



Newsletter, November – December 2018

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Upcoming Events

As the nights draw in we must find some more creative ways of keeping ourselves sane and warding off the black dog of depression through the long winter months. Skiing is all very well, but what about something you can do indoors, staying warm whilst drinking coffee – and even better, meeting new friends? I think it is high time that people from different faculties and departments got to meet each other and have some fun, and luckily Dion has agreed to support two new initiatives:

1. Randomised Coffee Trials (RCTs): Supported by DION Grants

Randomised Coffee Trials (RCTs): a regular opportunity to meet someone new from among NTNU's PhD, postdoc and temporary researcher community over a cup of steaming coffee –with the first one paid for by DION! People need people, it's as simple as that. This is a social and professional 'matchmaking' service which was started by researchers in the UK (<https://www.nesta.org.uk/blog/institutionalising-serendipity-via-productive-coffee-breaks/>) and has since been responsible for facilitating exciting projects and enjoyable conversations, sparking new friendships, giving people a chance to share their experiences of researcher life - and much more. Every other week you are allocated a random name and email address from amongst the pool of people who sign up. You then have 2 weeks to get in touch with each other and arrange to have a

coffee/tea/waffle/lunch at a mutually agreeable time and place. You will then be given another name – and so on and so on. Who knows what might happen? To join this exciting and oh-so-simple initiative and find out more about the people in your researcher community, all you have to do is fill in some simple details on the form below:

<https://docs.google.com/forms/d/e/1FAIpQLSceVlexpfuldHhHuxNosoQW7qJXxLKdj4lpJGHRkGxVi4UKJg/viewform>

2. Singing is for Everyone: Supported by DION Grants

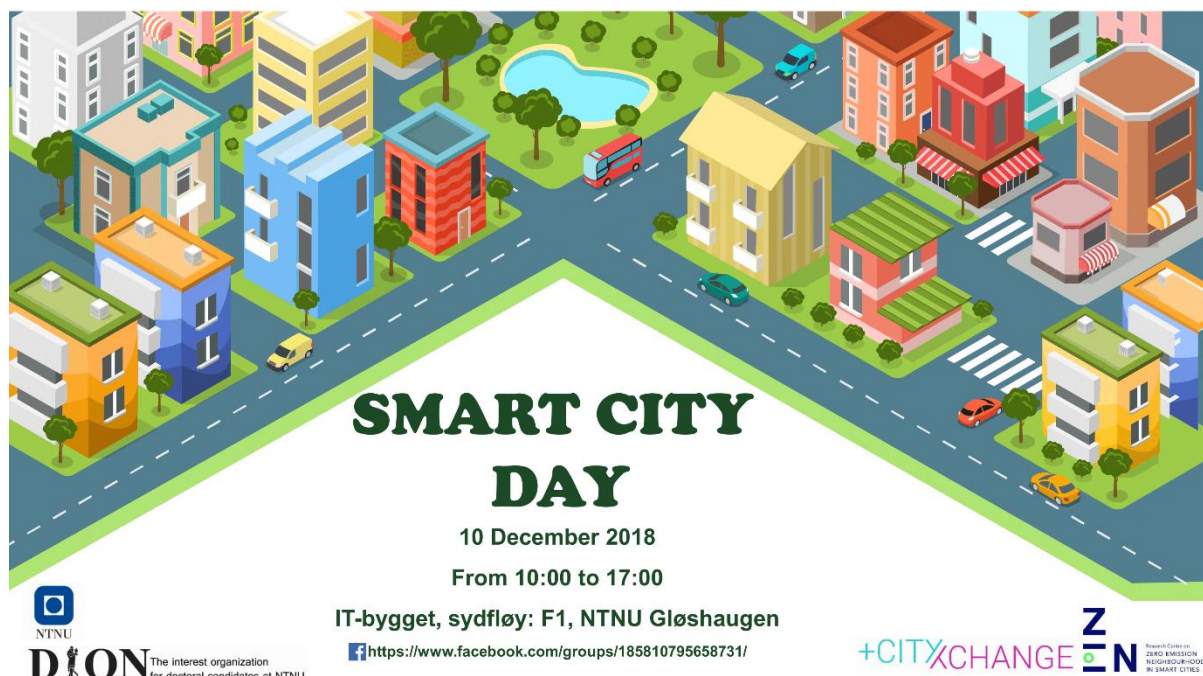
Singing is for Everyone: ever wanted to join a choir? Or test your vocal chords outside of the shower? Studies have shown that singing can relieve stress and anxiety and provide us with mood-boosting endorphins... and it's also a great antidote to sitting in front of a computer or being trapped in a lab! Now there is an opportunity for you to feel good and get healthy indoors during the Norwegian winter by getting together with some like-minded people to sing for a couple of hours every week or two. No performances involved, and no talent or ability required – just bags of enthusiasm. :) If you are interested in joining this PhD 'choir' please register your interest on the form below:

