

Schedule: PhD Days

Monday 27th

Campus: EBC

	Hall	Presenter	Topic	Description
9.30-10.00	Friesalen	TNDR	Introduction to the PhD Days	
10.00-12.00	Friesalen	Annelie Häyrén	Sexual Harassment	The talk will be about sexual harassment, laws and regulations and the University's routines when it comes to occasions of harassment.
12.00-13.00		Lunch		
13.00-15.00	Friesalen	Paul Bengtsson	Suppression techniques	A social psychological perspective on how suppression techniques and related methods are sometimes used to harass and limit people at their workplace, as well as how to react properly against it and limit their effectiveness.
15.15-16.15	Friesalen	Staffan Harling	Stress management	The topic is stress management, and I am a psychologist working at Previa, the occupational health care provider for UU and for you. I will talk about how stress works, different kinds of stress, common pitfalls and what you can do. I will mention what kind of support Previa can offer.
16.15-16.45	Friesalen	TNDR and Boards	Meet your representatives	Meet the TNDR board and all PhD representatives in the various boards of Uppsala University.
18.00-Victory	Grass lawn behind Geo	Kubb tournament	(with competitors from Linköping Uni)	Kubb is a Scandinavian traditional summer game. Here you play in two teams, where the goal is to strike (with wooden batons) the other teams 5 wooden blocks (pawns) before ultimately striking down the king placed in the middle of the rectangular playing field. Sometimes referred to as Viking chess...apparently (source: wiki).

Tuesday 28th

Campus: Ångström

	Hall	Presenter	Topic	Description
9.30-10.30	Polhelmssalen	Wolmar N. Åkerström	Python	Python is readable, easy to learn and frequently used in many research fields. We will introduce programming and Python and a tool in an academic context and show you how to get started, find learning resources and take the first steps with Anaconda and Jupyter Notebook.
10.45-12.15	6K1107	Anders Kollberg, Camilla Zetterberg	Mendeley	This session will introduce Mendeley, a free reference management software used to generate citations and bibliographies in MS Word, LibreOffice and LaTeX/BibTex. In addition to collecting and organizing references, Mendeley also offers ways for researchers to connect and collaborate, share papers, notes and annotations with colleagues.
10.45-12.15	Häggsalen	Volker Ziemann	Arduino	A blinking necklace that changes color when someone approaches; an ad-hoc data-acquisition system to send data directly to your computer: both systems are easy to set up with Arduinos and

related micro-controllers. I will discuss these controllers, give examples of gadgetry to read and control, and show how to program them.

12.15-13.15	Lunch			
13.15-14.15	Polhelmssalen	Johan Abrahamsson	LabVIEW	The Arduino platform has brought the power of simple and cheap real-time control using an MCU. In a similar way, LabVIEW can be used to achieve real time control with bandwidths in the order of megahertz, using FPGAs. This presentation briefly discusses some similarities and differences of the two systems.
13.15-15.15	Å library (Makerspace)	Uwe Zimmerman, Maja Grape	3D printer license	This course runs almost every Wednesday in the evening, brought to you during normal working hours. Max 12 may attend, and you will get introduced to the 3D printers available, get accustomed to a 3D modelling software, and get your license to use the machines at any time.
13.15-16.00	Å library (Visualization lab)	Sarah Meier	Visualization lab	Session will run each hour (13.15-14.00, 14.15-15.00, 15.15-16.00). The Visualization lab allows you to visit space (or any other place in google maps) using VR goggles. Additionally, there are interactive monitors which allows you to visualize your science better.
14.15-15.15	Polhelmssalen	Iacopo Benesperi	Gimp	A hands-on workshop to showcase some of Gimp's basic and more advanced features, together with some tips & tricks to get the most out of your research images. We will cover topics such as transparency, working with layers, picture cutting and applying colour masks to certain image areas. All with real research pictures!
15.15-17.15	Polhelmssalen	Nina Anić Mrđen	Grasshopper and Rhinoceros	Rhinoceros is a 3D modeling program that allows architects, designers, or engineers a huge amount of freedom. It is precise and compatible with other software. Rhino has a lot of plug-ins and a very open community. This course will cover the program's basics and can be a starting point for those interested in more advanced design techniques with Grasshopper. It is intended for anyone interested in tools for 3D modeling.
18.00-Delirious	Lunchroom floor 4, 14167	Board game night		Bring your board games and prepare for a night filled with fun and adrenaline!

