



DINI Newsletter

Hello PhDs,

A happy and successful new year to all of you!

Hopefully your belly is recovering to normal size from Christmas goodies and your hangover from new Years Eve is cured already. We are ready to jump in the next chapter. Are you with us?

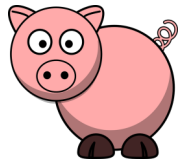


Attention! Continuation of Registration (Rückmeldung)

Don't forget to transfer your semester fee for the upcoming semester.

LMU: Deadline 4th of February, fee €129.40

TUM: Deadline 15th of February, fee €129.40



Upcoming Events

January 21 19:00 Get-together at **Café an der Uni (CADU)**

Enjoy nice food and drinks with your fellow PhDs close to university!

Save the date 2019

Feb Carnival Networking Event
(Get a costume)

Start the year 2019 with Caring!

Sarah, a PhD student from HMGU, will be running the London Marathon this April for Sparks because every child matters! Therefore she needs your support. Check out her Website

<https://www.justgiving.com/fundraising/sarahcares4rare>

or contact her per mail
sarah.stenton@helmholtz-muenchen.de

Care about yourself!

New year, new tasks, new challenges! PhD life can be rough, therefore it is even more important to care about yourself.

Check out the new sports program 2019 from HMGU (some courses also in english):

<https://nip.helmholtz-muenchen.de/betriebliches-gesundheitsmanagement/ueber-uns/was-ist-bgm/index.html>

For me, the Meditation App Headspace <https://www.headspace.com/> made a huge difference about how to cope with problems. Maybe some of you like it too. However, this is a personal suggestion :)

About DINI

We are the doctoral student's initiative at Helmholtz Zentrum München (DINI), a free association of graduate students. We organize social events, welcome new PhDs and support you when you have problems.

Want to contact us? doktorandeninitiative@helmholtz-muenchen.de

Want to join us? Great, we are always happy to welcome new members.

New at HMGU? Welcome Team: dini.welcome.team@helmholtz-muenchen.de

Like us on Facebook: www.facebook.com/dinimunich

Check our Website: www.helmholtz-helena.de/support/dini