

"The mentoring programme for female researchers is a great initiative of the University of Oldenburg that empowers young scientists to confidently articulate their needs to supervisors, fostering the support required to advance their careers." - Mentor 2024-25

"The programme has given me the opportunity to create the space to step out of my daily work processes and reflect on my current situation and my ideas for the future together with the mentees, my mentor and coaches and to develop new ideas." - Mentee, 2020-2021

„I've learned more about myself this year than I expected. In the final workshop, I realized how much impetus for development I had during the year and how much I had developed, both professionally and personally. That was very impressive for me!" - Mentee 2022-23

"The programme and my mentor have helped me significantly with crucial career decisions and steps. Without the mentoring programme, I would not have achieved my qualification goal. The exchange with the mentees was very enriching and we formed long-term networks that I will be happy to fall back on in the future." - Mentee 2022-23

"An all-round recommendable programme that enables great content-related exchange with experienced scientists and like-minded people. My network has grown a lot and I feel better equipped for the challenges ahead as a woman in science." - Mentee, 2020-2021

"Warmest recommendation to all female colleagues. I was able to develop a lot during the programme, both as a scientist and as a person." - Mentee, 2020-2021

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"The programme helped me to meet like-minded people, expand my network, grow personally and open up new opportunities through the workshop content and intensive self-reflection, guided by the great coaches, my mentor and the great mentoring group!" - Mentee 2022-23

„A mentor program is crucial to develop human resources, especially if someone belongs to a minority like women." Mentor*in "Progressio" 2020-2021