

UNIVERSITY OF TWENTE.

Dear Colleagues,

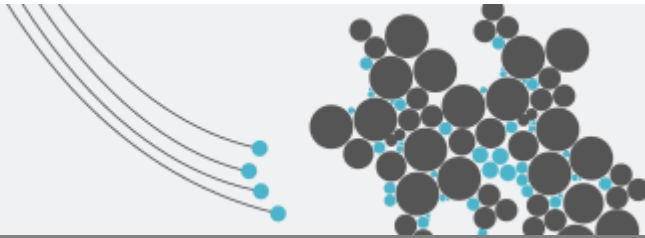
We are happy to share with you our November newsletter, presenting to you two upcoming workshops and a day trip. Check out the most recent news and upcoming activities (see details below) in a nutshell:

- Organize the next event (More information: [link](#))
- Pizza Workshop 19th of November (More information: [link](#))
- Cocktail workshop 25th of November (More information: [link](#))
- Chistmas Market in Münster 26th of November (More information: [link](#))
- Events Calendar
- Equity well-being report finally out! (More information: [link](#))
- Supervision conflict roadmap (Download it [here](#))
- Doctoral candidates with a CSC scholarship: opinion wanted (Let [P-NUT](#) know what you think about [this](#))
- Save the date: P-NUT dat February 24th 2023



ORGANIZE THE NEXT EVENT!

One of the core tasks of P-NUT is the organization of events. This has been proven to be a succesful and valuable means for doctoral candidates to meet up and connect. However, continuity is at stake and current volunteers are nearing the end of their term. Do you think that you can keep the PhD community together? [Let us know!](#)



P-NUT.

SAT 19 NOV
19:00



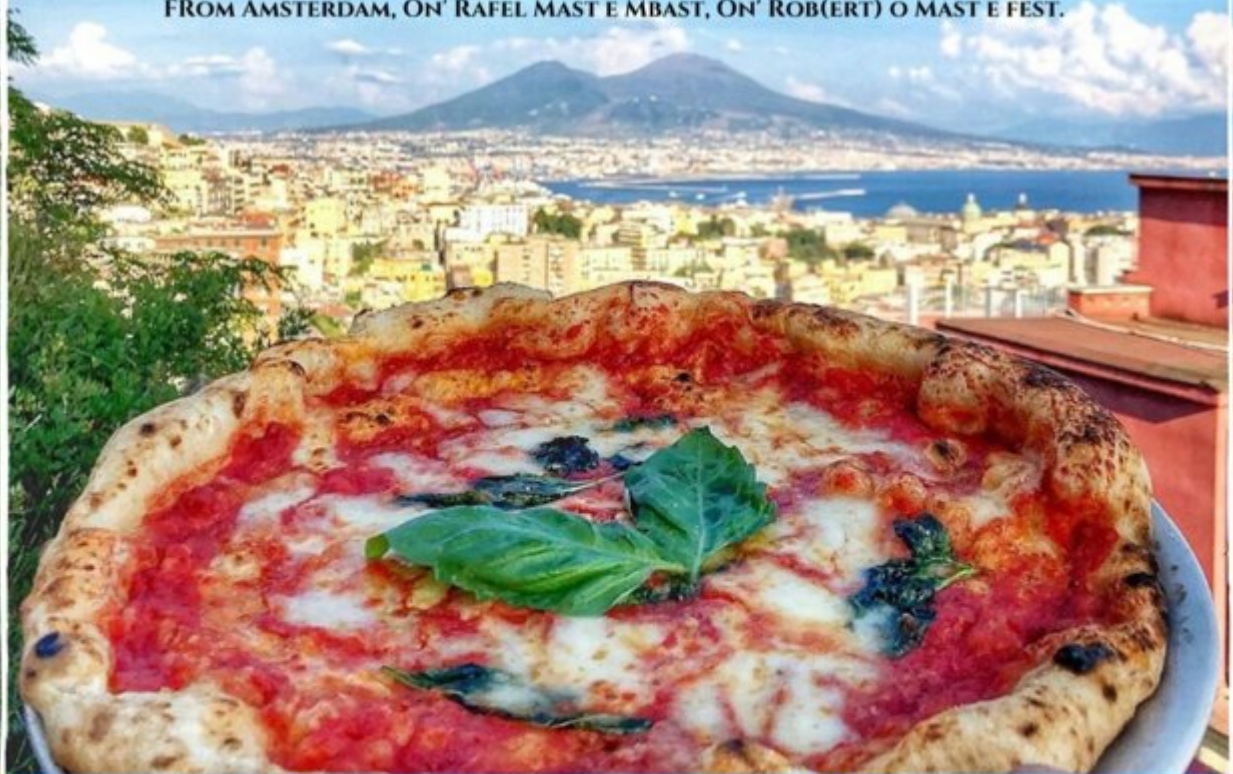
The First Official p-NUT Neapolitan

PIZZA

WORKSHOP

**LEARN HOW TO MAKE A TRUE NEAPOLITAN PIZZA.
WE WILL COVER ALL THE BASICS FROM DOUGH PREPARING,
SPREADING, TOPPING AND COOKING.**

