

THE ACADEMIC
SURVIVAL
TOOLKIT



CAREER & ACADEMIC
ORIENTATION

This module helps postdocs navigate their career options both within and beyond academia. Participants explore different academic career paths, from the postdoc phase through tenure track to alternative models, as well as routes into non-academic sectors. A key focus is on translating academic skills and experience into language and formats that resonate in the broader job market.



WRITING THIRD-PARTY
FUNDING APPLICATIONS

A practical workshop covering how to structure a funding proposal, how to write for your audience (thinking like a reviewer), common pitfalls to avoid, and short writing exercises with peer feedback.



RESEARCH
DATA MANAGEMENT
& OPEN SCIENCE

A practical workshop covering how to organize research data and ensure reproducibility, the principles of Open Access and Open Data, and what funders typically require in terms of data management.



RESILIENCE & MENTAL
HEALTH IN ACADEMIA

A workshop addressing the specific stressors of the academic qualification phase, practical strategies for prevention and maintaining mental well-being, and an overview of available support resources — without any claim to therapeutic intervention.



SCIENTIFIC
PRESENTATIONS

A workshop on how to craft compelling research presentations, covering storytelling techniques, slide design principles (simplicity, visualization, structure), the differences between presenting at conferences versus job interviews, and how to communicate your own research concisely and clearly.



AUTHORSHIP & GOOD
SCIENTIFIC PRACTICE

A workshop covering the rules and standards around authorship, navigating grey areas and ambiguous situations, and strategies for preventing conflicts before they arise.



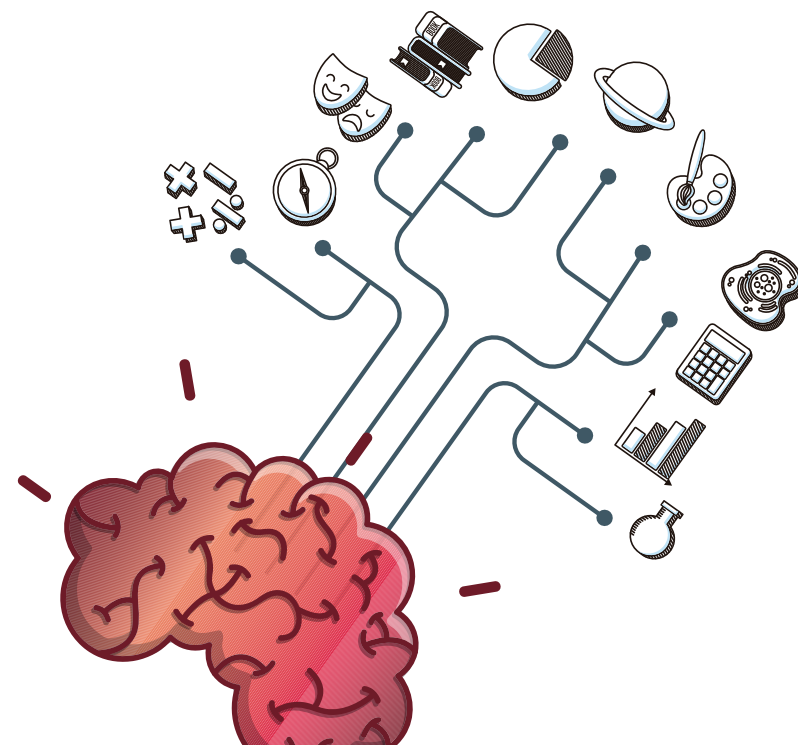
SCIENCE
COMMUNICATION

A workshop focused on building genuine communication skills, not marketing, covering public outreach, social media for researchers, and how to handle media inquiries effectively.



My Career: How, Where, and Why?

"My Career: How, Where, and Why?" is a practical career coaching course designed to help you gain clarity, confidence, and direction in your professional journey. It guides you through a structured process of reflection and action, starting with your career story, values, strengths, and interests. From there, you explore possible career paths, test them through small experiments, and make informed decisions based on what truly fits you. The course also supports you in managing self-doubt, building resilience, and strengthening your professional network. Rather than searching for one perfect answer, this course helps you discover several realistic options and move forward with purpose. Through exercises such as career timelines, value clarification, networking practice, and decision-making tools, you will learn how to translate insight into concrete next steps. The course is especially useful for people considering a career change/promotion or wanting more meaning and alignment in their work. At its core, the course is about helping you understand yourself better so you can make career choices that are both realistic and fulfilling. It gives you the tools to move from uncertainty to action, one thoughtful step at a time.



