

Dear fellow PhD candidates and PostDocs,

We at UiODoc hope that you all have had an outstanding summer, whether that means working hard, travelling in Norway/Europe, or finding the time to finally visit family in your home country after travel restrictions were eased during the ongoing SARS-CoV-2 pandemic. With batteries now hopefully recharged, we would like to welcome you back to another season of coron- sorry, another season of interesting and relevant events arranged by us, tailored to your needs!

In the coming months, we intend to publicize several UiODoc events in the making. But until then, we choose to focus on what news happened over the summer and up to now since the last newsletter in August, while at the same time bringing other, non-UiODoc events to your attention. So, without further ado, let us jump into it!

### **UiODoc Annual General Meeting 2020 - election of the new executive board**

The UiODoc's Annual General Assembly in 2020 was held on September 8th with the main topic "**Make life better and easier for temporary employees at UiO**". The meeting kicked off with a general introduction to UiODoc and presentation of last year's activities and achievements, which was then followed by **election of the new executive board for the 2020/2021 academic year**. The new board sees two recurring faces from the previous year, with Margret Veltman elected the new President and Yizhou Shen reprising the role of SiN Liaison Officer. The remaining roles of the 2020/2021 board were filled by newcomers, with Michael Goul Larsen as Secretary, Olga Zlygosteva as Treasurer, Lasse Keetz and Erling Agøy as Event Officers, Christina Johannsen and Khalisah Zulkefli as PR Officers, and Jesus Balesteros with Vipin Kumar as Representatives Officers. Quite the international bunch! The new executive board in its entirety is depicted here:



The remainder of the meeting revolved around project extensions for PhD candidates and PostDocs due to the ongoing COVID-19 pandemic. UiO and other universities in Norway have sent out a [survey](#) to assess how many are applying for extensions and how many are successful. Since postdocs are a neglected group in university policies, we would especially like to invite **all postdocs to fill out this survey** before the end of September.

### **PhD and PostDoc breakfast club**

The PhD and PostDoc Breakfast Club (PPBC) will continue with its third corona-friendly digital installment on Zoom, after the success of the first two events. So, **tune in on September 24th 2020, 09:00-10:00 AM on Zoom** - with this month's topic, you will not even need your morning coffee to keep you awake! In this edition of the PPBC, titled **Impostor Syndrome - Is It Real?**, **Hugo de Boer**, Professor/group leader at The Natural History Museum of UiO, Oslo, will take us on a journey through the ins and outs of impostor syndrome in an attempt to analyze and relativise it, eventually providing the means to combat, manage and mitigate the effects of it. See more details and sign up on the event page [here](#).

### **World Mental Health Day**

Continuing the same line of thought, the [World Mental Health Day](#) of 2020 is coming up on October 10th. A focus on mental health might never have been as relevant in human history as it is in 2020, considering the worldwide COVID-19 pandemic, which you might be acquainted with. We have all felt the tax a nation-wide lockdown will eventually have on mental health no matter the mental fortitude. Many people have had to postpone contact with friends and more importantly family perhaps indefinitely. People have lost their jobs, others maybe even a loved one. So, during times like this, being aware of the people around you is more important than ever. In Norway, it just so happens that this year's initiative for the World Mental Health Day is called "[Ask more](#)" (in Norwegian), encouraging everyone to take the time to ask those around how they feel. To show others the attention they might need in order to stay afloat.

### **Young Researchers Night: Oslo**

Lastly, Forskningsdagene in Oslo and The Young Academy of Norway are hosting the **Young Researchers Night: Oslo**, at Litteraturhuset on September 25th from 07:00-10:00 PM. As the event is in English in its entirety, it is **especially welcoming to foreign, young researchers** who wish to meet other like minded people for an informal mix of music, new accomplices, drinks, fun as well as serious debate. Read more about the event and how to sign up [here](#).

Thanks for your time and attention - and stay tuned for new events hosted by UiODoc in the near future!

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### **Impostor Syndrome - Is it real? (Zoom edition)**

PhD and PostDoc breakfast club (PPBC)

**Date:** September 24th

**Time:** 09.00-10.00 AM

**Place:** Zoom (details provided in registration)

See event details and register [here](#).

**For all future PPBC arrangements please visit:**

[uiodoc.no/events/PBC/](https://uiodoc.no/events/PBC/) or [facebook.com/uiodoc/](https://facebook.com/uiodoc/)

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**Other upcoming events:**

- **Digital Brains: Neuroscience, Philosophy and Law in Conversation**  
Arranged by The Faculty of Law and Forskningsdagene  
September 23rd 2020, 05:00-06:15 PM @ Kulturhuset  
See event details and sign up [here](#).
  
- **Shut up & write - digital meetup! (Zoom event)**  
Arranged by the Academic Writing Centre  
September 25th 2020, 10:00 AM-02:00 PM @ Zoom  
See event and Zoom details [here](#).
  
- **Career Control for Researchers 2020 (online programme)**  
Arranged by the MN Faculty and PostDocTraining  
Registration closes September 27th 2020, course start October 2nd.  
See event details and sign up [here](#).
  
- **Guided street art tour of Oslo (in English)**  
Arranged by ISMO and Oslo Street Art Tours  
September 29th 2020, 06:00-08:00 PM @ Deichman Public Library, Tøyen  
See event details and sign up [here](#).
  
- **Guided tour of The Viking Ship Museum**  
Arranged by ISMO  
October 7th 2020, 12:00-01:30 PM @ The Viking Ship Museum  
See event details and sign up [here](#).

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**>>Spread the word!<<**

**UiODoc:**

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

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

Or our **facebook** page:

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

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

PhD/Postdoc events: [www.mn.uio.no/phdevents](http://www.mn.uio.no/phdevents)

PhD/Postdoc message board: <https://www.mn.uio.no/english/research/phd/messages/>

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Kind Regards,



Michael Goul Larsen  
on behalf of UiODoc

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