

EURAXESS TOPIII

Making European research careers more attractive by developing new services
and enhancing the current services of the EURAXESS network

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Guide on mobilising local resources to remove mobility obstacles

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Executive Summary

Think local! Create a new idea for improving services for international researchers and find out who could be your new collaboration partner on the local level.

In this **Guide on mobilising local resources to remove mobility obstacles** EURAXESS network members will find a list with suggestions for potential local cooperation partners and a selection of efficient local collaborations. It also contains recommendations for creating innovative support services within the respective local context. EURAXESS network members can use this guide to create their own new and innovative approaches in order to support the integration of international and visiting researchers in their new working and living environment.

This guide lists good practice examples for following topics:

Research-related activities

Cooperation with companies and business partners / entrepreneurship

Networking of administrative staff

Accommodation

Language learning

Social integration – Events and activities for researchers and their families

Guidance and buddy systems

Introduction

In March 2017 the OeAD (Austria) conducted an online survey on innovative local initiatives in cooperation with UCPH (Denmark), ULG (Belgium), TUBTAK (Turkey) and SAIA (Slovakia). An invitation to participate was sent via Extranet to all EURAXESS Service Centres, Contact Points and Bridgehead Organisations.

The objective of the survey was to collect cases of exemplary mobilization of local resources. Within one month 116 responses from 26 countries (Albania, Austria, Belgium, Croatia, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Italy, Latvia, Malta, Moldova, Netherlands, Norway, Poland, Portugal, Romania, Serbia, Spain, Sweden, Switzerland, The Netherlands, United Kingdom) were sent. In total 86 good practice examples were gathered.

This Guide on mobilising local resources to remove mobility obstacles contains a selection of effective local collaborations (e.g. in career-related networking, housing, language learning, welcoming, social integration) as well as recommendations for how to create innovative support services within the respective local context.

Examples of selected initiatives are portrayed in case studies including recommendations for the possible implementation in other contexts.

1. Background: Results of the survey about innovative local initiatives

According to the participants in the online survey, local (inter-institutional) networking between EURAXESS Contact Points/Services Centres and local partners – e.g. other universities, research organisations, companies, authorities, or municipalities – is quite important for the support of international researchers in Europe. 54 % of the participants considered local networking to be “essential”, 32 % chose “needed”.

Who are potential collaboration partners on the local level?

The following list shows the types of local partner organisations and networks that were identified:

Other universities and higher education institutions, interregional consortium composed of universities
Research organisations and technological centres
Career service centres at universities or research organisations
Local companies, small and medium enterprises (SMEs), business partners
City council, municipality
Local authorities (immigration office, police office, tax authorities, state office, embassies, consulates, vehicle registration authority)
Local departments of government bodies (Ministry of Internal Affairs, Ministry of Foreign and European Affairs, Ministry of Economic Affairs)
Public Employment Service
Local chamber of commerce
Confederation of employers
Expat centres
Private organisations (language schools, banks)
Further training institutions (e.g. school for continuing non-credit education of adults VHS - Volkshochschulen)
Alumni, PhD, PostDoc or scientific associations
Networks – on the national, European or international level – e. g. Dual career networks, Eures, Erasmus Student Network (ESN), Association Internationale des Étudiants en Sciences Économiques et Commerciales (AIESEC). Some examples of existing networks for internationals can be found in the Annex.
Non-profit organisations – societies and associations (e. g. cultural centres)
Museums, leisure facilities, sports unions, etc.
Local schools
Local society

What are the advantages of local network activities?

EURAXESS Contact Points/Service Centres at different universities and research organisations provide similar internal services for internationals (legal issues, welcome services, etc.). They also benefit a lot from local exchanges and networking with other organisations for various reasons:

- **Resources**
Networking can save resources (budget, working power).

