



STAYING ON TRACK DURING THE PANDEMIC – IDEAS AND STRATEGIES FROM AN INTERNATIONAL NETWORK

Each week presented from a different country, this workshop series will bring together international PhDs to develop and share ideas, thoughts and methods for staying productive and healthy throughout the pandemic

8AM-9:30AM CEST/4PM-5:30PM AEST/2PM-3:30PM CST

5TH MAY: AUSTRALIA

12TH MAY: GERMANY

19TH MAY: FRANCE

26TH MAY: CHINA

REGISTER: [HERE](#)

FOR QUESTIONS: MELBOURNE@UNI-BAYREUTH.DE





MAY 5TH

8AM-9:30AM CEST/4PM-5:30PM AEST/2PM-3:30PM CST

SESSION 1: NAVIGATING UNCERTAINTY DURING COVID TIMES

Academic life is a precarious one for many. COVID has exacerbated this experience significantly.

Learn how to:

- Give yourself permission (to be where you are and feel what you feel!)
- Navigate uncertainty and worry.
- Make micro-changes to maintain a solid emotional and mental foundation.
- Fill your bucket when life is constantly emptying it.

Presenter: Dr [Desiree Dickerson](#)

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MAY 5TH

8AM-9:30AM CEST/4PM-5:30PM AEST/2PM-3:30PM CST

SESSION 2: COPING STRATEGIES FOR COVID CHALLENGES



Finishing a doctoral thesis can be a milestone in your life story, but the way there can also be laborious and exhausting. How do PhD students and recent PhD graduates deal with these demands and obstacles?



In this workshop we want to highlight various success factors and hurdles on the way to awarding a PhD and focus on the opportunities for your personal development during this period.



Presented by:

- Dr. habil. Helmut Strobl
- Dr. Philipp Laemmert

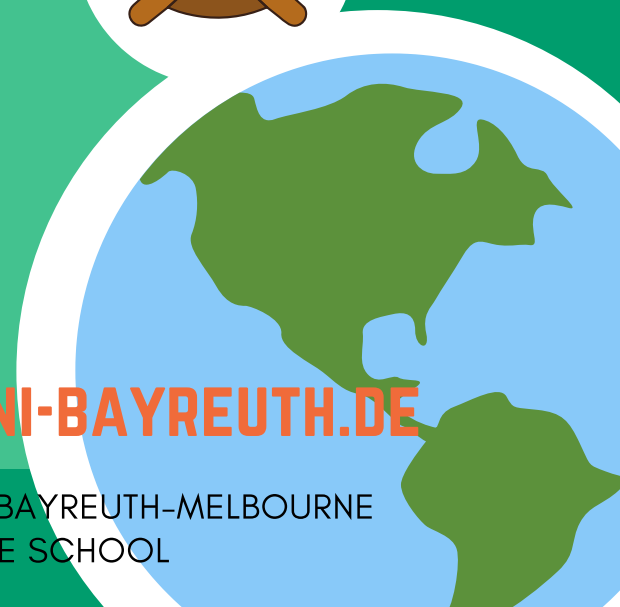
Hosted by:

- Bayreuth Graduate School



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MAY 19TH

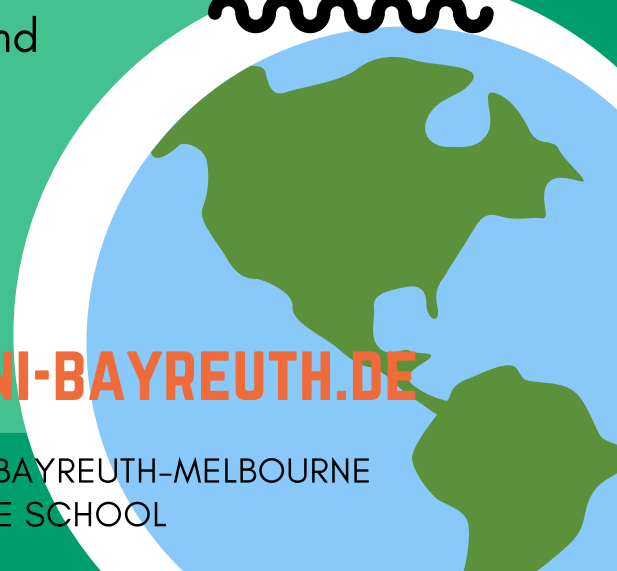
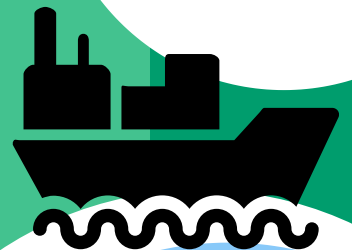
8AM-9:30AM CEST/4PM-5:30PM AEST/2PM-3:30PM CST

SESSION 3: STUCK IN THE ARCTIC: COPING STRATEGIES AND THEIR USE DURING THE LOCKDOWN

Lydie Lescarmontier (Doctor in glaciology) is the scientific manager in a foundation for education on climate change under the auspices of UNESCO. Her guiding and photography work has led her on an adventure that will make her experience sea sickness, cramped spaces and risk, as well as to an appreciation of the insignificance of man in an environment as hostile as it is suffocatingly beautiful. In this session, she will tell us how she experimented her lockdown in the Arctic and how it helped her go through the COVID-lockdown.

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MAY 26TH

8AM-9:30AM CEST/4PM-5:30PM AEST/2PM-3:30PM CST

SESSION 4: LEARNING FROM AN INTERNATIONAL PERSPECTIVE

Ms Yixin QIU

Yixin Qiu is a PhD candidate at the Chair of Strategic Management and Organisation at the University of Bayreuth. She would like to share her own experiences in addressing the restrictions and also of making use of the new norms in Covid-19 times.

Mr Xin HUANG

Xin Huang is a PhD candidate of Central China Normal University and a visiting student at City University of London. He will share his research experience in China and in the UK and discuss the influence of the pandemic on his research, mentality and living. He will also explain how he overcame these difficulties.

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