

University of New Hampshire Postdoctoral Association (UNHPDA)

Contact: post.docs@unh.edu

Website: <https://sites.usnh.edu/postdocs/>

Slack: unhpostdocs.slack.com

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We are the postdoc group on campus. We have around 55 members that span 25 programs/departments across UNH. We offer support and guidance, resources, and host professional development and social events to the community of postdocs at UNH.



Onboarding

Welcome to UNH! As you start your first weeks on campus, there are several onboarding processes that you will need to complete in order to integrate into the UNH system. There is not currently a formal process for new postdoctoral hires outside of attending a mandatory [orientation with HR](#). The university is currently overhauling their administrative systems and hopefully we will have a more formal process in the near future. But in general, here is what you should expect in the first couple of days:

You will need to get an email, an AD account, desk/office space and keys to your office and/or lab. The process to get **these should be started by your faculty advisor and the administrative staff in your department**. If you are unsure where to go to get your ID, there will be an administrative staff member in your department office that will be able to direct you where you need to go – they will also likely have to start the process of obtaining an email and AD account with UNH.

When you start, you will have an **orientation meeting with HR**. During this meeting, HR will go over the [benefits package](#) (must enroll within 30 days of employment) offered to you as a member of the faculty/staff of UNH and you will fill out the necessary forms for employment. New Hire HR information is also found [here](#).

If you start in the fall, you may get an invite to the [new faculty orientation](#) in August.. Although we are not faculty in the traditional sense, we do have many of the same requirements expected of us, for example, we are mandatory reporters. For some important online resources for training and what support is available to us, check out the New Faculty Orientation [website](#) and [First Year Friday Meetings](#).

To get a **UNH Photo ID card** (you will have to have an AD account before you can obtain a card), the process has moved online. Send an email to id.office@unh.edu and include the following information:

- Full Name
- UNH Employee ID# - if you need help to determine your UNH ID visit: <https://www.unh.edu/it/loginhelp>
- UNH email address
- Indicate whether this is your first UNH ID (or a replacement).

The UNH ID Office will send you a form to upload your information, picture and confirmation of identification.

If you have a **car** and need a [parking permit](#), you can request this online. Faculty/staff permits are \$75/year and you need an AD account/employee ID number to request a permit.

At UNH, **postdocs are housed under the Graduate School**, even though we are staff. We are encouraged to attend events and programs hosted by the Graduate School. If you are not receiving the weekly Graduate School Newsletter (aimed at both grad students and postdocs), then you should email Dovev Levine (dovev.levine@unh.edu) to get added to that email list. The newsletter features upcoming professional development opportunities, DEI events, and community events.

Important Resources for Postdocs

- PDA Slack: unhpostdocs.slack.com
Join our slack to connect with other postdocs, get announcements, ask questions, etc.
- National Postdoc Association (NPA): <https://www.nationalpostdoc.org/>
Free membership through UNH. Make an account with your UNH email address. NPA provides free professional development webinars, opportunities to connect with other postdocs, and a career center
- National Center for Faculty Development & Diversity (NCFDD):
<https://www.unh.edu/professional-success/engagement-faculty-development/national-center-faculty-development-diversity>
Free membership through UNH, activate your membership at this link. This is a great professional development resource. There is content specific to postdocs, not just faculty. I highly recommend watching their introductory webinars on time management.
- [Beyond the Professoriate](#):
Free access via your UNH credentials. Lots of resources, webinars, worksheets for pursuing both academic and non-academic jobs for people with PhDs. All these resources are produced by PhDs who've been in our shoes with job searching.
Job Search the Smart Way [Podcast](#)
- Responsible Conduct in Research (RCR): Depending on your funding source, you may be required to attend [RCR training](#). The training is helpful, even if not required.
- LinkedIn Learning: We have free access to this resource as well. Again, you'll need to login with your UNH email: <https://www.unh.edu/hr/linkedin-learning>
- UNH Office of Research, Economic Engagement and Outreach (REEO): Postdocs are automatically signed up for the REEO newsletter with information about upcoming funding opportunities and deadlines, workshops, and meetings. If you've been at UNH for a few months and are not getting the newsletter, you can reach out to REEO.

The University has put together a [resources page](#) for incoming employees that lists many of the resources linked above and others that may be of interest to you. We also have a [resources page](#) specific to UNH postdocs. If you are unsure of anything along the way, do not hesitate to contact members of the [UNH PDA](#). We are happy to help in any way we can!

International Postdocs

[UNH's Office of International Students and Scholars](#) (OISS) has helpful links for international postdocs: [Perspective Visiting Scholars](#)—information on visas

[Employment Resources](#) – information on immigration, paperwork, taxes, etc.
[Pre-arrival newsletter](#) – information for students and scholars
[Career Resources](#) – (Scroll down to “Career Resources for International Students”.) This resource is aimed at students, but may also have some helpful information

You can also contact oiiss@unh.edu with any questions.