- **Fast-forward the procedures for international researchers**
Networking can fast-forward the procedures for international researchers, e.g. for getting a visa. It supports the development of new services or joint solutions and it can be a very useful tool for problem solving. Small organisations have an added advantage: Locally organised activities have been shown to facilitate the integration into a new social community.
- **Awareness of local practices, problems and opportunities**
Encouragement of networking between two or several organisations and authorities on the local level is essential in order to become more aware of local practices, problems and opportunities and to harmonize national actions. It raises awareness and reaches political attention about issues which need to be changed in favour of international citizens.
- **Critical mass**
The number of internationals within a single organisation is limited. But on a local level (e.g. a city or region), a critical mass for effective social activities and buddy systems can be reached. Small organisations and their researchers may profit from such locally organised networks and events disproportionately.
- **New ideas**
Local networking may deliver new ideas – developing events together with others may also use resources more efficiently.

2. General recommendations

The implementation of new innovative ideas in order to improve services for international researchers highly depends on local circumstances. It is important to get familiar with local conditions and to get in contact with representatives of potential partner organisations. Some general recommendations:

- **Exchange of experiences**
The sharing of experiences – formal or informal – is important. It can be useful to establish a “sustainable” format in order to provide exchange on a regular basis.
- **Further development and professionalisation of services**
Usually services for international researchers are offered by various, distinctive units within the same organisation (Welcome Centre, Dual Career Service, Research Funding, HR or Legal Department – entry conditions, work permit, social insurance, recognition of diplomas, pension rights, etc.). A professional information exchange within the organisation is crucial. A topic-related exchange with other organisation on the local level can also substantially foster a further development and professionalisation of services offered.
- **Pool of experts**
Also very useful: A pool of experts, covering local authorities and local departments of governmental bodies in welcoming services-relevant fields – e.g. entry conditions, work permits, taxation, social security, law of tenancy, family issues, health care. These experts also can be the source for up-to-date information on specific topics.
- **Several services in one place**
Offering several services for internationals in one place (e.g. International House, Copenhagen, Denmark) can make the life of a researcher (and her/his family) much easier.
- **A joint “Welcome Service”**
In some cases a joint “Welcome Service” of two or several (especially small) universities/research organisations can work very efficiently.
- **Invitation of local researchers to “Welcome events”**
International newcomers at universities or research organisations could be invited together with their work colleagues or supervisors to join “Welcome events”. Networking between both international and local researchers would also be improved.

3. Collection of good practice examples

Good practice examples of the following topics are covered by this guide:

Research-related activities

Cooperation with companies and business partners / entrepreneurship

Networking of administrative staff

Accommodation

Language learning

Social integration – Events and activities for researchers and their families

Guidance and buddy systems

3.1 Research-related activities

Research- and career-related activities can be organised for several faculties within a geographic area as collaboration among different organisations. This increases the number of potential participants for research seminars and can also enhance the possibility of future collaborations. In some cases the city council, the public or stakeholders have also been involved. There are some good practice examples:

Research seminars for all faculties of the Barcelona area	Barcelona	Spain
<p>IBEI (Institut Barcelona Estudis Internacionals, an inter-university institute created in 2004 as a joint effort of all five public universities in the Barcelona metropolitan area) offers approximately 14-16 research seminars during an academic year. They are conducted by the IBEI faculty and by scholars invited from other universities (from Europe and USA). Seminars are addressed to the IBEI faculty staff and the Universitat Pompeu Fabra faculty and any other faculties from the Barcelona area.</p> <p>Website: www.ibei.org</p>		

Le Studium events	Orleans	France
<p>In the city center of Orléans presentations made by foreign researchers are sometimes open to the public. Shareholders of Orléans laboratories can also take part in this.</p>		

Marie Skłodowska-Curie Corner at the European Researchers' Night	Madrid	Spain
<p>Marie Skłodowska-Curie fellows participated in the Marie Skłodowska-Curie Corner at the Researchers' Night in Madrid. Fellows meet each other and the general public, so they can obtain social and communication skills.</p>		

Activities of EURAXESS Sc	Trieste	Italy
<p>The activities offered by EURAXESS Sc in Trieste are available for all researchers coming from research centres and universities located in the Friuli Venezia Giulia region (Trieste hosts the majority of them). They offer job opportunity events, trainings, workshops, etc.</p>		

3.2 Job-related cooperation with companies and business partners / entrepreneurship

Information on job searching and entrepreneurship can be spread very efficiently on the local level. Young researchers need to build networks and get connected to companies in order to find a future employer. A close collaboration between universities and local companies can facilitate a researcher's job search and increase her or his career opportunities. Career service centres at some universities also collaborate with companies.

