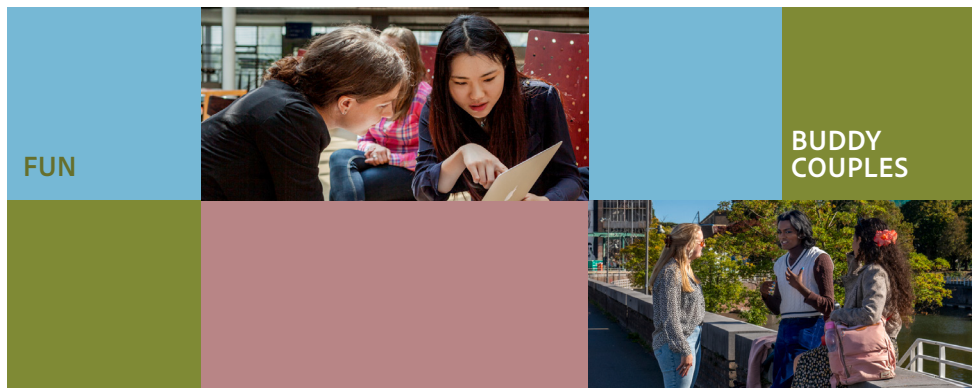


# Buddy / System / New incoming /

**MH&NS** mental health  
and neuroscience  
research institute



## Buddy Programme /



Are you a new incoming PhD candidate and would you like to be linked up with someone who can help you settle and get introduced to your new life in Maastricht?

Then the MHeNs Buddy Programme may be perfect for you.



## Easy transition

The MHeNs Buddy Programme seeks to facilitate an easy transition for new incoming PhD candidates into academia and daily life in the Netherlands. As a social point of reference, a buddy can play a key role in helping a newcomer feel at home and welcomed into our community. For example, the buddy may invite the new colleague for a cup of coffee, a tour around the city or show them the social and cultural habits of our country. Newcomers will be connected to a buddy for a period of three months, but both are of course free to stay in touch thereafter.

## Sign up for a buddy

Both national and international PhD candidates are welcome to make use of the buddy programme. If you are a newcomer and wish to have a buddy, please contact your division's buddy coordinator(s).