

PH.D. RETREAT 2022

Schloss Buchenau | Eiterfeld | Germany

Workshop: Work-life-sleep balance

Nowadays, everybody is talking about a work-life-sleep balance. Finding a balance isn't always easy, but different tricks explained by Sonja Hinrichs, like time management techniques, are one of the crucial keys.

Workshop: Self-reflection

Self-reflection is one of the keys to being a good group leader. If we can reflect on ourselves, we most likely tend to be able to reflect and comprehend the behavior of others. Gentiana Daumiller told us about different personality types and exercises of self-reflection.

Workshop: Job search and perspectives after the Ph.D.

During the Ph.D., questions like: "Will I stay in academia or rather go into the industry?" arise. Dr. Andreas Stützer provided information about the steps in job search and the different career paths.



The journey to our annual Ph.D. retreat started for 27 Ph.D.s on Monday morning from Duisburg to Eiterfeld per Bus. After the arrival and a delicious lunch at Schloss Buchenau, we were heading off to our outing in Fulda.

Outing to Fulda

Fulda is a barock city in Germany. Its Cathedral is famous in the catholic society since it obtains the bones of Saint Boniface, an English missionary often called the apostle of Germany for his crucial role in its Christianization. This and many other facts about Fulda were explained during guided city tours with stops at the Cathedral, St. Michael's church, and the old town. In a restaurant, Prof. Campen and Prof. Schleberger gave pitch talks about their careers of becoming a professor and important decisions they made in their lives, followed by lots of exciting discussions between Ph.D.s and professors.

Workshops and Poster sessions

The following two days were filled with workshops and poster sessions in the evening. Due to Covid, some workshops had to

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Schloss Buchenau

Schloss Buchenau is a castle in mid Germany, located between Fulda and Bad Hersfeld. The castle was built from 1611 to 1618 by Georg von Buchenau and his wife Agnes von Schwalbach in the style of Weser Renaissance. Through the years, different families lived in the castle. After being sold in 1913, the castle was used as orphanage, boarding school, and refugee hostel until 1999. Since 2000, the castle is a conference and seminar centre that can accommodate up to 120 people.

be reorganized during the arrival on Monday. At this point, we want to thank our coordinator, Dr. Christine Koch, for her massive engagement in organizing two new workshops on short notice and the workshop trainers for their fast arrival. On both days, the workshop topics were so captivating that even during the lunch break, they were fruitfully discussed among the Ph.D.s. In a nutshell, we learned a lot during the workshops, e.g., optimizing our time management, how self-reflection affects how we interact with others in conflict situations, and different Anker points to find jobs that fit us. On both evenings, poster sessions took place till late into the night. Every year, the poster sessions at the Ph.D. retreat are the event for scientific exchange just among us Ph.D.s. Of course, the poster sessions are also a perfect opportunity to train for poster sessions at conferences.

Hiking trip and goodbye

What is a better goal for a hiking trip on a sunny day than an ice cream shop? So, the 27 Ph.D.s went off for a 10 km hike with a stop at an ice cream stop at halftime. While walking up and downhill, next to corn fields and in sunny weather (28 °C), everybody enjoyed the calm nature in mid-Germany. After lunch, it was time to say goodbye to Schloss Buchenau.

Thanks to everybody for organizing and participating in this year's Ph.D. retreat, especially to Dr. Christine Koch,

