

**TRAINING AND SUPERVISION PLAN**

**Graduate School Neurosciences Amsterdam Rotterdam (ONWAR)**

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| **1. Personal data PhD candidate** | |
| Birth name and initials |  |
| First name |  |
| Date of birth |  |
| Gender | female male other prefer not to say |
| Place of birth, country |  |
| Home address in the Netherlands  (street, number, postal code, city) |  |
| Highest degree |  |
| University |  |
| Education (e.g. biology, medicine)\* |  |
| Date degree awarded |  |
| **2. Work address** | |
| Institute |  |
| University |  |
| Department |  |
| Work telephone number |  |
| Mobile phone number |  |
| Work e-mail address |  |
| **3. Employment** | |
| Start date contract |  |
| Working hours a week |  |
| (Expected) end date contract |  |
| Employed as (AIO, OIO, AGIKO..) |  |
| Source of funding | first flow (University/KNAW NIN)  second flow (NWO)  third flow (EU funds, charity funds)  other (e.g. commercial funds) |

*\* if not in the field of neuroscience, the teaching committee will assess the candidate’s curriculum and may advise the candidate to follow a general introductory course in neuroscience, which is provided through the Master’s program of the participating universities.*

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| **4. Supervison** | |
| Supervisor/promotor |  |
| E-mail-address supervisor/promotor |  |
| Daily supervisor |  |
| E-mail address daily supervisor |  |
| Co-supervisor(s) (if applicable) |  |
| E-mail address co-supervisor(s) |  |

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| **5. Research Plans** | |
| (Working) title of the research |  |
| Summary of the research proposal (max250 words) |  |
| Research aims first year |  |
| Research aims second year |  |
| Research aims third year |  |
| Research aims fourth year |  |

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| **6. Training Plan** | | | | | | |
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| **Obligatory for obtaining ONWAR-certificate** | **Hours**  (4 yrs) | **Hours**  (3 yrs) | **ECTs**  (4 yrs) | | **ECTs**  (3 yrs) | |
| **Courses** | **260** | **260** | **9,3** | | **9,3** | |
| Neuroscience courses\* | min. 160 | min. 160 | min. 5,7 | | min. 5,7 | |
| ONWAR neuroscience courses | min. 80 | min. 80 | min. 2,9 | | min. 2,9 | |
| non-ONWAR neuroscience courses |  |  |  | |  | |
| Courses on other subjects |  |  |  | |  | |
| **Other obligatory training activities** | **144** | **114** | **5,2** | | **4,1** | |
| ONWAR Introductory course | 24 | 24 | 0,9 | | 0,9 | |
| ONWAR/CEN Annual PhD Meeting | 100 | 75 | 3,6 | | 2,7 | |
| Swammerdam Lectures | 20 | 15 | 0,7 | | 0,5 | |
| Total | **404** | **374** | **14,4** | | **13,4** | |
| **\*** *PhD candidates who hold a Master in Neurosciences are allowed to replace 80 hours of non-ONWAR neuroscience courses in their program, with 80 hours of non-ONWAR courses on other subjects. The 80 hours of ONWAR neuroscience courses are still mandatory.* | | | | | | |
| **Courses** | | | | | | |
| Please indicate in the overview below which courses you intend to attend in each of the categories, by ticking the box and listing the number of hours if not included.  Please note that for ONWAR PhD candidates, participation in ONWAR courses is free of charge. Costs of non-ONWAR courses will **NOT** be covered by ONWAR. | | | | | | |
| **Neuroscience courses** (min 160 hours) | | | | | | |
| **ONWAR neuroscience courses** (at least 2, min 80 hours) | | | **Hours** | **ECTS** | |  |
| Experimental neurophysiology | | | 40 | 1,4 | |  |
| Molecular neurobiology | | | 40 | 1,4 | |  |
| Cognitive neuroscience | | | 32 | 1,1 | |  |
| Grant writing | | | 50 | 1,8 | |  |
| Degenerative diseases of the nervous system | | | 40 | 1,4 | |  |
| Neuropsychopharmacology | | | 40 | 1,4 | |  |
| Functional neuroanatomy | | | 40 | 1,4 | |  |
| Imaging life at the molecular level | | | 50 | 1,8 | |  |
| Programming in Matlab | | | 40 | 1,4 | |  |
| Python for Science | | | 20 | 0,7 | |  |
| Statics for Neurosciences (VU, master course) | | | 60/ 168 | 2,1/6,0 | |  |
| Current issues in clinical neuroscience (CEN) | | | 42 | 1,5 | |  |
| Current issues in neurodevelopment (CEN) | | | 42 | 1,5 | |  |
| Masterclasses ONWAR | | | 3 |  | |  |
| Career Event ONWAR | | | 8 | 0,3 | |  |

