

TW for Ep 7:
COVID-19

Karel Green 0:00

Welcome back to the POCSquared podcast hosted by Sehher, Pruthvi and Karel. Today's episode looks at the way that institutions treat people who do SciComm, but please be aware that in this episode COVID-19 and its effects have been discussed. A transcript and show notes for this and all episodes can be found on our website www.poc2.co.uk. That's www dot POC then the number two co.uk. And if you have any comments or questions, we can be found on Twitter and Instagram at POCquared, that is POC, and then the word squared with no spaces. You can also contact us via email pocsquared@gmail.com. That's POC then the word squared@gmail.com. With all that said, we hope you enjoy the episode.

Karel Green 0:56

Today we are talking about SciComm and I think an easy place to start is like us defining what we consider SciComm to be and just talking about, like our personal experiences of SciComm before we move on to what we believe makes good and bad SciComm. Yeah, so what would what would you guys define as SciComm?

Pruthvi Mehta 1:17

I personally would define it... proper SciComm, true SciComm as being the sharing and learning of resources and knowledge to do with science towards... To people who don't have that access to that information yet, um, you know, whether it... basically it doesn't have to apply to you know, elementary school kiddies, it can be throughout life, it can be for the public, you'd be for PhD students, any any stage any stage of education, life, any type of learning, if... As the procurement of scientific knowledge, or you know, the sharing of scientific resources, that you know, people would not normally have access to that something that can be written down as being SciComm.

Karel Green 2:03

I pretty much agree with that, like, well, at least when I think of it, I think like a public event or something like that or going to somewhere and sometimes it's free and sometimes it's paid for, depending on just what is.

Pruthvi Mehta 2:17

Yeah.

Karel Green 2:18

Yeah. Just the genuine sharing of scientific knowledge in an easy to understand way. Right? Does anybody have any experiences with SciComm? Has it happened to you? Have you gained SciComm?

Pruthvi Mehta 2:34

If you're affected by the issues in today's podcast, please leave a comment.

Karel Green 2:40

I mean, OK ignoring that. That was a mess. In terms of like SciComm I've experienced, like nothing really came to like my school or anything. I just, you know, that's just luck of the draw. You have somebody visit your school a lot and that's not a big deal. Basically. I've been to the Greenwich Observatory, and I've worked there for a bit as well. It's quite nice. It's, it's okay. It does have a lot to... Well I'm not going to spoil it for people who want to go there. But they have like planetarium shows and stuff like that and I saw one for free once and then never paid again. That's like the most SciComm now I've experienced throughout my life. Any other science stuff I did, I googled myself because I was interested in it. And that's carried me through to PhD I guess. But what about you guys, you have any experiences like good or bad with SciComm?

Sehher Tariq 3:42

I think with me, I didn't really I think I'm probably the same. I didn't really have that much stuff come to my school or my college or whatever. Most of the SciComm stuff I was probably doing and so on like... oh I guess, uni open days I'd probably classed as SciComm because they're doing like experiments and stuff like that and try... trying to explain that to people. And so like when I was trying to decide which degree actually wanted to do, erm I'd go to like a university open day and then go around different departments and they show like, different experiments for fun, and then explain how they worked and stuff like that. That's probably the main bit of SciComm. Other than that was the same. I probably looked everything up myself, or had like, my teacher explained something to me, but other than that, I was a student ambassador at my uni. So I was doing stuff at open days. I was, you know, doing the explaining of experiments, running some experiments, but apart from that... Yeah, it was just... I wouldn't say it was like a good or a bad experience. It's just a meh experience. It's just like, it's okay. I don't I don't really have I don't really know what else to say apart from that.

Karel Green 5:11

That's valid and basically the same for me. Yeah.

