

THE ECLIS GAZETTE

The PhD Newsletter



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Looking Back at the Spring Seminar in Quiberon

On May 18-19, 2026, the annual Spring Seminar took place at the French National Sailing and Water Sports Centre in Quiberon.

Over the course of these two inspiring days, doctoral candidates from the ECLIS and ELICCE Doctoral Schools had the opportunity to meet, exchange ideas about their research, share convivial moments, and enjoy a relaxing break in an exceptional setting.

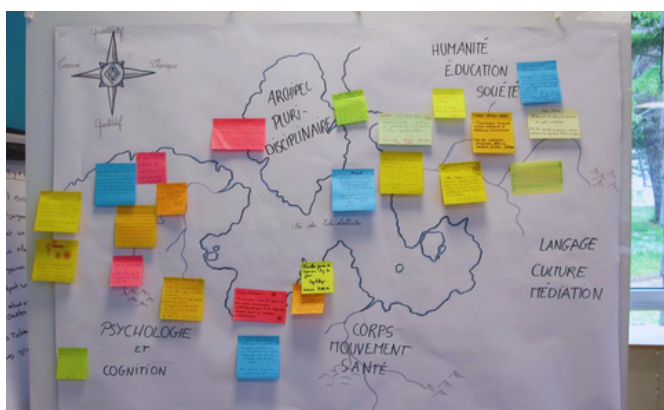
A Change of Scenery for Doctoral Candidates

This annual event, now a key milestone in the life of both doctoral schools, is designed to support doctoral candidates throughout their PhD journey. It provides a unique opportunity to present the progress of their research, discuss the challenges of doctoral life, and strengthen connections between researchers from a wide range of disciplines.

The 2026 edition featured a programme combining scientific presentations, interactive workshops, and informal networking opportunities, including:

- **Doctoral presentations:** around ten doctoral candidates presented their research projects, shared their latest findings, and discussed the progress of their work in a supportive and engaging peer environment.

- **Speed Thesis:** three-minute lightning presentations delivered in pairs, giving doctoral candidates the opportunity to introduce their research and discover the wide range of topics explored within the doctoral school.
- **Doctoral World Map:** a collaborative workshop in which participants placed their PhD topics on a thematic world map. This visual activity helped highlight connections across disciplines and identify common themes and research interests.



A Relaxing Break: Kayaking and Geocaching

The Spring Seminar also offered moments of relaxation and conviviality through a range of fun, group activities.

- **Kayaking:** doctoral candidates had the opportunity to paddle through the beautiful Bay of Quiberon, enjoying a group outing that combined coastal exploration, teamwork, and outdoor activity. Even the sunshine was on our side!



- **Geocaching:** A treasure hunt around Quiberon, where doctoral candidates explored the town in teams, solving puzzles and searching for hidden geocaches along the way.



- **PhD Café:** a new feature of this year's seminar, designed to bring science into unexpected places—such as a café or bar. Three doctoral candidates presented their research to a general audience before wrapping up the session with a quiz and prizes to be won!

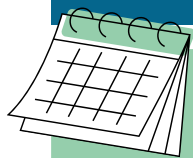


A Big Thank You!

A heartfelt thank you to the organising team for putting together such a successful seminar, and to all the participants for their enthusiasm, curiosity, and positive energy throughout the event. We look forward to seeing you again next year!

Would you like to help organize next year's Spring Seminar?
We need you!

Contactez Élodie Chassagne : ed-eclis@univ-nantes.fr



SAVE THE DATES !

BEFORE AUGUST:
SUBMIT YOUR CSI REPORTS ON
AMETHIS

SEPTEMBER 15:
START OF THE ACADEMIC YEAR

MT180 :
[FIND OUT MORE HERE!](#)

NOVEMBER 27, 2026 :
ECLIS DOCTORAL
STUDENTS' WELCOME
DAY



PhD Tips & Tricks

Summer doesn't put your PhD on hold—but it does offer a different pace. Between chapters to finish, articles to read on the terrace, and well-deserved breaks, here are a few tips to help you make progress without burning yourself out.

- **Tip #1 – Plan a Realistic Summer**
 - Set one to three priority goals at most (for example: finish your introduction, review a corpus, draft an article), and consciously let go of everything else for the summer.
 - Then break these goals down into one- to two-hour tasks that fit more easily into the rhythm of summer days, with holidays, family commitments, or hot weather.
- **Tip #2 – Find Your Summer Rhythm**
 - Instead of aiming for full working days, opt for short but regular work sessions (for example, two hours in the morning and one hour in the late afternoon), and treat the rest of the day as genuine free time.
 - Adapt your schedule to the weather by working early in the morning or later in the evening when temperatures are cooler—and remember that it's perfectly normal not to be as productive as during the academic year.
- **Tip #3 – Get Ready for the New Academic Year**
 - Take advantage of a quiet moment in August to do a quick "PhD check-up." Ask yourself: Where am I in my research? What remains to be done? What are my key deadlines for the coming year (thesis defense, publications, contracts, etc.)?
 - Then identify three concrete actions to tackle during the first two weeks of September (meet with your supervisor, organize your fieldwork schedule, register for a training course or next year's summer school, and so on).

With that, we wish you all a wonderful summer!



Call for Volunteers – Join the ED ECLIS Communication Team!



The Communication Team Is Growing

The ED ECLIS Communication Team is looking for new members!

As two members of the current team are reaching the final stages of their PhD, it's time to pass the baton.

We're looking for motivated doctoral candidates who would like to help showcase doctoral research and the life of the Doctoral School through our communication channels, mainly the ECLIS Gazette and LinkedIn.

This doctoral service can be validated as training hours on Amethis.

If you're creative, curious, and interested in sharing the many facets of doctoral life, we'd love to hear from you!



Interested?
Contact Élodie Chassagne:
ed-eclis@univ-nantes.fr

And remember... the ECLIS Gazette is your space to speak!

Would you like to share:

A **conference**, seminar, or summer school experience

A **tip or piece of advice** for fellow PhD students

A **tool or resource** that has helped you during your PhD

An extra-PhD passion

(a playlist, book, film, or series recommendation...)

A recent publication or an ongoing research project

Training hours
may also be
awarded for
your
contribution!



Send your ideas or contributions to:
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Have something to share?
**Whether it's your achievements, useful tips,
research experiences, or questions, we'd love to
hear from you!**

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