I am an immunobiologist with more than 20 years of research experience, and my career has taken me through academic research, teaching, supervision, and leadership in international environments. Over the years, I have led projects, supervised PhD students and medical trainees, taught at the University of Basel, and collaborated with research teams across Europe and beyond. Alongside my academic path, I have developed a strong interest in self-development, team performance, and leadership culture. Since 2020, I have been actively engaged in coaching, completing several coaching courses and working with clients in different settings. This experience has strengthened my ability to listen deeply, ask powerful questions, and support people in identifying their own goals and resources. I am now eager to help others navigate career development both within academia and outside it. I value environments where people can grow with clarity, confidence, and purpose, and I hope to contribute with my scientific background, mentoring experience, and coaching mindset to this learning journey.

For more information:
<https://www.simonarossi.ch>



CAREER & ACADEMIC
ORIENTATION

01



WRITING
THIRD-PARTY
FUNDING
APPLICATIONS

02

“How to write a competitive research grant proposal and fellowship application”

Learning Objectives/ Aims

- Understand how proposals are constructed from start to finish
- Learn the techniques for effectively communicating your idea or vision in a scientific proposal
- Appreciate how proposals are reviewed, and how you can use this information to your benefit
- Avoid common mistakes that can preclude your proposal from the advanced review stages

Content

Proposal writing is a key skill in modern science, enabling researchers to secure funding and lead their own projects. From travel grants to job applications and major funding bids, strong proposals open doors across academia and industry.

This intensive 1-day workshop equips you with proven strategies to make your proposals stand out. You'll learn how to clearly communicate your ideas, understand how proposals are evaluated, and apply practical techniques to increase your chances of success.

By the end, you will have developed a structured proposal outline, ready to build into a competitive submission.

Methods/Tools

We will work with short lecture bits, interactive exercises and individual seat-work on your proposal draft. In hands-on exercises with an experienced proposal writer and reviewer you will learn to create your own proposal template and how you optimize the ancillary documentation of your applications.

Preparation Tasks

In advance of the workshop, think of an idea or scientific project that you would like to propose for funding and bring a draft of max. 1 A4 page to the workshop.



DR. DANIEL ANGERHAUSEN

- Expert Innosuisse
- Affiliate Scientist at the SETI Institute
- Founder and Director at Explainables

For more information:
www.explainables.org



explainables
SCIENCE COMMUNICATION

**PROPOSAL
SUCCESS**

Share your data, FAIR

This workshop will familiarize participants with basic concepts, tools, and good practices in open research data (ORD), linked open data (LOD), FAIR principles (Findable, Accessible, Interoperable, Reusable) etc. A hands-on component will also be included, enabling participants to apply these principles to a test dataset and gain practical experience for their own research projects.

The aim is for participants to be familiar with key concepts and funders' requirements in ORD and research data management, and to have basic tools at their disposal to process and publish their datasets according to current best practices of Open Science.

Rita Gautschy is a professor of Ancient Civilizations and Digital Humanities at the University of Basel and co-director of the Swiss National Data and Service Center for the Humanities (DaSCH).



Stephen Hart is a research assistant at the Data Science Lab of University of Bern, with a background in Archaeology and Digital Museology. They are part of the LOD4HSS initiative that promotes the use of Linked Open Data in Humanities.

