

UNIVERSITY OF TWENTE.

Dear Colleagues,

We are happy to share with you our October newsletter with a lot of thrilling halloween events. Is halloween not your thing? No worries, we have a lot of other plans as well. Check out the most recent news and upcoming activities (see details below) in a nutshell:

OVERVIEW



Active members wanted!

P-NUT is always looking for active members to strengthen our team.

[Click here](#) if you're interested



Halloween Funfair

Join us on this scary adventure on the 15th of October

[Click here](#) for more information



Halloween Party

In case the funfair didn't make you shiver enough, there is also a Halloween party taking place in the Atrium on the 29th of October

[Click here](#) for more information

Events Calendar

We have created a nice overview of the events that we have in store for you. Scroll down for more information!



Well-being survey by UToday

UToday is taking part in a programme for a nationwide wellness survey. [Click here](#) for more information.



Winter Ski Trip

P-NUT may go on winter sports, but that also depends on you. [Let us know](#) if you would be interested (no obligations yet)!



P-NUT on UToday

The members of our WhatsApp group may have followed a discussion about discrimination that happened in our WhatsApp group. UToday has reached out to P-NUT members to tell about their stories. Our member Rupsa Basu is telling her story.

[Click here](#) to read more.



Free period products

A new pilot has started at the UT – until March next year four bathrooms in the Ravelijn and in the TechMed center each, are provided with a selection of period products, free to use for everyone!



Fill out the survey [here](#) or by scanning the QR code on the product cabinet doors to tell us what you think about this pilot.

Celebrations in the P-NUT board



Franziska Koefer, secretary of P-NUT, is now the mother of a beautiful child!



EDITORS WANTED SHAPE THE NEWSLETTER		
	"Keep the PhD/PDEng community up to date"	EDITION AUGUST 2022
		

ACTIVE MEMBERS WANTED!

P-NUT is always trying to improve the PhD/EngD 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.

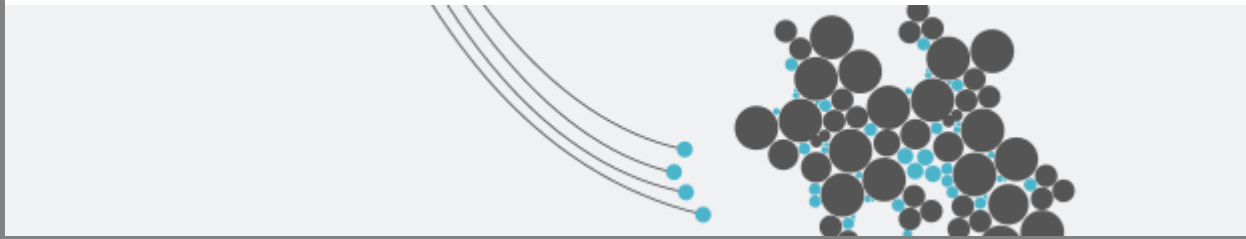
Did you know?

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? Check out this [link](#).

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 - HALLOWEEN FUNFAIR 15TH OF OCTOBER

The scariest funfair of the year is about to take place in Enschede. With haunting attractions, spooky processions and creepy snacks you're bound to get some shivers. But don't worry, you don't have to go there all alone. Our dearest P-NUT members will be there to make sure it will be a fantastic evening. You just need to sign up so that we know you are joining.

We will be meeting in front of the central station at 18:00. We will then head to the Volkspark together to enjoy the nice atmosphere of the funfair. There will also be opportunities to ride the attractions or have some snacks.

What: Halloween funfair

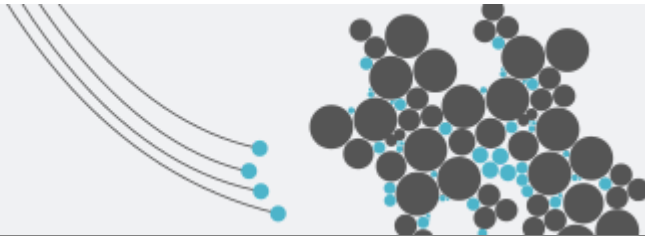
When: Saturday, 15th of October, starting at 18:00h

Where: [Enschede Central Station](#)

Costs: free!

Note: Snacks and rides are not included! Ask us in case you want to become a member!

[Sign up now!](#)





sat.
oct 29

Halloween FunFest

Costume Party
starts 20:00h . P-NUT Party Time

Atrium Bastille

UT Campus, sign-up: p-nut.us/halloween

P-NUT HALLOWEEN PARTY OCTOBER 29TH

Unleash your inner demons. It has been a spooky year but yet the best part has to come. Expect ghosts, witches, spiders, goblins, demons, and monsters, all exhibited in the crazy minds and wildest dreams of doctoral candidates (and guests). We are DYING to see you. If you don't join this Halloween party, it will haunt you forever. A huge prize is there for the best costume.

For a magical 5 euros entrance fee (externals pay 10 euros), you will get unlimited drinks until the bar is empty.

