

2nd semester 2026 Stepping-Stone

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IDIBAPS TRAINING PROGRAMME

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IDIBAPS offers the Stepping-stone training program to all staff. This program provides high-quality training to various profiles of researchers and support staff from IDIBAPS research groups, and in specific cases, to research management professionals. The program aims to provide the IDIBAPS community with tools and knowledge in both scientific areas and other key topics essential for professional development. Specifically for research staff, we expect to provide our professionals with valuable skills both within and outside the academic setting.

- Each training session will be disseminated to the target audience by email and QR code in posters.
- Each activity will have a registration form, that will be opened approximately two to three weeks prior to each activity.
- If the number of interested individuals exceeds the number of available places, a waiting list will be created.
- In case it's not possible to attend a session, please inform the management team so that your place can be given to another interested person.

During the academic year, the programme may be subject to certain changes.

For any queries, the Stepping-stone Management Team will be delighted to assist you: stepping.stone@recerca.clinic.cat

2nd semester 2026 Stepping-Stone

	TITLE	TRAINER	DATE	HOURS	PROFILE
	BioStatistics Series	Natàlia Pallarès <i>IDIBAPS</i>	28 Set + 14, 21 & 28 Oct	Depending on each date	R1 + R2
	BioData Series: Tools, Analysis & Perspectives in Biomedical Research	Research Computing Staff <i>IDIBAPS</i>	13 Oct + 11 & 12 Nov+ 2 & 3 Dec	Depending on each date	R1 + R2
	Basic Citometry	Isabel Crespo <i>IDIBAPS</i>	5 & 7 Oct	9:30h to 13:30h	R1 + Technicians
	Amplify Your Research with Social Media	Lisa Melton <i>Nature Biotechnology</i>	28 oct	11h to 13h	All
	Supervisors' training	<i>TBD</i>	5 Nov	Full day	Supervisors
	I³: Identify, Invent, Implement	Innovation Office Staff <i>IDIBAPS</i>	9 Nov	9h to 13:30h	All
	Careers Beyond Academia for PhDs: From Reflection to Action	Pedro Resende <i>Chaperone</i>	12 Nov	10h to 13h	R1
	Navigating Funding and Career Options for Early-Stage Postdocs	Mireia Martí <i>Chaperone</i>	12 Nov	14h to 17h	R2
	AI in Research: A Double-Edged Sword	Joaquím Raduà María Chacón <i>IDIBAPS</i>	17 Nov	15h to 17h	All
	Biobank Essentials for Researchers	BioBank Facility Staff <i>IDIBAPS</i>	26 Nov	10h to 12h	R1 + R2
	Natural behaviour of rodents, environmental enrichment and the 3Rs	Ignacio Vinuela <i>Univ of Edinburgh</i> Montserrat Rigol <i>UB</i>	3 Dec	10h to 12h	All

During the academic year the program may be updated adding other trainings in other topics

REGISTRATIONS WILL OPEN APPROXIMATELY 3 WEEKS BEFORE EACH ACTIVITY

• **BioStatistics Series** **NEW SERIES**

Date: 28 September; 14, 21 and 28 October

Hours: Depending on each date

Company: IDIBAPS

Trainers: Natàlia Pallarès

Format: In Person

Room: Marie Curie (CEK)

Profile: R1 + R2

Places available: 15

TOPICS:

1. Introductory session: *Introduction to R* (2 hours) => 28 September, 10h to 12h
2. Course (1 session per week)
 - *Data Management* (2.5 hours) => 14 Oct, 10h to 12:30h
 - *Descriptive and graphics* (2.5 hours) => 21 Oct, 15h to 17:30h
 - *Correlation and between-group comparisons* (3 hours) => 28 oct, 10h to 13h

Researchers registered must attend all 4 workshops



- **BioData Series: Tools, Analysis & Perspectives in Biomedical Research**

2nd Edition

Date: 1 October, 11 and 12 November, 2 and 3 December

Hours: Depending on each date

Company: IDIBAPS

Trainers: depending on each session (Research Computing Platform)

