

# UNIVERSITY OF TWENTE.

Hello wrd\_firstname,

We are pleased to share the first newsletter of 2023 with you. After a successful party to kick off 2023, it's time for us to present to you the events that we have in stall for you. We hope to see you at our events in the next year. We have listed some upcoming events in this newsletter along with other news! These are the news items in a nutshell:

- P-NUT on social media (More information: [link](#))
- P-NUT day 2023 February 24th (More information: [link](#))
- Excursion to Arnhem 12th of February (More information: [link](#))
- P-NUT GMM March 17th (More information: [link](#))
- Join the P-NUT/EQUITY book club (More information: [link](#))
- Discussion on work pressure (More information: [link](#))
- P-NUT membership contribution



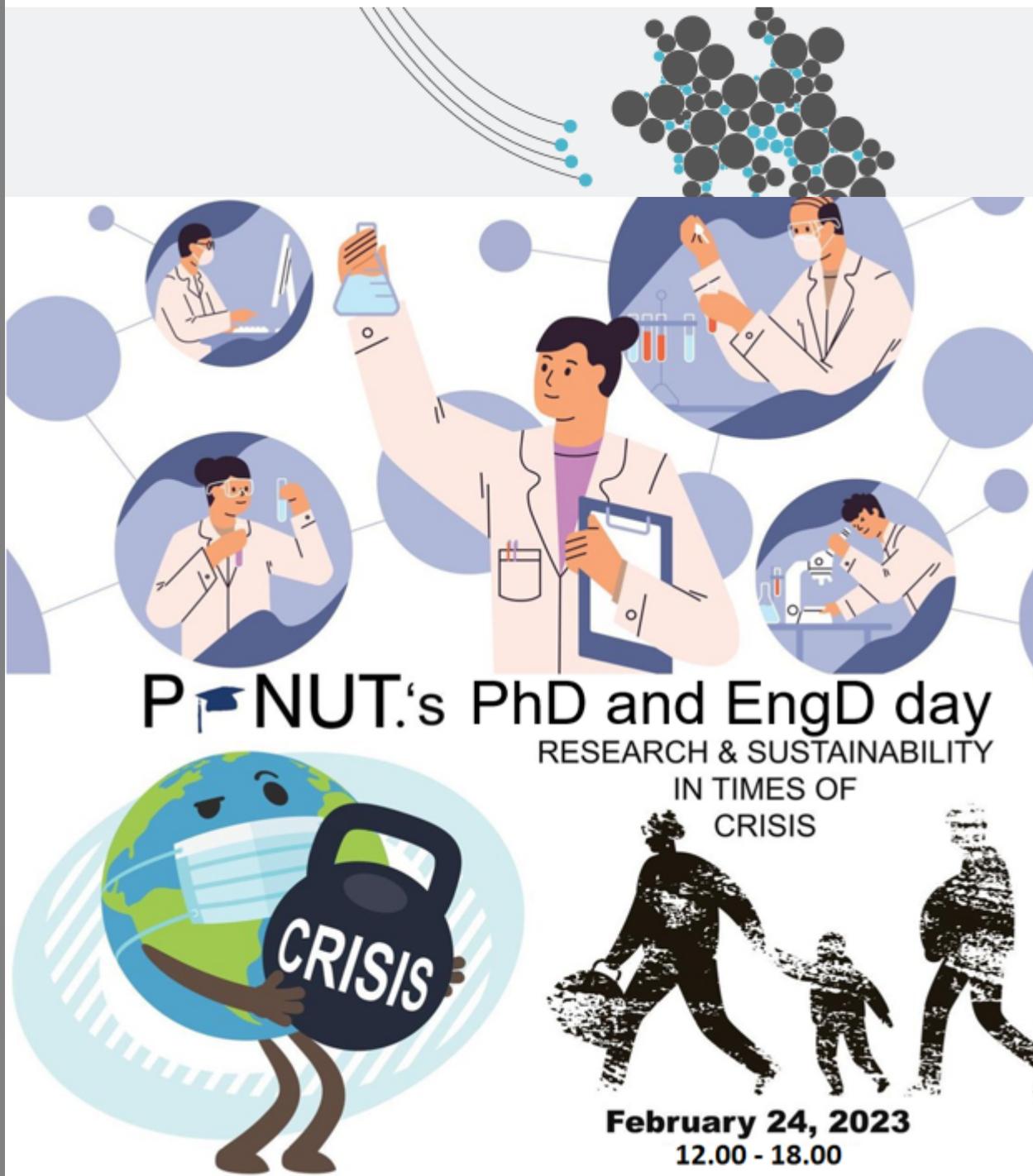


## P-NUT ON SOCIAL MEDIA

P-NUT is always busy to organize fun events for its members. The goal is to connect people from different departments to create new connections between people. To get people to join our events, we promote our events via social media. Next to our [WhatsApp](#) group we have profiles on [Facebook](#), [LinkedIn](#) and [Instagram](#). If you are not following us there yet, you should not wait any longer!

