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THE ECLIS GAZETTE

The PhD Newsletter



GERMAINE TILLION RESEARCH CENTRE, UNIVERSITY OF ANGERS

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The ECLIS Doctoral School Wishes You a Great Start to the Academic Year!

Whether you're just starting your thesis or are already well into your work, we wish you a year full of projects, new connections, and discoveries.

As the new academic year begins, if the current situation on certain campuses is causing you difficulties (access to facilities or equipment, feelings of unease, etc.), don't isolate yourself: talk to your thesis advisor, your research unit, or the Doctoral School. Student health services are also here to support you.

This start of the academic year also marks an opportunity to make changes in the communication team. In this regard, we'd like to thank Poevai LEQUERRE and Inès BOUILLAUD for their dedication to the communication team over the past few years!

Enjoy the read and have a wonderful start to the academic year!

Life at the DS: missions carried out by PhD students!

Did you know that many of the Doctoral School's initiatives are run directly by PhD students? Communications, science outreach, the PhD alumni directory… There are plenty of ways to get involved in the Doctoral School's activities, to take part in practical projects and share your ideas, whilst gaining training hours and showcasing this experience on your resume!

Below you'll find an overview of the various roles and what they involve. Some of them are actually looking for new volunteers, so do have a look!

Communication: publicising the latest news from the DS

This role involves managing the School's LinkedIn account and preparing the quarterly newsletter in order to share news, look back at past events and highlight the experiences of PhD students.

International Relations: Supporting international PhD students

The aim of this initiative is to provide international PhD students with all the necessary information regarding administrative procedures and settling into university life in France.

Relations with the socio-economic sector: building bridges beyond the academic world

The aim of the mission is to strengthen relations between the School's PhD students and stakeholders in the socio-economic sector in order to foster existing or future collaborations and/or partnerships.

Science outreach: making research accessible to everyone

This mission involves organising the PhD Café, an opportunity to discuss research work in a friendly and informal setting such as a bar.

Training: helping to improve the range of training courses on offer

Every year, this working group conducts a survey to gauge the needs regarding the ED's training provision, with a view to developing it further so that it best meets the expectations of the doctoral community.

First day of term: welcoming new PhD students

This task involves helping to organise the DS' welcome day: preparing activities and welcoming new PhD students. It plays an important role in making their arrival as smooth as possible and helping them to familiarise themselves with how the DS operates.

Directory of PhD graduates: staying in touch after completing your thesis

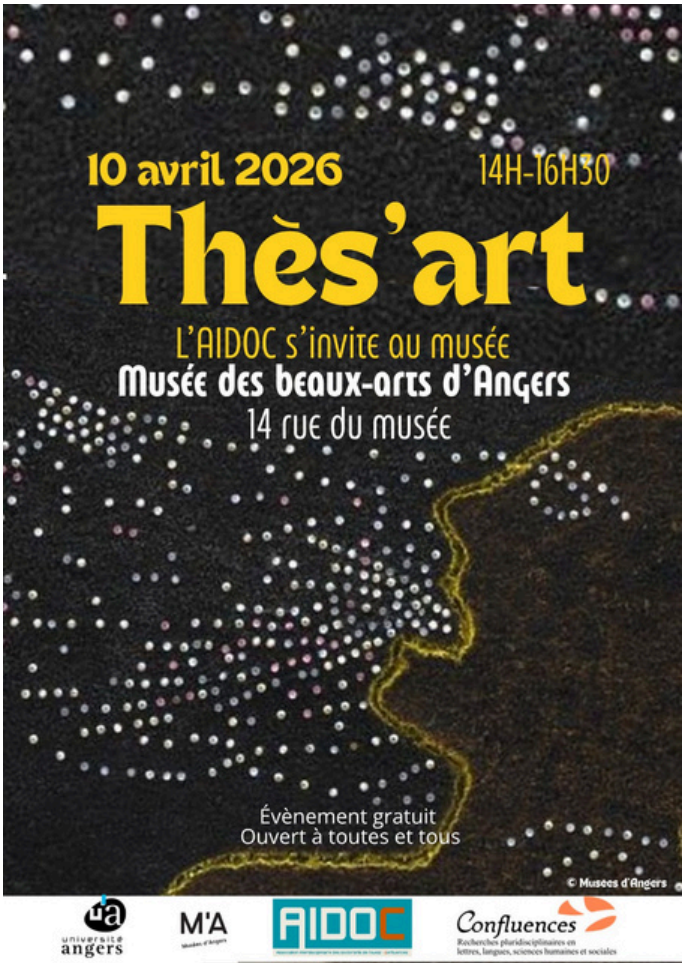
This mission supports the creation and updating of a PhD graduate directory to better understand post-PhD career paths, showcase career diversity, and keep PhD graduates and current PhD students connected.

