

# ČAD

THE CZECH  
ASSOCIATION  
OF DOCTORAL  
RESEARCHERS

[www.doktorandivcr.cz](http://www.doktorandivcr.cz)

What is ČAD?

How ČAD works?

How can you  
participate?

Jakub Šindelář

# Who or what is ČAD?

- Česká asociace doktorandek a doktorandů, z. s. (2016-)
- Goal = representation and improvement of conditions for PhD researchers

## Reasons for creation

- Lack of representation for PhDs

(PhDs = students AND Early Career researchers-ERCs)

- Low pay (stagnation 2008-18)
- Terrible success rate

(<50%, <10% finish in standard time)



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# New ČAD Board members (November 2021)

# ČAD

ČESKÁ  
ASOCIACE  
DOKTORANDEK  
A DOKTORANDŮ



**Petr Maule, VŠE**



**Marie Příbylová, FF UK**



**Tereza Šimová, ČZU**

# Activities and achievements

## Political agenda setting on doctoral studies and conditions of PhDs

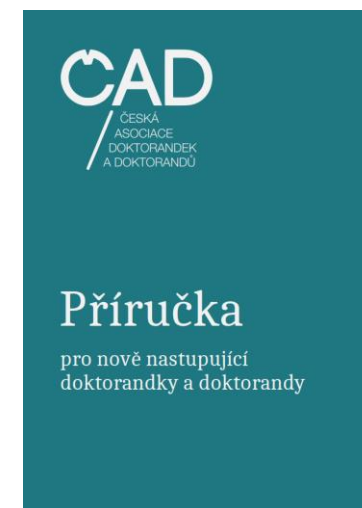
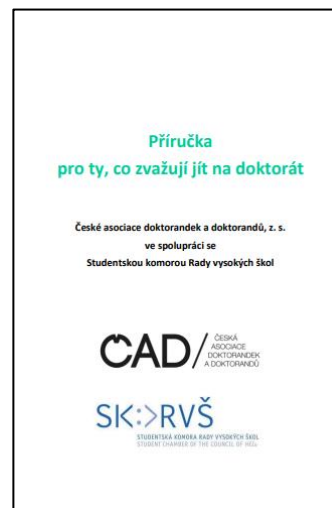
- Increase of scholarships + Health insurance over 26 years
- [2021+ Strategic Plan](#) of MŠMT for Universities

## Awereness raising acitivities

- Guides - [for prospective PhDs](#) (CZ; 2017, 2020)  
- for [1st year PhDs](#) (CZ 2021)
- Summer schools, seminars
- Newsletter, news – [Facebook](#)

## Consultations and individual help

- Study obligations
- Bullying by supervisors



# How can you participate

## Executive board

- Web, social media, newsletter
- Communication with partners and authorities  
(Ministry of Education, SK RVŠ, universities  
Eurodoc,)

