

FUN



BUDDY
COUPLES



The idea /



Internationalization is a core value of Maastricht University. The buddy programme is a fun and informal addition to existing onboarding and introduction programmes. If you have settled down as PhD candidate yourself, you can become a buddy to a newcomer. The programme is casual and has minimal guidelines: buddy couples are encouraged to meet on their own initiative and spend their time together freely. In short, the buddy programme is an excellent opportunity to meet new people, practice your languages, broaden your horizon, and experience new cultures!



Who can become a buddy?

All PhD candidates who are appointed at UM or MUMC+ and are based in Maastricht can sign up to become a buddy to newcomers.

What will I do as a buddy?

Meet regularly: You are expected to take initiative in reaching out the newcomer preferably before arrival and suggest a first meeting. A voucher for a free meal on campus will be provided. It is up to you to decide how often you meet and what you do in those times. For some, it can be as simple as having a coffee or taking a walk, others like to showcase Dutch culture and take their buddy on day trips, cook a Dutch meal or rent a bike. There are no rules!

How much time am I expected to invest?

As much as you like! You commit to being a buddy for a period of at least three months. It is recommended to meet your buddy at least every 2-3 weeks, but this may vary based on needs and availability. After the period of three months, you are welcome to sign up again and receive a new buddy.

Practical details

Buddies and newcomers are matched based on their background and workplace. Once we have matched you with a buddy, you will receive an email with your buddy's contact information. This way you can meet each other right away! Buddies will receive 0.5 EC points for their effort (up to 1.5 EC for 3 PhD candidates), which can be used to apply for a MHeNs certificate at the end of the PhD trajectory.