



Newsletter, January-February 2020

In this newsletter

News:

- DION Grants – Gjøvik Special
- DION Choir is Back!
- Course and workshops for PhD-candidates and postdocs at NTNU spring 2020

Upcoming Events

- Free Workshop on Desk Fitness
- Social Juggling workshop for non-jugglers

Past Events

- Pre-Christmas Events in Gjøvik
- PhD/Postdoc Lunch
- Speed Lingua! (Language Cafe) at NTNU Ålesund
- A Night at the Movies Series
- Minigolf with DION
- Improv Workshop/Crash Course with Gibberish
- Julebord with DION

DION Board Meetings:

- Next DION Board Meeting

DION wishes you a very happy, prosperous, and fruitful new year and the new academic semester! We are back with lots of fun activities for our members! ☺



Image taken from: <http://www.pngall.com/happy-new-year-2020-png>

News

DION Grants – Gjøvik Special



DION

**Grants
Gjøvik Special
Up to 2500 NOK**

Apply NOW until January 31st

This is a special call for all temporary employees at NTNU Gjøvik: We give out 1 special grant for up to 2500 NOK for your event!

Do you have an idea for a social or an academic event that you believe temporary employees at NTNU Gjøvik can greatly benefit from? Is the lack of funding the only obstacle for realizing your creative and fun ideas? DION is here help you!

Please check out the rules and apply via the application form by January 31, 2020.

Application Form: [https://org.ntnu.no/dion/wp-content/uploads/2020/01/DION-Grant-Application-Form-Spring-2020 Gj%C3%B8vik Special.docx](https://org.ntnu.no/dion/wp-content/uploads/2020/01/DION-Grant-Application-Form-Spring-2020_Gj%C3%B8vik_Special.docx)

Corresponding website post: <https://org.ntnu.no/dion/2020/01/dion-grant-gjovik-special/>

DION Choir is Back!

Yes, IT IS BACK! Hurrah! And the first open rehearsals are as early as **January 21st**!

When: Tuesday, 21st of January, 17:00 – 19:00

Where: R3, Realfagbygget, Gløshaugen



Picture 1. Mattia Veroni, board member of DION and conductor of the Choir, plays the notes for the choir members to follow.

Do you feel your life is a little bit sadder and gloomier without music? Do you have a song in your heart that you cannot sing alone?

You don't need to be a trained singer to join our choir: we look for committed people with a good intonation, in order to build a vibrant, cozy environment for beautiful harmonies to bloom.

And you, holed up instrumentalists! Do you play piano, guitar or percussions and you want to help us? We are looking for musicians, so join our open rehearsals!

If you want to participate, please fill in the following form:

<https://forms.office.com/Pages/ResponsePage.aspx?id=cgahCS-CZ0SluluzdZZ8BTn2vEb1DSxOjFdkqhrHP5UOEVMRzZTTUo3WkZIVE1FVIFWMFQ5MTVUVi4u>

Corresponding Facebook event: <https://www.facebook.com/events/516931259214709/>

Course and workshops for PhD-candidates and postdocs at NTNU spring 2020

HR and HSE division offers the following seminars and workshops this spring:

[Workspace for Publishing and Outreach – workshops for PhD-candidates](#)

- ✓ 7 topics and 15 workshops during spring semester 2020 (3 hours workshop) – for PhD-candidates
- ✓ You can work on your own projects in the workshops
- ✓ Seminar tutor: Hana Gustafsson
- ✓ Location: Akkrinn Kalvskinnet, Trondheim

[Research Leadership - 2-day course for postdocs and PhD-candidate \(New course!\)](#)

- ✓ Course 1: 9. and 10. March 2020 - for postdocs
- ✓ Course 2: 29. and 30. April 2020 - for PhD-candidates
- ✓ Seminar tutor: Lars Christian Lassen
- ✓ Location: Scandic Nidelven, Trondheim

[Workshop on Publishing in International Journal – 2 day workshop](#)

- ✓ 2-day workshop: 4. and 5. June 2020 - for PhD-candidates and faculty members who have either had some experience in publishing or are intending to publish internationally.
- ✓ Seminar tutor: Srikant Sarangi
- ✓ Location: Scandic Nidelven, Trondheim.

