

UNIVERSITY OF TWENTE.

Dear Colleague,

we have been asked whether it is possible to take friends/partners who are not doing a PhD at the university of Twente to P-NUT events. Ofcourse you can! Do register them beforehand though. Talking about events, we have some planned for the upcoming month. This and more you can find in the summary below:

- Pukulan Workshops May 16/23/30 (More information: [here](#))
- Looking back on the inclusive sportsday - call for feedback
- P-NUT Walk & Talk June 1st
- P-NUT Buddy Program (More information: [here](#))
- P-NUT Monthly Drinks June 5th (More information: [here](#))
- Messages from NWO (More information: [here](#) and [here](#))
- P-NUT Scuba Diving June 18th (More information: [here](#))
- TechMed Research Day June 27 (More information: [here](#))
- Well being weeks! (More information: [here](#))
- Your research for a broader audience! (Dutch only! More information: [here](#))
- Neurodiversity Webinar June 4th (Dutch only! Follow the webinar [here](#))

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. We ask everyone who wants to unsubscribe to do so via [this link](#). No need to send us an e-mail anymore!



PUKULAN WORKSHOP

Dates: 16 • 23 • 30 May

Time: 19:30-21:00

Location: SC2

Costs: €10,- members

€15,- non-members

Dive into the dynamic world of Pukulan, an Indonesian close combat martial art! Join us for three workshops where you'll learn a range of self-defense techniques against various attacks. Pukulan uses its speed, power, and explosiveness in combination with clever tactics to adapt to any situation. Experience the unique martial art of Pukulan and unlock your inner fire!



Sign up here!



PUKULAN WORKSHOPS MAY 16/23/30

Experience the unique art of PUKULAN and unlock your inner fire!

This is a course of three sessions. This week's session is the last one. If you still want to give it a try, let us know.

What: Pukulan Workshop

When: 16th, 23th and 30th of May, 19:30-21:00

Where: Sportcenter SC2

Costs: 10 € for members and 15 € for non-members

Bring comfortable clothes and some water.

You will be asked to pay a nonrefundable 5 € signup fee.

[Click here to register!](#)



LOOKING BACK ON THE INCLUSIVE SPORTSDAY - CALL FOR FEEDBACK

We are looking back on a fun and successful sportsday organized by P-NUT's working group EQUITY.

Thank you to those who attended, helped promote it, or supported the day in any other way. And also a big thank you (in advance) for your feedback. Which is what I am asking for now.

The sportsday was a full day event, with lots of things to do, see, try and discuss. We had a panel reflect on social security and well-being in sports spaces - about who can access and safely navigate those spaces. We faced the challenge of next-level maneuvering when playing basketball in wheelchairs. We were sliding butt-down across the floor to receive the ball and have a team mate smash it down on the other side of the net, making that deciding point during sitting volleyball. We learned about lines, boxes and illusions as a means to incorporate arms and hands into new style

vogueing and claiming space for ourselves. Overall, we had a fun day with a broad range of activities. All financially made possible by the UT incentive fund.

Call for feedback

But what was missing? What went well? What made you decide to participate, or not? That is where you come in. Feel free to let us know your constructive feedback by sending an e-mail to p-nut@utwente.nl, or use the anonymous contact form: https://www.utwente.nl/en/p-nut/contact_us/p-nut-contact/.

For example, we noticed that planning a sportsday in the same week as the Women's Sports Day (Another sportsday organized independently of P-NUT) was both confusing for those interested in participating and making promotion so much harder for our organizing team. What other points of constructive improvement can you share with us?

Talk to you soon,
EQUITY





P-NUT PRESENTS

Walks & Talk

1st June Sat 8pm

Walking route will change each time.
This time we will do it on UT campus.

Free event.
Recurring.

- To join > just DM Aditya.
- If not able to come > let Aditya know.
- Walks will usually take approx. 45 mins.
- Keep an hour aside to be safe.
- It's a casual event - feel free to join in the middle or leave in the middle.
- Route will be shared.

P-NUT WALK & TALK JUNE 1ST

Hello, I'm Aditya and some of you know me from the hikes we did last year. So you know I like wandelen or walking in general :)

I often go on walks with my friends in the evenings before closing the day and we end up discussing a lot of things. Previously we had a discussion about how the upbringing that child athletes have to go through can be harsh and before that we discussed how sometimes all of academia looks like a Ponzi scheme ;)

The point of these walks is to use deep or topical conversations as a way to regularly bond with people. I want to extend these walks to the P-NUT community so that we can build a recurring opportunity to bond with each other.

So if you are up for the first walk, then just DM me (Aditya) or send an e-mail to p-nut@utwente.nl. I'll send the exact route later, but the first walk will be on the UT campus. I'll shift the walk to different parts of Enschede each time so that people living in other parts can attend other editions.



P^{UT} NUT.

Buddy System



↑ Show newcomers
the P-NUT way



P-NUT BUDDY PROGRAM

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!](#)



P-NUT MONTHLY DRINKS JUNE 5TH

Monthly Drinks

Sometimes, all you need is to gather with like-minded people that are in the same boat as you. Or maybe you just want to grab a beer with your colleagues. Whatever the reason, P-NUT organizes a meetup for drinks every first wednesday of the month. So block your agendas right away!

