

JANUARY 2021

CAERUS NEWSLETTER

12th Edition



PIXEL PRESENTS

**PHOTO CONTEST:
2020 IN A PICTURE**

SEND TO PIXEL@CAERUS-UCG.COM

DEADLINE 29th of January



FUTURA PRESENTS:

**FUTURE
VISIONS**

Live interview + Q&A
With Alex Berhitu
BSc in Analytical Chemistry
Intrapreneur at the Dutch Water Alliance



ABOUT CREATING
OPPORTUNITIES
ECONOMY

Green Office

Wed 20

Don't for



Green Office
University College Groningen

CAERUS
STUDY ASSOCIATION

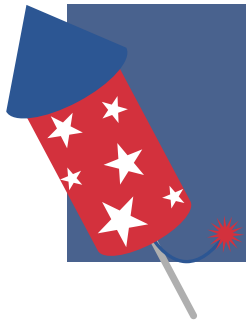
General Guidelines for Sustainable Events

EDITION NO. 12

Find out what Caerus has been up to
and what you can look forward to!

The Caerus Newsletter is a monthly newsletter intended to give you all the ins and outs of our Study Association. Informing you on all the Board has done in the past month to better the community and show that we are not just sitting around during these times. In addition, you can read about other awesome stuff such as committee updates, announcements and upcoming events you can participate in!

Do not hesitate to contact us if you have any questions or like to add something, reach us on Facebook, Instagram or email us at info@caerus-ucg.com



HAPPY NEW YEAR

Caerus wishes you all the best!



Dear Caerus members,

Firstly, we would like to wish you the very best for this coming year! Hopefully, it will be one of freedom, hugs and making new friends :)

Secondly, we hope you had a jolly Christmas time this year and got to spend it with the most lovely people!

Thirdly, we are looking forward to a new year with more Caerus activities. With the cocktail workshop already taking place, the year 2021 started off with a bang! Fresh meal boxes, the bottle cap competition, Future Visions and with many, many, many more to follow this year will definitely be a better one!

Sending you love,

The Caerus Board



BOARD UPDATES

What have we been up to?

Reminder: Caerus WhatsApp Group



There have been many discussions and comments over the years about the event 'spam' in group chats. This is why we have decided to set up a chat to centralise all that one has to know about Caerus. It is called the 'Caerus Events and Updates' chat. We hope of course that you're already in there. If you are not, don't miss out and join the chat via this link <https://chat.whatsapp.com/E0FEmA92HrpGxUnjeaRZXX>

Here some reasons why this chat is an improvement:

Only the Caerus Board and Committee Chairs are admins, meaning that they are the only ones who can send messages. Therefore, there will be no spam and in case you have any more questions you can also find contact information in the chat description.

Make sure to add yourself to the chat to receive all Caerus updates and event information!

Upcoming Committees!

With help of the First Years Taskforce, many good ideas have been put into action. Soon, there will be a Podcast Committee making interesting podcasts on Spotify about UCG, Caerus and the student life. Also, Olympia - the sports team committee - has been born from this initiative. So, do you want to be part of a Caerus sports team, play in the UCSRN competition and make lasting friends; do not hesitate and definitely reach out! Lastly, a committee might be set up with the sole purpose to bring together UCG students from all years. Now still in its baby shoes, the great ideas keep flowing!

Do you have ideas that are perfect for Caerus?

Text +31638716533 or email chair@caerus-ucg.com



General Guidelines for Sustainable Events



In collaboration with the board, the UCG Green Office has created a document with Guidelines for Sustainable Events within Caerus. We kindly ask every Caerus committee to follow these guidelines to make our association as sustainable as possible. You can find the document on our [website](#) under "Committee Forms". We are also including the guidelines here:

General Guidelines for Sustainable Events

General aspects

- ☐ Ensure that the planning committee is committed to a sustainable event
- ☐ Inform participants about recycling and composting bins
- ☐ Inform participants about food options: is the food vegan, biological or ecological?
Let them know!
- ☐ Make sure to switch off all the lights & heating when the event is over and you are the last person to leave the venue

Materials

- ☐ If committee clothing is desired, either:
 - ☐ Buy sustainable clothing
 - ☐ Use secondhand clothing (e.g. from Mamamini)
 - ☐ Have everyone bring their own clothing
 - ☐ Create stencils, so people can spray/colour the desired logo on clothing

Waste Management



- ☐ Recycle when cleaning up (events & general meetings)
 - ☐ Glass (bin outside of the UCG kitchen)
 - ☐ Organic waste (bin outside of the UCG kitchen)
 - ☐ Paper & cardboard (For small paper and cardboard put it in small recycling bins in the classrooms and printing rooms. If it doesn't fit, ask the caretaker for the key to the large cardboard recycling bin outside.)
 - ☐ Plastic waste (Plastic bottles can be recycled at the supermarket)

Promotion & Information

- ☐ Use paperless alternatives (e.g., social media, screens)
- ☐ While paper should only be used when there definitely is no other option, 100% recycled paper should be the first choice; otherwise use paper that is manufactured in an environmentally friendly way

Decoration



- ☐ Ask around whether you can borrow decoration from other committees first instead of buying “new” items
- ☐ Opt for reusable items (cups, decoration, etc.)
 - ☐ Use secondhand items (e.g. from Mamamini or Goudgoed)
 - ☐ Reuse signage
 - ☐ Do not date any printed items when you could potentially reuse them.