Pruthvi Mehta 5:15

So, for me I think there was maybe a bit of SciComm done at A level if I remember correctly where we were told about this thing that the Royal Society hold pretty much every summer I think called the Summer Science Exhibition. So they basically there's a big hall in the Royal Society main building has like loads of different stands where different universities... normally universities come and like talk about the research like various science departments are doing, so it's not just physics related. It's just all areas of science. Um, and I remember going to that and then I remember helping out later on, I think, I think maybe in first of uni. And maybe one... Like one other thing I've done SciComm wise is I've helped out a New Scientist live. So it's... So new scientist is the Science Magazine, which has loads of science articles, and sometimes a whole, like a yearly event where, again, it's very much the same thing. But instead of institutions coming showing their work, it's like different aspects of technology in science, like maybe some startups as well. So, there was I remember one to do with AI and there was like a really kind of realistic like robot. And you could like play with it. And that's basically all I did when I was meant to be helping out on my own stand. But...

Karel Green 6:44

That's valid.

Pruthvi Mehta 6:46

But yeah, again, it was not easy to find, it's not something that is advertised very well, even though both the Royal Society and New Scientist are very big publications and institutions. It's kind of sad how little people like know about them because they don't broadcast enough. Yeah.

Karel Green 7:04

So I think that's a good stepping off point. Like, what we are here to talk about mostly because I think especially as people who are trying to do like, I, I guess because we are like talking about decolonizing and diversity, but this is basically SciComm in some way. And I think what, or at least what I was thinking of when we first like thought of this episode was now that we're on the other side, as people trying to do SciComm, right, the problem with SciComm is the actual SciComm, the actual SciComm, I'm saying SciComm too many times. Most of the time, there is nothing wrong with the people who take time out, to go to places usually for free, which is what I'm getting on to and like going to schools in poorer areas and doing loads of these things off their own backs, when they literally have to like, work to pay their own bills and stuff. I'm thinking of, like even people in my my literal department, they'd

go out and do... they have like a inflatable planetarium and they have the inflatables, and they go round to poorer schools in Nottingham, and do all of this, you know, planetarium shows and stuff like that and then come back after missing two, three days of work because it takes a whole day, and then continue doing their PhD, and a whole whole second job, basically, and barely get paid for it if they're lucky. And I've forgotten where I was going with this. Oh, yeah, basically, the bad part of SciComm isn't SciComm itself. I don't think there's ever been like a, like, people want to help who've done it poorly. But I think the problem with SciComm is how they're treated. Lots of SciComm is just assumed that will be done for free. And if it isn't free, it doesn't get by funding. So it just never happens. So people are forced to do it for free, which is gross.

Pruthvi Mehta 9:10
Exactly.

Karel Green 9:12
And it costs money to do stuff. So people have to pay out of their own pockets a lot of the time. Pruthvi, you tell me stuff about that. And just...

Pruthvi Mehta 9:21
Yeah, the only good... The only redeeming feature of like the only like the one 16th of a star that New Scientist or Royal Society get is that they didn't pay me but they did reimburse my travel there, which was like the only barely decent thing I think any SciComm initiative's ever done, which is just like reimburse someone traveling there. So the bar is through the floor.

Karel Green 9:42
Yeah, exactly. I was thinking yeah... Because our experiences, because again, I was a physics ambassador. We were all some type of Ambassador for our University and I think what's really gross about a lot of SciComm initiatives is that the only ones that get funding are the things that are... Like if they get funding at all, again, we cannot state enough that so many of these people are working for free and are paying for stuff out of their own pockets, and then only get funding, if they're lucky, you know, several years after they've proven that it works and gets results, right. And a lot of institutions, especially like universities and stuff do pay, again fund SciComm and stuff like that, to get people into university. And I think what's really like rubs us the wrong way about it is that once you get kids into a university, right, they are now paying, as we have said many a time 9250 pounds per year to study there, right? Getting into some well they definitely gotten into the most debt they've ever gone into so far. The debt will probably not get paid off in their

lifetime, and then it stops. Like there is no... it doesn't feel like that they want to actually help people and get them to be interested in science and doing stuff just because it's like fun, and it's the right thing to do and they're passionate. A lot of the time feels like they just want to get people into universities, so they can get their money from them as a dying undergrad. And then after that, you can just choke. So...

Pruthvi Mehta 11:22

Exactly, it feels like there's also like a focus on you know, putting stuff on your CV so it looks good for whatever next step we're doing instead of you know, actually caring about the people you're doing your SciComm to or the work involved. And I think that's like really toxic and sort of indicative of like the legacy... sort of ladder of academia sort of like purveying to everything else, right. It's all spreading out because it's sort of like you have to... we're doing this so we can get on to the next rung, right instead of actually helping anyone.