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| **non-ONWAR neuroscience courses** | **Hours** | **ECTS** |  |
| Listed below are some courses and schools organized by other neuroscience institutes that you can follow as part of your ONWAR training program. Consult the ONWAR coordinator if you want to use courses that are not listed below for hours in this category. |  |  |  |
| [Summer school NIN](https://summerschool.nin.nl/) | 32 | 1,14 |  |
| [FENS schools](file:///C:\Users\rlr280\Downloads\fens.org\careers\training-activities\fens-schools) |  |  |  |
| [Cold Spring Harbor Laboratory (neuro) courses](https://meetings.cshl.edu/courses.html) |  |  |  |
| [Neuroscience School of Advanced Studies](https://www.neurosas.org/advanced-courses-venice/advanced-courses/) |  |  |  |
| [EMBO/EMBL (neuroscience) courses or workshops](https://www.embo.org/conferences-training/#/) |  |  |  |
| [Helmholtz institute PhD courses](https://helmholtzschool.nl/education/courses/) |  |  |  |
| [Donders Toolkits ((f)MRI, EEG/MEG, Brain Stimulation)](https://www.ru.nl/donders/agenda/donders-tool-kits/) |  |  |  |
| [FIL SPM course UCL London](https://www.fil.ion.ucl.ac.uk/spm/course/) |  |  |  |
| [FSL course](https://open.win.ox.ac.uk/pages/fslcourse/website/courses.html) |  |  |  |
| [European School of Neuroimmunology](https://esni.isniweb.org/category/courses/next-courses/) |  |  |  |
| [ISN-JNC Flagship School (Neurochemistry)](https://www.neurochemistry.org/isn-jnc-flagship-school/) |  |  |  |
| [Radboud Summer Schools on Brain & Behaviour](https://www.ru.nl/radboudsummerschool/courses/brain-behaviour/) |  |  |  |
| [Cajal Advanced Neuroscience Training courses](https://cajal-training.org/courses/) |  |  |  |
| [International Astrocyte School](https://astrocyte.net/school) |  |  |  |
| [ADD OTHER] |  |  |  |

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| **Courses on other subjects** | **Hours** | **ECTS** |  |
| Laboratory Animal Science | 100 | 3,6 |  |
| BROK course (Basiscursus Regelgeving en Organisatie voor Klinisch Onderzoekers / Good Clinical Practice course for clinical researchers) | 42 | 1,5 |  |
| Statistics in Neuroscience (VU, master course) | 108/ 168 | 3,9/ 6,0 |  |
| Course on working with Radioactivity |  |  |  |
| General Statistics course |  |  |  |
| Writing a Scientific Article (e.g. [Taalcentrum VU](https://www.taalcentrum-vu.nl/en/training/academic-english/writing-a-scientific-article) - 3 ECTs) |  |  |  |
| Presenting your Research in English (e.g[. Taalcentrum VU](https://www.taalcentrum-vu.nl/en/training/academic-english/presenting-and-pitching-your-research-in-english) – 2 ECTs) |  |  |  |
| Courses of the [Amsterdam UMC Doctoral School](https://amsterdamumc.org/en/education/phd-student/courses.htm) (except for eLearnings, World of Science, PubMed, Basic Laboratory Safety, Systematic Reviews) |  |  |  |
| Course on Project Management |  |  |  |
| Courses on career perspectives, PhD-efficacy (e.g. [BioBusiness Summer School](https://www.hyphenprojects.nl/bbss/), [BCF Career Event & courses](https://www.bcfcareer.nl/events-courses)) |  |  |  |
| eLearning/online courses 🡪 subject to approval by teaching committee ONWAR, max. 40 hours |  |  |  |
| [ADD OTHER] |  |  |  |

