



Focus on
Postdocs

Job Shadowing Program

July - October 2026

What is it about?

The UZH Job Shadowing Program connects postdoctoral researchers with professionals outside academia and in the academic third space. As a host, you offer a Postdoc a first-hand look at your career and help shape the next generation of interdisciplinary talent.

Join us as a host and:

- Provide first-hand insights into non-academic careers or careers in the academic third space
- Help Postdocs reflect on their skills, career goals, and options
- Facilitate intersectoral networking
- Foster connections between academic research and other sectors
- Spend **1 - 3 days** with a Postdoc and gain fresh perspectives

**We welcome hosts
from any sector outside of
academic research!**

Industry, academic third space (core facilities, administration, etc.), non-profits, public institutions, hospitals, start-ups, consulting, and more!

Why become a host?

The switch from academic research to other sectors can be tough. Support someone to have an easier transition, while expanding your own network, discovering qualified talent and gaining fresh perspectives.

What are the requirements for hosts?

- You work outside of academic research
- You are able to host the Job Shadowing
- You are motivated to participate in all the steps
- Preferentially, you hold a PhD or work with highly qualified employees
- Preferentially, your workplace is in Switzerland



What does it mean to commit to the role of host?

- Show your workplace and day-to-day work to a Postdoc
- Share your professional journey
- Listen to the Postdocs goals and answer questions
- Share personal advice where you feel comfortable

You are NOT committing to:

- a mentorship role beyond the program
- find your matched Postdoc a job

Who are the Postdocs?

Postdocs come from all disciplines at UZH and bring strong analytical, project management, and communication skills. Postdocs selected for the program:

- Hold (or will soon hold) a PhD
- Have already reflected on their career and are motivated to take next steps
- Are not seeking job offers from hosts

Program Timeline

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Postdoc application process

Postdocs apply and are matched with a host by the GRC

1

Match information

You receive information about the Postdoc, who was identified as the best match for you (July)

2

Kick-Off meeting

(online, 30 – 45 min, recorded)
You receive an introduction to the program, guidance and you can ask questions (July)

3

First meeting

(online or in person, 30 – 60 min)
You and your matched Postdoc get to know each other and plan the Job Shadowing together (July)

4

Job Shadowing Schedule

You arrange the Job Shadowing schedule taking the interests of the Postdoc into account

5

Job Shadowing

(in person, 1 – 3 days, flexible)
The Postdoc joins you at your workplace (August - October)

6

Evaluation

(online ~15 min)
You fill in a brief form to help us improve the program (October)

We will find a good Postdoc match for you and offer guidance at any step of the program.

Are you interested or having questions?

Contact us:

Irina Glas (Program coordination)

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Program website



Host registration



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