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# Can I receive training in writing an ESO proposal?

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## Can I receive training in writing an ESO proposal?

Semi-regularly, the ESO Observing Programme Office and User Support Department organise *Users Workshops* to introduce new users and update experienced ones, on key aspects of preparing proposals, conducting observations, and processing data using the ESO telescopes and the ESO Science Archive Facility. These workshops also include demonstrations of tools, as well as group and one-to-one hands-on sessions.

You can find details about upcoming workshops and access material from previous ones on [this page](#).

Recordings of past User Workshops are also available on our [YouTube tutorial channel](#).

We also recommend familiarising yourself with the [p1](#) interface by creating test proposals using the public [p1demo](#). This allows you to explore the proposal preparation workflow, practise defining observing runs and setups, and test the submission process. Please note that this is a public demo interface, so be mindful of the information you share.

- Tags
- [p1](#)
- [p1 demo](#)
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