NMR spectroscopy reveals unique insights on biological macromolecules and their interactions. Recent developments have expanded the range of applications also thanks to frontier instrumentation and expertise available at research infrastructures. The course will present an overview of modern NMR techniques by combining theoretical lectures and practical sessions at NMR spectrometers and/or workstations. The course aims at providing young scientists the needed background to exploit NMR technology in their health-related research. At the same time, it is expected to be a fertile ground for blooming international collaborations.

Topics will include:
- NMR basics, sample requirements
- Structure, dynamics and interactions through NMR
- Highlights: in-cell NMR, antibodies' fingerprints, metalloproteins, intrinsically disordered proteins, RNA recognition

Participants
- Curious about possible applications of NMR to his/her own research
- Interested in recent developments in the field of NMR
- Early-stage researchers (PhD students and postdocs) are encouraged to participate
- The course fee for participants is 110 Euro, which covers the course materials, coffee breaks and lunches

Funding
- Participants are expected to cover their own travel and accommodation expenses
- A limited number of grants covering the course fee (including course materials, coffee breaks and lunches) and local accommodation will be provided to selected PhD students or Early Career Scientists (<10 years of experience after the PhD) who are nationals of ICGEB Member States