

DION



CALL FOR
DION BOARD
MEMBERS



SPRING

2022

Trondheim

Ålesund

Gjøvik



DION AGM
2022





DION

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PRE-WORD

It is with great despair we witness the war against Ukraine. A humanitarian catastrophe is unfolding itself for each day. And it is confronting us with the gruesome consequences of war. Our thoughts are with all paying the high price for someone else's war.

The war has also made a serious blow against academia. Students and employees from Ukraine, but also from Russia and Belarus are directly affected. Collaborations of research and education have ceased on an institute level, and many are worried about their future.

Meanwhile, we are still being encouraged by the Norwegian Ministry of Education to continue collaboration on a scientist-to-scientist level with researchers from Russia and Belarus. Needless to say, this is important because collaboration and education are effective tools for peace. At times like these, it could be easy to let anger get displaced. But there will be a time when the war is over, and the need for knowledge will hopefully be ever so important. We therefore call for innovation and preparedness for building up better collaboration across the globe, but also locally at NTNU.

Meanwhile, we encourage all of you to be active in your work environment and be attentive to peers and colleagues if someone needs your support.

Martin Brattmyr

President DION



NTNU BOARD ELECTION

Three candidates stand for election to represent the temporary academic staff of the NTNU board in the coming year. The election is held 28 - 30 March.

The person who is elected will represent 2,680 PhD students, postdocs, and other temporary staff in teaching and research positions at NTNU who have the right to vote in the election.

[The Nomination Committee](#) encourages everyone to get to know the candidates, what the candidates stand for, and use the right to vote.

[Read the candidates' own presentation](#)

[Read more about board elections at NTNU](#)

(The election is open Monday 28 March at 08:00 to Wednesday 30 March at 22:00)

DION BOARD ELECTION

Call for DION Board Members for 2022-2023:

Are you interested in a leadership position representing around 3000 of your colleagues? Do you want to influence the working situation of the academic temporary staff and get insights into how the university works? Then the DION board could be just the thing for you!

DION is the only organization at NTNU which represents PhDs, post-docs and temporary academic staff from across the university. We are a contact point for PhDs, Post-Docs and other temporary scientific staff, sit in important committees and hold social events. And now is your chance to become part of this!

Who can apply?

- All PhD candidates, post-docs and temporary scientific employees at NTNU (Trondheim, Ålesund and Gjøvik)
- Candidates must have a contract until spring 2023.
- Norwegian proficiency is required for the president position

How to apply?

Send your short application including picture, name, affiliation, short bio and motivation (1 page max) to post@dion.ntnu.no. Please send your application **before the 4th of April**, so that we can share your application on our website before the AGM. It is also possible to step forward as a candidate during AGM.

Who can vote?

All PhD candidates, post-docs and temporary scientific employees at NTNU.

AGM – The Annual General Meeting and Board Election

Dear colleagues,

DION is happy to invite you to our Annual General Meeting on April 7, 2022. This year the event will be hybrid with pizza for physical attendees at Trondheim & Gjøvik.

The election of the new board will be opened at the end of the meeting. [We encourage all PhD candidates, post-docs and temporary scientific employees from NTNU to consider joining the board.](#) The DION Board consists of 5 to 8 members, including the DION president, who serve for 12 months (until spring 2023). This is a great opportunity to get organizational experience from inside the university and work towards a better PhD and post-doc experience at NTNU. A board position on DION can be credited as up to one month of duty work, or one month extension of the PhD project period; whilst the president receives two months (Forskrift om stipendiater ved NTNU, §2)

AGM date & time: April 7, 2022; 16:30 – 18:30

AGM venue:

Trondheim: S2, Sentralbygg, Gløshaugen; Teams (Link will be shared before the meeting)

Gjøvik: K, K102; Teams

Ålesund: Teams

AGM agenda: See the attachment.

