

GSLS *Autumn Welcome Days*

19th– 21st November 2025

Schedule – GSLS Welcome Days, 19th – 21st November 2025

Where: GSLS Building, Campus Hubland North, Beatrice-Edgell-Weg 21, 97074 Würzburg

Time	Wednesday	Thursday	Friday
	Rooms: Main Foyer / Lecture Hall / Seminar Rooms	Rooms: Lecture Hall / Seminar Rooms	Rooms: Main foyer / Lecture Hall
9:00 – 9:30	Registration	<u>One-day Workshops: 9:00 - 16:30</u>	Registration (8:45 – 09:00)
9:30 – 10:45	Lecture Hall: Welcome Prof. Dr. C. Wegener, Dean of the GSLS • Overview of the GSLS Program • Introductions of: ○ DRC and EUREKA! ○ Gleichstellungsbüro / Scientia ○ UNIWUE Community – Alumni Program ○ Mental wellbeing during your PhD ○ bts Life Sciences Student Initiative	Presentations with Posters, Dr. S. Vogel, Lecture Hall, Ground OR Project Management, Dr. D. Bittner, Floor Seminar Room 01.001-002 OR Academic Writing, Dr. D. Vode, Seminar Room 02.001 OR Intercultural Communication M. Silva, in person on Friday, 28.11.2025	Lecture Hall: Press and Public Relations Office Dr. Esther Knemeyer Half-day Workshop Good Scientific Practice Dr. S. Schröder-Köhne 9:00 – 13:30
10:45 – 11:15	Coffee Break, Main Foyer		
11:15 – 12:10	Introductions to PhD projects (in parallel groups), Lecture Hall & Seminar Room 01.001-002		
	Lunch Break 12:10 - 13:00, Main Foyer	Lunch Break Time will be announced by the trainers	Coffee Break 11:00 – 11:30, Main Foyer
13:00 – 13:55	Introductions to PhD projects – continued		Good Scientific Practice – continued
13:55 – 14:25	Coffee break, Main Foyer	Workshops continued	
14:25 – 15:15	Introductions to PhD projects – continued Transfer for the City Tour*		
17:00 – 18:30	Guided City Tour, Würzburg Meeting point: <i>Frankoniabrunnen</i> in front of the Residence		
18:30	Pub evening/crawl with the DRC (Meeting point: <i>Alte Mainbrücke</i>)		

16:33 ○ Philosophisches Institut
97074 Würzburg

16:33 ○ Philosophisches Institut

114 Hauptbahnhof ZOB
10 min (9 Haltestellen)
Betreiber: WSB

16:43 ○ Rennweg
Zu Fuß
Ungefähr 1 min, 74 m

Standard Bar -
[Oberthürstraße 11A,](#)
[97070 Würzburg](#)

- **Introduction**
 - GSLS Team
 - Welcome Note Dean (Prf. Christian Wegener)
 - Doctoral Researchers' Council (DRC)
 - EUREKA ! Doctoral Researchers' Symposium Committee

- **A PhD/Medical Doctorate in the GSLS: chances and challenges (Dr. Jennifer Ritzer)**
 - Benefits from the GSLS program

- **GSLS structured training (Dr. Juliane Fiebig)**

- **Support during your PhD/MD**
 - SCIENTIA Mentoring (Sophie Renninger)
 - Mental wellbeing during your PhD (Dr. Gabriele Blum-Oehler)
 - Mentoring-Programm UniWü Community (Isabel Kromer)
 - btS e.V. – Find your way in Life Sciences (Sirin Liebscher)

Introduction GSLS Team

General management

Dr. Jennifer Ritzer

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Scientific and transferable skills course program, PostDoc Plus program

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IT Management

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Office manager

Barbara Valin

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barbara.valin@uni-wuerzburg.de



The whole process from GSLS registration to thesis submission

Doctoral researchers' registration (foreign and domestic)

Katharina Bötsch

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Thesis submission and the doctoral procedure

Eva Dallmann

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eva.dallmann@uni-wuerzburg.de



Heike Schrenk

Phone +49 931 31-84079

heike.schrenk@uni-wuerzburg.de



Medical doctoral researchers' registration

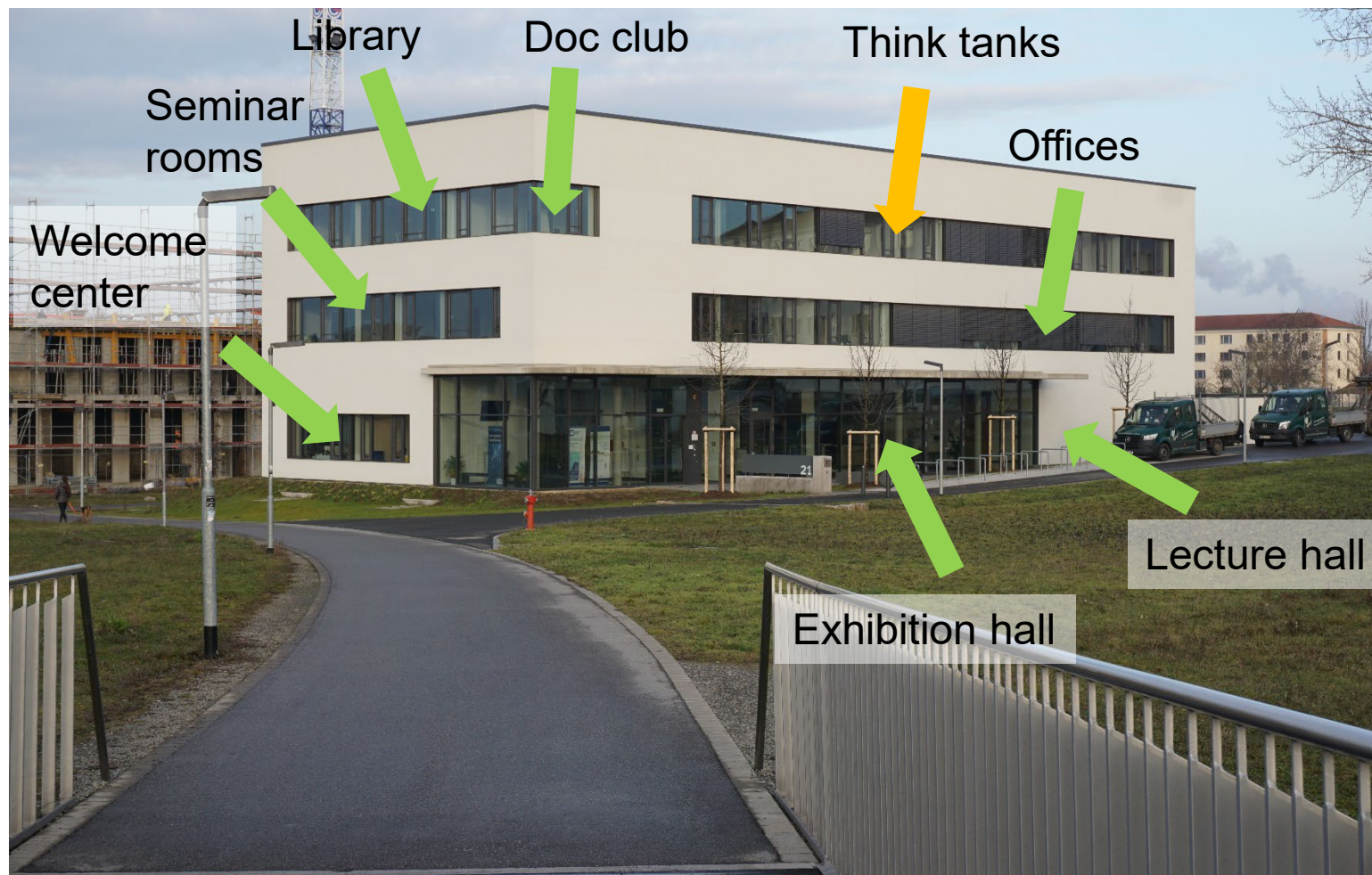
Luisse Lesch

Phone: +49 931 31-89325

luisse.lesch@uni-wuerzburg.de



Graduate Schools Building Campus Hubland North



Why are you doing a PhD/Dr. rer. nat.?

What is the purpose of a PhD/Dr. rer. nat?

Prof. Christian Wegener

ChatGPT:

A PhD (Doctor of Philosophy) serves several core purposes, both for the individual earning it and for society. Here's a clear breakdown:

1. Create New Knowledge

The central purpose of a PhD is **to generate original research** that advances a field. Unlike a master's degree, which typically demonstrates mastery of existing knowledge, a PhD requires you to contribute something *new*—a theory, method, dataset, interpretation, or discovery.

2. Train as an Independent Researcher

A PhD teaches you how to:

- Formulate research questions
- Design and conduct studies
- Analyze data
- Critically evaluate existing work
- Communicate findings to academic and non-academic audiences

Essentially, it turns you into someone capable of running research programs **independently**.

3. Prepare for an Academic Career (but not exclusively)

A PhD is often a requirement for:

- Becoming a professor or lecturer
- Leading research in universities or national labs

But it's increasingly common—and normal—for PhDs to work outside academia in:

- Industry R&D, Data science / AI, Policy, Consulting, Biotech / pharma, Think tanks, NGOs, government, and more

The underlying research training is valuable everywhere.

4. Deepen Expertise

A PhD makes you one of the world's top experts on a very specific topic. That deep specialization can be applied to:

- Solving complex technical problems, Providing expert advice, Driving innovation

5. Contribute to Society

PhD-level research often leads to:

- New technologies, Medical breakthroughs, Improved policies, Better scientific understanding

Even theoretical work can have long-term, far-reaching impact.

6. Intellectual Growth

Less formally, a PhD is also about:

- Learning patience, resilience, and problem-solving
- Developing critical thinking and skepticism
- Gaining the ability to tackle open-ended problems with no known solution

What is the purpose of a PhD? What is judged by your reviewers at the end?