https://docs.google.com/forms/d/e/1FAIpQLSf66tplxU6llW8wMcL1mVEXmN04DjeEBh_IYZ7T98m6QjtKuQ/viewform

Smart Cities: Supported by DION Grants

When: 10:00 – 17:00, 10th of December, 2018

Where: IT-bygget, sydfløy: F1, NTNU Gløshaugen



The world human population is predicted to increase in mid-2050 to 9,804 million. In addition, over half of the world human population resides in cities. This human population will request a better level of services in their city. Recently, smart city solutions are a great technological advancement to apply in several domains of the city (including smart building, smart energy, smart transport, smart health, smart environment and so on). Therefore, Smart Cities are current and active challenges around the world. Many active research and industry groups are working on the Smart Cities-related topics. Invited speakers will present the topic and the potentials of Smart Cities in 21st century. Topics like smart transportation, smart hospitals, smart building, and etc. will be discussed. **The event is open to all temporary scientific staff and students at NTNU.**

Please note: Preregistration through email is required.

To sign up send an email to: a.sinaee@ntnu.no with the following subject: ***"SMART CITY EVENT-DION"***

Join the Facebook group: <https://www.facebook.com/groups/185810795658731/>

YogaDay with DION

Join us for a free yoga session courtesy of DION.

Location: Sit Portalen, Sal 2, <https://goo.gl/maps/nNMNDTgdCR42>

Time: 12:30 to 14:00

Date: 24 November 18

Cost: Free

Clothes: Loose fitting gym clothes.

Yoga is a great form of exercise, for anyone from the seriously muscle bound, to people who just want a bit of a stretch and relax.

Most importantly though, exercise is brilliant for one's mental health, and yoga is popular, individual, and very ubiquitous.

If you would like to join, it's free of charge, but you will need to sign up on the form below. Not a member of SIT? Don't worry, so long as you sign up, you can come in for free. You just have to register at the front desk. Note: you will not be allowed to use the other gym facilities.

Space is limited to 30, and it's first come, first served.

Afterwards, those who want can head to Solsiden for a coffee and a chat together.

We look forward to seeing you there.

Sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLSfyNRsQv3BZrA9vDvpe2cjKemLp4P4aHU9RyGDeaw2X4UE9Mw/viewform>

Happy Hour and Shuffleboard with DION

When: Monday, 26th of November, 18:00 – 21:00

Where: Work-Work

Considering success of our previous Happy Hour, DION is happy to announce another one for November. Spend an evening with us playing shuffleboard and sharing experiences about your research!

We are looking forward to seeing all temporary scientific employees!

Past Events

Temporary Scientific Employees, Work and Mental Health

The event focused on the mental health of the temporary scientific employees and was organized by DION. It took place at Sosiologisk Poliklinikk on 16th of October and was also streamed to Gjøvik campus.

The Event in Trondheim:

Mental health is unfortunately an important subject for temporary employees in academia. PhD Candidates are especially overrepresented in mental health complaints. On 16th of October, at the event "[Temporary Scientific Employees, Work and Mental Health](#)" we started a discussion around this topic, which will be a priority area for DION this year. Although there are a number of preventative measures you can do yourself, the universities are responsible for creating a good work environment and they still have a way to go.