Click on the links to read more and register. All courses/workshop are held in English.

Upcoming Events

Free Workshop on Desk Fitness

When: Friday, 24th of January, 16:30 – 18:00

Where: NTNU Gløshaugen. More details coming soon...



Hi, did you know that more than 40% of researchers face body ailments that could lead to chronic disorders? The research indicates that the reason is due to limited or non-focused physical activity.

In collaboration with DION and MCAA, we would like to offer customized preventive exercise routines that our researchers and students could do sitting at their desks with no equipment at all. An interactive-workshop is conducted on Jan 23, 2020 based on the designed routines. We would like to invite you to join the practice. The routines are tailor-made to the researchers' work environment. There shall also be routines on conscious breathing to handle mental distress.

A wise man once told " You would never know unless you try " 🤔

Please register yourself and suggest to your fellow researchers about the need of the workshop.

<https://forms.gle/E3ewT2DoJspN3hsz6>

The current deadline for registration is 17th Jan. The room size adds an upper limit to registration, so please register as soon as possible. Snacks and fruits would be served during the event, yayyy. More practical information is coming soon.

Corresponding Facebook Event: <https://www.facebook.com/events/2236366596663666/>

References:

<https://www.youtube.com/watch?v=fL5SuzGkUPw>

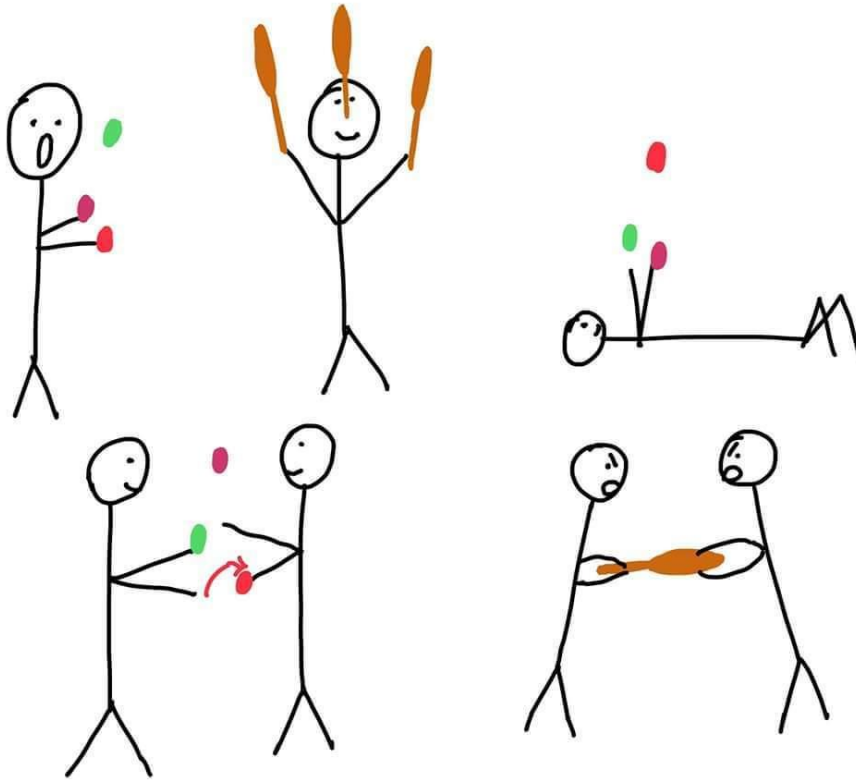
<https://www.cheatsheet.com/health-fitness/study-finds-minutes-of-exercise-is-all-you-need.html/>

<https://www.sintef.no/en/latest-news/illness-and-injuries-at-work-are-costing-norway-no/?fbclid=IwAR0i9QvY4SrVCVwyizqTirsCyH1jEYB1dCho79Rfe-C-J3dnrQ9B-rkKTW>

Social Juggling workshop for non-jugglers

When: Thursday, 30th of January, 18:00 – 21:00

Where: R3, Realfagbygget, Gløshaugen



Have you ever considered of trying something new/different/cool?

John Zobolas, PhD candidate at the Department of Biology, with the support of DION, is organizing a juggling workshop for non-juggling researchers. Each participant receives 3 new juggling balls and gets to play patterns or pass them to others as well as learn to coordinate such patterns with music.

