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Dear fellow PhD candidates,

The year 2017 started off very well with our successful New Year's Lunch, an impression of which you can find below. This year, our two main tasks remain to provide you with information about your time as a PhD candidate, as well as organize events that have educational value and allow you to meet other RIHS PhD candidates. We hope to see you at one of our events, but in the mean time please contact us if you have any questions, remarks or ideas!

Regards,

The RIHS PhD council

PS Do you want to be up to date on what we are doing? Like us on [Facebook](#)!

Upcoming activities

Discussion and Drinks

On Wednesday March 8th 2017, the RIHS PhD council will organize a networking event in collaboration with PON, the PhD Organisation Nijmegen.

The Dutch elections are coming up. The results might have an impact on healthcare costs and medical research, which affects all of us. Together with Prof. Patrick Jeurissen we will discuss the possible effects of the Dutch elections on us as PHD candidates.

Afterwards we can continue this discussion with Prof. Patrick Jeurissen and with other PhD candidates in an informal setting in the Aesculaaf. The first two drinks are on us!

Please register by sending an e-mail to PhDcouncilRIHS@radboudumc.nl.

We hope to see you on March 8th 2017!

Date: March 8th 2017

Time: 16.00 until 18.00

Location: Lammerszaal, route number 87

Attendance: free of charge!



CaRe days

The Netherlands School of Primary Care Research holds their annual meeting on 18 and 19 May in Maastricht. There is plenty of opportunity to meet PhD candidates in health care sciences from other cities and learn about their research. Several keynote speakers will talk about the future of the PhD trajectory and the societal impact of (your) research. You can also attend workshops on e.g. networking skills. Attendance and the overnight stay are free of charge. To see the flyer and register for this meeting, click [here](#).

Save the date! - Midsummer Night Event

The first Midsummer Night Event in 2016 was a great success! Therefore the three graduate schools (RIHS, RIMLS and DCN) have decided to continue this tradition. This year, circadian neuroscientist Russel Foster will keep us awake with his presentation about sleep. Afterwards, there is a BBQ for all PhD candidates.

So mark your calendar: Wednesday June 21st, 17.30-22.00. More information will follow soon.

News

Transition allowance

In July 2015, the 'wet werk en zekerheid' (WWZ, law on jobs and job security) went into effect. This law describes that an employee receives a severance pay at discharge, if the contract is ended after a minimum of 24 months. This severance is called the transition allowance. There has been some discussion about whether PhD candidates should receive this allowance, but that has been worked out. PhD candidates with 'onderzoeker in opleiding' contracts that are terminated from July 1st 2016 onwards are paid the transition allowance. This is calculated and paid out automatically, so you don't have to do anything about it. For more information, you can check [this website](#), or contact the HR advisor in your department.

New Year's Lunch



On January 16th we organized a very successful New Year's lunch. Luca Consoli (assistant professor at the faculty of science) gave a very inspiring talk about the cultural dimension of food and virtues concerning eating. He finished with a case study on eating insects; is it really the way to pursue sustainability? One answer is that it might be, but key is that the insects should taste good. We took it to the test and served lunch, with insects on the side. Many PhD candidates apparently liked the insects, as the grasshoppers were all finished after the lunch!

Inspired by taste and sustainability, the leftover insects were used to bake very tasty ginger cookies with [this recipe](#). If you find yourself craving insects again, don't worry! You can buy them at the Albert Heijn XL in Nijmegen.



Notifications

Career development courses

The Dutch organization PCDI (Postdoc Career Development Initiative, who aim to stimulate young researchers to make most of their talents) organizes a course on making the transition to a job outside academia. This course helps you identify skills that are valued by non-academic employers, as well as make a personal career plan. The course is taught in Utrecht in 3 full-day sessions, and costs 895 euros.

For more information, click [here](#).

Alternatively, the Radboud University offers a variety of courses for PhD candidates, several of which concern career development. These can also be a great help to prepare you for future jobs. The Radboud University also offers a lot of other courses, e.g. about scientific writing, education and presenting skills.

More information via the [RIHS](#) or [Radboud University](#) website.

Contact

If you have any questions, comments or input either for the newsletter or about the PhD trajectory in general, please feel free to contact us:

E-mail: PhDcouncilRIHS@radboudumc.nl

Radboud Institute for Health Science [website](#)

Please also see the [PON website](#) for other PhD related activities

Find us on [Facebook](#)