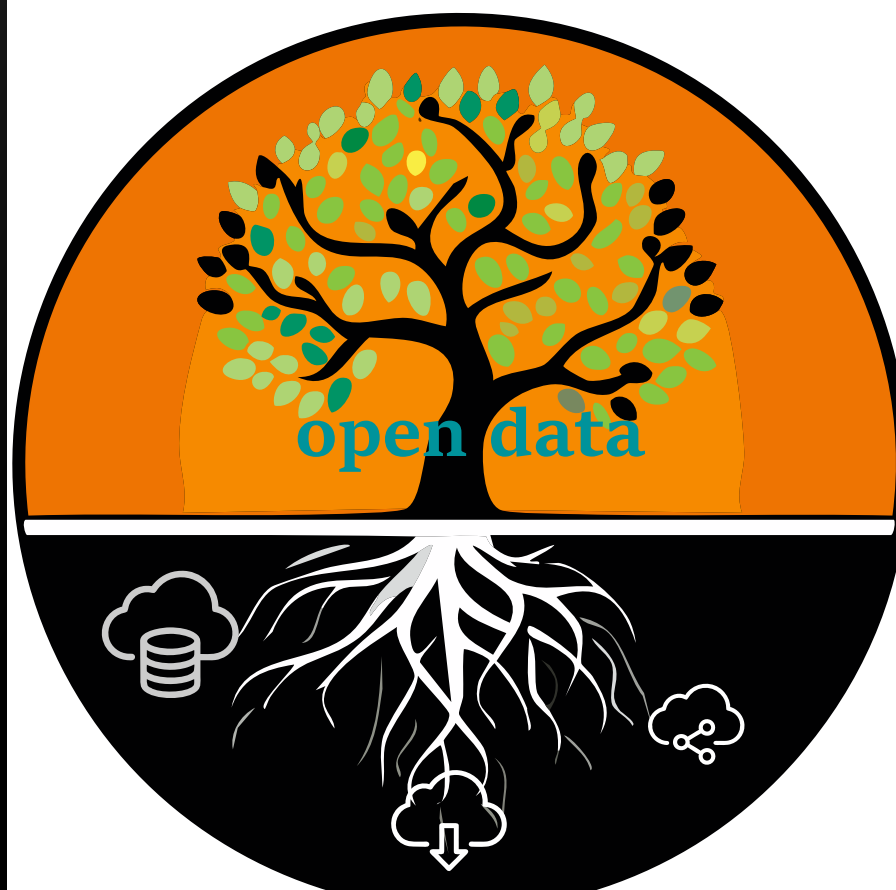


Gero Schreier works in Research Data Management support at the Open Science Team at the University of Bern. His academic background is in medieval history and information and library science.

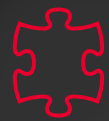


RESEARCH
DATA MANAGEMENT
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03



Resilience and Mental Health in Academia



RESILIENCE
&
MENTAL HEALTH
IN ACADEMIA

This interactive workshop addresses key stressors during the qualification phase in academia and explores practical strategies for prevention and maintaining mental well-being. Mental health is a key factor for sustainable academic careers and plays an essential role across a wide range of professional and personal contexts.

The session combines practice-oriented input with exchange and exercises. Topics may include e.g., setting boundaries, work–life balance, dealing with conflicts, navigating different values and work styles, managing stress.

The workshop is designed to be flexible and responsive to participants' needs and interests. It will take place in small groups of up to six participants to encourage open discussion. Participants are invited to submit their topics, questions, and expectations in advance.



Stefanie Feuz is Head of Counselling Centre Universities of Bern. After completing her degree in Psychology (Clinical and Work & Organizational Psychology), she pursued further training in systemic, solution-focused therapy and counseling, qualifying as a federally recognized psychotherapist. She has also completed advanced trainings in leadership and conflict-related topics. She brings many years of experience in the education sector as well as in counseling students and staff.

FROM DATA TO IMPACT

THE ART OF THE SCIENTIFIC PRESENTATION

Galactic Studios is a Swiss science communication agency founded by Chloé Carrière, a physicist and aerospace engineer from EPFL, with a mission to bridge the gap between science and society. Alongside her, Fabien Carruzzo brings his expertise in project management, science communication, and public speaking coaching. Together, they cover the full spectrum of science popularization, from social media influence to education workshops.

Academic presentations too often prioritize exhaustive content over clarity and impact. This workshop explores three interconnected pillars that transform how science is communicated.

First, storytelling: the art of shaping research into a compelling narrative that guides the audience through a logical, emotionally engaging journey rather than a list of facts.

Second, slide design: learning to simplify complex information, replace text-heavy slides with meaningful visuals, and structure content so that each slide serves a clear purpose.

Finally, presentation skills: developing the confidence, voice, and body language to deliver a talk that holds attention, conveys authority, and leaves a lasting impression.

Together, these three elements turn a good presentation into an unforgettable one.