Ordnung für Promotionsverfahren an den Graduiertenschulen der JMU, §1 (4):

¹Durch die ordentliche Promotion wird die Fähigkeit zu vertiefter, **eigenständiger**, wissenschaftlicher Arbeit auf dem gewählten Wissenschaftsgebiet nachgewiesen.

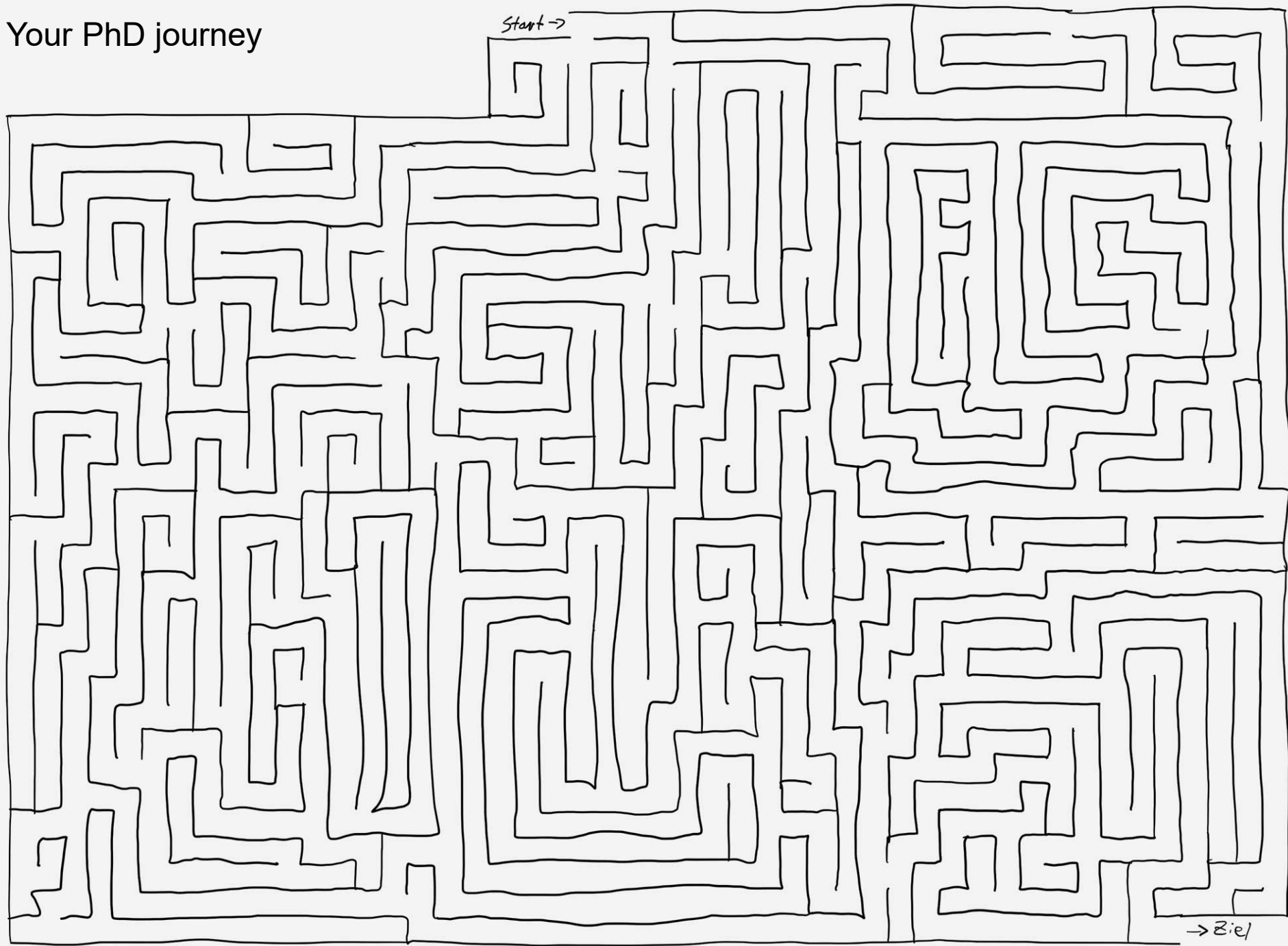
Regulations for doctoral procedures at JMU graduate schools, §1 (4):

¹The regular doctoral degree demonstrates the ability to conduct in-depth, **independent** scientific work in the chosen field of science.

Your thesis should show that you **independently** can conduct a **coherent** research project that leads to **new insights** – or to new methods.

Your PhD journey

Start →



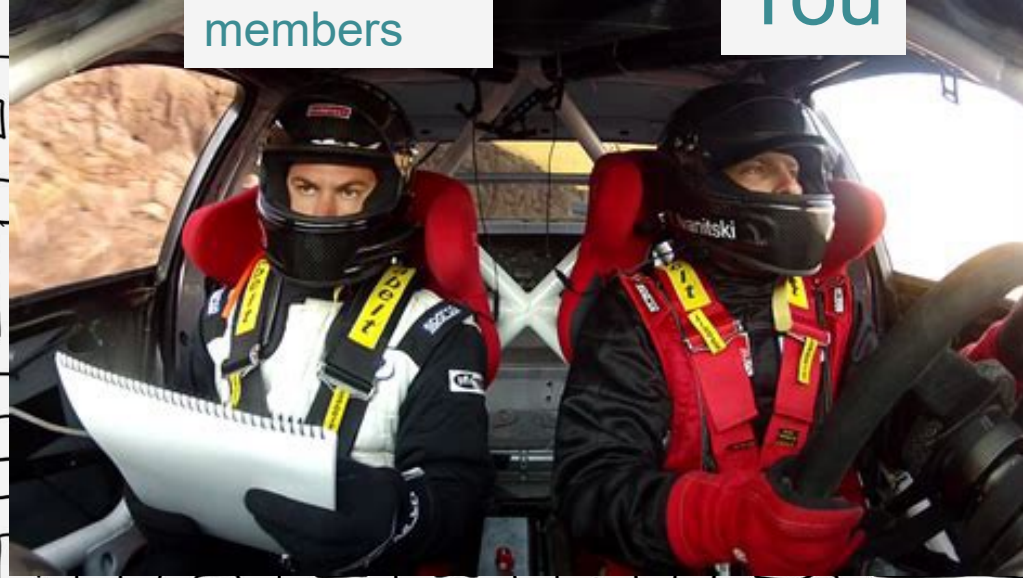
→ Ziel

Your PhD journey

Start →

PI/ committee
members

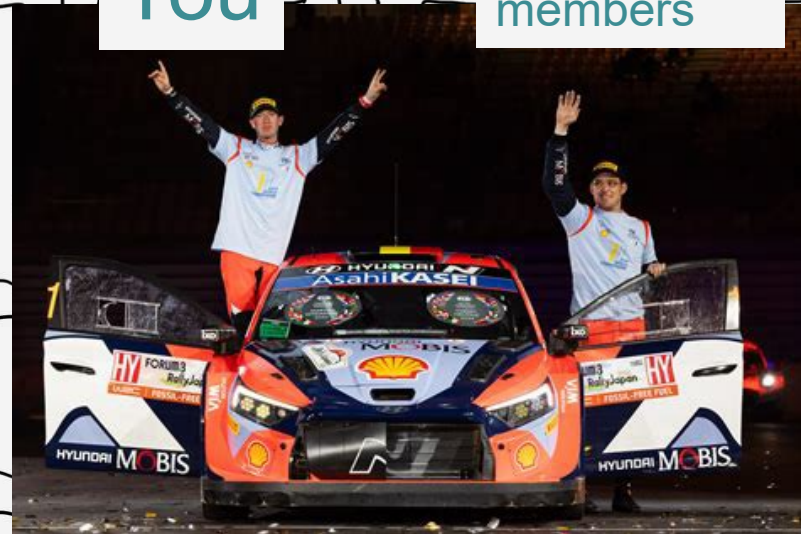
You



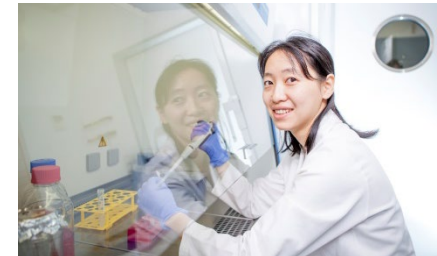
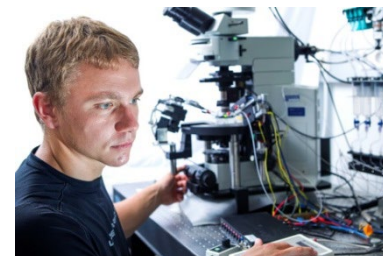
→ Ziel

You

PI/ comittee
members



Introduction Doctoral Researchers' Council (DRC)





Doctoral Researchers Council (DRC)

Andrea Nicolaidou (speaker)



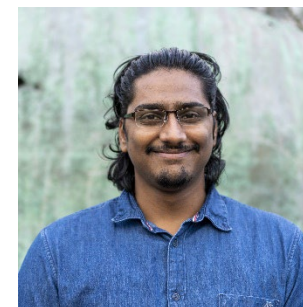
Franziska Dusi (deputy)



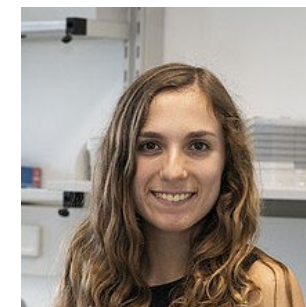
Salma Abosabie



Gurumoorthy Amudhan



Miriam Campillo-Prados



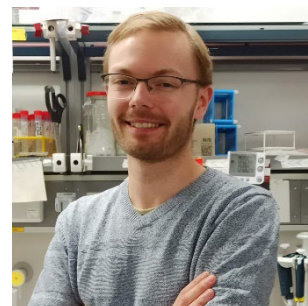
Samuel Carien



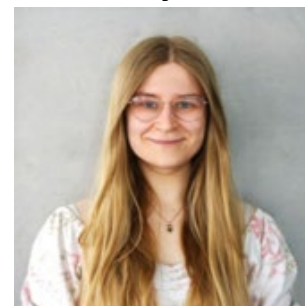
Philip Claus



Peter Frost



Anastasiya Grinko



Johanna Heckmann



Pia Wittmann



What we do...

