



EURAXESS Newsletter #6 June 2023

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KEY FIGURE OF THE MONTH

108 researchers, PhD Students and spouses improved their French level with the courses offered by Euraxess with the IIEF in 2022-2023.



WHAT'S UP IN EURAXESS?

MAY - LAUNCH OF OUR INSTAGRAM ACCOUNT



At the end of May, we launched the **Instagram account of Strasbourg Euraxess centre**. On it, you can find information about our past and upcoming events as well as shared posts that could interest you. Follow us **@euraxessstrasbourg** and stay up-to-date about what is happening for international researchers at the University of Strasbourg!

MAY - TRAINING FOR RESEARCH UNIT MANAGERS

On the 11th May, we offered a 6-hour **training session for the administrative managers of research units**: we presented the procedures to follow **when a new international researcher arrives at the lab**, how the tax return works for them, as well as the health care and social allowances they are eligible to. It was a very stimulating day for us, we were able to discuss face to face with the people who welcome you (the researchers) at the labs upon your arrival, discuss the **latest regulatory developments** and answer their questions. Their day-to-day experience in the lab was also enriching as it can help us rationalise and improve our own practices. Other training sessions for administrative staff will be held in **July** and **November**.

APRIL - TAX RETURN WORKSHOP FOR RESEARCHERS

As we had already done last year, we organised a **tax return workshop** at the Maison Universitaire Internationale in the week preceding the tax return season (14th April). During this workshop, the Strasbourg Tax Office held a general presentation on doing one's tax return in France as a foreign researcher, and then had **one-on-one sessions with the 90 researchers** present at the event. During the months of April and May, **the Euraxess centre helped 25 researchers** – by phone, email and in appointments – to file their tax returns.



Photo credit: Euraxess Office

MARCH - ROUND-TABLE "WOMEN IN PUBLIC RESEARCH"

In the framework of our **Career Development Programme** for foreign researchers and on the occasion of the week of the **8th March (International Women's Rights Day)**, we organised on the 9th March a screening of the documentary film **"Picture a scientist"** followed by a **round-table discussion** on **"Women in public research"**.

For this round-table, we had the honour to have as our guests:

- **Prof. Isabelle Kraus**, Vice-President Equality, Parity, Diversity of the University of Strasbourg
- **Dr. Sylvie Friant**, Director of Research CNRS, for the association *Femmes et Sciences*

This event was a great success and provided an opportunity to discuss the role of the University of Strasbourg in the **fight against sexist, sexual and homophobic violence**, as well as the importance of associations such as *Femmes et Sciences* in promoting women in public research in France, particularly towards middle and high school students.



Photo credit: Euraxess Office

Everyday life practical information

GET AN ALLOWANCE TO PAY FOR YOUR MUTUELLE

Unistra employees only: you are eligible for a **15€/month allowance** to pay your complementary health insurance or **mutuelle** ("Remboursement forfaitaire des cotisations de protection sociale complémentaire en santé"). Find all the information on Ernest: bit.ly/reibursementmutu

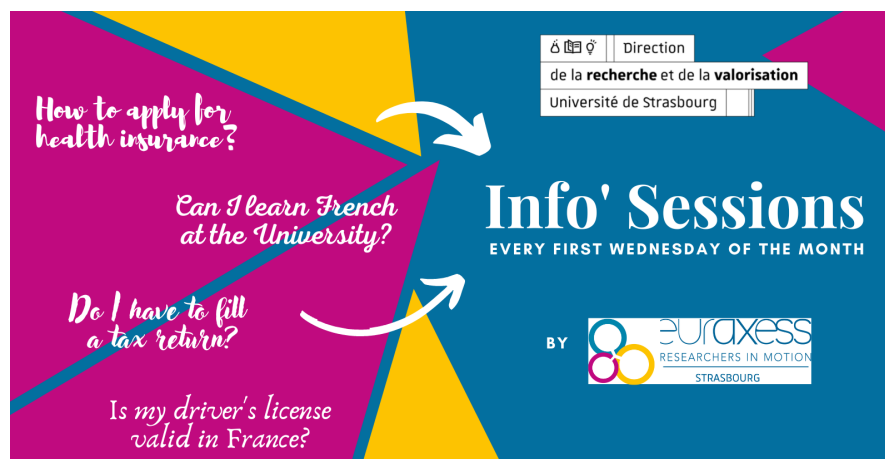
Don't miss it : EURAXESS agenda

UPCOMING EURAXESS NATIONAL DAYS

On the 26th and 27th June, Strasbourg Euraxess centre will take part in the **Euraxess National Days in Pau** (France). We will come together with all the Euraxess centres in France to discuss the **future orientations of the network**, as well as technical questions regarding research mobility. During those two busy days, **we will not be able to answer your emails**, but will get back to you as soon as possible after we return.

6th SEPTEMBER - NEXT INFO' SESSION

After the summer break, our Info' Session will be back in **its back-to-school edition**. Come by to get answers to your questions, meet other researchers as well as the Euraxess team!



