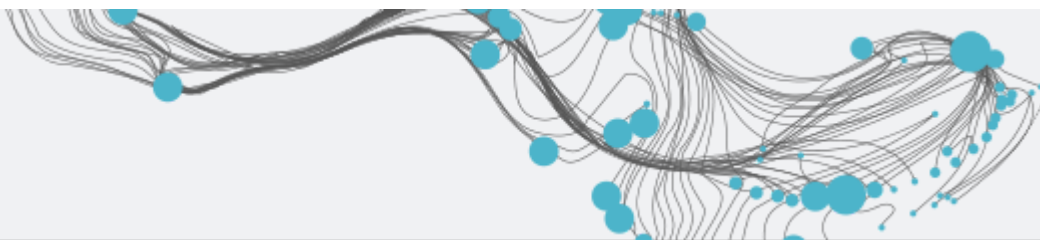


# UNIVERSITY OF TWENTE.

Dear Colleagues,

We are happy to share with you our August newsletter. Here are our most recent news and upcoming activities (see details below) in a nutshell:

- P-NUT is looking for active members (more info: [link](#))
- P-NUT Summer BBQ - August 20th (register now: [link](#))
- P-NUT Summer Cocktail Event - August 30th (register now: [link](#))
- P-NUT Expat Meet & Greet (register now: [link](#))
- Join our Futsal Team ([link](#))
- Join our WhatsApp group ([link](#))



## ACTIVE MEMBERS WANTED!

<b>EDITORS WANTED</b> <b>SHAPE THE NEWSLETTER</b>		
	"Keep the PhD/PDEng community up to date"	EDITION AUGUST 2022
<b>P</b>  <b>NUT.</b>		

P-NUT is always trying to improve the PhD/PDEng trajectory in the University of Twente. We have different means to do so, and one of those is the newsletter which keeps you up to date on the latest developments in the community. Currently, we are looking for a team to write the newsletter. The board usually provides most subjects. Your task is to look for additional interesting stories. You then combine all gathered stories into an informative newsletter.

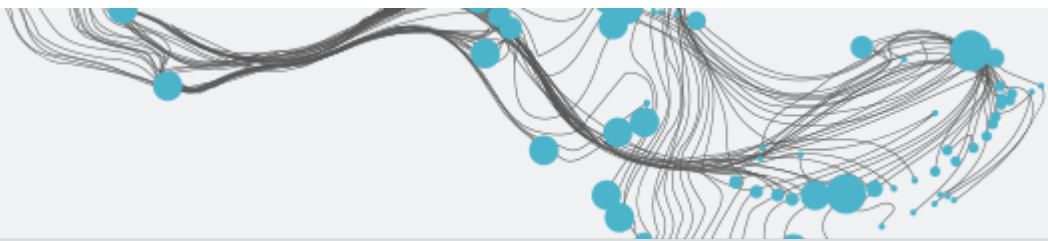
*Did you know?*

Joining the P-NUT board can have benefits for you as well that can go as far as contract extension paid by HR or a certificate for ECTS credits.

Interested? Write an e-mail to [p-nut@utwente.nl](mailto:p-nut@utwente.nl)

*Last note:*

If working on the newsletter is not a thing for you, no worries. We are always looking for active members who want to help with representation, events, marketing or just want to work on solving general issues amongst the PhD/PDEng community at the UT. You only have to do little work which benefits the entire PhD/PDEng community at the UT. You don't have to immediately join the board but you can still do valuable work! If you are interested, check out this [link](#).



**P-NUT - SUMMER BBQ 2022**



We are celebrating the famous dutch weather this year with one of our old P-NUT traditions: The P-NUT barbecue. We are hosting the barbecue on the 20th of August on campus. For €10 we are taking care of the food and drinks. To join the barbecue you must sign up at most one week before, members and their +1's only (both sign up separately). If you are planning to become a member, you can do so on the spot. We will bring a registration form and help you with the details.

Again, you don't have to bring anything, except for good mood. If you want to, you can also help us with the setup or as a grillmeister. Let us know by selecting the according option in the registration form.

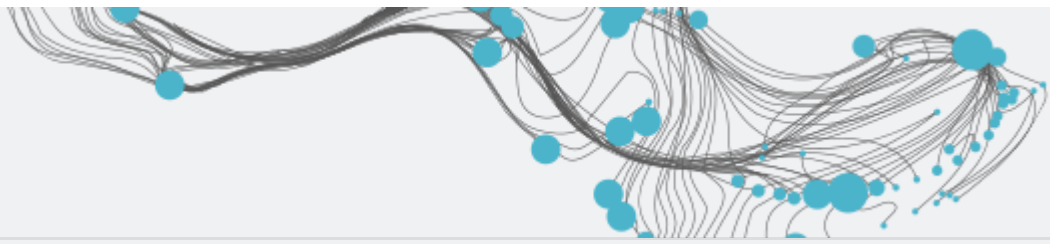
**What:** P-NUT Summer Barbecue 2022

**When:** Saturday, 20th of August 2022 starting at 16:00, the barbecue will be lit at 17:00

**Where:** Calslaan on Campus, we will send the details later

**Costs:** €5 (Food and drinks included)

[Click here for more info and registration](#)



## P-NUT SUMMER COCKTAIL EVENT



Celebrations are on their way. It's time for a new edition of the famous cocktail tasting event. We believe that nothing beats a nice summer, except some cool refreshments.