Quiberon Seminar: helping to organise the major event of the Doctoral School

Every year, the Quiberon seminar is a highlight of life at the DS. Organised over two days in collaboration with the ELICCE DS in Brittany, it enables PhD students from different laboratories and universities to meet, discuss their research and enjoy a convivial time by the sea.

The organising committee is currently looking for new volunteers to help prepare for the 2027 event! This is a great opportunity to play an active role in the life of the DS whilst earning training hours.

If you would like to help organise the event or find out more, please do not hesitate to contact Elodie Chassagne at *ed-eclis@univ-nantes.fr*.



POSTER: "THÈS'ART: AIDOC VISITS THE MUSEUM", AIDOC, MARCH 2026.

Meet AIDOC: Bringing the PhD Community to Life in Angers

Building connections, encouraging interdisciplinary exchange and exploring new ways of engaging with research: these are the goals of AIDOC, the PhD students' association at the University of Angers. Through academic gatherings, cultural events and social activities, let's discover this association and how it helps bring the PhD community in Angers to life!

What Is AIDOC?

Founded in 2016–2017, **AIDOC (Interdisciplinary Association of PhD Students of Western France – Confluences)** brings together PhD students from laboratories affiliated with the Confluences Federative Research Structure (SFR): ESO, TEMOS, CIRPaLL, 3L.AM, GRANEM, CJB, CliPsy and LPPL.

Its mission? To break down disciplinary barriers and bring PhD students together, as they do not always have the opportunity to connect outside their respective laboratories. Through its activities, the association aims to bring together PhD communities across Angers' different campuses while promoting interdisciplinary collaboration, mutual support and a friendly atmosphere.

Supported by the Confluences Federative Research Structure (SFR), AIDOC organises scientific, cultural and social events that are open to a wider audience, beyond its own members.

In 2026–2027, the association will be run by four PhD students:

- **Mathilde Colin**, PhD student in Geography (ESO), Co-President;
- **Yoann Mallard**, PhD student in Economics (GRANEM), Co-President;
- **Ambre Chagnon**, PhD student in Management Sciences (GRANEM), Treasurer;
- **Lucie Urvoaz**, PhD student in Neuropsychology (LPPL), Secretary.

Looking Back on a Busy 2026: A Year Full of Encounters and Initiatives!

AIDOC organises events throughout the year that give PhD students opportunities to meet, share their research and explore new scientific perspectives.

AIDOC Research Cafés: Discussing Research and Sharing Ideas

Organised in collaboration with the Confluences Federative Research Structure (SFR), these events encourage dialogue between PhD students and research professionals. In March 2026, two sessions were held in particular: one focused on funding opportunities for research mobility and calls for project proposals, led by Gisèle Cuglievan Mindreau, a research project development officer; the other featured a discussion with Zainab Fasiki, a graphic novelist and feminist essayist.

Thès'art: When Research Meets Art!
A flagship event for the association, Thès'art: AIDOC Visits the Museum held its fourth edition on April 10, 2026, at the Museum of Fine Arts in Angers.

The concept? Inviting PhD students to present their research through **a work of art**, as part of a specially designed tour. Paintings dating from the 17th to the 20th century were thus brought into dialogue with research in sociology, law, archival studies, economics, history, geography and management sciences.

An original way to take research beyond university walls and make it accessible to a non-specialist audience!

The Annual Study Day: Bringing Different Disciplinary Perspectives Together
Another key event, the annual study day held on May 26, 2026, focused on the theme "Progress and Modernity in Times of Crisis."

This academic event featured contributions from PhD students at several French universities, bringing together perspectives from philosophy, art history, geography, psychology, sociology and other disciplines.

La Thès'tivale: Ending the Academic Year Together
To wrap up the academic year, the association organised La Thès'tivale, an event combining group work sessions, sociocultural outings and opportunities to unwind. It was a great opportunity to work differently, get to know fellow PhD students and spend time together outside the usual PhD routine!

