



# I'M CARIM 2023

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I'MCARIM is a committee formed by a group of enthusiastic PhD candidates who represent all PhD candidates at CARIM. We organise social and networking activities, provide input to improve the PhD programme and advise the CARIM Executive Board and Faculty Board on related issues.

During the last year, I'MCARIM continued to work to reinforce the social cohesion within the CARIM PhD community. Even though the COVID pandemic and restrictions already lie two years behind us, we still feel that social life within the university has not been completely restored.

In 2023, we went and played minigolf together with all the PhD candidates participating in the CARIM course week, got together to discuss science during several editions of the Young Investigator Rounds, and organised a workshop on how to design a beautiful thesis. These events provided opportunities to casually socialise and network, thereby contributing to the social interaction within our research institute. To help CARIM PhD candidates find their career paths post-PhD, we organised our annual Career Event in collaboration with the NUTRIM PhD council. Hosting this event online was a great success and meant that we were able to invite speakers from all over the world and increase the accessibility of the event for many PhD students. Our participants provided enthusiastic feedback, and inquired about organising a follow-up event.



Well-being at the workplace is closely linked to physical exercise. Therefore, I'MCARIM started an official CARIM running team, which was represented at several running events in 2023, such as the *Maastricht's Mooiste* and the Campus Run. We also supported the promotion of the *Prominentenroeien* rowing event. More group running and other sports events are planned for the new academic year.

This year, the second edition of the CARIM PhD guide booklet was launched and distributed by the members of I'MCARIM. It serves as a useful tool at all stages of the PhD track at CARIM. We have also improved our visibility on social media by sharing our events on X and Instagram through the official I'MCARIM account (@imCARIM).

We are eager to work towards providing these events to offer social and professional networking opportunities, promoting the professional development of fellow PhD candidates and, more importantly, offering a structure for support in other matters than the research activities. Furthermore, we think it is important to stimulate social interaction between CARIM PhD candidates in a fun and educational way. If you share this enthusiasm, do not

hesitate to contact us, as I'MCARIM is always open to new members and initiatives! Here's to a fulfilling and active 2024!

**I'MCARIM 2023**  
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**Minke Rijpkema**  
**Laura Kempen**  
**Eline Berends**  
**Lisa den Brok**