

| | Day 1 Monday, January 28 (at C210) | Day 2 Tuesday, January 29 (at C210) | Day 3 Monday, January 30 |
|-------------|--|--|--|
| 9.00-9.05 | Information | Information | Information |
| 9.05 - 9.50 | Lecture: Hiraoka | Lecture: Hiraoka, Matsuda | Lecture: Hiraoka, Shimanuki |
| | Introduction and principals of super-resolution fluorescence microscopy | Abberation correction. Denoising. Artifacts. Sampling rate. | Important points to avoid errors in image acquisition and presentation |
| 9.50-10.35 | Lecture: Matsuda | Lecture: Haraguchi | Introduction of technology: 3i |
| | Details of super-resolution microscopy methods | Live Imaging | diSPIM, Lattice Light Sheet, etc. |
| 10:35-10:50 | Break | Break | Break |
| 10.50-11.20 | Introduction of technology: Nikon | Introduction of technology: Olympus | Lecture: Komoto |
| | N-SIM, N-STORM, etc. | SD-OSR, etc. | Several applications of microscopy |
| 11.20-11.50 | Introduction of technology: Leica | Introduction of technology: Zeiss | |
| | STED 3X, etc. | Airyscan, Lightsheet, etc. | |
| 11.50-13.00 | Lunch Break | Lunch Break | End of workshop |
| 13:00-13:10 | Information | Information | |
| 13:00-17:30 | Microscope demonstration 3 groups x 3 microscopes (for registered participants only) | Microscope demonstration 3 groups x 3 microscopes (for registered participants only) | |
| | Nikon SIM | Nikon STORM | |
| 13.10-14.30 | group a | a | |
| 14.40-16.00 | group b | b | |
| 16.10-17.30 | group c | c | |
| | Zeiss LSM 880 | Zeiss Lightsheet Z1 | |
| 13.10-14.30 | b | b | |
| 14.40-16.00 | c | c | |
| 16.10-17.30 | a | a | |
| | Leica STED 3X | Olympus SD-OSR | |
| 13.10-14.30 | c | c | |
| 14.40-16.00 | a | a | |
| 16.10-17.30 | b | b | |
| 18:30-20:30 | Dinner (get-together) | | |