P-NUT is run by a group of volunteers who invest some time next to their PhD/EngD into the doctoral community at the UT. We are currently looking for someone who is willing to invest about an hour per week into managing the social media accounts of P-NUT. Additionally, you will be working in a team that has close contacts with the university council and the dean of the UT and the dean of TGS. [Let us know](#) if you are interested!

*This is a voluntary position, but you are eligible for ECTS credits or a contract extension for every year of voluntary work for P-NUT. [Contact us](#) for more*



## P-NUT DAY FEBRUARY 24TH

In about a month, we will host our PhD/EngD day, which we call P-NUT day. The day takes place in IDEATE in DesignLab and features talks in our theme "Research and Sustainability in times of crisis". Besides talks that fit within this theme we will also feature guests that talk about PhD career options, personal branding, stress management, thesis printing and more! All in all, a very useful day in which you can broaden your knowledge and skillbase. Besides that, there will be time to extend your scientific network during the networking breaks.

All of this is offered you for free! You only have to [sign up](#). More information is available on [our page](#).

**What:** P-NUT day

**When:** Friday, February 24 from 12:30h

**Where:** Design Lab @ University of Twente

**Costs:** Free for anyone

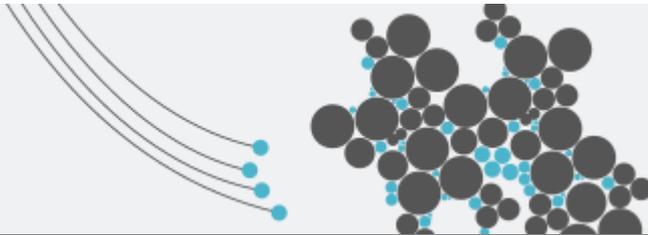
**Note:** join the [P-NUT WhatsApp group](#) to keep up to date about the latest developments on this event.

If you have any ideas, questions, concerns or whatsoever, you can contact P-Nut at [p-nut@utwente.nl](mailto:p-nut@utwente.nl).

Hope to see you there!

*Participants are eligible for a certificate worth 0.25 ECTS!*

[Click here to register!](#)



# Excursion Museum Arnhem

**"How dare you make me  
feel this way?"**

**Save the date  
February 12th, 2023**

**EQUiTY**

**Th!nk with  
Pride UT**

<https://www.museumarnhem.nl/en/tentoonstellingen/how-dare-you-make-me-feel-this-way>

## **P-NUT EXCURSION TO MUSEUM ARNHEM ON FEBRUARY 12TH**

On Sunday February 12th, 2023, we are going to Museum Arnhem. Their latest exhibit "How dare you make me feel this way" provides a trans-perspective through art, focusing on trans and queer joy. More than enough reason to hop on a train to Arnhem and have someone guide us through the narrative. Have a first sneak peak on [their website](#), and mark the day in your calendars. We spend about three hours at the museum, one of which will be a guided tour by the people that conceptualized the exhibition.

In a (preliminary) nutshell:

- Travel to Arnhem together (bring your own brunch, leave around 10am)
- Guided tour Museum Arnhem "How dare you make me feel this way" (around 12pm, 1hour)
- Browse museum some more/discuss the exhibit
- Late lunch picnic (bring your own lunch, around 3pm)
- Travel home (back in Enschede around 6.30pm)

Everyone pays for their own train tickets. We will provide the option to book a group ticket. The travel back and forth then costs about 14 euro (round trip, exact price depending on the number of people joining). If you want to use that option, please

indicate so in the registration form, and come to the station 15 minutes early. We do the payment and booking there.

Everyone also pays for their own museum entrance. For students, that is 5 euro (bring your student ID), for museum card holders it's free (bring your museum card), and for the rest we get a group rate of 13 euro per person, to be paid at the museum entrance.

The costs for the guided tour are covered by the organizers.

Make sure to bring food for before and after the exhibition.

Registration necessary for coordination with the museum.

**What:** Excursion to Museum Arnhem

**When:** February 12th 2023

**Where:** We meet at Enschede Central Station, then go by train to [Museum Arnhem](#)

**Costs:** Travel + museum entry (see above)

**Note:** join the [P-NUT WhatsApp group](#) or Th!nk with Pride WhatsApp group to keep up to date about the latest developments on this event.

[Click here](#) to register!



## P-NUT GENERAL MEMBERS MEETING (GMM) MARCH 17TH

Annually, P-NUT organizes a General Members Meeting (GMM) in which the current board discusses last years performance. Every member of P-NUT is invited and encouraged to join and discuss the future of P-NUT. We will start at 18:00h (place and time to be confirmed) on the 17th of March 2023. After the GMM, we will go for dinner (on P-NUT) with those who attended the GMM. There is no requirement to join, except letting us know that you'll be there.

The GMM will be hosted in a hybrid fashion. The physical part will take place in Ravelijn (room to be confirmed). For those who want to join online, a teams link will be available. All documents, including the final agenda, will be sent to you a few days before the GMM via email (after you have registered for the event).

