

<b>Name of the activity</b>	<b>Frequency</b>	<b>Credits</b>	<b>Organizer</b>
Introduction course	1x/yr	1.5	IB
Seminars	25x/yr	5.0*	IB
PhD Day	1x/yr	1.5*	IB
Conference on Biomembranes	1x/yr	1.5*	IB
PhD Evenings	8x/yr	4.0*	PhD Board
PhD Retreat	1x/2yr	3.0*	PhD Board
Journal clubs	Continuous	0.5/yr	IB

*\* when attended over a 4-year period.*