

IUNS Workshop – Guidelines for Participants

The most important goal of this Workshop is to promote interaction and exchange among young researchers in the fields of food science and nutrition.

We hope that all participants will feel comfortable taking part in the Workshop without feeling excessive pressure about preparation or presentations, and that they will enjoy the experience.

Please join us with an open mind and, above all, enjoy meeting and interacting with other participants!

● Preparation Before the Workshop

- Please attend relevant **symposia, oral presentations, poster presentations, and other sessions at ICPH & ICoFF 2026** to learn about recent developments and current research trends in your assigned field.
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● Meeting of Participants and Section Discussions

- Please gather at the **Main Plenary Hall at 9:30 a.m. on October 15**, immediately after the Plenary Lecture. The meeting will take place during the coffee break from **9:30 to 10:00 a.m.**
- Please gather with the other participants in your assigned section. If any vacancies have arisen, additional participants may be assigned to sections at this time.
- Each section should select a **section leader**. Please share the leader's email address with the Workshop organizing committee so that we can use it for communication.
- To facilitate communication within each section, you may wish to create a **group chat using WhatsApp or another messaging app**. This may be particularly useful for sharing information and coordinating plans for the Workshop on October 16.
- During this section meeting on October 15, please discuss and decide when your section will hold its Workshop on October 16.

- **Scheduling Your Workshop on October 16**

On **October 16**, the Workshop venue (**G318 or G319**) will be available during the following three time slots:

- **10:00–11:30**
- **13:00–14:30**
- **15:00–16:30**

During the section meeting on October 15, please discuss and decide which of these time slots you will use for your Workshop.

- **Ideally, each section should secure two or more time slots** so that participants have sufficient time for discussion and preparation.
- If it is difficult to find a time when all section members are available, **please first secure at least one time slot when as many members as possible can participate.**
- If necessary, you may **add another time slot on October 16 later**, depending on the progress of your discussion and the availability of participants.
- You do not need to use all of the time in a reserved slot. Please use the time according to the needs of your section.

The three time slots above are the standard Workshop times. However, if your section agrees, you may also **continue your discussion or preparation at other times**, such as during the **lunch break, coffee breaks, or the evening of October 16**. Please feel free to prioritize other ICPH & ICoFF 2026 programs that you would like to attend.

Please note that the **IUNS Workshop venue (G318 or G319) will only be available during the three standard time slots listed above**. If you would like to meet at another time, you will need to use another location. Please consult the Workshop organizing committee if you need help finding a suitable place.

● Workshop Activities

- Each section will have a **table and a monitor** at the Workshop venue. Participants will be able to connect their laptops to the monitor and share their screens.
- After brief self-introductions, each section will discuss **recent developments and emerging research trends** in its assigned field based on what participants have learned from **ICPH & ICoFF 2026**.
- Each section includes one or more **senior researchers/professors**. If necessary, please ask them to help guide the discussion or provide advice on organizing and summarizing the content.
- Members of the Workshop organizing committee will be available at the Workshop venue. If you have any questions about the direction of your discussion, how to organize the content, or preparation for the presentation, please feel free to consult the organizing committee.

● Workshop Presentations

- The Workshop presentations will be held on **October 17 from 10:00 to 11:30 a.m.**
- Each section may decide how to present its work. For example, several members may give the presentation together, or one representative may present on behalf of the section.
- The presentations will be held as part of the official **ICPH & ICoFF 2026 program**.