Voice interests of doctoral researchers and stand up for them

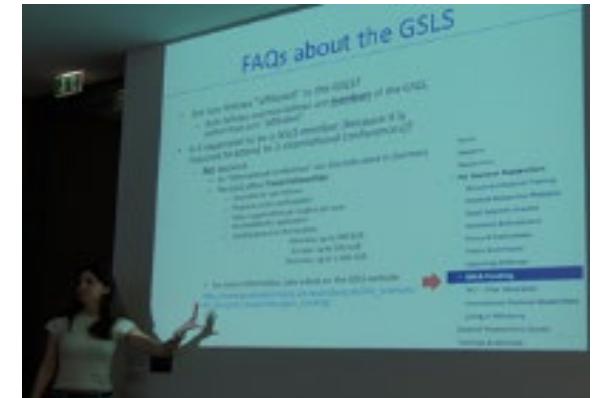
Represent doctoral researchers in the boards and meetings of the GSLS

Network and communicate between doctoral researchers and PIs

Mediate conflicts between doctoral researchers and PIs or GSLS

Inform doctoral researchers about the GSLS

Organize events



Annual Barbecue

Bar Hopping - Welcome Week

Game Night

Christmas Markets

Kiliani

...any other Suggestions??

Get in touch!



Julius-Maximilians-
**UNIVERSITÄT
WÜRZBURG**

Intern  

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UNIVERSITY OF WÜRZBURG GRADUATE SCHOOLS - GRADUATE SCHOOL OF LIFE SCIENCES

[Home](#) > [UWGS](#) > [LIFE SCIENCES](#) > [DOCTORAL RESEARCHERS](#) > [DOCTORAL RESEARCHERS COUNCIL](#)

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Activities & Events >

Thesis Submission >

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Doctoral Researchers Council ▾

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Announcements & Activities

DRC History

Medical Doctoral Researchers >

Forms & Downloads

Principal Investigators >

PostDocs >

Research >

Doctoral Researchers Council



**UNI
WÜ
DRC**

Doctoral Researchers Council



Graduate School
Life Sciences

Contact us for further information

Any questions?
Send us an  **email** and we will support you.

Social Media



E-Mail: gsls-drc@uni-wuerzburg.de



Join us!

You like to...

... take on responsibility?

... organize events?

... meet other PhD representatives?

... learn more about the structures at the Graduate School?

Then watch out for our **annual Election** and become a DRC member (for 1 year)! We are happy for any help and highly appreciate commitment by every GSLS section!





EUREKA! 2026

21st INTERNATIONAL SYMPOSIUM

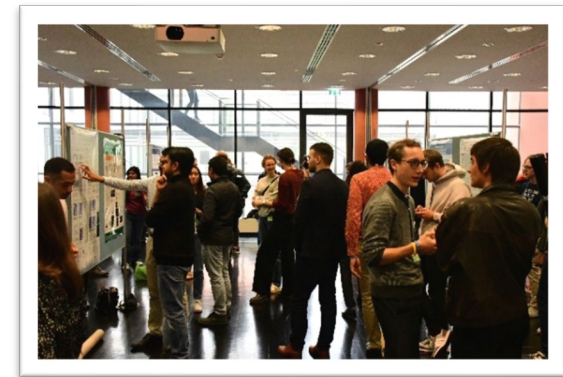
ORGANIZED BY THE STUDENTS OF THE GRADUATE SCHOOL OF LIFE SCIENCES

International symposium in the field of Life Sciences

Organized by the PhD students of the Graduate School of Life Sciences

» (GSLS)

- Invited talks from international leading experts spanning diverse fields of life sciences
Scotland, Netherlands, Switzerland, Austria, Germany
- Student talks by emerging young scientists of GSLS
- Poster session
- Career session
- Creative Contests for scientific writing, images



Save the date!



EUREKA! 2026

7th – 8th October 2026

Rudolf-Virchow-Center University of Würzburg

GSLs Support



Lina Günter (Chair)



Ann-Sophie Schnell (Co-Chair)



Jakob Jeschonneck (Co-Chair)



Sabrina Stecher



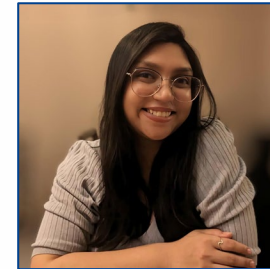
Vincent Lau



Maria Grijalva Yopez



Janet Wackenreuter



Aatreyi Roy



Barbara Valin

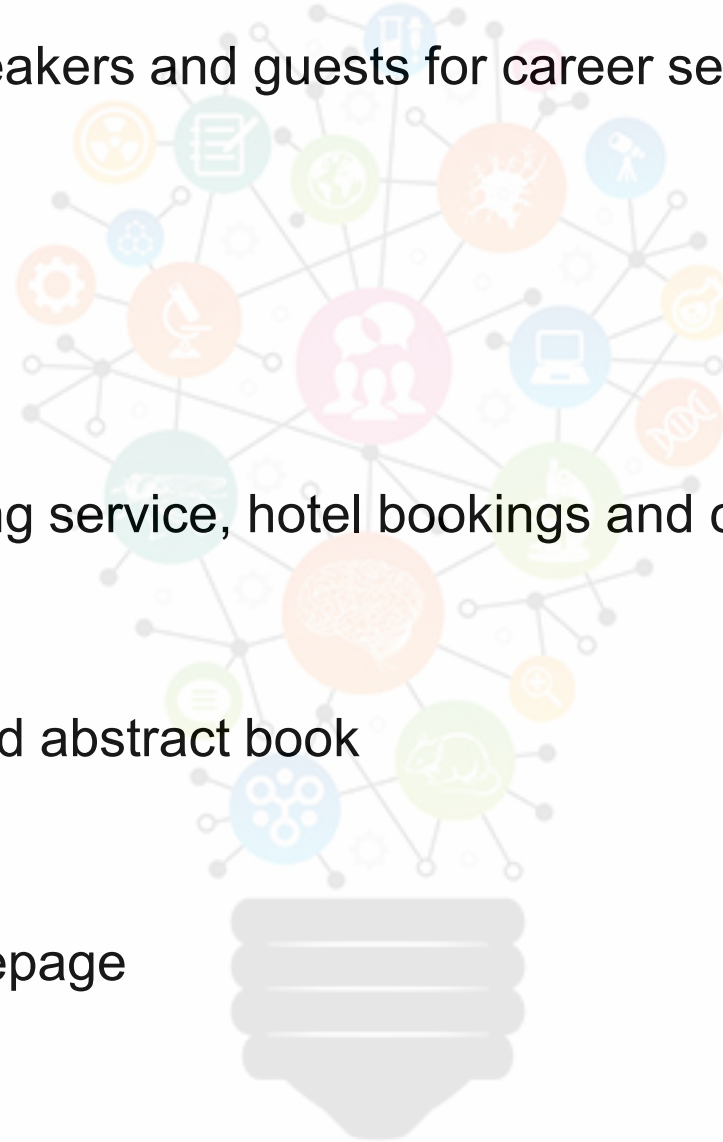


Dr. Jennifer Ritzer



Prof. Dr. Christian Wegener

- Select and invite keynote speakers and guests for career session
- Sponsor acquisition
- Plan and organize the catering service, hotel bookings and conference dinner
- Design and compile flyers and abstract book
- Maintain the EUREKA! Homepage
- On-site organization



Why you should join?

- Help sustain a high-quality conference that benefits the GSLs students
- Connect with leading scientists from your field
 - You decide who will be invited
 - Easy way to get in contact with speakers
- Engage with companies and secure sponsorships
- Develop valuable project management and teamwork skills
- Earn an additional GSLs certificate for your volunteer work
- FUN !

How you can join?

- 1st Meeting: Wednesday, **3rd December, 6.00pm, Rudolf-Virchow-Center**
 - More Information, get to know each other & Pizza



