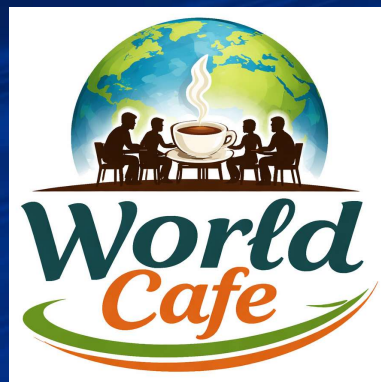


ARIADNE World Café 2026

Event Info



FAU mentoring
ARIADNE

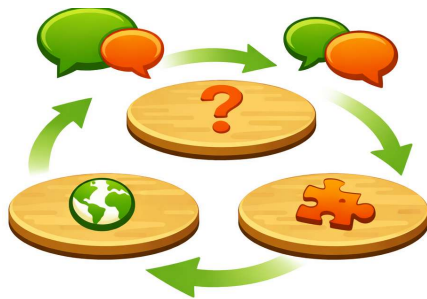


Participants Roles



Table Hosts

contribute **input on the guiding questions of the table's overarching topic** and help structure the discussion.



Visitors

rotate between tables in successive rounds, contributing their ideas and perspectives to each discussion.



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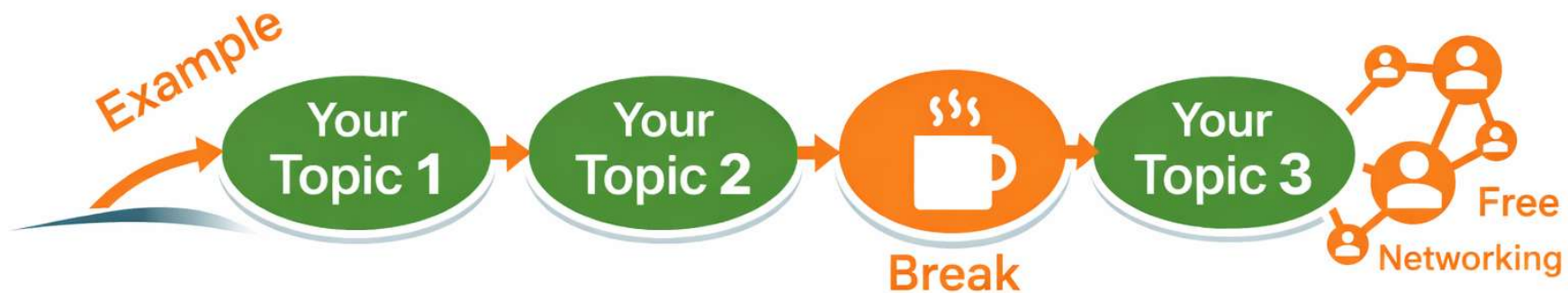


How does it work?

4 Discussion Rounds (Slots) à 25 minutes

Each **VISITOR** attends **three tables (topics)** and has **one break slot**

Free networking time after the four slots!





Topic 1



Networking & Visibility

- (1) Which strategies are effective for building a professional network?
- (2) Which types of networks and science communication are most helpful for career development? (e.g., social media, conferences, institutional or informal events)
- (3) How can one best prepare for networking opportunities, especially as a newcomer in academia?



Topic 2



Mental Health & Resilience

- (1) How do performance pressure, short-term contracts, funding obligations, and constant evaluation impact mental health in academia?
- (2) Balance between productivity and mental well-being: Tips for prioritisation and setting boundaries between academic work and personal life.
- (3) What are the limits of personal resilience versus institutional responsibility?



Topic 3



Staying Motivated in Academia

- (1) How can individuals cope constructively with competition, rejection, and failure?
- (2) What key skills help navigate the challenges of academic life?



Topic 4



Balancing Family/Care Responsibilities and Scientific Work

- (1) What common challenges do scientists face in balancing family or care responsibilities with their work at different career stages?
- (2) Which institutional structures (e.g. norms, short-term contracts), or expectations make work–family balance easier or more difficult?
- (3) What practices or strategies can help make scientific careers more compatible with family responsibilities?



Topic 5



Ethnic & Cultural Diversity in Teams

- (1) What personal experiences do you bring to working in culturally and ethnically diverse teams?
- (2) How do cultural and ethnic differences influence collaboration in diverse teams? (e.g., language, decision-making, understanding of hierarchy)
- (3) What strategies or best practices help ensure effective and respectful teamwork across cultural and ethnic differences?



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