

# UNIVERSITY OF TWENTE.

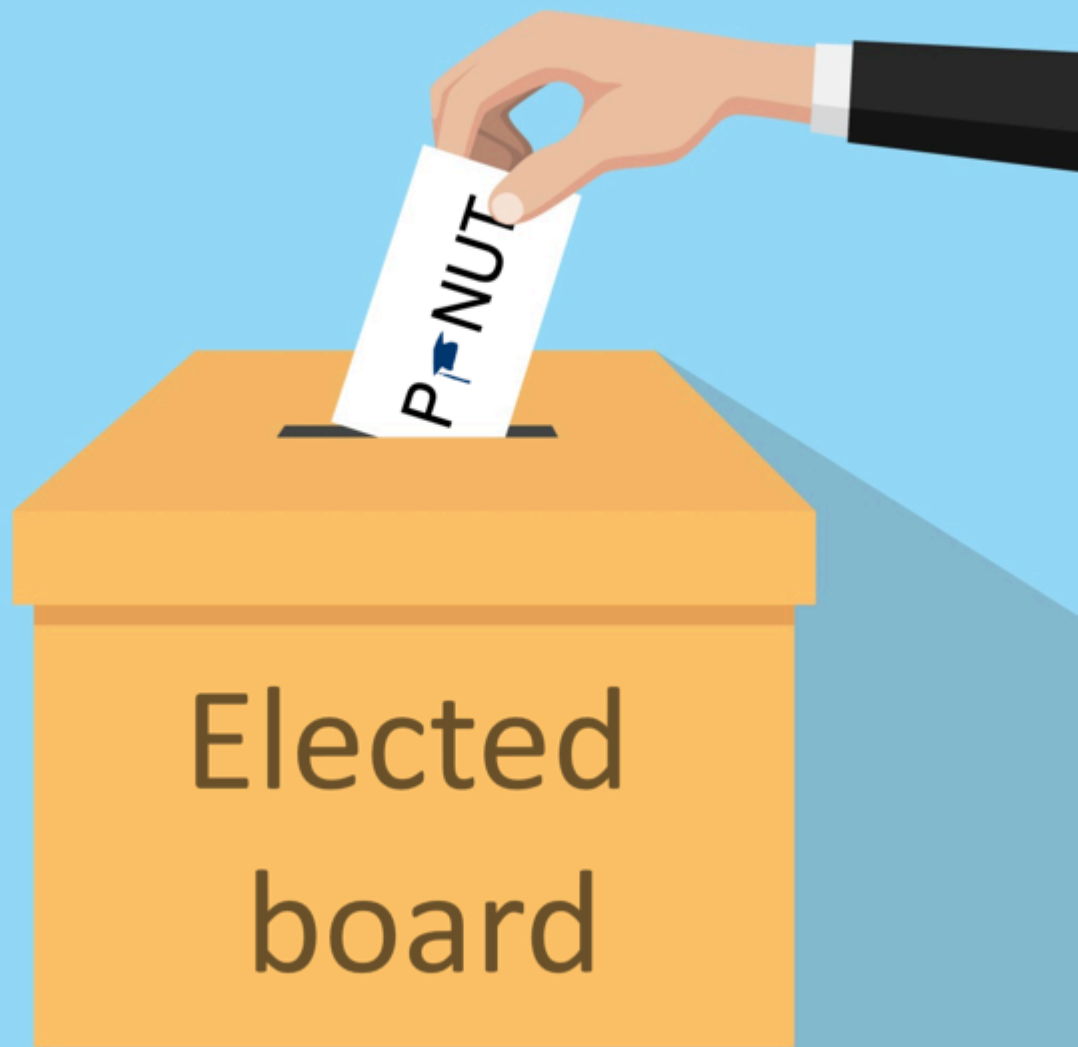
Dear Colleague,

**welcome back in the new year, with new opportunities to publish in the best journals. And if not, there is always the opportunity to complain about your reviewers at the countless P-NUT events starting already this afternoon!**