WE WANT YOU

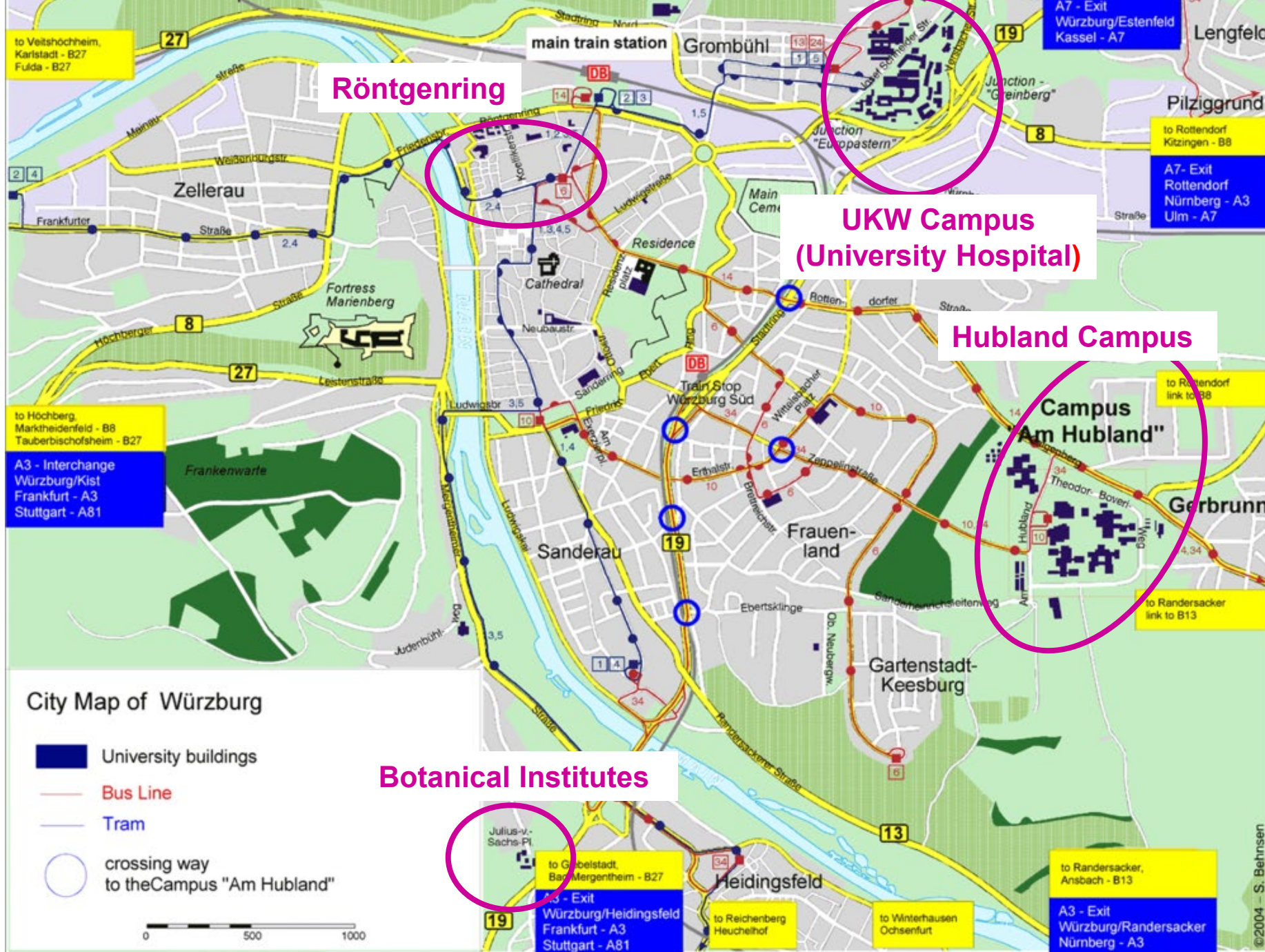


Contact me ☺

Jakob.jeschonneck@uni-wuerzburg.de

Chances and Challenges in a Doctoral Project

Jennifer Ritzer



Advantages

- Thesis committees
- Common rules and standards
- Large choice of training activities
- Active role of junior faculty (young PIs, not yet “habilitated”)
- Interdisciplinary projects in an international environment

Challenges

- Balancing research and other activities
- Balancing quality and time to graduation

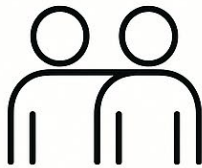
→ Create individual solutions



What are the benefits of having a Thesis Committee?

- You will receive input from various scholars with diverse perspectives and expertise.
- You strengthen your academic networks.
- You have support in case of problems in your student-supervisor relationship

What are the responsibilities of committee members?



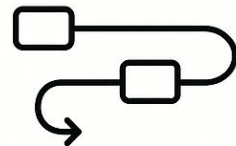
Supervision
& Support



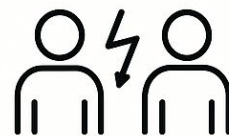
Initial Project
Evaluation



Ongoing
Monitoring



Timeline &
Extension

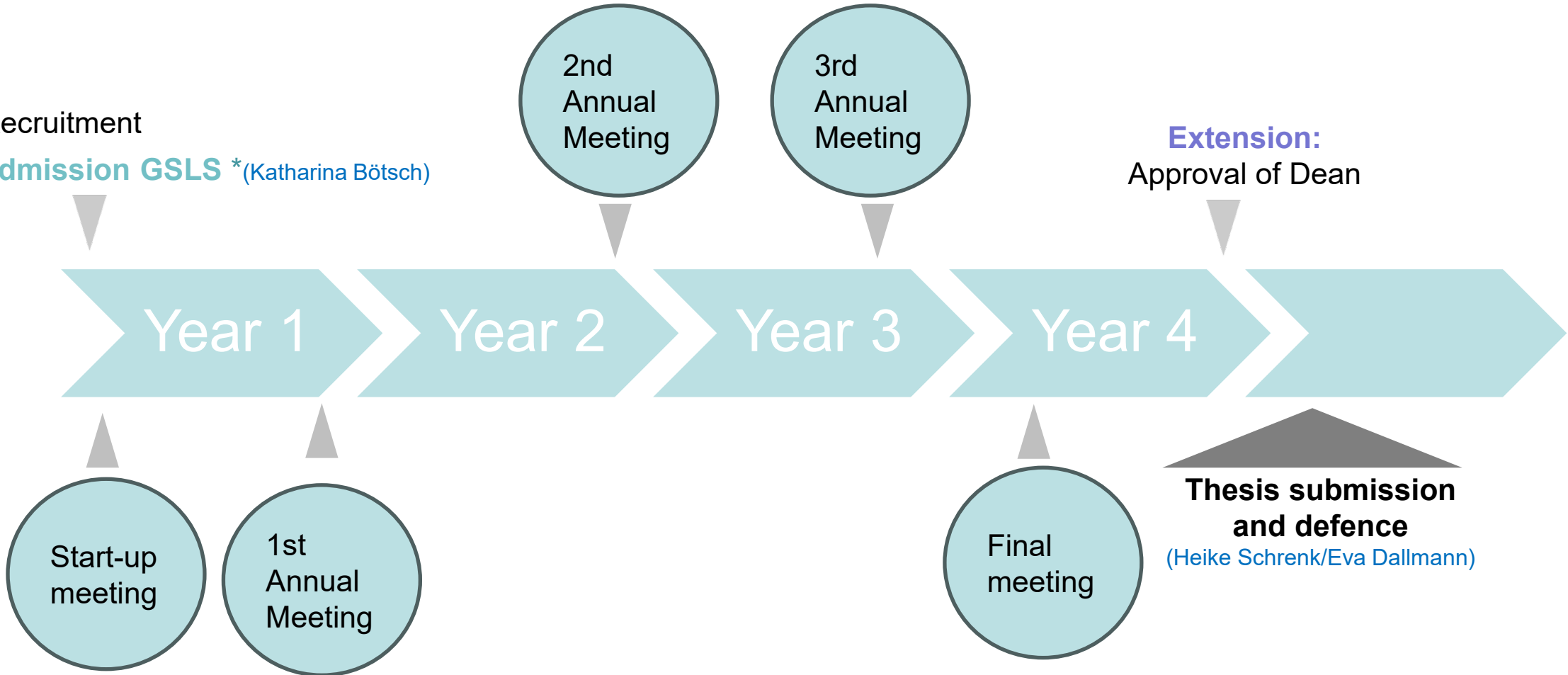


Conflict
Mediation

Path to graduation in the GSLS (Dr. rer. nat./Ph.D.)

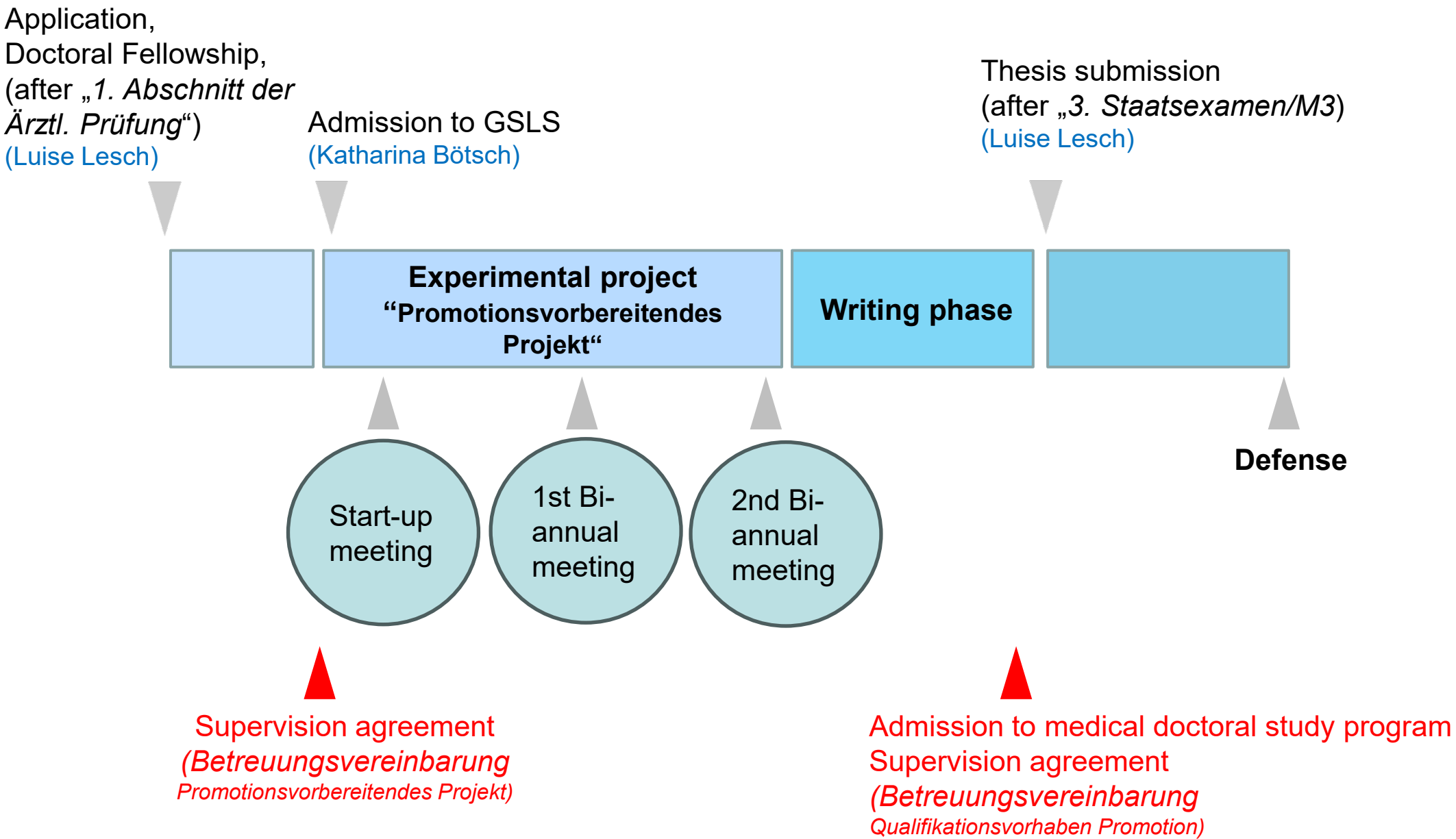
Recruitment

Admission GSLS *(Katharina Bötsch)



* Parallel to admission: **Enrollment at the university for six semesters required**

Path to graduation in the GSLS (Dr. med./Dr. med. dent.)



