

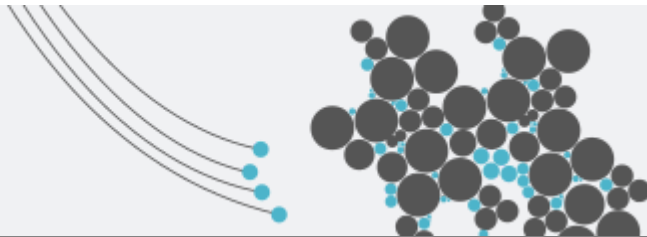
UNIVERSITY OF TWENTE.

Dear Colleague,

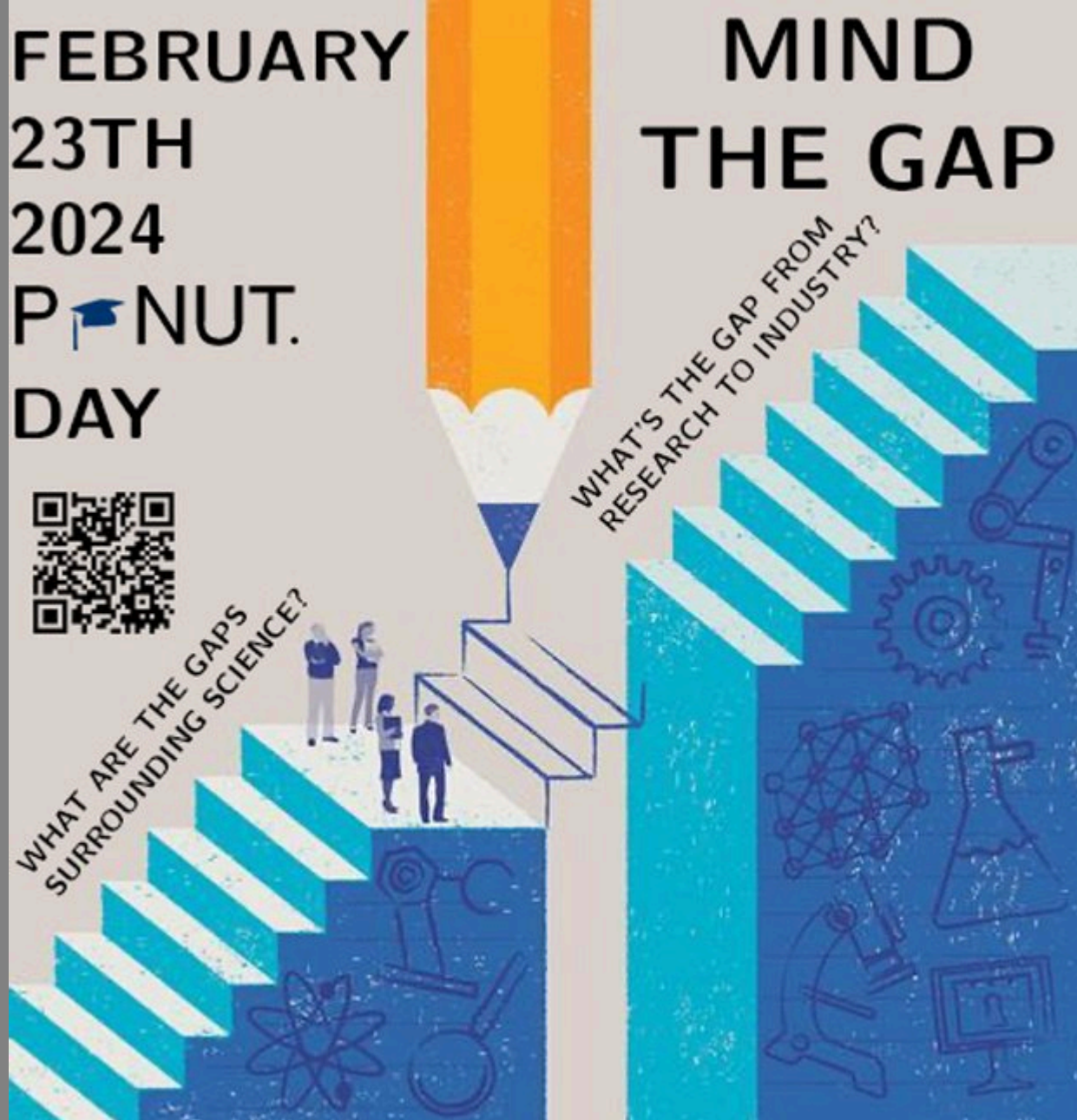
this is the last newsletter of the year. We wish you all a merry Christmas and a happy new year. Next year, we will be back with loads of new events and updates. This newsletter only covers the beginning:

- Save the date - P-NUT Day 2024 February 23rd (More information: [link](#))
- P-NUT Buddy system (Request a buddy [here](#), become a buddy [here](#))
- P-NUT New Year Drinks January 18th (More information: [link](#))
- P-NUT Welcome back party January 19th (More information: [link](#))
- Embrace the Spectrum February 1st (More information: [link](#))
- P-NUT Ski Trip Austria March 22nd-24th (More information: [link](#))
- PNN Newsletter (More information: [link](#))

Check it out now!



**FEBRUARY
23TH
2024
P NUT.
DAY**



SAVE THE DATE - P-NUT DAY 2024 FEBRUARY 23RD

It is time again! Time to meet colleagues from all departments. Together, we enjoy keynotes, interactive workshops and much more! P-NUT day 2024 with its theme "Mind the Gap" will officially happen on the 23rd of February 2024. The day will look at gaps in science, like knowledge gaps, cultural gaps, the gap after doing a PhD and much more. So make sure to block this day in your agenda! You can already sign up early.

NOTE: Previously we have stated that the P-NUT day will happen on the 16th of February. Due to a miscommunication, we had to move it to the 23rd.

[Click here to register!](#)



P^{UT} NUT.

Buddy System



↑ Show newcomers
the P-NUT way



P-NUT BUDDY SYSTEM

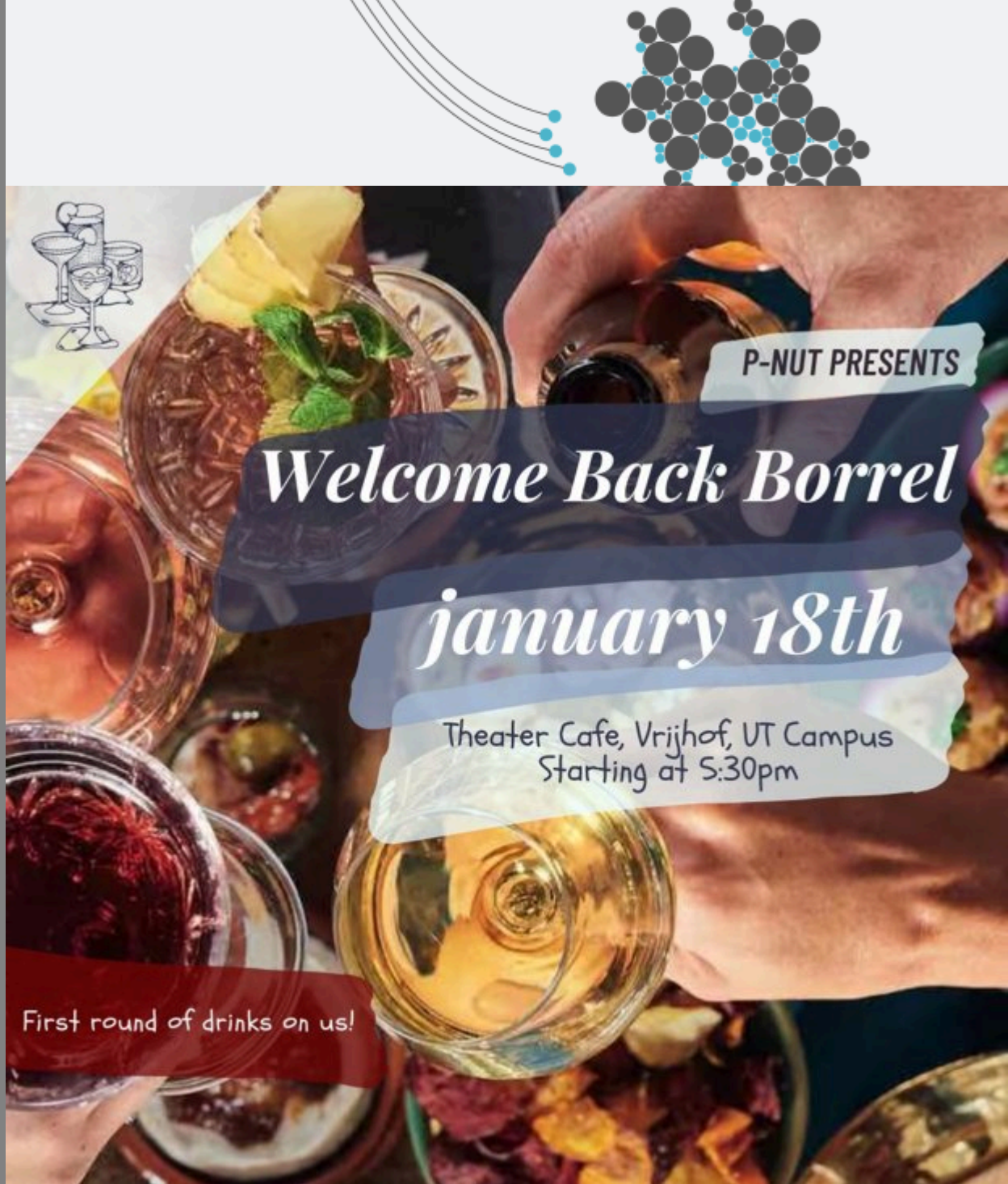
We all know that the start of a PhD/EngD can be hard, especially when you come from a different country and do not know anyone. The PhD Network of the University of Twente (P-NUT) wants to make it easier for new doctoral candidates to adjust and assimilate at the UT and also get introduced to the P-NUT community. With the so-called buddy system, P-NUT will assign a buddy to new doctoral candidates based on similar interests.