What: Halloween Party

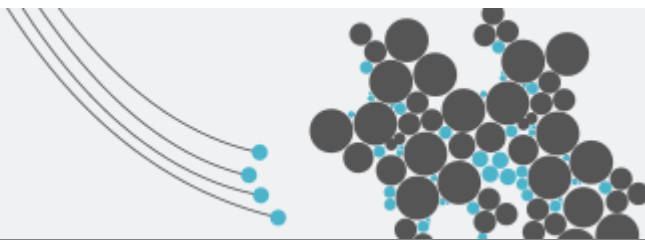
When: Saturday, October 29 from 20:00h until your eyes are closed

Where: Bastille ([De Hems 10, 7522 NL Enschede](#))

Costs: 5 euros for P-NUT members and 10 euros for non-P-NUT members (pay by card on the spot)

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

[Sign up now!](#)



P-NUT. UPCOMING EVENTS 2022

OCT 29 HALLOWEEN 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

Don't you hate it that you cannot see the events of P-NUT weeks in advance? We've got you. We have put all of the events in the upcoming months in a neat overview so you can put them into your busy agenda right away! And there is a lot of them. We have been busy making sure you won't be bored.

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



Halloween Funfair
Enschede Central Station [15 October 2022]



Halloween Party
Atrium [29 October 2022]



PhD/EngD Day (????)
Design Lab [11 November 2022]



Pizza Workshop
De Vluchte [19 November 2022]



Cocktail Workshop
Vestingbar [25 November 2022]

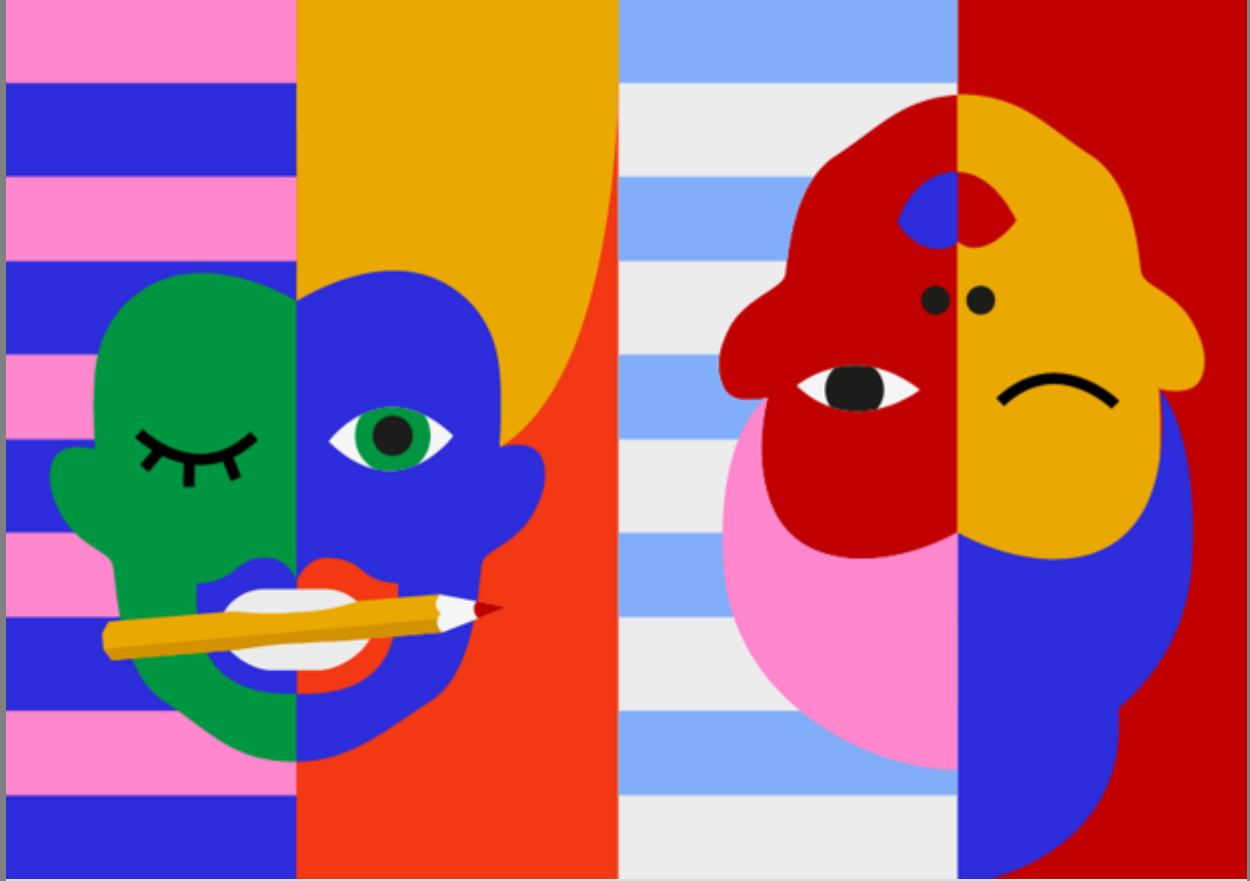


Christmas Market
Enschede Central Station [26 November 2022]



X-Mas Dinner
TBD [10 December 2022]





NATIONWIDE SURVEY: HOW DO YOU EXPERIENCE DIVERSITY AT THE UT?

