

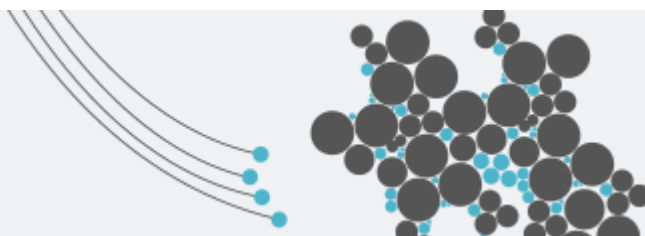
UNIVERSITY OF TWENTE.

Dear Colleague,

the academic year is in full motion which means we have a whole bunch of news for you this month. So let's just dive right into it:

- P-NUT Events Calendar
- Check your COVID-19 extension rights!
- P-NUT Spooky Movie night October 19th (More information: [link](#))
- P-NUT Book Club Autumn Edition
- P-NUT Cycle Ride & Hike Lutterzand October 22nd (More information: [link](#))
- Inclusive Sports Day - Summer 2024
- P-NUT Zumba Class October 26th (More information: [link](#))
- P-NUT Halloween Dance Party October 28th (More information: [link](#))
- Help us organizing the P-NUT Day (More information: [link](#))
- P-NUT Grolsch Brewery Tour November 10th (More information: [link](#))
- Meet the PhD Counsellors! (More information: [link](#))
- P-NUT Ski Trip Austria March 22nd-24th (More information: [link](#))

And more! Check it out now!





Upcoming events November

10.11.	Grolsch Brewery Tour
16.11.	Boardgames evening
25.11.	Lasertag
End November	Indoor climbing

P-NUT EVENTS CALENDAR

We again have a quick overview of the upcoming events for you. You can look at them in more detail in the dedicated sections. We don't want you to miss out on our events! Registration will follow soon. Hope to see you there!





COVID-19

CHECK YOUR COVID-19 EXTENSION RIGHTS!

Although the COVID-19 pandemic is fading in our memory, P-NUT recently became aware of a strange issue. Around 2021, the UT received a budget from the Dutch government to extend employment contracts for employees whose work was affected by the COVID-19 pandemic. Faculties were supposed to have their own processes for communication and arranging extensions. Unfortunately, news about the extensions and invitations to apply did not reach all doctoral candidates (DCs) equally. Some candidates were informed proactively by their managers, some candidates figured out themselves, and some never even got to know about it. P-NUT is now aware of 3 DCs who started in or before Q1 2021 and who did not receive an extension, while other DCs started later after Q1 2021 and received a 3-month extension. In our opinion, this causes an unfair situation.

So if:

- You are a doctoral candidate (PhD/EngD) employed by the UT
- You started before or during the Covid-19 pandemic
- You think you deserve or need an extension because your work was or is affected by the pandemic
- You did not receive an extension yet and/or you were not aware about the possibility for extensions.

Then, you can consider starting a conversation with your supervisor and/or HR department about a contract extension. Extensions can still be requested and are still possible, even though the governmental budget for COVID-19 contract extensions is now finished. Even if you stated in your annual review(s) that there were no impacts, we believe it can be argued that the impact became only visible in hindsight. P-Nut confirmed with TGS that extensions are always evaluated individually and that you should approach your supervisor first about the matter. If you can't come to a solution with your supervisor, you can engage with your faculty's HR department. P-NUT

cannot resolve issues for you, but if you like then we can support you in approaching the matter. You can contact us for any questions. Alternatively, you can anonymously share your concerns with us. Good luck!



P-NUT SPOOKY MOVIE NIGHTS OCTOBER 19TH

□ Step into the World of Classic Horror Films with "Creepy Classics"! □

Embrace the spooky season with a thrilling cinematic journey through the eerie realms of vintage horror! Join us for an unforgettable weekly movie night as we dive into the chilling classics from the 1920s to the 1950s.

Our debut screening shows the horrors of late stage PhD work in the legendary masterpiece, "The Mummy" and it's happening on October 12th at BIOScope (Room CR2.506).

But that's just the beginning! The choice of our next spine-tingling movie is in your hands! Cast YOUR vote for the next hair-raising adventure in our series.

