



# THE YOUNG DZHK

PROMOTION OF YOUNG SCIENTISTS  
AT THE DZHK



**DZHK**

DEUTSCHES ZENTRUM FÜR  
HERZ-KREISLAUF-FORSCHUNG E.V.

## WE

- are many: More than 1,200 young scientists from the field of cardiovascular research.
- are present where decisions are made: We represent our interests in the most important committees of the DZHK.
- are active and connected: We organize numerous meetings, workshops, and once a year, the Young DZHK Retreat.
- want to make progress: The DZHK Excellence Programme offers many opportunities.
- look around: as a guest in other labs or at scientific events – supported by the DZHK.
- we get guidance from experienced researchers: As participants in the Mentoring Programme.

## YOU

- are working in cardiovascular research at a DZHK partner institution.
- want to pursue a career in translational cardiovascular research.
- want to expand your network, open up new perspectives and develop yourself.

**THEN TAKE ADVANTAGE OF THE OPPORTUNITIES  
OFFERED BY THE YOUNG DZHK COMMUNITY.**

## MAKE CONTACTS – EXCHANGE EXPERIENCES

Every scientific career has its challenges. Sometimes there is a lack of information on how to advance your career. Or there is a lack of role models for orientation. And often, a lack of time prevents you from taking the next step.

At the Young DZHK, you can strengthen your network and take advantage of various funding opportunities. These include lab exchanges and travel grants but also support for your initial research work.

## YOUNG DZHK RETREAT

Here you can present your work to other young researchers and make contacts in a relaxed atmosphere. Once a year, in late summer, we organize the Young DZHK Retreat. In the run-up to the DZHK Retreat, the big annual conference of the DZHK, it offers the perfect setting to exchange ideas. You will participate in both retreats and meet the established scientists.

## YOUNG DZHK EVENTS

We take matters into our own hands: For topics that are of interest, we organize workshops, small symposia, or meetings at the partner sites. In this way, we continue to educate ourselves, stay in touch as a community and strengthen our network - even across different sites.

## PROMOTING EXCELLENCE

### SUPPORTING OUTSTANDING TALENTS

The Excellence Programme facilitates the path to a translational career and scientific independence for researchers with a doctorate.

#### POSTDOC START-UP GRANT

Are you planning to apply for your research project with a major project sponsor? But you still lack initial research data? As a postdoctoral researcher, you can apply to improve your chances of success with a third-party funding institution.

- Up to 80,000 €
- Up to one year

#### ROTATION GRANT

A year of undisturbed research – something you can only dream of as a doctor in the daily routine of a clinic? We will pay for your replacement to look after your patients while you devote yourself to research in a DZHK project.

## CLINICIAN SCIENTIST PROGRAMME

Do you want both - a clinical and an academic career? But you don't want to and can't push ahead with your research project in your free time after an exhausting day in the clinic? We support that by paying your salary for up to 2.5 years spread over a maximum of eight years, during which time you are excused from your clinical duties.

- Parallel to your specialist training, individual and flexible planning with protected times to do research
- Up to eight years

## PROMOTION OF WOMEN SCIENTISTS

You don't want to get stuck in the eye of the needle of the postdoc phase? Do you have a child or children up to the age of 12? Then get support: our funding line for women on their way to professorships helps you continue your research tasks.

- Up to 80,000 €
- Up to one year

**In addition to Young DZHK members, DZHK scientists and DZHK PIs are also eligible for funding.**



Clinician Scientist Programme

**TILL DEMAL**

Assistant Physician and Research Associate at the University Heart and Vascular Centre Hamburg (UHZ)

“ Time-intensive basic research would not be possible with my daily clinical routine in cardiac surgery. The programme is as flexible as I need it to be: instead of doing after-work research, I have protected laboratory phases.

YOUNG

“ The DZHK grant helped me to approach the application for a large grant in a much more structured way: With what content do I manage a large project, what research data do I need for the later application? Without the Start-up Grant, none of this would have been as mature.

Postdoc Start-up Grant

**STEPHANIE ZYLLA**

Scientific staff at the Institute of Clinical Chemistry and Laboratory Medicine at Greifswald University Medical Center



Rotation Grant  
**RICHARD SCHELL**  
Medical specialist at Heidelberg  
University Hospital



G-DZHK



Some of my research projects are in a hot phase now. That's where the programme comes in handy because it relieves me of my clinical work. Because basic research doesn't happen en passant.





