



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: Oscar Gabriel Sevillano Quispe
 - Approval of minutes from the last meeting (available via Dropbox)
 - i. The minutes have been approved
3. News
 - Update on accounts
 - i. Good to go – we have our money back.
 - ii. Hadi will check with them how much money we have left.
 - iii. Health event – Kristoffer will write to them about transferring money back to the main account.
 - PAND
 - i. Insurance as an integrated PhD
 - A. Integrated PhD students are not considered employed before starting part B, and cannot be covered by workplace insurance.
 - a. Integrated PhD student: Phd student and masters student at the same time
 - B. These students can't get student insurance or employee insurance because they are neither students or employees
 - ii. Maternity/paternity leave when transitioning from part A to part B
 - A. You need to be employed for 4 months in order to get access to maternity/paternity leave
 - B. As integrated PhD students you aren't employed until you start part B – therefore you wouldn't qualify before four months into part B.
 - iii. There needs to be a better harmonization. Who can we contact to find out more?
 - iv. Talk to tillidsrepræsentant, and maybe even HAMU as well. Kristoffer will contact tillidsrepræsentant and Nadine will bring it up with HAMU.
 - v. Make an overview list of issues with the 4+4. Make a document in dropbox.
 - vi. Co-chairs at PAND
 - A. No one was willing to step up for co-chair.
 - B. Shokouh is interim co-chair. They are looking for someone who would like to be the co-chair.

C. If anyone is interested or knows someone who is interested in being chair.

- PhD coach
 - i. Kristoffer had a meeting with the PhD coach last week. She is willing to apply for all funding to pay for her coaching
 - ii. 600kr per hour. She will apply for this herself, but we would need to sign this as well. We would have to “channel” the money to her.
 - iii. We will apply for funding in August/September. We will have a talk with her in August. We should get highlights/an overview of what she does in her coaching sessions
 - iv. Apply for session for 50 PhD students
 - v. Potentially do workshops with her and DM.
 - vi. She is not employed at AU, but has been previously.
 - vii. We should go for it since we’re not paying for anything ourselves – it would just be a matter of advertising for us.

4. Event on the 30th.

- How did it go?
 - i. It went well – less people showed up than signed up.
 - ii. They liked it. Linda was good, but showed up late. Juliane stepped in.
 - iii. It was a presentation, not really a workshop.
 - iv. Nice idea with a soft start
 - v. A few stayed afterwards to mingle, but not that many.
 - vi. If we use that room again, we have to instruct people in how to get there.
 - vii. Giving people something to do afterwards would probably get them to stay.

5. Events in the fall

- Workshop with PhD coach on character strength (1-1,5 hour)
 - i. 10-15 participants
 - ii. Do about 5 of these
 - iii. It would cost us 1.500 per workshop if we do this. This would be just to pay for the coaching
 - iv. Kristoffer will talk to her soon and get this thing going. Then we can have the first one in late august/early September.
 - v. Maybe five consecutive weeks

6. Increasing visibility of AUPA

- Events in the fall semester:
 - i. As mentioned in the meetings, BSS Graduate school established a grant of 80,000 DKK for initiatives for Ph.D. students’ wellbeing; anyone can apply for funding. In the last Ph.D. committee meeting, it was decided that the deadline for application would be the end of August.

- ii. We should make a requirement: If we are planning the event, everyone should be included. Not just for BSS students.
- iii. PHABUSS: topics that would be interesting for Ph.D. students:
 - A. Networking strategies (e.g., how to collaborate with others, how to start projects with others that could also feed into one's own project)
 - B. Events on career opportunities/job perspectives outside academia (not sure whether this mostly makes sense on department level?)
 - C. "Sharing is caring" events where PhDs can talk about their frustrations to other PhDs and share them to see that they might not be the only ones dealing with problems/loneliness/stress
 - D. Cross-department activities for ph.d-students at BSS. For example some kind of (non-alcoholic) game or sports activity; maybe a day, where teams of ph.d.-students have some competitions, so it would be department versus department.
 - E. Ph.d.-yoga
- iv. Social Media content: I think that we could structure our social media content more to appear more active and also give the Ph.D. students more visibility through our channel. That would also encourage the Ph.D. students to interact more with our offers:
 - A. Information about AUPA events and initiatives (as already done)
 - B. reposts from AU Ph.D. Career, PAND, International Office
 - C. Market upcoming Ph.D. defenses?
- v. We could also use a professional posting tool to pre-plan social media content: E.g. Buffer we can use up to three social media channels with up to 10 pre-scheduled posts for free (we need 2 channels with Facebook and LinkedIn)
 - A. Software to plan what to post where and when
 - B. We could encourage ph.d students to interact more in what we're posting about
 - C. Repost things from other PhD associations/Career etc. Maybe post about upcoming PhD defense
 - D. Once or twice a week post a fact about your rights as a PhD student.
 - E. Buffer is a managing tool to appear more active – it's free. One person to be in charge of this account (maybe Juliane)
- vi. Introduction days
 - A. NS+TS is on the 23rd of June. Mario is attending.

7. Improving well-being

- Not too much happened at the meeting
- AUPA's good advice – we will try to do something that we can do on stress, loneliness and insecurity.
- Kristoffer will make a document on this and we can fill this in over the summer.
- Good advice in terms of what wellbeing initiatives there could be at a faculty level – not specifically for PhD students.
- Headspace app
 - i. This could be included here.
- Podcast: We want to do a podcast with Gitte for example – we can post this on the website and it will be there forever. Possibly do a series on this with 5-6 episodes.
 - i. It would be a good idea to ask journalist students or Serena Leka (she has a podcast).
 - ii. Develop the idea a little more before we reach out to them.
 - iii. For the next meeting: Think of topics
 - iv. Make a document for podcast topics

8. Deciding on the date for the next board meeting

- Week 31 and 32 from the 8th-12th. A doodle has been sent out.

9. Any other business?

- Mathilde is going on exchange – a substitute will take over
- We are moving offices
- Martin is going on exchange as well, but will still be a part of AUPA
- Oscar is stepping down
- We need more members of AUPA!