Come alive in the middle of a thunderstorm and jump into the black lagoon if you dare with P-NUT's Spooky Classics □□□

What: P-NUT Spooky Movie Nights

When: Thursday October 19th, 17:30 (Every Thursday of October)

Where: BIOScope CR2.506

Cost: Free!

Note: Join the [P-NUT WhatsApp group](#) to keep up to date about the latest developments on this event and to vote for the next movie!

[Click here to register!](#)



BOOK CLUB

Join the Book Discussion
of the season

Autumn

During this evening we will
also propose titles for the
next book of the season

Winter

When: 6th December,
17:00hrs

Where: Waaier coffee
corner



FAQ:
I have not finished the book
yet, can I join?
-Of course! everyone is
welcome (Just be aware of the
spoilers)



SCAN TO
REGISTER



P-NUT BOOK CLUB AUTUMN EDITION

☐ [Join](#) our Autumn Season Book Club! We're diving into "Legends & Lattes" and "Fancy Bear Goes Phishing." You choose 1 or 2 books at your pace. No pressure! We couldn't decide on just 1, so we're reading both! Let's meet at the end of the season for a fantastic discussion. ☐. Happy reading! ☐

When: 6th December, 17:00hrs

Where: Waaier coffee corner

[Click here to register!](#)



P-NUT CYCLE RIDE & HIKE LUTTERZAND OCTOBER 22ND

Would you like to shift scenery from your research labs and enjoy the beautiful pine forests, heathlands and juniper berries of The Lutterzand and hike along the riverbanks of The Dinkel? Then join us on October 22nd Sunday for our next cycling tour + hiking trip. We will explore the De Lutterzand via hiking and cycling and experience the beauty of this unique Twente landscape.

What: P-NUT Cycle Ride & Hike

When: Sunday, October 22nd 10:00 (until approx. 17:00)

Where: We meet at Enschede Central Station

Cost: Free!

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

[Click here to register!](#)



INCLUSIVE SPORTS DAY - SUMMER 2024

In the July edition of the P-NUT newsletter, we informed you, that P-NUT received two Incentive Funds - one for a wonderful P-NUT day with the topic of "Mind the gap" at the beginning of 2024 and the second one for an inclusive sports day at summer 2024 organized by P-NUTs working group EQUITY!

We are super excited about the sports day and the planning is already starting to take off. So stay tuned for amazing workshops, clinics, networking, and tons of new input in a safe environment for everyone!

More information will follow soon.

If you are interested in joining the planning of the sports day or EQUITY in general, let us know via this form stating that you want to contribute to the sports day in the comments. Alternatively, you can just write a quick e-mail to p-nut@utwente.nl.



P NUT. ZUMBA CLASS

COME JOIN US FOR A NICE
TRAINING AND LATE EVENING
DANCE WITH FELLOW
DOCTORAL CANDIDATES

BRING A TOWEL AND
WATER!!!!



Day: 26th of October

Time: 20:00-21:00

Location: UT Sports Centre, SC-6

P-NUT ZUMBA CLASS OCTOBER 26TH

Unleash your inner dancer: join the P-NUT Zumba class!

Life is better when you dance! Are you ready to embark on a fitness journey that feels more like a dance party? Get ready to sweat and groove with our exhilarating Zumba class!

Whether you're a seasoned dancer or have two left feet, Zumba is for everyone. Our instructor will guide you through easy-to-follow routines that accommodate all fitness levels. Each Zumba session is a whirlwind of diverse music styles - salsa, reggaeton, hip-hop, and more! You won't even realize you're working out; it's just pure joy and the perfect stress-reliever.

What: P-NUT Zumba Class

When: Thursday, 26th of October 2023, from 20:00-21:00

Where: UT Campus, Sports Centre, room SC-6

Costs: Free!

[Click here to register!](#)





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P-NUT HALLOWEEN DANCE PARTY OCTOBER 28TH

Get ready for the spook-tacular "P-NUT Halloween Dance Party" at the eerie yet enchanting "Rico Latino" haunt on October 28th! ☐☐. Doctoral candidates, we know you've been buried in books and buried in stress, but it's time to exorcise those academic demons and let your inner ghoul out to party! And here's the treat: P-NUT members pay just 3 euros, while non-members pay 5 euros at the door! Dress up as your favourite academic monster, whether it's the Procrastinating Zombie or the Caffeine-Addicted Vampire! ☐♀☐ The night will be filled with wicked beats, hair-raising dance-offs, and a spooky surprise or two. So, mark your calendars, dust off your capes, and get ready to have a ghoulishly good time! "P-NUT Halloween Dance Party" is where brains meet braaaaaains!!!