Promotion of Women Scientists

**ARPITA CHOWDHURY**

Postdoc at the Institute for Cell  
Biochemistry at the University Medical  
Center Göttingen

# YOUNG



In the quest of maintaining the challenging balance of being a scientist and a mother, the time has become a limiting factor in accomplishing goals efficiently. Being able to entrust a staff for my research with the help of this grant gives me the chance to overcome the time limitation.





|| Becoming clear about the own professional and social competencies and getting feedback on them by coaches and peers helped me a lot to identify my future career path. ||

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Mentoring

**RAQUEL GUILLAMAT PRATS**

Postdoc at the Institute for Prophylaxis and Epidemiology of Circulatory Diseases (IPEK) at the University Hospital of Munich



## TRAINING PROGRAMME

### SCIENTIFIC TRAINING

Young, aspiring scientists need contacts, exchange, professional and non-specialist skills, and financial freedom to conduct research. The DZHK Training Programme offers doctoral students and postdocs all of this.

### VISITING SCIENTIST PROGRAMME

Would you like to get a taste of a different lab and learn new evaluation methods and techniques? We will finance a temporary research stay at another DZHK site. Stays at other host institutions, also abroad, are possible.

### TRAVEL GRANTS

You want to register for a symposium or workshop on a super exciting topic? Then let's go. Are you presenting at a high-ranking congress? We can support you there too. Our travel grants cover costs for travel to and from the congress, accommodation, or participation.

## **DOCTORAL SCHOLARSHIPS**

Would you like to spend a year working full-time on your doctorate? If you study medicine and carry out an experimental doctoral thesis in a DZHK project, this is possible.

- Up to 860 € per month
- Up to one year

## **WORKSHOPS**

In our series „Basics in Cardiovascular Research“ you can consolidate your basic knowledge and gain practical insights. This is where basic experimental research meets clinical topics. We offer the workshops together with the German Society of Cardiology (DGK).

From planning a clinical study to how to write a paper, these and other topics concern young scientists from all six German Centres for Health Research (DZG), to which the DZHK belongs. In the DZG workshops, you will meet cancer, diabetes, lung and infection researchers, and neurologists.

### **FIT FOR LEADERSHIP TASKS**

Have you just taken on leadership tasks, or are you about to do so? Whether you are a doctor, a scientist, or a science manager, our Mentoring Programme will get you ready. The focus is on your personality. Over a year, you will learn to assess your social, communicative, and professional skills. In workshops tailored to your individual needs, you train your soft skills and prepare yourself for challenging situations. A mentor of your own choice will accompany you.

**This funding is for postdocs with Young DZHK status and DZHK science management staff.**

# DZHK

**FIND MORE INFORMATION ON THE DZHK TRAINING AND MENTORING PROGRAMME AS WELL AS ON THE EXCELLENCE PROGRAMME AT [WWW.DZHK.DE/EN](http://WWW.DZHK.DE/EN) UNDER EARLY CAREER.**

## DZHK PARTNER INSTITUTIONS

### Berlin

Charité – Universitätsmedizin Berlin  
 Max Delbrück Center for Molecular  
 Medicine in the Helmholtz Association  
 German Heart Centre Berlin  
 Robert Koch Institute  
 German Institute of Human Nutrition  
 Potsdam-Rehbrücke

### Göttingen

Georg August University Göttingen  
 University Medical Centre Göttingen  
 Max Planck Institute for Dynamics and  
 Self-Organisation  
 Max Planck Institute for  
 Multidisciplinary Sciences  
 German Primate Centre, Leibniz  
 Institute for Primate Research

### Greifswald

University Medical Centre Greifswald

### Hamburg/Kiel/Lübeck

University Hospital Hamburg-  
 Eppendorf  
 Christian Albrecht University Kiel  
 University of Lübeck  
 Asklepios Klinik St. Georg

### Heidelberg/Mannheim

Heidelberg University  
 University Hospital Heidelberg  
 University Hospital Mannheim  
 German Cancer Research Centre  
 European Molecular Biology  
 Laboratory

### Munich

Technical University of Munich  
 Hospital of Ludwig Maximilian  
 University of Munich  
 Ludwig Maximilian University of  
 Munich  
 German Heart Centre Munich  
 Klinikum rechts der Isar of the  
 Technical University of Munich  
 Helmholtz Centre Munich – German  
 Research Centre for Health and the  
 Environment  
 Max Planck Institute for Biochemistry

### Rhine Main

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