"Time flies when you are having a good time": this is probably the best way to summarize in a sentence the BSG Post-Graduate training workshop.

The workshop took place in one of the most wonderful places I've ever been until now: the Cumberland Lodge, in Windsor Great Park. The very high quality of the accommodation and meals warmly contributed to the good time I had there.

With me, this year, other 35 students in geomorphology participated to the event. We were an international group characterized by people coming from England, Italy, Germany, China, France, Ireland, South America. Some of us did not start the PhD yet, others (like me) have already some months of experience.

During the full-day activities at Windsor, several professors contributed with their long academic experience to give us very good suggestions about the organisation and planning of each phase of our PhD projects. In more detail we attended to talks related to:

- Philosophy and practice of the research process ("Research is to see what everybody else has seen, and think what nobody else has thought");
- Conceptual, descriptive and predictive modelling in geomorphology (what is a model, when is important to create models, which models to use);
- Organisation of fieldwork and lab work;
- Publication of scientific papers;
- Using social media for research purposes: Twitter, Linkedin, Academia.edu, ResearchGate;

and, by sharing our short experience with the others, we actively participated to these activities:

- Planning of a PhD project in small groups: starting from a given title, we had to think about the research questions, the aim, methodology, timeline and issues related to the project;
- Short presentation of individual PhD projects and discussion in groups.

One of the most important aspects of the workshop was the possibility to talk with other PhD students working in my same field. For me it was really important to discuss about the major problems of a PhD student, the different aspects of the work, the importance to "enjoy the process", no matter how difficult it is sometimes. By talking about my PhD project with other students and in another language, I also had the chance to get more confident about my project at an international level.

During these four days I had the possibility to think again, after almost one year of work, about the objectives of my project, the organization of the timeline, what I already did and what are the perspectives for the next two years of PhD.

Based on my experience, I can only warmly recommend the participation to this workshop to all the students at the beginning of their PhD and to the ones that will start their PhD in a few months.