

### PhD Vlog Week 3: Samira Parhizkar Transcript

TIME	SPEAKER	AUDIO
00:00:00		[Screen shot – introduction]
00:00:05	Samira Parhizkar	<p>Good morning, everyone. Yesterday, Monday, I didn't go to work. I worked from home because I wasn't feeling well enough, so I was just mainly working on my progress report slides, which I will talk about during the rest of the week as well.</p> <p>As for today, I think today's the most exciting day of the week because we've got our Oktoberfest celebrations and Oktoberfest seminar.</p> <p>The Oktoberfest seminar is basically where some of the PhD</p>
00:00:33		<p>students invite an external speaker from anywhere in the world to talk about whatever research area they specialise in, and then this person is also invited to a party at the Oktoberfest. So it's quite barbarian. It's very...I didn't imagine something like this would be part of the lab experience in Munich, but it is what it is. It's</p>
00:01:03		<p>amazing. It's so much fun. At 2 o'clock there will be the seminar, which lasts about an hour, hour and a half, including questions. At about 4 o'clock we will head off to the Oktoberfest together with the lab.</p>
00:01:16		[Scene change]
00:01:16	Samira Parhizkar	<p>So I've got about an hour before I go to lunch with all the PhD students and the external speaker. So I thought I would take the time to talk to you about how life as a graduate student can be in Munich.</p>
00:01:29		[Screen shot – Do I need to learn German]
00:01:30	Samira Parhizkar	<p>In last week's video I mentioned that if you speak English, that's definitely enough for your PhD, and it is. But for everything outside of the lab, I think life is much better if you do speak German. Speaking German is enough to...sorry,</p>

		<p>speaking English is enough to survive, but you should definitely make the effort to learn German.</p> <p>Not only will you be able to enjoy Germany more, but also it makes moving much, much easier.</p>
00:01:57		[Screen shot – What is accommodation like in Munich?]
00:01:57	Samira Parhizkar	<p>I was quite lucky in terms of housing because it only took me a week to find the apartment I have now. But I definitely think that it's much easier for couples to find housing than it is for people looking to live on their own. But also compared to bigger cities, I would say compared to London or Paris, Munich is much cheaper.</p> <p>If you do want to pay for apartments that are furnished, it is ridiculously expensive, so it's much better to find the furniture yourself.</p> <p>So that's</p>
00:02:27		where learning German would have been good before I moved here, because every single furniture shop I went to, there was absolutely no one who spoke a work of English.
00:02:38		[Screen shot – What was the transition and moving process like?]
00:02:38	Samira Parhizkar	Compared to non-graduate school students, I would say that the moving process here was much better and quite easy because the coordination office was really helpful with all the paperwork. Obviously, everything is in German and there are no English translations for everything. For most things there aren't an English translation.
00:03:00		[Screen shot – What is different about doing a PhD in Germany?]
00:03:00	Samira Parhizkar	In terms of doing a PhD itself, it's much more independent than compared to Sweden or UK, at least. Really, they expect you to be because you need to figure out things by yourself. You are an employee rather than a student.

		I have a very well balanced PhD. I do get my group meetings and send in progress reports and all this. Meetings really help, but at the same time I get the freedom of planning the week and planning the month myself. Then I can go to my supervisor or a post-doc mentor
00:03:30		and say this is what I'm going to do, these are my results, can I have any suggestions or advice.  This is the situation for me, but I know from many of the grad students this might not be the case. Some are completely independent and barely see their supervisor. They might see them once every few months. And for some it's very much more tightly supervised. So it just depends.
00:03:57		[Screen shot – What are the living conditions like in Munich?]
00:03:57	Samira Parhizkar	Some of the highlights of moving here, I would say Munich is a beautiful, beautiful city, extremely high quality of life. People are friendly. I think from what I hear at least, it's not one of the friendliest cities, but I still find that people are generally quite nice and friendly and helpful. It helps if you speak German. Definitely helps if you speak German.
00:04:26		[Scene change]
00:04:26	Samira Parhizkar	Okay, so it's almost 2 o'clock. People soon will be coming in and before they do, I need to set up the lap top and everything should be ready to go for the invited speaker. So I need to do that now. I'll see you later.
00:04:39		[Oktoberfest scene]
00:04:40	Samira Parhizkar	So we've just arrived at the Oktoberfest and are ready to go.
00:04:45		[Scene change – lab]
00:04:46	Samira Parhizkar	Good morning. It's Wednesday. I arrived at the lab a bit later today. Last night got quite late. Yeah, I'm just going to take it easy today. So right now I'm just sectioning some tissues that I

		<p>need to do.</p> <p>The main focus for the rest of the week and until Tuesday next week is going to be finish as much as I can for the proper support; not only the slides, but also the experiments I would like to present. So that's what I'm doing right now.</p>
00:05:17		[Scene change – interior]
00:05:17	Samira Parhizkar	<p>So it's 7:30 now. I literally just arrived home. Today was quite a slow day. I intentionally planned to do less than I normally would, but I got less done than what I initially planned, so it's disappointing. But instead of just calling it a night or stressing about it, I just thought I'd bring some of the work home.</p> <p>As I mentioned earlier, I've got a progress report next week, so this is something I'm going to do, just summarize the main things I would like to show and then I'll call it a night. I'm quite tired. Yeah.</p>
00:06:00		[View of computer screen]
00:06:01	Samira Parhizkar	<p>So while I'm summarising my slides and looking through my lab book, I'll just...I can show you how I tend to organise my work.</p> <p>So the programs I use are Microsoft One Note because it synchronises automatically, as you can see and I can access it whenever and wherever I want it.</p> <p>There are different sections within the lab book as well, depending on which part of my project it is. And what I tend to do is also keep a PhD log</p>
00:06:31		<p>about what have I exactly done, what experiments I'm planning to do.</p> <p>You can see that there are some subsections where I can have my individual to do list for that particular part of the project, protocols that I use on a day to day basis, as well as recipes for whatever buffer, whatever I need to make, any tips that I might need.</p> <p>So it's just a really useful program that I really like.</p>

00:06:59		[Screen shot – close up, office]
00:06:59	Samira Parhizkar	So I hope you got an idea about how it is to do a PhD in Germany. Next week I'll be talking about how the setting of my project, how the process was, as well as the interview process in Germany, funding, etc. So I'll see you next week.
00:07:14		[End title screen]

**END OF TRANSCRIPT**