

# 3-Day Symposium on Food, Nutrition, and Health (2026)

---

**Participants:** PhD Students enrolled in the doctoral programme and invited PhD students, professors, PIs, members, invited keynotes and experts.

**Dates:** Monday to Wednesday 31 August to 2 September

**Location:** [Campus Schwarzsee](#)

## Preparatory workshop (21.08) – 4 hours, online, from 10h to 14h (optional)

### Successful Networking for PhD Students – concepts & practical tools

- Key features of academic networking and research career development
- 4-step networking model incl. online presence and profiles
- Networking and its link to research funding opportunities
- First and second contact strategies: do's and don'ts
- Interactive exercise + Q&A session
- Targeted reflection for PhD researchers
- Expert: Susanne Matuschek

## Day 1 – Monday 31.08 – Transversal skills & team building

### Morning

08:30–10:00: Arrival, coffee & welcome + introduction

10:00–12:15: Writing mindset & academic writing workshop (invited expert: Mirjam Andexlinger)

### 12:30–13:45: Lunch

### Afternoon

14:00–16:30: Group activity in the kitchen

## Day 2 – Tuesday 01.09 – Focused writing & coaching day

### Morning

08:30–10:30: The use of AI in academic research (invited expert: [Dr. Judit Martinez Moreno](#))

10:30 – 12:00: Structured writing sessions (protected writing time, focus blocks) in alternance with free activities, sports etc..

## **12:00–13:30: Lunch**

### **Afternoon**

13:30–17:00: Writing sessions + coaching & feedback (optional) in alternance with free activities, sports etc..

## **Day 3 – Wednesday 02.09 – Thematic and inspiration day**

### **Morning**

- 09:15–09:45: Keynote 1: **Prof. Géraldine Coppin**, Psychology Department, FernUni, *"Food reward mechanisms: How liking and wanting shape eating behavior"*.
- 09:45–10:15: Keynote 2: **Dr. Leah Gilbert**, MER Department of Psychology & FRIC, University of Fribourg, *"When Mood Meets Food: Associations between maternal diet, mental health, breastmilk composition and infant body composition"*.
- 10:15–10:45: Keynote 3: **Dr. Sebastien Bruisson**, MER Department of Biology & FRIC, University of Fribourg, *"Harnessing grapevine phyllosphere bacteria for disease biocontrol"*.
- 10:45 – 11:15: Keynote 4: TBD

## **12:00–13:30: Lunch**

### **Afternoon**

13:30–15:30: Open discussion and wrap-up.