

UNIVERSITY OF TWENTE.

Dear Colleague,

it's time for the March newsletter. Where we recap on last month's P-NUT day and look forward to the GMM on March 17th where an entirely new board will be elected. But that does not mean that we haven't already planned a whole bunch of new events for the next board term. Find out more:

- P-NUT GMM March 17th (More information: [link](#))
- P-NUT Salsa Workshop March 18th (More information: [link](#))
- P-NUT day recap and update (Survey: [link](#))
- PNN Know Your Rights Session March 22nd (More information: [link](#))
- P-NUT Badminton Lunch Break April 5th (More information: [link](#))
- Discussion on work pressure April 13th (More information: [link](#))
- Join the P-NUT/EQUITY book club (More information: [link](#))

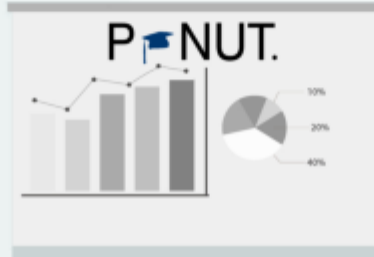


General Members Meeting

March 17th 18:00

Vleugel Building (Next to Spiegel)

Free dinner for participants!



P-NUT GENERAL MEMBERS MEETING 17TH OF MARCH

Last chance to sign up for the P-NUT General Members Meeting (GMM) in which the current board discusses last years performance. After that, a new board will be elected. The candidates are:

President:

Aurora Ruiz Rodríguez

Lea Berkemeier

Treasurer:

Mario Boot

Secretary:

Kevin Redosado Leon

Mira El Akkawi

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 at [Indian Summer](#). There is no requirement to join, except letting us know that you'll be there by [signing up](#).

The GMM will be hosted in a hybrid fashion. The physical part will take place in Vleugel. 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 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)

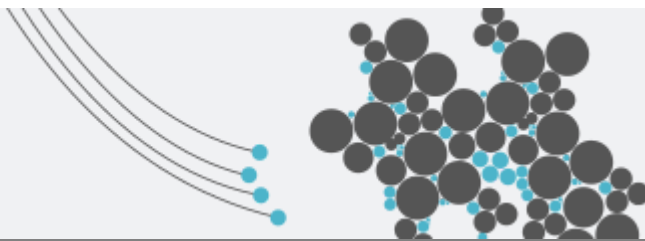
When: Friday, March 17th 2023 from 18:00 to approximately 20:00h.

Where: [Indian Summer](#)

Costs: Free (including a free dinner for participants)

Note: To be eligible to vote, you have to be a member! Join the [P-NUT WhatsApp group](#) to keep up to date about the latest developments on this event.

[Click here to register!](#)



P-NUT'S SOCIAL CLUB PRESENTS

**FREE CUBAN AND
RUEDA CLASSES!!**

**18th
MARCH**



P-NUT SALSA WORKSHOP 18TH OF MARCH

We kick off the new board term with spectacular dance moves!

Have you been thinking about taking dancing classes? Or do you just want to take some time off writing papers? We have good news for you! It's time again to move your feet in a new introductory course of P-NUT salsa lessons. You will get a brief introduction to get your salsa skills going. Not convinced? Members of P-NUT can join for free! Don't have prior experience or a salsa partner? No worries, these are not required to join!

[Sign up](#) now!

What: P-NUT Salsa Workshop

When: Saturday, March 18th 15:00 to 18:00

Where: Sports Centre SC-6

Costs: Free for members (€5 otherwise)

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

[Click here to register!](#)



THANK YOU FOR A GREAT P-NUT DAY! (PICTURES AND ECTS UPDATE)

Last month, we hosted the first unrestricted PhD/EngD day in the Designn lab. The crowd was large with 113 people signing up. We have seen talks about climate

change and how to communicate scientific data with non-scientists by Sjoukje Philip from the WWA. We have seen how Juliane Schillinger deals with discontinuities in her data collection. Apart from that, there was a whole range of workshops on Research Data Management, Thesis Printing, Personal Branding, Sustainable Lab Material, Responsible Futuring, Dutch work culture and Stress management. All in all we think it was a great event. Let us know if you agree by filling out our survey: [Go to the survey!](#)

Some of you are still waiting for the certificate and the profile picture. Sadly, the photographer has been struck by Covid and has to recover. You can expect an e-mail with all information about the P-NUT day in your inbox soon.

And please [fill out our survey!](#)



Know Your Rights!

Join our Know Your Rights session for PhD candidates about labour rights, the Collective Labour Agreement, and what to do in a conflict situation.

22nd of March
19 - 20 GMT +1
online via Zoom



PNN KNOW YOUR RIGHTS SESSION 22ND OF MARCH

PNN is hosting a free online Know-Your-Rights session on Wednesday 22nd of March at 20:00. The session offers insight into the general structure around labour rights, a summary of your Collective Labour Agreement, and offers tips for solving conflicts. Whether you have recently arrived in the Netherlands or have been around for a while, there is always new things to learn about your labour rights. It's also possible to submit a question yourself! You just need to sign up via [this form](#).

What: PNN Know Your Rights Session

When: 22nd of March from 19:00 to 20:00

Where: Online via Teams (you receive the link after registration)

Cost: Free for everyone!

[Click here to register!](#)





LUNCH-BREAK BADMINTON

5 April 2023

from 12:15 to 13:30
Sports Centre UT (SC3)



Please bring your CampusCard
with valid subscription



P-NUT. **EQUiTY**



P-NUT BADMINTON LUNCH BREAK 5TH OF APRIL

What: P-NUT Badminton Lunch Break

When: April 5th from 12:15 to 13:30

Location: UT Sports Centre SC3

Costs: Free for employees, but CampusCard with a valid subscription is required

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](https://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 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!




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

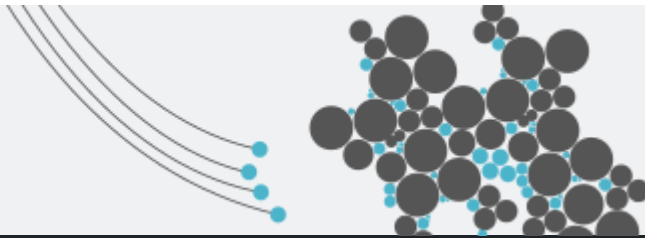
- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a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

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

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

[Unsubscribe](#)