Everything will be arranged for you. We have selected a few top cocktails. There are also limited alcohol-free versions available; some fresh drinks will be on supply. However, feel free to also bring your own consumables.

For logistics reasons, it's required to register. Please let us know if you cannot make it.

Note that in the case of bad weather, we will go to a bar in the city center. You will be informed about updates on this via this webpage as well as email if you have registered.

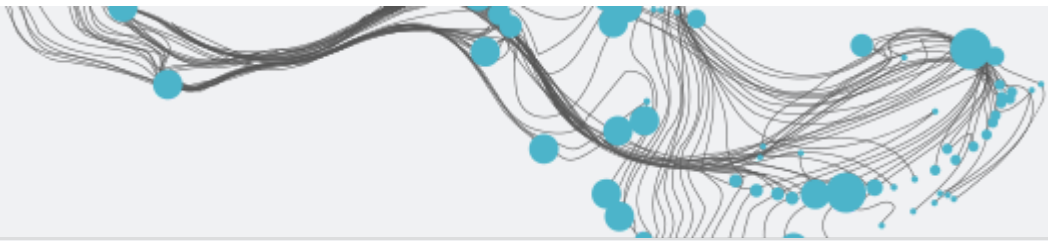
**What:** Summer Cocktail Event

**When:** Tuesday, 30th of August, starting at 18:00h

**Where:** Gerrit Jan van Heekpark in Enschede (near the big circle, [Google Maps location](#))

**Costs:** free for P-NUT members (fill in [this form](#) and either send to p-nut@utwente.nl or give it to a board member during the event) and UT doctoral candidates, otherwise it's a 5€ entrance fee (pay on the spot with a card).

**Registration is required:** [click here](#)



**P-NUT - EXPAT MEET & GREET IN COLLABORATION WITH EXPAT CENTER EAST NETHERLANDS**





P-NUT promotes the Monthly Expat Meet & Greet event (as organized by the Expat Center East Netherlands).

A nice opportunity to meet new people, exchange experiences and make new friends. As always, first drink is on us! Looking forward for a lovely evening...

No registration needed...free to walk in!

