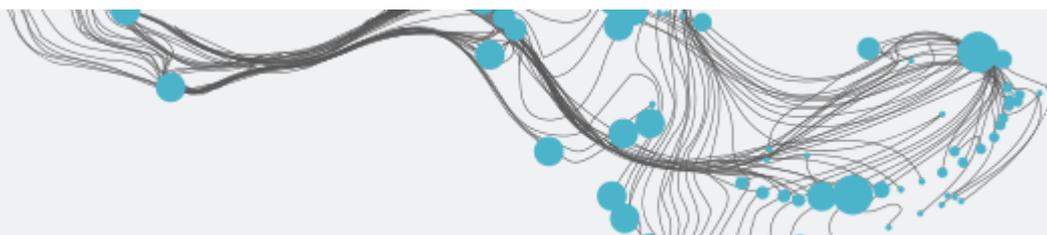


# UNIVERSITY OF TWENTE.

**Dear Colleagues,**

**As you are all doubtlessly aware, Ukraine has been under attack for nearly a week now. In these troubling times, the people of Ukraine can use all the support they can get. Please read on to see what you can do to help.**



## HUMANITARIAN SUPPORT FOR UKRAINE

# Stand with Ukraine



Collection point:  
Getfertsingel 45,  
7513 GA

## Donate in kind to support Ukrainian refugees

### Food:

- Instant meals
- Dried fruits
- Energy Bars
- Canned food
- Pasta

### Field Conditions:

- Carry mat/  
training mat
- Sleeping bag
- Mattresses
- Warm blankets

### Hygiene:

- Soap
- Razors
- Face masks
- Dippers
- Sanitary pads
- Toothbrushes

### Clothes:

- Underwear
- Socks
- Rain Jackets

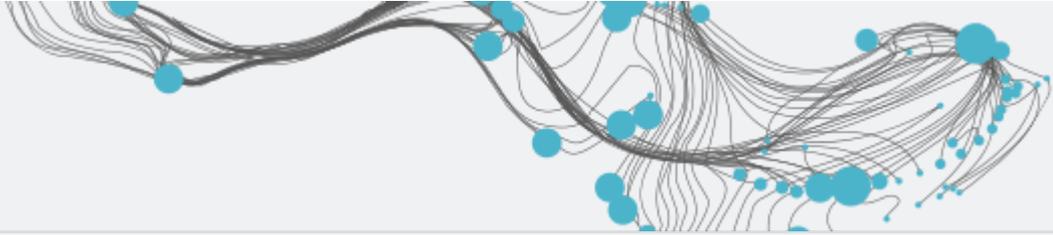
For 7 days now the Ukrainian army and numerous civilians are fighting against Russian aggression. More than 360 thousand Ukrainians were urged to leave their houses and flee. More than 10 provinces in Ukraine are being attacked, among which the residential districts of Kharkiv, Kyiv, and Odesa. Dozens of cities' infrastructures have been destroyed or damaged, leaving people with no access to basic life support, such as water, bread, and electricity.

**Together** with several **humanitarian organizations of Twente**, we are collecting humanitarian help to Ukraine for those whose lives have been shattered by the war.

A **collection point** at Getfertsingel 45, 7513 GA Enschede is **open from 10AM until 9PM every day**.

Later this week there will be a collection point at the UT set up. A list of the needed products can be found through the links below.

The additional information can be found at (<https://twentevooroukraine.nl/en>), Facebook event (<https://fb.me/e/1w4kgQfYV>), and the Instagram page (<https://www.instagram.com/twentevooroukraine/>).



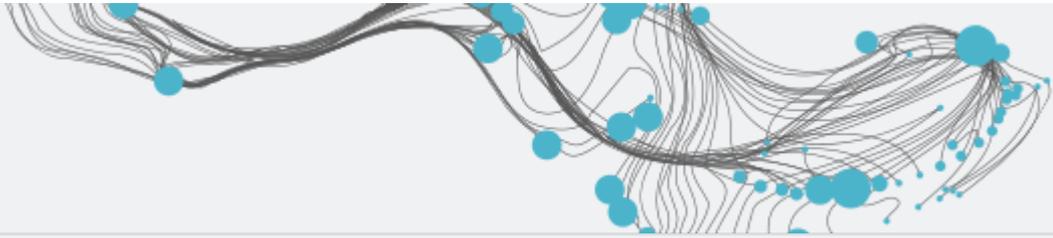
## OPEN LETTER TO SUPPORT UKRAINIAN STUDENTS AND RESEARCHERS



There's currently an **open letter** circulating, started by **researchers in Amsterdam and Tilburg**, asking the Dutch government and the Association of Universities in the Netherlands (VSNU) to make **funds available for Ukrainian researchers and**

**students** to come to the Netherlands and continue their research/studies at Dutch universities for the time being.

Feel free to check it out (unfortunately only available in Dutch right now), sign on and share with colleagues: [https://docs.google.com/document/d/1ucssE9NbSbO929-E1gmzAUwso\\_I4inRyzZMxN19RL2c/edit](https://docs.google.com/document/d/1ucssE9NbSbO929-E1gmzAUwso_I4inRyzZMxN19RL2c/edit)



## JOIN P-NUTS WHATSAPP GROUP



The P-NUT WhatsApp group provides a place for us to talk to each other, look out for each other and contact fellow doctoral candidates for support. You can suggest your ideas (e.g., events to be organized) and get in touch with your peers. After registration, we will provide you a link to join our WhatsApp group.

### BENEFITS OF JOINING THE GROUP

- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a recreation park);
- Share (important) updates from official P-NUT sources (e.g., about events, surveys, etc.).

### SOME DRAWBACKS OF JOINING THE GROUP

- We want to caution against the sharing of misinformation or speculation in the group, but we hope it can serve as a useful resource for building an effective support network;
- We suggest to mute notifications from this group, as it can be SPAM-intensive.

[Click here to register.](#)



### **About P-NUT**

P-NUT passes the borders of faculties, departments and even universities by bringing PhDs and PDEngs with different backgrounds together to share their experiences and help each other to grow and become more efficient in their work. Our main objectives are to bring people who share similar interests together in both a professional and informal way, to inform them on the important aspects that might affect or benefit their careers, and share and defend the rights of the PhDs and PDEngs at the UT. These objectives define the three main goals of PNUT: **connect**, **inform** and **represent** the PhD candidates of the University of Twente.

*Interested in representing and supporting your fellow PhD and PDEng candidates? Join the P-NUT board! As part of the board you become the voice of a community but also find constant opportunities to develop personally and professionally. Simply write us an e-mail.*

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