Karel Green 11:54

Yes,

Pruthvi Mehta 11:55

Yeah, I don't know, I think of something that kind of ties up that...

Sehher Tariq 12:00

I agree with that. Oh, because I guess, in my own experience, so I did do some volunteer SciComm I guess writing articles for a particular website, which I'm sure we'll go into... Wait cut that out if you need to.

Pruthvi Mehta 12:22

Name it, it's fine. Just name it.

Sehher Tariq 12:25

I don't want to. I'm weak. I'm weak. I'm sorry.

Karel Green 12:28

It's fine...

Sehher Tariq 12:29

But anyway, yes. So I did some article writing for a website that was supposed to be Sci, like SciComm, and it was erm voluntary... Didn't... no one got paid. And I mainly did that, because I didn't have anything else to do in terms of like, putting on my CV. And so I had like my Ambassador work, which was on

my CV, that's fine. But at that point, I think it was like second year. I I just didn't have anything else. And I was applying for jobs but I wasn't really getting anywhere. And at that point I was like, I'm probably just going to focus on my my degree anyway because I was quite lucky in that I didn't really need a second job to get myself through uni I like... my Ambassador stuff was fine. Erm... But yeah, I mainly did that because of the voluntary thing and it was good... supposed to be good on my CV. So like it is kind of... on my part that was quite selfish thing to do. But then, while while like doing Ambassador work, I kind of realized like, I guess this kind of like was the buildup of could be equality and diversity I was realizing that you need to get more people speaking to like, I guess people from different backgrounds to get them interested in it... in like physics, science, whatever, because a lot of the times, people will not consider... Like I think it's quite a big thing where people of color will underestimate their ability. So if you say like, you know, you can do physics. They might be like, Well, I'm not that clever, but like so this is something that they usually kind of put down to gender so like a woman will question themselves more about something than a man will... Like a man will have more confidence in doing it. But I also think that the race of a person also plays a factor because that obviously, there's been this whole racial hierarchy of things where people usually equate intelligence to race so like you, we've discussed this before, but yeah, so I think SciComm is important that you need to show people that, you know, there's, you can be clever enough to do this subject. And that's something that I would realize later on, but I do kind of regret that I didn't go into that earlier on. Erm...

Karel Green 15:25

It was really good. And I just I wanted to do a bit more about like, I don't know I so I find... I found in my personal experiences on either side of SciComm right. There is like a big disconnect between what SciComm shows and like what the realities of the job is kind of thing.

Sehher Tariq 15:48

Yeah..

Karel Green 15:48

So like, obviously SciComm say in like a secondary school, right. I, again, I'm not here to judge them like there is nothing wrong with going to a school. That is underfunded because the government is full of clowns and doing a experiment that they... that the children wouldn't normally have access to and that experiment not necessarily being something that is related to the current core curriculum. So it was fun, and it shows some science, but it's not going to be in their exam. Nothing wrong with that, right. But I don't like the

way it like when you get further up, sort of the rungs again, like the hierarchy of science, like the way it's all like promotes doing like a physics degree, especially like you said Sehher to like women and well not minorities, but you know, women, quote, unquote, and then getting them into like universities to improve their diversity and stuff like that. And then the actual degree, being just a complete mess, and I don't know like, stuff not relating well, and this could have been our personal experiences with specific University but there we go. Um, but yeah, I just there is... Though, like it's never really explained properly like once you have, once you've been to these events like what you... Like what the realities of like a degree and stuff in science is like, and it just reminds me because I'm gonna I'm gonna I'm gonna name it now because we all hate it. But there is like a thing called Pint of Science, which was like again now I think I was probably the only thing, the only quote unquote like SciComm fun event TM that was offered during our degree where people like drink, I guess and talk about their work, I think I don't even know I haven't even googled it.

Sehher Tariq 17:54

Yeah, that's basically what it is.

Karel Green 17:55

I don't even know. I don't even know what it is. But it's like, is that what being in STEM actually is like that's not people's reality... I just...