Bring a friend

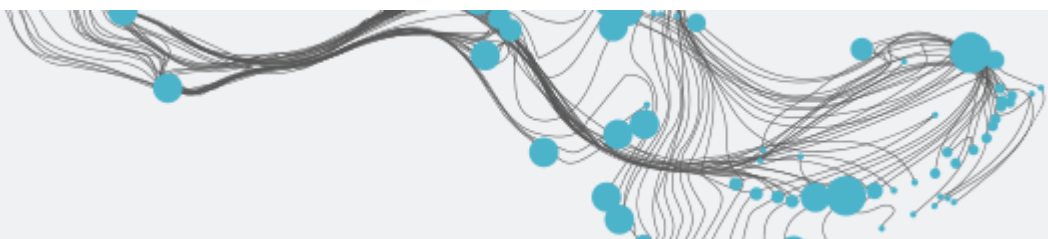
**What:** Expat Meet & Greet

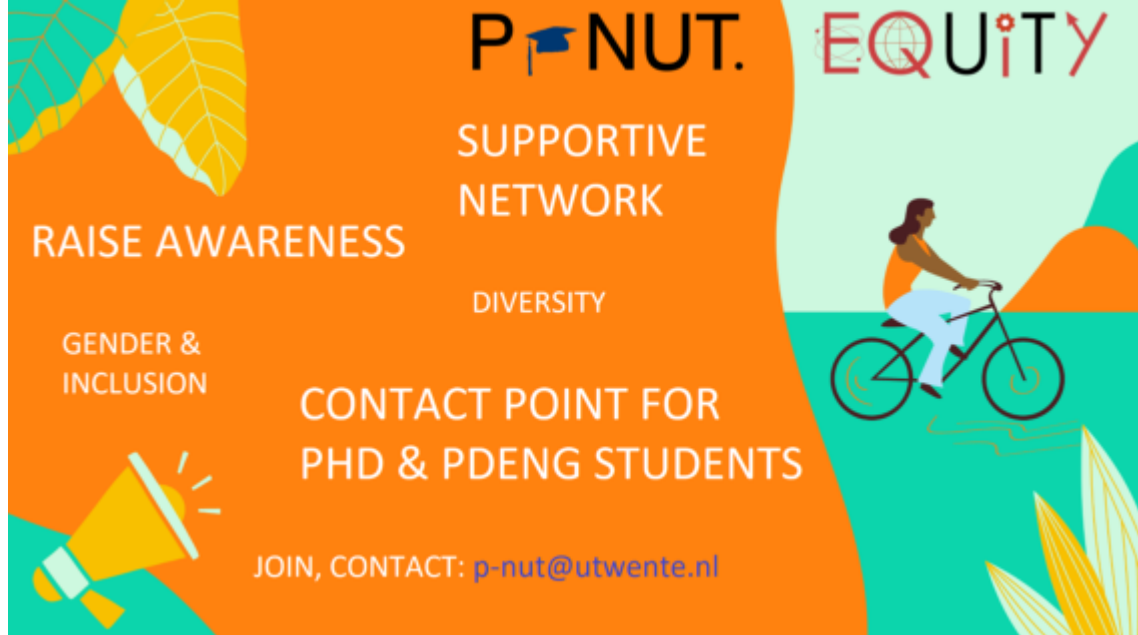
**When:** September 1, 2022 from 17:30-19:30

**Costs:** free! No registration is needed

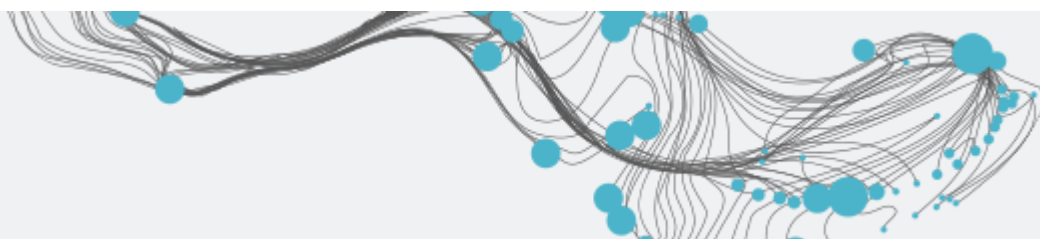
**Where:** Cafe Fellini in Enschede ([Google Maps location here](#)).

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





Are you passionate about female representation and empowerment at the UT and in the doctoral candidate community? Join us! Simply contact us via email at [pnut@utwente.nl](mailto:pnut@utwente.nl) or Instagram @phd\_network\_utwente and we will invite you to our next meeting.



## JOIN P-NUTS FUTSAL TEAM

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

A group of six men, the P-NUT Futsal Team, standing in front of a futsal goal. They are wearing white t-shirts with the P-NUT logo and black shorts. The man on the far left is holding a yellow and black futsal ball. The background is a blue wall with the P-NUT logo and a QR code.

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!

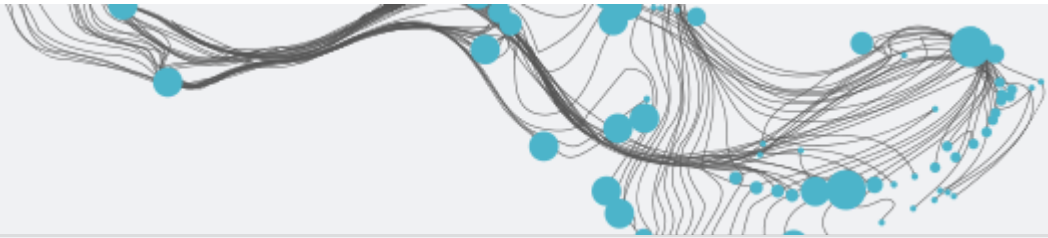
**What:** Futsal (indoor soccer)

**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!



## 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.).

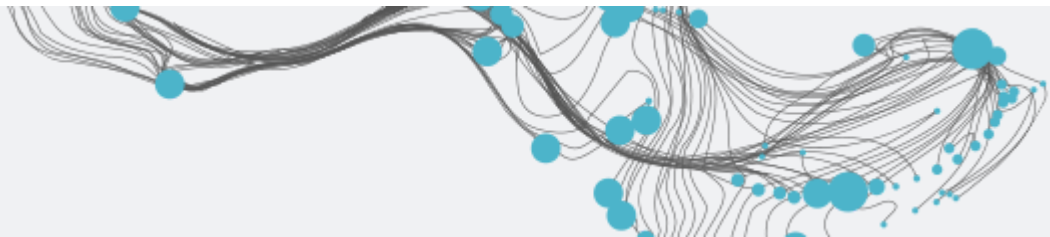


## SOME DRAWBACKS OF JOINING THE GROUP

- 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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