

DION NEWSLETTER

AUGUST - NOVEMBER 2022



DION
Mental Health Month (MHM22)
Nov @ NTNU
Yoga, QiGong, Mental Fitness, Art, Workshops

More info



More info in <https://org.ntnu.no/dion/>



Pictures from Sophie Kendler (above) and Olga Cherepkova, participants in the Autum photo context

PAGE 2

**PREFACE BY THE
PRESIDENT OF DION**

PAGE 3

**DION AND SIN IN THE
PRESS**

PAGES 4-9

EVENTS

Upcoming: Tekna seminar,
Mental Fitness, Finding Home,
Yoga, QiGong, Museum,
DION Grants, SiN elections

Recent: movie night,
boardgames, mushrooms,
career day, tekna seminar,
Climate Fresk, canoeing

Dear colleagues,

time flies and more than half of our time as a board has already passed! Times have not necessarily been easy, the world is marked by a lot of instability now. Drastic cuts in government research spending in Norway, ongoing war in Ukraine, and violent crackdown against civil society in Iran... In addition to the already stressful daily routine that has become the norm for many temporary employees, there are many things that might worry you now. Therefore, we would like to remind you that we are here for you.

During the summer and autumn, we have been working on making NTNU a better place for us - temporary staff. These are not just big words; we really mean it and hope that you also see it that way! In Ålesund and Trondheim we already organized joint events with Tekna, and the corresponding event in Gjøvik will take place soon. We hope these events gave you an overview of the ins and outs of working in Norway and highlighted the benefits of being a union member. DION has also been working on establishing new and resuming old collaborations, for example with a start-up preschool and NIRS. We are also involved in the organization of the Internationalization conference at NTNU, which will take place in December. Stay tuned, many interesting things will happen!



10th of October was the World Mental Health Day, whose theme was “Make mental health and wellbeing for all a global priority”. The mental health of temporary employees is one of DION's priorities and, therefore, we would like to invite you to our Mental Health and Awareness Month 2022 (previously known as Mental Health Awareness Week). We hope that the new extended format will give you an opportunity to participate in and benefit from several events. You are very welcome to sign up and we are looking forward to seeing you!

In the meantime, I hope you enjoy reading this newsletter with a delicious cup of coffee, as I do in the picture:)

Regina Matveeva
President DION

DION and SiN in the press

Frykter frislipp vil bety færre stipendiater

EN: Fears that new regulation may lead to fewer PhD Candidates

DION's president Regina Matveeva shared her thoughts about cutting off the ear marking for PhD and PostDoc positions at Norwegian universities. I.e., the universities themselves can decide how many fellows they would like to hire. While the universities see this as a flexibility, Regina is concerned that the money will be distributed differently, resulting in fewer positions existing in the future. Regina believes only time can tell how it will turn out. She hopes that universities will not scale back the number of positions if the number of PhD graduates remains as one of the indicators for performance of the university.



Full article in Forskersforum (Norwegian) <https://www.forskerforum.no/frykter-frislipp-vil-bety-faerre-stipendiater/?fbclid=IwAR30NQDng4RhGTq3GkzVE5zwRmqczpyNsDodwPzdCyUVHaAQ50RyYXoXpqM>

Stipendiater etterlyser en nøytral mekler når samarbeid med veileder krasjer

EN: PhD Candidates call for a neutral mediator when the cooperation with the supervisor crashes

During an interview with Khrono, a Norwegian independent newspaper for higher education and research, DION board member W. Ludwig Kuhn described his experiences with changing a supervisor. He has first-hand experience as well as knowledge from cases that are known to DION. In addition to clear rules for changing a supervisor, a neutral mediator at NTNU is proposed to solve more severe conflicts to avoid the department or faculty from taking side with the supervisor.



Full article in Krono (Norwegian): https://khrono.no/stipendiater-etterlyser-en-noytral-mekler-nar-samarbeid-med-veileder-krasjer/719549?fbclid=IwAR3tUnBsBGeBiJIW8HaovYNGansLSZly9pE3b75D3Tq_T5U9HdBRqprsz2c

Upcoming events

Tekna seminar in Gjøvik

Tekna NTNU and DION invite to a seminar on November 24, 15:00-18:00 in K105 in the Kobolt building. The seminar program is as follows:

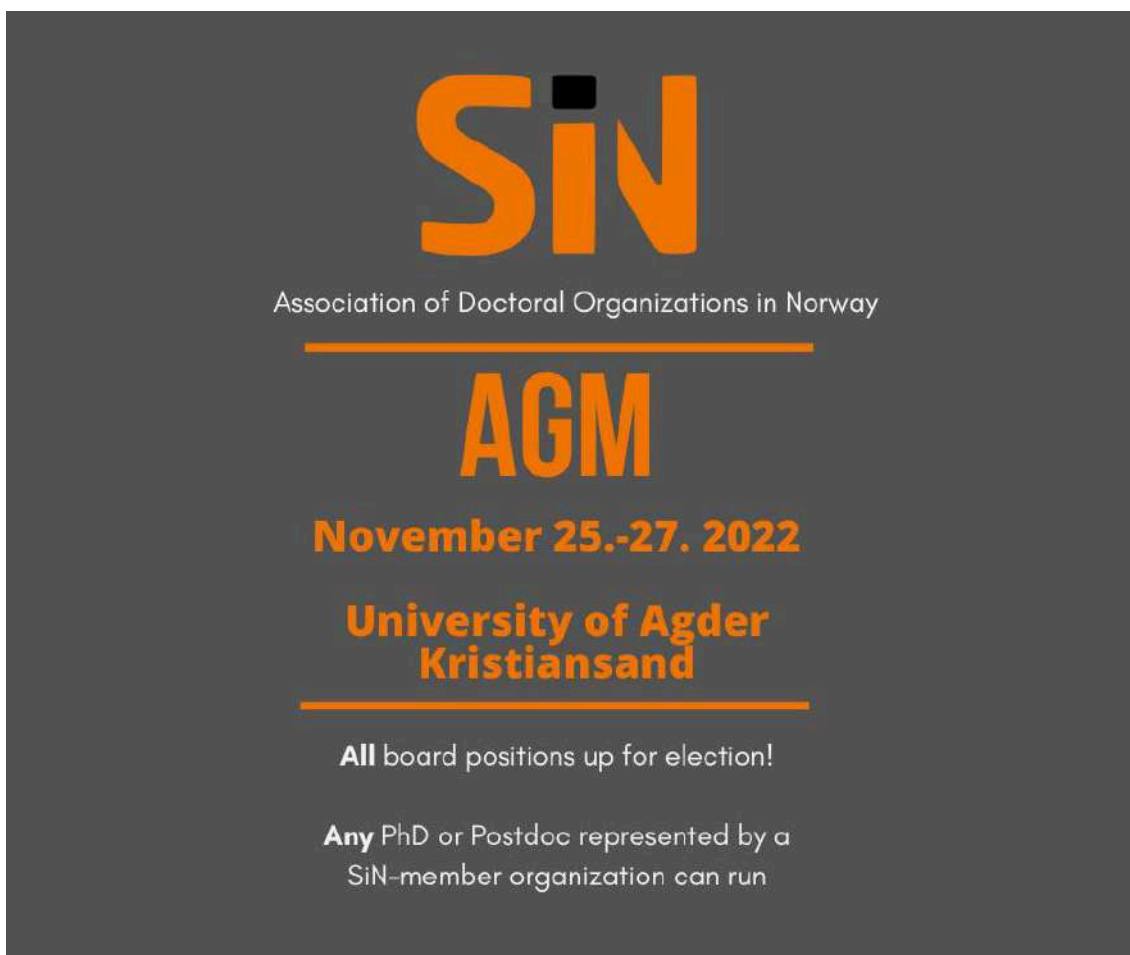
- Working in Norway - how does the Norwegian Model work, and why are unions so important here?
- How to be temporarily employed - does it differ from other employment? What are my rights? Can I negotiate my salary? A representative from Tekna will tell you some of what you need to know about working in Norway in general, and the university sector in specific.
- DION and Tekna NTNU - who are we and what can we do for you

Simple food will be served; Please sign up using the below registration link:

<https://www.tekna.no/en/events/seminar-for-temporary-employees-at-ntnu-gjovik-44387/>

SiN AGM and elections in Kristiansand

Would you like to promote the interests of PhDs and postdocs at the national level? Do you like the idea of working with a group of engaged early-career scholars from all over the country?

A poster for the SiN AGM. It features the SiN logo in orange on a dark grey background. Below the logo is the text 'Association of Doctoral Organizations in Norway'. A thick orange horizontal line separates this from the word 'AGM' in large orange letters. Below 'AGM' is the date 'November 25.-27. 2022' in orange. Another thick orange horizontal line separates this from the text 'University of Agder Kristiansand' in orange. Below this is the text 'All board positions up for election!' in white. At the bottom, in white, is the text 'Any PhD or Postdoc represented by a SiN-member organization can run'.

All SiN's board positions are up for election. Do you want to be our new president, finance officer, our liason to the Council for Universities in Norway or Eurodoc? Maybe you want to work with

communication or events? Any PhD or postdoc represented by a SiN-member organization can run. Contact DION and express your interest! 🙋 (NB: Not able to join the AGM in person? You can still run for elections! All you need is a motivation statement from DION by November 12)

More info about SiN- Stipendiatororganisasjonene i Norge: <https://stipendiat.no/>

Mental Health Awareness Month

After your valuable feedback last year, we have turned the Mental Health and Awareness week into a month, making it easier to participate in multiple events.