In other words, 100% guaranteed fun!

Register is mandatory (limited number of participants ~35): <https://forms.gle/y1MGrZvqwdpLCZ636>

Meet us at, Thursday 30/1, from 6:00 PM onwards!

Corresponding Facebook event: <https://www.facebook.com/events/682970192235365/>

Past Events

Gjøvik Events

Pre-Christmas period was full of fun in Gjøvik. DION offered fun activities to its members of all tastes. On 23rd of November, the ice of the Gjøvik Olympic Cavern Hall (Fjellhallen) was conquered by 13 DION members and their families. The ice-skating event was supported by the DION Grants program (*Ice Skating - Enjoy winter on ice at Gjøvik Fjellhallen* event was organized by the DION member Irina Ciortan).

As the family friendliness of the events is one of our priorities this semester, another family friendly gathering followed immediately. In total, 26 six people spent an entertaining day with DION on November 24th. The day started with bowling and was concluded with an unlimited pizza party (*Bowling and Pizza in Gjøvik* event).

Finally, Christmassy mood was maintained with a pre-Christmas gathering that is unimaginable without yummy cakes. More than 20 people attended *DION Pre-Christmas Gathering* event on November 27th on Gjøvik campus.



Picture 2. DION Members at Gjøvik Fjellhallen



Picture 3. The bowling day was concluded with a pizza party. Picture 4. The pre-Christmas gathering on the Gjøvik campus was accompanied with two yummy cakes.

PhD/Postdoc Lunch

PhD and Postdoc Lunch – an amazing networking and relaxing opportunity was provided by DION on 26th of November. Around 20 PhD candidates, Postdocs and other temporary employees came together during their lunch break. They shared thoughts, information and cake in a relaxed and safe atmosphere. This event could potentially happen again in the future. Keep your eyes open on the newsletter.

Speed Lingua! (Language Cafe) at NTNU Ålesund

The long-awaited news by us! While DION has been active and well-represented on Trondheim and Gjøvik campuses throughout these years, we are glad to announce that DION has finally reached Ålesund campus as well.

Announcement of Ålesund Special grant has been a big success that enabled our members in Ålesund to kick-off the first DION-supported event.

Speed Lingua – an exciting event for all language enthusiasts! 19 people attended the event representing all departments of the Ålesund campus. The attendees had an opportunity to join a chat at French, German, Russian, Norwegian/English speaking tables and to enjoy vegetarian soup, focaccia, cake and coffee.



Picture 5. Language Café in Ålesund. Ålesund-based members of DION have already benefited from our DION Grants program.

A Night at the Movies



A Night at the Movies has developed into a very good DION traditional event series. We hosted three events recently:

1. Horror night on November 29th – Dracula at Cinemateket.
2. An Outdoor Cinema at the Christmas Market – hot drinks, pizza and Tim Burton's Nightmare before Christmas on December 13th.
3. We opened the new year and the new semester on January 9th with a combo of our two favorite event series – A Night at the Movies at Trondheim NOVA Kino followed with a traditional Happy Hour at Work-Work.

More Night at the Movies will be announced soon!

Minigolf with DION



A well-attended family-friendly event on 1st of December, where DION members could test their minigolf skills and spend a fun day out together with their families. The event was a big success. The event was free for the first 50 registrees and all spots got booked shortly after the announcement.

Improv Workshop / Crash Course with Gibberish



An invited improv group Gibberish provided a very entertaining workshop for DION members in Trondheim. Gibberish shared the secrets of improv with the audience and all attendees enjoyed the pizza at the event.

Julebord with DION

On Monday, 16th of December, we wished each other Merry Christmas at DION's Julebord! We had a lot of food, hot gløgg and many funny games to play together. We can proudly say that the event (for up to 50 participants) went fully booked and it was a great chance to socialize and relieve some stress from the last working days.



Picture 6. Food and drinks were provided by DION at the event.



Picture 7. It was a great occasion for socializing.

DION Board Meetings

Next DION Board Meeting

When: Friday, 24th of January, 15:00 – 18:00

Where: Gløshaugen, Elektro B, 2. floor, meeting room B212

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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