

PhD Vlog Week 2: Katherine MacKenzie Transcript

TIME	SPEAKER	AUDIO
0:00:01		[MUSIC/TITLES].
0:00:05	Katherine Mackenzie	Morning. It's a lovely day today, sunny. So, I'm gonna cycle with you to the hospital. So, let's go.
0:00:17		[MUSIC/CYCLING TO HOSPITAL].
0:01:21		Now, I'm at the lab, this is my office. And I'm gonna get started doing some different procedures for one experiment that I'm doing. I have a group meeting today as well, where we go over, kind of, what's happened over the last week, our different results, and give each other feedback. So my group's not so big, but it's a good chance to catch up with everyone. And then, tomorrow, I'm giving a presentation to the whole department.
0:01:51		So, I need to prepare for that and make a PowerPoint, and decide what to include, what of my results is worth including. And then, you get feedback from the department about your results, as well. So, fingers crossed, it all goes well. I'll see you later.
0:02:09		So, this is my office. A group of PhD students also in here. Yeah, we get on quite well, so that's good. This is my desk, a little bit of mess right now, but this is where I work. And it has a really nice view out the window of the Euromast, it goes up and down like this.
0:02:27		[MUSIC/SCENERY].
0:02:42		So, this is the lab, this is my bench in the lab, with my beautiful lab book. And all of my random scribbles about concentrations and different mixes. My presentation ended up going fine. No stress. They gave me some new ideas, I got some good feedback from people, with things to think about for applying my experiments, and everything. So, yeah, success. I now can relax for the rest of the week, a little bit.
0:03:10		So I said last week that I'd talk about making friends here, and stuff like that. So, yeah, it's harder than you think, but it's mainly because of the language

		<p>barrier. And finding the time to go out and do stuff. So at the weekends, after a long week at the lab, and I'm sometimes even having to go into the lab, even at the weekends, I kind of just want to relax. So that makes me quite unsociable, which I shouldn't be. So I'm friends with my flatmates, which is really nice, and luckily, people in the lab are really nice.</p>
0:03:40		<p>I get on with my group, and people in the other groups within our department. And our department is really good with doing social things, sometimes, so I'll go a couple of times - well, once a month, or so, out after work for some beer, or out for dinner. We've done things like going laser gaming, going go karting. And really finding time to socialise outside of work, which is lovely. We also organise for all the PhD students, in our hospital</p>
0:04:10		<p>and in the Leiden Hospital, a once a year, to go for this kind of meeting, we go to for a PhD symposium, to a different location every year. So this year, we're going to Dortmund in Germany. And last year, we went to Maastricht in the south of the Netherlands. Some of the other international PhD students, and the Masters students, and me, we've gone exploring around the Netherlands a little. So on the weekends, there is a cheap train ticket thing</p>
0:04:40		<p>where you can, well, you pay a monthly kind of subscription to this card, and you get unlimited weekend travel all around the Netherlands, which is really, really good. And it's let us, kind of, go and explore these really nice places. One of my favourite places was this place called [unclear 0:04:58] and it's got, like, five different chocolate factories. So as soon as you step out of the train, the whole place smells like chocolate, it's amazing. So yeah, that's a place I'd recommend to go. So, all in all, it's not too hard to socialise, if you make the time to do that. So that's good.</p>
0:05:17		<p>Hey, so it's Saturday, and I'm gonna take you on a tour around Rotterdam. We'll go to the market, and some other nice places. It's a really sunny day, so hopefully, it'll be nice.</p>

0:05:27		[MUSIC/SCENERY].
0:06:26		Hey, I hope you enjoyed your trip around Rotterdam, and it gave you a little idea of how it's all set out . A lot of it was bombed in the war, so that's why it's so new, compared to a lot of other Dutch cities. So, most tourists that come to the Netherlands, they'll go to Amsterdam, and kind of stay there, and maybe go to Utrecht. But Rotterdam is really underrated, I think it's a really lovely place to visit. Really nice place to live. So if you're going to the Netherlands, give it a look.
0:06:58		Okay, so thanks for watching my Week 2 video. See you next week.
0:07:02		[MUSIC/TITLES].

END OF TRANSCRIPT