Pruthvi Mehta 17:58

Events like that are just exclusionary off the bat because well you know the title like you know it's not... like a pint of science like you know it... I don't know it's just it still is a form of using alcohol as like gatekeeping in the community and I just don't like that at all I think it... We brought it up with like I think Sadhvi or something like someone...

Karel Green 18:28

Yeah, Dr Sadhvi Dar.

Pruthvi Mehta 18:30

Yeah in decolonising work and she completely agree that you know basically having...

Karel Green 18:34

She had to email them to talk about how exclusionary it was just didn't get anywhere and yeah...

Pruthvi Mehta 18:41

Oh God... Yeah I... It's it's really weird because like it's cos she doesn't work specifically in STEM, right. But she you know, it's sort of like you can tell there's a disconnect because honestly like people in the I think at least people in the literature and art, especially people in that sort of... Sort of... in that sort of Social Sciences, like sphere will know that, you know, having alcohol in the title of an event will automatically be exclusionary, but it's like science has just doesn't know... it's unwilling to recognize any of that. It's just sad.

Karel Green 19:17

I think, I think their events are free to show up to, right, I don't know if you get the alcohol for free or not. But yeah, again, it's like, it's already exclusionary, but it's still some of like the only quote unquote accessible SciComm that I've ever seen. I wanted to bring up and Sehher you mentioned it about trying to get stuff in your CV, but I basically worked throughout my entire degree, did need a little bit of extra cash, you know, not going to pretend I'm not still in my overdraft. I'm still dying, right? I wasn't gonna be homeless or anything, but it's, I couldn't like get through a degree without really working. And then I remember right in my first year, I did do some Volunteering. I did voluntary tutoring. And then that led to some terrible paid tutoring that didn't really work out well, but it went on my CV, so it's fine. But we were talking about before. And I remember there are like loads of... the SciComm is so like, underfunded, and just under invested in in general. And so are just general science jobs, you know, I don't know, again, I still don't know really how to get a job in STEM outside of just becoming a postdoc. Kind of grappling with that. But I know there were like, internships and things that were just completely unfathomable. I remember there being trips that were just terribly planned and just completely on reachable for people. And I just want to talk about that a bit. Because I remember there was trips to CERN, in our like during law degree, and they were massively expensive. And you had to just miss like three weeks of lectures. And yeah, that wasn't taken account into it also. So how, how could you possibly spend all that money, miss all that time? And just be okay. Yeah. Didn't they go to see like the Northern Lights just in the middle of the year.

Sehher Tariq 21:18

So what they do is they'd go during the reading week what's it in February. Erm this is like the second... The reading week in second semester, they usually go and one was to CERN and one was to Norway.

Karel Green 21:37

Yeah.

Sehher Tariq 21:37

And then there was also one for Iceland. Yeah. And then after... in fourth year, I don't I don't know what it was because I didn't care at that point. Erm but yeah, they go, they'd go during reading week. And like, fair enough. There's no lectures at that point. But also, people still needed to do work like they still gave us work to do over the

Karel Green 21:58

Midterms like...

Sehher Tariq 22:00

We have like, Yeah, exactly. We had revision to do we have coursework still. So, I mean...

Karel Green 22:09

Like the trips weren't even free, I don't understand.

Pruthvi Mehta 22:12

They were... Like my dad, so he's like a physics and maths teacher, right. He has single handedly at his school, you know, told the headmistress, Hey, you know, I think we should take school trips to CERN, he had to finance them by himself for the entire cohort, for the first couple of years before the headmistress thought it was a good idea. I don't know how they managed to get to the sum of 1000 or whatever it was for the CERN trip, but my dad does it in basically like under under like 500 for the trip, right? It's literally always only for a couple of days as well. something stupid like that, I don't.. I feel like it was still like a extortionate amount of money needed for the trip in the first place. And secondly, people who you know, not it's not even about midterms and stuff like that. You know, just studying people have like holding down jobs, some students literally are holding down jobs to make money to survive outside of their degree. Right? They can't just drop everything and go on a trip and pay like, you know, 2000 to a trip to Iceland or whatever, right? Like a student loan for the year. Exactly. Where's that money coming from the people are going on these trips have been inate privilege because they are able to have that money

Karel Green 23:21

Exactly.

