

DION Board meeting minutes

Date: 27.08.2021

Time: 15:00-17:00

Place: Waterpower Laboratory, Meeting room (41)

Invited: DION board members 2021/2022

Attendees: Martin, Regina, Payel, Amanda, Aida, Olga, Ludwig, Siamak (from 16:15)

Meeting chair: Martin

Minutes by: Ludwig

1. Opening 15:00
 - meet and greet
2. Previous protocol
 - uploaded by Siamak, comment on date for next board meeting (set to 26.06.)
3. Outlining the year ahead
 - do we have any fixed deadlines? look at the statutes (e.g. agenda a week before, AGM a month before)
 - Payel: Board meetings should be public → should be announced, parts of the meeting could be “private”
 - if we get approached, it can be done, make it flexible
 - Julebord has been openly the years before, should be done this year as well
Christmas grants should be announced in October and decided upon in November
 - Aida: Grant application in Gjøvik, Ålesund is missing. We should motivate them to participate in the upcoming grant application. Might be called grant for Ålesund (check the statutes).
 - Mental health week is replacing an autumn grant
 - Easter grant is a thing for next year
 - Happy hour and movie nights are options for October (and December)
 - Board game night in Gjøvik
 - Picture competition (Christmas)
 - Public speaking improvement event, maybe in cooperation with SiT? In need of a coach (SiT)! Might be possible to get a lecture hall for this. Ask at the theater?
4. Invitation of external partners
 - Forskerforbundet wants us to participate/communicate events for temporary employees. Same for Tekna. Invite them to the board meeting, have an open discussion about things we can cooperate at. Maybe make temporary employees more aware of the unions.
5. Previous events and work
 - Presentation by Regina: 16th September medical faculty
 - Amanda: No presentation at her faculty
 - Martin: Will be invited to social faculty
 - IKP Forum on 8th December (topic for the next board meeting)
 - Payel: No meeting planned yet
 - Gjøvik: No meeting planned yet

- Get the representatives at the faculties together (Martin)
 - Innovation meeting (Amanda): Just an introduction of the new committee. Slower speed due to new members within the board (thumbs up). Students can collaborate, come up with new ideas etc. (NTNU discovery grants, TTO office).
 - New center (The Mind): upcoming center for students (and PhDs?) – innovation hub. Make this more public, e.g. collect all information and publish it, shared document (Website, Newsletter, etc) – we know too little about it. Martin checks with the administration if this can be a part of innsida.
 - Ludwig hasn't heard anything from ansettelseutvalg, but will follow up on it
6. 25th birthday celebration
- We need to keep an eye on the infection measures, Monday (August 30th) we'll get an update from NTNU then
 - (If the event happens): The cake will be ordered on Wednesday, can be ordered from Rema1000. Siamak and Regina can pick it up. Next time, more people should be able to attend.
 - Starting 18:30, we just need to have the cake and someone at the event to "let people in". It's the room upstairs at Work Work. Maybe have a DION Kahoot? Make a short presentation.
 - Amanda contacts Work Work, we're waiting for Monday for the official decision from NTNU. If we postpone, we have a hiking event instead (outside, safe).
7. Mental health week
- First week of November (1st-5th). Regina contacted Yoga (SiT): Do we want to use their teacher in our location or their location? Price ~800kr trainer + 150kr NTNU employees, 100kr students, free for members.
 - Payel: Can we contact the yoga teacher ourselves? Then we need a location and yoga mats. Maybe at Loftet? Theme for each day!
 - Trondheim: Yoga & Meditation (Regina), Dance (Payel), Physical activities (Payel), Food/healthy lifestyle (Ludwig), Stress management (Amanda), Improvisation (Siamak), Bibliotherapy (Ludwig), homegrowing plants, Origami
 - Gjøvik: Aida has a contact person that can give a presentation, Yoga, Zumba, hike
 - The following themes were taken from the Mental Health Week 2020:
 - i. Mindful Monday: Opening (hybrid), work-life-balance,
 - ii. Bedriftshelsetjenester
 - iii. Training Tuesday: Yoga, Meditation
 - iv. We-flect Wednesday: Dance, Physical activities
 - v. Thoughtful Thursday: Stress management, Books, Food, Movie (Loftet?)
 - vi. Feel-good Friday: Impro, Origami, Hike
 - Aida asking Martin: What is really needed for the week? Should be lifted for a structural discussion, maybe during the first day.
 - Open therapy session? Should be followed up upon by experts, so not a good idea (according to Martin).
 - Podium discussion at Samfundet: Get a professor and a practitioner for an open discussion. Martin will think about it.
 - Regina: How much money can be spend on each point? We will collect the potential costs before next meeting and then decide on the individual things.

8. Other upcoming events and work

- Ålesund grants: Semester kick-off, Aida, Amanda, Payel are interested in going there to promote and activate Ålesund. Planned for end of September (after 17th). Advertise the AGM there! Agreed upon that an event can happen without grant application. Have an event in combination with a presentation about DION.
- About Ålesund's representation within DION: Olga suggests a change in statutes to implement at least one person from each city in the board. This would need an extra-ordinary AGM in order to have it in place for the next board period. We will wait for after the Ålesund trip and think about this carefully.
- Trondheim summer grants: Moved to September, 16th Yoga (16:00), 21st Meditation (18:00). Need to be promoted, and DION/Payel need to be co-host of the Facebook-events.
- Career day at NTNU: Does anyone want to volunteer in organizing the event? Martin does take the job. The event will happen in November/December, probably digital.

9. Other questions

- No more questions.

10. Adjournment

- Olga: The website is outdated. How should we fix the updating process?
- Ludwig: Can be done by taking in the grant proposals etc.

Next meeting: Sept. 30th

Meeting closed 17:10.