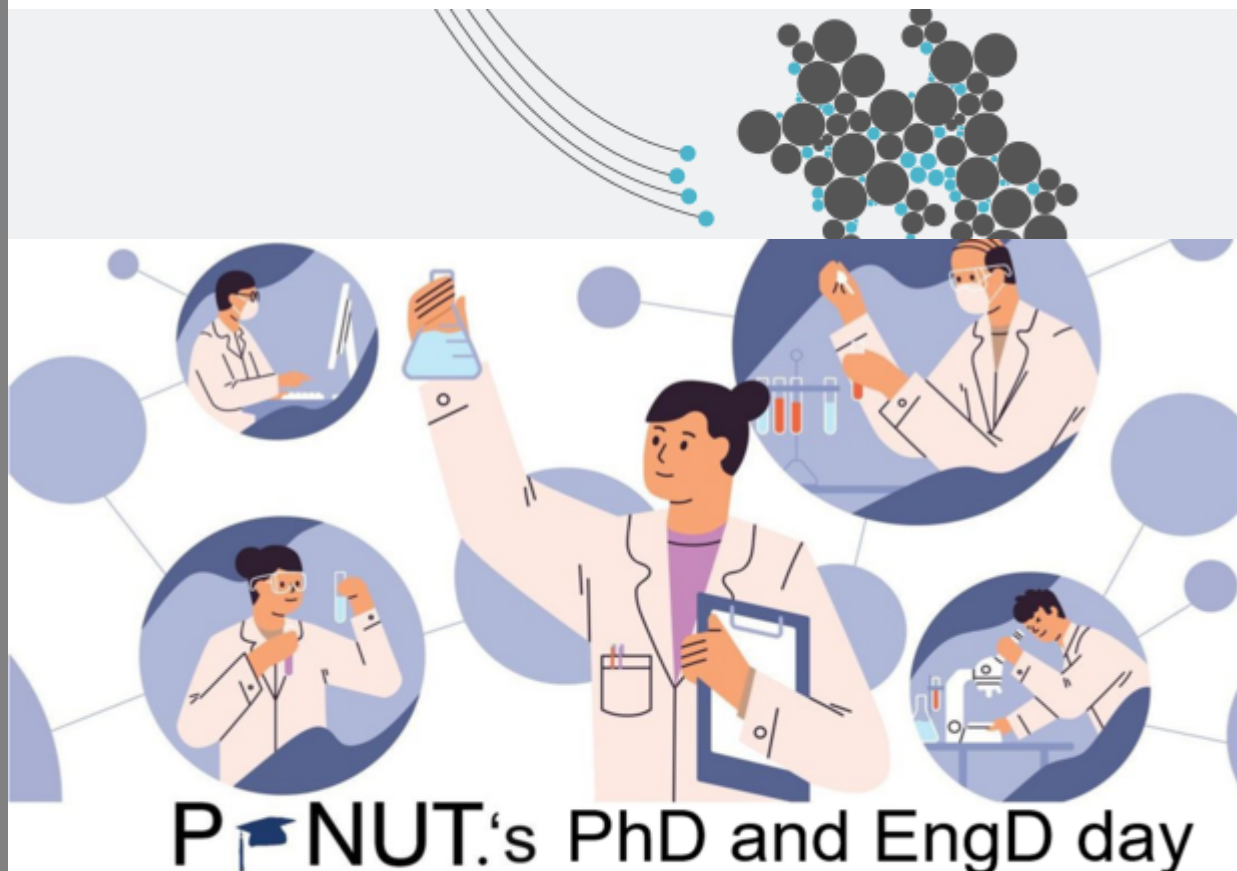
What: P-NUT Halloween Dance Party

When: Saturday, October 28th, 21:00

Where: Rico Latino, De Heurne 19b, Enschede 7511 GV, Enschede

Cost: 3 Euro Members, 5 Euro Non-Members

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



P-NUT's PhD and EngD day

HELP US ORGANIZING THE P-NUT DAY

Around February 2024 we want to hold another edition of the P-NUT day. A day full of interesting keynotes, workshops and networking with your P-NUT peers. This edition will be extra big as P-NUT has won a DE&I grant ([click here](#) for more information). This year's theme is "Mind the Gap" where we focus on all kinds of gaps from knowledge gaps to cultural gaps, from inspirational gaps to the gap that exists after your PhD.

