

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.

Monday, 07 October 2024

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, conducted online via Zoom

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

Tuesday, 08 October 2024

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, conducted online via Zoom

12:00h

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.

Speakers: Freya Köhler, International Office

Wednesday, 09 October 2024

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

12:00h

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, conducted online via Zoom

Thursday, 10 October 2024

12:00h

Coffee Talk: Meet us in Person!

Any further questions? We kindly invite you to use this opportunity to chat with us in a personal conversation, have a coffee and get to know other international researchers at UDE. Meet us at the Brücke café at noon!