**For courses not listed in the overviews above, please contact ONWAR for approval. (k.hubregtse@vu.nl)**

The following courses/activities do **not** count as part of your ONWAR training program:

* Attendance of conferences/meetings (unless organized specifically for PhD-students)
* Courses like systematic reviews, Reference Manager, PubMed, World of Science, Lab safety
* BKO (Basis Kwalificatie Onderwijs / University teaching qualification)

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| **OBLIGATORY FOR VU/VUmc PhD-STUDENTS ONLY** | | | | |
| PhD-students at VU or VUmc are required to complete 30 ECTs (840 hours) of training in total, including the ONWAR program (i.e. 436/466 hours in addition to ONWAR-hours). | | | | |
| **Tick all the boxes below if you are employed byLogo  Description automatically generated** | | **Hours** | **ECTS** |  |
| A | Scientific Integrity | 56 | 2,0 |  |
| B | General skills courses and activities  *e.g. courses on scientific writing, presentation, management skills. (formal) Training for Education, participation in representative councils, organization of community events such as conferences* | 224 -560 | 8-20 |  |
| C | Scientific specialization courses  *e.g. methodological skills, training programs for complex instruments, capita selecta courses, writing of grant proposal and participation in scientific colloquia.* |  |
| D | Research-related activities  *e.g. conferences, presentation of lectures and posters, participation in workshops* | 224 -560 | 8-20 |  |
|  | **TOTAL** | **840** | **30** |  |

**Tick all the boxes below if you are employed by Amsterdam UMC – location** Logo, company name

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| **OBLIGATORY for obtaining Amsterdam Neuroscience certificate** | | | |
| **COURSES** | | | |
| Scientific Integrity |  | 1,5-2 |  |
| Training in methods of research and/or statistics |  | 1 |  |
| Transferable skills *(personal development, presenting/writing in English, etc.)* |  | 1 |  |
| **CONFERENCES/SEMINARS** | | | |
| One international conference (with paper/presentation)\* (Attendance to two conferences is highly recommended) |  | 2-4 |  |
| Participation in at least 2 Amsterdam Neuroscience Annual meetings is mandatory (without poster presentations = 0,6; with poster/story slam = 2; 3 meetings = 3 ECTS) |  | 0,6-3 |  |
| Active participation in research meetings in the own department, expert meetings and local seminars. (*at least 50-125 hours/year during at least 3 years)* |  | 5-10 |  |
| **SUBTOTAL** |  | **≥ 11,1** |  |
|  |  |  |  |
| **OPTIONAL ACTIVITIES Amsterdam Neuroscience** |  |  |  |
| **Clinical work:** Clinical investigators participate at least 1 day per week in clinical practice. On an annual basis this amounts to at least 320 hours per year. |  | ≤ 12 |  |
| **Teaching**\***:** Active (demonstrable) contribution to teaching: mentoring MSc student, thesis writing (quantified in TSP). (at least 50 hours per year during > 3 years) \* this component can be substituted for by clinical work |  | 5 |  |
| **SUBTOTAL** |  | **≥ 5** |  |
| **TOTAL** | **840** | **30** |  |

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| **7. Supervision plan** |

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| Extent of guidance | hours per month |
| Dates of interviews with the supervisor in the first year | date of first interview (4 months after entry):  date annual interview: (9 months after entry): |
|  |  |
| **8. Revisions of Training and Supervision Plan** | |
| If necessary, the training and guidance plan will be revised after the first year and be thereafter effective for the rest of the appointment or from year to year. Any revisions can be recorded in an appendix. | |

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| **9. Signatures** |
| By signing below, the following people approve of this Training and Supervision Plan. |

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| **Role** | **Name** | **Signature** | **Date** |
| PhD candidate |  |  |  |
| Primary supervisor (promotor) |  |  |  |
| Daily supervisor |  |  |  |
| Co-supervisor(s)  (if applicable) |  |  |  |
| ONWAR coordinator |  |  |  |
| ONWAR Teaching Committee member |  |  |  |
| ONWAR mentor (member Board of Directors) |  |  |  |