



AGENDA FOR AUPA'S BOARD MEETING
TIME: 16.00-18.00
LOCATION: 1910-111

GUESTS:

ABSENT WITH APOLOGY:

1. Welcome
2. Formalities
 - Election of chairman: Kristoffer Ibsen
 - Approval of minutes from the last meeting (available via Dropbox)
 - i. The minutes have been approved
3. News
 - Wellbeing event with Health
 - i. Do a short feedback session at the end of the event
 - ii. A classroom would make more sense than an auditorium
 - Our accounts for the workshop has been closed
 - i. Currently we are trying to figure out how to open these accounts again
 - ii. Leftover for the conference and Health event have been closed.
 - iii. We paid for the health event with AUPA account
 - PAND
 - i. GA will be sometime in May and will pay for two of us to go
 - ii. Nadine has withdrawn her PAND position. Shokouh will take her spot. Mario can maybe also join the event, but will not be able to attend meetings afterwards.
 - iii. Meetings are every three weeks. Most of the meetings are on Zoom.
 - HAMU
 - i. Nadine had a meeting with HAMU and HSU
 - ii. HAMU is the work environment committee
 - iii. HSU is the collaboration committees
 - iv. Meeting for both to discuss APV with a presentation from Rambøll.
 - v. Results said that's its more positive results in terms of wellbeing for PhD students and other colleagues at AU
 - A. High stress and feeling of unbalance of workload and time that we have
 - B. Not feeling connected to colleagues
 - vi. This is something they want to work on in the future
 - vii. Right now we are only represented in HAMU, so Nadine asked if we are going to be represented at HSU. They will look into it.

- viii. There may be some rules in the working environment law making it impossible for us to be represented in HSU – But they are looking into it.
- ix. Maybe the wellbeing committee can follow up on the numbers
- Other?

4. Increasing visibility of AUPA

- Updates?
 - i. Juliane has uploaded the PPT with a template presentation that we can use when presenting AUPA
 - ii. She was going to look into contacting people to get into the department meetings to present emails
 - iii. E-mail signature that we can use with the AUPA logo has also been uploaded to dropbox.
 - iv. Everyone can add this to their emails. Oscar will send an email with the signature.
- What are our next actions?
 - i. Kristoffer has contacted Omnibus but has not heard back
 - ii. Students who want to do an interview about learning and research environment at AU
 - A. Oscar will do it. Kristoffer will reply and CC Oscar
 - iii. PAND was also contacted by two students
 - A. They would like a person who has or is experiencing stress/anxiety
 - B. They want to follow a stressed PhD student for a whole day
 - C. Martin knows someone who is stressed, and will ask her if she is interested in this.

5. Improving well-being

- Updates?

6. Workshop May 30

- Updates?
 - i. Speaker:
 - A. Hadi contacted Linda, but she has left AU, so if we invite her, we would have to invite her as an external speaker, meaning that we would have to pay her.
 - B. Mario contacted the Dutch speaker, he was very interested. He can organize a half-day workshop (3 hours)
 - a. Price: 1250 euro (9300 kr.) without travel expenses + hotel. More realistically, it would be about 12.000 kr
 - b. Around 40 participants.
 - c. BUT our accounts are closed
 - d. We should start planning towards that workshop.

- e. Vibeke from AU career seemed keen on doing the event. We heard from her today, in order to set up a meeting to discuss different possibilities.
- f. We could maybe share the cost with them.
- g. Next meeting we have to choose a speaker. Hopefully at that time we also have our accounts sorted.
- h. This is doable if we split the cost if we collaborate with AU Career
- i. For next meeting, we have a speaker and a time

ii. Format:

- A. For the next time, we should have a publicity plan for the event
 - a. With poster
- B. Time: 2 hour workshop + social event afterwards
 - a. Start time around 15 or 16.
- C. Maximum 3 hours for the workshop
- D. In person event with a break in between
- E. Topic: Pitching for companies
- F. Jorge knows a speaker from Orkla who potentially be a good speaker.

7. Deciding on the date for the next board meeting

- Next meeting in two weeks
- Send out a doodle
- 18th-22nd or the first few days of the week after

8. Any other business?

- Well-being subcommittee
 - i. Not a lot of new updates
 - ii. We need to start planning soon for a meeting in the middle of June
 - iii. We were asked to start working towards a wellbeing email that will be sent around to all PhD students with information on ex. A contact to a psychiatrist, if you have problems with your supervisor etc.
- Mario got some papers on the wellbeing of PhD students
 - i. He will send it to the wellbeing group
- We cannot find the owner of the LinkedIn page → Oscar will make a new one