Job searching activities can also be organised in collaboration with the local chamber of commerce (e.g. Industrie- und Handelskammer, IHK Reutlingen Nechar Alb), which might also be very relevant for researchers' spouses (dual career service).

Some good practice examples are following:

Internationalise With Us, Aarhus University	Aarhus	Denmark
<p>International PhD students at Aarhus University and employees (and their families) from one or more local companies are joined in a networking programme where a PhD student and a company's employee (and his/her family) are matched. The PhD student will meet with the employee/family at least three times. The participants will join site visits to the participating companies, get introduced to the companies and have an opportunity to network with the companies. The project is organised by the Studenterhus Aarhus.</p> <p>Companies will get exposed to possible future employees and international PhD students will get an opportunity to build networks within Danish companies (pointing at future career paths) and will get closer to Danes, understanding Danish culture and society. Also Danes will get closer to internationals.</p> <p>Website: www.studenterhusaarhus.dk/projects/internationalize-with-us</p>		

«Meet and Greet» – Research & Business, University of Liège	Liège	Belgium
<p>«Meet & Greet» is organised every two months by the R&D Department and the Plug-R creative hub. These after work meetings aim to gather representatives from the scientific and business communities in order to allow new collaborations, innovations, local or regional projects in a friendly atmosphere. On this occasion a researcher and a representative from a business firm make short presentations to launch the networking.</p> <p>«Meet & Greet» is the follow-up of the pilot project «Linkin' Wallonia», the objective of which has been to highlight the assets of the Walloon Region, of its research and innovation policy, technology transfer policy and spin-offs creation to young PostDoc researchers hosted at the University of Liège for two years as well as PhD students about to obtain their degree.</p> <p>This is an opportunity – especially for international – professionals from both sectors, research and business, to increase their network, their knowledge of the local community and their career opportunities.</p> <p>Website: https://www.ulg.ac.be/meet-greet</p>		

Forum Liège creative, Université de Liège	Liège	Belgium
<p>The Forum Liege creative offers an ongoing programme of meetings/conferences associating research, enterprises and the cultural sector. There are two meetings a week during lunch time. This initiative was set up in 2011 and is coordinated by the Interface Entreprises-Université. The Université de Liège offers – in this triple perspective which is very important for the development of the economic, cultural and industrial activity – meetings/conferences of a new kind open to all actors committed to an innovative process.</p> <p>The Forum Liege creative meetings aim at facilitating transdisciplinarity and complementarity of competences as sources of creativity. The small number of participants and the relaxed atmosphere facilitate communication and active involvement.</p> <p>Website: www.liegecreative.be</p>		
Working in Finland	Helsinki	Finland
<p>Information sessions about working in Finland have been organised by the City of Helsinki, the European Chemical Agency, the University of Helsinki and Aalto University. The event is aimed at international talents living in the Helsinki area who have been searching for new employment or who want to set up a company. The aim is to provide information on job searching and entrepreneurship. These events have been very popular and useful.</p>		

3.3 Networking of administrative staff, working groups, trainings and “A joint welcome centre”

Networking between staff members of universities/higher education institutions/research organisations, associations and different authorities such as foreigners’ authority, tax authority, school authority, vehicle registration authority, etc. can speed up proceedings and improve services for internationals. Benefits are the solving of problems as a group (instead of trying to do it all separately), exchanging good practice and sharing information. It is also very useful to get to know experts and to get access to up-to-date information.

In Leipzig, Germany, for instance, a network for administrative staff between Leipzig University, two Max Planck Institutes, other higher education institutions and the City of Leipzig was established.