Getting Involved with AIDOC: More Than Just Extracurricular Activities!

When we met with the members of the AIDOC committee last May, one point came up repeatedly: **the richness of the human connections fostered by getting involved in a student association.**

Beyond organising events, AIDOC provides a space where PhD students can share their experiences, discover other disciplines, build friendships and develop a supportive community.

Participation is entirely voluntary, but everyone can contribute in their own way, depending on their availability and interests. The association also offers a space for creativity and freedom, where members can develop new projects and explore different ways of bringing research to life.

Why Not Join the Adventure?

AIDOC is, above all, an association **run by and for** PhD students, and it continues to thrive thanks to the commitment of those who have taken turns serving on its committee for nearly ten years.

Following its general meeting in October 2026, the association is preparing a new year of activities, including a social gathering planned for the November doctoral welcome event, as well as the return of Thès'art, the traditional Study Day and La Thès'tivale later in the academic year!

Would you like to meet other PhD students, share your research or get involved in student association life? Follow AIDOC's social media channels to keep up with the latest news and take part in its upcoming events!

A big thank you to Mathilde, Yoann and Ina (the association's former president) for their time, enthusiasm and willingness to share their experiences!

Article written by Poevai Lequerre.

The PhD Student's Violence Meter: Recognising the Warning Signs

Doing a PhD is a scientific and personal journey that can sometimes involve challenging situations. But how can you tell the difference between the normal demands of research and inappropriate or abusive behaviour?

A Violence Meter to Help Identify Abuse

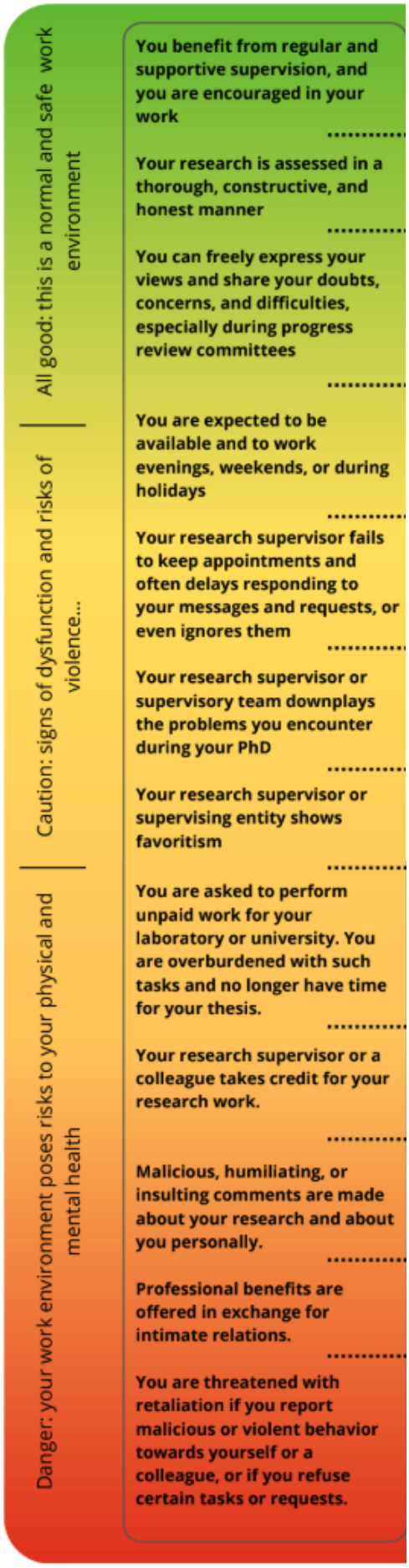
Adapted by the **ECUME collective (Supervision Is a Profession)**, the PhD Violence Meter is a self-assessment tool designed to help identify dysfunctions, harassment, discrimination, and the various forms of violence that may occur during a PhD, particularly in the relationship between PhD students and their supervisors.

Presented as a colour-coded scale, the **Violence Meter** distinguishes between three levels: "This Is Great", "This Is Not Okay – Be Vigilant", and "This Is Serious Abuse".

The aim? **To better recognise problematic situations, put into words the difficulties encountered, and emphasise that respectful working conditions are essential to successfully completing a PhD.**

Statistics Highlighting the Importance of the Issue

Violence and discrimination in doctoral research are not isolated incidents. The survey **"Pressure, Silence and Resistance"**, published in December 2024 by the **Observatory on Gender-Based and Sexual Violence in Higher Education**, sheds light on this reality based on 2,134 responses from PhD students.



