

# LET'S BREAK THEM DOWN!

[www.shift-cost.eu](http://www.shift-cost.eu)

Image credit | Freepik

## ONLINE EVENT |

# BREAKING THE SILOS

a workshop on interdisciplinary collaboration  
for early-career researchers and professionals

Facilitated by Barbara Maria Frigione, SHiFT YRC Member

For more info | [cost.shift.yrc@gmail.com](mailto:cost.shift.yrc@gmail.com)

## WHEN |

September 24th, 2025  
14:00 - 16:00 (WET) | 15:00 - 17:00 (CET) |  
16:00 - 18:00 (EET)

## WHAT TO EXPECT |

- **Getting to Know Each Other... 's Discipline** | Introduction and networking
- **Hands on Deck** | Real-World Mini-Case Challenge
- **Insights & Reflections** | Discussion with insights from a Mentors' Panel, and closing reflections
- **Building Connections** | Collaboration opportunities & community building

## HOW TO PARTICIPATE |

The event is FREE, ONLINE on ZOOM.

### Save your seat!

Fill the the [Registration Form](#) to get the link to the event!