Pruthvi Mehta 23:22

Like that. That's not... That wasn't possible for a lot of us and that's not it automatically exclusionary, like yeah, those people can now say I went to CERN and I learned this and I did this for because they had the money to do so. All right, and that's literally fundamentally what bad SciComm is, it's gatekeeping and its lack of accessibility.

Sehher Tariq 23:42

Yeah, I was just gonna say I remember the, one of the selling points being that it was, it would be subsidized by the physics department. So the physics department would pay a little bit towards the trip. So it would makes the prices lower, but it was still like £500 per person for the trip.

Pruthvi Mehta 24:03

Still too much. I just

Sehher Tariq 24:05

Like that's a hell of a lot of money that's like that is less than a month's rent in London.

Karel Green 24:10

And just to pile in on CERN, because I love the hate. I also wanted to say yes, so again, I'm talking about like gatekeeping and privilege CERN had... So I knew of, of a person who like did an intern... multiple internships, CERN, right, and they got it through like random luck and privilege. And I just I was just thinking about the idea of internships, and how like far they propel people, especially from like, undergrad into anything else, right, and how just difficult and impossible it is to get them. And I just because I was speaking about this before, and it's like the people who can get and hold down an internship over the summer, right? Have so much privilege. I every summer I was like, either working or goddamn resting. Because you know, God forbid I have a break, right? And just living my day to day life trying to get through it. And there are people who could afford to go to like the internships in other countries and just be okay and it could never be me. And like their CVs right, because we were talking about CVs before, just looked so much better compared to like anybody else's right. And I don't like this idea of science internships, and even if a lot of them will pay back the money that you spent after you've gone there right, but you have to have that money in the first place. Right CERN did this and I'm just like, if you can't get to CERN, it doesn't matter if they give you back the money. If you can't get there, you're not going and it's really gross because you can have like two people who are exactly the same like ability in terms of being able to do science, but one was able to get an internship at CERN and one had a, you know, a summer

job in Primark because they needed just cash to get them through the year. And, you know, you take those two CVS, they're exactly the same in terms of grades and everything but one's done this internship and one hasn't. And you know, who, who's got who they gonna pick which one's going to go further. And as far as I can tell, there's never been like, and if they are, if there is one, they're massively competitive, which means that you know, probably the person from Oxbridge getting a bunch of A's will get it but I've never seen like an internship that's like paid, gives people a wage and isn't for too long so they can get through their degree and isn't like massively takes up all their time and they're just, like, all finish report in four seconds. Like, it's just a mess. It's, it's really bad. I don't like the way that internships are done. It seems to me that every single way in all of academia, like there is no ethically done, easy way to like get money. And it's really gross. I think no matter what level of academia you're in, and this is true, so much for SciComm and it shows so much, but it's just like there is it's basically just like impossible to get paid without having to jump through a bunch of stupid loops. And it's so dumb. That's all I wanted to say on CERN, I just hate them so much. So thoughts?

Pruthvi Mehta 27:32

Thoughts and opinions are that you are, you are correct. Like, you know, I have my issues with CERN, in general, like, I've literally been to it, you know, quite a few times. And now like, the magic has worn off, right, because it's very much more of an institution, than a sort of bastion of like scientific knowledge, like it treats it like a sort of weird tech startup, right, but it's something that's been around for ages. It's more like a business at this point than anything else. I'm going to be putting that out there. Like, so it makes it it does. It does make sense in terms of their business model, they're gonna extort, you know, students out of doing these things for internships and stuff. Only people who can afford to go will be going... Erm yeah I think the entire thing the entire concept of those trips to CERN were just absolutely just god awful.

Sehher Tariq 28:27

And it's expensive there like,

Pruthvi Mehta 28:30

Yes, Geneva is expensive. Correct, like..

Sehher Tariq 28:32

Yeah.

Pruthvi Mehta 28:33

Yeah, it's, it's not it's just not accessible to everyone. It's the reason stuff like this is the reason why you have a lot of people, vast majority of people at CERN being like white men, is because only they tend to have the resources to just shift everything and go there and work there. Right. A lot of other people have basic jobs they do in order to live right. A lot of POC families can't just uproot their child's life and send them away, that's not how that works.