We cordially ask you to be on time. Every member can act as an authorized representative for (up to) one other member. Please send an email with the name of the authorized person to [p-nut@utwente.nl](mailto:p-nut@utwente.nl) if you want to authorize a P-NUT member on your behalf.

The GMM will close by going to a restaurant in the city center. Please indicate in the registration form whether you are interested in joining the dinner.

**What:** General Members Meeting (GMM)

**When:** Friday, March 17th 2023 from 18:00 to approximately 20:00h.

**Where:** To be confirmed

**Costs:** Free (including a free dinner for participants)

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

[Click here to register!](#)





EQUITY  
P-NUT

# BOOK CLUB

P-NUT working group EQUITY

INVITES YOU TO JOIN

The seasonal Book Club

One book each season  
First book in February, 2023 • Register

*Winter*   *Spring*   *Summer*   *Autumn*

**JOIN THE P-NUT/EQUITY BOOK CLUB**

P-NUT working group EQUITY invites you to join the seasonal Book Club!

Every season we will choose a book to read and share.

Some of the titles are:

- Man Enough: Undefining My Masculinity - Justin Baldoni.
- Wish you were here. - Jodi Picoult
- The final girl support group.- Grady Hendrix
- Pleasure activism: the politics of feeling good. - Brown et al.

Are interested in joining? [Register now](#) to get more information!

There will be a surprise for the first 5 to join the club!



STUDIUM GENERALE

## Under pressure: the workload of PhD's

Discussion among all parties involved, from Rector Magnificus to PhD

16:00 - 17:30

VRIJHOF, AMPHI

■ UTWENTE.NL/SG

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APR

### DISCUSSION ON WORK PRESSURE APRIL 14TH

You may have heard the stories about people working at night and even during weekends. You may even be that person yourself. At P-NUT we encourage hard working to deliver good results, but we also want to make sure that the person behind that work is doing well. That's why Studium Generale and P-NUT want to monitor work pressure among the doctoral candidates at the UT. It does not matter whether you are experiencing work pressure or witnessed it with one of your colleagues, we invite you to join this discussion session to talk about work pressure and what's causing it.

The Rector Magnificus Tom Veldkamp and director of HR Hans Oeloff will be joining as well to take notes. They will evaluate what the university can do to improve the situation of you, the driving force behind the research. Make sure to sign up now, you don't want to miss this!

After the event there will also be time to evaluate the discussion while enjoying free drinks on us. Just let us know that you are joining!

**What:** Work pressure discussion for PhD/EngD

**When:** April 13th 2023, 16:00 - 17:30

**Where:** Amphitheater, [Vrijhof](#)

**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.



## Yearly Membership Contribution (€12)

### **P-NUT MEMBERSHIP CONTRIBUTION**

We have recently sent out a mail to all of our members about the membership contribution. We use the membership fee for the organization of events, but also for costs tied to representing the doctoral community (travel costs, PR etc.). We value everyone who became a member of P-NUT. It supports us to organize more events and connect more doctoral candidates in the university.

Last week, we have sent an e-mail to all of our members about the membership fee of €12 that will be automatically deducted from all of our members. If you have received this e-mail, we will automatically do this for you. If you have not received this e-mail but are a member of P-NUT, it could be that we don't have the right e-mail address of you. We have noticed that we have some wrong or deleted e-mail addresses in our database. To make sure that you will receive important e-mails like this, please contact us via [p-nut@utwente.nl](mailto:p-nut@utwente.nl).

Do you want to become a member of P-NUT? Fill in [this form](#) and send it to [p-nut@utwente.nl](mailto:p-nut@utwente.nl).



# Join P-NUTs Futsal Team



**What:** Futsal  
**When:** once a week  
**Where:** Sporthal UT  
**Cost:** Free



## JOIN P-NUTS FUTSAL TEAM

Are you into playing soccer/football? Are you interested playing in a team? Join the P-NUTS Futsal (indoor soccer) team now!

Several research groups/organisations have their own team and **play 5 against 5 once a week**. Both ladies and gents can participate in the competition. Joining the competition is fun and free. Join the new P-NUTs Futsal team and enjoy the new season!

**What:** Futsal (indoor soccer)

**When:** every Tuesday / Wednesday / Thursday (only at one of these days)

**Where:** Sporthal UT

**Participation cost:** Free

If you are interested to participate, please contact us now via [p-nut@utwente.nl](mailto:p-nut@utwente.nl) or [click here to register!](#) After confirmation, you will get notification about the matches and you can reply on the invitation!

Note: Currently, P-NUT is looking for someone to organize activities with the futsal team. Let us know if you're interested.



## **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**

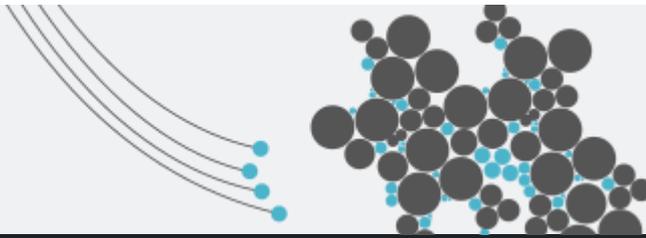
- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a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