light: 53%
- Too Light: 81%
And some more numbers!

**Relevance for Meeting Colleagues**
- Very Low: 3%
- Low: 9%
- Moderate: 9%
- High: 88%

**Work/Fun Balance**
- Too Short: 6%
- Short: 13%
- Adequate: 72%
- Long: 3%
- Too Long: 6%

**Favourite Moment**
- Keynote Speakers: 19%
- Yoga: 16%
- Canoeing: 6%
- Meals: 9%
- Hangout: 9%
- Others: 41%

**Least Favourite Moment**
- Quizz: 34%
- 5 minute pitches: 13%
- Keynote Speakers: 19%
- Trail: 6%
- Yoga: 6%
- Others: 6%

**Relevance for Work**
- Very poor: 28%
- Poor: 72%

**Event Structure**
- Very poor: 6%
- Poor: 53%
- OK: 41%
- Good: 53%
- Excellent: 41%
Here is some feedback and suggestions from the participants:

"Thank you for your commitment and effort organizing the event”

"Thank you all for the event!"

“I think the event was really cool and it was an opportunity to meet other colleagues. Congrats to the organization”

“I really enjoyed this year's event”

“Just one more day”

“Continue to invite speakers who make a difference and don't talk about engineering; the 5 minute pitches are on the right track. “

If there is another Open Day next year, everyone said they wouldn’t miss it!

The Organizing Committee would like to thank YOU and the Board of Directors of CERIS.

Without all of you, these rewarding days would not have been possible!

See you next year on... CERIS DAY OUT 2020!