



## Hands-On Training in 3D Cell Culture

Get ready to work in 3D – gain practical experience with Real Research's LifeGel-based 3D models

- ✦ The training consists of two parts:
  - ◆ Theoretical – up to 30 min (key knowledge about 3D cultures)
  - ◆ Practical – 3-4 hours (hands-on training of essential procedures)

We prioritize quality and a personalized approach, which is why we keep our training groups small (3–4 participants). This ensures that each attendee receives individual support and gains confidence in working with LifeGel.



### Training Agenda

#### Theoretical part:

- ◆ **Introduction to 3D Cell Culture and LifeGel Technology**  
Key principles of 3D culture, challenges in traditional systems, and how LifeGel offers a reproducible alternative
- ◆ **Overview of Laboratory Procedures**  
Step-by-step walk-through of the practical session, including purpose and expected outcomes
- ◆ **Q&A Session**

#### Practical part:

- ◆ **Core Techniques Using LifeGel:**
  - Seeding Cells in 3D (LifeGel-based setup)**  
Learn how to prepare and seed cells onto the LifeGel hydrogel for consistent 3D structure formation
  - Medium Exchange in 3D Culture**  
Techniques for efficient and non-disruptive media changes in LifeGel-based system
- ◆ **Hydrogel Digestion: LifeGel Digestion and 3D Structure Retrieval**  
Methods for retrieving whole 3D structures or isolating single cells for downstream applications (e.g., flow cytometry, RNA extraction, protein isolation)
- ◆ **Assay Example: Cell Viability Assessment (CellTiter-Blue)**  
Quantitative approach to evaluating cell viability in 3D models.
- ◆ **Optimization & Wrap-Up:**
  - Troubleshooting and Best Practices**  
Discussion of common pitfalls and how to optimize results for different cell types or experimental aims.
  - Final Q&A and Wrap-Up Discussion**



#### Duration

Approximately **4–5 hours**



#### Location

Real Research headquarters,  
Kraków, Poland



#### Training Schedule

We organize **cyclical trainings** throughout the year

**Individual training sessions** can be scheduled upon request for groups of 3 or more participants



#### Certificate

All participants receive a  
**Certificate of Completion**  
issued by Real Research



**Price: 1257 pln net/  
307 EUR/362 USD**



#### Additional Information

We offer the flexibility to **customize the training program** based on your specific needs. Upon request, we can incorporate **additional techniques or procedures** relevant to your research or application area.

**Tailored sessions** are priced individually, depending on the selected scope, complexity, and included methods. If you have particular expectations or goals, we'll be happy to prepare a personalized training proposal for your team.



#### Interested in joining?

To check upcoming training dates or arrange a personalized session, please use the **Contact Us** form or get in touch directly with our Business Development Manager, Ewelina Majewska, at [ewelina.majewska@real-research.com](mailto:ewelina.majewska@real-research.com).