Customizable Training Program and Documentation of your Activities in OpenCampus

Juliane Fiebig

Customizable training program



GUIDELINES

Mandatory Elements

MEETING = GROUP SEMINAR

usually 1h/ week, organized by the research group or the graduate training group

LITERATURE SEMINAR = J

usually 1h/ week, organized by the research group or the graduate training group

ALL!

3

GOOD SCIENTIFIC PRACTICE (counts as one of transferable skills courses)

Mandatory course for all GSLS doctoral researchers admitted after WS 2011/12

Electives (at least one of the following per semester – ideally by your thesis submission you will have visited at least 3 scientific courses and 3 transferable skills workshops)

SCIENTIFIC COURSE / SEMINAR / LECTURES (ideally one per year)

organized by the graduate training group, GSLS, doctoral researchers or offered externally
(e.g. method course, statistics, clinical medicine)

TRANSFERABLE SKILLS COURSE / SEMINAR / WORKSHOP (ideally one per year)

e.g. poster presentation, scientific writing

For doctoral researchers on the study program 'PhD Life Sciences' please note that the "Intercultural Communication" course is part of your study program

TRANSFERABLE SKILLS COURSE / SEMINAR / WORKSHOP (ideally one per year)

e.g. poster presentation, scientific writing

For doctoral researchers on the study program 'PhD Life Sciences' please note that the "Intercultural Communication" course is part of your study program

RESEARCH STAY

e.g. scientific fieldwork, laboratory training, usually outside University of Würzburg

Additional

Additional Activities

e.g. peer mentor, DRC, teaching/supervision activities, organisation of events

Customizable training program

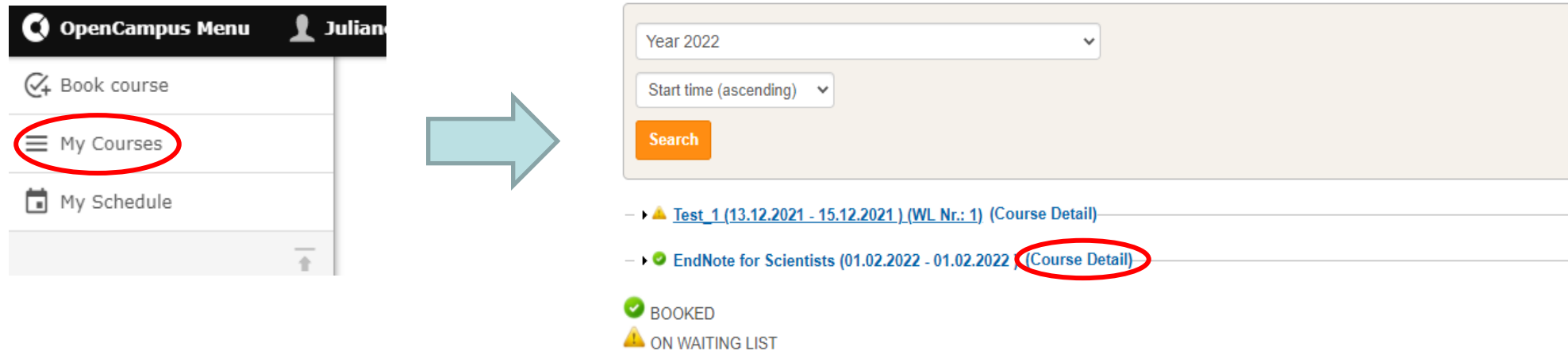
EARLY STAGE	According to your needs	FINAL STAGE
Good Scientific Practice	Scientific Writing and Publishing / Writing of Scientific Papers	Cover Letter & CV
Intercultural Communication	Supervising BSc and MSc Students	Job Interview
Poster Design & Presentation	Critical Reasoning and Logic	Introduction Biotech Industries
Oral Presentation	Purposeful Networking	Quality Management and Audit Biotech Industries
Academic Writing (for Beginners)	Improved Reading	Good Manufacturing Practice
EndNote for Scientists	Slide Writing	Good Clinical Practice
Literature Research Strategies for Scientists	Visual Communication of Science	EU Patent Law in Life Sciences
Networking at International Conferences		Grant Writing
Project management		Job Perspectives in Pharmaceutical Industry
Open Access and Copy Right in Science		

→ Workshops and lectures count as “electives” in the study program

- **Courses offered by GSLS**

- Statistics courses (e.g., Basic Statistics, Introduction to R)
- Scientific Image Processing and Analysis
- Advanced Image Analysis and Macro Programming
- Software Carpentry

How to attend GSLS Training Offers?



OpenCampus Menu Julian

- Book course
- My Courses**
- My Schedule

Course List

Year 2022
Start time (ascending)
Search

- ▶ [Test_1 \(13.12.2021 - 15.12.2021\) \(WL Nr.: 1\)](#) (Course Detail)
- ▶ [EndNote for Scientists \(01.02.2022 - 01.02.2022\)](#) (Course Detail)

✓ BOOKED
⚠ ON WAITING LIST

- Check your bookings on a regular basis
 - Are you still available?
 - Have you moved up on the waiting list?
 - Is your PI up-to-date?
 - Please also cancel your registration if you are on the waiting list and no longer wish to participate

Documentation of your activities in OpenCampus

+ Preliminary Registration		
+ Admission GSLS		
- GSLS Curriculum		
Reference number: 71935		
Expand all		
	Documents	Actions
▼ 📁 Reports and Extension Requests		
▶ 📁 Basic information & Membership Confirmation		
▶ 📁 Meeting Reports		
📁 Extension Requests		
📁 Study Break Request		
▼ 📁 Study Book		
▼ 📁 Mandatory Elements		
📁 Lab Meeting / Group Seminar		
▶ 📁 Literature Seminar / Journal Club		
📁 Research Training Group Seminar (Jour Fixe)		
📁 International Meetings / Symposia		
📁 Scientific Publications		
📁 Retreat / Summer School		
📁 Good Scientific Practice		
▼ 📁 Electives		
📁 Scientific course / Seminar / Lectures		
📁 Transferable Skills Course / Seminar / Workshop		
📁 Research Stay		
▼ 📁 Additional		
📁 Additional Activities		
▶ 📁 Diploma Supplement		
+ Graduation Process		



GUIDELINES

Mandatory Elements

LAB MEETING = GROUP SEMINAR

usually 1h/ week, organized by the research group or the graduate training group

LITERATURE SEMINAR = JOURNAL CLUB

usually 1h/ week, organized by the research group or the graduate training group

RESEARCH TRAINING GROUP SEMINAR (Jour Fixe)

usually once or twice per month

MEETINGS / SYMPOSIA

3 international meetings with active participation (poster or talk)

SCIENTIFIC PUBLICATIONS

1 with first authorship in an international, peer-reviewed journal (shared first authorship is also accepted)

RETREAT / SUMMER SCHOOL (one per year)

e.g. organized by the research group, the research training group or the doctoral researchers

Retreat: "Period of group withdrawal under a supervisor"

Summer School: "Academic s

GOOD SCIENTIFIC PRACTICE (counts as one of transferable skills courses)

Mandatory course for all GSLS doctoral researchers admitted after WS 2011/12

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TRANSFERABLE SKILLS COURSE / SEMINAR / WORKSHOP (ideally one per year)

