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Welcome to this last edition of AU Career Ph.D. & JR's newsletter for 2024. Enjoy a cup of coffee, some gløgg or *brunkager* while reading this edition.

In this edition, you will be updated on our upcoming events in the new year. You will also be inspired by the opportunity to participate in competitions to benefit your communication skills. By the end, you will find inspiration in career portraits from former PhD students concerning their journey from academia to industry.

Remember that you are always welcome to book a career counseling [here](#).

Our office will be closed from Monday 23 December, and we will be back on Monday 6 January 2025.

Merry Christmas and a Happy New Year from AU Career Ph.D. & JR!

Enjoy!

// News

Showcase Your Research and Enhance Your Communication Skills

As a PhD student, effective communication is a vital skill. If you are eager to enhance your ability to share your research, the 3MT and Ph.D. Cup competitions provide appropriate platforms for you.

3MT is organized by Aarhus University. It is for you who have not yet defended your PhD. The competition will take place in English.

The Ph.D. Cup is a collaboration between *Information*, DR and the Lundbeck Foundation. It is for you who have defended your PhD. This competition will take place in Danish, why it is a requirement that you are fluent i Danish.

Find out more below about how you can get involved and take your communication skills to the next level!

[Read more](#)

3MT: Upgrade your research communication skills and have fun doing it

The graduate schools at Aarhus University invite all PhD students to apply to participate in the annual 3MT (Three Minute Thesis) competition. Are you a PhD student interested in upgrading your research communication skills? Then check this out!

The challenge is simple: present your research in just three minutes with just one slide – for an audience of non-specialists.

If you think that sounds like a fun, challenging and valuable experience, you can apply to participate in the upcoming competition, which will take place on 19 March 2025 at Stakladen on the main AU campus in Aarhus.

All participating PhD students will get professional coaching and feedback on communication, body language, public speaking and other 3MT skills to help you get your message across on stage.

In addition to dramatically improved communication skills, the winner of the AU 3MT competition will receive a 35,000 DKK travel stipend. The winner also gets a chance to become one of the three finalists in the international Coimbra Final along with PhD students from more than 35 European universities.

The application deadline is 28 January 2025.

[Read more](#)

Ph.D. Cup: Participate in a national communication competition in Danish!

Have you completed your PhD dissertation and received approval in 2024? Are you fluent in Danish and earned your PhD from a Danish university? Then you should consider apply to this national competition!

Once again, Ph.D. Cup invites recent PhD graduates from Danish universities to present their research in an engaging and accessible way.

On the website you can read more about what the application must contain, as well as tips for good dissemination of it

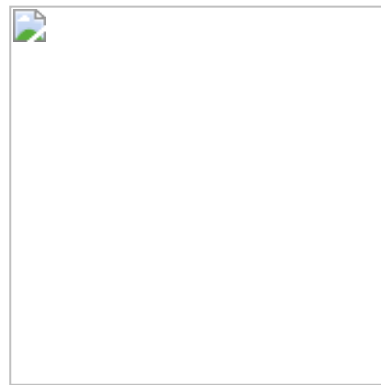
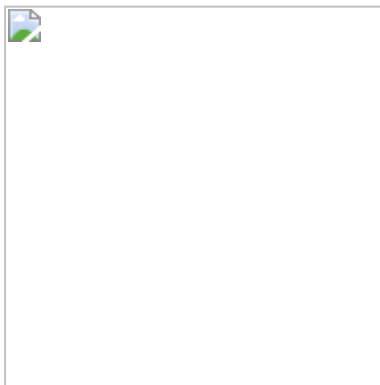
Out of the top 25 selected applicants, the judging committee will further select the finalists who will join the stage at the grand award show. The award show will be broadcasted on DR1. The winner of the Ph.D. Cup will receive a taxable honorarium of 50,000 DKK.