The EURAXESS Service Centre Agency for Management of University and Research Grants ([AGAUR](#)) Barcelona, Spain has set up a Mobility Working Group for all Contact Points and researchers. Alternatively a Google Group could also foster a close collaboration between colleagues (Madrid, Spain).

Local meetings (formal or informal) of administrative staff who work with researchers are quite common. In Zurich, Switzerland, for instance, informal meetings with HR representatives are organised on a regular basis. In those meetings the process of hiring internationals and responsibilities can be discussed. Special and difficult cases can be looked at in detail.

The Goethe University in Frankfurt hosted the information session “Who will pay my pension?” – which was also open to other universities’ representatives in Frankfurt, Germany. Sometimes even joint trainings for administrative staff of scientific organisations are offered (Split, Croatia).

Local collaboration related to immigration procedures

Three times a year a group of representatives of the Dutch universities meets with the (account) manager of Dutch Immigrations (IND) in order to improve the cooperation and the immigrations procedures.

Regular meetings with different organisations, institutions and associations working with immigrants on the local level are organised in Kuopio, Finland.

The “Table of International Mobility” is an initiative supported by the Province of Trento aiming to improve the entry and stay procedures of non-EU researchers working in local research centres and the University of Trento. The agreement aims to strengthen the collaboration with the Immigration Office in order to facilitate the procedure and exchange of information.

Further good practice examples related to networking in training and administration and are following:

Dual Career Centre Workshops	Geneva	Switzerland
<p>Workshops animated by specialists of dual career professional integration with topics such as: Swiss professional culture, networking in Geneva, self-branding, interviews, etc. are offered. These events are used as networking activity between dual career centres and foster the mutual support within the network. The workshop also offers information on the specificities of the labour market in Geneva.</p> <p>Website: www.carriere2.ch</p>		

"A Joint Welcome Center for two organisations"	Geneva	Switzerland
<p>The Welcome Center of the University of Geneva is also responsible for welcoming the new staff of the Geneva University Hospitals and may extend its services to other entities in the future. The main benefits are mutualizing the knowledge and experience and to be cost efficient.</p>		

3.4 Accommodation

Finding an adequate accommodation in university cities has always been a big challenge for international researchers and their families. There are some good practice examples of offering accommodation to international students and researchers:

International House	Copenhagen	Denmark
<p>Established in June 2013, International House Copenhagen is a public-private partnership specialized in the reception and retention of international talent. The objective of the house is to provide international citizens with the best possible start to life in Copenhagen by giving them the comfort of a one-point entry. International researchers (and other international visitors) can have their paperwork sorted out, get help in finding a network and/or a job, talk to leisure guides, participate in events and much more. Moreover, the university offers international students to stay in the Guest House in International House.</p> <p>Website: http://ihcph.kk.dk/</p>		

OeAD Guesthouses	Graz, Innsbruck, Klagenfurt, Leoben, Salzburg, Vienna	Austria
<p>The OeAD Housing Office provides accommodation for students, scientists and researchers in many Austrian university cities – open to all guest researchers in the city.</p> <p>The advantage of the OeAD Guesthouses is that not each university has to provide own apartments or flats for its visiting researchers. At least for the initial period of a research stay in Vienna accommodation can be offered and researchers can take their time to search for a (bigger) flat at a reasonable price.</p> <p>Website: http://housing.oead.at/en/</p>		

3.5 Language learning

One of the biggest challenges coming up with a new working and living place is the language barrier. Learning a new language is as important for researchers as it is for their spouses and children. Language classes can be used as a regular meeting point for internationals. Good practice examples are following:

