
From Science Communication to R Programming: April Workshops Equipped Dozens of Postdocs with Transdisciplinary Skills

6 May 2025

Throughout April, the Postdoctoral Hub hosted six workshops as part of its spring training series for early-career researchers. The courses **Research Data Management**, **Time Management for Researchers**, **Science Communication**, **Various Career Pathways in Research**, **Valorize Your Research Idea – Lean Canvas**, and **Introduction to R** attracted participants from various disciplines and helped them develop skills valuable both within and beyond academia.

The **Research Data Management** workshop was led by Ing. Milan Janíček from the Charles University Central Library. Participants learned about the FAIR principles (Findable, Accessible, Interoperable, Reusable) and how to create effective Data Management Plans. The session also focused on processing and sharing research data in line with the principle of “as open as possible, as closed as necessary.”

The **Time Management for Researchers** workshop, delivered by PhDr. Olga Běhouňková, Ph.D., offered practical strategies for organizing time more effectively in the academic environment. Participants explored prioritization techniques, learned how to recognize their own work rhythms, and experimented with productivity tools – all tailored to the specific needs of researchers.

Dr. Pavla Hubálková's **Science Communication** session introduced the basics of communicating science and explored different formats and channels for engaging various target audiences. Participants learned what works (and what doesn't) when sharing scientific results and how to present their research in a clear and accessible way. The workshop included hands-on exercises and practical tips to increase the visibility and impact of research. An additional [online session](#) is scheduled for 13 May for those who missed the first round.



The workshop **Various Career Pathways in Research**, facilitated by Mgr. Kateřina Cidlinská, Ph.D., focused on the diverse career options available to both doctoral candidates and postdocs. Participants reviewed data on public and private sector opportunities, labor market trends, and the advantages of a Ph.D., along with real-life case studies of postdocs working outside academia. The practical segment included goal setting and career planning exercises. Due to high demand, an additional online session will be offered on 7 May.



In the **Valorize Your Research Idea – Lean Canvas** workshop, led by Martin Víttek, MBA, postdocs were introduced to the Lean Canvas model—a tool for structuring ideas and business plans. Participants created their own canvases step-by-step, covering everything from identifying problems and target users to defining the unique value proposition. The workshop emphasized hands-on learning and real-world applicability in both academic and non-academic settings.



The **Introduction to R** workshop, taught by Mgr. Lucie Hošková, provided a half-day introduction to the R programming language. This open-source tool is widely used for statistical analysis, data visualization, and dataset manipulation—even by those with no prior programming experience. In RStudio, participants practiced importing, inspecting, and editing data, as well as performing basic operations like indexing. The course was suitable for complete beginners and those looking to refresh their skills, and it prepared participants for further independent data analysis. Due to high interest, it will also be included in the autumn training series.

The spring training series for early-career researchers isn't over yet! In May, we'll offer online sessions of Various Career Pathways in Research, Science Communication, and Citizen Science. The full list of courses and details can be found [on our website](#). Registration is available via the Charles University Educational Portal.

Our next training series will take place in autumn 2025, featuring both tried-and-tested courses and new topics aligned with the European Research Competence Framework (ResearchComp) and relevant across disciplines. Don't miss out and follow us on our regularly updated [website](#) and connect with us on [LinkedIn](#) and [Bluesky](#) for the latest news and offerings from the Postdoctoral Hub.

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