



Marine Alliance for
Science and Technology for Scotland
a marine partnership for Scotland

Ninth MASTS & SUPER Annual Postgraduate Retreat



**Loch Insh Outdoor
Centre
Kincaig, Kingussie,
Inverness-shire, PH21 1NU
Wednesday 18th – Friday 20th
March 2020**

Introduction

Although this is the ninth MASTS Retreat, this year we are delighted to welcome our new SUPER students to the graduate school community and the Retreat. This is a great opportunity for you all to get to know each other in what I hope will be an informal and entertaining three days of talks, activities and discussion.

In the face of growing population and an increasing requirement for supporting resources, the need to work towards a sustainable future has never been greater. Together with predictions of increased energy, food, water and other resource use, there are also warnings that we must reduce reliance on fossil fuels without delay, to begin to halt, let alone reverse, rising atmospheric CO₂. Technological advance, innovative products and services, new food production models, circular economies and changes to behaviour and lifestyles are all part of a long-term solution. Research has a role to play, underpinning for example, paradigm shifts in our understanding of the impacts, and supporting policies, environmental and resource management that avoids depletion of the land and resources on which we depend. There is also a need to find pathways for research to reach and influence those who can use it to best effect to facilitate change, to transfer knowledge to create impact and societal benefit.

How then can Scotland respond to such challenge? During the Retreat this year, we will hear from people who are working at the coal face trying to deliver the changes necessary to reduce our impact on the environment and create an adaptive and resilient future that supports growing populations and economies. I hope we might stimulate thoughts, and actions, from you on how you and your research can influence change and how you can play your part in the future of Scotland's environment.

Lois Calder, Dean of the Graduate School



2019 MASTS Retreat

What Postgraduates thought ...

'The choice of sessions was amazing! I particularly liked the small workshop session during the Seven habits for surviving a PhD, and the Carron Shankland bar talk was very intense in emotion.'

'The grad retreat for me is a chance to catch up and network with PhD students whom I may not usually get the chance to see. The talks and setting this year didn't leave your brain fried...'

'I very much appreciated having interaction between speakers and ourselves throughout the retreat - it made clarifying issues and questions much easier and less stringently formal.'

'The bar stool talks were excellent - open and honest and an excellent tool for conveying information in an informal session. I felt very engaged throughout. The activity afternoon was also a bonus, a great way of getting to know peers better.'

'Skills content (budgeting and running meetings) was excellent. Outdoor activities were really good this year - more of these!'

'It was very refreshing to have a focus on keeping a healthy attitude to work and career'

'.... the bar stool talks and the focus on time management/mental health was great.'

The Programme

Wednesday 18 th March	
1130	Arrival
1230	Lunch
1330	<div style="display: flex; align-items: flex-start;">  <div style="flex-grow: 1;"> <p>Welcome from the Dean of MASTS-SUPER Graduate School, Dr Lois Calder</p> </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <div style="flex-grow: 1;"> <p>Including introductions to the rest of the team – Jess, Dave, Mark and Emma</p> </div>  </div>
1335	Introductions with ice breaker
1415	<p>Responding to environmental challenges</p> <p>Professor Sir Ian Boyd, Professor of Biology, University of St Andrew</p> <p>A Scottish zoologist, environmental and polar scientist, Ian was Chief Scientific Adviser at the Department for Environment, Food and Rural Affairs. Currently Professor of Biology at the University of St Andrews, Ian will share his thoughts on threats, opportunities and the future of our environment.</p> <div style="text-align: right; margin-top: 10px;">  </div>
1515	Tea/Coffee Break
1545	<div style="display: flex; align-items: flex-start;">  <div style="flex-grow: 1;"> <p>Business as usual or innovation for a sustainable economic and environmental future?</p> <p>Fiona Colligan, Programme Manager, City Region Deal University of Stirling</p> <p>Funded by Scottish Government, the Stirling and Clackmannanshire City Region Deal is a £214 million investment in the future of the region, unlocking potential to drive economic growth, productivity and prosperity that incorporates concerns for sustainability and ethical practice. With research and innovation central to achieving this vision, Fiona will discuss how a new Aquaculture Hub and International Environment Centre, can help.</p> </div> </div>
1645	<p>Student skill sharing</p> <p>Open discussion about skills, techniques and habits that help us to manage our time and research and keep a healthy work-life balance. Be prepared to share your ideas!</p> <div style="text-align: right; margin-top: 10px;">  </div>

