



DZHK

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THE YOUNG DZHK

Promotion of young researchers

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CARVING OUT YOUR OWN PATH IN THE DZHK

Every young scientist pursuing a career in the DZHK should be able to follow their own path. But at the early stages of their career researchers sometimes find it difficult to access information on how to drive their career forward. And sometimes the right role models are lacking. Often, it's simply a lack of time that prevents them from taking the next step.



We at the DZHK regard the next generation of research leaders as the key to success in translational cardiovascular research. Our aim is to encourage early career investigators from both basic science and clinical research to get involved.

Translational research needs the best talents – this is why we are inviting young investigators from around the globe to apply to lead their own junior research groups at the DZHK.

With its promotion of young researchers, the DZHK offers optimal conditions and customized measures to support the professional development of each individual researcher.

A handwritten signature in black ink, appearing to read 'T. Eschenhagen', written in a cursive style.

Professor Thomas Eschenhagen
Chairman of the Board

A handwritten signature in black ink, appearing to read 'Dorothee Atzler', written in a cursive style.

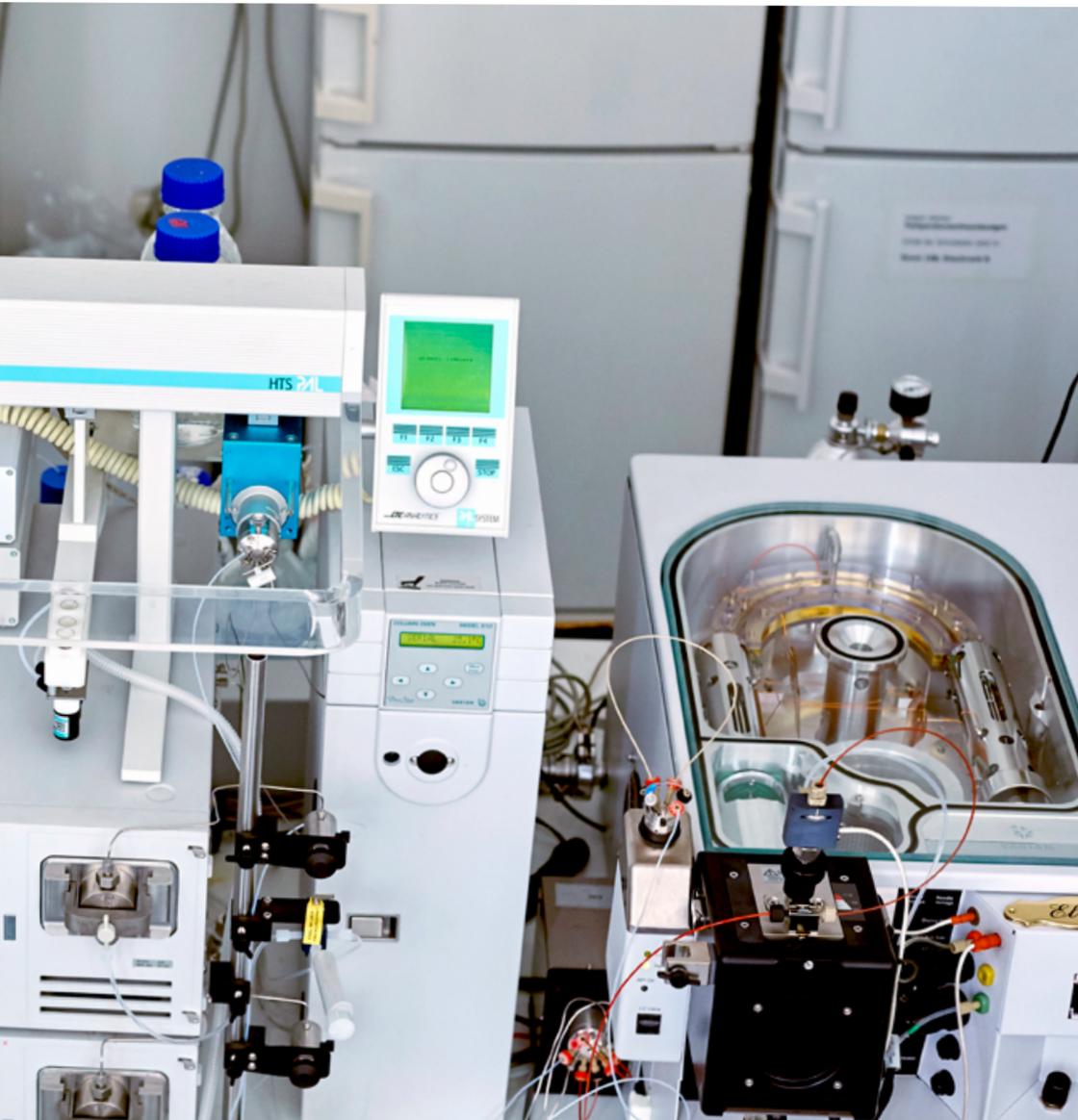
Dr. Dorothee Atzler
Speaker Young DZHK



Becoming visible as a group

THE YOUNG DZHK

Establishing contacts with peers, and profiting and learning from one another - the Young DZHK serves a platform for all this. It provides the framework for all measures aimed at early career researchers within the DZHK and helps young investigators to master professional and personal challenges. All early career scientists registered in the DZHK belong to the Young DZHK. Anyone working within a DZHK research project in one of the DZHK member institutions is eligible for a registered membership.





Scientific training and extensive networking

TRAINING PROGRAMME

Thanks to our comprehensive Training Programme, emerging researchers can deepen their knowledge, expand their expertise and establish new contacts. In addition to offering scientific training, this programme aims to promote networking between young investigators across the different partner sites.

