



## BeBuddy-Newsletter January 2024

### 1) Lecture Series: "Because Your Mental Health Matters To Us"

To ensure that students can cope with the demands of their studies now and in their everyday working lives later, the RWTH Aachen University is committed to fostering student health and well-being. The team from "Student health management" aims to integrate these aspects into students' everyday lives in a sustainable way and to enable them to study, learn, and live healthily. Some of the lectures of the series "Because Your Mental Health Matters To Us" have already taken place and have been a great success, but there is more awaiting you!

By following [this link](#), you can see the upcoming events from this lecture series, such as "Good night! - How do you achieve healthy sleep? - Interesting facts about sleep and sleep disorders (Jan, 11<sup>th</sup>)" or "Taking care of yourself and rituals for a good study-life balances" (Jan 18<sup>th</sup>) and more. Some of the lectures are held online, some on-site. Knowledge of German is required. You don't need to register in advance. Just come along!

### 2) Movie time? Check out what Filmstudio has to offer you!

The Filmstudio at RWTH Aachen e.V. is the student cinema in Aachen. Tuesdays and Wednesdays, at 8:15 pm, they show movies in the main building of the RWTH for only 3,50 € - no matter if you're a student or not! The program includes recent blockbusters, as well as old classics.

In January, "Killers of the Flowers Moon (OV)", "Blue Jean (OmU)", "Die Tribute von Panem – The Ballad of Songbirds and Snakes (DE)", "Anatomie eines Falls" (OmU), "5 centimeters per Second / Jirokichi the Rat" (OmU), "No more comics" (OmU) and "Godzilla Minus One" (DE) are on the list. [Here](#), you'll find the exact dates and more information, how to purchase tickets.

Enjoy!



### 3) WUS Grant 2024 – Education for Sustainable Development

The World University Service (WUS) German Committee awards the WUS Grant for 2024. This grant, in line with the National Action Plan of the UN Agenda 2030, recognizes final theses addressing Sustainable Development Goals, issues related to education for sustainable development, global learning, or the human right to education.

For eligibility and submission details, visit this [link](#).

Application Deadline: February 28, 2024

Prize: €1,500

For any inquiries and submissions, please send an email to: [prize@wusgermany.de](mailto:prize@wusgermany.de)

In case you apply, good luck!

### 4) Boost your career opportunities and visit an online workshop offered by the RWTH Career Center

#### a) Onboarding in new job

Politicians are judged after the first 100 days. New employees in the first 10 days! That means... the start in the new job depends crucially on a successful start! The first few days are less about specialist knowledge but more about personality, social skills and getting to know the “rules” in the world of work and in the company. The most important basics for a successful start are taught, discussed and questioned together in order to gain more security for this special situation when starting a career.

The workshop “Onboarding in new job” will provide you with all information you need to create the start in your new job as successful as possible.

**When:** January, 24<sup>th</sup>, 10 am-2 pm

**Format:** Online via Zoom

**Fee:** 5 EUR

[Here](#), you'll find more information on how to access this workshop!



## b) Interview training for international students

Congratulations, you have received an invitation to a job interview! But how are interviews structured and how do you prepare? Are there any cultural peculiarities related to interviews in Germany? How do you present your strengths and motivation? And is this question about personal weaknesses actually still being asked?

In this workshop, these and other questions will be answered and you will learn about the different types of interviews and how to prepare for them against the background of your international profile and your own educational biography. This workshop is aimed at all international students, regardless of semester.

**When:** January, 26<sup>th</sup>, 10 am-2 pm

**Format:** Online via Zoom

**Fee:** 5 EUR

[Here](#), you'll find more information on how to access this workshop!

**A Happy New Year to everyone! Have a wonderful start in 2024.**

Dominika Lichtevelde and Betül Yildiz from the BeBuddy Team

Please only use [bebuddy@rwth-aachen.de](mailto:bebuddy@rwth-aachen.de) to contact us or, in case you want to unsubscribe, write a short email to [bebuddy-leave@lists.rwth-aachen.de](mailto:bebuddy-leave@lists.rwth-aachen.de)