SCIENTIFIC
PRESENTATIONS

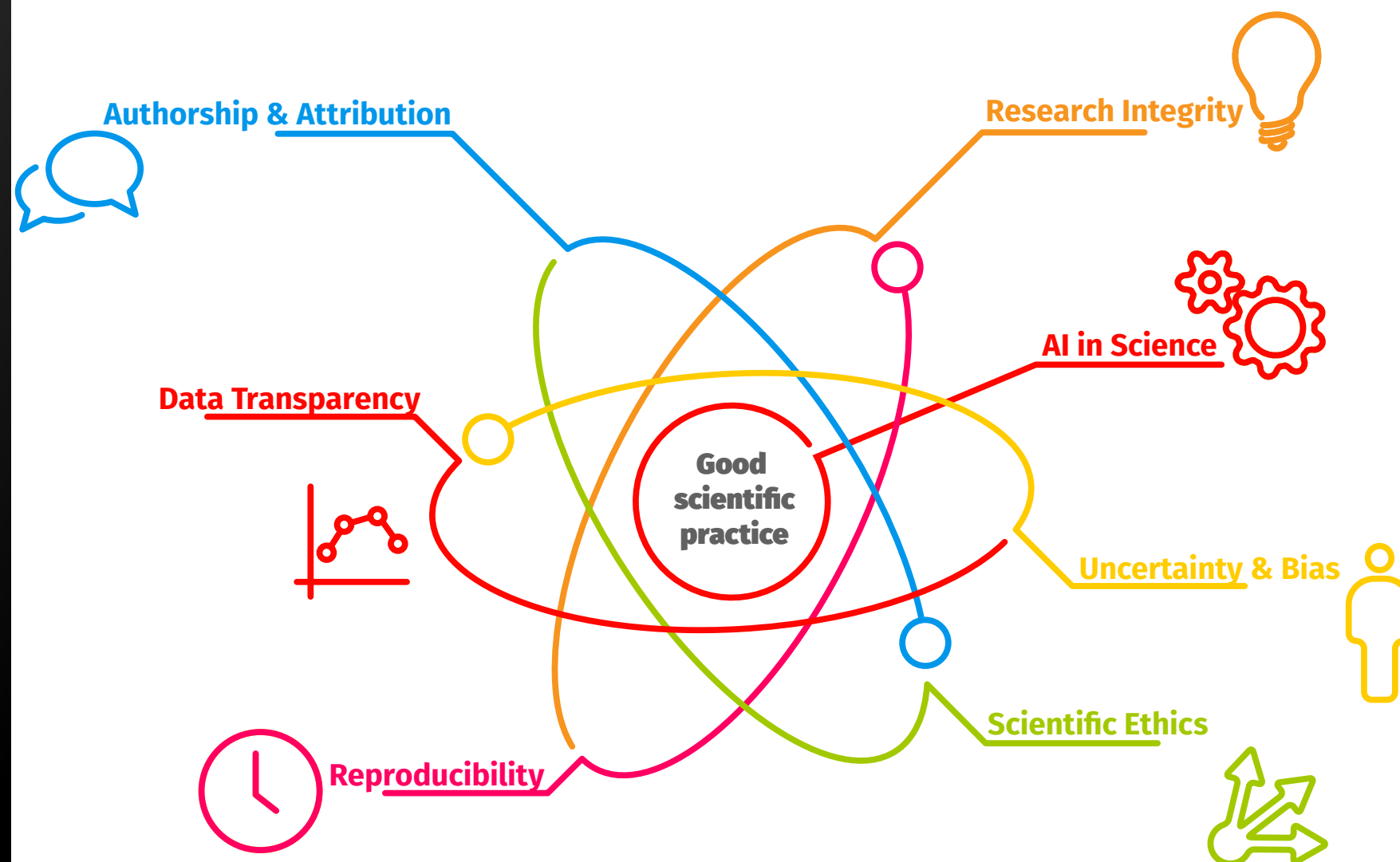
05

Is Your Science Really Yours?

The workshop explores key issues in good scientific practice and research ethics, with a particular focus on authorship, the use of AI, and the handling of data and uncertainties in the research process. Interactive exercises enable participants to develop concrete strategies and apply them to their own research practices.



Hannah Brodersen is a lawyer and scientific collaborator at the Research Management Office of the University of Bern, where she is responsible for research compliance and research ethics.





This workshop introduces participants to the principles and practical skills of effective science communication, with a particular focus on communicating research through social media to broader public audiences. Participants will learn how to identify the core message of their research, translate complex findings into accessible language, and adapt their communication style to different formats. A hands-on component will help participants improve communication and develop concise messaging. The workshop will also address common challenges such as avoiding oversimplification, communicating uncertainty, handling controversial topics, and maintaining scientific credibility while reaching non-specialist audiences. The aim is for participants to become more confident, strategic, and effective communicators of their research. By the end of the workshop, they will have basic tools to engage constructively with social media, present their work clearly to public audiences, and contribute to a more informed public understanding of science while promoting their own work.



Dr. Gino Caspari is an archaeologist associated with the Max Planck Institute of Geoanthropology & University of Bern. He is a Fulbright grantee and an alumnus of Columbia University as well as the Swiss Young Academy. Currently he leads several excavation projects and is a PI for the European Space Agency Dragon program. Caspari has extensive media experience with articles about his research published in BBC, Reuters, CNN, New York Times, National Geographic, etc. and an audience of 120k+ on social media.