Furthering education – DZHK workshops

DZHK workshops impart know-how which is tailored to the needs of translational cardiovascular research. A series of joint workshops with the German Cardiac Society (DGK) conveys the fundamentals of cardiovascular research and brings experimental topics from basic research together with clinical research topics.

Researching in depth – doctoral scholarships

Young clinicians have the opportunity to devote themselves to full-time research for one year. During this time they receive a grant that will allow them to carry out experimental work for their doctoral thesis at the DZHK.

Be mobile – the DZHK Mobility Programme

DZHK provides grants to members of the Young DZHK to fund short-term research stays at other partner sites. This gives participants of the Mobility Programme an opportunity to learn special laboratory techniques and evaluation methods which they can subsequently integrate into their own research. Research stays at non-DZHK partner institutions (both at home and abroad) are also possible: here, the relevance to and benefit for the DZHK must be justified.

Presenting achievements – participation at meetings and external workshops

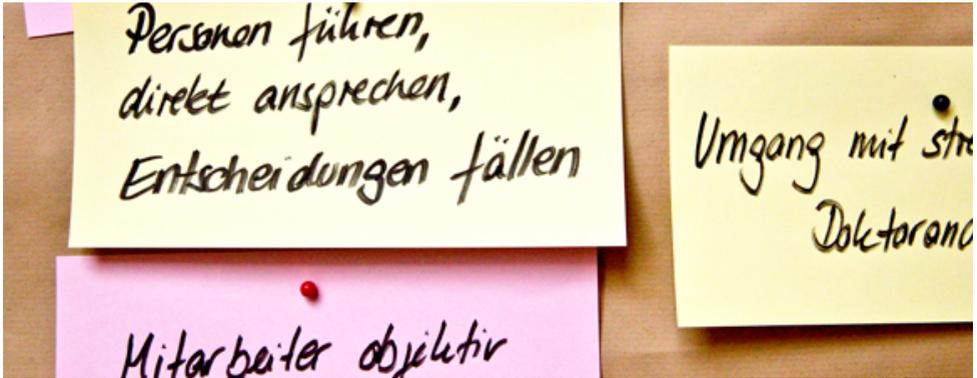
To allow researchers to present their findings to national and international audiences, the DZHK funds the participation of its emerging researchers at high-profile meetings, including travel costs, on one condition: the applicant must be the first author of a poster or presentation. Grants may also be provided to cover participation and travel costs for external workshops and summer schools: in this case, too, the relevance to and benefit for the DZHK must be justified.

Exchanging experiences – the Young DZHK Retreat

Once a year, in late summer, the Young DZHK Retreat provides the perfect framework for members to make new contacts and exchange ideas about research topics in a relaxed environment. Young investigators are invited to present their research findings and to attend the main DZHK Retreat afterwards. Prizes can be won for the best presentations and posters.







Fit for leadership MENTORING

The DZHK Mentoring Programme supports young post-doctoral scientists (medical doctors, biologists and engineers) as well as employees from administration and science management over a period of one year. The mentees have either just taken on a leadership role or are just about to do so. Frequently, they are at a

phase in their lives where reconciling family and professional demands poses a particular challenge. The programme centres on the personality of the mentees. Participants gain a better appreciation of their own personality, their social and communication skills and professional abilities. Through workshops, meetings with

mentors and individual coaching sessions, mentees are prepared for challenging situations in future leadership roles.

Extensive networking within the DZHK provides the mentees with the opportunity to compare their own professional environment with those of others.

Every year up to 14 mentees are selected to take part in the programme.





Supporting outstanding talents

PROMOTING EXCELLENCE

The DZHK supports talented young researchers on their way to early scientific independence. Various measures aimed at promoting excellence offer young researchers opportunities to enrich translational research in the DZHK with their expertise.

These measures are:

► **DZHK Junior Research Groups** essentially pursue two goals: With these groups the DZHK wants to attract outstanding young researchers from Germany and abroad. In addition, it aims to support qualified and talented DZHK researchers on their way to becoming independent investigators. Selected Junior Research Groups will be funded for a period of up to five years. The maximum annual grant amount is 250,000 euros.

► **Postdoc Start up funding** provides financial support for postdocs who wish to apply to large research funding agencies for their own research project. This gives them an opportunity to generate research data, for example. Funding is granted for a maximum of one year.

► **Research Grants** allow Young DZHK members who have a teaching load of more than four hours per week to be released from their teaching obligation for two semesters so that they can devote more time to their research, for example, in order to

complete their habilitation thesis. The grant is used to cover the staffing costs of the person standing in for the applicant.

► **Rotation Grants** allow medical doctors to be released from their patient care obligations so that they can concentrate on their DZHK research project work. The grant is used to cover staffing replacement costs.

► **Re-Integration Grants** make it easier for young researchers to get back to work when their contract has expired while on family leave. This grant guarantees that the scientist's position will be funded for a maximum of six months. The host institution must employ that person for a further six months.





Achieving goals together COMMUNITY

More than 400 young scientists across all DZHK partner sites belong to the Young DZHK. With its own meetings and workshops, it promotes networking between members and provides a space for new ideas.

The postdoc representative body of the Young DZHK is developing measures specially tailored to the needs of its members in order to promote and support them in carving out a career in translational research. At the same time, the postdoc representative body serves as an important mouthpiece in other DZHK committees.

A list of all Young DZHK members and their research topics is available on the DZHK intranet.

CONTACT

For more information on our Training and Mentoring Programme and the promotion of excellence within the DZHK please refer to:

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<http://dzhk.de/1/young-dzhk>

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