Format: In Person

Room: Margarita Salas (CEK) [13 Oct] // Marie Curie (CEK) [Nov-Dec]

Profile: R1+R2

Places available: 20

TOPICS:

1. Environment Setup => 13 October, 10:30h to 13:30h
2. Nord4 : HCP and SLURM basics => 11 November, 10h to 12h
3. Nord4 : Real data example in HCP environment => 12 November, 10h to 12h
4. Nextflow: Data formats and Pipeline architecture => 2 December, 10h to 13h
5. Nextflow: RNA-seq pre-processing => 3 December, 10h to 13h

STEPPING STONE PRESENTS

BioData Series

TOOLS, ANALYSIS & PERSPECTIVES
IN BIOMEDICAL RESEARCH



BASIC TRAINING IN BIOINFORMATICS

Foundational bioinformatics training for biomedical researchers, combining theory, practical examples and discussion of real biomedical datasets.



WHERE

Marie Skłodowska Curie room, CEK



WHAT TO EXPECT

These seminars cover theory and practical sessions on key bioinformatics topics through live demos, hands-on exercises and open discussion.



HOW TO PARTICIPATE

Bring your laptop and follow along during the practical sessions. No previous experience is required. These sessions are designed for biomedical researchers interested in learning practical bioinformatics skills.

2026 SESSIONS

SESSION

DATE

TIME



Environment Setup

13 Oct 2026

10:30 –13:30



Nord4:
HCP and SLURM basics

11 Nov 2026

10:00–12:00



Nord4:
Real data example in HPC environment

12 Nov 2026

10:00–12:00



Nextflow:
Data formats & Pipeline architecture

2 Dec 2026

10:00–13:00



Nextflow:
RNA-seq pre-processing

3 Dec 2026

10:00–13:00



INTERESTED IN PARTICIPATING?

Contact the Stepping Stone team to reserve your spot or for more information.



stepping.stone@recerca.clinic.cat



Let's grow our bioinformatics community together.

- **Basic Citometry**

Date: 5 and 7 October

Hours: 9:30h to 13h

Company: IDIBAPS

Trainers: Isabel Crespo

Format: In Person

Room: Marie Curie (CEK)

Profile: R1+Technicians

Places available: 8

TOPICS:

Attendees will learn the basic principles of Flow Cytometry and its applications.

This workshop goes beyond basics and will also explain similarities and differences between flow cytometry technologies.

By the end of this course, participants should be able to understand the basic principles of this powerful technology as well as the variety of publications in this field.

Not prior knowledge of flow cytometry is required

- **Amplify Your Research with Social Media**

Date: 28 October

Hours: 11h to 13h

Company: Nature Biotechnology

Trainers: Lisa Melton

Format: In Person

Room: Auditori CEK

Profile: All

Places available: 100

TOPICS:

This practical session focuses on how to create or select effective and engaging content for social media in the research context - an increasingly important aspect of scientific visibility and outreach.

Lisa Melton, *PhD* is Senior News Editor at Nature Biotechnology.

Springer Nature advances discovery by publishing robust and insightful research, supporting the development of new areas of knowledge and making ideas and information accessible around the world.

- **Supervisors' training**

Date: 5 November

Hours: Full day

Company: TBD

Trainers: TBD

Format: In Person

Room: TBD

Profile: Supervisors

Places available: 16

TOPICS:

The following topics will provide a thematic framework for developing essential competencies in student supervision:

- Balancing the dual roles of supervisor and clinician
- Key communication skills
- The art of giving and receiving constructive feedback
- Active listening techniques
- Setting clear, achievable goals for planning the PhD process

Goals of the Course

- Improve their mentoring, coaching and communication skills
- Learn how to better guide students during the different phases of their PhD
- Practise tools to build and maintain a successful working relationship with their students
- Increase their awareness to their impact as supervisors
- Share experiences and challenges unique to balancing supervision with clinical duties
- Be encouraged to build a peer support group to sustain the impact of the workshop
- Strengthen their network within their community

