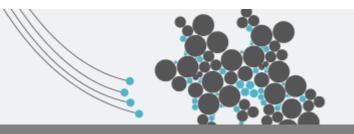
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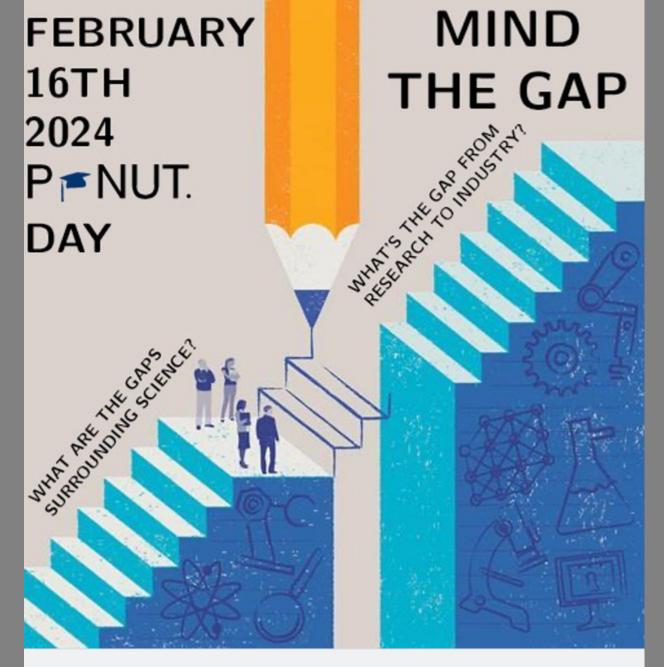
Dear Colleague,

days are getting shorter, but there is no need to worry about the darkness outside. P-NUT has you covered with the latest events specifically made for doctoral candidates. From sports to trips, parties to symposia, we've got you covered. Find out more:

- Save the date P-NUT Day 2024 February 16th (More information: link)
- P-NUT Indoor Climbing November 20th (More information: link)
- P-NUT Lasertag Showdown November 25th (More information: link)
- P-NUT Zumba Class November 30th (More information: link)
- P-NUT Lunch Walk December 1st (More information: <u>link</u>)
- The Great P-NUT Bake-off December 1st (More information: link)
- P-NUT Christmas Borrel & Party December 8th (More information: link)
- P-NUT Christmas Market Trip December 10th (More information: link)
- pITCom Failure Festival November 30th (More information: link)
- P-NUT Ski Trip Austria March 22nd-24th (More information: link)

And more! Check it out now!





SAVE THE DATE - P-NUT DAY 2024 FEBRUARY 16TH

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 16th 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.

P NUT. Indoor Climbing Workshop @ ARQUE

Equipment Provided

 The basics of climbing will be given by an instructor, including how to ensure safety while climbing.

 Free for P-NUT members, 5€ for non members

Join us Monday 20th November from 18:00

P-NUT INDOOR CLIMBING NOVEMBER 20TH

Indoor Climbing Workshop at ARQUE – November 20th

Join us on **Monday 20th November at 6:00 pm** for an exciting indoor climbing workshop at ARQUE!

- Equipment Provided: No need to bring your gear; the club's got you covered
- Expert Guidance: The basics of climbing will be given by an instructor, including how to ensure safety while climbing.
- Cost: Free for P-NUT members, 5€ for non members
- Duration: 1h30 you are free to stay and climb the walls till later in the evening

What: P-NUT Indoor Climbing

When: November 20th 18:00 PM - 19:30 PM

Where: ARQUE https://maps.app.goo.gl/vDeb2hTZD9BVM6tY6

Costs: Free for Members, € 5 Non-members



Click here to register!

25 November from 18:00 @ Starworld, J.J. can Deinselaan 28, 7541 BR Enschede

PPNUT. SER T/G

Ticket (incl. equipment + 1 drink)

Having Fun

Free

€13

P-NUT LASERTAG SHOWDOWN NOVEMBER 25TH

P-NUT's Lasertag Showdown – November 25th

Prepare for an adrenaline-pumping experience like no other! Are you ready for the thrill of combat, strategy, and heart-pounding action? Gather your squad, and get ready to battle it out in an epic showdown!

 \Box Ticket Details: Admission is 13 \in per person, and your ticket includes all equipment rental, multiple game sessions, and one drink.

This is not just a game; it's an adventure. Whether you're a laser tag veteran or a firsttimer, this guarantees an unforgettable experience for players of all ages.

Please remember to wear comfortable clothes and good shoes.