**WITH ONNA ANTONIA A' FRIGGIAROLA FROM NAPLES, ONNA SARA A' CASTAGNAR
FROM AMSTERDAM, ON' RAFEL MAST E MBAST, ON' ROB(ERT) O MAST E FEST.**



**DE VLUCHTE, OLDENZAALSESTRAAT 153A ENSCHEDE
REGISTRATION REQUIRED (LIMITED SPOTS AVAILABLE)
8€ CONTRIBUTION (1 PIZZA AND 1 BEER)
[HTTPS://P-NUT.US/NOANANAS](https://p-nut.us/noananas)**

P-NUT - PIZZA WORKSHOP 19TH OF NOVEMBER

Register now for the P-NUT Pizza Workshop! There is a limited number of places available, so be fast.

Welcome to the First Official P-NUT Neapolitan Pizza Workshop. Learn how to make a true Neapolitan pizza. We will cover all the basics from dough preparing, spreading, topping and cooking. With Onna Antonia A' Friggiarola from Naples, Onna Sara A'

Castagnar from Amsterdam, On' Rafel Mast e mbast, On' Rob(ert) O Mast e fest. For only 8 euros, you will get pizza and a refreshment consumption.

What: Pizza workshop

When: November 19th, 2022 starting at 19:00h

Where: [De Vluchte](#), Oldenzaalsestraat 153A, Enschede

Costs: 8 euros for members, and 12 euros for non-members

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

[Register now!](#)



P-NUT COCKTAIL WORKSHOP

FRI 25 NOVEMBER, 8PM

REGISTER
AT:
[PNUT.US/COCKTAIL](https://pnut.us/cocktail)

VESTINGBAR
(ON CAMPUS)
7.5€
ENTRANCE



P-NUT COCKTAIL WORKSHOP NOVEMBER 25TH

Wanna mix your life up? Master the art of cocktail making with this special P-NUT workshop that will leave you feeling like a shaking hero. Get hands-on experience behind the bar to mix the best premium cocktails in town.

Here's what to expect:

- a 120-minute cocktail-making session
- a messed-up welcome drink
- three variations of premium spirits (non-alcoholic also possible)
- exclusive discount for P-NUT members (7.5 euros), while non-members would pay the full fee (15 euros)

- plenty of intermediate moments to refill your refreshments if you're in urgent need (at your own expense)

The number of participants is limited and **registration is mandatory**.

What: Cocktail workshop

When: November 25th, 2022 starting at 20:00h (workshop takes about 2 hours)

Where: Vestingbar on campus (Bastille, De Hems 10, 7522 NL Enschede, Nederland; [Google Maps link](#))

Costs: P-NUT members pay 7.5 euros and non-members pay 15 euros

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

[Register now!](#)





P-Nut goes to Münster Christmas Markets

Not to be missed event

*Saturday 26th Nov
10:30 Enschede Station*

Christmas markets, Mulled
wine and fun with your fellow

PhD Colleagues

5€ Registration

Train + wine included

p-nut.us/market

P NUT.

P-NUT CHRISTMAS MARKET TRIP NOVEMBER 26TH

What's a more wonderful time than Christmas time? Well, let's find it out and enjoy our P-NUT day trip to a Christmas market in Germany. We will leave Enschede Central Station by train to Germany in the morning and return in the afternoon. P-NUT will pay for the train tickets and a small surprise. However, we will ask for a small contribution of 5 euros.

Together with the P-NUT crowd, we'll jump on the train and leave at 10:32h (sharp!). Make sure to be on time. We recommend being there at 10:15h. P-NUT will offer you a consumable drink while visiting the first Christmas market. Subsequently, you can decide individually how to proceed (e.g., join a smaller group). We'll head back at around 15:00h (by train), however, if you want to stay longer feel free to make arrangements on the spot.

Note that we will make a separate WhatsApp group to communicate the latest details (such as the arrangement of group tickets) shortly before the trip. Please indicate your phone number to be part of that group.

What: Xmas Market Day Trip

When: Saturday 26th of November. Gather at Enschede Central Station at 10:15h, and leave at 10:32h (sharp!). We expect to depart from Münster back to Enschede at around 15:00h.

Where: Münster, Germany

Costs: 5 euros 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). For non P-NUT members the contribution is 10 euros. The contribution should be paid on the spot (card only).

