

Minutes FOR AUPA'S BOARD MEETING

TIME: 29 May 2019, 2.30 p.m. to 4.30 p.m.

LOCATION: IC Building 1653, Conference room 2 (in the basement, near Dale's Café)

GUESTS: Lea Hansen

ABSENT WITH APOLOGY: Marianne, Andreas Eiset, Simon Enni, Lisa Hirsh, Ana Lobato

1. Welcome
2. Formalities
  - Election of Chairman:
    - *Viktorija*
  - Approval of minutes from the last meeting (available via Dropbox)
    - *Approved*
3. Election of Facebook responsible
  - i. *Everyone agrees that it is important that AUPA is alive online. Tenna is Facebook responsible and Anders will be co-editor with a supporting role.*
4. Update from 'Arts local association' Working Group
  - General Assembly
    - i. *Attempted with a short notice to have a working group going and had a General Assembly but not many people showed up – but there was a lot of interest – they have a lot of suggestions about what it should be and offer, but when it comes to contributing there isn't a lot of people willing to become part of the local association board. They plan to have a new General Assembly after summer holidays.*
    - ii. *Viktorija suggests that AUPA take on making an event for Arts students to spread the word.*
    - iii. *A suggestion is also to have a simple set up with PhD committee and have a meeting before the PhD Committee meetings.*
    - iv. *It is agreed to keep the 'Arts local association' working group.*
5. Updates from the local associations
  - PHABUSS
    - i. *Discussed APV Workplace assessment including harassment, gender issues, applications, stay abroad and the funding. They had a meeting with Head of graduate school to present the funding schemes.*
  - PHAUST
    - i. *No one is attending from PHAUST.*
  - HEALTH
    - i. *APV and working environment. The main issue was stress and the board is therefore trying to find out what the drivers for stress are. There are also people having the issue with social harassment and colleagues. Economical issues where one of the main drivers for stress because of lack of funding. There is a statement about funding and that there is the money but it is not obvious if the funding will be secured. Stress is often related to that a PhD student has to fund his/her own salary.*

- ii. *They have an event 'The NorDoc summit' e.g. a two day career event mainly for PhDs in Health and ST. It is a Nordic event, so there will be PhD students from other Nordic countries.*
- iii. *Events. There are many different events in different departments. There is not sufficient communication and coordination about those events, and therefore the board want to focus more on how to improve the communication and coordination.*

## 2. Update from PAND

- i. *General Assembly with a lot of people. PAND is planning a Strategy Development retreat where the main goal is to develop PAND's strategy and define Working groups touching upon the issues of PhD wellbeing, stress and other relevant matters.*
- Survey on Working Conditions
  - i. *A survey developed in collaboration with DM. Viktorija will be a part of the group analyzing the survey data. One of the results is that the stress level is very high at the PhD level in Denmark.*
- Eurodoc
  - i. *Viktorija has shared some insights from the meeting. It seems that PhDs in Denmark have the least share of PhD contribution and the highest level of teaching obligation compared to the PhD's in the rest of the EU. However, PhDs are more funded here at home. PAND will try to benchmark the situation among universities in different Scandinavian countries.*

## 3. Discussion of the strategy for the next year in AUPA (All members)

- Sharing and brainstorming on PhD related issues: what PhD related issues each member has experiences, heard?
  - i. *Working expectations create Stress or Pressure.*
    - A. *This might also be correlated with the lack of PhD Planning or knowing how to plan and control a PhD project.*
    - B. *About getting more tools to meet the supervisor e.g. seminars or talks on project management and stress and with the meeting with the supervisors.*
    - C. *Workshop on PhD supervision. Talent Development, Health and Arts have some courses/workshops on PhD Planning and PhD supervision.*
  - ii. *Awareness about local associations.*
    - A. *Small cards shared on the tables or par of welcome letters in order to make AUPA visible to new PhD students. Also, include relevant information and contacts to the local associations.*
    - B. *Investigate how are PhD students welcomed .*
  - iii. *Environment about stay abroad*
    - A. *Lack of funding for famil*
    - B. *Suggestion to loosen up PhD policy or requirements for going abroad e.g. to go for a shorter period, one month in several places, or other locations.*
    - C. *Suggestion to share stories about how to do it in creative ways in order to inspire others This can also be linked to the gender balance issue.*
  - iv. *Workshop or event on Stress reduction, mindfulness*
- Grouping PhD related issues
  - i. *PhD Stress and Wellbeing*
  - ii. *Awareness about PhD local associations*
  - iii. *Stay abroad*

- Prioritizing on PhD related issues: what PhD related issues AUPA will focus on in 2018-2019?
    - i. It is agreed to focus on the working environment and PhD well-being and take an action on that.*
      - A. Suggestion to creating a one-day seminar on that topic including related issues.*
    - ii. Viktorija will make a short information on what the focus is this year.*
  - Creating working groups
    - i. Working Environment and Wellbeing: the board will further discuss the one day seminar on this topic.*
4. Discuss budget – How much do we have left, estimate future expenses, what would we like to spend the money on?
  - i. Good overview. Enough for the meetings and logo.*
5. Update on logo (Tenna) and deciding on a logo (Everyone - please take a look at the suggestions)
  - i. Very nice with the simple look. Suggestion that the AUPA abbreviation is clearer in the logo.*
6. Deciding on the date for the next board meeting 2019-2020
  - July 2<sup>nd</sup> 14:30-16:30 meeting
7. Any other business?