

DION



2021

April  
May  
June

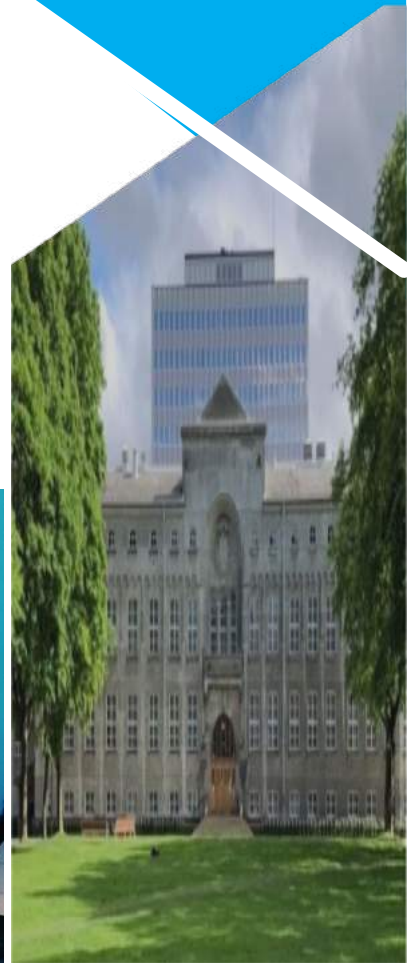
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CONTACT US

3





# DION

In this newsletter

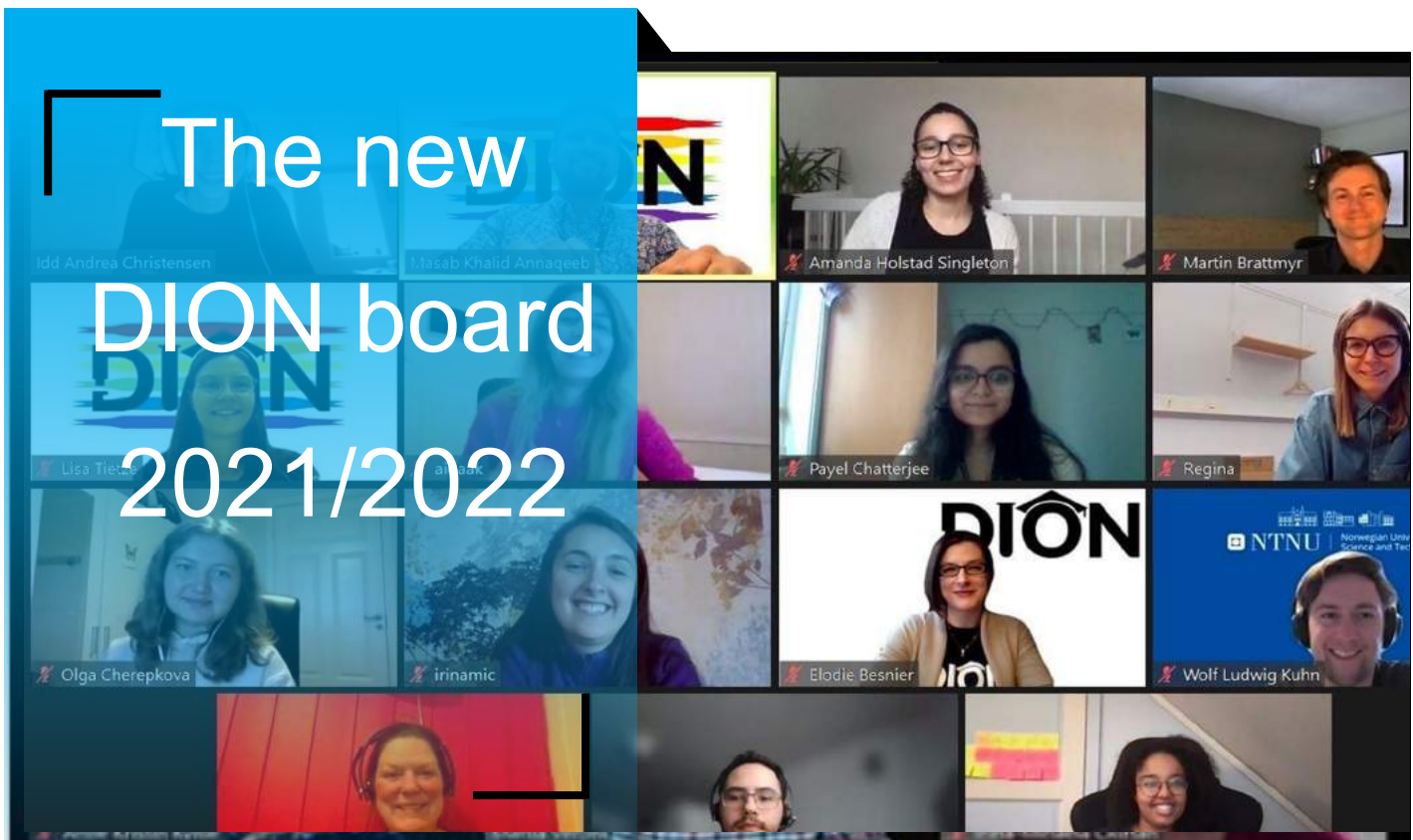
## News and Upcoming Events:

Meet Current DION Board	3
Pre-word	4
Summer Solstice Celebration (Gjøvik event)	5
DION Summer Grant	6

## Past Event:

The Pint of Science	7
My 17th of May (Photo Competition)	7
Happy Hour with DION (Gjøvik event)!	8
Next DION Board Meeting	9
Contact Us	10





## Thanks for your votes...

The new DION board elected at the Annual General Meeting (AGM) on 12 April 2021.

President:

Martin Brattmyr

Vice President:

Amanda Holstad Singleton

Board Members:

Aida Akbarzadeh

Olga Cherepkova

Payel Chatterjee

Regina Matveeva

Siamak Karimi

W.Ludwig Kuhn

# PRE-WORD

To all of you,

I would like to reach out and recognize the struggle you all have been through the last year. Perhaps some of you have lost loved ones, perhaps some of you have gotten ill, and have not fully recovered yet. If so, I offer my deepest regards. For me, this pandemic has been like a low frequent nuisance, with ever returning hurdles. These I try to endure stoically, thinking about the many others, who have had it worse. But once more, while writing this letter, the campuses are closed, and I am thinking of all you that once again are delayed in your research.

One of my biggest nuisances has been the obligatory home office. Before the pandemic, I promised myself to minimize work at home. My mental rule was: Home is where I relax; campus is where I work. Now-a-days, I don't know how many hundreds of students, co-workers and project partners, from all around the world, have been invited to my home office, located my bedroom. This is ironic, because as a clinical psychologist, I have advised others against doing stuff that can be stressing close to your bed. We don't want the bedroom to be conditioned with stressful experiences, do we? For me, I am still sleeping through the night, but I am affected.

We shouldn't underestimate how such stressors affects us. These add up with other stressors in our life, making us more vulnerable to the outside world. It wasn't easy to take a Ph.D. before the pandemic, it is definitely not easier now. We cope with these hurdles in different ways, but one of the most powerful tools has been taken from us – our daily connection to others. We are social beings, molded to be in close social contact. We need social support and we need social belonging to thrive. But you are not alone. We are many others in the same situation.

DION is NTNU's interest organization for Ph.D.'s, post-docs, and other temporary scientific employees. Beyond looking after our areas of interests, we act as a social hub. In April the new board was elected, and we all look forward to meeting you. We have just announced summer grants, and we have many other plans for the semester ahead. Amongst others, we want to celebrate our 25<sup>th</sup> birthday with you, when the circumstances allows us to. And we aim to repeat the last year success, the mental health week.

So, to keep us updated with your needs and interests, please don't hesitate to contact us. Together we can make our academic journeys better!

Martin Brattmyr  
President DION

# Coming Events

## Let's celebrate summer solstice together (Gjøvik event)!

DION invites all temporary scientific staff and PhD students at NTNU Gjøvik and their families to celebrate summer solstice together!

**June 23rd Eiktunet** will open the doors for a traditional summerfest. There will be a fire, music, possibly some excursions and other activities, snacks, and drinks. Check out more [here](#).

