

PhD Survival Guide in the time of Corona

Tips & tricks to keep updated, healthy and on track!

How to use:

This document is intended to be freely shared and used. Also, please feel free to contribute! The idea is to keep information in one place so that it is not too hard to find. Anyone can add further tips, tricks, initiatives and upcoming events, update or remove outdated links and so on! We need the power of the crowd for this.

For any questions, send us (University PhD council) an email: upc-org@tudelft.nl

PhD - Tips & tricks:

Policies and updates:

- National Level: [NOS-eng](#), [DutchNews-eng](#) (weekly summary [podcasts](#)), [Government.nl](#), National Institute for Public Health ([RVIM](#))-eng
- National Level (Union of Universities in the NL): https://www.vsnunl.nl/en_GB/news-items/nieuwsbericht/569-information-on-the-coronavirus-in-relation-to-universities-update-of-19-march.html
- TU Level: [General measures](#), [Working from home at TU Delft](#)
- PhD Network Netherlands ([PNN](#)): <https://www.hetpnn.nl/en/category/covid19/>

Graduate School (GS) & Education:

- Visit the Employee portal, [situation "I am a PhD Candidate"](#) and click on "Useful Links in Time of Corona" for info on how to keep your doctoral education going.
- For updated news on opportunities from the GS visit Brightspace [here](#)

Learn Dutch online:

- free course provided by the [University of Groningen](#),
- [Delftse Methode](#) or at the [Kickstart School](#).

Survival Booklets:

- Know your PhD Rights Booklets:

- [Career Prospects and Development](#) - Know your rights
- [End of Contract](#) - Know your rights
- [Leaves](#) - Know Your Rights
- [Supervision, Conflict and Support](#) - Know your rights
- Guide for the [IKA](#);
- Register your hours in [Timententerprise](#);
- Doctoral Monitoring App [DMA](#);
- [Other booklets](#) in CEG PhD Council, under "Related Documents".

PhD Delays and funding for extensions:

- [There is funding available for extensions!](#)
- [It seems it was discouraged, given the little information distributed on the possibility to apply.](#)

Application advice:

- Discuss with your supervisor the possibility of receiving an extension.
- Write an one pager explaining:
 - The reasons for your delay (e.g. stuck in another continent and could not make use of a lab, or had to home school kids)
 - Quantify your delay and associated need for extension (e.g. 3 months)
 - Write your faculty secretary and send the above to make a case for your extension.

Free Time - Tips & tricks:

Mental Health:

- TU Delft [Psychological support](#) two possibilities:
 - [Walk in hours](#) (for sudden needs): *Monday, Wednesday and Friday (12:45-13:45)*. [Instructions](#) on how to sign up via email;
 - [Therapy sessions](#) (three 1 to 1 meetings): *make sure you make very clear the problem is serious* (priority assigned according to severity);

- Take care of yourself programme: e.g. Overactive and Inattentive, Living in a different Culture, Worrying, Sleep well and Managing your money
<https://intranet.tudelft.nl/en/group/guest/-/take-care-of-yourself-new-programmes-available-in-our-e-health-tool->
- Lockdown Productivity:
 - Spaceship you: <https://www.youtube.com/watch?v=snAhsXyO3Ck>
 - Focus on self-care: <https://www.nature.com/articles/d41586-020-01591-3>
- [Happiness Lab Podcast - Corona Bonus Special](#): great (already famous) podcast turns the attention to help with the Corona situation
- 5 tips for for Stressed PhDs: https://www.delta.tudelft.nl/article/opinion-5-tips-stressful-phds?utm_campaign=later-linkinbio-tu_delta&utm_content=later-9819153&utm_medium=social&utm_source=instagram
- [Tips](#) on how to mentally handle this period
- [It's ok not to feel ok](#)

Social Activities:

- [Watch movies together](#)
- [Online Board Games](#) (paid service):
- [Online Board Games](#) (free, but quite overloaded lately → works well for me):
- [Play cards together](#), for free; e.g. cards against humanity ([instructions](#)).

Upcoming Events:

- TU Delft Support for Internationals upcoming [events](#) (right column):
- YES! Delft upcoming [Events](#).
- Coming to Delft events [agenda](#) (right column):

Volunteering initiatives & opportunities:

- Inform yourself and join the group in Delft: <https://scientists4future.nl/>

Sports & Meditation:

- [X Delft Instagram](#) online and live Instagram classes:
- Free Home no weight full body workout backed by science: <https://www.fitbod.me/blog/leg-workouts-without-weights>
- [De nieuwe yogaschool](#): free online yoga classes
- [Onefit](#): free workouts on Instagram
- [Equal Yoga](#): free online yoga classes
- [Mediation](#): free online guided meditations
- [Sportstudio 79](#): free [Youtube](#) videos to workout by yourself and [Online group training](#) with a membership, credits or week pass.
- [Fitness blender](#): online workouts in various categories, level and duration (free and paid version)

Culture:

- [Archive](#) of top 100 Korean classic movies with English subtitles
- [Digital Berlin Philharmonic](#). Online Performances
- [Audible](#) Hundreds of audiobooks available
- [IDFA documentaries](#) free documentaries of the IDFA festival
- [Virtual museum tours](#) free tours through various museums
- [Beethoven by Rotterdam Philharmonic Orchestra](#) listen to a free concert by the musician of the Rotterdam Philharmonic Orchestra free tours through various museums
- [Cultural initiatives](#) an overview of cultural initiatives
- Mubi is the “Netflix” for Artsy movies: <https://mubi.com/showing>
- [Picl](#) Watch recent arthouse movies online, including films from the Movies that Matter Festival
- [Vitamine Cineville](#) Watch a selection of arthouse movies online, including movies that should have been in theatres now, recent top titles and a few classics.
- Anne Frank the diarist has become [Anne Frank the YouTube vlogger](#).
- [Pathé Thuis](#) provides movies on demand. Check their Facebook for possible discounts