



## **Arqus Mentoring Programme for Early-Stage Researchers**

### **Call for Participation**

The nine-month **Arqus Mentoring Programme for Early-Stage Researchers** will launch in October 2023. The Deadline to apply is May 15th 2023 (see below).

The aim of this programme is to support the establishment of sustainable mentoring relationships between early career researchers and established researchers across the Arqus partner universities. It is designed for doctoral candidates and early postdocs who are interested in professional support during the first stages of their academic careers.

#### **Key aspects**

- Mentees will be matched with a mentor from another Arqus university after they have been selected for participation
- Mentor and mentee meet for a minimum of four (virtual) sessions over the course of nine months
- An in-person visit of the mentee at the mentor's home institution is highly encouraged, but not mandatory. Information about funding opportunities will be provided
- Mentees will take part in four one-and-a-half-hour online training sessions offering input and opportunity for exchange on how to better navigate academia and how to respond to common challenges (see programme below)
- To ensure a clear focus on strategic (personal) decisions and/or further career steps of interdisciplinary researchers, guiding materials will be provided
- Mentors will have the opportunity to participate in regular mentor's lounges
- An **in-person kick-off meeting on October 5th and 6th in Graz** will give mentees the opportunity to connect and exchange experiences (funding for travel and accommodation will be available, participation in this meeting is part of the programme)

**Trainer and host for both mentees and mentors is Dr. Yasmin Dolak-Struss**, who is a systemic coach, trainer and facilitator. She has been supporting researchers on European funding programmes and career development for more than 16 years and has a background as a researcher in the field of biomathematics. She will facilitate the in-person kick-off as well as all online training sessions for the mentees, and host the regular mentor's lounges.





## Target groups and Eligibility criteria

The target groups for this mentoring programme are:

- Persons who are registered as doctoral candidates/PhD students at one of the Arqus Universities and who are in the later stages of their doctoral studies
- Persons who are employed as postdoctoral researchers (in their first or second year of their post-doc) at one of the Arqus Universities at the time of the application.

**Participants commit to stay with the Mentoring Programme for the duration of nine months, as well as to participate in the group sessions.**

The selection will be made by each Arqus university locally. Two participants (one pre- and one post-doc) will be chosen per university.

## How to apply

The deadline for the application is Monday, **May 15th 2023**

Please use this application form for mentees. The application form must be signed by the applicant (e-signature is possible) and sent to [doctoral-academy@uni-graz.at](mailto:doctoral-academy@uni-graz.at). Applicants will be informed about the outcome of the selection until the end of June at the latest.

The [Arqus European University Alliance](#) is a cooperation between the nine universities of Granada, Graz, Leipzig, Lyon 1, Maynooth, Minho, Padua, Vilnius and Wroclaw. It is funded by the European Commission and aspires to

- enhance the education of critically engaged European and global citizens who are able and willing to contribute to a multicultural, multilingual and inclusive Europe which is open to the world;
- increase and improve the joint research capacity of the partner universities;
- and better respond to the grand societal challenges of the 21st century in Europe and beyond.



## Programme and Dates

(all times are CET)

### **Thursday 5th to Friday 6th October 2023 (in person)**

Physical Kick-Off in Graz

*A 2-day event in Graz (Austria) to get to know the other mentees, exchange experiences and build a group rapport. It will include group work and exercises, as well as networking opportunities.*

### **Wednesday 8th November 2023 - 14:00-15:30**

Online Training Session on “Mental Health and Well-being” by Ângela da Costa Maia (Doctoral College at the University of Minho)

*Ângela da Costa Maia holds a PhD in Clinical Psychology and a habilitation in Applied Psychology. In this session, she will offer a discussion space on the major challenges and stressors when conducting doctoral and post-doctoral research and how they can affect personal well-being. She will provide her expertise on how to care for one's (mental) health and commit to healthy choices.*

December 2023

### **Wednesday 17th January 2024 - 14:00-15:30**

Online Training Session on “Secrets of Academia” by Dr. Gerald Lind (Doctoral Academy at the University of Graz)

*Academic careers are not only based on excellent research. Successful researchers are also aware of academia's much less visible social dimension. In this context, Gerald Lind will give insight into the social aspects and rarely talked about rules of academic life.*

February 2024

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### **Wednesday March 6th 2024 - 14:00-15:30**

Online Peer Group Session and Exchange of Experiences

*A check-in with the group to discuss the status of the mentoring relationships, and discover if there are any shared issues or struggles and to exchange on common topics that are being discussed.*

April 2024

### **Thursday May 16th 2024 - 14:00-15:30**

Online Training Session on "International Funding Landscapes" by Dr. Yasmin Dolak-Struss

*Based on her extensive experience in supporting Researchers in European funding programmes, Yasmin Dolak-Struss will give insight into funding possibilities and procedures.*

### **Tuesday June 18th 2024 - 14:00-15:30**

Final Online Meeting and Evaluation

*Last meeting with all the mentees to discuss the experiences and outcomes of the mentoring programme, reflect on benefits and challenges as well as wishes and suggestions.*

### **Overview of Dates**

In-Person Kick-Off **October 5th-6th 2023** (Thu-Fri)

First Online Session **November 8th 2023** (Wed) Mental Health and Well-Being

Second Online Session **January 17th 2024** (Wed) Secrets of Academia

Third Online Session **March 6th 2024** (Wed) Group Check-in

Fourth Online Session **May 16th 2024** (Thu) International Funding Landscape

Final Online Meeting **June 18th 2024** (Tue) Check-In and Wrap-Up

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