

NutriNOR News

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IUNS-ICN Conference in Paris

Beautiful Paris will be the site of the International Congress of Nutrition next year.

The [IUNS-ICN 2025](#) is scheduled for Sunday 24 August to Friday 29 August 2025. The conference is organized by the French Society of Nutrition (SFN), French Federation of Nutrition (FFN), Federation of European Nutrition Societies (FENS) and International Union of Nutritional Sciences (IUNS).

Sustainable Food for Global Health is the main theme of the conference. "Alongside this main theme, all the fundamental, clinical, epidemiological and social aspects of Nutrition will be addressed in the form of lectures, symposia, oral communications and posters", says president of SFN Jacques Delarue.

More specific topics will include the future of nutrition recommendations; climate change, sustainability and nutrition; food science, gastronomy and life quality; global health and planetary nutrition; public health and nutrition throughout life cycle; non communicable diseases; precision and clinical nutrition, and basic research in nutrition.

There is still time to [submit an abstract](#) for the conference! Abstract submission is possible until Friday 13 December 2024.



Leadership training

NutriNOR Leadership program - Personal leadership beyond PhD

NutriNOR is collaborating with [Leaderscope](#) from the Netherlands for its leadership training. You may ask yourself whether this training is 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.

If you are in the second or third year of your PhD and have not yet joined the program, it is not too late. However, you will benefit the most from the program if you sign up for all of it.

The Leadership training is specifically designed for NutriNOR. The board of NutriNOR expect NutriNOR members to participate in the program.

Course Dates in 2025

18-19 March 2025: In-person meeting for PhD students in their first or second year

19-20 March 2025: In-person meeting for PhD students in their last year

There will also be digital meetings.

[Sign up here](#)



Internship in Melk.no

NutriNOR's very first internship was completed this year - with great success! The intern was Pia Bålsrud, a PhD candidate in her final year at the University of Oslo. For three months this autumn, Pia worked at Melk.no, which is the Norwegian Dairy Council.

While at Melk.no, Pia worked with a wide range of assignments. For example, she contributed to the implementation of the new dietary guidelines by updating existing articles and example menus at Melk.no to comply with these guidelines. She also worked with calcium and vitamin D calculators on the website, helped to plan and organize webinars, participated in nutritional seminars, meetings, and conferences, wrote articles, answered questions from consumers, and more!

Pia learned so much during her stay at Melk.no. Through the internship, she was challenged to shift from a research-oriented perspective to a consumer-based one to understand what is of interest to consumers. "This has made me think in new ways, and it has improved my skills when it comes to communicating nutritional information to the general public." She has found that she enjoys working with consumer-oriented communication.

Furthermore, by being part of a good working environment with what she describes as extremely competent and pleasant colleagues, she has made new acquaintances. "I would absolutely recommend doing the same as me", she says at the end of her report.



Looking forward to next year



2024 has been a good year for NutriNOR. Many of you met at the Nordic Nutrition Conference in Bergen, NutriNOR's summer school, or the PhD conference in Kristiansand.

We will follow up with more activities next year. We have already mentioned NutriNOR's **Leadership training** in March. This will be the first of NutriNOR's annual activities in 2025.

Then the NutriNOR **summer school** will follow a few months later. The exact dates have not been set yet. We will keep you informed and provide more information soon.

Next year's **PhD conference** will be arranged by PhD students at the Arctic University of Norway (UiT). The university is situated in Tromsø in the north of the country. There might be a chance to see the northern lights! The exact dates are not ready yet, but as usual, the conference will be held in autumn.

You can find more information about NutriNOR's activities at our [website](#).

We would like to thank all our members for being a part of and contributing to the NutriNOR community. We wish you all a merry Christmas and a wonderful new year!

Jutta Dierkes & Marie Skjoldal