The panel agreed that there was a clear connection between a highly demanding work situation, lack of predictability and mental health issues. Ingeborg P. Helland from The Young Academy of Norway, pointed out that, although there will always be some level of temporary employment in academia, we need to focus more on how this group is treated in the workplace. Many feel that they are treated differently on the basis of their employment status, being left out of decision processes, projects and information loops. A survey conducted by the academy showed that only about half of researchers would recommend an academic career to others – which should be alarming for the universities. Jo-Kristian Stræte Røttereng pointed out that conflicting expectations can be a particular burden in academia, and that a good integration into the work environment for new employees is often lacking at some institutions. Eli Rognes Klepp from the HOS section at NTNU gave us some advice on how to prevent depression and stress symptoms, such as getting enough sleep, exercise, social contact and a good work-life balance. She suggested that one should try to actively integrate into the work environment, and that this is a good way of improving it. She pointed out that it is not the number of hours you spend at work that counts, but rather the quality of these hours. Getting enough rest and sleep is the key to the quality of your work! One way to take some time off is to join the social events hosted by us or NTNU International Researcher Support (NIRS).

The streamed videos of the event are [available](#), as well as the slides of the speakers (find the attachments below), and we recommend you check them out.

DION will continue to work with this issue, and we are open to your suggestions of how NTNU could facilitate to help with the prevention of mental health issues among the temporary academic staff.

[Ingeborg Helland AYF 16 oktober 2018-compressed](#)

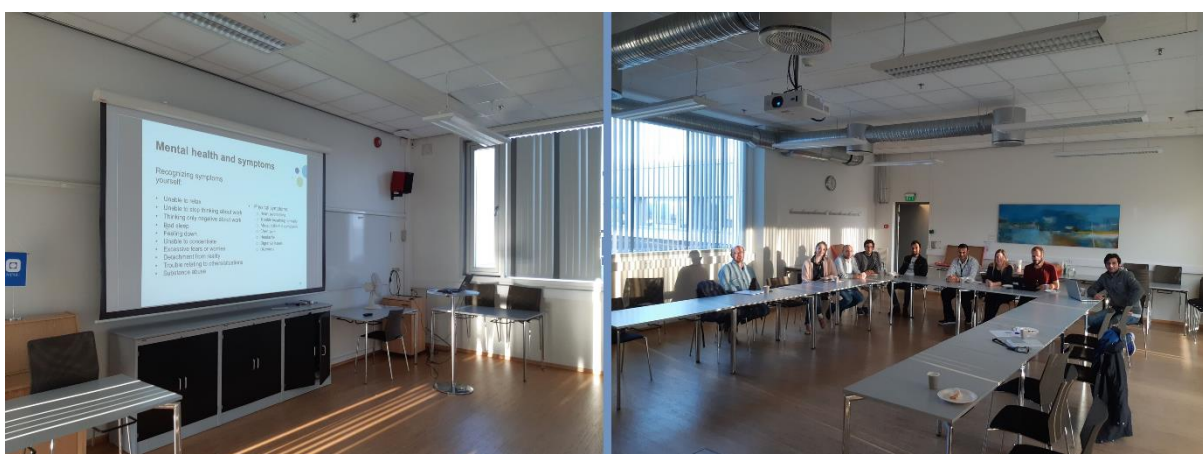
[Mental health and psychosocial work environment DION](#)

[Onboarding survey presentation October 2018](#)



The Event in Gjøvik:

14 people attended the streaming in Gjøvik. By the end of the event, employees from Gjøvik campus had an opportunity to ask their questions to the panel.



DION Grants – The Results are out!

DION's call for Grants applications 2017-2018 is finished!

Now we are happy to announce the successful applicants:

1. Lucy Chamberlin (Department of Design), "**Randomized Coffee Trials (RCTs)**"
2. Lucy Chamberlin (Department of Design), "**PhD and Postdoc Choir**"
3. Amir Sinaeepourfard (Department of Computer Science), "**Smart Cities**"

Congratulations!

DION thanks all the applicants who submitted their applications and encourages all members to apply next year.

We are looking forward for all supported activities.

Next DION Board Meeting

When: Tuesday, December 11th Time 12:00 - 15:00

Where: Meeting room 207, Old Physics building (2nd floor), Gløshaugen (tentative)

The last DION board meeting in 2018

DION's board meetings are open to all PhD Candidates and Post-docs. More information on agenda will be made available on *Innsida* and our website the week before the meeting.

Do you have something to add to the agenda? **Send the DION board an e-mail: post@dion.ntnu.no**



Email: post@dion.ntnu.no

Web: <http://org.ntnu.no/dion>

Innsida: DION

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