

Build yourself a community, find yourself a group of people who you're going to grow together. They might not all be brand new, first years but find yourself a group of people who are going to cook for each other, are going to go out and are going to drink together, cry together, support each other. There are different ways to do this job but for me, one of the really important ways is to see it as a collective experience, that we are all in it together and we are a community and that we can help each other out and I think really helps sometimes get you out of a hole.

You're not going to be the only one who is having a crisis and is struggling to write, you're not going to be the only one who feels really, really under pressure at submission time, those kind of things. So just seeing other people go through it, is really good. But I think more than that, I think it's about – how do you want to do this job? And I want to do this job in a community with colleagues and collaboratively and the community that I built with me and around me when I was first doing my PhD are still my peer community, they're still the people that I go to , so yeah, find yourself some mates.

your concentration with your research and studies if you're getting involved in extracurricular activities as well.

First of all, I found it really important to be part of the community, so try to involve yourself with other researchers as much as you can because you learn a lot from articles, from books, from your own thinking but it's from the moment you share your ideas and you challenge your way of thinking with other people that you really grasp the meaning of being a PhD student.