- Open positions in the P-NUT board! (More information: [link](#))
- P-NUT New Year Drinks January 18th (More information: [link](#))
- P-NUT Welcome back party January 19th (More information: [link](#))
- P-NUT Buddy system (Request a buddy [here](#), become a buddy [here](#))
- Meet the P-NUT board January 30th (More information: [link](#))
- P-NUT Bookclub Winter announcement (More information: [link](#))
- Event Calendar for February
- Embrace the Spectrum February 1st (More information: [link](#))
- Business Days Twente Career Fair (More information: [link](#))
- Save the date - P-NUT Day 2024 February 23rd (More information: [link](#))
- P-NUT Ski Trip Austria March 22nd-24th (More information: [link](#))
- PNN Newsletter (More information: [link](#))

Check it out now!





## OPEN POSITIONS IN THE P-NUT BOARD!


The new year comes with new responsibilities and also new open positions. Every year, a new P-NUT board is elected by the P-NUT members during the General Members Meeting. This year, the election will happen on the 8th of March (an official invitation will follow soon). P-NUT therefore openly announces that we are looking for candidates who are interested in the following elected positions:

- President
- Treasurer
- Secretary

We invite everyone who has interest in one of these positions contact us via [p-nut@utwente.nl](mailto:p-nut@utwente.nl). You can also ask us any questions without commitment.

*Joining the P-NUT board has multiple benefits. Apart from the fact that you are part of a group that organizes fun activities, you can also get other benefits like ECTS or a contract extension. Apart from the open positions in the elected board, we also have some non-elected positions open like managing the social media account. Fill in [this form](#) so we can contact you for more information! Additionally, P-NUT will host*

a [meet the board event](#) where you can learn more about the experiences of the board members.



P-NUT PRESENTS

# *Welcome Back Borrel*

## *january 18th*

Theater Cafe, Vrijhof, UT Campus  
Starting at 5:30pm

First round of drinks on us!

### **P-NUT NEW YEAR DRINKS JANUARY 18TH**

Welcome back and Happy new year to all Doctoral Candidates,

We are happy to see you back in a new year full of new opportunities. We offer the perfect chance to meet up with your fellow doctoral candidates to talk about your good intentions in the new year. This is an excellent way for new colleagues and experienced P-NUT members to meet and mingle. We also invite new colleagues to come by and meet us!

Join us for a casual borrel at the TheaterCafe Vrijhof (on campus) on January 18th, starting at 17:30. It's a great way to meet and connect with fellow PhD's! Oh, and did we mention? The first round of drinks is on us!

Hope to see all if you there,

Your P-NUT team

**What:** New year welcoming drinks 2024

**When:** January 18th 2024, starting 17:30

**Where:** Theatercafe Vrijhof ([Google Maps](#))

**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 WELCOME BACK PARTY JANUARY 19TH

Welcome back and Happy new year to all Doctoral Candidates!

As we gear up for a year packed with research, conferences, and experiments, let's not overlook the importance of balance. Remember, behind every successful thesis is a strong network and where better to cultivate it than over a drink or two?

Join us for an evening of celebration and camaraderie at De Vluchte on January 19th, starting at 19:00.

This event will be subsidised by P-Nut, meaning you'll get 3 drinks for free!  
Let's kick off this year with a great party and let's make this year one to remember!  
Your P-NUT team can't wait to see you there.

**What:** Kick-off 2024 party

**When:** January 19th 2024, starting 21:00

**Where:** De Vluchte, Oldenzaalsestraat 153a, Enschede. [Google Maps](#).

**Costs:** 5 euro for members, 7,50 euro for non-members

**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.**  
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!](#)

**UPDATE: On the 1st of February there will be a buddy interest gathering in the Waaier with one round of coffee on P-NUT. Official invitation will follow!**



# MEET THE P NUT. BOARD



**Date: 30/01/2024**  
**Time: 17:30H**  
**Location: BIOScope CR2.506**

**Friendly Faces!!!**  
**Pizza!!!**  
**Drinks!!!**

**Join us for laid-back evening that goes beyond handshakes and introductions!!! Connect over good food, drinks, great chats and zero formalities**

## **MEET THE P-NUT BOARD JANUARY 30TH**

☐ Ready to mix, munch and mingle? Meet the P-NUT board ☐

Join us for a laid-back evening that goes beyond handshakes and introductions and is all about connecting over good food, drinks, great chats and zero formalities.