Norwegian language courses in Oslo	Oslo	Norway
<p>The University of Oslo offers many types of Norwegian courses. One set of courses is specifically tailored for international researchers and their spouses. These are fee-paid courses – the researcher gets the course paid by the university department and the spouse gets a reduced price. These courses are open for all researchers and skilled workers (with higher education) in the region, so they are popular among researchers from other institutions and private companies as well. In this way the courses work as a social hub. For many internationals this is the place where they build their first network. It is especially important for the spouses.</p> <p>Website: www.uio.no/english/for-employees/competence/overview-courses/languages/</p>		
Czech language courses offered by EURAXESS Czech Republic	Prague	Czech Republic
<p>EURAXESS Czech Republic offers Czech language courses every Wednesday at three levels (beginners, intermediate/pre-mediate, advanced). The courses are for researchers (from all institutes and universities) and their family members and they are free.</p> <p>Website: https://www.euraxess.cz/czech-republic/information-assistance/czech-culture-and-language</p>		
Café Lingua – a free and open international language exchange event	Helsinki	Finland
<p>Café Lingua is a weekly event aimed at language learners. People come together with the aim of learning another language and discuss topics of various themes in these languages. The atmosphere is relaxed and the threshold for attending is low. The organisers have secured funding for a Finnish tutor to ensure that there is always an opportunity to speak Finnish.</p> <p>Website: https://www.facebook.com/groups/147968218893/</p>		
Network Welcome Centre – involve university staff / lecturers in welcoming activities (e.g. in linguistics)	Leipzig	Germany
<p>German teaching staff of the Leipzig University and international guests are invited together to events. German teachers get to know people from abroad, internationals can improve their language skills and get help with everyday questions. They are invited to visit German families and can get an insight into German culture.</p> <p>Website: https://www.facebook.com/groups/147968218893/</p>		

<p>Languages and cultural exchange: International culture centre Kotopo</p>	<p>Lyon</p>	<p>France</p>
<p>Kotopo is an international culture centre and non-profit organisation in Lyon, France. The association's goals are: Promoting language diversity around the world, mostly through training, information and exchange (language courses, world's music, international ambiance, library, magazines and documentation, games, world food and cooking, cultural events: concerts, lectures, debates, workshops, language meetings, exhibitions, reading sessions, "Folk's tales" nights... and some events for kids...). Internationals from universities are welcome to visit the centre.</p> <p>Website: www.kotopo.net</p>		
<p>"Intercultural coffee hour" – a collaboration between the University of Tuebingen and the further education college (VHS, Volkshochschule)</p>	<p>Tuebingen</p>	<p>Germany</p>
<p>The Volkshochschule (VHS) is a school for continuing non-credit education of adults. Germans who are taking part in language courses at a VHS and international staff and their spouses of Tuebingen University organise private meetings on a regular basis. Internationals can provide support in their own mother tongues and benefit by getting in contact with locals.</p>		

3.6 Social integration – Events and activities for researchers (and their families)

Welcome events (Coffee Welcome; Welcome Days; Welcome Week; Meet and Greet for Newcomers, etc.) for international researchers are quite common as social integration activities at universities or research organisations all over Europe. Newly arrived international staff appreciates welcome events very much. Some municipalities offer general welcome packages for international newcomers beside welcome events.

Regular meetings (Get-togethers) – once a week, once a month, every few months – or appointments once in a while are beneficial and help international researchers and their families to get in touch with local colleagues or other internationals.

These meetings can be formal or informal – examples are: excursions (guided tours), cultural activities (visits to museums, a treasure hunt in the zoo, special entry to an art exhibition, etc.), outdoor activities (mountain hiking), sports, international (drop-in) breakfasts, cafés (and cakes), (scientific) lunches, (potluck) dinners or joint cooking events. Local researchers are interested in "exotic" food, which international newcomers can provide. Local researchers can cook local food in return. These activities can take place during late afternoons/evenings or on weekends.

Museums or local leisure facilities can be partners for social and sporting activities. EURAXESS Czech Republic always tries to get free tickets for events to support the participation of international researchers and their families. They advertise the event with a question to answer on their Facebook site. The winner of the latest competition received free tickets to Brno Observatory and Planetarium.

In several cities events with a cultural programme are offered for international researchers (Porto, Portugal; Dresden, Germany). Examples for occasion-related events are: Independence Day Reception (Tampere, Finland), Open Coffee (Thessaloniki and Athens, Greece), After Work Parties, Xmas Parties, etc.

