Despite their academic and professional experience, newcomers to Wuerzburg University may experience feelings of helplessness, stress, or loneliness. Changing one's familiar lifestyle for a foreign social and cultural environment can be difficult, while it is a steppingstone on the way to self-development and professional growth. Why not set out for this journey of possible pitfalls with the help of a mentor, an individual, who has already walked a mile in a mentee's shoes?

**Elements of the Program**

1. **Mentoring:** In the matching phase, the program coordinators will support you to find a suitable mentor. The mentoring phase lasts 12 months, during which you have the opportunity to benefit from the experience of your mentor, assimilate into the national context of Germany, and foster your own personal and professional goals.

2. **Career and Skill Development:** Thematic workshops with experts from various fields will tackle mentees' challenges and will foster workable solutions, e.g.
   - **Life-in-Germany Challenges:** lifestyle, bureaucracy, rules and guidelines, German language knowledge, etc.
   - **Professional Challenges:** project and time management, presentation and networking skills, etc.
   - **Personal Challenges:** visiting government offices, accommodation, personal routes, etc.

3. **Regular Networking Events** with peers

4. **Personal Meetings** with the program coordinators will provide you with workable solutions for individual hurdles

For further information on how to apply visit our website

https://www.uni-wuerzburg.de/chancengleichheit/frauenbeauftragte/karriere-qualifizierung/scientia-karriereentwicklung/scientia-international-mentoring-from-women-to-women/

or contact the program coordinators:

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We are looking forward to meeting you!