

UNIVERSITY OF TWENTE.

Dear Colleague,

welcome to the April newsletter, the first newsletter of the new board term. After a very close election, we have appointed a new elected board. You can read all about this and more in the rest of the newsletter. A quick overview:

- GMM & elections recap
- PNN Newsletter & Scholars Survey (More information: [newsletter](#), [survey](#))
- Events and activities on AcademicTransfer (More information: [link](#))
- Discussion on work pressure April 13th (More information: [link](#))
- Spontaneous Zumba lesson April 13th (Just join, SC6 18:00)
- P-NUT Hike in Utrechtse Heuvelrug April 15th (More information: [link](#))
- P-NUT Watches Eurovision Songcontest (More information: [link](#))



GMM & ELECTIONS RECAP

Another board term has come to an end. Last year's president Akhil Pallamreddy, co-president Peter Slijkhuis, secretary Franziska Koefer and treasurer Bram Kohlen have stepped down from the elected board to make place for a new elected board. We thank them for the effort that they put into their functions and for leaving P-NUT in a healthy state. The achievements, projects and other ongoing business has been documented in the annual report.

They free up their positions for a freshly elected board. After a healthily competitive election, the newly elected board was decided to consist of:

- President: Lea Berkemeier
- Treasurer: Mario Boot
- Secretary: Kevin Redosado Leon
- Vice-president: Aurora Ruiz-Rodríguez

They are responsible for determining the direction of P-NUT regarding connecting, informing and representing the P-NUT community. Via interactions with officials in the UT they will make sure that the voice of the doctoral community at the UT will remain to be heard. They are ofcourse not doing this on their own. The ever growing group of active members will help them wherever necessary.

Are you interested in contributing in an active member as well? We are always looking for enthousiastic people to support us. [Let us know!](#)

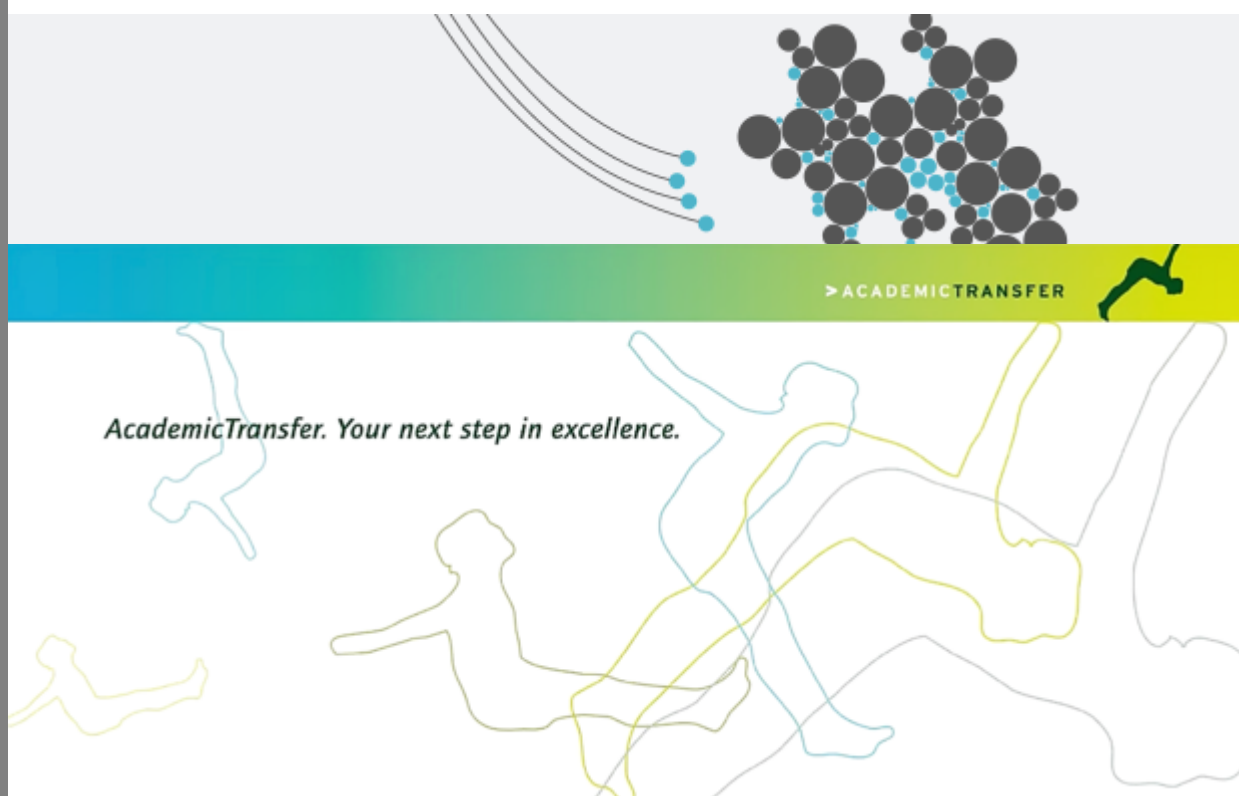


**PROMOVENDI
NETWERK NEDERLAND**

We would like to keep you updated on PNN. PNN is an umbrella organization for all PhD/EngD networks in the Netherlands. Recently, they issued an interesting newsletter, with the following announcement: “With this newsletter we would like to update you on the latest board matters such as our scholarship PhD survey, introduce you to our board member Roël and invite you to interesting workshops and sessions”

In particular, we want to bring their scholarship survey to your attention. Are you working at the University of Twente via a scholarship? Then we would like you to consider filling out [this survey](#) and notify as many scholars as possible. We really want to have a complete picture of the situation!