What: P-NUT Lasertag

When: November 25th 1800 PM

Where: Starworld, J.J. can Deinselaan 28, 7541 BR Enschede

Costs: € 13

Note: Join the <u>P-NUT WhatsApp group</u> to keep up to date about the latest developments on this event!



PPNUT. ZUNBA CLASS



Day: 30th of November 2023 Time: 20:00-21:00 Location: UT Sports Centre, 5C-6

P-NUT ZUMBA CLASS NOVEMBER 30TH

Unleash your inner dancer: join the P-NUT Zumba class!

Life is better when you dance! Are you ready to embark on a fitness journey that feels more like a dance party? Get ready to sweat and groove with our exhilarating Zumba class!

Whether you're a seasoned dancer or have two left feet, Zumba is for everyone. Our instructor will guide you through easy-to-follow routines that accommodate all fitness levels. Each Zumba session is a whirlwind of diverse music styles - salsa, reggaeton,

hip-hop, and more! You won't even realize you're working out; it's just pure joy and the perfect stress-reliever.

What: P-NUT Zumba Class

When: Thursday, 26th of October 2023, from 20:00-21:00

Where: UT Campus, Sports Centre, room SC-6

Costs: Free!

Click here to register!



P-NUT LUNCH WALK DECEMBER 1ST

Do you want to go on a lunchwalk, meet nice people and learn something about the campus? And do you want all those three things at the SAME TIME? Then you should not miss out the lunchwalk Equity is organizing, no matter how long you have been at the UT. Together with a tour guide we will explore the campus and hopefully have nice chats in-between. The tour is scheduled for one hour and will start and end at the O&O square.

To give us a better overview of how many people to expect, please register over the following link until 1.12.23 12:00.

Looking forward to see you there"



Where: O&O Square

Click here to register!

Time: 20:00 <u>Free entry - competing not obligatory</u> Date: Friday the 1th of December Location: De Vluchte, Oldenzaalsestraat 153a

AKE OFF

Bring your own dessert creation and win prizes in

THE GREAT

PFNUT

THE GREAT P-NUT BAKE-OFF DECEMBER 1ST

The Great P-NUT Bake Off – December 1st

On Friday the 1st of December, you will get a chance to demonstrate your dessertmaking skills to other members of PNUT. The three best contestants obtain a large pool of prizes worth 80 euros! Important to note is that participation in the contest is not obligatory. You are more than welcome to only have a taste and to enjoy a cosy autumn evening with cake. Please note that each contestant can only have one entry into the competition, but he/she is allowed to take with them one or multiple cakes, pies, brownies and other cravings. The event is free of entry, but drinks are not included. We hope to see you enjoying cake with us!

What: P-NUT Bake-Off

When: December 1st 20:00 PM

Where: De Vluchte, Oldenzaalsestraat 153a, 7523 AA Enschede

Costs: Free

Note: Join the <u>P-NUT WhatsApp group</u> to keep up to date about the latest developments on this event!



Christmas Borrel & Party December 8th

Join us for the grand finale of the year – our Christmas Borrel & Party! It's your last chance in 2023 to mingle with colleagues, celebrate our publications or complain about those pesky reviewers, and enjoy a night of festive fun. Let's make it unforgettable with laughter, delicious food, and the holiday spirit.

This event will come with delicious christmas-themed food that you can enjoy while having a chat with your fellow colleagues. Gradually, once the food is done, we will get into the party mode!