Quite common in Germany or Austria is the so-called "Stammtisch", which means an informal get-together in a local pub, bar, restaurant – mainly organised on a regular basis. This can be a good possibility to connect international researchers to a city's community. Beside that it offers an informal environment to get answers to questions concerning one's stay in the new working location. These meetings can be used for networking, gaining intercultural experience or for an exchange of ideas.

In some places internationals themselves organise joint activities – dinners, after work drinks, travels. They use mailing lists or Facebook pages for getting connected.

In order to attract also local researchers to join events/meetings together with internationals it might be better to avoid the use of "international" in the event's name – instead of "International Café" use "PhD Café". So locals might also be addressed.

In some cities such Get-togethers are organised for any international professionals in a city or region, not only for researchers. Therefore researchers have the option to meet also people from other professional backgrounds.

Especially in the field of social integration universities and research organisations can benefit from synergies with partner organisations (city council, companies, expat centres). In several cities the city council or expat centres organise welcome events for all internationals on a regular basis. Examples are: guided tours organised by the Expat Centre in Brno, EURAXESS Czech Republic; Expat Xmas Party in Gothenburg, Sweden.

3.6.1 Good practice examples for welcome activities/events are following:

Espace Ulys	Lyon-Saint-Étienne	France
<p>Espace Ulys is first and foremost a convivial and ever attentive multilingual team dedicated to welcoming foreign scientists and their families to the Lyon-Saint-Étienne area. It provides day-to-day assistance for all measures and procedures relative to preparing your arrival and enjoying a pleasant, successful stay. It also organizes regular get-togethers to facilitate the integration and helps people to settle in to the new life in Lyon or Saint-Étienne.</p> <p>Every six weeks Espace Ulys organises a Welcome Event for newcomers. As soon as they register in the EURAXESS France database they receive an invitation, so they know that as soon as they arrive they will have the opportunity to meet people. Each time Espace Ulys invites a scientist to present an exposé about his/her research. It lasts 20 minutes and it is a good way to create interactions and highlight the international scientist community in Lyon. Sometimes Espace Ulys invites a rector of a university or a headmaster/headmistress of a high school to welcome the newcomers in the name of the Université de Lyon. It is an institutional touch which is really appreciated. Furthermore, Espace Ulys shares a cocktail dinner with a sommelier who offers a wine tasting and can talk about local wines.</p> <p>Website: www.espace-ulyes.fr</p>		

Experiencing Finland, University of Helsinki and Aalto University	Helsinki	Finland
<p>Experiencing Finland is organised twice a year, in cooperation with Aalto University. It is open to all new international staff and their families from both the University of Helsinki and Aalto University.</p> <p>The event is organised in the evening and the programme includes inspirational talks, useful information about the upcoming seasons and related events and activities as well as a networking session. The speakers have included interesting people such as the former U.S. ambassador to Finland, Mr. Bruce Oreck, researchers from both universities as well as other international persons living in the capitol area. The programme has also included information sessions on activities and hobbies, practical matters related to relocation such as accommodation and public services, and Finnish culture. The first part with either speakers or information sessions has lasted from 1 to 2 hours, and the networking has started after that.</p> <p>Finnish treats and specialties have been on offer during the evening, such as cinnamon rolls and sweets. The event has always received good feedback from the participants. Generally there are several dozens of participants, with the maximum being closer to a hundred.</p>		

Biannual reception of the Mayor of Cologne for International Scholars	Cologne	Germany
<p>In Cologne a guided city tour followed by a networking event in the town hall has been offered every second year. International researchers can meet the mayor and representatives from the city's offices and institutions.</p>		

Welcome to Zurich – offered by the City council of Zurich	Zurich	Switzerland
<p>The City council of Zurich offers a very practical and welcoming package for newly arrived persons in Zurich. Additionally, the City offers a welcome event.</p> <p>Website: https://www.stadt-zuerich.ch/portal/en/index/services/new_in_zuerich.html</p>		