Are you a new doctoral candidate looking for a buddy? Please feel free to sign up via this link:

[Click here!](#)

Are you a doctoral candidate interested in becoming a buddy for new doctoral candidates? Additional information and a sign up can be found via this link:

[Click here!](#)



P-NUT NEW YEAR DRINKS JANUARY 18TH

Welcome back and Happy new year to all Doctoral Candidates,

We are happy to see you back in a new year full of new opportunities. We offer the perfect chance to meet up with your fellow doctoral candidates to talk about your good intentions in the new year. This is an excellent way for new colleagues and experienced P-NUT members to meet and mingle. We also invite new colleagues to come by and meet us!

Join us for a casual borrel at the TheaterCafe Vrijhof (on campus) on January 18th, starting at 17:30. It's a great way to meet and connect with fellow PhD's! Oh, and did we mention? The first round of drinks is on us!

Hope to see all if you there,

Your P-NUT team

What: New year welcoming drinks 2024

When: January 18th 2024, starting 17:30

Where: Theatercafe Vrijhof ([Google Maps](#))

Costs: Free!

Note: join the [P-NUT WhatsApp group](#) to keep up to date about the latest developments on this event.

[Click here to register!](#)





P-NUT WELCOME BACK PARTY JANUARY 19TH

Welcome back and Happy new year to all Doctoral Candidates!

As we gear up for a year packed with research, conferences, and experiments, let's not overlook the importance of balance. Remember, behind every successful thesis is a strong network and where better to cultivate it than over a drink or two?

Join us for an evening of celebration and camaraderie at De Vluchte on January 19th, starting at 19:00.

This event will be subsidised by P-Nut, meaning you'll get 3 drinks for free!

Let's kick off this year with a great party and let's make this year one to remember!

Your P-NUT team can't wait to see you there.

What: Kick-off 2024 party

When: January 19th 2024, starting 21:00

Where: De Vluchte, Oldenzaalsestraat 153a, Enschede. [Google Maps](#).

Costs: 5 euro for members, 7,50 euro for non-members

Note: join the [P-NUT WhatsApp group](#) to keep up to date about the latest developments on this event.

[Click here to register!](#)





Embrace the spectrum:

EXPLORING NEURODIVERSITY
IN ACADEMIA



February 1st, 17-20 h, DesignLab
Registration required!





EMBRACE THE SPECTRUM FEBRUARY 1ST

□ Embrace the Spectrum: Join us for an insightful evening on neurodiversity in academia! □ Explore challenges and benefits of conditions like ADHD, autism, dyslexia, hyper sensitivity, and more. Hear from professionals on the spectrum, engage in a brainstorm session, and connect with likeminded peers. With opening and participation of prof. Ariana Need, Dean of Twente Graduate School.

- Feb 1, 2024, 17:00 - 20:00
- X-Learn Room, University of Twente.
- Featured speaker: Jasper de Jong on 'Autism in the Workplace.'
- Free vegan pasta buffet.