☐ What to Expect: ☐

☐ Easy Start Reception: We're starting slow with a relaxed welcome. No pressure, just friendly faces and free drinks.



□ Panel Insights: Get to know the board members as they tell shortly about their journeys and stories behind the association.

□ Slice & Share: Skip the formalities, grab a slice and dive into conversations that are as tasty as the pizza.

Reserve your spot now and let's create something amazing together! □

**What:** Meet the P-NUT board

**When:** January 30th 2024, starting 17:30

**Where:** BIOScope, Carré CR 2.506, University of Twente, Enschede.

**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!](#)



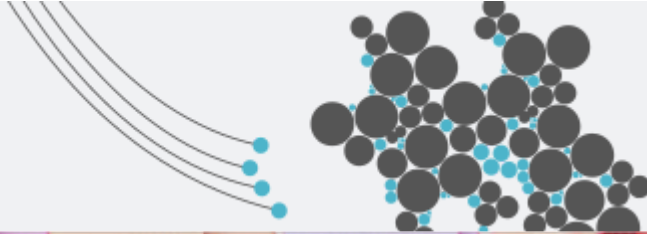
**BOOKCLUB ANNOUNCEMENT**

□ Exciting News for Winter! □

We're thrilled to announce our next book for the Seasonal Book Club: "The Book That Wouldn't Burn."

□ Get ready for a captivating tale that weaves mystery, intrigue, and the magic of literature. Join us as we explore the pages of this enchanting story, where books hold secrets and adventures unfold. As the winter chill sets in, let's warm our hearts with the magic of storytelling. Stay tuned for our discussion date!

Want to stay up to date with the announcements of the book club? Register via [this link!](#)



## *Upcoming events* **February**

- |        |                                   |
|--------|-----------------------------------|
| 01.02. | <i>Neurodiversity in Academia</i> |
| 09.02. | <i>Escape Room</i>                |
| 15.02. | <i>Board Game Night</i>           |
| 23.02. | <i>P-NUT Day</i>                  |
| 24.02. | <i>Zouk Dance Workshop</i>        |

**AN OVERVIEW OF THE EVENTS FOR FEBRUARY**

We have not yet created all of the event pages for February, but you can already block the date of your favourite event in your calendar. Make sure to not miss out on those!



**P<sup>+</sup>NUT.EQUiTY**

Supported by the UT Incentive Fund!



# Embrace the spectrum:

**EXPLORING NEURODIVERSITY  
IN ACADEMIA**



**February 1st, 17-20 h, DesignLab  
Registration required!**



## Embrace the Spectrum: Exploring Neurodiversity in Academia

Join us for an engaging evening of recognition, insights, and interactive discussion at the "Embrace the Spectrum" event organized by P-Nut & EQUITY. Organized especially for and by people on the spectrum, we're bringing the spotlight to the challenges and benefits of neurodiversity, including conditions like autism, ADHD, high sensitivity, dyslexia, and more. This is your opportunity to learn, share, and connect with likeminded peers.

□ Time & Date: 17:00 - 20:00, 1st of February 2024

□ Venue: [Design Lab, University of Twente](#)

□ Costs: Free!

□ Language: English

### Agenda:

□ **17:00 – 17:45:** Walk-in and mingle, accompanied by a vegan pasta buffet.

□ **17:45 – 18:00:** Opening & Warm welcome by Prof. Ariana Need, Dean of Twente Graduate School.

□ **18:00 - 18:45:** Dive into the world of "Autism in the Workplace" with a personal perspective shared by a [Jasper de Jong](#), an IT professional and Neurodiversity advocate, himself being on the spectrum.

□ **18:45 - 19:15:** Engage in a brainstorm session about what supports and discourages individuals with certain neurodiverse conditions. [Anita Kalmane](#), Scrum Master and Neurodiversity advocate, also on the spectrum, will facilitate this brainstorm.

