

Basics of NMR & Tutorial						
	Thursday, June 17		Friday, June 18		Saturday, June 19	
8:30 -9:00	Registration					
9:00 -9:45	Kees De Lange <i>Basics of NMR of molecules in uniaxial anisotropic environments</i>		Eugeniusz Szcześniak <i>Basics of MRI</i>		Laboratory A(I) practice*	Laboratory B(I) practice*
9:45-10:30	Maria Dobies <i>NMR Relaxometry</i>		Alex MacKay <i>Clinical magnetic resonance imaging</i>			
10:30-11	Coffee break		Coffee break		EXCURSION	
11 -11:45	Monika Makrocka-Rydzyk <i>High resolution ¹³C NMR in the solid state</i>		Zbigniew Fojud <i>NMR studies of model bilayer systems</i>			
11:45-12:30	Kosma Szutkowski <i>Molecular diffusion studied by Nuclear Magnetic Resonance</i>		Laboratory A(D) practice*	Laboratory B(R) practice*		
12:30-14	Lunch		Lunch			
14 -16:00	Laboratory A(F) practice*	Laboratory B(D) practice*	Laboratory A, B (HR S) practice*			
16:00-18:00	Laboratory B(F) practice*	Laboratory A(R) practice*				
19:00 - ...	Dinner		Dinner			

*Laboratory practice: -Diffusion (D), -Fast Field Cycling(F), -Imaging(I), -Relaxation(R), - HR Spectroscopy(HR S)