

A word from the board

Dear members,

This month, we are greeted by the beautiful sight of tulips blooming across the Netherlands. In the picture, one red tulip stands among many purple ones. To us, this symbolizes how individuality stands out and brings strength to the whole field. It is exactly these unique perspectives, shaped by different backgrounds, experiences, and identities, that enable our sector to flourish and continue to innovate.

There are exciting activities ahead. We are preparing our stand at the exhibitors area of the Nuclear Innovation Conference. We would like to invite everyone present to come by to meet and connect! Furthermore, we are organising a webinar on a pressing topic: burnout facts and strategies.

We would also like to invite you to our upcoming ALV. This is an important moment to come together, reflect on our progress, and look ahead as a community. You can find more information below, and we hope to see many of you there.



Important announcements

Beyond burnout: Het aanpakken van burn-out in de huidige werkcultuur / Tackling Burnout in Today's Work Culture (5th of June 2026 at 16.00)

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged exposure to stressors. It often results in chronic workplace stress that has not been successfully managed, but it can also occur due to other demanding life situations (though the term is primarily occupational). It is not classified as a medical condition but as an occupational phenomenon in the ICD-11 by the World Health Organization. The number of people who self-report having a burnout has been increasing for years. It's high time for us to talk about it!

During this webinar we will talk about the numbers and facts with Iris Arends, director of the Arbo Unie, and continue with a deep dive into the why's (why is it happening?) and the how's (how to recognize and prevent it).

This webinar is in Dutch with English subtitles!
Register [here](#).

General Assembly (Algemene Ledenvergadering) – 26 June 2026 14.00-16.00

We are pleased to invite all our members to the General Assembly (Algemene Ledenvergadering, ALV) of Women in Nuclear Netherlands. During this meeting, we will reflect on the progress made over the past year and formally lay the foundation for the next phase of our development. Key topics will include:

- An overview of the chapter's activities and progress to date
- Discussion and formal adoption of the founding documents
- Official installation of the board and members
- Future outlook and strategy

This General Assembly is open to members only. All accompanying documents will be provided one month in advance. Additional agenda items may be submitted by email to netherlands@womeninnuclear.nl no later than the 12 June 2026.



The General Assembly is the highest decision-making body of the association and provides all members with the opportunity to participate in shaping the future of Women in Nuclear Netherlands. Your presence and input are therefore highly valued.

Please confirm your attendance via this [link](#).

Monthly update

Workshop about Nuclear energy - is nuclear energy "the odd one out"? by Aleksandra Kotlewska

On April 3rd 2026, I had the pleasure to give a guest workshop about nuclear energy for the NVDE traineeship programme.

Since nuclear energy is an important player in the Energy Transition, we shall familiarize with it and understand what are the pro's and con's and what energy mix will mean.

NVDE – The Dutch Association for Sustainable Energy (NVDE) advocates for an energy supply that is entirely based on renewable energy by bringing together companies and industry organizations from across the sector. More information is provided in the [link](#).

Officially, Nuclear energy is not recognized as sustainable source of energy, however, it is creating a significant role in lowering the CO₂ footprint. So is the nuclear energy "the odd one out"?



Member spotlight

Interview with Marouscha Puister

I am Marouscha, PhD-candidate at the Reactor Institute Delft, TU Delft. I work on the separation of Ho-166. Ho-166 is a promising radionuclide for cancer treatment, however, still difficult to produce in sufficient specific activity. During my PhD research, I hope to develop a production method that will make Ho-166 in good enough specific activity.

Q: What attracted you towards this industry/field of work?

I was not attracted to nuclear per sé. However, I have always been interested in applying my chemistry knowledge in a field with biological applications, and to work towards new medicine to hopefully improve people's lives in the future. During my master's I gained a strong background in the chemistry of metals, and since many radioactive elements used for treatment are actually metals, that aligned quite well with the PhD position I currently hold.

Q: What do you enjoy most about your work?

I mostly enjoy talking about science. That can be in many different formats. I like the in-depth discussion of puzzling results with my supervisors, but I also like to be a supervisor to my students and help them with setting up experiments and teaching them to be an independent researcher. Lastly, I take part in quite some science communication events where scientists meet the general public, and I very much enjoy chatting about my research to non-scientists. They often come up with the most brilliant questions and remarks.

Q: Who is a woman that you admire in personal/professional life?

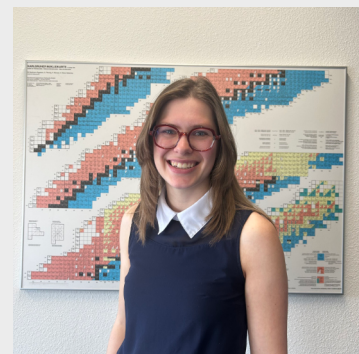
That would be my master thesis supervisor, Irene Regeni, who has shaped me who I am as a researcher. She encouraged me to pursue a PhD, and helped me navigate the academic world.

Q: What are you looking forward to in the coming months?

I will be able to present the results I have so far at the Radiochemistry conference in Czech in March, and I am really looking forward to that. I am also looking forward to meeting other researcher from the field there, and see what new research is going on.

Q: What is your top tip for other women nuclear professionals?

Try different things, also outside your comfort zone or day-to-day job! You might just find something that gives you a lot of energy and that you enjoy, or get to know new and interesting people.



Picture of Marouscha Puister

Info about upcoming events

[Nuclear Innovation Conference 2026 \(10-11 June\)](#)

[WiN Global 2nd European Regional Flagship Event, 21 to 23 September 2026 in Baden, Switzerland](#)

[Woman ik Electricity - 19 of May](#)