1700	Close of formal activities	
	Free Time Enjoy a short break and take advantage of beautiful Loch Insh and the surroundings.	
1800	 Stories from the Bar with Professor Sir Ian Boyd Ian will share his career path with us, including the highs and lows and decisions which led him to where he is now. Q&A to follow.	
1900	Dinner and conversations	
2100	Evening Gathering Time for conversation, drinks and table tennis in the recreation room	
Thursday 19th March		
0800	Breakfast	
0900	Meddle – A Guide to Running Best Practice Experiments in Ocean Research Dr Sinead Collins, University of Edinburgh An interactive skills workshop to support good experimental design and practice.	
1045	Tea/Coffee Break	
1115	Meddle workshop (ctd)	
1300	Lunch	
1400	Getting Out and Active! Spend an afternoon with friends doing something fun, active and outdoors. Choose from: <ul style="list-style-type: none"> • 3 hours of mountain biking • 1 hr of archery • Water based activities of canoeing, sailing and stand-up paddle boarding (weather dependent) • Walking/hiking • Or you choose – perhaps you have a favourite activity e.g. photography, birdwatching, identifying the other local flora and fauna, or just enjoying the gorgeous views. 	

	Loch Insh instructors will teach you the basics and then you go wild, challenging yourself in the great outdoors, followed by free time after to walk, talk and rest before the evening's events.	
1700	Free time	
18:00		<p>Stories from the Bar with Dr Tracy Shimmield, Director of The Lyell Centre, British Geological Survey</p> <p>With tales in of international travel and research, Tracy will take us through her personal career story. Q&A to follow.</p>
19:00	<p>Dinner and conversations</p> <p>We'll be asking for volunteers to lead the session tomorrow afternoon on Retreat feedback.</p>	
Friday 20th March		
08:00	Breakfast	
0900	<p>The Lyell Centre</p> <p>Dr Tracy Shimmield, Director of The Lyell Centre, British Geological Survey</p> <p>The Lyell Centre is a purpose-built £21 m facility that enables the British Geological Survey (BGS) and Heriot-Watt University (HWU) to provide interdisciplinary expertise in land and marine conservation, geology and geoscience, enhancing Scotland's research base and supporting its innovation strategy. Initially Co-Director of The Lyell Centre, Tracy was appointed sole Director on 19th February 2020. She will chart its past present and future, discussing the challenges ahead and perhaps where solutions might lie.</p> <p>www.lyellcentre.ac.uk/</p>	
1000		<p>Marine Science Meets Behavioural Change</p> <p>Dr Chris Leakey, Coordinator for MASTS Behaviour Change Initiative, University of St Andrews</p> <p>Following an introduction Chris will provide an interactive workshop exploring ideas to reach beyond traditional science communication, finding unorthodox collaborations to reduce societal impacts on nature.</p>
1045	Tea/Coffee Break	
1115	Marine Science Meets Behavioural Change workshop (ctd)	
1230	Lunch	

1330	<p>Unlocking the Potential of the Sea</p> <p>Dr Tracy White, Head of Science, CuanTec.</p> <p>Tracy will tell the audience about one Scottish blue biotech company's effort to address change for sustainability. CuanTec take waste from fisheries and obtain the natural biopolymer Chitin, which has potential to replace plastic.</p> <p>https://www.cuantec.com/</p>	
1430	<p>Recent MASTS Graduate Perspectives and Internships</p> <ul style="list-style-type: none"> • Dr Nienke van Geel – Postdoctoral Marine Mammal Ecologist at SAMS • Dr Georgios Kazanidis - Postdoctoral Research Associate in Deep Sea Biodiversity at University of Edinburgh • Corallie Hunt – PGR at University of St Andrews and Intern with Scottish Natural Heritage • Ed Bolger – PGR at Napier University and Intern with Scottish Marine Energy Research (ScotMER) group of Marine Scotland 	 
1515	<p>Tea/Coffee Break</p>	
1530	<p>What do you think?</p> <p>PGR led feedback and discussion.</p>	
1545		<p>Closing remarks</p> <p>Dr Lois Calder DGS & Prof Dave Paterson, Director of MASTS</p>
1600	<p>Depart/ Transport to Train Station</p> <p>Aviemore train south leaves 1635. Transport to the station offered.</p>	