Are you interested in lending us a little hand? You can even earn ECTS credits by helping us. No need to follow that boring course that you were intending to do. You can actually be of use to the P-NUT community. You only have to fill in [this form](#). What are you still waiting for?

P-NUT Grolsch Brewery Tour

November 10

*From
17:00 - 19:30*

*Only
10€*



Registration up to November 1st
*Grolsch Ontvangstcentrum en Shop (Brouwerslaan 1,
7548 XA Enschede)*

P-NUT GROLSCH BREWERY TOUR NOVEMBER 10TH



MEET THE PHD COUNSELLORS!

□ Discover Your PhD Lifeline! □

Meet the dedicated PhD & EngD Counsellors at the University of Twente - your essential source of guidance and support on your doctoral journey. These experienced professionals are ready to help you tackle academic challenges, manage stress, resolve supervision issues, find solutions to complicated personal matters, and overcome many other types of obstacles. Don't hesitate to reach out and schedule an appointment. Your well-being is their top priority! Learn more about our PhD Counsellors at [PhD Counsellors at the University of Twente](#).



P-NUT PRESENTS

Winter Trip '24 Sölden, Austria March 22-24

*Skiing
Hiking
Sleighbing
Snowboarding*

P-NUT SKI TRIP AUSTRIA MARCH 22ND-24TH

Embrace the winter in Sölden, Austria, with this 3-day trip in March 2024! Our fantastic package deal includes trip planning, 2-night cosy accommodation in a private 5-bedroom house, car transportation, 2-day cable car passes, tourist tax, hearty breakfasts, schnaps, awesome colleagues, and an unforgettable time. For just €400! At your own expense is the following: rental and lessons if you like, lunch, dinner, après-ski, and everything else not mentioned here.

Even if you don't like skiing or snowboarding or if you are not sure about it, you'll surely enjoy the winter atmosphere in the picturesque Austrian villages. We will leave by car Thursday evening March 21 or Friday morning March 22, and return Sunday evening March 24. Secure your spot now, the accommodation is booked already! Maximum 10 spots available. UT PhD's and EngD's have priority, but partners and friends are welcome to apply too. Plus, stay tuned for a warming-up event at an indoor ski hall nearby later in 2023. Embark on an unforgettable alpine adventure with us! ☐☐☐ #WinterEscape #P-NutAdventure2024

What: P-NUT Winter Trip

When: Friday March 22nd to Sunday March 24th

Where: Meeting point TBA

Cost: €400 package deal plus own expenses

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

[Click here to register!](#)



Bèta in Bestuur & Beleid Career day

November 22, 2023
KNAW Trippenhuis Amsterdam



Are you a postdoc, PhD-student or master student with a background in STEM (Science, Technology, Engineering, Mathematics)



And interested in contributing to solving big societal challenges?



Then sign up for a day-long interactive programme full of inspiring speakers, a European track*, a career fair and networking drinks.

Interested?
Sign up here!



**only this track is in English*





PROMOVENDI NETWERK NEDERLAND

Not done reading yet on the latest doctoral news? You can find the PNN newsletter [here!](#)



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

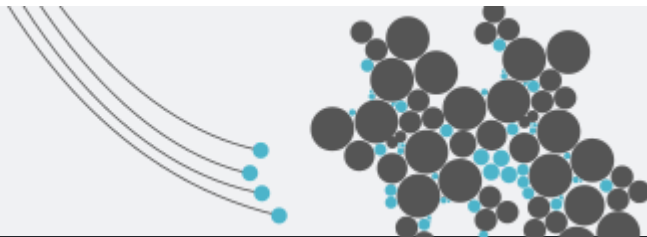
- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a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