Food & Beverages

- ☐ Opt for less packaging, avoid plastic packaging
- ☐ Opt for local, seasonal, organic and vegan options
 - ☐ Shop at the market (Every Tuesday, Friday & Saturday 9:00 - 17:00)/Le Souk etc.
 - ☐ Map for [green hotspots](#) in Groningen
- ☐ If you have leftovers,
 - ☐ Take food home in reusable containers
 - ☐ Plan less food next time

COMMITTEE UPDATES

What your favorite committees have been up to!

Civitas: Secret Santa & Lecture

With their Secret Santa initiative, Civitas gained a total of 38.75€. Together with more funds collected throughout this year, this money will flow into research on Huntington's disease. Mid-December Civitas also organised an interesting and engaging lecture to introduce this initiative to Caerus members.

We need you!

Do you have a cool side hustle or are doing interesting extracurricular activities? We need heroes like you!

The Career Team (soon to be fUtura) is looking for students to set up an event with! Examples could be: having an succesfull blog, being part of a faculty, setting up your own company, volunteering somewhere in Groningen & more!!

Send us an email to career@caerus-ucg.com or text +49 151 22823821

Cocktail Workshop

On the 7th of January we had our first collaborative event with our UCSRN buddy Atlantis, a Cocktail Workshop! The event was a great success and we are already planning a follow up workshop with Atlantis, so stay tuned!

MUCG Christmas Jam Session

Once again, MuCG hosted an online Jam Session; this time for Christmas! As always, they did a phenomenal job. Be sure to check them out [here](#)! Stay tuned for their next Jam Session, and feel free to contact mucg@caerus-ucg.com if you want to perform with MuCG!



Scholarship Talk by Hanne

To kick off the new year with a new event the Career Team (soon to be fUtura) held a scholarship info session hosted by it's newest member: Johanne Hobel. This event aimed to inform German students about the possible scholarships they can apply for and included some tips & tricks on how to apply. The event was well attended and everybody was content with all the new info! Awesome!

Now we would like to ask you a question; are you perhaps also at UCG on some sort of scholarship? And you would be up to share some of your knowledge about them? Please contact us: career@ucg-caerus.com

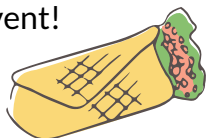


CURRENT EVENTS & INITIATIVES

Make sure to check these out and sign up!

Fresh Meal Boxes

On the 13th of January, Civitas and Sleeping Lasagnas will have a collaboration wherein they send out Fajita kits to Caerus members all around Groningen. While signups are closed now, we are excited to for this event! Those who missed the opportunity this time around, stay tuned for either Civitas' or Sleeping Lasagnas' next event!



Beer cap competition

Do you want to earn prizes while drinking your favourite beverages? Form your team, save your beer caps and take part in the beer cap competition [here](#)! You have till June to save up as many beer caps as possible, but don't forget: **'Drink responsibly!'**

PIXEL



PIXEL currently has a photo contest going on. The photos that describe 2020 the best, will win. For more info check out the event [here](#). The contest runs till the 29th of January, so be sure to join!

Want something added to the monthly newsletter? Email secretary@caerus-ucg.com before the last Friday of the month.

fUTURE Visions

No clue what career you want to pursue? But you would like to hear some first-hand experience from professionals that already made it? Here you go:

The Career Team (soon to be fUtura) is setting up a series of interviews with interesting professionals about a broad range of topics. They will talk about the choices they made, about their experiences and give you some tips! Every interview will end with a Q&A session in which you can ask any question you like! Sounds good right?

Our first guest will be joining us on Wed 20th January at 5 PM. His name is Alex Berhutu and he will share his story about jumping from hard sciences into business and the sustainability sector and the value of being able to combine knowledge from different fields.

Sign-ups are open on the [website](#)!



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ABOUT CREATING INNOVATIVE BUSINESS OPPORTUNITIES THROUGH CIRCULAR ECONOMIC THINKING & MORE

Wed 20 Jan, 2020 | 5 pm
Online

Don't forget to sign-up on our website!