For more information:
<https://www.ginocaspari.ch/>

THE ACADEMIC SURVIVAL TOOLKIT

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UNIVERSITY
OF BERN



WE. 30.09.2026



HAUS DER UNIVERSITÄT BERN, SCHLÖSSLISTRASSE 5, 3008 BERN



WELCOME COFFEE 9.00-9.30



MORNING PROGRAMME 9.30- 12.30

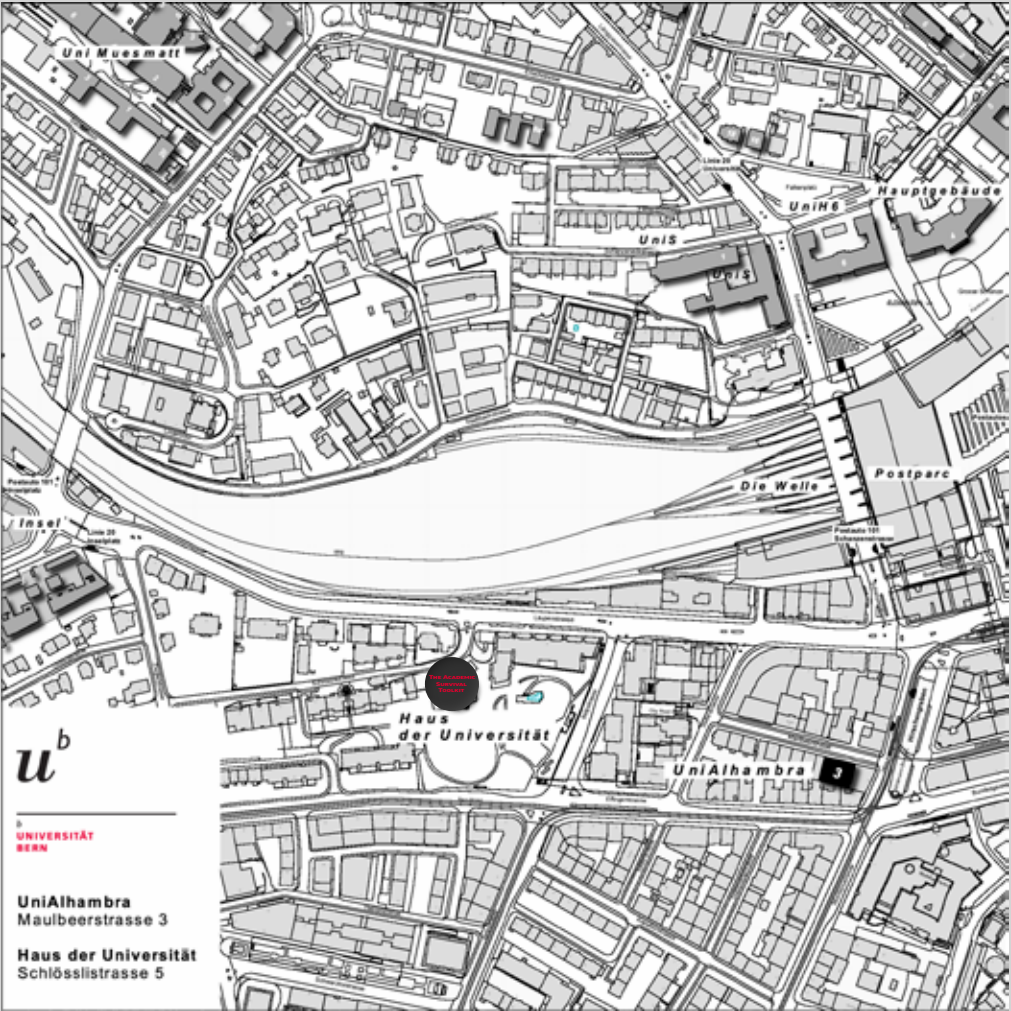


LUNCH



AFTERNOON PROGRAMME 14.00 -17.00

THE ACADEMIC
SURVIVAL
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MORNING PROGRAMME

SEMINAR ROOM, UPPER FLOOR	SEMINAR ROOM LOWER GROUND FLOOR	GROUP DIALOGUE ROOM, NORTH	GROUP DIALOGUE ROOM, WEST	GROUP DIALOGUE ROOM, SOUTH

LUNCH

AFTERNOON PROGRAMME

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Haus der Universität

THE ACADEMIC SURVIVAL TOOLKIT



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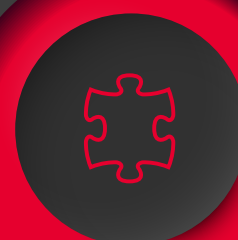
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