THE YOUNG DZHK

PROMOTION OF YOUNG SCIENTISTS AT THE DZHK

DZHK
Deutsches Zentrum für Herz-Kreislauf-Forschung

WE

- are many: More than 1,500 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 submit a research proposal to a funding agency like the DFG, the BMBF or the EU? But you still lack initial data? As a postdoctoral researcher, you can apply for this start-up funding to create initial data in order to improve your chances of success with an external third-party funding institution.

- Up to 85,000 €
- Up to two years

DZHK JUNIOR RESEARCH GROUP

You would like to lead your own team and become scientifically independent? The Junior Research Group funding supports you in this career step. If your PhD is no more than six years ago or you graduated from medical school no more than eight years ago and you have at least two years experience as a Postdoc then take advantage of this opportunity.

- Up to 300,000 € per year
- Up to six years

CLINICIAN SCIENTIST FELLOWSHIP

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 1.5 years spread over a maximum of three years, during which time you are excused from your clinical duties.

- Individual and flexible planning with protected times to do research
- Up to three years

In addition to Young DZHK members, DZHK scientists are also eligible to apply.

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 90,000 €
- Up to one year

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

Clinician Scientist

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

DZHK Junior Research Groups

NUNO MIGUEL GUIMARÃES DE SÁ CAMBOA

Junior Research Group Leader at the Johann Wolfgang Goethe University Hospital

G-DZHK

"It's all about the network. As a DZHK Junior Research Group leader, I have built up collaborations with researchers from five other DZHK partner sites."

Promotion of Women Scientists

ARPITA CHOWDHURY

Former 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.

G-DZHK

Mentoring

RAQUEL GUILLAMAT PRATS

Former 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 992 € 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 eight 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 as well as young experts in mental health and child and adolescent health.

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.

FIND MORE INFORMATION ON THE DZHK TRAINING AND MENTORING PROGRAMME AS WELL AS ON THE EXCELLENCE PROGRAMME AT WWW.DZHK.DE/EN UNDER EARLY CAREER.

DZHK PARTNER INSTITUTIONS

Berlin
Charité – Universitätsmedizin Berlin (with Deutsches Herzzentrum der Charité)

Max Delbrück Center for Molecular Medicine in the Helmholtz Association

Robert Koch Institute

German Institute of Human Nutrition Potsdam-Rehbrücke

Greifswald
University Medical Centre Greifswald

Hamburg/Kiel/Lübeck
University Hospital Hamburg-Eppendorf

Kiel University/UKSH, Kiel Campus

University of Lübeck/UKSH, Lübeck Campus

Asklepios Klinik St. Georg

Heidelberg/Mannheim
Heidelberg University

University Hospital Heidelberg

University Hospital Mannheim

German Cancer Research Centre

European Molecular Biology Laboratory

Lower Saxony
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

Munich
Technical University of Munich

Klinikum rechts der Isar of the Technical University of Munich

Ludwig Maximilian University of Munich

Hospital of Ludwig Maximilian University of Munich

German Heart Centre Munich

Helmholtz Centre Munich – German Research Centre for Health and the Environment

Max Planck Institute for Biochemistry

Rhine Main
Goethe University Frankfurt

Max Planck Institute for Heart and Lung Research, Bad Nauheim

Kerckhoff Clinik, Bad Nauheim

University Medical Center Mainz

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