

## How to get the most out of your participation at eucen events?

Here you have ten easy tips to help you prepare your participation to **eucen** events and to do some follow up when you return. These points will make the difference to your **eucen** experience!

### *Prior to arrival...*

1. submit an **abstract** of your work connected to the topic of the event when there is a Call – make your activities visible!
2. bring enough **leaflets** of your institution or your projects – we always have a dissemination table available for this purpose
3. bring **visit cards**, so you can give your contact details to new people you meet

### *Once you arrive to the registration desk of an event...*

4. look at the **list of participants** – identify old friends but also check if there is anyone that you could be interested in knowing
5. **talk** to as many participants as possible – network!
6. attend the sessions and be an **active participant** – listen, ask, explain your views

### *After the event...*

7. **follow up** the conversations that you have started during the event – get in touch with your contacts
8. write short **notes** of the event and keep them in your files so you can always go back to the notes and remember what happened, with whom you talked or which agreements you settled
9. put in your agenda the following **eucen** events that are announced – we hope to see you again
10. **explain** your experience to your colleagues – learn and share!

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