- **I³ : Identify, Invent, Implement**



Date: 9 November

Hours: 9h to 13:30h

Company: IDIBAPS

Trainers: Innovation Office Staff:

Teresa Lloret, Pep Rivas, Estela Castilla

Format: In Person

Room: Marie Curie CEK

Profile: All

Places available: 20

TOPICS:

1. Need identification and problem definition
2. Ideation and solution generation
3. Prototyping and validation
4. Business model fundamentals
5. Elevator pitch development



- **Careers Beyond Academia for PhDs: From Reflection to Action**

Date: 12 November

Hours: 10h to 13h

Company: [Chaperone](#)

Trainer: Pedro Resende

Format: In Person

Room: Marie Curie CEK

Profile: R1

Places available: 15

TOPICS:

This session is designed to guide PhDs through the process of career exploration outside academia, starting with reflection on their interests, skills, and values to clarify professional goals.

Building on this foundation, the session will then introduce career opportunities beyond academia, with a focus on roles in industry, startups, policy, consulting, and non-profits.

Participants will gain tools to identify potential career paths, understand how their expertise can be applied in different contexts, and learn practical strategies to position themselves for success.

- **Navigating Funding and Career Options for Early Stage Postdocs**

Date: 12 November

Hours: 14h to 17h

Company: [Chaperone](#)

Trainer: Mireia Martí

Format: In Person

Room: Marie Curie CEK

Profile: R2

Places available: 15

TOPICS:

This session is designed to empower PostDocs to better plan their academic career options, with updated knowledge on fellowships and grant opportunities, creating awareness on the European Research Framework.

This session will also guide participants through the process of career exploration outside academia, including reflection on their interests, skills, and values to clarify professional goals.

Building on this foundation, the session will introduce career opportunities beyond academia (e.g.: industry, startups, policy, consulting, and non-profits).



- **AI in Research: A Double-Edged Sword**

Date: 17 November

Hours: 15h to 17h

Company: IDIBAPS

Trainers: Joaquim Raduà and Maria Chacón

Format: In Person

Room: Auditori (CEK)

Profile: All

Places available: 100

TOPICS:

- Real-world examples of how AI has positively impacted biomedical research or helped automate processes.
- Skills and competencies that every scientist should develop to effectively use AI.
- How to validate AI-generated results.
- How to avoid the many errors and biases that are often introduced when applying machine learning in research.

- **Biobank Essentials for Researchers:**

Legal Framework, Sample Collection, Access Requirements and Support Services

Date: 26 November

Hours: 10h to 12h

Company: IDIBAPS

Trainers: BioBank Facility Staff

Format: In Person

Room: Marie Curie (CEK)

Profile: R1 + R2

Places available: 15

TOPICS:

- Legal framework in the collection of samples and associated data, in the context of research projects
- Informed consent models, Biobank recommendations
- Sample collection circuits in the Biobank and services available to projects
- Requirements for the use of samples in research projects
- Other resources available at IDIBAPS, for projects that use samples and data associated with the samples

- **Natural behaviour of rodents, environmental enrichment and the 3Rs**

Date: 3 December

Hours: 10h to 12h

Company: University of Edinburgh

Trainers: Ignacio Vinuela-Fernandez
and Montserrat Rigol

Format: In Person

Room: Auditori CEK

Profile: All

Places available: 100

TOPICS:

- Review knowledge regarding the behavioural biology of rodents (rats and mice) including aspects of the senses, social behaviour, communication and maternal behaviour.
- Examine the concepts of captive behaviour and when it should be considered normal or abnormal.
- Establish the principles of environmental enrichment to promote the typical behaviour of the species.
- Update considerations on the relationship between animal behaviour/welfare and the validity of scientific results.
- Describe training methods and management as a practical way to implement refinements.