Karel Green 29:05

Hmm.

Pruthvi Mehta 29:05

Like it's... It's very exclusionary and I don't like it at all.

Karel Green 29:10

Yeah, I mean, it's just it's it's just bad on everything because it's just like I think of like anyone who's like marginalized in any way and it's not easy, you know, I don't like to, like I don't really want to like move to another country or anything. Purely because like I have like food allergies. And getting through that in my own goddamn homeland, here I am, the city I've lived in my entire life is still a struggle... And just being able to uproot that on a whim is not easy, you know, true for anybody else who has any kind of like disability or anything like that. I... God, I think of like, even people who are like religious and you can't just like go somewhere because you need to know if you like where it's like the nearest religious place TM. That's what they're called now, that you can go to to like practice. Sorry, guys. But you know what I mean, it's just a mess, like why is none of this made easy?

Pruthvi Mehta 30:20

They're also profit motivated, right? Like, you've, you... so you literally have walked in the Greenwich Observatory, right? And you saw how so much of the stuff there was actually stuff that could... that was linked to the Maritime Museum, which was like a little bit away. Right? And you're like, this doesn't belong here. This isn't space related, but they wanted to maximize profits by showing you know, naval ships from the past and stuff, you know, just like it says, I don't know.

Karel Green 30:46

Yeah, it is really crispy... So much of modern day SciComm except for like the people who are like out here, trying to tackle schools and doing the best they can. And there will be a list of good SciComm people TM in the show notes, right?

Pruthvi Mehta 31:03

Yeah, exactly I'm going to put some good SciComm people and... it's just gonna be POCSquared. that's it.

Karel Green 31:08

It's just us, that's it. Everybody else that knows. So much SciComm is like, all the focus is to like gain capital, like you said, whether it's like an institution, like the IOP or the univer... universities or something, promote SciComm as a means to like, get students to pay them nine plus grand a year, right? Or like, it's like the Greenwich Observatory with a focus on the Maritime Museum, as opposed to maybe doing something a bit different because it's the observatory. And it's like, it's not, not many of them except for maybe again, the ones that go around and go to places that are poorer and are trying to help these people like are actually focusing on inclusion in their SciComm. In fact, race as a means to like talk about themselves, how many like events have you gone to where people are just talking about about their work. And it's not done... Like it's not made understandable and it's done poorly.

Pruthvi Mehta 32:07

Yeah, yes.

Karel Green 32:08

It like a mess. Organized badly. I hate it here. And...

Pruthvi Mehta 32:15

It's interesting how you mentioned the IOP because I remember like, we were both like, thinking about doing a... before all this happened before Miss Rona came, erm we're thinking about like, you know, doing setting up a sort of, like diversity slash SciComm kind of event thing, right? Yeah, we were literally looking for people, you know, what kind of grants we would be able to get from institutions like the IOP whatever. Um, and the weird thing was when we looked through these, these, um, the guidelines on how to apply for a grant for for an event. It was all very shallow. It was all very "Okay, here's a one off event. Do a cost table for the items you need. For example, if you're demonstrating this topic, you know, here's how you cost a ball of string".

Karel Green 33:08

Some board, you could literally put that form in the shownotes, go look at it right now. It will be there.

Pruthvi Mehta 33:14

It's literally there, I will literally put it in. But it was really... it was really sad. It was like this isn't gonna enact any sort of institutional change. This is just like a garbage event and no one's gonna remember you'll have wasted everyone's time and money.

