

# UNIVERSITY OF TWENTE.

Dear Colleague,

**this month, we have a whole list of updates and events for you with, most importantly, the P-NUT day. An informative event filled with workshops, keynotes and snacks and drinks to enjoy while getting to know your colleagues. Make sure to sign up now! Other events and news in a nutshell:**

- P-NUT day 2023 February 24th (More information: [link](#))
- Join the P-NUT/EQUITY book club (More information: [link](#))
- International Women's Day 2023 (More information: [link](#))
- Follow-up scholarship holding candidates
- P-NUT GMM March 17th (More information: [link](#))
- Discussion on work pressure (More information: [link](#))



20  
23

P-NUT.

## P-NUT Day

February 24th, 2023

12:30h

IDEATE @ DesignLab

Inspirational

Educational Networking

**"Research & Sustainability  
in times of crisis"**

Don't miss out, register now!"

01

### Keynotes

dr. Sjoukje Philip, KNMI & WWA

Climate change

Sven Brummelaar

& Michelle Ekkelkamp

Personal Branding, work culture

Juliane Schillinger

Conflict & Water management

02

### Workshops

Thesis Printing (win a free cover design!)

Managing Stress

Personal branding

Expat formalities (e.g. Visa)

And many more!

03

### Information market

The Chain Company

The Expat Center

Ipskamp Thesis Printing

### Personal branding

Get a CV and LinkedIn check  
plus a professional profile picture!

Bring your CV or have your LinkedIn ready!



**IPSKAMP** printing  
books and more

**EXPAT  
CENTER  
EAST** NETHERLANDS  
SPONSORED BY  
WORLD TRADE CENTER TWENTE

**the chain  
company**

P-NUT@utwente.nl



**P-NUT DAY FEBRUARY 24TH**

Last chance to sign up for the P-NUT day! Join us in IDEATE for a day filled with informative keynotes, workshops to boost your research skills and an information market where you can get the latest updates on thesis printing, a CV/LinkedIn check and P-NUT's own [EQUITY group](#). There is even a booth to make a professional profile picture. Check out the full program [here](#)!

Besides that, there will be plenty of snacks and drinks that you can enjoy during the network breaks. It's an excellent opportunity to get to know fellow researchers. Need more networking time? For 10 euro extra you can sign up for a dinner at Twentsche Foodhall after the event with the organizers and speakers!

Do make sure to [register](#) beforehand.

Do you know someone who is interested in doing a PhD/EngD? They are welcome to join as well to get a taste of the wonderful world of research. Spread the word!

**What:** P-NUT day

**When:** Friday, February 24 from 12:30h (Registration from 12:00 onwards)

**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!](#)



## JOIN THE SEASONAL BOOK CLUB!

Join the seasonal Book Club!

We are getting ready for Spring! Every season we will choose a book to read and share.

We are aiming to start in **March** with the first gathering and get to know each other while enjoying a nice cup of coffee.

Are you interested?

Register via [this link](#) below to get more information and a link to the WhatsApp group.

Some of the proposed titles are:

- Man Enough: Undefined 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.

However, other titles and recommendations are more than welcome!



YOU ARE INVITED

# International Women's Day 2023 at UT



7 - 10 MARCH 2023  
[utwente.nl/iwd2023](https://utwente.nl/iwd2023)



SCAN FOR MORE INFO

organised by



**JOINED CELEBRATION AROUND INTERNATIONAL WOMEN'S DAY 2023**

This year eight different initiatives from all over UT have got together to create a great event series around International Women's Day.

For UT, International Women's Day is an opportunity to put our women students and staff in the spotlight, to encourage them to keep going, support them, and, importantly, to recognise and reflect on gender-related challenges and difficulties one can encounter when studying and working in academia. The 2023 theme is #EmbraceEquity. Let's come together and collectively challenge stereotypes, call out discrimination, draw attention to biases, and seek inclusion. Join your colleagues and fellow students at **one (or more) of the events from 7 to 10 March!**

We invite people regardless of their gender to join the events.

The program includes lectures, interactive presentations, a belly dancing workshop and much more! If you want to know more, you can see the full program [here!](#)

