

Participation in the TIMER: PIANOFORTE Training course on Internal Monitoring and Emergency Response

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From the 1st of July to the 5th, a training course on internal monitoring and emergency response was held at the Federal Office for Radiation Protection in Berlin (Bundesamt für Strahlenschutz). Thanks to the Pianoforte's travel grants for early career radiation protection professionals, I was able to attend it.

The course combined theoretical background with practical demonstrations and exercises. We had lectures about internal monitoring, *in-vivo* measurements, *in-vitro* bioassays, internal dosimetry, medical treatment, decontamination and decorporation, emergency scenarios, provisions for releases from nuclear facilities and lessons learned from Chernobyl and Fukushima. In addition, the course had practical demonstrations on *in-vivo/in-vitro* measurements and practical exercises on risk communication with affected persons and organising measurements of a large number of persons.

All the participants had different background and professional experiences, which enriched all the discussions and the experiences shared throughout the entire course.

By attending the Pianoforte's Training course on Internal Monitoring and Emergency Response I consolidated previously acquired knowledge and established my expertise regarding radiation emergencies and its response. This course was an opportunity to improve my skills as a trainer, particularly in emergency response courses for emergency workers and as a consultant providing expert advice on the preparation of emergency response plans and assessing potential emergency exposure situations.

In essence, by undertaking this training I was able to improve the:

- identification of potential emergency exposure scenarios;
- preparation of emergency response plans;
- response to emergency situations;
- estimation of internal exposures and performance of direct measurements; and
- training programmes lectured on emergency response and preventive measures to occupationally exposed workers and emergency workers.

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