



ÚOCHB AV
IOCB PRAGUE

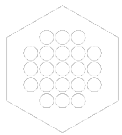
Meeting with Group Leaders

December 17, 2018

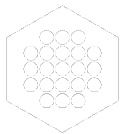
Zdenek Hostomský

Agenda

- Additional employee benefits
 - Psychologist,
 - English pronunciation workshop,
 - Publication and presentation preparation – Michal Hocek
 - Coaching on people management skills
- TEA update - Jan Gazda
- ITS update – Jiří Polách
- Upcoming events
- Miscellanea



Additional Employee Benefits



Psychological Help

The need was recognized as a reflection of the competitive environment of contemporary science.

Effort to

- reduce stress
- avoid burnout
- ease depression
- prevent suicide

A certified psychologist on call

Dr. Magdalena Frouzová

Centrum integrativní psychoterapie
Bělohorská 93

602 350 438

from 9 am to 5 pm

Negotiated contract with IOCB

Initial consultation is free, subsequent sessions have a cost sharing (50:50), half of the 1300 CZK hourly rate.
Discretion and privacy are guaranteed.

Czech lessons on site

Intended for our international employees who are interested improving their Czech language skills.

About 30 people expressed interest so far

A professional tutor has been identified who would be coming to IOCB, saving time and increase motivation for our employees

The courses will start in February 2019

English pronunciation workshop on site

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Some of our top scientists produce world-class science, prepare a fantastic presentation, but the final impression from their lecture may be unnecessarily diminished by consistently mispronouncing one or more commonly used words.

A fast improvement should be achievable through a relatively modest effort (low-hanging fruit).

IOCB is offering to help by providing a specialized intensive class directly on site.

English pronunciation – Intensive personalized instruction ⁷

Classes on site at IOCB (A 4.32)

A professional tutor, coming to IOCB:

Free to IOCB group leaders*

Individual one-on-one
20 minute sessions

Tuesday afternoons 4-6 pm
Thursday mornings 8-10 am

Please sign up with the director's
office (uochb@uochb.cas.cz)

James J. Tufano, PhD, CSCS*D
Assistant Professor - Strength and
Conditioning
Charles University, Faculty of Physical Education
and Sport
Department of Physiology and Biochemistry
José Martího 31, room 324a
Prague, Czech Republic, 16252

Preparation for presentations and publications

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Additional opportunity, to improve both English and presentation, suggested by James Tufano

Michal Hocek made me aware of an expensive (15,000 GBP for a 2-day course) but a potentially useful course from the editors of Nature

Coaching on people management skills

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Especially junior group leaders

A professional coach available – can be conducted in English

Starting in January 2019



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TEA update

Jan Gazda | Dec 17, 2018



Business trips

- It is possible to interrupt business trip for vacation
 - IOCB will only pay for air tickets to or from the place of performance (conference, workshop etc.) plus allowances
 - Bad practice: employee flies to Havana at the expense of the Institute, interrupts business trip for vacation, then flies to Tampa to attend conference, starts business trip again, draws allowance, then interrupts business trip for vacation again, flies back to Havana and then flies back to Prague at the expense of the Institute
 - Updated Directive on Business trips budget is in the works
-



Purchases of instruments and equipment

- Purchase of a computer (or other equipment) 2 months before the termination of a grant or project is unacceptable
 - So is completion of a computer or equipment from parts bought as material cost
 - Updated Directive on Inputs for Investment budget is being published - for 2019 the deadline has been moved to January 11, 2019
 - Second round in May 2019
-



Hodgepodge

- Café Organica will finish operation on December 21, 2018. Credit can be used by this date or repaid in cash directly at the café
 - We ask all those who have not yet done so to immediately report any planned absence
 - Finalization of grant spending control
 - New employee in personnel and payroll department with specialization on international payroll and tax issues
 - Collective bargaining: IOCB contribution to meal benefits up to 64 CZK (48 CZK from operational budget and 16 CZK from Social fund) with the nominal value of the meal voucher 100 CZK
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Meeting with Group Leaders

ITS Update

Jiří Polách | Dec 17, 2018



- the electronic laboratory notebook (organic chemistry)
- initiative of Jan Bartoň and Radek Pohl
- individual / global purchase
- details on <http://mestrelab.com/software/mbook/>
- seminar by Jan Bartoň – footage available – see Noticeboard or get it from <http://data.uochb.cas.cz/itweb/download/Barton-mbook-2.avi>

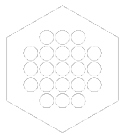


3 MOST IMPORTANT SCIENTIFIC RESULTS - IOCB – 2018

Selected by the Institute Board

10 NOMINATIONS

- **Michal Hocek lab – Tomáš Kraus**
 - **Transport of Nucleoside Triphosphates into Cells by Artificial Molecular Transporters.**
 - *Angewandte Chemie International Edition*
- **Pavel Jungwirth lab**
 - **Arginine-rich cell-penetrating peptides induce membrane multilamellarity and subsequently enter via formation of a fusion pore.**
 - *PNAS*
- **Dmytro Yushchenko lab**
 - **Inhibition of α -Synuclein Amyloid Fibril Elongation by Blocking Fibril Ends.**
 - *Angewandte Chemie International Edition*



Miscellanea

Past events

18

- Feedback from the IOCB Christmas party?
- Feedback from the past year?

Upcoming events

19

- Panel meeting between scientists and administration
- ?



Mtgs w GLs - 2019 Schedule

- January 14
- February
- March
- April
- May
- June
- September
- October
- November
- December

Always on Mondays at 10:00 am in the Director's Boardroom A4.01



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**Merry Christmas
&
Happy New Year**

Commonly mispronounced words

focus (cf. locus)

event (vs. even)

occur (vs. obscure)

course (vs. curse vs. coarse)

analysis, catalysis, hydrolysis (vs. lysis)

consequence (vs. sequence)

surface (vs. face)

height (vs. weight)

width (vs. with)

target

determine

estimate (noun) vs. estimate (verb)

ultimate

hypothesis (vs. thesis)

synthesis

natural (vs. nature)

research

launch (vs. lunch vs. lounge)

idea

Gilead Sciences

Chicago

Raleigh (Research Triangle Park, NC)

Tucson