

# UNIVERSITY OF TWENTE.

**Dear Colleague,**

thank you for looking into the newsletter of February. This is the last newsletter of the current board term of P-NUT. This means that the board has some open positions now, more on this later! It is also the last newsletter before the P-NUT day. Make sure to secure your place now! Apart from this, we still have our regular events and the newsletter will ofcourse be back in the new board year. We have the following news for you:

- Membership Contribution for 2023
- P-NUT Board Game Night February 15th (More information: [link](#))
- Mind the Gap: P-NUT Day February 23rd (More information: [link](#))
- General Members Meeting & Elections March 8th (More information: [link](#))
- P-NUT Buddy System (More information: [link](#))
- P-NUT Brazilian Zouk Workshop February 24th (More information: [link](#))
- Save the Date(s): International Women's Day 2024
- P-NUT Ski Trip Austria March 22nd-24th (More information: [link](#))
- 2024 Neurodiversity Celebration Week (More information: [link](#))

*Have you unsubscribed from the newsletter in the past? Due to a bug in the Pronuntio system of the UT all active PhD candidates have been resubscribed to this mailing list. If you would like to unsubscribe from this list, reply to this e-mail stating that you would like to unsubscribe again. We apologize for the inconvenience.*



# P NUT.



## Yearly Membership Contribution (€12)

### MEMBERSHIP CONTRIBUTION FOR 2023

P-NUT will soon charge the membership fee from its members. We use the membership fee for the organization of events, but also for costs tied to representing the doctoral community (travel costs, PR etc.). We value everyone who became a member of P-NUT. It supports us to organize more events and connect more doctoral candidates throughout the university.

The membership fee is €12 and will be automatically deducted from all of our members bank account and covers the membership over 2023. The membership fee is always charged at the beginning of the year to cover the membership of the previous year. Do you want to become a member of P-NUT and enjoy exclusive benefits like price reductions at our events? Sign up by filling out the [membership form](#).



*Bring your favourite board game!*

When: 15th February 17:30  
Where: Carré 4.617  
Free entry

## P-NUT BOARD GAME NIGHT FEBRUARY 15TH

**Work hard, Play harder: join the P-NUT Boardgame Night!** ☐

Hey there, game night enthusiasts! Ready to kick back, relax, and roll some dice? Join us for our Boardgame Night, where good vibes and great games collide. Don't worry if you are not a gaming guru yet! All levels of players are welcome to play. From classics to trendy new releases, we've got the games for a chill evening.

Of course, **snacks and drinks** will be provided by P-NUT, and dinner can be ordered as a group.

Sign up now!

**What:** Boardgame night

**When:** February 15th, 17:00-22:00

**Where:** Carré 4th floor, C4.617

**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!](#)

FEBRUARY  
23TH  
2024  
P-NUT.  
DAY



WHAT ARE THE GAPS  
SURROUNDING SCIENCE?

WHAT'S THE GAP FROM  
RESEARCH TO INDUSTRY?

MIND  
THE GAP

SAVE THE DATE - P-NUT DAY 2024 FEBRUARY 23RD

In just over a week, the annual P-NUT day takes place again. We have done a great deal of work to make sure that the program appeals to everyone. This year, the theme is **Mind the gap!** While we are always trying to close the knowledge gap, we may be missing some others that are right in front of our noses. Gaps between cultures, gender, finding a job, and many more. During this day, we explore these gaps and more in a series of workshops and presentations. While this event is the perfect opportunity to network with fellow PhD's while enjoying **free lunch and drinks**, participants are also eligible for 0.25 ECTS.

Check out the program [here!](#)



## GENERAL MEMBERS MEETING & ELECTIONS MARCH 8TH

**What:** General Members Meeting (GMM)

**When:** Friday, March 8th 2024, 16:45-18.00

**Where:** VIP room Ravelijn, RA1315

**Costs:** Free (including a free dinner for participants)

Anually, P-NUT organizes a General Members Meeting (GMM) in which the current board discusses last years performance. Also, the new board will be elected. P-NUT



is looking for passionate and talented candidates for the following elected positions:

- President
- Treasurer
- Secretary

Everyone who is interested in one of those positions can contact us via [p-nut@utwente.nl](mailto:p-nut@utwente.nl). You can ask us any questions without commitment. You can apply to become a candidate until at Thursday 22nd February noon. Potential candidates may be interviewed on the afternoon of that day. We will announce the candidates next day at the P-Nut Day.

Every member of P-NUT is invited and encouraged to join and discuss the future of P-NUT. We will gather at 16.45 and start at 17:00h in the VIP room of the Ravelijn, RA1315 on the 8th of March 2023. The GMM will be a hybrid meeting, but voting is only possible for P-Nut members who are attending in person. Every member can act as an authorized representative for (up to) two other members. After the GMM, we will go for dinner on P-NUT. There is no requirement to join, except letting us know that you'll be there.

