| Wednesda | y Septemb | er 21 (CEL | JM) |
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| 8:30 - 9:00 | registration |
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| 09:00 - 9:15 | opening | Wiktor Koźmiński |
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| 9:15 - 9:55 | Intrinsically disordered Microtubule Associated Protein 2c (MAP2c): Function and regulation probed by NMR | Lukáš Žídek |
| | NMR Spectroscopy in Biomedicine and Structure-Based Drug Design | Robert Konrat |
| 10:35 - 10:55 | What links NMR with molecular chirality? | Piotr Garbacz |
| 10:55 - 11:20 | coffee break | |
| | ¹³ C direct detection NMR reveals interesting insights on intrinsically disordered proteins | Isabella Felli |
| | Solution structure of a lanthanide-binding DNA aptamer determined using high quality pseudocontact shift restraints | Witold Andrałojć |
| 12:20 - 13:40 | lunch break | |
| 13:40 - 14:20 | Thermoresponsive Alignment Media via 2H NMR and Diffusion | Christina Thiele |
| | NMR and DFT analysis of 3D structure and spin-spin coupling constants in biologically active saccharides | Miloš Hricovíni |
| 15:00 - 15:20 | Dynamics and proton transport in noncrystalline cellulose functionalized with imidazolium cations | Michał Bielejewski |
| 15:20 - 16:15 | coffee break and poster session | |
| 16:15 - 16:55 | Exploring macrolide binding modes by NMR spectroscopy | Predrag Novak |
| 16:55 - 17:35 | Do we know what we eat - food metabolomics? | Svetlana Simova |
| 17:35 - 17:55 | Methods for exploring non-Fourier dimensions - from small molecules to proteins. | Krzysztof Kazimierczuk |
| 17:55 - 18:25 | Magnetic Resonance Imaging in Biomedical, Pharmaceutical and Geological Sciences | Władysław Węglarz |

Thursday September 22, (Bruker day)

| 09.00-09.10 | Welcome and Bruker News | Eric Leonardis |
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| 09.10-09.30 | NMR @ 1GHz | Daniel Mathieu |
| 09.30-09.50 | New probes and Helium recovery | Frank Schumann |
| 09.50-10.10 | TopSpin News and software tips and tricks | Pavel Kessler |
| 10.10-11.00 | coffee break and poster session 2 | |
| 11.00-11.20 | EPR applications on energy topics | Oezlen Yasar |
| 11.20-11.40 | News and Updates on Soft- and Hardware | Sylwia Kacprzak |
| 11.40-12.00 | Introduction to the newly Bruker NMR-based Metabolomics solution for Long COVID | Claire Cannet |
| 12.00-14.00 | lunch break | |
| 14.00-14.20 | Service Updates | Sandra Ullrich |
| 14.2014.40 | Fourier 80 - The evolution since 2019 | Christian Steffen |
| 14.40-15.00 | μImaging and Diffusion applications at SB-Magnets | Klaus Zick |
| 15.00-15.30 | coffee break | |
| 15:30-15:50 | Chemist Suite and other software tools | Jerome Coutant |
| 15:50-16:10 | Higher sensitivity, better resolution & increased reliability for HR-&CP-MAS | Sebastian Wegner |
| 16:10-16:30 | Automation in solid state NMR using IconNMR | Gerhard Althoff |
| 16:30-16:40 | Q&A | all |
| 16:40-16:50 | poster price | scientific committee |

19:00 conference dinner

Friday, September 23 (Solid state NMR workshop)

| 9:00 - 9:40 | Recent developments in NMR of quadrupolar nuclei in solids | Jean-Paul Amoureux |
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| 9:40 - 10:20 | tba. | Sebastian Wegner |
| 10:20 - 10:40 | New salts of teriflunomide (TFM) – Single crystal X-ray and solid state NMR investigation | Piotr Paluch |
| 10:40 - 11:00 | coffee break | |
| 11:00 - 11: 40 | Amyloid fibrils and intact cells seen by multinuclear solid-state NMR spectroscopy at fast MAS regime | Alons Lends |
| 11:40 - 12:20 | Conformational exchange and proton dynamics – from DNA recognition to enzymatic catalysis by NMR (virtual talk) | Rasmus Linser |
| 12:20 - 13:00 | lunch break | |
| 13:00 - 13:40 | Improving sensitivity of solid-state NMR of proteins by optimal control methods | Zdeněk Tošner |
| 13:40 - 14:00 | Customised solutions in magnetic resonance: special probes for mas and in situ NMR on energy storage materials (virtual talk) | Oliver Pecher |
| 14:00 - 14:40 | New approaches to determining the atomic-level structure of advanced materials | Dominik Kubicki |
| 14:40 - 15:00 | coffee break | |
| 15:00 - 15:40 | Probing gas species adsorbed at the surfaces of porous materials using ssNMR and modeling | Luís Mafra |
| 15:40 - 16:20 | NMR crystallography – demanding but gratifying | Marta K. Dudek |
| 16:20 - 16:40 | NMR assignment of methyl groups using 13C homonuclear transfers, tailored isotope labelling and proton detection with MAS up to 100 kHz | Jan Stanek |
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