

The University of North Carolina at Chapel Hill (UNC) is consistently ranked as one of the best places for Postdocs to work in the United States. The Office of Postdoctoral Affairs (OPA) at UNC works to enhance, support, and promote postdoctoral training at UNC and provides numerous opportunities and benefits for Postdoctoral Scholars during their careers at UNC. Postdoctoral Scholars at UNC are classified as full-time, temporary EPA Non-Faculty employees. Individuals may hold a postdoctoral position at UNC for up to five years. During their tenure at the University, they are eligible for a number of benefits and services to include:

- 12 days of sick and 12 days of vacation leave annually
- Health Insurance through Blue Cross Blue Shield
- Access to one-on-one and group career counseling services and resources
- Up to six weeks of paid parental leave
- The option to participate in a voluntary 403b retirement plan
- Access to and support in applying for fellowships and other funding resources
- Numerous professional development trainings and networking events such as Responsible Conduct of Research training, Women in Science Summit, grant writing workshops, informational brown bag lunch sessions, etc.
- Opportunities to participate in social events with other University postdoctoral scholars, such as happy hours, coffee hours, family picnics
- Opportunities to participate in social networking groups such as the UNC Postdoctoral Association (PDA) and the Minority Postdoc Alliance (MPA)
- Opportunities to compete for competitive postdoctoral research awards