

STUDY GUIDE

Career Development Support for PhD Students in a Well-Being Environment

Course/training name	Career Development Support for PhD Students in a Well-Being Environment
Host Institution(s)	University of Santiago de Compostela
Co-organising Institution(s) (if applicable)	
Course level (if applicable)	PhD
Name and faculty of the lecturer(s)/trainer(s)	Wellbeing center for post-graduate students (Isabel Neira)
Mode of delivery	Blended (online + on campus)
Location (if applicable)	Santiago de Compostela (Spain)
Dates of the <u>online</u> component (if applicable)	From 01 December 2026 to 16 January 2026
Dates of the <u>on-site</u> component (if applicable)	From 19 January 2026 to 23 January 2026



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TARAS SHEVCHENKO
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Cost	This short-term mobility offers involves travel and subsistence costs. Make sure to contact your local mobility officer and/or EUniWell team to get more information on potential mobility grants.				
Target audience(s)	☐ Bachelor's ☐ Master's ☒ PhD ☐ Educators ☐ Researchers ☐ Administrative staff				
Prerequisites	Knowledge of English at B2 level is enough to follow the course — an official certificate is not required				
Main Thematic Arena(s)	☐ Arena 1 - Health and Well-Being ☐ Arena 2 - Social Equality and Well-Being ☐ Arena 3 - Environmental change and Well-Being ☐ Arena 4 - Multilingualism and Well-Being ☐ Arena 5 - Teacher Education and Well-Being ☒ Transversal				
Field(s) of research / study	This course is transversal and open to all fields of research, including Sciences, Engineering, Social Sciences, Humanities, and Health Sciences. It focuses on transferable skills, career development, and well-being, rather than discipline-specific content				
Related Sustainable Development Goals (SDG)	☐ 1 - No poverty ☐ 2 - Zero hunger ☐ 3 - Good health & well-being ☐ 4 - Quality education ☐ 5 - Gender equality ☐ 6 - Clean water & sanitation ☐ 7 - Affordable & clean energy ☐ 8 - Decent work & economic growth ☐ 9 - Industry, innovation & infrastructure ☐ 10 - Reduced inequalities ☐ 11 - Sustainable cities and communities ☐ 12 - Responsible consumption & production ☐ 13 - Climate action ☐ 14 - Life below water ☐ 15 - Life on land ☐ 16 - Peace, justice & strong institutions ☐ 17 - Partnerships for the goals				
Number of ECTS and/or workload (in hours)	75 hours				
Language(s) of instruction	English				
Key words	PhD Career Development	Employability Skills	Academic Careers	Entrepreneurship	Transference
Catch Phrase	From Self-Care to Career: Building Resilient PhD Pathways				

Total number of places for EUniWell participants	17
Application procedure	Application form on the EUniWell Courses and Training Catalogue
Selection criteria	<i>PhD students and early post-doc</i>
Abstract	This doctoral training program supports PhD students' career development within a well-being framework by strengthening transversal skills as defined in the ESCO taxonomy. Through a blended methodology of practical workshops, seminars, and research-industry visits, participants will develop and document competencies such as time management, project management, communication, interpersonal collaboration, critical thinking, digital proficiency, and career self-management. The course encourages exploration of academic and non-academic opportunities inside and beyond the EUniWell network, nurturing mobility literacy, entrepreneurial awareness, resilience, and transferable competences aligned with the European labour market.
Programme / session(s)' schedule	Day 1 – Student Well-Being • Activity 1.1: Risk and protective factors (Carmela Vispo-USC) • Seminar: Time Management (Ignacio Luaces-USC) • Seminar: Self-care and healthy habits • Lunch Break • Coffee Break Day 2 – Academic Careers within Euniwell • Country Presentations: PhD career structures and funding (e.g., Spain's research contracts) One person (physical or online) in each University participant (area or career development) • Visit to USC Research Centers (students select based on research area) focus on opportunities of collaboration research, visiting, etc.. https://www.usc.gal/en/research-in-usc/institutes-research-centers • Lunch Break • Coffee Break Day 3 – Career Opportunities Beyond Academia • Headhunter Session: PhD skills in the labour market • Session: Entrepreneurship for PhDs. Is that for me? • Roundtable: PhD experience in Sciences and Engineering • Roundtable: PhD experiences in Social Sciences and Humanities • Lunch Break • Coffee Break

	Day 4 – Employability Skills • LinkedIn Practical Workshop (USC-JR Porto, Digital Marketing area) • Training: European job markets and researcher portals (EURAXESS, etc.) • Visit an international company in Galicia with research area: ex: https://www.zendal.com/; https://www.galchimia.com/gl/ • Lunch Break • Coffee Break Day 5 – Career Planning and Closure • Final Workshop: 'Climb: Your Professional Pathway' • Individual feedback on CVs, LinkedIn profiles, and career planning • Social Activity and Closure • Lunch Break
Developed skills and competences	1. Transversal skills (cross-sectoral, transferable, soft skills) 2. Time & project management (planning and organizing abilities) 3. Communication & presentation (oral and written communication across audiences) 4. Interpersonal teamwork (teamwork, networking, collaboration) 5. Critical thinking & problem-solving (cognitive skills) 6. Digital competence (software use, information processing) 7. Career and self-management (career planning, employability)
Objectives and learning outcomes	• Promote personal well-being and healthy habits through seminars and workshops on stress management, time management, resilience, self-care, and healthy lifestyle choices. • Support academic career planning within the Euniwell network, providing insight into structured career paths and research opportunities. • Explore professional options beyond academia, including employment and entrepreneurship opportunities.
Assessment methods and criteria (if applicable)	Assessment will be based on attendance and active participation in all scheduled activities. Successful completion requires regular presence during sessions (both online and on-site) and demonstrated engagement in workshops, seminars, and practical exercises
Type of certification issued upon attendance or completion	Euniwell certificate
Contact	List of local EUniWell catalogue's coordinators available here. <i>For questions related to the content of the course, please contact the offer's Institution's local catalogue coordinator. For questions related to administration, mobility or recognition the course in your curricula, please contact home Institution's local coordinator.</i>