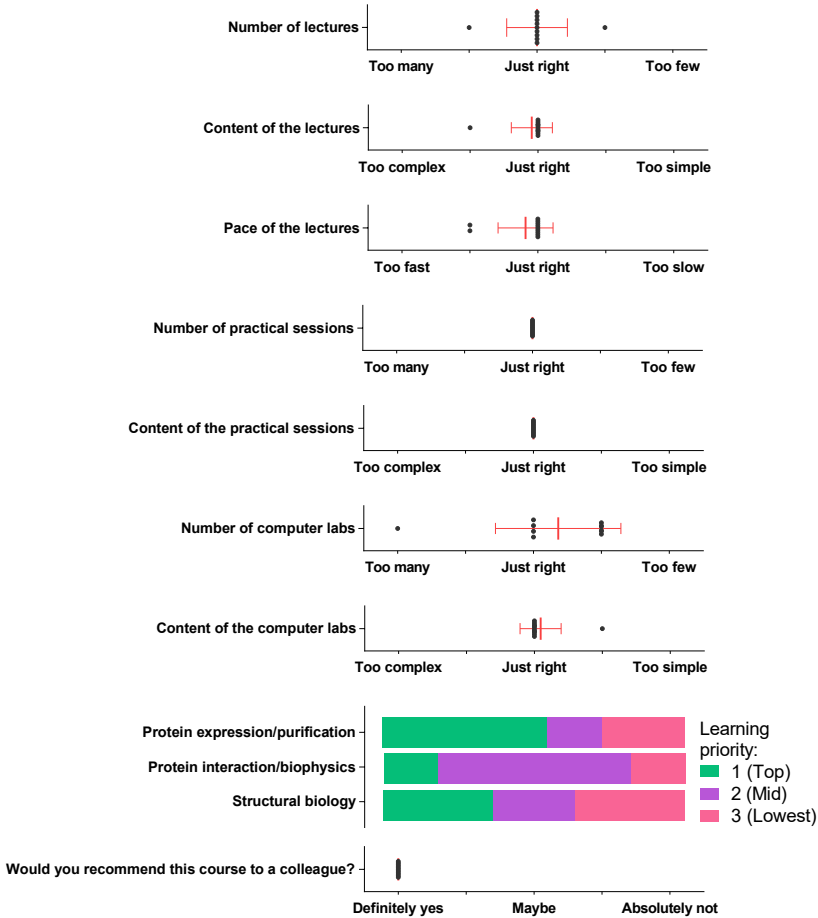Theoretical and practical course in protein biochemistry, biophysics and structural biology: 2023 exit survey results