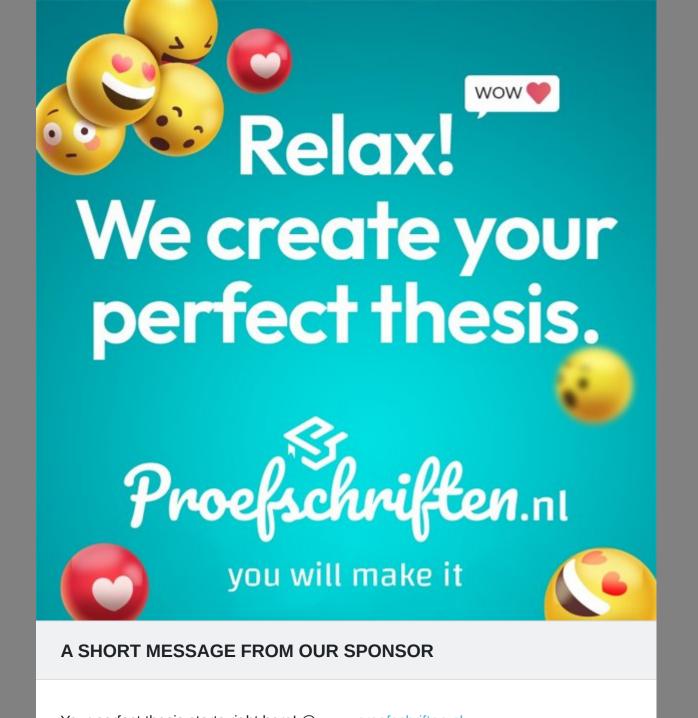
What: P-NUT Christmas Borrel & Party

When: December 8th 6:00 PM - open end

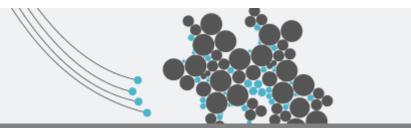
Where: Skybox

Costs: € 5 for members/€10 otherwise

Note: Join the <u>P-NUT WhatsApp group</u> to keep up to date about the latest developments on this event!



Your perfect thesis starts right here! @ <u>www.proefschriften.nl</u> We have the knowledge, skills and tools to create your outstanding thesis! Check out our explanation video's online!



P[■]NUT. Christmas Market Trip ^{10th of December} Münster



P-NUT CHRISTMAS MARKET TRIP DECEMBER 10TH

Christmas Market in Münster

Step into the enchanting world of the Münster Christmas Market! Embrace the festive spirit as you wander through a winter wonderland of twinkling lights, joyful carolers, and the irresistible aroma of sizzling bratwurst. And, of course, don't forget to warm up with a steaming cup of Glühwein. It's the perfect place to shop for unique gifts, enjoy delicious treats, and create lasting holiday memories. Join us in the heart of Münster for a magical Christmas experience like no other!

We go to Münster by train, leaving from Enschede Central Station with the 10:32 train. Once in Münster, we explore the christmas market together until about 15:00. If you want to participate in a cheaper group ticket (€10 p.p for both ways), make sure to be at Enschede Central Station at 10:15.

What: P-NUT Christmas Market visit

When: December 10th 10:15 - 17:00

Where: We meet at Enschede Central Station at 10:15 and take the train at 10:32

Costs: TBD

Note: Join the <u>P-NUT WhatsApp group</u> to keep up to date about the latest developments on this event!

OF TWENTE. DEI DIVERSITY, EQUITY AND INCLUSION

invites you to celebrate our

Faalkunde

'If the bar is too high you can always walk under it.'-Loesje

Welcome to the interactive festival on "Failure in Science". We invite PhDs to a series of activities to take a closer look at 'failure as science' while promoting open, safe, and inclusive communication practices and spaces on the backdrop diversity, equity and Inclusion (DEI) initiative of University of Twente.

The Program:

- 10:15-10:30 Opening session and Coffee/Tea Room LA 2405
- 10:30 12:00 Open Talk on PhD experience and Supervision by: P-NUT Room LA 2405
- 13:00 13:40 Keynote lecture by: Prof.dr. Ellen Giebels, social and organisational psychologist expert in human reactions and social interactions. Room LA 2405
- 13:45 15:45 Master Class and Theatre Workshop
 by: Remko van der Drift, Founder of the Institute for Failure
 Studies together with Saakje Bakker.
 An institute for professional development of organizations
 and individuals.
 Langezijds Main Auditorium
- 15:45 16:00 Coffee/Tea

UNIVERSITY OF TWENTE. DEI









Ready to join us?

Register for the event in the pITCom or P-NUT website, or scanning the QR Code below!





PITCOM FAILURE FESTIVAL NOVEMBER 30TH

Organized by the University of Twente | DEI Incentive Fund and supported by pITCom, Instituut voor Faalkunde and P-NUT

"If the bar is too high you can always walk under it." - Loesje

Welcome to the interactive festival on "Failure in Science". We invite PhDs to a series of activities to take a closer look at "failure as science" while promoting open, safe, and inclusive communication practices and spaces on the backdrop Diversity, Equity, and Inclusion (DEI) initiative of the University of Twente. PhD's from all UT faculties are warmly welcome to join us for (part of) the program.

What: "The Failure Festival" 2023

When: Thursday, 30th of November 2023, from 10:15-16:00 (see program above)

Where: UT Campus, Langezijds building (LA 2405 and Main Auditorium)



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. Plus, stay tuned for a warming-up event at an indoor ski hall nearby later in 2023. Embark on an unforgettable alpine adventure with us! $\Box \Box$ #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 <u>P-NUT WhatsApp group</u> to keep up to date about the latest developments on this event. Click here to register!



Not done reading yet on the latest doctoral news? You can find the PNN newsletter <u>here</u>!





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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