A guide to the Swiss	Zurich	Switzerland
<p>A local private company named "Swissing" offers a course at the Swiss Federal Institute of Technology in Zurich (ETH): "A guide to the Swiss": first aid for newcomers to Zurich, getting along with the Swiss: an approach to people, place and language.</p> <p>Website: www.swissing.ch</p>		

3.6.2 Good practice examples of get-togethers and events on a regular basis are following:

Meet & Greet	Maastricht	The Netherlands
<p>The Meet & Greet is a monthly get-together for expats in Maastricht and its surroundings working for Maastricht University as well as for other companies in the region. It is a platform for people to meet in an informal setting in a local café on each last Thursday of a month. The event is sponsored regularly.</p> <p>Website: www.hollandexpatcenter.com/events/Monthly-Meet---Greet-in-Maastricht.html?id=3748</p>		

"Stammtisch"	Graz	Austria
<p>The "Stammtisch" are regular meetings in a bar or restaurant where locals and international people (researchers and non-researchers) meet in an informal context and have the opportunity to speak in a certain language (e.g. English, French). These meetings are organised by the Club International (CINT). CINT is a society and offers service for international key employees and their families in Graz and Styria.</p> <p>Website: www.cint.at</p>		

International "Stammtisch"	Braunschweig	Germany
<p>The "Stammtisch" is an informal get-together in a local pub for international PhD students, researchers and university staff in Braunschweig. Family members, friends and German colleagues are very welcome to join.</p> <p>Website: https://www.tu-braunschweig.de/international/more/index.html</p>		

"Stammtisch"	Cologne	Germany
<p>The monthly get-together is organised by the University of Cologne and open to other international scholars/researchers from affiliated local research institutions (e.g. Max Planck Institute).</p>		

<p>“Social hour – Guest services” Deutsches Elektronen-Synchrotron</p>	<p>Hamburg</p>	<p>Germany</p>
<p>The goal of the “Social hours” is to bring Germans and internationals from various institutions in Hamburg – University, Max Planck Society, The European Molecular Biology Laboratory (EMBL), Helmholtz-Zentrum Geesthacht (HZG) etc. - and the Deutsches Elektronen-Synchrotron (DESY) together. Social hours have been organised four times per year with a special subject. Topics have been China, India or Oktoberfest.</p> <p>Twice a year trips are organised: In summer a historical sight/castle and in winter a Christmas market have been visited. Both activities were partly sponsored by the "Verein der Freunde und Förderer DESY". Researchers’ families are also invited.</p> <p>Website: http://guest-services.desy.de/</p>		
<p>GO:Science – Social activities with the municipality, Chalmers University of Technology and the University of Gothenburg</p>	<p>Gotheburg</p>	<p>Sweden</p>
<p>Chalmers University of Technology and the University of Gothenburg arranged social activities for their researchers in collaboration with the municipality: Science Festival, city tours, visits to the opera, concert hall, city library, etc.</p> <p>Contact: welcomeservices@gu.se</p>		
<p>Tartu – Rich in Cultures</p>	<p>Tartu</p>	<p>Estonia</p>
<p>Tartu is an international town with more than a thousand nice and talented people having arrived from all over the world to study or work here. The Personnel Office of the University of Tartu and Tartu Nature House warmly invite international researchers to take part in the seminar series entitled "Tartu – Rich in Cultures". Culture evenings showcase worldview, traditions, art and nature of people living in a certain country or region. Seminars are held in Tartu Nature House (Lille 10) from October till May.</p> <p>The event is open and advertised to everybody, so even though visiting students or foreign researchers are introducing their own countries they get in contact with the local community. The specific Nature House is a rather new organisation with a very good public reputation.</p> <p>Website: https://sisu.ut.ee/culturerich/avaleht</p>		
<p>Independence Day Reception</p>	<p>Tampere</p>	<p>Finland</p>
<p>To celebrate Finland's Independence Day the Unipoli organisation organises common festivities for all internationals (both students and researchers) of the three higher education institutions in Tampere.</p> <p>Website: www.unipolitampere.fi</p>		

