The objective of this project is to host a Glacial Isostatic Adjustment (GIA) training school at Lantmäteriet in Gävle, Sweden from July 3-7, 2023. The training school is targeted at Early Career Researchers (e.g., graduate students and postdocs) with goals of knowledge transfer and to foster networking amongst their peers and with international experts in GIA and related fields. Participants will have the opportunity to significantly expand their skillset, enhancing both their employability and their future capacity to conduct cross-disciplinary Earth system research covering topics such as: solid Earth dynamics, ice sheet dynamics, ice sheet history and geomorphology, sea level change, rheology, and geodesy. This will be achieved through instruction in both theory and practice via: (1) a series of lectures delivered by scientists at the forefront of their respective fields, (2) practical GIA modeling sessions that make use of the open-source GIA code ‘SELEN’, (3) practical exercises in the use of the adjoint method to understand the sensitivity of GIA observations to key parameters (e.g., mantle viscosity and ice history), (4) practical exercises on ice sheet modeling with the open-source code ‘PISM’, (5) a field trip to visit key locations that record evidence of past ice sheet and sea-level change, and (6) special lectures on different aspects of Antarctica in relation to GIA.