[Register now!](#)



P-NUT. UPCOMING EVENTS

20
22

OCT
29

PARTY

NEAPOLITAN
PIZZA
WORKSHOP

NOV
19

NOV
25

COCKTAIL
WORKSHOP

CHRISTMAS
MARKET TRIP

NOV
26

DEC
10

P-NUT X-MAS
DINNER

PHD/ENG
CONNECT
EVENT
SERIES

FOR MORE INFORMATION VISIT
AND REGISTER TO OUR SOCIAL CHANNELS

WWW.UTWENTE.NL/EN/P-NUT/

MORE TO COME SOON: SALSA,
PHD DAY AND NEW YEAR EVENT

NOTHING OF YOUR INTEREST?
INITIATE YOUR OWN EVENTS
AND CONTACT P-NUT@UTWENTE.NL

EVENTS CALENDAR

With a successful Halloween party, we have kicked off a series of events that we are planning to host over the next couple of weeks. Did you not manage to join the Halloween party? No worries, as there is a whole lot of other events taking place in the near future. Check out our events calendar and make sure to sign up soon, for certain events there is only limited places!

Have/Haven't you joined PNUT events in the past? This is your chance to let us know what you do/do not like about socializing with us! And hence a chance for us to improve and serve you better! Please check this link to a survey and help us plan more events of your liking in the future: <https://forms.gle/MJYjeddyfk7T936M8>. Thanks and hope to see you next time!

EVENTS



Pizza Workshop
De Vluchte [19 November 2022]



Cocktail Workshop
Vestingbar [25 November 2022]



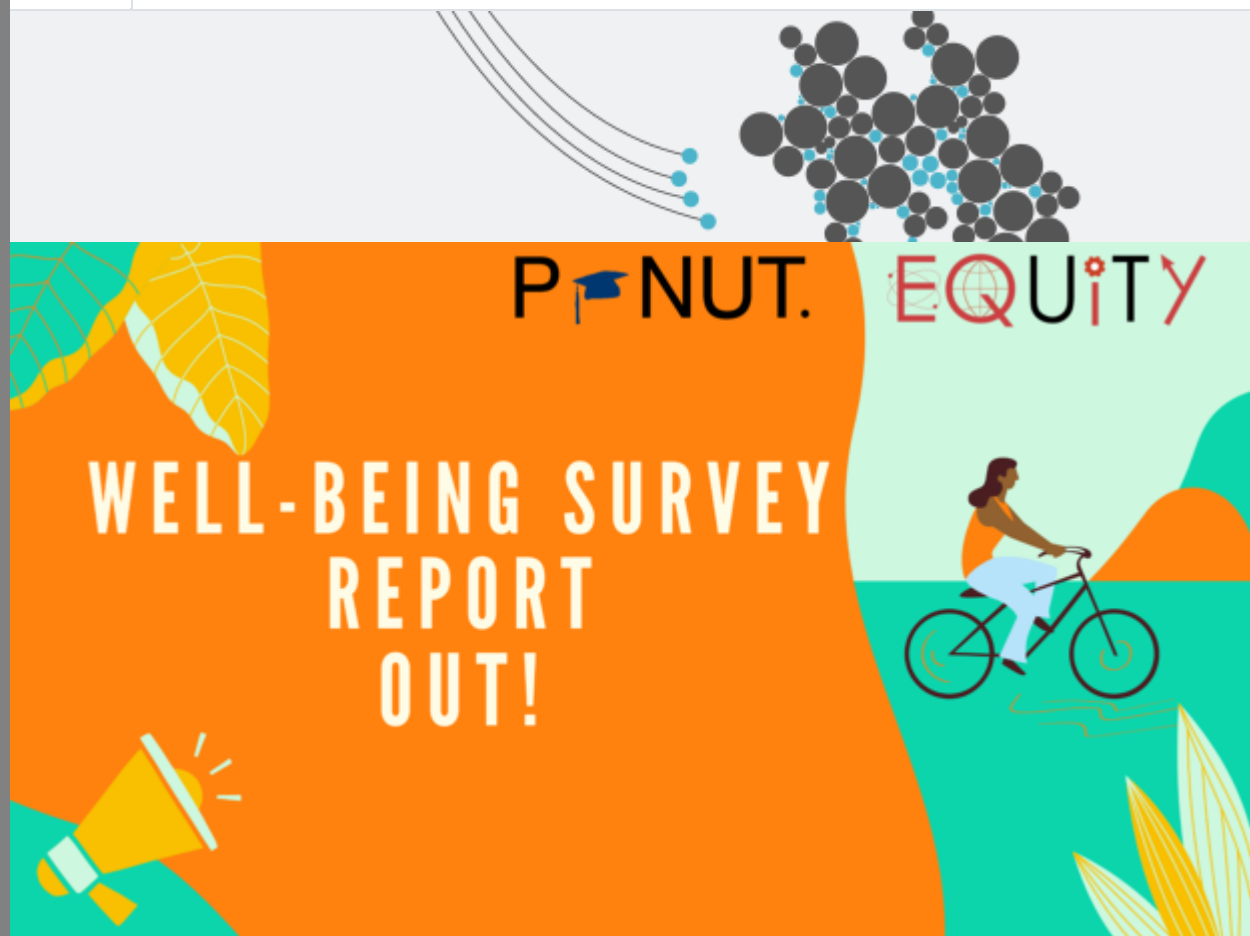
Christmas Market
Enschede Central Station [26 November 2022]