PHD VIOLENCE METER – ECUME COLLECTIVE

Some **key statistics** help us better understand the scale of the issue:

- 51.7% of respondents consider a PhD to be a **period particularly conducive to gender-based and sexual violence.**
- 36.1% reported experiencing behaviour in their laboratory that could be classified as **moral harassment or psychological abuse**, after being presented with a list of specific examples.
- Nearly a quarter of respondents who visit their laboratory more than once a year reported having **experienced or witnessed at least one form of violence, harassment or discrimination** that could be punishable by law.
- Among those who had attended **conferences or academic events**, 5.3% reported having experienced sexual misconduct or sexual assault.

These findings highlight that the difficulties encountered during a PhD go beyond workload and the demands of research. **Hierarchical relationships, isolation, power imbalances and fear of retaliation** can also make PhD students more vulnerable and make abusive situations difficult to report.

Need Help? Who Can You Contact?

When faced with a situation involving discomfort, pressure, harassment or violence during a PhD, it is not always easy to know who to turn to. However, **there are several people and support services** available to listen, offer advice and support PhD students. You do not need to wait for a situation to get worse before asking for help, nor do you need to know exactly how to define what has happened in order to talk about it.

Within your doctoral environment

- **The Individual Monitoring Committee (CSI):** It monitors the progress of your PhD and can be contacted outside the annual meeting. It is a relevant point of contact if you experience difficulties relating to working conditions, supervision or integration into your research laboratory.
- **The Doctoral School Management:** They can be contacted to report difficulties affecting the progress of your PhD and to seek solutions. In cases of violence or harassment, they must also forward the report to the institution's designated support unit.
- **The Laboratory Management:** They can intervene to address certain difficulties within the research unit. If the situation involves the laboratory management, or if the PhD student does not feel comfortable approaching them, they can contact another person or a specialised support unit directly.

Institutional Support and Reporting Services

These services provide support for people who have experienced or witnessed violence, harassment or discrimination. They can offer a listening ear, direct people towards appropriate resources and explain the available options.

- **Nantes Université** – Support and Reporting Unit

ecoute-signalement@univ-nantes.fr

- **Université d'Angers** – VDH Unit (Violence, Discrimination and Harassment)

cellule.violences@univ-angers.fr

- **Le Mans Université** – V2S Unit

celluleV2S@univ-lemans.fr

A Resource to Explore and Share

The PhD Violence Meter is a resource worth exploring and sharing to help identify problematic situations and know who to turn to when support is needed. Feel free to consult the full version on the ECUME collective's website, download it and share it with others!

Understanding these situations better also means contributing collectively to a healthier and more supportive doctoral environment.



Share your experience !

Have you attended a conference, a summer school or a training course? Published an article?

Have a PhD tip to share or a challenge you've faced during your PhD?

A fieldwork photo or anecdote to share? Or simply feel like talking about your PhD research?

The ECLIS Gazette is your platform to share your voice!

Send to : emma.combret@etud.univ-angers.fr

Stay connected and don't miss any updates by following the ECLIS Doctoral School's LinkedIn page!



SAVE THE DATES !

October 31: Deadline for MT180 registrations

November 19: Research Day of the Nantes Université Health Departement

November 27: Doctoral School Welcome Day

December 3: Elections for PhD student representatives to the Doctoral School Council

PhD Tips & Tricks

The start of the academic year often marks a return to a busy schedule. It's the perfect time to rethink how you organise your time! Here are a few tips...

Tip No. 1 – Plan ahead for the year!

- Create a calendar outlining key deadlines and milestones: teaching, marking, article writing, conference presentations, etc.
- Anticipate busy periods, set realistic goals, and leave some room for unexpected events.

Tip No. 2 – Plan your goals over a two-week period!

- Try planning two weeks ahead rather than just one, to give yourself more flexibility and manage unexpected events more effectively.
- Include your PhD goals as well as your personal activities and commitments. Keeping track of what you achieve outside your PhD helps you recognise and value these moments. We are more than just PhD students.

Tip No. 3 – Make time for yourself!

- Set aside time for yourself: relaxation, hobbies, personal activities… These breaks are essential.
- Don't isolate yourself. Your fellow PhD students are a valuable source of support. Make time to connect and share experiences. A PhD is not a solitary journey!

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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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