

NutriNOR News

October 2025, issue # 5



See what is happening in NutriNOR!

Writing Course & Retreat



Leadership Training in Bergen



ENLP Essentials Programme



Join our Alumni Group



Which Course Would You Like?



New Contact Information




Writing Course & Retreat


We are pleased to invite you to an inspiring online **writing course** focused on scientific writing. The course is tailored for PhD candidates at different stages and will provide practical tools for your writing process. It will be held online over three days, spread across three weeks. The course will be led by Mathew Stiller-Reeve from [Village Green](#) and includes interactive sessions and opportunities to work on your own texts.


Following the course, we offer you a **writer's retreat** which will give you space to focus on your own articles/thesis, peer support, and a good time! There is room for about 10–12 persons at the UiB cabin we have rented. Expenses related to travel and accommodation will be covered by NutriNOR.


You can take the writing course without the retreat in Ustaoset. However, if you want to join the retreat, you should also sign up for the writing course.

Please register for the online writing course and show your interest in the retreat by 14 November [here](#).

 **Online writing course:** January 6, January 13, and January 20 in 2026

 **Location:** Online (Zoom link will be sent later)

 **Retreat:** January 25-29 in 2026 (some flexibility if you cannot attend all days)

 **Location:** UiB cabin at Ustaoset (detailed information will be sent to registered participants)



Leadership Training in Bergen

We would like to invite all PhD student members of NutriNOR to join our Leadership Training Program. If you are in the second or third year of your PhD and have not yet joined the program, it is not too late!

NutriNOR's leadership training is developed in cooperation with [Leaderscope](#) from the Netherlands. You may ask yourself whether joining the program will be a good investment in your academic career. The answer is a definite **YES!** To become a good researcher and a leader in the field of nutrition, you also need to lead yourself. *Leadership* means understanding your own strengths and opportunities for growth so that you will have more influence in your work.

The NutriNOR Leadership program will equip future leaders in the broad field of food and nutrition with the necessary mindset and essential skills valued by future employers within academia, industry, and government. These skills, including collaboration, self-management, presentation, influence, and planning are essential for thriving in a work environment. The Leadership program covers the entire PhD project, focusing on topics that are important in the development at each stage of a PhD.


Participants will be guided by experienced trainers from [Leaderscope](#) in communication, mindset, skills, and leadership development.

The Leadership Training Program is tailored for NutriNOR. The board of NutriNOR expects NutriNOR members to participate in the program.


The Leadership Training is free of charge for NutriNOR members. Accommodation and travel expenses will also be covered by NutriNOR.



In-Person Training in 2026

 **17-18 March:** In-person meeting for PhD students in their first year

 Bergen

 **18-19 March:** In-person meeting for PhD students in their third year

 Bergen

There will also be digital meetings.

Overview of the Leadership Training Program

1st year PhD

- 1 in-person leadership development session, 1.5 days
- 1 online leadership development session, 3 hours
- 3 peer learning reflection & action sessions in small groups, 1.5 hours

2nd year PhD

- 3 online leadership development sessions, 3 hours
- 3 peer learning reflection & action sessions in small groups, 1.5 hours

3rd year PhD

- 1 in-person leadership development session, 1.5 days
- 1 online leadership development session, 3 hours
- 3 peer learning reflection & action sessions in small groups, 1.5 hours



ENLP Essentials Programme

For doctorate students in their final year we highly recommend applying for the [European Nutrition Leadership Platform Essentials Programme](#).

The 31st ENLP Essentials Programme will take place in Doorn, the Netherlands, from 8-14 June (arrival late in the afternoon and departure after breakfast).

ENLP Essentials Programme is open to all food, nutrition and dietetic professionals across Europe who want to become more effective at managing non-scientific/soft-skill challenges such as communication, interpersonal skills, leadership and strategic influence. The 7-day intensive program is supported by coaching sessions which may take place outside of the formal timetabled activities.

You can now apply for 2026. Submission deadline is Sunday 30 November 2025.

If your application is accepted, NutriNOR can cover your costs of attending the ENLP Essentials Programme. This also applies to those who have defended their thesis for up to 6 months before the programme starts.

Join our Alumni Group

We are excited to establish an alumni group, allowing NutriNOR members who have completed their PhD to stay connected with the NutriNOR network. As an alumni member, you will receive information and invitations to participate in courses, summer schools, and PhD conferences organised by NutriNOR. NutriNOR will cover the registration fee and lunch, while the alumni will be responsible for any travel and accommodation expenses.

If you have completed your PhD and would like to join the alumni group, please [fill in this form](#). We would appreciate it if you could pass the word on to former NutriNOR members who no longer receive our newsletter.

Remember that all members are eligible to attend NutriNOR courses and conferences and have their expenses covered by NutriNOR for up to six months after their PhD defence.



Which Course Would You Like?

We would like your input on which topics might be relevant and interesting for you to learn about in a future NutriNOR course.

Do you have suggestions for academic topics, methods, or interdisciplinary perspectives you would like to delve into – and perhaps feel are missing from the current course offer for PhD candidates?

We would highly appreciate it if you could share your input by responding to [this survey](#) by **30 November 2025**.

Thank you for helping us create a relevant and engaging future course!



New Contact Information

Feel free to contact us if you have any questions or concerns. Please use our new e-mail address:

nutrinor@uib.no

Best wishes for the autumn season,

Jutta Dierkes, Zoya Sabir & Marie Skjoldal