



Newsletter, May 2019

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## News and Upcoming Events

### Meet current DION Board

Meet the new DION board 2019/2020 - elected at the DION annual meeting, 25 April 2019:

To contact the DION board, please use [post@dion.ntnu.no](mailto:post@dion.ntnu.no)

<b>Position</b>	<b>Name</b>	<b>Faculty-Department</b>
President	<u>Angelina Penner</u>	HF-KULT
Vice President	<u>Tor Anders Bye</u>	SU-ISS
Board member	<u>Elodie Besnier</u>	SU-ISS
Board member	<u>Davit Gigilashvili</u>	IE-IDI
Board member	<u>Lisa Tietze</u>	NV-IBT
Board member	<u>Mattia Veroni</u>	IE-IIK
Board member	<u>Erland Årstøl</u>	NV-IBT
Board member	<u>Masab Khalid Annageeb</u>	IV-EPT

On Thursday, 25<sup>th</sup> of April DION hosted the central event of the year – the Annual General Meeting (AGM). Around 30 people attended the event in Trondheim. After a very informative presentation by Tekna, DION reported the results for its *Onboarding Experience at NTNU* survey and summarized all of its activities in the last one year. The program was streamed to Gjøvik where 10 people attended the meeting.

The meeting was concluded with the elections of a new DION board.



Picture 1: The old and the new board (some people are missing). From left to right: Elodie Besnier, Mattia Veroni, Olena Meleshko, Nina Helen Aas Røkkum, Lisa Tietze, Angelina Penner, Tor Anders Bye, Besmir Tola, Erland Årstøl, Masab Khlid Annageeb



Picture 2: Streaming of the AGM in Gjøvik.

## Movie Night in Gjøvik

**When:** Sunday, 12<sup>th</sup> of May, 17:00 – 20:00

**Where:** K102, NTNU Gjøvik

The new board continues a series of social events in Gjøvik. While a stressful end of semester is approaching, DION invites all its members to our next get-together. Let's get together, watch a movie, and enjoy an entertaining evening!

Popcorn and pizza will be served! Further details to be announced later.

Follow the Facebook event to stay updated:

<https://www.facebook.com/events/1214646155366350/>

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## How to Pitch your Research Story to a Non-Academic Audience

**When:** Monday, 13<sup>th</sup> of May, 17:00 – 19:00

**Where:** Habitat, Olav Tryggvasonsgate 30, 7011 Trondheim

A workshop for PhDs and postdocs **supported by DION Grants:**

Make your research visible and edutaining! Hear presentations by NRK and NTNU, and craft your own research story.

Light refreshments will be served; other food and drinks for purchase from Habitat

Plan for the evening:

- Welcome by Kam Sripada, Postdoc at NTNU
  - Different avenues for sharing your research. Which option is right for you?
- Videos and presentation by Marita Abel-Grüner, Director, editor and journalist in NRK's science department.
- All participants will get an opportunity to craft their own research story. Bring a title or abstract of something you have worked on, and get tips and feedback to make it accessible and engaging for a wide audience.
- Networking with other PhDs and postdocs

For further details follow the corresponding Facebook event:

<https://www.facebook.com/events/412826466117144/>

## 17<sup>th</sup> of May Parade with DION

**When:** Friday, 17<sup>th</sup> of May, 12:30 – 15:30

**Where:** Kjøpmannsgata (between Nidaros Pilgrimsgård and Bispegata)

17th of May is coming!

The Norwegian national day is the 17<sup>th</sup> of May. It is a public holiday and the whole day is filled with celebrations and parades.

DION will be walking in the general parade "Folketoget" and invites all PhDs, post-docs and other temporary scientific employees to join. The parade starts at 13:00 and we will be walking in a slow pace for 1 or 2 hours. We will meet up at 12.30 in Kjøpmannsgata between Nidaros Pilgrimsgård and Bispegata. Look out for our banner.

**IMPORTANT** (dress code): Please note that on this day Norwegians wear their traditional clothes. You do not have to buy this (it is quite expensive), but please dress up in whatever suit/dress you have.

Also, follow our Facebook event: <https://www.facebook.com/events/2287516528032824/>

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## Bowling with DION in Gjøvik

**When:** Sunday, 26<sup>th</sup> of May, 16:00 – 18:00 (**tentative**)

**Where:** Bowling 1 Gjøvik Trondheimsveien 83, 2819 Gjøvik



[Photo credits: <https://www.pexels.com/photo/sport-alley-ball-game-4192/> ]

The summer is finally here and it's time to leave your office desks and get more active. DION will organize a bowling evening in Gjøvik. You will have an opportunity to enjoy the social atmosphere with your colleagues and test your bowling skills. 😊

The game fee will be covered by DION for the first 20 registrees. Food and drinks will be available for purchase from Bowling 1 Gjøvik.

The event is free for the first 20 participants only. Hurry up and register for the event here: <https://forms.gle/Qb4qTnUai7eLTVKq7>

Please note that the time is tentative. Follow our Facebook page for further updates.

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## Temporary Employment at NTNU – a seminar by Tekna NTNU and DION

**When:** Wednesday, 29<sup>th</sup> of May, 11:00 – 13:00

**Where:** K102, NTNU Gjøvik

Tekna NTNU and DION invites all PhD candidates, postdocs and others with a temporary employment at NTNU in Gjøvik to a free seminar. We will enlighten you on all the tips and tricks of being employed here at NTNU, the benefits and challenges.

There will be time for discussion, and the seminar is open to everyone.

**Any questions, requests, ideas, or feedback for DION?** This is a great opportunity to meet a DION board member and discuss in person.

Full program and further details can be found here: <https://www.tekna.no/en/events/temporary-employment-at-ntnu--tips-and-tricks-of-the-trade--iv-faculty-38127/>

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## Happy Hour and Shuffleboard with DION

**When:** Thursday, 30<sup>th</sup> of May, 18:00 – 19:30 (**tentative**)

**Where:** Work-Work, Munkegata 58, 7010 Trondheim

The new board wants to start the new term with an old friend - playing shuffle board at Work-Work! Please join us for a round or two, the board is booked from 18.30-19.30 and during that time, playing is paid for by DION. Be welcome :)

Please note that the time is tentative. Follow our Facebook page to stay updated.

## Past Events

### Stoic Principles for a Healthy Academic Life – supported by DION Grants

On Tuesday, 7<sup>th</sup> of May the event “*Stoic Principles for a Healthy Academic Life*” was organized with the support of the **DION Grants**.

Did you know that PhD and master's students have up to six times higher rates of anxiety and depression? In their enlightening seminar, Logan Vallandingham (PhD Candidate) and Jonathan Pinckney (Post-Doc) presented some techniques and principles of Stoicism to help improve mental well-being and productivity.

12 DION members attended the event. The attendees participated in a free discussion and enjoyed social atmosphere with free snacks and lunch. The presentation slides and recording will be made available shortly.



More photos and details can be found on the corresponding Facebook event:

<https://www.facebook.com/events/625249857901427/>

## ***DION Board Meetings***

### Next DION Board Meeting

**When:** Wednesday, 29<sup>th</sup> of May, 09:00 – 12:00

**Where:** room 11563; Building 11, Level 5; Dragvoll

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](mailto:post@dion.ntnu.no)**



Email: [post@dion.ntnu.no](mailto:post@dion.ntnu.no)

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

Innsida: DION

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