Trondheim: Mental Fitness Workshop by Elizabeth Sturdy

When: Thursday, November 3, 16:30-18:30

Where: NTNU - Gløshaugen campus, D3-Møterom Onsager

Fully booked

Lunch and Workshop Mental Health Risks for PhDs

When: Monday, November 7 Time 13.00-13:45

Fully booked

QiGong by QiGongmedClara

When: Monday, November 14, 16:00-17:00

Where: NTNU Gløshaugen - Tapirbygget - Rom Sprokkit

Register (only 15 spots): tikkio.com/tickets/33555-qigong-for-ntnu-temporary-scientific-employees

Finding home workshop

When: Wednesday, November 16, 16:00-18:00

Where: NTNU Gløshaugen - Tapirbygget Rom Sprokkit

Register: <https://tikkio.com/e/ba2dfc28b4b5f002c17eef2fa0061f23>

Lunch and Workshop Mental Health Risks for PhDs

When: November 30, 12.00-12.45

Where: Gløshaugen Realfabygning R4

Registration link: <https://forms.gle/6RwHNDooUUvq68Em8>

Simple lunch will be served

Gjøvik: Meditation with Alistidis Kaloudis

When: Wednesday, November 2, 17:00-18:00

Where: G303

Registration link: <https://forms.gle/HBVwm1zB82L6UTVH7>

Yoga by Lise Linnerud

When: Friday, November 11, 10:00-11:00

Where: G303, G building

Registration: <https://forms.gle/HBVwm1zB82L6UTVH7>

Mental Fitness Workshop by Elizabeth Sturdy

When: Tuesday, November 15, 17:00-19:00

Where: G303, G building

Registration: <https://forms.gle/HBVwm1zB82L6UTVH7>

Oslo tour – visiting the National Museum

When: Saturday, November 26, 09:00-21:00

Registration link & deadline: TBA

Ålesund: Yoga for stress relief

When: Tuesday, November 8, 20:00-21:00

Where: YOGA OG PILATES - ÅLESUND, Notenesgt. 3, 4 etg., 6002

Follow the link below to book your slot (15 slots available, so, hurry up!)

https://docs.google.com/forms/d/e/1FAIpQLSe0e69dJUXuK5jyTPkL3jbh_0giCTNOv-RYiUk-tIjR8MatQ/viewform?usp=sf_link

The Winter Grants are coming!

Do you have a great idea for an activity or events during December and need some funding? Apply for a Winter grant before November 15th! ☺

All PhD candidates, Postdocs and other temporary scientific employees at any NTNU campuses are eligible to apply for a grant (up to 2000 NOK) to cover expenses related to organizing activities that create opportunities for PhD students and post-docs to network, learn, and enrich their experience. Since it is soon festive season, we also appreciate Christmas/ Hanukkah/Winter Solstice themed events! Application form in: <https://org.ntnu.no/dion/> or <https://innsida.ntnu.no/start/#/feed//a803d295-1740-32f9-89cf-019109390fd4>

Recent events



Mushroom hunting (Trondheim)

Two groups of around 20 people went for walks in Trondheim's forests Bymarka and Estendstamarka. Patrick Bösch showed how to harvest the edible mushroom species and avoid the dangerous ones.

Movie night (Gjøvik)

Watching "Untouchable" and sushi was a great way to start the weekend!

Career Day (Trondheim)



Kim Stiberg, former PhD at NTNU and now medical manager in the pharmaceutical company Novartis, gave to 25 attendees valuable tips for starting a career in the pharmaceutical industry after finishing PostDoc/PhDs.

Canoeing in Gjøvik



Climate Fresk workshop in Trondheim

Lola Rosseau and Kamila Krych, PhD candidates, were granted one of DION's autumn grants to hold a workshop focused on Climate Change (<https://climatefresk.org/>)



Tekna seminar (Trondheim & Ålesund)

The union Tekna and DION organized three seminars in Trondheim, one of them streamed to Ålesund, dealing with working at Norwegian universities compared to other sectors and tips and tricks on what to expect when temporarily employed at NTNU. Both Tekna NTNU and DION presented how we can help you if you ever run into problems or dilemmas during their time here, and what to be aware of as temporary employee.



Board games and pizza night in Ålesund



Thank you for reading this newsletter, if you have questions or feedback get in touch with us!

post@dion.ntnu.no

How can we help you? <https://org.ntnu.no/dion/faq/>
Best wishes from,

DION