3.7 Guidance and Buddy systems

Buddy systems can create new ideas of how to get actively integrated into the local community. For a systematic integration of internationals a buddy/mentoring system could be established at the local level. International researchers could be matched with local staff members and students to facilitate relocation in a city. Locals could be motivated to join the accompanying social events. Financial or material incentives could motivate locals to set up programmes and activities. Buddies for internationals could be locals but also compatriots who have lived in the area for a certain time. Several good practice examples are following:

Leisure and culture guiding	Copenhagen	Denmark
<p>“Leisure and culture guides” are international citizens themselves who have been living in Denmark for several years. They will share their own experiences and give newly arrived internationals tips to get started with their social life in Copenhagen. Guides give an overall presentation and will get the chance to network with others who are in the same situation. They maybe even find someone who would like to join the internationals for the next concert, football training or cooking class.</p> <p>Website: http://ihcph.kk.dk/event/culture-leisure-guidance-12</p>		

Get in touch with compatriots	Brest	France
<p>When a researcher plans to come to Brest the Centre de Mobilité international de Brest proposes her/him to give their mail address to researchers from her/his country who are already living in Brest and have been supported by our office. So they can share information and experience in their mother tongue. Most of these international researchers are happy to help a compatriot and will reply immediately to the future incoming researcher.</p> <p>Website: https://mobilite-brest.ueb.eu</p>		

Patenprogramm of the University of Kassel	Kassel	Germany
<p>“Paten” are German families who would like to get in contact with internationals. The University of Kassel matches them and organises activities to get in contact with each other.</p> <p>Website: https://www.uni-kassel.de/einrichtungen/sprz/weitere-angebote/miteinander-patenprogramm/patenprogramm.html</p>		

UniBuddy	Helsinki	Finland
<p>UniBuddy is a project for (new) international staff and doctoral students: the newly arrived are – if willing – to have their own UniBuddy at the university who helps them to get into the social world of the university, the Helsinki Metropolitan area and Finland as well. Voluntary university staff members act as UniBuddies. The central administration of the University of Helsinki supports the programme with café and sports vouchers and joint events. Those events are sometimes held together with Aalto University.</p> <p>Website www.helsinki.fi/unibuddy</p>		

Conclusions

In Task 4.2 good practice examples of local (inter-institutional) activities between EURAXESS Service Centres/Contact Points and other universities, research organisations, companies, authorities, etc. were collected. The pool of experience in local collaboration within the EURAXESS network is enormous. This “Guide on mobilising local resources to remove mobility obstacles” facilitates the sharing of experience between the EURAXESS network members.

The collection of good practice examples, a list of potential cooperation partners and general as well as topic-related recommendations may foster a further development and professionalisation of services provided at EURAXESS Services Centres. Networking can save resources and encouraging new partner organisations to cooperate may furnish new and innovative ideas on how to make the integration of international researchers and their families in new surroundings easier.

Annex

Examples of existing networks for internationals as potential cooperation partners

International dual career network (IDCN)		
<p>Corporate members of the network organise events. Each event is about a specific topic on job search. Main benefits: Networking; meeting with multinationals, HR representatives and other dual career experts.</p> <p>Website: www.idcn.info</p>		
Stockholm's international spouse network: Stockholm Academic Forum	Stockholm	Sweden
<p>Stockholm Academic Network is a spouse network for international partners and spouses with a focus on job and career related activities.</p> <p>Website: www.stockholmacademicnetwork.se</p>		
Club International (CINT)	Graz/Styria	Austria
<p>CINT is a centre of excellence and offers service for international key employees and their families in Graz and Styria. On the one hand, CINT supports international personnel in everyday challenges and thereby disburdens its member companies. On the other hand, CINT strengthens the Styrian economy in terms of internationalisation.</p> <p>Website: www.cint.at</p>		
Working Woman Network Grenoble	Grenoble	Switzerland
<p>Working Women's Network Grenoble (WWNG) is a women's network for English-speaking professionals living and working in the Grenoble area. Network members can improve their professional skills through high-level workshops and seminars and build valuable professional relationships.</p> <p>Website: http://wwng.net</p>		