Optionally, we can do a short hike to Bergstoppen - the highest point in the area.

As we should buy the tickets in advance, so **please complete the registration form by the 17th June, 13:00**.

The number of tickets is limited! Earlier registrations will be given a priority.

You can find the registration form [here](#).



## DION Grant for summer 2021!

DION is happy to announce a new round of support grants for educational or social activities for our members at NTNU! All PhD candidates, Postdocs and other temporary scientific employees at any NTNU campuses are eligible to apply for a grant (**up to 2500 NOK**) to cover expenses related to organizing activities that create opportunities for PhD students and post-docs to network, learn, and enrich their experience. Please note that Master degree students are NOT eligible.

DION will give preference to applications which are targeted towards an open audience. Applications for the exclusive benefit of one department or faculty will still be accepted but applications that are accessible for all DION members will be prioritized. We encourage any outdoor activities where it is easier to follow COVID protocols.

### Rules:

1-The deadline for sending the application is 23:59 CET 23 June, 2021. Applications will be evaluated by DION board members. [You can apply via this form filling out all mandatory fields](#) and sending it to [post@dion.ntnu.no](mailto:post@dion.ntnu.no).

2-Funding should be used by the end of August, i.e. until 31.08.2021 23:59 CET.

**3-The organizers are expected initially to cover the costs of the event and then seek reimbursement of the costs from DION. No a priori funding is given.** Please note that the receipts and all reimbursement documents should be submitted to DION before **31<sup>st</sup> January 2022**, although we encourage you to submit it by 31<sup>st</sup> December 2021 if it is possible. Reimbursement of the costs is not guaranteed if it comes later than January 31<sup>st</sup>, 2022.

4-In case of approval of the grant, the organizers should promote DION by making it a co-host of the Facebook event. A DION board member will be assigned to each approved application, and the organizers will liaise with them about the event.

5-Please note that the maximum amount DION can reimburse is **2500 (two thousand and five hundred) NOK. If overall cost of the event exceeds 2500 NOK, it is organizer's sole responsibility to get extra funding from other sources.** Any requests for more than 2500 NOK from DION will be automatically declined.

We also highly encourage those interested to apply as a group, although grant applications by individuals remain welcome.



# Past Events

## The Pint of Science Trondheim festival!

This year DION was co-hosting the [Pint of Science](#) Trondheim festival. The pint of Science festival aims to deliver interesting and relevant talks on the latest science research. Due to the Covid-19, this event was organized as a hybrid event and people had option to join either online or at Habitat bar.

Payel Chatterjee, the Dion board member, attend this event and had a short talk to represent DION.



## Happy hour with DION (Gjøvik)!

All the Gjøvik-based PhDs, Postdocs and temporary scientific employees with their family members were invited for an outdoor gathering with a cozy bonfire and light snacks.

Sit-Gjøvik was the sponser of this event, which was held at Huset.

Thanks for your company and hope to see you again in coming events!



## My 17th of May

Unfortunately, we were not able to participate in a parade with you on the 17th of May this year. However, we are very glad that we were able to share this day with you anyway! So, together with Davit we met a great cat, with Ali we watched a car parade, with Behnam we studied for the exam and with Irena-Mihaela we enjoyed a firework! We thank our participants and wish our winners, Behnam and Irena-Mihaela, a lot of fun in the cinema!







# DION

## Next Board Meeting

**When:** 14:00-16:00, Friday, 24<sup>th</sup> of June, 2021

**Where:** Teams

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 or want to join the online meeting? Send the DION board an e-mail: [post@dion.ntnu.no](mailto:post@dion.ntnu.no)

Innsida: DION

Subscribe [here](#) in order to receive information about DION activities in the different campus. Click «Subscribe» on the left menu and submit your email.

# DION

## Contact Us

DION is NTNU's interest organization for PhDs, post-docs, and other temporary scientific employees, which offers help in work-related issues concerning rights, supervision, required duties and legal questions. The organization also provides a social activity platform to meet other PhD candidates, post-docs, and other temporary scientific employees. So, please follow us to stay updated:



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- *Facebook*
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- *Twitter*
- *Linkedin*