**GUIDELINES FOR EUROPEAN CREDITS**

European Credits (EC) are primarily meant to quantify transferable skills and competencies learnt. As such work placements spent in other laboratories do not count for EC points. One EC equates to 28 hours of study.

This document aims to standardize the number of points awarded per course by using specific examples. This is by no mean an exhaustive list of possibilities. Totals should be rounded up/down as appropriate. For your portfolio, group similar events together per year.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Course type + self participation** | **Duration** | **Self study / preparation time** | **EC points** | **Additional info** |
| **Technical Forum** | 2 hours | < 1 hour | 0.1 |  |
| **Workshop, masterclass** | 4 hours | 1-2 hours | 0.2 |  |
| **Workshop** | 1 week | < 10 hours | 1.75 |  |
| **Online workshop** | - | 1 week | 1.25 | Certificate of completion required |
| **Visiting Seminar, Lecture** | 1-3 hours | - | 0.1 |  |
| **Visiting scientific conference** | 1 day | - | 0.25 |  |
| **Giving oral or poster presentation at Local or National event** | - | 7 hours | 0.25 | In addition to ECs gained by visiting event |
| **Giving oral or poster presentation at International event** | - | 14 hours | 0.5 | In addition to ECs gained by visiting event |
| **PhD retreat excluding oral or poster presentation** | 2 days |  | 0.5 |  |
| **Journal club** | 12 in total | 4 | 1 | Assuming one journal club is presented by student |
| **Student internship coaching** | 3 months | - | 1 | Approx 30 min supervision per day |
| **Supervision of 2nd year BMS / Medicine** | per research project  | - | 1.75 |  |
| **Teaching** | 1 | 1 | 0.1 | 1 hour preparation time per hour contact teaching |
| **Committee chairperson or secretary** | Per year | - | 1 |  |
| **Committee member** | Per year | - | 0.5 |  |
| **Organizing a Workshop / Technical Forum** | - | 14 | 0.5 |  |
| **Co-organizing a 1-2 day PhD retreat** | - | 56 | 2 |  |
| **Co-organizing a 1-2 day conference** | - | 56 | 2 |  |
| **Review scientific publication** | - | 1-3 hours | 0.1 |  |
| **Writing a blog about your PhD** | - | 3 hours | 0.1 |  |
| **Making a vlog about your PhD** | - | 6 hours | 0.2 |  |