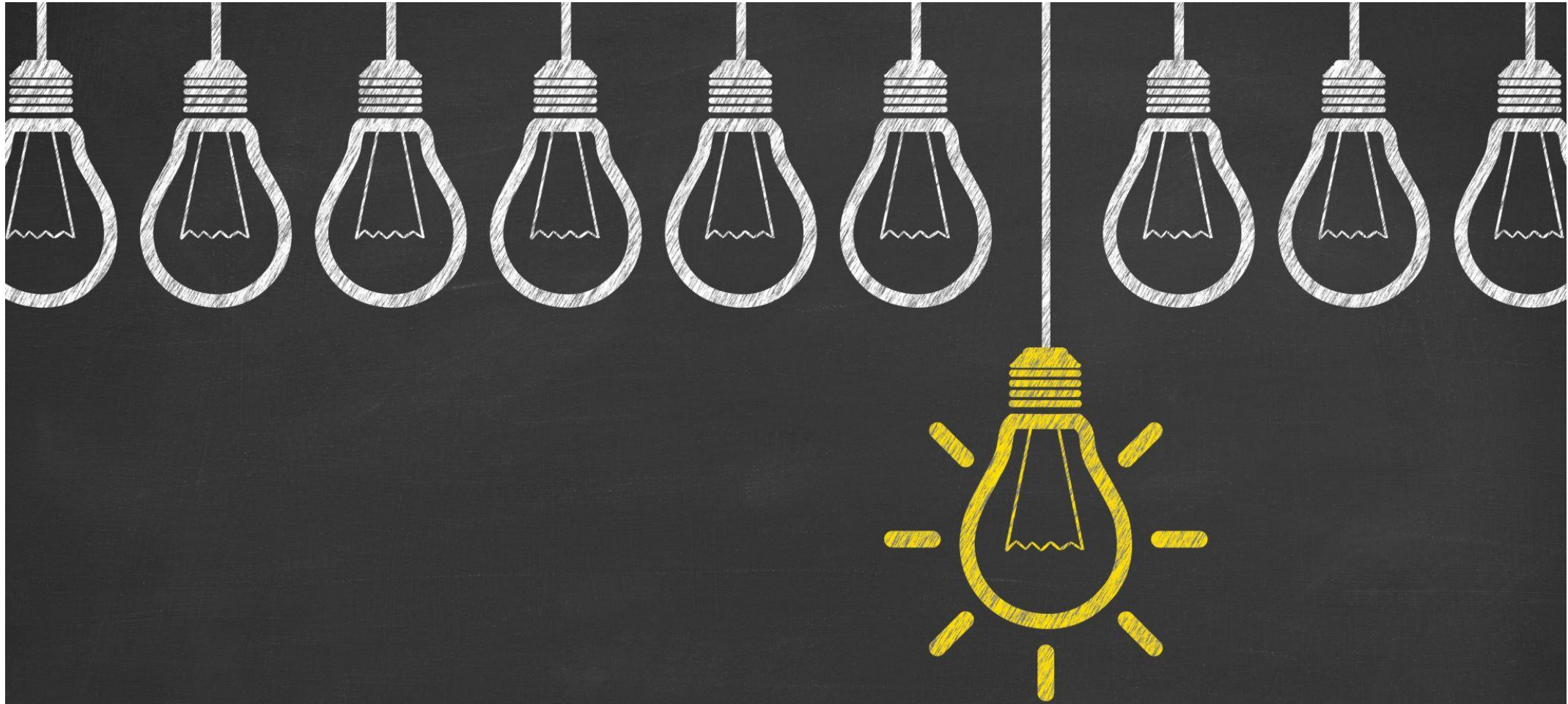
## Active member

- **Local initiatives, associations**  
(Faculty, institute, department level)
- Commenting ČAD projects (Guides for  
current PhD students, parents, supervisors)
- Suggesting new agenda for ČAD

## Passive member

Legitimisation of ČAD – Thank You!

# 3 tips



# 1) Care about your mental health (really)



- PhDs as a high-risk group for mental health issues
- Work-life balance
- Counselling services  
(Carolina Centre of Charles Univ.)
- Nevypust' duši  
(NGO, not PhD specific)

## 2) Try to connect with your peers and colleagues

- Department, institute, faculty  
(not just for work, it can help against isolation, MH and other issues as well)





- [Doctoral Study Hub](#) at CU Point
- Conferences, seminars, workshops
- Academic Senate – [Ethics Commission](#)
- Dean, Vice-Dean for doctoral studies

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You're just a PhD student and I am your Supervisor!



Help...

**3) Don't be afraid to ask for help**

**Thank you  
for your attention**

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[www.doktorandivcr.cz](http://www.doktorandivcr.cz) –register to become a member :)

[facebook.com/doktorandivcr](https://facebook.com/doktorandivcr)

[www.linkedin.com/company/phdcz](https://www.linkedin.com/company/phdcz)

# Used literature / sources

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