Regardless of whether you advance in the PhD Cup or not, all applicants will:

- Have their photo and communication text published on the Ph.D. Cup's website
- Be offered a science communication course for researchers at *Information's* Media School
- Receive a three-month digital subscription to *Information*

The application deadline is 1 February 2025.

// "Market Yourself" Week



Communicating Your Skills on CV and LinkedIn

Date & Time: 28 January 2025, 9.00-11.00

Location: Online

Speaker: Vibeke Broe and Miriam Vestergaard Kobbiersmed, Career Consultants, AU Career PhD & JR

Are you considering a career outside academia, but do you find it difficult to present yourself in your CV or on LinkedIn?

Join this webinar to learn how to tailor your CV and LinkedIn profile for roles in industry or the public sector. You will get tips and tricks on how to communicate your skills on your LinkedIn profile.

Sign up

Communicate Your Value: Cover Letter Writing Webinar

Date & Time: 30 January 2025, 9.00-10.30

Location: Online

Speaker: Vibeke Broe and Miriam Vestergaard Kobbiersmed, Career Consultants, AU Career PhD & JR

A strong cover letter is key to a successful job application — but writing one can be challenging. In this webinar, you will learn essential strategies for crafting impactful cover letters tailored to non-academic roles.

You will gain an understanding on good cover letter structure, how to "show it don't tell it", and how to avoid common pitfalls.

Sign up



How to Succeed at a Job Interview

Date & Time: 4 February 2025, 14.00-15.30

Location: Online

Speaker: Vibeke Broe and Miriam Vestergaard Kobbiersmed, Career Consultants, AU Career PhD & JR

Job interviews can feel stressful, but with the right preparation, they can become a productive and balanced conversation. In this webinar, you will learn how to excel in interviews and present yourself effectively to hiring managers.

Sign up

// Event for Junior Researchers

Strategic Career Thinking for Junior Researchers



Date & Time: 20 March, 13.30-16.00

Location: M1, 1., building 1421-118

Speaker: Vibeke Broe and Miriam Vestergaard Kobbensmed, Career Consultants, AU Career PhD & JR

Are you a Junior Researcher at Aarhus University? Maximize your research years and set the foundation for a successful career with this strategic career planning workshop.

Outcomes of the workshop:

- Understand how career planning during your postdoc will strengthen your ability to navigate in the research environment.
- Identify pitfalls and helpers in relation to career progression.
- Understand how to take the lead in your own career development

Sign up



What do PhDs from Health Sciences do?

Every year, we publish a collection of career portraits of PhDs from the health sciences on our [homepage](#). It contains several examples of different career paths and the considerations behind the career choices in question.

The portraits are based on interviews with former PhD students from AU, primarily from Health. They focus on careers outside of academia, meaning the majority of cases work in business and industry.

Read more



Signe, Senior International Medical Manager, Novo Nordisk

"Signe became aware of the position at Novo Nordisk when she noticed the job ad on LinkedIn. She did not have any close contacts at Novo Nordisk before she started."

"Signe finds it crucial to maintain a sense of curiosity towards the potential career opportunities that may arise. It is important not to cling too tightly to a specific career idea, but to keep in mind that there are numerous paths in life."

// Inspiration and recommendations

Circle U. Postdoc Mobility Programme



Would you like to extend your international network and meet your potential next research group at another Circle U. University? Apply for a research stay through the Circle U. Postdoc Mobility Programme!

The application deadline is 15 February 2025.

[Read more](#)

Fulbright Denmark

Fulbright Denmark awards grants to researchers who are going on a self-arranged, combined research and teaching stay in USA. The scholarships are awarded to postdocs, assistant professors, associate professors or professors. The grant is DKK 200,000. They also award grants to master's and PhD students who are going on a study/research stay in the USA.

The grants are DKK 50,000 for a semester and DKK 100,000 for an entire academic year.

The deadline is Wednesday, February 12, 2025 at 12:00



[Read more](#)

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