

# HOW TO SURVIVE YOUR PHD?

The road towards getting your **PhD** is not always an easy one. But you don't have to go it alone!

**The Amsterdam UMC** has a **safety net** available that will support you with any kind of problem. We've got you :)



## WHO?

### PHD ADVISORS



Jordi Cabanas-Danés



Mandy X. Hu

 [phdadvisor@amsterdamumc.nl](mailto:phdadvisor@amsterdamumc.nl)

## WHEN?

For problems regarding time management, supervision, loneliness, stress, insecurities... basically any problem that may occur during your PhD

### CONFIDENTIAL COUNSELLOR



Fenneke Blom

 [Vertrouwenspersoonpromovendi@amsterdamumc.nl](mailto:Vertrouwenspersoonpromovendi@amsterdamumc.nl)

For issues related to undesirable behavior at the workplace (such as bullying, verbal or physical violence, and discrimination)

### SCIENTIFIC INTEGRITY COUNSELLORS

AMC/UvA

VUmc/VU



Janneke Horn



Frank Snoek

 [j.horn@amsterdamumc.nl](mailto:j.horn@amsterdamumc.nl)

 [fj.snoek@amsterdamumc.nl](mailto:fj.snoek@amsterdamumc.nl)

For advice regarding scientific integrity

### HUMAN RESOURCES



 [AMC/UvA  
hr-servicedesk@amc.uva.nl](mailto:AMC/UvA hr-servicedesk@amc.uva.nl)

 [AMR  
hr-amr@amsterdamumc.nl](mailto:AMR hr-amr@amsterdamumc.nl)

 [VUmc/VU  
intranet.vumc.nl/over-hr/hr-servicedesk.htm](http://VUmc/VU intranet.vumc.nl/over-hr/hr-servicedesk.htm)

For advice regarding labor disputes or issues with your employment contract

### OCCUPATIONAL HEALTH SERVICE



 [VUmc/VU  
bedrijfsarts@amsterdamumc.nl](mailto:VUmc/VU bedrijfsarts@amsterdamumc.nl)

 [AMC/UvA  
arbodienst.amsterdamumc.nl  
/contact/](http://AMC/UvA arbodienst.amsterdamumc.nl/contact/)

For problems regarding occupational health and absenteeism counselling

### PSYCHOLOGICAL SUPPORT

VUmc/VU & AMC/UvA  [bedrijfsmaatschappelijkwerk@amsterdamumc.nl](mailto:bedrijfsmaatschappelijkwerk@amsterdamumc.nl)

VUmc/VU  [vu.nl/nl/medewerker/ziek-en-beter/  
promovendipsycholoog](http://vu.nl/nl/medewerker/ziek-en-beter/promovendipsycholoog)

AMC/UvA  [student.uva.nl/en/topics/student-psychologists](http://student.uva.nl/en/topics/student-psychologists)

When experiencing mental health issues



[phdadvisor@amsterdamumc.nl](mailto:phdadvisor@amsterdamumc.nl)

