

| No. | Competence         | Evidence | Type  | Amount  | Period  | Status  | I/C      | <u>Own Assessment of Effectiveness</u> <sup>1</sup>  |
|-----|--------------------|----------|---|---|---|---|----------|--|
| 1.  | Tunneling          | No       | <a href="#">Swiss Tunneling Congress</a> 2020<br>Swiss Tunnelling Society (FGU)<br>Virtual Conference<br>KKL<br>Lucerne — Switzerland       | 2.5 days<br><del>incl.</del><br>site-visit<br>Hydro Power<br>Plant<br>Ritom | June 2—<br><del>June 4,</del><br>2020<br>03.06.2020 | Cancelled<br>due to<br>COVID-19<br>=>Live<br>Colloquium &<br>web videos:<br>Attended            | m+m/am   | 1. Very good<br>2. Very good<br>3. Very good<br>4. Missed ...!<br>5. Excellent<br>6. Excellent |
| 2.  | Tunneling          | No       | North American Tunneling Conference<br>NAT 2020<br>SME - Virtual Conference   | 15 hr<br>@ 5 days   | June 8 –<br>June 12,<br>2020                        | Cancelled<br>due to<br>COVID-19<br>=> Live Ses-<br>sions<br>& web<br>Presentations:<br>Attended | mcllc/am | 1. Very good<br>2. Very good<br>3. Very good<br>4. Missed ...!<br>5. Good<br>6. ok             |
| 3.  | Safety &<br>Health | No       | Workshop 2020<br>Safety & Health Engineers<br>suva / EKAS Training<br><a href="#">Paul Scherrer Institute</a><br>Wuerenlingen — Switzerland | 1 day<br><del>incl. visit in situ</del>                                     | June 19,<br>2020                                    | Cancelled<br>due to<br>COVID-19   | m+m/am   | -  |

<sup>1</sup> See own assessment criteria at document's en

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| 4.  | Tunneling  | No       | Cutting Edge 2020<br>SME - Virtual Conference | 9 hr<br>@ 2 days | November<br>10 - 11,<br>2020 | Live Sessions<br>& web<br>Presentations:<br>Attended | mcllc/am | 1. Very good<br>2. Very good<br>3. Very good<br>4. Missed ...!<br>5. Downloads missing ...<br>6. Very good |

| Competence  | Evidence | Type  | Amount      | Period      | Status                             | I/C    | Goals  |
|---|----------|---|-------------|-------------|------------------------------------|--------|--|
| Deepening: <ul style="list-style-type: none"> <li>• General know-how – Best Practices</li> <li>• Knowledge about latest state of the art in core competences</li> <li>• Communication skills</li> <li>• English skills</li> </ul> | No       | Individual studies<br>(in German & English): <ul style="list-style-type: none"> <li>• Magazines/Journals</li> <li>• Websites</li> <li>• Special literature</li> </ul> | 0.50 hr/day | 6 days/week | Standard Operating Procedure (SOP) | m+m/am | <ul style="list-style-type: none"> <li>• General overview</li> <li>• Latest state of the art</li> <li>• Benchmarking</li> <li>• Creative solutions</li> <li>• Out of the box thinking</li> <li>• Mental fitness</li> </ul> |

### Own Assessment Criteria

Expected:

1. Information about latest state (of the art)
2.  $\geq 3$  new, applicable ideas
3.  $\geq 3$  practical examples (figures)
4.  $\geq 3$  personal contacts / discussions
5. Sustainable documentation
6. Efficient event organization