

Tips for a successful cooperation with your host*

RELATIONSHIP WITH YOUR HOST

- Set up **regular meetings** with your host and share your progress.
- Don't be afraid to ask your host for **advice, feedback and resources**.
- **Integrate into the team**, be part of regular meetings in the host organisation
- Build **mutual trust and be honest** in your communication and about expectations

PRACTICES

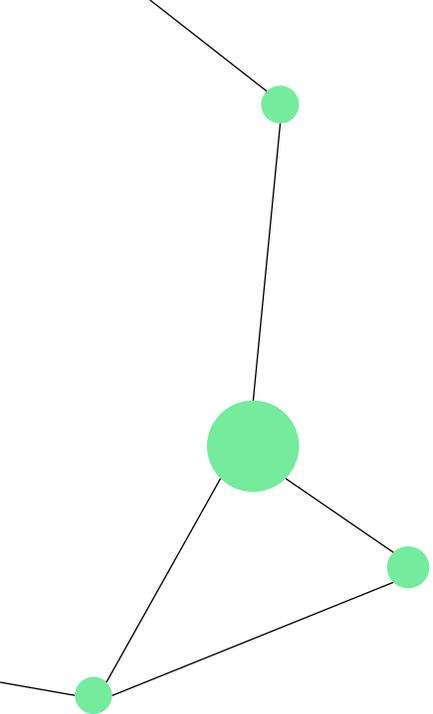
- Consider using **project management and communication tools**
- Establish **regular meetings** and **monthly targets**
- Set short- and long-term **goals**
- **Reach out** to interviewees and experts etc. as early as possible (maybe even before the project starts)

MINDSET

- Take initiative and **be proactive**
- Use your **network**
- Don't be afraid to **cold email / call** stakeholders etc.
- **Be flexible** and open to change

* as collected from German Chancellor Fellows





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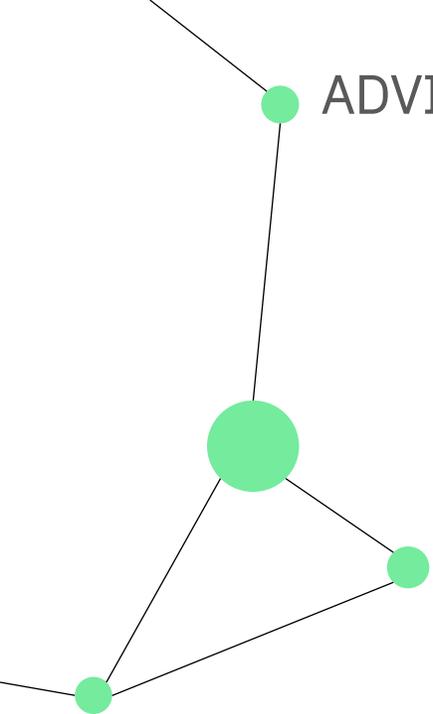
SELF-CARE

- Be open about your fears regarding the project
- Avoid self-exploitation, take breaks
- Don't compare yourself to others, the fellowship is not a competition!
- Take the time to adapt and adjust to the new reality in Germany
- Be in touch /share experiences with your fellow BUKAs

CAREER

- Make your project **visible** e.g., social media, on your host's website (if possible)
- Take advantage of the **opportunities to collaborate** with partner organisations of your host institute
- **Share milestones** and results with the Foundation and your BUKA peers
- **Be strategic** and keep your next career steps in mind





ADVICE YOU WOULD LIKE TO PASS ON TO THE NEXT COHORT:

“Don't be afraid to cold email/cold call. People love to help and talk about their experiences.”

“There is no competition. Don't lose yourself”

WHAT MAKES YOUR COOPERATION SUCCESSFUL AND WHY?

"Goal setting in the beginning"

“Communication. My host and I communicate ideas constantly and share experiences and resources to understand my research topic better”

"Jour fixe"

WHAT IMPRESSED YOU MOST ABOUT THE COOPERATION BETWEEN YOU AND YOUR HOST?

“How much they welcomed my input and integrated me in their day to daywork”

“My hosts were very understanding of the cultural differences and knew all too well how daunting the move to Germany was. Their reassurance was appreciated.”

