As a speaker or listener

- Knowledge Acquisition: to learn about the latest research developments and academic trends; to know the research areas and expertise of the institute members, expanding your own research interests.
- **Inspiration for Thinking:** to spark new ideas and strategies for problem-solving by listening to different perspectives and methodologies.
- Academic Interaction: to engage with speakers and others, facilitating deeper understanding and broader perspectives.
- Networking: to meet other researchers in the same or related fields, aiding future collaborations or academic discussions.

More as a speaker

- Expression and Communication: to practice and enhance your public speaking and scientific communication skills.
- Experience Sharing: deepening your understanding and summary of your own work.
- Feedback Reception: to receive immediate feedback from the audience, including criticisms, suggestions, and clarifications, for research improvement.

For speaker

Long talk

- 30 mins; in English.
- Share others' works within your field / in the field you wish to research.
- Share works that you are currently doing or have completed.
- 15 mins; in English.
- Focus primarily on sharing frontier science with an emphasis on specific aspects.

Short talk

- Prepare the papers and send it/them with everyone in advance.
- Do not copy text from the papers and paste on slides and even just read following the text!
- Show the title, authors, and ref. of the shared paper on the first page of your slide.
- Show your slides to your supervisor in advance.
- Show your name, grade, research field, and your supervisor's name on the first page of your slides.

For listener

- Preview at least 1 or 2 papers shared by the speaker per month.
- Mark the parts you are interested in or have questions about.
- May ask questions in Chinese.