



Application Form

Job Shadowing Program Summer 2026 – Take the next step towards a career outside academic research and grow your network beyond academia.

Personal information

First name: _____ Last name: _____

Email: _____ Date of birth: _____

Faculty: _____

Institute/Department/Research group/Research centre: _____

Current employment at UZH: Senior teaching and research assistant Postdoctoral researcher

Field of study (MSc): _____ Field of study (PhD): _____

Current research field: _____ Month and year of PhD defense: _____

End date of current UZH contract: _____

Preferred career field for the job shadowing: _____

Preferred employer/job title for the job shadowing: _____

It is possible to submit a personal contact of yours for the Job Shadowing. If you would like to propose a host for your Job Shadowing experience, please fill out the last part of this form “contact information for a potential host”.

Motivation for the Job Shadowing, expectations and current career plan (max. 200 words):

Please describe shortly your motivation to apply for the Job Shadowing Program and how the Program would add to your current career planning.

Note, you can scroll the text fields if you use Adobe Acrobat Reader to fill in the form.

Current work/research and tasks (max. 120 words):

Shortly explain your work/research at UZH and which tasks come with it.

List your skills (max. 20 skills):

List skills that you have already acquired and are important in the career field you are targeting. If you need inspiration, we recommend visiting the [Vitae Researcher Development Framework](#).

Subjects for the Job Shadowing

Which subjects would you like to address with your host or are on your mind presently?

- Career aspirations and planning
- How to move beyond academia
- Networking and making meaningful connections
- Differences between academia and non-academic sectors
- Differences between academic research and the academic “Third Space”
- Thinking out of the box: rarely known jobs / career options
- Application processes in non-academic sectors
- Life balance and family planning
- Career progression: immediate next step(s) towards your career goal(s)
- Reflect on skill sets: transferable skills, hard skills and soft skills
- Reflect on subconscious biases that might affect you (gender, ethnicity, etc.)
- How to market yourself as a Postdoc on the non-academic job market
- Self-awareness: overqualification vs impostor syndrome
- Other: _____

Agreement

Upon acceptance into the program, I commit to participating in all program components stated on the [webpage](#) as well as to share my impressions for the final evaluation. I understand that the Job Shadowing program is not a recruitment and I have no expectations of the host hiring me.

Date and place: _____

Signature: _____

Please send this application form together with your CV to jobshadowing@grc.uzh.ch **by 30 June 2026**. Your information will be treated confidentially.

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Contact information of a potential host

This part of the form is voluntary. If you did not find a Job Shadowing opportunity that interests you within the advertised network of our Job Shadowing Program, you can propose a contact of yours.

Below you can submit the contact information for a potential host that would suit you. The Graduate Campus (GRC) will contact the potential host and get back to you as soon as we know if the Job Shadowing can take place with your preferred host/employer.

First name: _____ Last name: _____

Email: _____ Employer/Company: _____

Job title: _____

Department/Function/Role: _____

How do you know the host? _____