e.g. poster presentation, scientific writing

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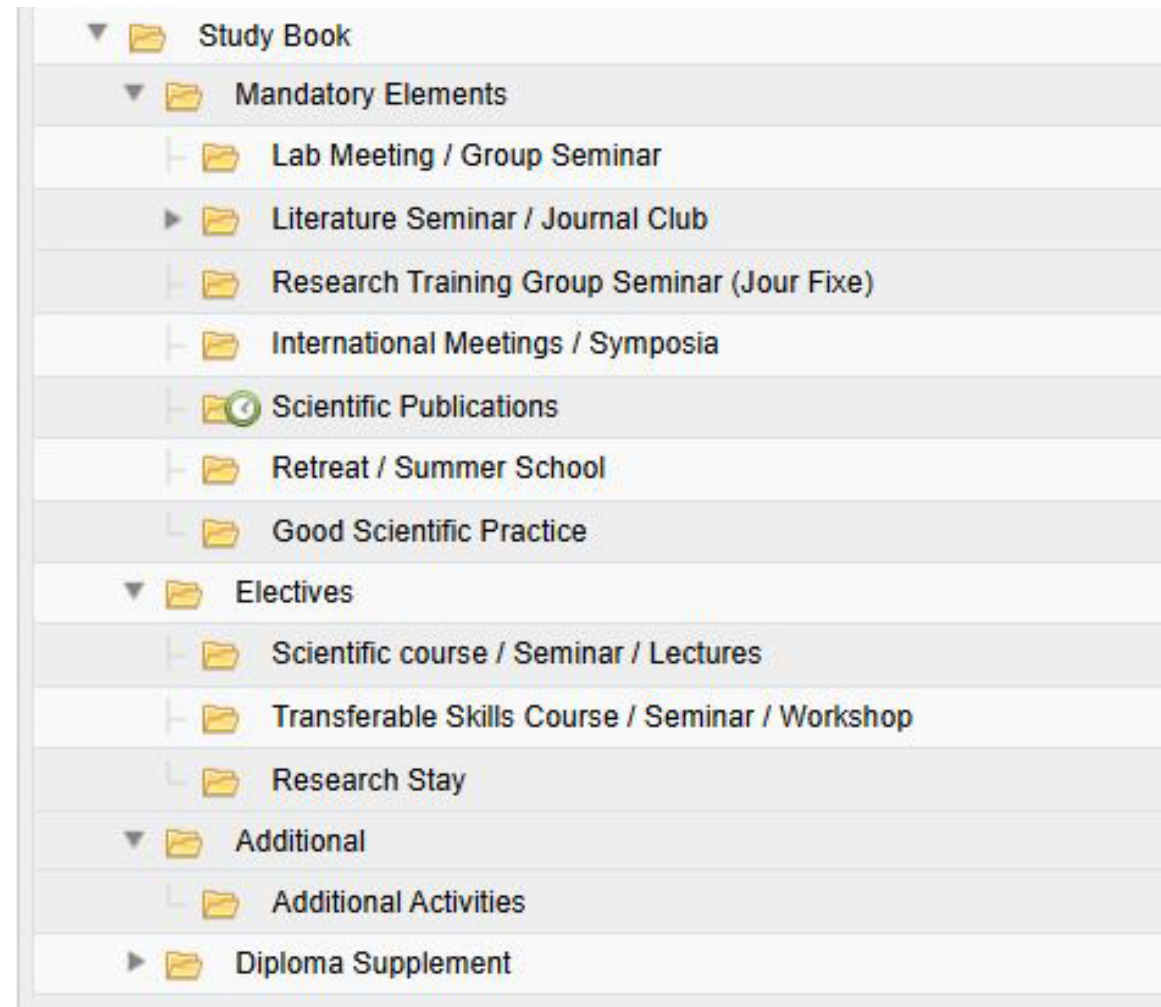
RESEARCH STAY

e.g. scientific fieldwork, laboratory training, usually outside University of Würzburg

Additional

Additional Activities

e.g. peer mentor, DRC, teaching/supervision activities, organisation of events



OpenCampus – Adding a new entry to the study book

	Documents	Actions
▼ Reports and Extension Requests		
▶ Basic information & Membership Confirmation		↓
▶ Meeting Reports		
└ Extension Requests		
└ Study Break Request		
▼ Study Book		
▼ Mandatory Elements		
└ Lab Meeting / Group Seminar		
▶ Literature Seminar / Journal Club		
└ Research Training Group Seminar (Jour Fixe)		
└ International Meetings / Symposia		
└ Scientific Publications		
└ Retreat / Summer School		
└ Good Scientific Practice		
▼ Electives		
└ Scientific course / Seminar / Lectures		
└ Transferable Skills Course / Seminar / Workshop		
└ Research Stay		
▶ Additional		
▼ Diploma Supplement		↑
└ Diploma Supplement	 Diploma Supplement (DRAFT)	
+ Graduation Process		

BE a little PATIENT with OpenCampus while creating new entries
→ sometimes it is really slow and any further clicks will create new empty entries which results in a mess

	International Symposium: 9th World Congress on ADHD	
	International Symposium:	
	International Symposium:	
	International Symposium:	
	International Symposium:	

OpenCampus – Adding a new entry to the study book

View

Edit

Title of Lab Meeting/Group Seminar *

Start Date *

Date

E.g., 07.08.2025

End Date *

Date

E.g., 07.08.2025

Frequency of meeting *

e.g., weekly, bi-weekly, monthly, every 2 months

Meeting duration *

Name of Lab Head *

Group/Institution *

- None -

Upload File *

Datei auswählen

Keine Datei ausgewählt

Upload

Please upload a proof of participation here. If you do not have a certificate of attendance for this activity, you can also upload the relevant page of the study book signed by the organiser or first supervisor.

Files must be less than 128 MB.

Allowed file types: pdf png jpg jpeg.

Submit Lab Meeting/Group Seminar

Save

Submit Lab Meeting/Group Seminar

Save



- Saved entry → finalise the entry and submit it for evaluation
- Submitted entry → waiting for evaluation by office
- Evaluated entry

If an entry is rejected by the office:

- the stage will be set back to pending 
- you will receive an E-Mail with a comment why it is rejected
- the entry can be edited by you again
- do not forget to submit the entry after correction

- Certificates of attendance for GSLS workshops are transferred directly to the digital study book
- Most other organizers of workshops, retreats and conferences also provide proof of participation → **please DO NOT upload abstracts, posters, presentations or booking confirmations**
- If you did not receive a proof of participation and also for the categories Lab Meeting, Literature Seminar and Jour Fixe fill in the activities in the printed study book in the corresponding category, have them signed by your first supervisor or the organizer and upload them as proof

Publication: : (,)

View

Edit

Devel

Please insert all information in **APA format**. The easiest way to do this is to use the 'Cite' function in PubMed and select APA style. Please mark authors who share first authorship with *.

Authors *

Text format

Plain text

[More information about text formats ?](#)

- No HTML tags allowed.
- Web page addresses and e-mail addresses turn into links automatically.
- Lines and paragraphs break automatically.

Title of Publication *

Journal/Book Title *

Volume *

> Front Physiol. 2011 Sep 12:2:59

Glycosylation of T BMP Binding and Development

Charles J Billington Jr ¹, Juliane E
Tina Jaskoll, Kim Mansky, Rajaram
Anna Petryk

Affiliations + expand
PMID: 21941513 PMCID: PMC31

Abstract

CITE

Billington, C. J., Jr, Fiebig, J. E., Forsman, C. L., Pham, L., Burbach, N., Sun, M., Jaskoll, T., Mansky, K., Gopalakrishnan, R., O'Connor, M. B., Mueller, T. D., & Petryk, A. (2011). Glycosylation of Twisted Gastrulation is Required for BMP Binding and Activity during Craniofacial Development. *Frontiers in physiology*, 2, 59.

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MLA

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ACTIONS

“ Cite

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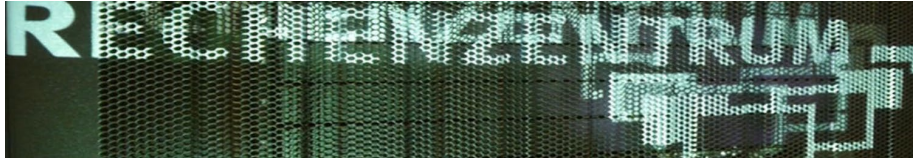
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OpenCampus – Draft of the Diploma Supplement

	Documents	Actions
▼ Reports and Extension Requests		
▶ Basic information & Membership Confirmation		
▶ Meeting Reports		
└ Extension Requests		
└ Study Break Request		
▼ Study Book		
▼ Mandatory Elements		
└ Lab Meeting / Group Seminar		
▶ Literature Seminar / Journal Club		
└ Research Training Group Seminar (Jour Fixe)		
└ International Meetings / Symposia		
└ Scientific Publications		
└ Retreat / Summer School		
└ Good Scientific Practice		
▼ Electives		
└ Scientific course / Seminar / Lectures		
└ Transferable Skills Course / Seminar / Workshop		
└ Research Stay		
▶ Additional		
▼ Diploma Supplement		
└ Diploma Supplement	Diploma Supplement (DRAFT)	
+ Graduation Process		



Konfliktmanagement



SCIENTIA Career Development

an offer of the Gender Equality Academy

Sophie Renninger, M.A.
Women's Representative Office JMU

Büro der
Universitätsfrauenbeauftragten
(UFB)
Hubland Campus Nord
Klara-Oppenheimer-Weg 38

SCIENTIA offers personnel development for female scientists at the first qualification levels:
the **Mentoring Program** is aimed at (advanced) doctoral students;
the **PostDoc & International Program** at young female scientists with a doctorate as well as international scholars of all qualification levels;
The **scholarship** supports scholars at critical points in their career;

SCIENTIA

SCIENTIA PhD

mentoring, training
& networking

SCIENTIA Postdoc

mentoring, training
& networking

SCIENTIA Scholarship

bridging funding for
emerging female
scholars

SCIENTIA Mentoring

The program is aimed at advanced female **doctoral candidates** and **postdocs** at the JMU who wish to pursue a career in science.

The focus is on the **individual development** of each participant, profitable **networking** within the group, and support from a **mentor**.

Regular **training sessions and workshops** on various career development topics complete the program.

duration one year,
call for applications
November 15, 2025

The program is
bilingual – flexible
English and
German

Visit our website for further information

contact



Sophie Renninger, M.A.

scientia@uni-wuerzburg.de



SCIENTIA scholarship

Excellent junior female scientists at JMU
can apply for the **SCIENTIA scholarship program**:
It supports female scholars in a transitional phase
between two career steps, to initiate third-party funding,
to be able to complete a post-doctoral project, etc.

Doctoral students can be supported only for the very last
phase of their doctorate and only if they have suffered
exceptional hardships (severe illness, raising child(ren)
without support etc.).

