

International Researcher Days

During the International Researchers Days, we offer a series of events on various topics for international researchers and their hosting institutes as well as for all UDE employees who are interested in a stay abroad. Take the opportunity to inform yourself and get into contact with other international researchers from our university.

Please register for the events separately using the form on our website: <https://www.uni-due.de/welcome-centre/en/international-researcher-days.php>

Schedule

Please see our website for short-term changes to the schedule. All events are conducted via Zoom.

Monday, 07 April 2025

10:00h

Introduction to the Welcome Services at UDE

Right at the beginning of our event series, the Welcome Service would like to welcome you. Through the Welcome Service of the International Office, the University offers a contact point for international researchers to assist them in planning and implementing their stay at UDE. During this event, the Welcome Service will inform you about its support formats for international researchers and host institutes. After that, we would like to provide a space of exchange and discussion across countries, campuses, faculties and institutes.

Speaker: Welcome Service Team

12:00h

Strengthening an Inclusive Scientific Community: Equity and Diversity in Academia

The University of Duisburg-Essen (UDE) understands diversity and equal opportunity as central aspects of its education and science policies. To meet this end, creating an academic community that encourages equal access to, and participation in science is crucial. In this session, we will explore ongoing efforts to dismantle structural barriers and enhance accessibility in academia in order to foster academic career progression. What actions, strategies, and services are currently in place to create an inclusive environment and support early career researchers? How to access these services and support systems? And how can scientific communities contribute to an inclusive academic culture?

In this workshop, the attendants:

- *reflect biases and structural barriers that exist in academic career progression, and how these can impact the experiences of underrepresented groups*
- *discuss strategies for creating an inclusive academic culture, including ways to address biases*
- *learn about the various initiatives and services that the University of Duisburg-Essen has in place to promote diversity and inclusion, such as support systems for early career researchers*
- *gain a better understanding of the university's policies and procedures related to diversity and inclusion, including how to access support systems*

Speaker: Viktoria Niebel, GCPlus

Tuesday, 08 April 2025

- 10:00h **Mental well-being for early career researchers**
Doing a doctorate is a complex process that is rarely straightforward and can demand a lot of energy and resources from researchers. It involves meeting a wide range of demands, demonstrating personal responsibility and performance at different levels, and mastering the emotional highs and lows of this phase of life. This session aims to raise awareness about the importance of mental well-being during the doctorate. Internal and external stress triggers as well as warning signs of stress will be discussed. The participants will learn about the different pillars of stress competence and can assess to what extent they integrate basics of well-being in their lives, in order to prevent psychological crisis. The importance of asking for help when in crisis and ways to do so, including contact persons and resources, will also be highlighted.
Speaker: Valentina Vasilov, GCPlus
- 13:00h **The German Academic System**
This presentation will introduce you to the German academic system. Simon Kresman will explain you its characteristics, helping you to get settled in your new environment, the German academic world. This event is also relevant for you if you are interested in an academic career in Germany.
Speaker: Simon Kresmann, GCPlus

Wednesday, 09 April 2025

- 10:00h **Internationale Forschende an Bord holen: Infos für Gastgeber*innen zur Planung des Aufenthaltes**
*Wenn ein*e internationale*r Wissenschaftler*in ins Team kommen soll, stellen sich einige Fragen: wie lange dauert die Beantragung eines Visums? Wie ist das mit der Krankenversicherung? Wer organisiert Kinderbetreuung für mitreisende Kinder? Wir möchten Ihnen zeigen, wie der Welcome Service Sie bei diesen und anderen Fragen unterstützen kann und Ihnen unsere Checkliste für gastgebende Institute vorstellen. Natürlich gehen wir auch gerne auf Ihre individuellen Fragen ein.*
Die Veranstaltung wird auf Deutsch durchgeführt.
Speakers: Welcome Service of UDE

Thursday, 10 April 2025

- 10:00h **Erasmus Staff Mobility**
*The mobility program of the European Union ERASMUS+ not only offers students the possibility of a stay abroad, but is also open to lecturers and all other employees of UDE. If you are interested in further education and training abroad or would like to gain teaching experience abroad, this event will provide you with all the information you need about the existing opportunities within the program. **Please note that Staff and Teaching Mobility is only accessible for researchers who hold a work contract from the university. Guest-researchers and researchers on stipends or fellowships cannot be considered.***
Speaker: Freya Köhler, International Office

Friday, 11 April 2025

10:00h

Introduction for New Doctoral Candidates

As a new doctoral student at UDE you will be faced with a completely new environment. To help you with your orientation at our university, Simon Kresmann will provide you with important information on existing regulations, important addresses, etc. which will be useful to you as a new doctoral candidate.

Speaker: [Simon Kresmann](#), GCPlus