



International Men's Day

Leading by example

**For International Men's Day, 19<sup>th</sup> November 2019, we asked some of the men in the Department of Physiology, Development and Neuroscience to tell us about their work and about themselves. Read on to meet some of the amazing men working in PDN!**

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## Vadim Alexeenko

Postdoc (visiting scientist)

### Favourite thing about my job

These "Eureka" moments it provides me... about once a year :)

### One stressful thing about my job

Job insecurity

### What I do to relax

Salsa dancing, kayaking, travelling around in a car



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## Bill Colledge

Professor of Reproductive Physiology,  
Joint Head of Department

### Favourite thing about my job

I still really enjoy doing benchwork whenever I have the chance - which is not very often. I still get a real buzz from doing practical experiments

### One stressful thing about my job

The job has a lot of challenges but perhaps the biggest is trying to keep the research going in these difficult times of securing grant funding

### What I do to relax

I love to travel and whenever I get the chance to go scuba diving but only in tropical waters





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## Andrea Dimitracopoulos

### Research Associate

#### Favourite thing about my job

working in a friendly and supportive research environment, and interacting with many brilliant people!

#### One stressful thing about my job

I find it very stressful to prepare for public speaking, and I need to practise my talks a few times before I feel relaxed!

#### What I do to relax

My biggest passion outside work is video games, so I play games to relax but also to have new experiences, letting my imagination run wild!

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## **Craig Forest**

### Senior Building Services Technician

#### **Favourite thing about my job**

I love working with my hands and building things, no matter how big or small. I like learning new skills in order to make the best possible finish

#### **One stressful thing about my job**

The turnaround time for any particular job, feels like every thing must be rushed. As well as dealing with other work men, routine maintenance and deliveries.

#### **What I do to relax**

I like to run and play sports. I am a huge fan of playing rugby and helps to relieve any stress. I also like triathlons, obstacle course and fell running, cycling, swimming, rock climbing, squash...





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## James Fraser

Senior Lecturer, Fellow, Graduate Tutor  
and Director of Studies in Medicine

### Favourite thing about my job

The people I work with – colleagues, collaborators,  
support staff, students...

### One stressful thing about my job

The many irritations and inefficiencies that relate to  
funding research work

### What I do to relax

Spending time with my family and renovating our  
interesting old house



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## Maximilian Jakobs

PhD Student

**Favourite thing about my job**  
Constantly learning new things

**One stressful thing about my job**  
Making small mistakes that lead to weeks of work becoming useless

**What I do to relax**  
Hiking and Surfing



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## Andrew Murray

Reader in Metabolic Physiology

### Favourite thing about my job

Planning experiments and discussing new findings with my lab, communicating ideas to others whether through writing academic papers or giving undergraduate lectures

### One stressful thing about my job

The relentless tide of emails demanding immediate attention, and consequently never feeling on top of things

### What I do to relax

Walking, birdwatching, watching sport, reading and spending time with my daughter





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## Ian Williamson

### Senior Teaching Technician

#### Favourite thing about my job

The variety of responsibilities from setting up physiology classes to ensuring the audio-visual side of the lecture theatres runs properly and many things in between. There's a certain thrill in not knowing what each day will bring!

#### One stressful thing about my job

Last minute changes can be stressful especially if the technology involved is not responsive!

#### What I do to relax

I love cycling but also films, books, music, camping and spending time with my family.

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**MENSDAY**  
November 19