Call for applications in March and September

Visit our website for further information and award criteria

contact

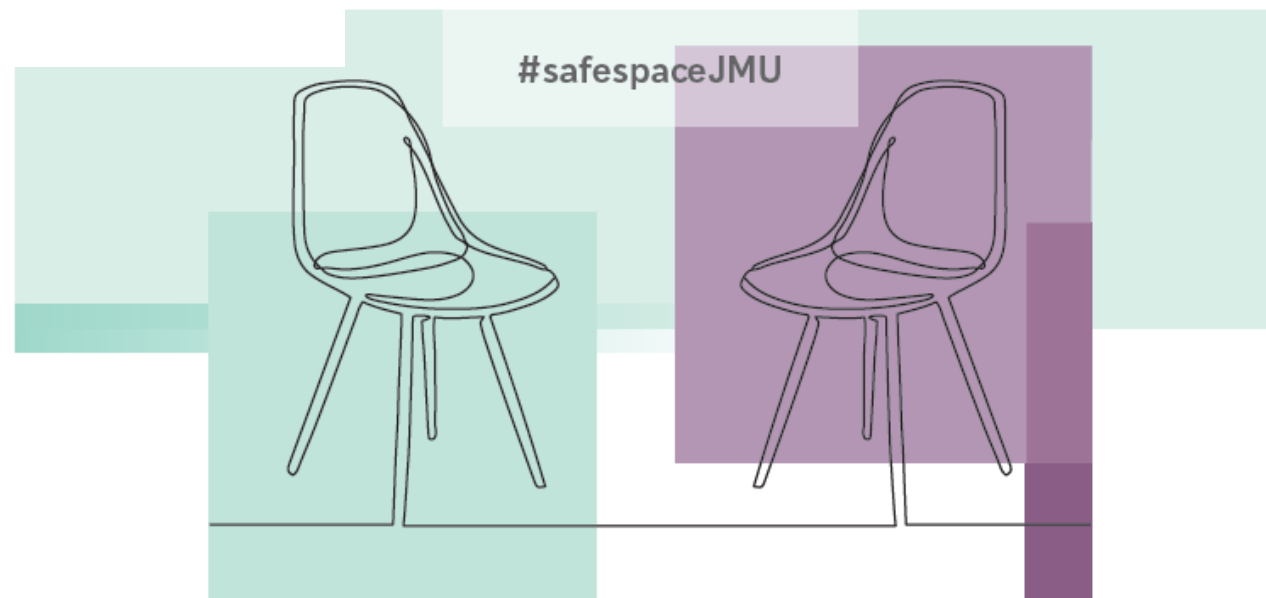


Friederike Münch
scientia@uni-wuerzburg.de



further UFB offers

- advice and counseling
- lectures, events, and information on equality and diversity
- information and network events
- compatibility of science and family
- support structures for sexual harassment & discrimination



Helpdesk
Sexual Harassment



Helpdesk
Anti-Discrimination



- The helpdesks offer **all members of the university (anonymous) counseling**.
- Individual counseling can be obtained **online** via the contact portal of the helpdesks and, **if requested, without disclosing personal data**.
- It is also possible to submit third-party **observations** concerning cases of antidiscrimination or sexual harassment in the university context.
- It is also always possible to contact the counselors of the help desks **directly** by e-mail or telephone.
- The counselors of the helpdesks are **bound to secrecy** and treat all concerns **confidentially**.

Scan here to get
to the contact



uni-wue.share-a-hint.com



Only the counselors at the helpdesk have access to the (anonymous) contact portal and can also be reached directly:

Helpdesk Sexual Harassment



Helpdesk
Sexual Harassment

Andrea Bähr

andrea.baehr@uni-wuerzburg.de

+49 931 31-85665

Friederike Münch

friederike.muench@uni-wuerzburg.de

+49 931 31-86592

Helpdesk Anti-Discrimination



Helpdesk
Anti-Discrimination

Kathrin Sammetinger

kathrin.sammetinger@uni-wuerzburg.de

+49 931 31-85598

Dr. Isabel Fraas

isabel.fraas@uni-wuerzburg.de

+49 931 31-89429

All information on the helpdesks can
be found here
#safespaceJMU



uni-wuerzburg.de/en/equity/safespacejmu/

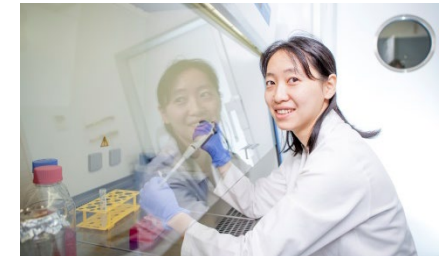
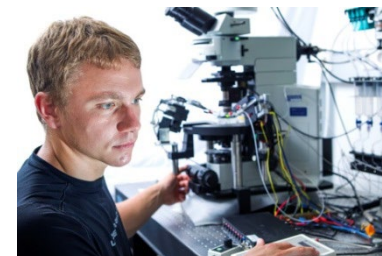
where to find us

Büro der
Universitätsfrauenbeauftragten
(UFB)

Hubland Campus Nord
Klara-Oppenheimer-Weg 38



UNIWUE Community – Alumni program (Isabel Kromer)

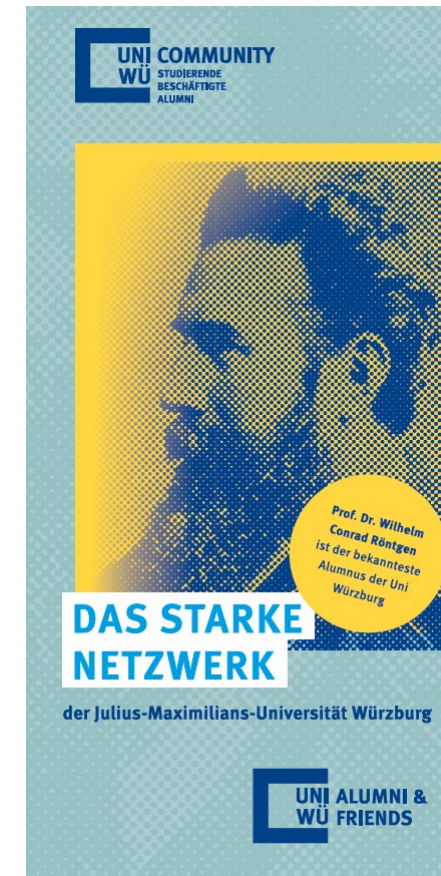


Uni Würzburg Community

- 80.000 valide Adressen in der Uni Wü Community

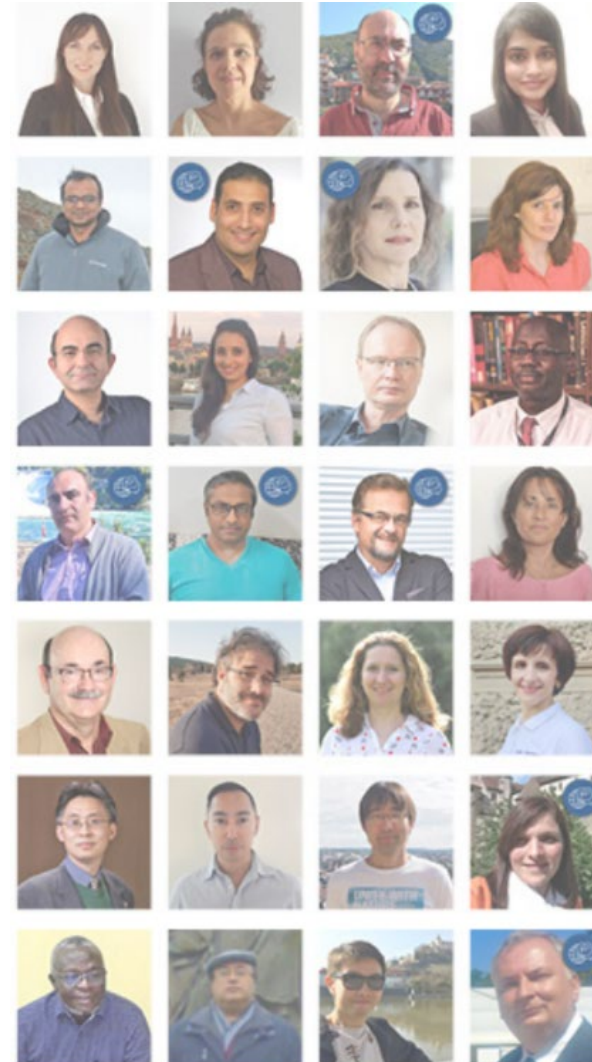
Alumni & Friends e.V.

- Vorsitzender seit 30.11.23 Prof. Dr. Bofinger
- Social Engagement Preis
- Fördert diverse Projekte an der Uni



Maßnahmen-Beispiele

- Alumni Contacts Abroad; Kontakte im Ausland für Outgoing-Studierende,
<https://go.uniwue.de/alumnicontractsabroad>



Mentoring – get inspired!

If you ask yourself

- .. where your studies might lead you professionally
- .. how to lay the groundwork for career success

then you are invited to join Mentoring Program!

In a nutshell:

- alumni of the University of Würzburg pass on their practical professional experience
- geared to students, graduates, and doctoral candidates
- You have two different options:
 - a one-time consultation
 - a one-year “relay” program with a personal mentor

..in both cases you will have a specialist mentor at your side who will advise and accompany you - you create the exchange together and individually!

Contact and registration possibility

alumni@uni-wuerzburg.de, Phone: 0931-31-83150

<https://go.uniwue.de/registrierung>



Mental wellbeing during your PhD

Dr. Gabriele Blum-Oehler

Consultant to the Vice-President for Research and Academic Career Development, University of Würzburg

Mental wellbeing during your PhD

Dr. Gabriele Blum-Oehler

Consultant to the Vice-President for Research and Academic Career Development, University of Würzburg



Measures to support mental health during the doctoral phase

The five ways to wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Sources:

Research by the New Economics Foundation
Poster by the Mental Health Foundation, NZ

How to prevent/cope with a mental health issue?

Find help...

- Supportive supervision and clear expectations
- Early access to mental-health resources
 - Strong peer group / community networks (e.g. in your lab, mentors, family and friends / DRC, doctoral networks)
 - Mental Health First Aiders (e.g. G. Blum-Oehler, K. Brandl)
 - Institutional support



Dr. Gabriele Blum-Oehler

Consultant to the Vice-President for Research and Academic Career Development

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97080 Würzburg

Phone: [+49 \(0\)931 31 81474](tel:+49(0)9313181474)

Email: gabriele.blum@uni-wuerzburg.de

Krischan Brandl

deputy head

Building: John-Skilton-Str. 4a
Room: 03.B.08

Phone: [+49 931 31-82758](tel:+499313182758)

Email: krischan.brandl@uni-wuerzburg.de



Responsibilities:

- Supporting (academic) leaders
- Strategic career planning in academia
- Process management in professional development (e.g., digitalization, agility)

Krischan is a certified Systemic Coach (DGSF) and a Mental Health First Aider (MHFA).