X-Mas Dinner
TBD [10 December 2022]



P-NUT Day
IDEATE Design Lab [24 February 2023]



EQUITY WELL-BEING REPORT FINALLY OUT!

From December 2021 to February 2022 we, the EQUITY working group from P-NUT conducted an independent survey on the current well-being of Doctoral Candidates (PhD and EngD) at the University of Twente. In total 205 people responded to that survey.

You can find the results in our report [here](#). The key points from the results show the ongoing impact of the Covid-19 pandemic and the feeling of loneliness, feeling overlooked, uncertainties regarding life after the PhD/EngD (do I stay in academia, do I go to industry?) and a weak bonding to the UT in some regards.

Keep an eye on the upcoming newsletters to see lots of interesting events coming up!

If you want to know more about the EQUITY group from P-NUT, please reach out to p-nut@utwente.nl mentioning EQUITY. We are eager to get in touch with people who envision a more inclusive and equitable university!



SUPERVISOR CONFLICT ROADMAP

As a board member, Joanna Porkert had many talks and exchanges with PhD candidates in the Netherlands. It was striking how little knowledge PhD candidates had about their labor rights, and about the entities they could turn to in case of a

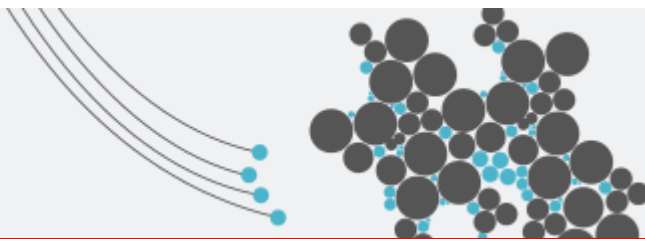
violation of them. A repetitive pattern that emerged in these conversations were problems with a supervisor or the entire supervision team.

To offer these PhD candidates an orientation in their search for a change in their supervision, we created a roadmap to give tips that can help to prevent a conflict with a supervisor, but also offers pragmatic solutions in the case that a conflict cannot be solved anymore. These solutions are based on former experiences by other PhD candidates, but also on advice we received from PhD coordinators. While there is no standard way for a supervisor change as these cases of conflicts are usually treated on a case-by-case basis, we hope that these tips can still give some more guidance.

[Download the roadmap directly](#)

We have added the roadmap to the information section of the P-NUT website, where a lot more information is available. Check out the P-NUT information page [here](#).

Additionally, we have installed a complaint box on our website. We are interested to hear your stories: [Click here](#)



**DOCTORAL
CANDIDATES
WITH A CSC
SCHOLARSHIP
WANTED!**

DOCTORAL CANDIDATES WITH A CSC SCHOLARSHIP: OPINION WANTED!

A [report](#) published by the investigative journalism platform “Follow the money” made quite some noise in the news about Chinese researchers on scholarship from the China Scholarship (CSC). While the Dutch minimum wage is currently 1756€, these

scholarship PhD candidates supposedly receive 1350 € per month, doing basically the same work as employee-doctoral candidates.

As of the journalistic platform Delta from TU Delft, two universities in the Netherlands supplement the scholarship to minimize or close that gap. UT is not one of them.

To really get an overview of the actual situation here, P-NUT needs your input! If you receive a CSC scholarship and want to make your voice heard, start the discussion here at UT and potentially change things for the better, please write to us: [Click here!](#)

If you want to read more about the whole discussion, check out [this](#) news article from TU Delft.



SAVE THE DATE: P-NUT DAY FEBRUARY 24TH 2023

With some delay, we present to you the date for the next PhD/EngD day, which we have now renamed to P-NUT day. The event will be happening in the Design Lab on the 24th of February. We have chosen the theme: "Research & sustainability in times of crisis". Focussing on subjects that affect doctoral candidates like the covid pandemic, the war in Ukraine and climate change. Make sure you block the date in your agenda! More information will follow soon!

Join P-NUTs Futsal Team



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



SCAN ME

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 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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