One of the first things to do is get started on the process of getting a social security number. Reach out to OISS if you haven’t started this yet.

Health Insurance: The American healthcare system is complicated. You are required to have health insurance (tax penalty if you do not), but it is not provided for you. Health insurance is available through UNH. UNH offers a few [plans](#). Once you select a plan, some of the cost of your health insurance will be deducted from your paycheck (before taxes). Available plans will cost you from \$20-\$250 per biweekly pay period depending on the [coverage](#).

Life in the Seacoast

The University of New Hampshire is located in Durham and is part of the greater [New Hampshire Seacoast](#). This region includes several towns with activities and events for everyone. Check out the [page](#) from the University on local resources for your move and things to do in the area.

Below are some recommendations for what to do in the area from the postdoc community:

Local Events

There are many annual festivals and events that take place in the region. Here is a small snapshot:

Festivals

The [Apple Harvest Day](#) is an annual event held in Dover NH was started in 1985 and draws ~60,000 people to the area. Events include a 5K road race, apple pie baking contest, local food vendors and live music.

The [New Hampshire Film Festival](#) is a four-day festival in October that brings hundreds of movies to theaters around Portsmouth.

The [New Hampshire Restaurant Week](#) is the ultimate foodie event for residents and visitors to New Hampshire! Take part in this delicious celebration of cuisine by dining at one of the many enticing eateries. Participating restaurants statewide offer 3-course prix fixe menus for lunch and/or dinner. Other festivals include the [NH Brewfest](#), the [Hampton Beach Seafood Festival](#), the [Exeter UFO Festival](#), [Market Square Day](#), and the [Prescott Park Arts Festival](#).

Events on Campus and Beyond

[UNH’s Ocean Discovery Day](#) is an all-day event open to the public to dive into marine science.

The [Paul Creative Arts Center](#) hosts exhibitions throughout the year.

There are Health & Wellness events, seminar series put on by many departments and programs, mentorship series, and other professional development events and workshops put on throughout the year.

Getting Active

We have a health reimbursement benefit of up to \$300/year:

<https://www.usnh.edu/sites/default/files/hr/resources/benefits/pdf/fitness-reimbursement-form-2022.pdf>

We also eligible for a discounted membership here:

<https://www.theworkshealthclub.com/>

Look under cooperate membership you will find UNH there. The Works has a pretty good deal (discount) for UNH staff and faculty.

Hiking

The White Mountain National Forest is a few hours car ride away and the foothills (Belknap region) is approximately 45 minutes away. These ranges provide ample miles of hiking trails for all ages and abilities. For tons of great local hikes, walks, and biking routes check out:

[alltrails.com](https://www.alltrails.com)

[Hike-nh.com](https://hike-nh.com)

Plus a few suggested trails/spaces for those new to the area:

[Mount Major](#) in the Belknap range is approximately 45 minutes from Durham and provides fantastic views of Lake Winnepesaukee. Some trails allow for some moderate bouldering.

A couple hours north of Durham is Franconia Notch State Park which is home to dozens of the states best hiking trails for all levels. The [Lonesome Lake Trail](#) and the [Flume Gorge Trail](#) have beautiful views and are great for families and beginner level hikers.

Ocean and Lakes

Durham is a short drive from beaches along the coast of New Hampshire and Maine. There are [5 state beaches](#) along the short coast in New Hampshire that are great for swimming, picnicking, sunbathing and playing in rock pools. [Long Sands Beach](#) in York Maine is a mile long public tidal beach that is ~ 30-minute drive from campus. There is often enough swell to provide enough waves to make this beach popular for local surfing.

Big recreational lakes, among many, are [Winnepesaukee](#) and [Squam lakes](#), where families can enjoy water fun, hiking trails and boat tours among other activities.

UNH Campus Recreation has [Mendums Pond](#) (7 miles from Durham) which is great for swimming, boating and picnicking. Kayaks, paddleboards and canoes are available to rent.

Resources for Families

UNH has the [Child Study and Development Center](#) (CSDC) for early care and education for children aged 6 weeks to 5 years for faculty, staff, and students. The CSDC is a highly sought after childcare resource for the UNH community and although there is a waitlist, there is a lottery system each year that determines the order of the waitlist to increase the opportunity for new members of the community to take advantage of this resource.

Childcare in the region is difficult to obtain and many places have a waitlist, particularly for infants and toddler age groups. However, there are a number of great childcare facilities in the greater Durham area.

Here are a few examples:

[Little Tree Education Center](#) in Dover and Madbury

[Crossroads Children's Center](#) in Dover

[Live & Learn Early Learning Center](#) in Lee