

Dear fellow PhD candidates and Postdocs,

Autumn has arrived with everything it entails. Even though Mother Earth is still kind to us in terms of weather, you start to feel it, slowly but steadily. The cold approaching. The storms encroaching. Daylight almost shortened by the hour, until you only see the sun during the weekends (and it barely provides any UV anyway!). Aside from the impending dreariness, Autumn is also a time for hygge and of mesmerizing beauty. When you are done with the third cup of hot chocolate for the day, you might venture into the forests to experience the color palette changing to a warmer hue. The leaves go from green to gold - from red to cold. An ocean of sunshine before your eyes. But a gush of wind, and the withered leaves fall to the ground, becoming part of the nutrients giving life to the next generation of leaves come Spring.

Like the autumn leaves, the current UiODoc Executive board must now fall from the tree. We hope to give a good start to the next board, which has just been elected at the UiODoc Annual General Assembly this past week. With this newsletter, we also wish to bring your attention to some important topics as well as the last UiODoc events planned and executed by the current board. Enjoy your morning coffee and this month's newsletter!

### **UiODoc Annual General Assembly 2021 and election of a new Executive board**

UiODoc's Annual General Assembly in 2021 was held on September 14th. 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 2021/2022 academic year**. The new board sees three recurring faces from the previous year, with Christina Johannsen elected the new President, while Olga Zlygosteva and Vipin Kumar reprise the roles of Treasurer and Representatives Officer, respectively. The remaining roles of the 2021/2022 board were filled by newcomers, with Roxana Pop as Secretary, Anna Piterskaya and Kristina Burum as Event Officers, Adam Rogers and Chinmayi Baramashetru as PR Officers, Paul Kobialka as the second Representatives Officer, and Elisabeth Josefine Lackner as Deputy Board Member. A very experienced bunch which we are sure will perform fantastically!

The meeting proceeded with open discussions in plenum focusing on PhD curriculum, PhD/postdoc career development and the lack of job security in academia before reaching its conclusion. For those of you unable to attend the meeting, minutes will be uploaded on the UiODoc [website](#).

### **UiODoc Event: Meet & Greet the Unions**

Have you ever wondered what a labor union is and how you can benefit from being part of one? In Norway it is very common to be part of a labor union. Unions play the key role in labor negotiations. Especially temporary scientific staff like PhD candidates and postdocs benefit from the unions since they provide a safety net and can help you with questions or if you get in trouble. Your union can answer questions regarding working conditions, salaries, contracts and many other topics. **If you want to know which union is for you and become a member**, or if you just want to **know more about how to benefit** from them, **join us at our Meet & Greet the Unions event on September 22nd 2021, 13:00-14:30 at Farmasibygningen Auditorium 2**. With us will be Helene Liepelt Nystedt and Mattias Solbakken of Akademikerne, Solveig Blomstrøm Nordbø and Maren Holthe Hedne of Norsk Tjenestemannslag (NTL) as well as Cecilie Wingerei Lilleheil and Hilde Reinertsen of Forskerforbundet, who will introduce the unions they represent and answer your questions. [Sign up here!](#)

### **PhD and PostDoc Breakfast Club**

The PhD and PostDoc Breakfast Club (PPBC) returns after the conclusion of Summer with the first physical PPBC since before the pandemic began in March last year. So, **join us on September 30th 2021, 09:00-10:00** at Georg Sverdrups hus, Auditorium 1. Free breakfast and coffee is served from 08.30, so remember to sign up! But 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**, Acting Head of Research 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. Stay tuned on our [Event](#) and [Facebook](#) pages for a description and location coming soon and keep yourself updated with the [PPBC calendar](#).

### **Forskningsdagene 2021 - Young Researchers' Night**

Coming up from **September 22nd through October 3rd**, are [Forskningsdagene 2021](#).

This year sees the return of physical events hosted all over Norway (with some still hosted as online webinars as well), where passionate researchers are sharing their knowledge with the people. Check out the [event calendar](#) to see what happens when and where.

A particular event we would like to bring to your attention is hosted by The Young Academy of Norway and is called **Young Researchers' Night - Oslo: Peace and conflict - Research Conflicts: The academic strikes back**. The event takes place at Litteraturhuset i Oslo, Kjelleren, on **September 24th 2021, 18.30-23.30**. It will be an evening of discussions, debates, drinks, networking opportunities, fun and talks about e.g. science communication. See details and sign up for the event [here](#).

### **Feeling alright?**

Finally we would like to bring your attention to an important upcoming day. On October 10th is the annual [World Mental Health Day 2021](#), this year with the theme **Life under and after a pandemic**. Aside from all the markings held by various parties, remember to also check up on those around you, and most importantly - yourself. How did the past one and a half years impact your life?

And that's it for this month - and from this board. Starting from October, the new UiODoc Secretary will be sending out the monthly newsletter, so be prepared for a change in style. We hope you have enjoyed our work the past year as we are now passing on the torch - see you in the future!

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### **UiODoc upcoming events:**

#### **Event: Meet & Greet the Unions**

22nd of September, 13:00-14:30 @ Farmasibygningen Auditorium 2

Sign up for the event [here](#).

#### **PhD and PostDoc Breakfast Club (PPBC): Impostor Syndrome - Is It Real? by Hugo de Boer**

30th of September, 09:00-10:00 (08:30 for breakfast)

Details and location to be announced.

Stay tuned on our [Event](#) and [Facebook](#) pages for details on both UiODoc exclusive events coming soon and keep yourself updated with the [PPBC calendar](#)!

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**Other upcoming events/courses:**

- **Open meeting to debate UiO's climate and environmental strategy**  
Arranged by UiO  
September 22nd 2021, 16:15-18:00 @ Scene Humsam, Georg Sverdrups Hus  
See details and register [here](#).
- **Information and welcome meeting for new international employees**  
Arranged by the International Staff Mobility Office (ISMO)  
September 23rd 2021, 12:55-15:30 @ Zoom  
See event and register [here](#).
- **Shut up & write - digital meetup!**  
Arranged by Academic Writing Centre  
September 24th 2021, 10:00-14:00 @ Zoom  
See details and get the Zoom link [here](#).

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

**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](mailto: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/>.

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, *Secretary*  
on behalf of UiODoc

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