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<th>Event /Course Title</th>
<th>AVANCE/TopSpin Operators Course</th>
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1. Brief description of Event (50-100 words):

The standard AVANCE/TopSpin course is aimed at new operators of standard high-resolution NMR spectrometers, covering instrument operation of typical 1D and 2D NMR experiments, automation operation and spectrometer maintenance. The benefit from this course in particular is that, at a base level, all the spectrometers are run using the Bruker TopSpin software. This course would teaches how to operate the machines, trouble shoot independently and assist research students with more complex experiments in both lecture and practical format.

2. What were the benefits of attending and what did you gain from the experience in terms of transferable skills and knowledge.

This course gave a detailed introduction into the use of the TopSpin software for the running of experiments both manually and under the automated system used by students on a day-to-day basis within the solution state NMR department. Acquisition of spectra, processing of the data, calibration of the machines and interpretation of results were all covered in both lecture style and practical sessions allowing the theory to be understood and then put into practise. As the course took place at the UK Bruker site and was run by members of staff there with numerous years of experience, I was able to receive more than just the formal training but also handy hints and tips from experts in the field.

Having to work in small groups for the practical sessions helped to enhance my communication and team working skills – often those I worked with had expertise in different fields to myself allowing me to learn from them and also to gain confidence in explaining my own knowledge.

3. What actions will you be taking as a result of attending or by making new networking contacts.

I have already connected with many of the people who I was on the course with on social media – the idea to create an area where we can talk over problems together and offer solutions has been suggested. This would be of great benefit as many of us work fairly independently within our department and also there are a variety of different expertise and backgrounds within the group.

4. Can you share any additional resources produced in connection with the event (e.g. feedback from participants, training resources, website links, and additional materials).
All notes from the course were supplied in a ring binder to take away – this is kept in the solution state NMR room in the School of Chemistry. Further information can be found at:

https://www.bruker.com/service/education-training/training-courses/magnetic-resonance/nmr-united-kingdom/

5. Tips/experience learned from the event

Having a week dedicated to working through practical exercises was invaluable to my work here in St Andrews – I would recommend this course to anyone working within NMR. Additionally, everything is supplied by those running the course so no need to take stationary supplies.

6. Any additional comments or information regarding the event

This was a very well run event – the staff at Bruker were very friendly and helpful to the extent of arranging car shares between those attending to our hotels and personally taking us to the train station at the end of the course!