What is mental health first aid?

- Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue
- MHFA teaches to listen, reassure and respond – can potentially stop a crisis from happening or will support in a crisis, WON'T TEACH TO BE A THERAPIST!
- Learn to recognise warning signals of mental illness, develop the skills and confidence to approach and support someone



How to prevent/cope with a mental health issue?

Find help...

- Supportive supervision and clear expectations
 - Early access to mental-health resources
 - Strong peer group / community networks (e.g. in your lab, mentors, family and friends / DRC, doctoral networks)
 - Mental Health First Aiders (e.g. G. Blum-Oehler, K. Brandl)
 - Institutional support
 - ✓ Website of the Healthy University (*Gesunde Hochschule*) of our university
- <https://www.uni-wuerzburg.de/en/university-employees/healthy-university/>



HEALTHY UNIVERSITY

🏠 > UNIVERSITY EMPLOYEES > HEALTHY UNIVERSITY > INFO & SUPPORT SERVICES > PSYCHOLOGICAL PROBLEMS

Psychological Problems

Info & Support Services ^

Psychological Problems

Crisis

- > ☞ Krisendienst Unterfranken (0-24 Uhr): 0800 / 655 3000
- > ☞ Psychiatrische Notfallaufnahme Uniklinik Würzburg: +49 931 20176050
- > ☞ Fachstelle Suizidberatung (14-18 Uhr): +49 931 / 571717
- > ☞ Telefonseelsorge (0-24 Uhr): 0800/ 1110111 oder 0800/ 1110222
- > ☞ Krisenchat (0-24 Uhr)

<https://www.uni-wuerzburg.de/en/university-employees/healthy-university/>

Internal counseling services for students

- ›  Psychotherapeutical Counseling Studierendenwerk
- › Sexual Harassment Helpdesk
- › Antidiscrimination Helpdesk
- › Contact and information center for students with disabilities and chronic illnesses (KIS)

Internal counseling services for employees

- › Conflict Counseling Center
- › Addiction Counseling
- › Sexual Harassment Helpdesk
- › Antidiscrimination Helpdesk
- › Employee committee
- › Gender Equality
- › Representation of severely disabled persons

External Psychological Counseling

Personal and relationship problems

- ›  Evangelisches Beratungszentrum (Erziehung, Partnerschaft, Familie, Leben)
- ›  Beratungsstelle für Ehe- Familie-und Lebensfragen
- ›  Frauenberatungsstelle des Sozialdienst Katholischer Frauen e. V.

Especially for students

- ›  Beratungsstelle der Evangelischen Studentengemeinde
- ›  Beratungsstelle der Katholischen Hochschulgemeinde

External Addiction Counseling & Support Groups

Addiction counseling

- ›  Psychosoziale Beratungsstelle für Suchtprobleme Caritas
- ›  Psychosoziale Beratungsstelle Blaues Kreuz
- ›  Würzburger Fachambulanz Hephata
- ›  Jugend- und Drogenberatungsstelle Stadt Würzburg
- ›  BzgA Infotelefon zur Suchtvorbeugung: (0221) 892031
- ›  Sucht- und Drogenhotline: 01806 - 31 30 31

Addiction support groups

- Hochschulambulanz für Psychotherapie (University Outpatient Dpt.), Marcusstraße 9-11
<https://www.psychologie.uni-wuerzburg.de/hochschulambulanz/>
- Polyclinic and Outpatient Clinic of Psychiatry, Margarete-Höppel-Platz 1
<https://www.ukw.de/en/psychiatry/outpatient-treatment/>
- **External contact points**
 - Telefonseelsorge (phone counseling), Krisennetzwerk Unterfranken
 - Crisis services in emergencies: Rescue service, police
 - **Psychotherapeutic Counselling**
Krisendienste Bayern (Mental Health Support in over 120 Languages) If you find yourself in an acute crisis situation, you can get free, round-the-clock support from Krisendienst Bayern: **Phone: 0800 / 655 3000**

COUNSELLING

You are not alone!



Contact and Information Office
for Students with Disabilities
and Chronic Illnesses



Psychotherapeutic Counselling
Studierendenwerk
Würzburg



more information
& support services

on our way to a Healthy University

with us you'll find

- Programs focused on mental and physical health
- Information on support services

our vision

- The University of Würzburg aims to become a healthy university — and we can only achieve that together!



interested?
have a look!

take
part!

With our **U4U program**, we connect you to create a sense of community and togetherness at our university!





btS e.V. – Find your way in Life Sciences

19.11.2025

Sirin Liebscher

Die btS – von Studierenden für Studierende!

- Over **1.100** volunteer members
- **Nationwide** network of students, doctoral candidates, and alumni
- **21** university locations
- Over **250** events annually (workshops, lectures, excursions, and much more)
- **Countless** opportunities for personal development



Looking for a job? Come to ScieCon!

Free
participation



**ScieCon
Frankfurt**
tba



Talk with company representatives



CV checks & company presentations



application photos



live job interview

ScieCon

<https://bts-ev.de/berufsorientierung/karrieremesse-sciecon>

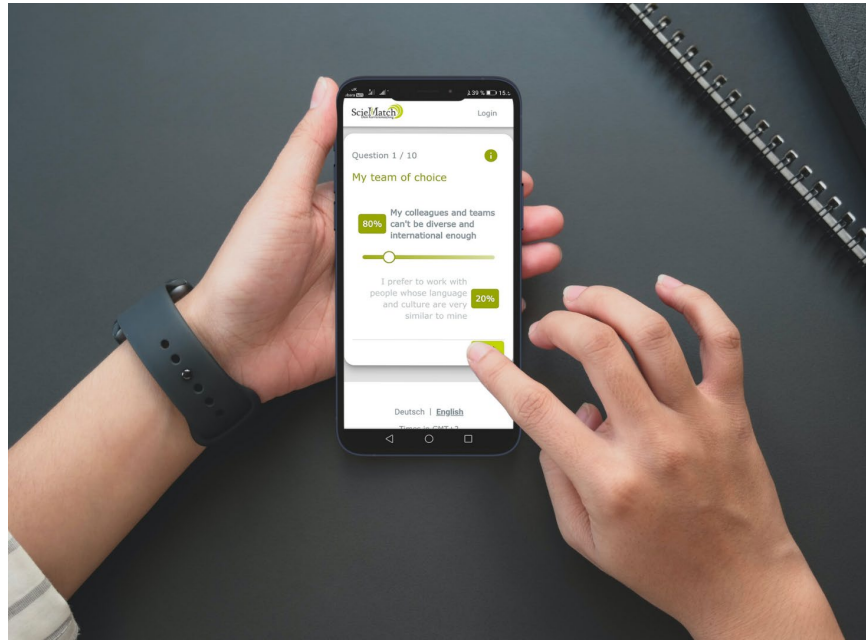
 @bts_sciecon

ScieMatch – Life Sciences career platform

Overview of **companies**
and **careers** in the life
sciences

Matching based on your
talents, strengths, and
interests, as well as
cultural fit

By students, for students —
free of charge!



ScieMatch

Interested? Check us out!



Homepage:
bts-ev.de/erlangen

Contact:
bts.erlangen@bts-ev.de

Facebook/Instagram:
btS Erlangen
@bts_Erlangen

Hybrid meetings are announced via
social media 😊

The image features a background of a classical building facade with columns and arches, likely a part of the Julius-Maximilians-Universität Würzburg. A large, stylized white 'U' logo is positioned on the left side. The text 'Julius-Maximilians-' is in a smaller font above the main text 'UNIVERSITÄT WÜRZBURG', which is in a large, bold, white sans-serif font.

Julius-Maximilians-
**UNIVERSITÄT
WÜRZBURG**

Your Research in the Spotlight

Science Communication at JMU

“In science,
communicating about research
is just as important
as the research itself.”

Science communication in a nutshell



Sparking curiosity,
highlighting the relevance
of research to everyday life



Informing, educating and
engaging the public in
scientific topics



Translating complex
research topics into clear,
accessible language

Science communication: What's in it for you?

Boost your
visibility

Increase your
chances of securing
funding

Enhance your
career prospects

Build new
networks

Foster public
understanding and
trust

Gain valuable
feedback

What SciComm can look like



How JMU supports your science communication activities

The Press and Public
Relations Office

SciComm
training programme

Funding for SciComm
projects

JMU Communicator Award

JMU Press & PR Office



How JMU supports your science communication activities

The Press Office

- Press releases
- Advising on communication strategies
- Help getting featured in the media as an expert
- Interview training
- Help finding service providers (e.g. for photography and video production)
- Advising on social media strategies, content creation
- Advising on website optimisation for university websites

How JMU supports your science communication activities

SciComm training programme

- Basic seminar on science communication (in English)
- Social media training course (in German)
- Media skills and interview training (in German)
- Training on “science communication in project proposals” (in German)

How JMU supports your science communication activities

Funding for SciComm projects

- JMU provides €10,000 per year
- Up to €1,000 per project until the available funds are used up
- Simple and easy application process on our website

How JMU supports your science communication activities

JMU Communicator Award

- Award with a cash prize of €2,000
- To recognise special efforts in the field of SciComm at JMU
- Open to all our researchers

Get in touch!



Dr. Esther Knemeyer

Press Officer, Head of JMU Press & PR Office

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+49 931 31-86002



Sebastian Hofmann

Science Editor

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+49 931 31-80484

“In science,
communicating about research
is just as important
as the research itself.”

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Julius-Maximilians-
**UNIVERSITÄT
WÜRZBURG**

Your Research in the Spotlight

Science Communication at JMU

Thanks for your attention!