[Click here](#) to see the full newsletter!



EVENTS AND ACTIVITIES ON ACADEMICTRANSFER

Have you heard already about Academic Transfer? It's a career platform for job opportunities for academics, including a lot of relevant information and recommendations. Academic Transfer offers a [timeline](#) functionality, where researchers and scientists can explore career paths and prepare for next career steps. They update you on the latest research oriented events in the Netherlands. Also check out their career tool, to read up on [facts about the Netherlands](#) for example. Useful for you or a new colleague who is trying to find their way in the Netherlands. Just take a look, it's free!



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

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APR

DISCUSSION ON WORK PRESSURE APRIL 13TH

Recently, an article appeared on UToday on how spouses who fall outside of the UT bubble. The experiences in the Netherlands may be quite different outside of that bubble. This causes friction and even affects work performance in some cases as [this article](#) shows.

Causes of work pressure may come from a lot of different angles. We have invited **Rector Magnificus Tom Veldkamp** to listen to your experiences. He will take notes and evaluate what the university can do to improve the situation for you, the driving force behind the research at this university. Signing up is still possible, and there is **free drinks** afterwards!

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!](#)



P NUT. ZUMBA CLASS

COME JOIN US FOR A NICE
TRAINING AND DANCING
AFTERNOON WITH OTHER
FELLOW PHDs

BRING A TOWEL AND
WATER!!!!



Day: 13 of April
Time: 18:00 - 19:30
Location: SC-6

ZUMBA CLASS APRIL 13TH

Join us for a spontaneous Zumba session on Thursday afternoon hosted by P-NUT's only Ms. President: Lea Berkemeier. No need to sign up, just show up in the sports centre (SC-6) at 18:00 with a towel and a water bottle. Cannot make it there? No worries, we intend to organize more of these in the future.

We hope to see you there!

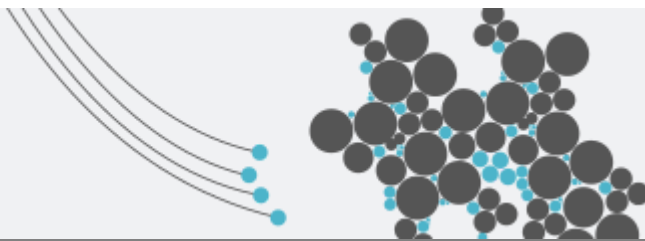
What: P-NUT Zumba lesson

When: Thursday, 13th of April 2023

Where: Sprots Centre, SC6

Costs: Free for everyone!

Note: Bring water and a towel!



P-Nut goes to Heuvelrug

Saturday 15th April.

Gather at 8:30 at Enschede station. Train at 8:46.

15km hike from Driebergen-Ziест station to Maarn station

Hike ends at Maarn station.

Will reach Enschede by 20:00 approx (block entire day).

*Good hiking shoes, 2 bottles of water and
energy snacks, bananas mandatory.*

A P-NUT HIKES INITIATIVE

P-NUT HIKE IN UTRECHTSE HEUVELRUG APRIL 15TH

Nothing makes you forget the hassle of doing a PhD more than a hike. On Saturday 15th April 2023, P-NUT will go on its next hike to explore the beautiful national park of Utrechtse Heuvelrug. We will go on an NS hike for about 15 km between the stations Driebergen-Zeist and Maarn. Don't want to buy an expensive train ticket? No worries, for only €7 you will get yourself on the group ticket that will take you both ways! You will only have to provide yourself with enough food and drinks for the day. We will stop at a restaurant where you can buy a snack and a drink.

Join us for a nice long day of hiking and exploring!

What: P-NUT Hike Utrechtse Heuvelrug

When: Saturday, 15th of April 2023, 8:30

Where: We gather at Enschede Central station (other entry points are possible, please let us know under additional remarks)

Costs: €7 for the group train ticket, free if you use your own train ticket (Indicate below which one you want).

Note: Bring enough food for the day! We take a break at a restaurant, but the food is on you!

EMBRACE THE CRAZY!!!

BET ON WHO WINS!!!

WIN PRICES!!!

COME DRESS-UP !!!

P NUT.

EUROVISION

SONG CONTEST VIEWING PARTY

13/05/2023 FROM 19:00

AT DE VLUCHTE OLDENZAALSESTRAAT 153a

EUROVISION SONG CONTEST MAY 13TH 2023

Whether you actually like the music or not, the eurovision songcontest is always a feast for the ears and the eyes. The key secret is to watch it together with others. Are none of your friends available that evening? No worries, we've got you covered! P-NUT will meet up at De Vluchte to watch the Eurovision Songcontest together. We will also be available to explain the concept, after which you will have the possibility to bet for your favourite country and engage with the minigames like the eurovision bingo. We highly encourage you to dress up like the eurovision artists with a lot of glitter and glamour. We will have several prizes to give away during the evening. But most importantly, we want you to hang out with us and have a nice evening.

What: P-NUT Watches Eurovision Songcontest

When: May 13th 2023, 19:00 - 02:00

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

Costs: Free!

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

[Register now!](#)



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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