**We cordially ask you to be on time and arrive by 16.45** since we have to leave the building at 18:00.

More information soon!

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

[Click here to register.](#)



# P-NUT.

## Buddy System



↑ Show newcomers  
the P-NUT way



### P-NUT BUDDY SYSTEM

We all know that the start of a PhD/EngD can be hard, especially when you come from a different country and do not know anyone. The PhD Network of the University of Twente (P-NUT) wants to make it easier for new doctoral candidates to adjust and assimilate at the UT and also get introduced to the P-NUT community. With the so-called buddy system, P-NUT will assign a buddy to new doctoral candidates based on similar interests.

Are you a new doctoral candidate looking for a buddy? Please feel free to sign up via this link:

[Click here!](#)

Are you a doctoral candidate interested in becoming a buddy for new doctoral candidates? Additional information and a sign up can be found via this link:

[Click here!](#)





WHERE: SCS (SPORTSCENTER)

DATE: 24th February

TIME: 17:00-19:00H

3€ Members

5€ Non-Members

## P-NUT BRAZILIAN ZOUK WORKSHOP FEBRUARY 24TH

**Feel the Rhythm: join the P-NUT Zouk Workshop!**

On the 24th of February, we'll host a workshop on Brazilian Zouk at the sports centre! Zouk is a lesser-known Latin partner dance, characterized by fluid movements and body isolations. In the last year, a Zouk community has been established in Enschede and now the time has come to bring this dance to you! Dymphy and Wendy from Salsa Fever will teach the workshop and will teach you the basic steps of the dance as well as some fun figures. The level will be suitable for both experienced dancers as well as people who have never danced before, so don't forget to bring your non-



dancer friends! You do not need a dance partner to sign up, and no special clothing is required. After the workshop, we'll have a drink at the sports bar together to close it off in a fun way!

**What:** Brazilian Zouk workshop

**When:** February 24th, 17:00-19:00

**Where:** UT sports centre, sport hall 5

**Costs:** 3 euros for members, 5 euro for non-members

**Note:** Don't forget to bring a water bottle!

[Click here to register!](#)





# Relax!

# We create your perfect thesis.



you will make it



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We have the knowledge, skills and tools to create your outstanding thesis!

Check out our explanation video's online!



# International Women's Day 2024

March 4-8th  
All around campus!



organized by



**SAVE THE DATE(S): INTERNATIONAL WOMEN'S DAY 2024:  
INSPIRE INCLUSION!**

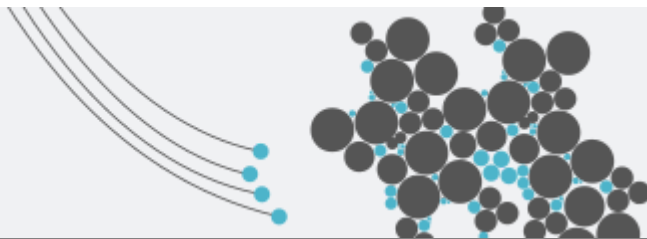
At the University of Twente, we (eight different initiatives!) are proud to embrace the spirit of International Women's Day, a global celebration that transcends boundaries and celebrates the diverse contributions of women. This day is not just about women; it's about celebrating individuality, breaking free from stereotypes, and recognizing the importance of diversity in shaping our collective future.

Like last year, various groups across our university (including EQUITY/P-NUT) have collaborated to create a unique celebration, highlighting the strength that comes from inclusiveness. International Women's Day is a call to action, a reminder that everyone, regardless of gender, has a role to play in promoting equality for everyone. It's an opportunity to reflect on the progress made and the work still ahead, fostering a culture where differences are valued and celebrated.

This year, from March 4<sup>th</sup> to 8<sup>th</sup>, we will host a series of permanent experiences (art exhibitions and expositions!) across campus and also some engaging events. Our aim is to provide a platform for diverse voices and perspectives, showcasing the multifaceted nature of women's roles and experiences and of course start and continue the discussion with everyone!

We invite everyone to participate in this celebration of diversity, where differences are not just acknowledged but celebrated. Together, let us contribute to a university community that values and respects everyone for who they are. Happy International Women's Day from the University of Twente!

More information will follow soon - stay tuned!





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. 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!](#)



# Neurodiversity Celebration Week

## 2024 NEURODIVERSITY CELEBRATION WEEK

The **2024 Neurodiversity Celebration Week** is just around the corner, starting from **18th to 24th March**. □ There an amazing line-up of **24 free and online events** open to all, featuring over **80 speakers** sharing their experiences and expertise on neurodiversity topics. □ This is a fantastic opportunity to continue the conversations we started at our recent event, “Embrace the Spectrum: Exploring Neurodiversity in Academia”. □ So mark your calendars, sign up for the events, and let’s celebrate the beauty of different minds together! □

Check the information at <https://www.neurodiversityweek.com/>.



## **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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