

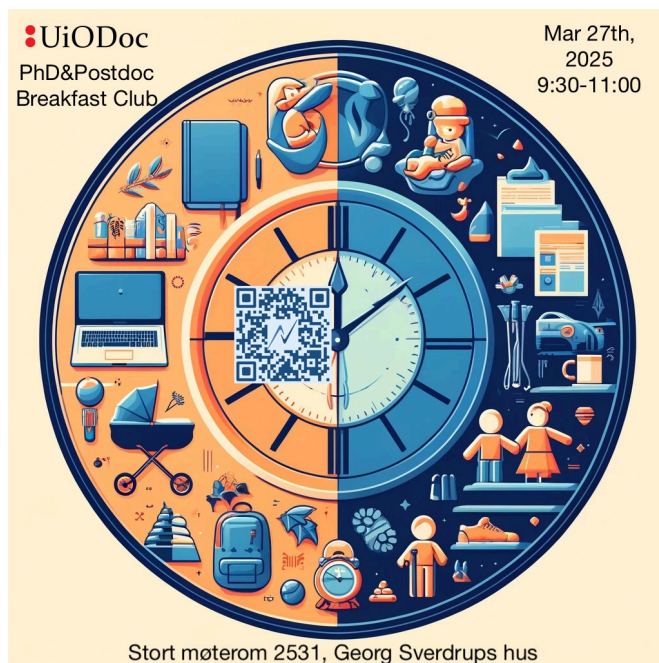
Dear fellow PhDs and PostDocs,

I hope this message finds you all in great spirits. On behalf of the UiODoc team, we are thrilled to extend a warm invitation to all of you for our upcoming PhD and PostDoc Breakfast Club event on **27 March 2025 from 9:30 AM to 11:00 AM**. *Join us to have a candid discussion on managing phd/postdoc and family life—over coffee & breakfast!*

Please read through the rest of this newsletter to discover more exciting events we have lined up for you.

PhD and PostDoc Breakfast Club: balancing research and family, PhD/Postdoc version!

Speaker: Rebecca Knoph. **Time and place: March 27, 2025 9:30 AM – 11:00 AM, Stort møterom 2531 at Georg Sverdrups hus.** [Add to calendar](#). Breakfast will be provided



How to find the golden ratio among doing your research, spending time with your significant other and kids, and cross-country skiing? Come join a fruitful discussion with coffee, breakfast, and friends!

For the third PhD and Postdoc Breakfast Club event this year, we'll have Dr. Rebecca Knoph, postdoctoral fellow at CREATE for Research on Equality in Education, Faculty of Education, University of Oslo. She will give a presentation focusing on how to work as a PhD and Postdoc when you have a family.

Sign up via the Nettsjema link: <https://nettskjema.no/a/508207>. We eagerly anticipate your presence and active participation.

University Events

[Candlelight: Vivaldi's Four Seasons](#)

Time and place: Mar. 29, 2025 6:00 PM – 7:00 PM, [Universitetets aula](#)



Candlelight concerts bring the magic of a live, multi-sensory musical experience like never seen before. Discover the music of Vivaldi's Four Seasons under the gentle glow of candlelight.

[Open Aula](#)

Time and place: Apr. 5, 2025 11:00 AM – 3:00 PM, [The University Aula](#)



Experience Edvard Munch's world-renowned Aula paintings right in the heart of Oslo city center, completely free of charge!

[Click here](#) for more University events

Social & Cultural events

Guided Tour

[Ibsen museum](#)

Welcome to the home of our greatest playwright. This is where Henrik Ibsen lived with his wife Suzannah Ibsen for the last 11 years of his life.

Dates: Mar. 26, 2025 12:00 PM – 12:45 PM,
[Henrik Ibsens gate 26](#)

Kuntepunktet events

Interesting cultural events that are bound to give you an experience of a lifetime. Find them at [Kuntepunktet](#)

Recurring events

Shut up & write

<https://www.ub.uio.no/english/libraries/writing-centre/>

Is it difficult to set aside time to write? The Academic Writing Centre organizes structured writing sessions for PhDs and Postdocs.

Language cafe

April. 3, 2025 5:00 PM – 7:00 PM,

[Litteratursalongen, Georg Sverdrups hus](#)

Informal setting for practicing Norwegian and other languages

ISMO Event:

Time and place: Apr. 1, 2025 9:00 AM – 11:30

AM, [Lucy Smiths Hus, 10th floor, Room 1004](#)

[The Unwritten Rules of Working with Norwegians: Coffee & Compromise](#)

Thank you for taking the time to read this newsletter, hope you found it relevant.

Kind Regards,

Naheeda Hamza

Vice President, UiODoc

On behalf of UiODoc

Do you have questions or problems?

If you are facing any trouble at work or have questions/concerns regarding your working conditions, please contact us at UiODoc at info@uiodoc.no. UiODoc is here to represent you, the temporary staff of UiO, and we can either help you ourselves or guide you to who to talk to.

UiODoc:

For the **latest news** regarding our activities, please check out our **website**:

<https://foreninger.uio.no/uiodoc/>.

Our **Facebook** page:

<https://www.facebook.com/uiodoc>.

Our Instagram page:

https://www.instagram.com/uio_doc/

Or our Twitter page:

https://twitter.com/uio_doc

Information from MatNat faculty (open to all PhD candidates and PostDocs):

PhD/Postdoc events: www.mn.uio.no/phdevents

PhD/Postdoc message board:

<https://www.mn.uio.no/english/research/phd/messages/>

To manage your subscription to our newsletter:

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