SUMMER BREAK

Between the 31st July and the 15th August, our office will be **closed**. We will be back on the 16th August.

OCTOBER (DATE TBA) - THE RETURN OF THE WELCOME EVENT

Next October, the Euraxess Centre will organise its first **in-person Welcome Event for international researchers** in three years. Due to Covid regulations, the last Welcome Events had been held online, so we cannot wait to see you at this important occasion. **Presentations held by representatives of the Unistra** (names to be announced) will be followed by **drinks and music**. More information will be communicated after the summer break, so stay tuned!

THE EURAXESS OUTINGS PROGRAMME

The Euraxess Centre offers regular **cultural outings for International PhD students and researchers**, allowing them to discover the wonders of the French culture and to bond with fellow colleagues.



Photo credit: Euraxess Office

These last few months, PhD students and researchers have had the opportunity to visit the European institutions through a scavenger hunt, discover both classic and contemporary art at the **Adolf Michaelis Museum** and the **Museum of Modern and Contemporary Art**, enjoy classical music with the **Orchestre Universitaire de Strasbourg** and go **wine tasting** at the historic Cave des Hospices. With an amazing turnout of participants, the Euraxess Centre planned **a day trip to Colmar**, intended to introduce the French and Alsatian history and culture to participants. To finish up the semester, we organised an **Intercultural apéro**, which allowed you to share your national dishes and connect with fellow International PhD students and researchers.

Keep an eye on our social media for more cultural outings and events after the summer break, we hope to see you there!



Photo credit: Euraxess Office



Photo credit: Euraxess Office

The Euraxess Tip

TO-DO LIST BEFORE LEAVING FRANCE

Remember to take the necessary steps before you leave France. This will include:

- **informing the landlord** or housing agency of your departure by registered letter with signed acknowledgment of receipt, the **tax authorities**, the **Caisse d'allocations familiales** (CAF) and the **health insurance**;
- **making an appointment with the bank** to set up a deferred closure of your bank account;
- **asking for school certificates** for your children;
- and last but not least **notifying your employer** and asking for the end-of-contract documents.

For more information, check out: bit.ly/researcherguidelines

Our service civique in the spotlight

Meet Marta Allegue Souto

Marta, could you please introduce yourself?

I'm Marta, 23 years old and Spanish. In high school, I went to an international school in Bosnia and Herzegovina, followed by a voluntary year in India where I taught literacy to school children. Since 2020, I've been living and studying in Strasbourg, first doing a double degree in Franco-Spanish law, followed by a master's in international public law at the University of Strasbourg.



Photo credit: Euraxess

I'm currently writing my master's thesis on the topic of international protection applicants and beneficiaries confronted with the theory of vulnerability. Since September 2022, I've been doing a "service civique" at the Euraxess Service Centre in Strasbourg.

What exactly is a "service civique" and what does yours consist in?

A "service civique" is a voluntary mission done for the public good. Here at Euraxess, I take care of accompanying international researchers in their cultural integration. I help the Euraxess team with the communication and organisation of events. A big part of my work consists in the logistical organisation of activities, spreading the word on social media and of course attending the events.

What was your favourite event you organised and participated in?

I would say it was the trip to Colmar in April 2023. Although it required a lot of preparation, it was worth it and turned out being a lot of fun. The excursion lasted the whole day, we learned about the history of the city, had a delicious lunch, went to interesting museums and had great conversations.

What is your favourite part of the job?

I enjoy the interactions with the researchers, the creativity involved in creating social media posts, the freedom of suggesting the excursions, etc. This "service civique" allowed me to re-discover Strasbourg with a fresh eye. This was also my first time working in a team, and I learned how important social media are in the a professional setting.

What tip would you give to newly-arrived researchers?

I would suggest them to find a network of researchers who are in a similar situation to theirs in order to discover the city, the French language and culture together. Together it's easier and more fun!

Last question: how will you be spending your summer after your "service civique"?

I will first go back to my home country, Spain, and will finish writing my master's thesis. Thereafter, I will be moving to Natolin (Poland), where I will attend the postgraduate study programme of European Studies at the Collège de l'Europe.

Did you know?


THE EUROPEAN NIGHT OF MUSEUMS

The European night of museums took place the **13th May**. It was a unique opportunity to discover temporary collections and exhibitions under a different perspective. This night, traditionally held in May, is an annual national and international event whose main objective is to attract attention to the richness of European and French heritage in a festive and friendly atmosphere. **In Strasbourg, museums have free access and have numerous special events and activities.**

First created in 1999 under the name of "Spring of Museums", the Night of Museums has been celebrated for **over 20 years!** It is now an action of the Council of Europe, the French National Commission for UNESCO and the International Council of Museums (ICOM).

You missed the European night of museums, and next year seems so far away? Then, note that **the European Heritage Days** will take place **the 16th and 17th September 2023:** museums will offer new visits and activities to discover **the common heritage of Europe.**



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