The election will open at the end of the meeting on Valgweb and it will be open for 72 hours. The newly elected board will be informed directly after the election and we will also announce it through our digital channels. The online transition meeting for the new board will be held on **12th April 2022 at 15.00.**

If you have any question about the president position, you can contact Martin Brattmyr (martin.brattmyr@ntnu.no) and for other queries you can contact post@dion.ntnu.no.

Past Events

NOV 1-5



DION MENTAL HEALTH WEEK

Between November 1st- 5th, for the second year in row, DION organized a series of events across campuses to raise awareness about the mental health of PhDs, post-docs, and temporary scientific staff at NTNU, including:

Day 1: INSPIRING MONDAY

Diving into mental health week with exploring different methods to reduce stress and trauma, with psychological safety lunch seminar in Gjøvik and breakfast seminar in Trondheim.

Trondheim: Breakfast seminar + presentation

Gjøvik: Lunch seminar + presentation



Day 2: MINDFUL TUESDAY

We continued with practices to calm and connect body and mind with Yoga and Zen meditation workshops.

Trondheim: “Meditation workshop”

Gjøvik: “Yoga for grounding and stress relief”
“Zen meditation”



Day 3: MOVE YOUR BODY WEDNESDAY

We had several workshops to have fun and practice.

Trondheim: “Pilates workshop”
“Zumba workshop”
“Tai chi workshop”

Gjøvik: “Zumba workshop”



Day 4: ENGAGING THURSDAY

We tried a new approach towards the mental health support by reading pertinent books!

Trondheim: “Bibliotherapy”
“Movie night”

Gjøvik (online event): “Bibliotherapy”



Day 5: FEEL HAPPY FRIDAY

We finished our mental health week with a cozy movie night in Gjøvik and a fun Improv night in Trondheim where we practiced failing, positivity and creativity.

Trondheim: “improv workshop”

Gjøvik: “Movie night”



Secret Santa (Gjøvik)

This year Secret Santa visited Gjøvik, spreading magical atmosphere, warmth and care around. A glimpse of light and a spark of holiday mood in the time isolation and restrictions. This was a day of smiles, excitement and a collective guessing game.



DION Movie night in Ålesund

On Friday March 11th, DION hosted a pizza and movie night at NTNU campus Ålesund. We were able to present DION to members in Ålesund and advertise for the upcoming AGM. We had a good conversation with the PhDs and post-docs in Ålesund about DION and what they need from us. After the presentation, we enjoyed pizza, socialized, and finally watched Lion King. We had about 20-25 participants. We hope to have many more events in Ålesund in the future!



Ski Course with DION in Trondheim!

On 29 January, DION arranged a cross country ski course under guidance of professional instructors at Skistua. The course was suitable for both, beginners and experienced skiers. Many people showed interest in this event and it was a great success!

In total, about 60 people participated. The “early birds” started their 1.5 hour experience at 10.30 and “late risers” started at 12. The weather was, unfortunately, very unpleasant: it was raining. However, the participants didn’t let that get them down, everybody had fun, even though they were slowly but surely getting wet!

DION would like to thank Trondhjems Skiklub, especially Line Selnes, for great collaboration and making this day incredible. And of course , thanks to all participants for joining!



Visit Hunderfossen winter park (Gjøvik)

We celebrated oncoming of Spring with Hunderfossen winter park trip, where we tried to dig in into Norwegian culture with musical theatre telling the story about trolls, witches, princesses and kings and tried to get warm in ice buildings. Special thanks to all NTNU departments in Gjøvik for their financial support!



Bowling with DION in Gjøvik

On 26 March, DION invited all Gjøvik-based PhDs, Postdocs, temporary scientific employees with their family members for a Bowling night at Bowling 1 Gjøvik. The Bowling followed with yummy pizza to compensate burnt calories. It was the last event organized by DION before the Annual General Meeting (AGM) and we had a great discussion with all participants and a Q&A session at dinner regarding the DION board election.



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:



- *Subscribe to DION's news channel on Innsida*
- *Sign up for DION's monthly email newsletter*
- *DION's website*
- *Facebook*
- *Instagram*
- *Twitter*
- *Linkedin*