What: P-NUT Monthly Drinks June

When: Wednesday June 5th 17:30

Where: Sports canteen

Cost: You pay your own drinks!

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

[Click here to register.](#)



MESSAGES FROM NWO

Dear UT PhD colleagues, especially the ones related to the SGW (Sociale en Geesteswetenschappen) domain,

Hereby, we attach a couple of really interesting opportunities that might be of interest to you! (dutch below)

1. PhD students wanted!

The NWO Domain Social Sciences and Humanities (SSH) is again looking for PhD students who want to work at the Free Research department as a policy officer for six months. PhD students who had previously worked at SGW for six months considered the work interesting, an effective introduction to the second flow of funds, a great opportunity to work intensively in a team for a while and as a pleasant break from their PhD trajectory. PhD students can enroll in August/September or January/February.

More specifically, the SSH domain is looking for a PhD candidate who will work for six months on advice that should lead to a reduction in application pressure. Within the NWO domain SSH, the number of research applications submitted has increased significantly in recent years. Reducing this application pressure with a view to a healthy research culture in the scientific field is an important strategic goal for SGW – and NWO in general. To achieve this, we need more insight into how universities and faculties handle submissions, especially in the Talent Program (Veni, Vidi and Vici). We are particularly interested in 'best practices': examples of targeted approaches that make a demonstrable contribution to reducing application pressure.

Vacancy PhD students for policy officer (**fluent dutch** only): <https://www.nwo.nl/als-phd-aan-de-slag-bij-sgw>

Vacancy PhD candidate for advice on reducing application pressure (also for **non-dutch speakers**): <https://www.academictransfer.com/en/340124/promovendus-beleidswerkers/>

2. Congress Teknowlogy Shaping Tomorrow, Today

The NWO Teknowlogy conference will take place in Utrecht on January 25. This year, SSH research has a central place in the program. Answers to questions such as 'How

can we stimulate innovation? What can we learn from past transitions? What is needed for social acceptance of technology?' participants try to find together. More information about the program and registration <https://www.teknowlogy.nl/>



P-NUT goes Scuba Diving

Organized by P-NUT & Piranha
No prior experience required!

When: 18. June 2024, 18.00 - 21.30
Where: Outdoor pool of the UT
Cost: Members - 5 EUR
Non-members - 10 EUR

P-NUT SCUBA DIVING JUNE 18TH

□ Dive into Adventure with P-NUT and Piranha! □

Have you ever dreamed of breathing under water? Now's your chance to make it a reality with P-NUT and Piranha's "Try Scuba Diving" event at the UT outdoor pool! Discover the magic of diving and experience the weightlessness and tranquility of being submerged. Experienced instructors will guide you through the basics, so you can feel confident and comfortable underwater.

No scuba gear? No problem! We'll provide all the necessary equipment, ensuring a safe and enjoyable dive for everyone. All you need to bring is your swimsuit! We also ask you to register with SSI and fill in the medical questionnaire ([SSI registration](#)) under Personal Information --> Profile --> Documents. If there are any questions, let us know.

After our dive, we'll gather for a drink next to the pool, where you can relax and celebrate your newfound love for diving with fellow enthusiasts.

Don't miss out on this opportunity to dip your toes into the world of scuba diving with P-NUT and Piranha. Spaces are limited, so sign up now and take the plunge into excitement!

Register now with the form below. Note that registration closes a week before the event. If you have any questions about the event, please feel free to reach out to us. See you underwater!

TLDR

What: Try Scuba Diving

When: 18. June 2024, 18:00 - 21.30

Where: UT Outdoor Pool

To bring: swimsuit, towel + filled in medical questionnaire (see link above)

Costs: 5 EUR for members, 10 EUR for non-members

You will be asked to pay a nonrefundable 5 € signup fee .

[Click here to register!](#)



TECHMED RESEARCH DAY

EMPOWERING FUTURE INNOVATORS

Keynote talk by Dr.ir. Abeye Mersha (Saxion Hogeschool) | Pubquiz | Sandpit Session
TechMed Talent Talks: 30 oral presentations | Musical wrap up
Poster Gallery (#50) & Poster Guided Tours | Network breaks

27 JUNE 2024 | 09.00 - 17.00
TECHMED CENTRE

JOIN US NOW

CALL FOR ABSTRACTS
DEADLINE: 28 APRIL



MORE INFO
PROGRAMME &
REGISTRATION

TECHMED RESEARCH DAY JUNE 27

We would like to draw your attention to the upcoming TechMed Research Day, scheduled for Thursday, June 27. This event provides an ideal platform for young UT researchers (PhD students and early Postdocs) to present their work in a safe and internal environment. We have allocated 30 time slots for oral presentations and 50 poster spots. Additionally, there is room for 5 researchers (Postdocs and Assistant Professors) to deliver presentations during the Sandpit session. The event also offers

You can find all information about the event, including the program, call for abstracts, and registration form(s), on the TechMed Internal Service Portal [website!](#)



[Click here to register!](#)





YOUR RESEARCH FOR A BROADER AUDIENCE!