□ **19:15 - 19:20:** 1-minute pitches about relevant stories and projects at the UT.

□ **19:20 - 20:00:** Drinks and socializing in an open and inclusive setting.

Come ready to explore the diverse perspectives surrounding neurodiversity, contribute your ideas, and gain a deeper understanding of this crucial topic. Don't miss out on this unique opportunity to be part of the conversation and the solution.

Let's celebrate our differences and uncover the power of neurodiversity together!  
We are looking forward to meeting you!





**Due to popular demand, extra places made available!**

Organized especially for and by people on the spectrum, we're bringing the spotlight to the challenges and benefits of neurodiversity, including conditions like autism, ADHD, high sensitivity, dyslexia, and more. This is your opportunity to learn, share, and connect with like-minded peers.

You do not have to be a PhD candidate to join. Register with the link below or send me a DM if you have any questions!

[Click here to register!](#)



**Relax!**

**We create your perfect thesis.**

**Proefschriften.nl**

you will make it

The advertisement features a teal background with several emojis: a cluster of four yellow face emojis (happy, neutral, surprised, and smiling with heart eyes) and a red heart emoji in the top left; a speech bubble saying "WOW" with a red heart in the top right; a single yellow face emoji in the middle right; a red heart emoji in the bottom left; and a yellow face emoji with heart eyes in the bottom right. The text "Relax!" is in a large, bold, white sans-serif font. Below it, "We create your perfect thesis." is in a slightly smaller, bold, white sans-serif font. The website name "Proefschriften.nl" is written in a white, cursive script font, with a small white icon of a graduation cap above the 'P'. At the bottom, the phrase "you will make it" is in a white, lowercase sans-serif font.

**A SHORT MESSAGE FROM OUR SPONSOR**

Your perfect thesis starts right here! @ [www.proefschriften.nl](http://www.proefschriften.nl)

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

Check out our explanation video's online!



## Business Days Twente 2024

Free activities to make next steps in  
your career!

- 17 Jan  
**Show Night by Victor Mids**  
Muziekcentrum
- 5 & 6 Feb  
**Kick-Off Festival**  
O&O Square
- 8 Feb  
**Lunch Lecture by Ireen Wüst**  
Waaier 1 & 2
- 14 & 15 Feb  
**Career Fair**  
Grolsch Veste
- 26 Feb - 10 Mar  
**Workshop Weeks**
- 11 Mar - 31 Mar  
**Company Experience Weeks**



Sign up via  
[www.businessdaystwente.nl](http://www.businessdaystwente.nl)

### BUSINESS DAYS TWENTE CAREER FAIR

On the 14th and 15th of February the Business Days Twente Career Fair will take place in the Grolsch Veste, here you can meet with over 170 companies! You can also register for one of our 30 other activities, at our website:

[www.businessdaystwente.nl](http://www.businessdaystwente.nl)

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**

It is that time again! Time to meet colleagues from all departments. Together, we enjoy keynotes, interactive workshops and much more! The P-NUT day 2024 themed "Mind the Gap" will officially happen on the 23rd of February 2024. The day will look at gaps in science, like knowledge gaps, cultural gaps, the gap after doing a PhD, between genders, neurodiversity and other topics. So make sure to block this day in your agenda! You can already sign up early.

[Click here to register!](#)





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!](#)



## 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;

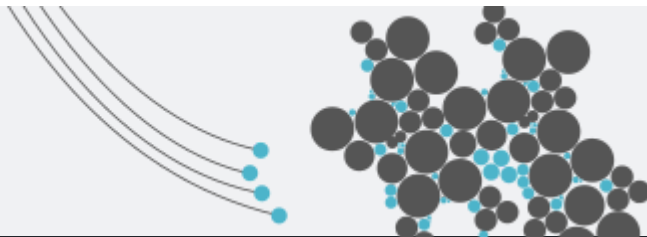
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a recreation park);
- Share (important) updates from official P-NUT sources (e.g., about events, surveys, etc.).

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

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