Amsterdam Movement Sciences Mentorship Program

**What is the AMS mentorship program?**

The AMS Mentorship Program provides every researcher with the opportunity to meet and consult with a more senior researcher who is not directly affiliated with their project.

**Why join as a mentee?**

You will receive guidance from a more senior researcher not directly affiliated with your project to maximize your potential as a researcher and develop your skills. Potential topics include: career guidance, stress and time management, work/life balance, setting priorities, networking and visibility, funding opportunities, etc.

**Why join as a mentor?**

For the mentor this is an opportunity to get acquainted with issues that are most likely also affecting their own researchers, to share experiences and ideas, and discover the next generation of exciting researchers. This can result in new perspectives for both mentor and mentee, whilst maintaining the informal relationship for years to come.

**Program process and what to expect:**

1. All interested AMS members are welcome to sign up any time as mentor or mentee (see application link below). Also when you previously already participated in the program.
2. The AMS mentorship team suggests a possible mentee to a mentor.
3. If the mentor agrees, the AMS mentorship team sends an email to the mentee with instructions on how to contact the mentor. The mentee is expected to make first contact with the selected mentor via email, indicating 2 or 3 specific questions that they would like to discuss during the first face to face meeting. It is the responsibility of the mentor to critically review the questions and to respond back to the mentee within 3 weeks.
4. Mentor and mentee communicate via email to structure the length and content of the meeting and to arrange a meeting location, date and time.
5. The mentee and mentor meet at a location of their choice (could also be online).
6. The mentee contacts the mentor via email to evaluate their meeting and to discuss the continuation.
7. How often the mentor and mentee meet depends entirely on what you jointly decide.
8. The goal of the program is to receive from/ give guidance to a researcher not affiliated with your project to maximize your potential as a researcher.

[**Apply now!**](https://docs.google.com/forms/d/e/1FAIpQLSdUUt9hhXzEErz0rjO4tKws5G3Mfa3t-rXPoZqEKGL1_dgQNg/viewform?usp=sf_link)