We present an initiative that invites you to connect to elderly people by presenting your research to them and trying to make them understand. This target audience is Dutch speaking and therefore they are looking for Dutch participants. That is why the article is written in Dutch:

Leren hoe je jouw PhD-onderzoek vertaalt naar een breder publiek?

Word vrijwilliger bij OGJG!

Stichting Oud Geleerd Jong Gedaan organiseert collegereeksen voor leergierige senioren. Dit doen wij op (zorg)locaties én online. Zo verbinden wij generaties door middel van kennis. Bij OGJG ontwikkel je twee tot vier colleges over je vakgebied, je deelt jouw kennis en gaat in gesprek met je seniorenpubliek. Het inplannen van de colleges gaat in overleg, zodat het altijd past in jouw agenda.

Meld je aan als studentdocent:

- Ontvang een training en ontwikkel je eigen collegereeks
- Ontwikkel je op het gebied van wetenschapscommunicatie
- Leer spreken voor een groep en kom in contact met een andere generatie
- Lever een wezenlijke bijdrage aan het welzijn van senioren

Wil jij écht impact maken? En aan de ontwikkeling van jouw talenten werken? Meld je aan via: www.oudgeleerdjonggedaan.nl/over-ons/vacatures/aanmelden/



NEURODIVERSITY WEBINAR (DUTCH ONLY) JUNE 4TH

Plusminus is organizing a webinar on Neurodiversity. Are you or do you know someone who might be interested? Let them know! This webinar is in **dutch only**, that is why the invitation below is in dutch as well:

Je bent van harte uitgenodigd voor ons webinar: Neurodiversiteit op dinsdag 4 juni van 19:30-21:00. De webinar duurt 90 minuten inclusief pauze.

Is het medisch model uit de tijd?

Er komt steeds meer kritiek op het medisch model. Het zou plaats moeten maken voor sociaal model en neurodiversiteitsmodel. De term neurodiversiteit duikt steeds vaker op en verdringt het stoornis denken.

Het is de hoogste tijd voor een webinar over meer kennis en inzicht over het begrip neurodiversiteit. Bipolariteit kun je benaderen vanuit een medisch model, een sociaal model of het neurodiversiteitsmodel.

Wat zijn de voors en tegens van elk model?

Termen zoals psychische stoornis en psychische ziekte worden vervangen door neutralere woorden zoals 'label' of 'neurodivers' of mentale variatie. Hoe denken we over deze ontwikkelingen? Al deze vragen komen aan de orde in het webinar met psycholoog en ervaringsdeskundige Anita Hubner

Over gastspreker Anita Hubner.

Anita Hubner is psycholoog en bipolair ervaringsdeskundige. Ze is auteur van het boek Vertel ik het wel of vertel ik het niet? Omgaan met het stigma op psychische aandoeningen. Haar boek verscheen in 2021 bij uitgeverij Boom Psychologie en Psychiatrie. Ze gaf eerder een webinar voor Plusminus over stigma. Vervolgens werd zij naar aanleiding van haar eerste boek benaderd door uitgeverij Bookboon. Bookboon is een internationale uitgever die e- boeken voor het bedrijfsleven

uitbrengt. Bij deze uitgever schreef ze haar tweede boek: Neurodiversiteit: uitblinken op je werk met een mentale variatie.

De thema's in het webinar

- Wat is neurodiversiteit?
- Bipolariteit: Medisch model of sociaal model?
- De voors en tegens van het medisch model, sociaal model en het neurodiversiteitsmodel.
- Sociaal reductionisme

In het webinar verbindt Anita de inzichten uit haar beide boeken, haar werkervaring als psycholoog en bipolaire ervaringsdeskundigheid. Ze licht toe wat neurodiversiteit is en legt de paradigma's medisch model, sociaal model en neurodiversiteitsmodel naast elkaar. Er is volop ruimte om met elkaar van gedachten te wisselen. Het webinar inspireert tot persoonlijk reflectie: welke aspecten uit de modellen zijn helpend voor jou?

Volg het webinar via de deze [link](#).



Are you not done reading the latest doctoral news? PNN, the national PhD & EngD umbrella association, releases a monthly newsletter as well. This month you can read about their grant for researching PhD trajectories, and you can help!

[Click here](#) to continue reading!



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

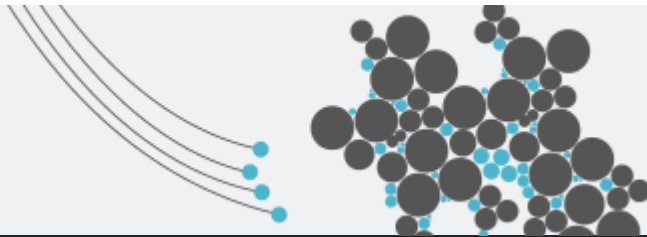
- Ask for help with regulations, or any other related assistance;
- Let your peers know if you're self-isolating so someone can make sure you're okay;
- Get informed about new events sooner than via the P-NUT newsletter;
- Initiate events by yourself (e.g., walking on Campus or having a daytrip to a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