

Important sources of information if you start as a PhD

- Join the **buddy system** go get another MPI member assigned to be your buddy and help to find your way around Bremen + make social contacts: <https://tinyurl.com/2bvn4xzy>
- **Starters guide** with a lot of important information:
<https://www.mpi-bremen.de/Starter-s-Guide-2.html> or click on the tile on the MPI Bremen internal website <https://www.mpi-bremen.de/en/Internal.html>
- **PhD study book** (here you need to fill in important information during your PhD):
https://marmic.mpg.de/marmic2/marmic_cms2/login.php
- **MarMic/PhD Slack channel**:
We will send you a link if you contact phdreps@mpi-bremen.de
- Here you find information on how to **enroll as a doctoral student** at the university **THIS IS MANDATORY** and it's recommended that you do this within the first 3 months (no costs here):
<https://www.uni-bremen.de/en/studies/orientation-application/enrollment-as-a-doctoral-student/> or check the starters guide for more information if you are enrolling at Jacobs University
- You can optionally enroll to get a **student ID and semesterticket** by paying the semester fee:
<https://www.uni-bremen.de/studium/starten-studieren/formalitaeten/rueckmeldung-und-semesterbeitrag>

The semesterticket allows you to use all Bremen buses and regional trains in the surrounding area (<https://www.asta.uni-bremen.de/service/semesterticket/>), with the student ID you can get a Mensacard that gives you discounts on the meals in the mensa. Furthermore, you get discounts on the Hochschulsport classes offered at the Uni (<https://www.uni-bremen.de/hospo>). And you can get an ID for the Uni library.
- For information about **Psychotherapy in Germany** check out:
<https://www.mpi-bremen.de/intern.page> or
(https://marmic.mpg.de/marmic2/marmic_cms2/login.php) under the path `marmic_general/Mental_Health/PsychotherapieinGermanyENDE` .
- Make sure you are on the **PhD mailing list** and if not contact the IT (it@mpi-bremen.de) to add you. There are regular emails about social events etc.
- Check out the **PhD board** next to the aquarium and eating area on the ground floor from time to time
- Check out these pages for course offerings from Uni Bremen and from the Max Planck Society via Planck Academy
 - <https://www.uni-bremen.de/en/byrd/events>
 - <https://max.mpg.de/Career/Planck-Academy/Pages/Learning-with-LMS.aspx>
You can log in with your institute credentials and access the Learning management system with the link found in the lower right hand side bar of the above webpage. Feel free to ask for help from the PhD representatives :)
- The website <https://www.max-wissen.de/> has a collection of different types of media around current science topics (e.g Podcast, Articles ...). Unfortunately, the website is currently only available in German.

- If you need any other help feel free to contact your **PhD representatives** through phdreps@mpi-bremen.de or talk to:

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