Wednesday 29th Campus: BMC

	Hall	Presenter	Topic	Description
9.30-10.30	B42 (close to A4)	Eva-Lotta Krook	Trygghetsstiftelsen	If you have worked for agencies in the state sector (like Uppsala University), and fulfil certain requirements you are entitled to support from the Job Security Foundation, Trygghetsstiftelsen. We will present the process and the work to supporting our clients in the process of finding a new job and/or a future careerpath.
10.35-12.00	B42	Amanda Midhamre, Philip Gratell	Drivhuset - starting your own business	Are you dreaming of realizing your ideas? Do you want to know what it is like to start your own business? At Drivhuset, a non-profit foundation for entrepreneurship, we have 25 years of experience helping students turn

				their ideas into reality. Every year, we help hundreds of students and young people in Uppsala to develop their business ideas and start their own companies. It is easier than you think and Drivhuset will cover the basic steps of getting started, what you need to know and how it is done.
11.00-12.00	A7:103	Naturvetarna (Union)	Labour market and employability	Are you thinking about leaving academia? Would you like to know how to increase your employability? Are you interested in learning more about the labour market and how employers today are thinking when they are recruiting? Come and listen to Naturvetarna's presentation.
12.00-13.00		Lunch		
13.00-14.00	B22 (close to A2)	Johanna Ekhaben	Migration office - what happens after a PhD?	Are you allowed to stay in Sweden after your PhD? What are the requirements for a work permit? Are there any other options if I don't find a job immediately? The Migration Agency will present the options you have after your PhD and present different possibilities for extended permits in Sweden.
14.15-16.15	B22	Madelene Rönnberg	Make the most of you, and your competence!	The workshop (with UU Careers www.uu.se/careers) will focus on your competence. What do you have to offer? What is the employer looking for? And what makes you unique on the job market? How can you communicate that with the employer?
14.15-15.00	B41 (close to A4)	Helena Danielson	Life as a researcher	Helena Danielson, professor in biochemistry with a focus in enzymology, is going to share her life experiences on the main struggles a researcher can go through and how to overcome them.
15.00-15.30	B41	Mats Wilhelm: Alumni Ecology	Life after a PhD	25 years after successfully defending his PhD thesis, 15 years after leaving his academic career, he now find himself for the first time being employed for an indefinite period as an ecologist for which he was once trained at the university. Follow his winding and creative path towards an interesting job by attending Mats' presentation!
15.30-16.00	B41	Stavros Aronis: Alumni IT	Life after a PhD	After earning his PhD degree in Computer Science in 2018, Stavros started working as a software developer and trainer for a consulting company based in Stockholm. He will share his personal career planning experience, talking about industrial conferences, professional communities, meetups and networking.
16.00-16.30	B41	Helen Avelin: Alumni Mathematics	Life after a PhD	How can you make a career in a business area that does not see Ph. D. studies as a qualification? What skills from your Ph. D. studies will you actually use? I will also reveal how you can learn to write production code during your first job as a software developer.
18.00-Exhausted	Orvars at Norrland's Nation	Pub Crawl!		We will divide into groups and span the 13(!) nations in town, for some drinks and fun. Make sure to get a nations' card before the event, doesn't matter which nation! All PhD's are able to get this card, no matter what your boss says. All you need is your contract and a registration certificate (which the HR department will give you).