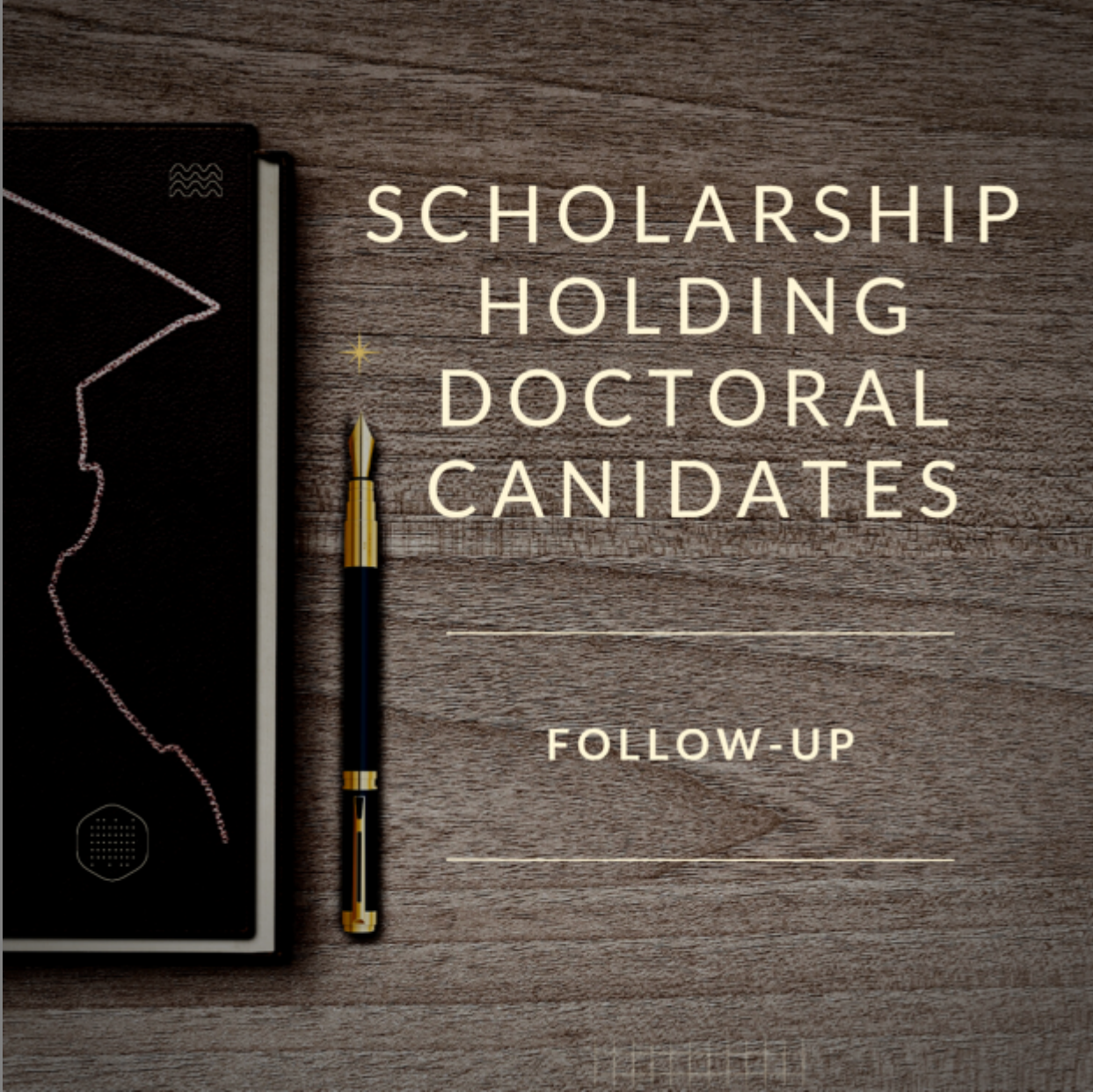
Please note that for some events, registration may be required.

Hope to see you there!

If you want to know more about the EQUITY group from P-NUT organising and coordinating IWD 2023, please reach out to [p-nut@utwente.nl](mailto:p-nut@utwente.nl) mentioning EQUITY. We are eager to get in touch with people who envision a more inclusive and equitable university!





A dark notebook with a gold pen and a small gold star on a wooden background. The notebook has a gold outline of a mountain and a gold hexagon with a grid pattern. The pen is gold and black. The star is gold.

# SCHOLARSHIP HOLDING DOCTORAL CANIDATES

## FOLLOW-UP

### **FOLLOW-UP SCHOLARSHIP HOLDING CANDIDATES**

At the end of last year, we asked those of you that receive a scholarship for their doctoral candidacy to provide input and share experiences; first of those receiving a CSC scholarship, followed by an open call for opinions by scholarship holders in general.

Thank you very much for responding to our call.

In this news item, we want to give you a quick update on what has happened since then. As P-NUT, we bundled the input into a letter to the rector and TGS, both of which we have been discussing the situation with. Scholarship holding candidates are considered students. The agreement between candidate and UT states the source of financial resources not being the UT. Therefore, legally there is no case to argue for improved payment of the individual candidates, and their financial situation is unlikely to change in the near future.

For now we decided to focus on access to employee services and software, as the input you provided us with showed that that is often restricted as well.

Therefore, we looked more into the agreements between doctoral candidates and the UT. While talking to HR, we found that those agreements differ not only per faculty, but per group, and tend to be rather generic. We are still in the process of getting a more detailed idea of the contents of the agreements, as well as the terms offered by the university. The process is on-going.

Lastly, we took to non-UT contacts. PNN is the national umbrella association of P-NUT and similar groups at other universities in the Netherlands. Coincidentally, they discussed terms and conditions of scholarship candidates last December. We have since reached out to them, exchanged insights and remain in close contact. In order to represent the voices of scholarship-holders, PNN will soon launch a national survey. Once it is up, we will share it with you as well, so keep an eye out! Be aware that they do not expect any short-term change on the national level either.

If you have any additional input for us, or any ideas on what steps to take next, please contact us via [p-nut@utwente.nl](mailto:p-nut@utwente.nl), or using the (anonymous) [complaint box](#) on our website.



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

Anually, 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!](#)



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

13

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!](#)



# 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](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.*

*Copyright © 2021 PhD Network University of Twente, All rights reserved*

*We process personal data in accordance with our [privacy statement](#).*

[Unsubscribe](#)