

# UNIVERSITY OF TWENTE.

Sustainability Newsletter - Special Edition 04/2021



**Dear Sustainability Community,**

In this Special Edition of the Sustainability Newsletter, we want to focus on the balance between well-being and performance at the workplace or during one's studies and to emphasize how important continuous reflection and learning processes are in order to grow as an individual, team, and as an organization.

**"Reflection is one of the most underused yet powerful tools for success."** -  
Richard Carlson

We spend a significant portion of our lives at work, making it important to recognize its impact on our (mental) health and well-being. Individuals are under **increasing performance pressure** accompanied by **high expectations**. In addition to that, there is the strain of dealing with **life in a pandemic**. In this time of undue and unusual pressure we often unreasonably expect the same levels of productivity of ourselves. It is important to recognize that we need to **connect work to sustainable ways of working**; we should be kinder with ourselves, our colleagues, and our surroundings if we are to stand a chance of taking care of each other and the wider environment.

***"We need to connect work to sustainable ways of working."*** - Manoux Klaassen

Being happy and healthy is not only good for you, but it has spill-over effects on other domains. You can read about how in [this Deakin University article](#), for instance. An organization is composed of those that work in it, making people a, *if not the* most important asset.

Therefore, It is great to see that the importance of well-being is recognized in the wider UT- e.g. its [well-being theme weeks](#) and in the [Student Union's portfolio's inclusion of well-being](#).

**"It's on the strength of observation and reflection that one finds a way. So we must dig and delve unceasingly."** - Claude Monet

Hence, we as Green Hub Twente have taken 2 weeks off from business as usual and focused on internal processes and our personal and collective development, recharging energy for the next steps. During that time, our Specialised Support Officer for Intrapreneurship & Psycho-Social Wellbeing, Manoux Klaassen, accompanied our reflection process. She gave us insightful input into her work at the Green Hub:



*"My position at Green Hub is mostly internally focussed. The aim is to strike a **balance** between empowering our team's growth to reach our potential whilst being mindful of wellbeing. For my role the word "support" really is central. My priorities are on the human/emotional side of Green Hub and its development. My support activities have a wide span from individual talks, facilitating, organizing workshops over to establishing an environment that allows for well-being to further develop in the future. In our Green Hub Growth weeks, we focussed on slowing down. We wanted to appreciate what we have accomplished, look ahead and continuously keep developing ourselves and our organization. Slowing down gives everyone the opportunity to value and re-focus which helps us in achieving our goals whilst being mindful of our well-being."*

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Do you have someone in mind who would also be interested in reading the latest sustainability news?



## NEWS

**Sustainability Series: Powering the Solar Future**



It is always a great time to talk about what is referred to as 'the **energy transition**' - hence, we have **an interactive session for you to discuss, share your thoughts, or just listen in: May 6th. [Register now!](#)**

The process of moving away from traditional and non-renewable sources of energy to more sustainable forms is an urgent matter. The world is now at an exciting tipping point – what is needed are fresh ideas, new technologies, and cheaper ways to harness what the universe has always given us in plenty. Join us!

[News: Sustainability Series Registration](#)



## Connect for Green Impact! (Dutch only)

Do you want to get out of the corona crisis **green**? Do you want to connect online with others who also understand that the **corona crisis** offers new opportunities in addition to many disadvantages? A green reset together is the goal of Groene Peper 2021. Creating a more sustainable world will continue, even now, especially now. Are you coming to reset on 25, 26, 27, and 28 May? Then [sign up](#) in advance!

[News: Link to Groene Peper Program](#)



## Minor in Circular Economy Transition starting November 2021

The **minor** module **Circular Economy Transition** awaits you with a 15 EC package with content divided into four areas in a cross-disciplinary education environment to tackle the unsustainable development which continues to endanger and threaten our future, while resource, water, and energy scarcity give a red alarm for the linear economy.

[News: Brochure Minor in Circular Economy Transition](#)



## Student Green Team Twente wins 3 awards!

The student team, [Green Team Twente](#) (not to be confused with [Green Hub Twente](#)) competes in the Shell Eco-Marathon. This is a unique competition that challenges students around the world to design, build and drive the **most energy-efficient car**. With three annual events in Asia, America and Europe, student teams compete on efficiency: who can drive the furthest on the least amount of fuel?

## DRUM ROLLS FOR..."CENTRE FOR ENERGY INNOVATION"

This section presents different sustainability stakeholders at the UT, this time Leontien Kalverda from the [Centre for Energy Innovation](#).



### **Please, introduce your group!**

"In 2019 we initiated the [Centre for Energy Innovation](#) (CEI) at the University of Twente. The ambition of CEI is to focus our researcher's relevant knowledge and innovation power in the energy domain and connect it to partners in the outside world. With the 600+ researchers at the UT active in this field, we support and focus the energy transition through research, education and innovation.

Today, with the help of many of you, we have made significant progress shaping the roadmap to realise this ambition. We have defined four research programmes: [Advanced Battery Technology](#), [Digitalization of the Energy System](#), [Low-Energy Datacenters](#) and [Negative Emission Technologies](#). We work together with external partners to work on these themes and reach out to new allies sharing our ambitions. When it comes to education, we're working on a close collaboration with Saxion University of Applied Sciences and ROC van Twente.

The Centre for Energy Innovation is your entrance to a network of all players in the energy transition: industry, knowledge institutes and governments. [Contact us](#) with questions, ideas and remarks - and let's work together to realize a clean, sustainable and economically healthy Netherlands and Europe."

### **And who gets nominated for the next edition?**

"[Energy Transition Perspectives Minor](#) coordinator Juriaan Schmitz"



Thanks for caring about the environment by staying tuned about sustainability at our University!

Yours, [Green Hub Twente](#)



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