On behalf of U-Today, we'd like to invite you to join a nationwide survey on diversity at Dutch universities. Can you let us know how you feel about diversity and inclusion at the University of Twente? It takes about 10 minutes to answer the questionnaire.

Join this nationwide survey to help us find out how diverse and inclusive Dutch universities are – and how they compare to each other. This questionnaire is not only being distributed at the UT. This week, students and staff at 19 universities and universities of applied sciences across the Netherlands will be completing this survey. The survey is an initiative of the Council of Editors-in-chief of Higher Education Media. Independent news outlets at Dutch universities, including U-Today, have joined forces to conduct this survey about diversity and inclusion in their institutions. U-Today will share the results in a number of publications in December.

[Click here](#) to answer the survey.

Find out more about the survey and the reasons for its distribution [here](#)



P-NUT.

WINTER SKI TRIP



What!!!???P-NUT on Wintersport???

When??? Feb, March, or April 2023???

Take the survey and make this trip a reality!!!



P-NUT MAY GO ON WINTERSPORTS

Do you like snow? Skiing or snowboarding? Or are you not sure, but you would like to try? Now that temperatures are dropping, it becomes time to look ahead to colder times. So, a wintersport trip may be something for you! Please help us to estimate and understand your interest in a trip like this.

Please in this short form and we can estimate what kind of winter event we will organize. There's some more explanation about this idea in [this form](#). There is no obligations from filling in the form.

We have already 22 replies, so it looks like we can make something happen! Stay tuned for what exactly. If you don't like this at all, P-NUT has plenty of other events for you!



P-NUT ON UTODAY

For quite some time now, P-NUT has had its own WhatsApp groups ([Click here](#) for more information). These group serve as a platform for members and the board to promote events and other news. However, one such event on stress was exclusively in Dutch. As at least 58% of the PhD/EngD are not native dutch speakers, this caused quite a discussion in our group. UToday heard of this discussion and reached out to P-NUT and their members to speak up about discrimination. One of our members, Rupsa Basu, has told extensively about her experiences. You can read the article [here](#).

The P-NUT board also takes these complaints seriously. We are in the process of bringing issues like discrimination higher up in the university, so that they can be tackled top-down. However, we need to hear your story for that as well. Do you recognize yourself in the story of Rupsa, or do you have a different complaint? Get yourself heard by sending an e-mail to p-nut@utwente.nl.



**FREE
PERIOD
PRODUCTS
AT UT**
#PERIODT.

FREE PERIOD PRODUCT PILOT IS LIVE!

Have you ever needed a period product on campus and were unsure of where to get one?

The EQUITY group (among others) from P-NUT got you covered now!

Until April next year, four bathrooms in the Ravelijn building and four in the TechMed centre have been equipped with small cabinets offering free, sustainable and biodegradable period products from the Dutch brand Yoni.

With this initiative, a working group from the UReka student faction, the Student Union, EQUITY Group of P-NUT, CFM and the DE&I Team want to make the campus a more inclusive and welcoming environment for everyone. Period poverty is still an actual problem in the Netherlands today, which we want to tackle here at UT.

Where can you find the cabinets:

Ravelijn

1219 (ground floor)

1221 (ground floor)

1222 (ground floor)

3219 (second floor)

TechMed Center

1121 (ground floor)

1122 (ground floor)

1123 (ground floor)

3121 (second floor)



Have you already seen one of the cabinets? Let us know what you think, by scanning the QR code or filling out the survey [here](#). Do you wish to get more information, or do you have questions about this pilot? Then you can always reach out to [Team #PeriodT](#).

Feel free to share your experiences and thoughts on this also on social media using #PeriodT.

This helps us evaluate the pilot and hopefully make free period products at UT a permanent commitment to social justice and inclusion!

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!





P-NUT SECRETARY ENJOYING MOTHERHOOD!

P-NUTs beloved secretary, Franziska Koefer, has achieved a big milestone. On the 8th of September 2022, she has given birth to her son Kian. Both parents and the child are doing well after a short recovery.

The P-NUT board wishes them all the best!



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 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

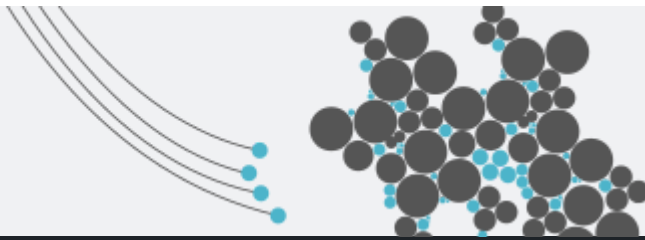
- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a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