

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

WHEN?

Support and coaching for personal and professional issues, such as personal insecurities and stress, communication and collaboration with supervisors or colleagues, high workload and work-life balance, time and project management

CONFIDENTIAL COUNSELLOR

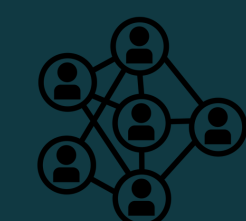


Fenneke Blom

 Vertrouwenspersoonpromovendi@amsterdamumc.nl

Support with undesirable conduct and other integrity issues, such as bullying, verbal aggression, discrimination, unethical behavior, violation of institutional guidelines or regulations

OMBUDSPERSONS



 ombudszaken@amsterdamumc.nl

Structural and systemic issues that affect multiple persons, or issues that are evidently and severely transgressive

SCIENTIFIC INTEGRITY COUNSELLORS

AMC/UvA



Janneke Horn

VUmc/VU



Frank Snoek

 j.horn@amsterdamumc.nl

 fj.snoek@amsterdamumc.nl

For advice regarding scientific integrity, such as authorship misconduct, misrepresentation of results, plagiarism

HUMAN RESOURCES



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

 www.hr-amsterdamumc.nl

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)

 www.amc-uvanl.nl

For problems regarding occupational health and absenteeism counselling

PSYCHOLOGICAL SUPPORT



[VUmc/VU psychologist](http://www.vumc.nl/psycholoog)



[AMC/UvA psychologist](http://www.amc-uvanl.nl/psycholoog)



When experiencing mental health issues

 Corporate social help Amsterdam UMC
bedrijfsmaatschappelijkwerk@amsterdamumc.nl

Also check out the [Social Safety webpage](https://www.amsterdamumc.nl/social-safety)



phdadvisor@amsterdamumc.nl