Limited spots - RSVP now! #Neurodiversity #AcademiaInclusion
#EmbraceTheSpectrum

[Click here to register!](#)



Relax!

We create your perfect thesis.

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you will make it

The banner features several emojis: a cluster of four yellow face emojis (happy, neutral, surprised, and one with a heart) and a red heart emoji in the top left; a 'WOW' speech bubble with a red heart in the top right; a single yellow face emoji in the middle right; a red heart emoji in the bottom left; and a yellow face emoji with a red heart in the bottom right.

A SHORT MESSAGE FROM OUR SPONSOR

Your perfect thesis starts right here! @ www.proefschriften.nl

We have the knowledge, skills and tools to create your outstanding thesis!
Check out our explanation video's online!



P-NUT PRESENTS

Winter Trip '24

Sölden, Austria

March 22-24

*Skiing
Hiking
Sleighbing
Snowboarding*

P-NUT SKI TRIP AUSTRIA MARCH 22ND-24TH

Embrace the winter in Sölden, Austria, with this 3-day trip in March 2024! Our fantastic package deal includes trip planning, 2-night cosy accommodation in a private 5-bedroom house, car transportation, 2-day cable car passes, tourist tax, hearty breakfasts, schnaps, awesome colleagues, and an unforgettable time. For just €400! At your own expense is the following: rental and lessons if you like, lunch, dinner, après-ski, and everything else not mentioned here.

Even if you don't like skiing or snowboarding or if you are not sure about it, you'll surely enjoy the winter atmosphere in the picturesque Austrian villages. We will leave

by car Thursday evening March 21 or Friday morning March 22, and return Sunday evening March 24. Secure your spot now, the accommodation is booked already! Maximum 10 spots available. UT PhD's and EngD's have priority, but partners and friends are welcome to apply too. Embark on an unforgettable alpine adventure with us! ☐☐☐ #WinterEscape #P-NutAdventure2024

What: P-NUT Winter Trip

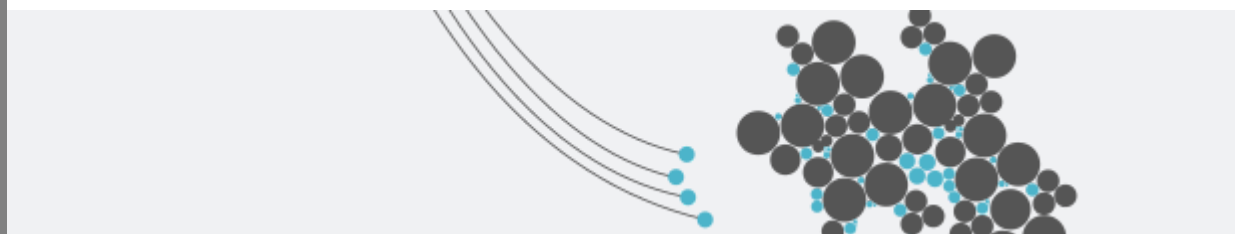
When: Friday March 22nd to Sunday March 24th

Where: Meeting point TBA

Cost: €400 package deal plus own expenses

Note: Join the [P-NUT WhatsApp group](#) to keep up to date about the latest developments on this event.

[Click here to register!](#)



**PROMOVENDI
NETWERK NEDERLAND**

Not done reading yet on the latest doctoral news? You can find the PNN newsletter [here!](#)

You can find a lot of interesting news here including the new collective labour agreement for universities and more info on what the election results mean for academia.



JOIN P-NUTS WHATSAPP GROUP

The P-NUT SocialApp group on WhatsApp 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 the SocialApp.

BENEFITS OF JOINING THE GROUP

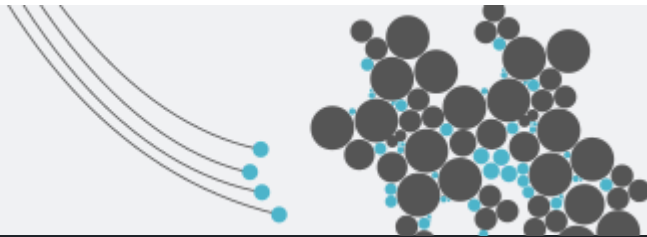
- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a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

If you are not interested in joining this group but still want to be informed about events and updates you can also join the P-NUT InfoApp. We only share moderated messages from the P-NUT board there.

[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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