

OsloMet RISE

Researchers in Short-term Engagement

Message from the president

Dear members,

This autumn marks the start of RISE's first elected board, and we have an active semester planned. Our first event, the hike, was a great start. Thank you to everyone who joined.

I am also proud to share that OsloMet RISE received **OsloMet's Working Environment Prize** for the year 2026. For an organisation that began only nine months ago, this means a great deal. The award recognises the work of the interim board and advisory group, who built RISE from the ground up, and the current board, who are carrying that work forward, all alongside their own research. It has not always been easy, and it is encouraging to see that effort recognised. The RISE board would like to thank all well-wishers for helping achieve this recognition.

RISE works best when it reflects what you need. What kinds of events would you like to see, what do you expect from RISE, and are there challenges in your work environment that you think we should address? Please [email us](#) or share your thoughts through our [anonymous form](#). Your input helps us understand what matters to researchers, identify challenges, and shape RISE's priorities and activities.

You will find our upcoming events below. For the latest updates, keep an eye on the RISE Teams channel and follow us on social media. If you are not yet in the Teams channel, [email us](#), and we will add you. I hope to see many of you at our upcoming events.

Best regards,

Bineeth Kuriakose

President, OsloMet RISE

News

RISE receives the Working Environment Prize 2026



OsloMet has awarded RISE the Working Environment Prize 2026 in recognition of our work to strengthen community, inclusion and representation for researchers in temporary positions. The university rector presented the prize at the all-staff meeting on 22 September.

[Read more](#)

Swapping the office for the trails



On 12 September, RISE members kicked off the new academic year with our first social activity: a relaxed day of hiking. It was a chance to enjoy fresh air and good company, and to meet colleagues from across OsloMet along the way.

Help us shape the PhD/Postdoc Day 2027

RISE, in collaboration with the University Library and R&D, is planning a PhD & Postdoc Day at OsloMet in January 2027. Tell us which topics, formats and activities you would find most useful in a short survey that takes about 2–3 minutes. Please respond by **30 September 2026**.

[Take the survey](#)

Invitation to join Task Groups of RISE

Task Groups are small, time-limited teams that take on a specific piece of work for RISE, so that important issues get focused attention. Taking part is a good way to contribute to RISE, meet colleagues from other faculties, and shape the resources available to early-career researchers at OsloMet.

For its 2026–27 term, the Board has selected two themes for Task Groups. Please sign up by **8 October 2026**.

- **Online Resource for New International Researchers at OsloMet**
[Join this Task Group](#)
- **AI and Open Science for Early-Career Researchers**
[Join this Task Group](#)

Upcoming events

28–30 Oct	RISE Cabin Retreat 2026 A writing retreat near Espå (Innlandet), with structured group writing sessions and time to connect with colleagues. Registration is now closed. Read more
26 Nov	How to Survive (and Thrive) as a Temporary Researcher? An interactive workshop with creative exercises inspired by art therapy, led by Dr Agata Zelechowska. Lunch is provided. Register by 20 November 2026. Read more and register

Meet the board



See the board details on our website: [Executive Board 2026-27](#)

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Questions or ideas? Write to rise-kontakt@oslomet.no or contact us anonymously via [Nettskjema](#).

You receive this because you are registered as a member of OsloMet RISE. All PhD candidates and postdocs at OsloMet are RISE members by default.