



Carl von Ossietzky  
Universität  
Oldenburg

# OLTECH - Mentoring programme for young researchers

in cooperation with

**Equal opportunity office for School V -  
School of Mathematics and Science,  
School VI – School of Medicine and  
Health Sciences, Hearing4all**  
and collaborating research training  
groups (SFBs)

**02/2025 – 11/2025**



**OLTECH**  
GRADUATE SCHOOL  
SCIENCE, MEDICINE AND TECHNOLOGY

# You can join the programme, if you are:

- a PhD student
- enrolled in the Graduate School Science, Medicine and Technology – **OLTECH**
- member of the **School V** – School of Mathematics and Science or member of a SFB or other coordinated programme, or of Department of Computing Science (DfI)
- member of the **School VI** – School of Medicine and Health Sciences
- a disadvantaged or discriminated scientist due to your gender and or other conditions

➤ Maximum of 12 participants

➤ Language: English

**OLTECH - Mentoring programme for young researchers**

Dr. Ferdinand Esser — Graduate School Science, Medicine and Technology - OLTECH



# What is a mentoring?



- An older and experienced “**mentor**” shares knowledge with you and supports you in finding your personal career
- The mentor is like a wise person, who you can ask all about the profession and career you like to reach
- One-to-one mentoring is usually complemented by a supporting programme that prepares you as a “**mentee**” for their role and offers opportunities for networking and reflecting on the mentoring process.
- Mentoring is a non-hierarchical partnership and does not involve authority to issue instructions.
- The duration of a mentoring partnership is limited. Regular contact is maintained throughout the mentoring period.
- In addition, training workshops or lectures are usually offered that are specifically tailored to the needs of the mentees.

# Concept and Goal of the Mentoring programme

## Young researchers:

- Actively addressing their career options
- Learning methods for career development
- Building a network and improve networking strategies

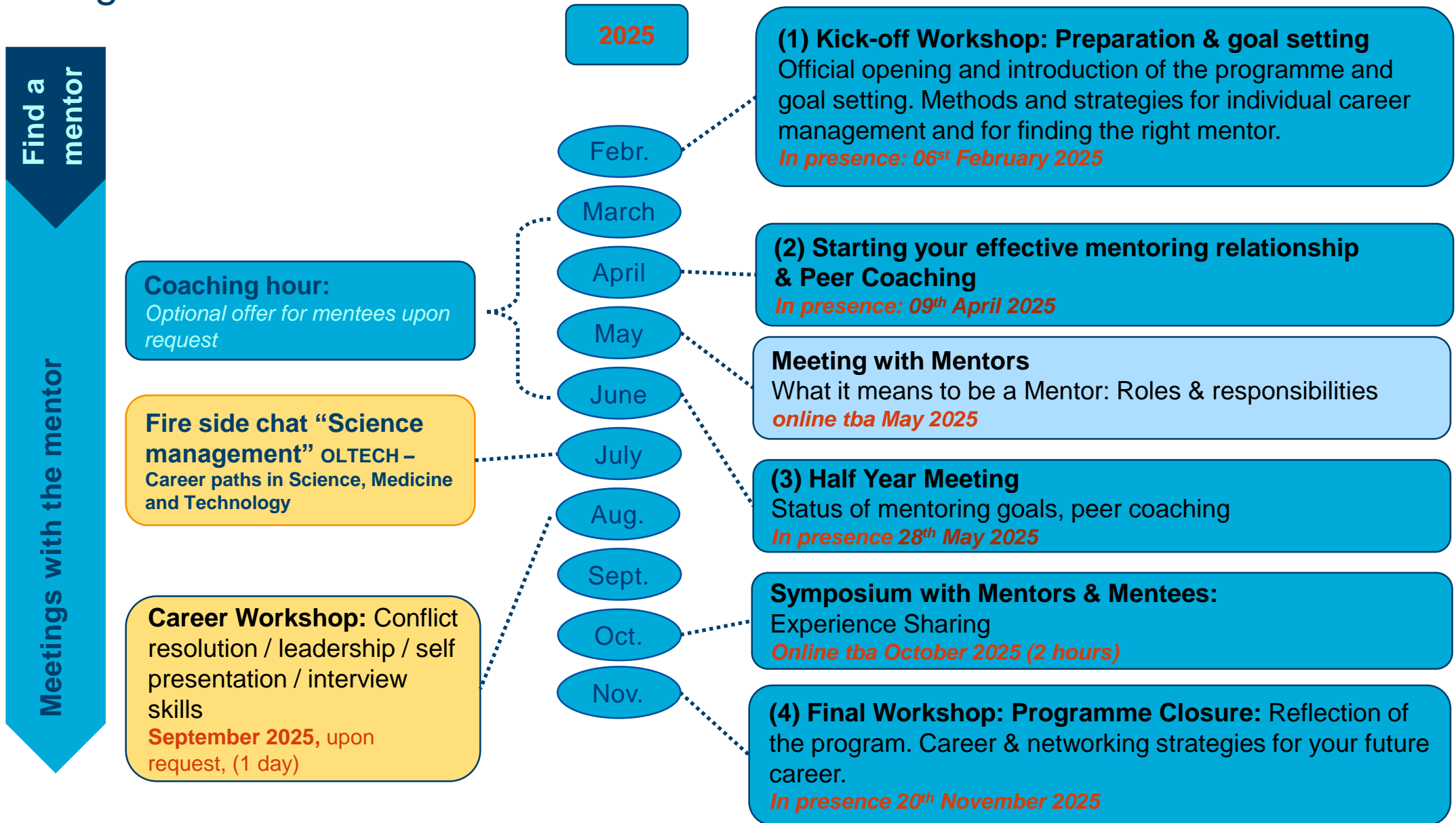
## This will be done through:

- Career phase-specific trainings e.g. workshops & lectures
- Offering a frame for a fruitful mentoring partnership

<https://uol.de/en/oltech/courses-events/mentoring>



# Program overview



# Mentoring – time and effort



## ➤ **Mentor-Mentee relationship:**

- Support finding a mentor
- Monthly meetings with the mentor (~ 2 hours)
- Online meetings (1-2 hours)

➤ 4 days workshops within 10 month on career management, communication and more

## ➤ **Optional:**

- Further thematically **Career workshop**
- One evening **talk** (Fire side chats, 2 hours)
- Individual **coaching** (1 hour)

## ➤ **... and even 6 Credit points**

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# Application

- **Motivation letter** and **Application form** for mentees
- Consent of the supervisor
- Declaration of Consent (see application form)
- Participation fee of 200€ from working group
- Sent the application to the coordinator of the OLTECH graduate school: **Dr. Ferdinand Esser: [oltech@uol.de](mailto:oltech@uol.de)**
- **Sign participation agreement**
- <https://uol.de/en/oltech/courses-events/mentoring>
- **Application deadline: 11<sup>st</sup> December 2024**
- Join the **info event** to the OLTECH - Mentoring programme for young researchers: **05.12.2024 at 10:00**

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**Coordinator:**

**Dr. Ferdinand Esser**

Graduate School Science, Medicine and Technology (OLTECH)

E-Mail: [oltech@uni-oldenburg.de](mailto:oltech@uni-oldenburg.de)

<https://uol.de/en/oltech>

# Obligatory participation:

- ***Once you have registered for the mentoring programme, participation is obligatory.***
- ***Active participation is expected.***
- ***If participation in the mentoring programme is less than 80%, no certificate can be issued. Accordingly, fewer credit points will be recognised.***
- ***Cancellation is only possible with a valid (medical) reason. In the event of non-participation without a reason, expenses must be paid.***
- ***We reserve the right to inform your supervisor in the event of unexcused absence or truancy.***



**Coordinator:**

**Dr. Ferdinand Esser**

Graduate School Science, Medicine  
and Technology (OLTECH)

E-Mail: [oltech@uni-oldenburg.de](mailto:oltech@uni-oldenburg.de)

<https://uol.de/en/oltech>



# Programme instructor

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