Karel Green 33:32

Exactly. And it's like, it's such an obvious because again, that's what I was thinking of, mostly when I am when we first started writing this episode, because it's like the most obvious and like, basic example of how SciComm's like done by these institutions is trash because again, like obviously other SciComm, good people who are better than us. We aren't like the gold standard TM on anything. But like these... Like you said, the IOP is so like surface level and shallow and it's reflected in like, their institutions like, um, what is it the entry requirements, you know, to get into university and stuff like that? Right? The only barrier is the entry requirements you have to meet them to get into a good quote unquote degree. And it's, it's not reflected because it's like, you know, they don't care how many times you've been to the Greenwich Observatory. They don't care how many times they like these events of come and talked at your school, right? They care about your grades, they care about like, can you do this terrible degree to our terrible standards and do you fit these grades? They don't... It doesn't reflect the SciComm that they put out. Right? And it's just oh God... They don't... it's Yeah, it's so bad and it's like they don't provide you know, they don't provide these underfunded schools with equipment to keep... The bare... Like you said they barely pay people to go places, if they're lucky, usually they will pay them, they will pay... I've seen it and I've done it a lot time where they will reimburse you your travel costs. If you can't even get a travel budget, they're just like, give us the exact pennies you spent and in 8 to 12 working months you'll get it back. Like it's so bad...

Pruthvi Mehta 35:21

There needs to be in place a budget that they will put forward for you right? If you want to if you want to, like you know, work for this particular SciComm initiative. If they work not volunteer, because you should be getting paid and should be getting paid up front. Right? Like there should not be a sort of all we will reimburse like your travel, um, like after after the event is over, because most people can't afford to do to go there in the first place. Because you know, the money needs to be there first before any labor is undertaken. Mmm.

Karel Green 35:55

Yeah.

Pruthvi Mehta 35:56

I think we're not even at that stage where people like I barely... Like the only like the two of the SciComm things I've done, were, ones where I had my food and travel reimbursed... I didn't get paid for it and I remember traveling across London like that, you know, that's not that's not right. Right? You should be able to give the people who want to do it money initially, right? Yeah.

Karel Green 36:21

Stable contracts the amount of like, something in like Hana Ayoob from Minority STEM. Like her entire job is basically SciComm stuff like that. As far as I can tell, she works... I've forgotten what it's called, it's not part time, but it's just like she gets paid whenever each of them decides to pay her. Constantly a juggling act to...

Pruthvi Mehta 36:46

Zero hour?

Karel Green 36:47

Something like that. Erm we shall see if I edit in me remembering what the word is, if I ever do, I may never.

Karel Green 36:58

Okay, so I'm editing this And I've remembered the word, the word I was looking for is freelance. That was the word that I was looking for.

Karel Green 37:07

But yeah, and it's just it's so gross, because there are so many people who want to do good, and want to do more. And they're not getting... they're not able to, like you said with... And I still remember that grant process, the entire website had like a billion different links that some of them looped back on each other, right?

Pruthvi Mehta 37:27

Yeah...

Karel Green 37:27

You wouldn't know which exact one you can apply for? Oh, it's never easy. You know, you can't just fill out a form you have to like, have like, oh, here's what we want to do with the money and here's like, the costing and everything, but also can't be too long, because obviously, if it's too long, they're not going to read it and they're gonna be like, Oh, they can't get their

words concise. So we're just gonna throw out this application and look at some other application. And it's always like a luck of the draw, which is so dumb. And it's just, oh god, why why set aside money for SciComm and then divvy out in the worst way imaginable. Like I could not, I could not think of a worse way to like pay people for something than having a crispy difficult to understand and really awkward to judge like application process and pay people maybe like 8p in four months like what is going on?

Pruthvi Mehta 38:19

I think something like the so when people like volunteer when people like go to schools and talk about their work especially for high up in like the academic chain right? You should have a decent amount of money even a bit of money that... It goes both ways right? Obviously the school or institution needs to pay the person doing the SciComm work but also like you know you have to put your money where your mouth is and you know donate some resource especially if the school for example is in like a you know predominantly BME school in like a low sort of financial, you know, financial, financial gain area or something like put some resources towards them. Give them a, give them some equipment, you know, whether it's just like a set of goddamn beakers or whatever, or something more expensive, like make a donation showing that you actually actively support the learning and welfare of the students of that institution, you know, don't just like turn up, talk about yourself and leave, like, didn't do anything.

Karel Green 39:21

And like, I like there needs to be again, this is getting into the territory of like all of academia and everything needs to be overhauled, which is true and valid. But like, I don't understand why there is so much like stuff on SciComm, right? And then it's literally like, not cared about in any kind of formal manner. Like, I just, I don't understand like if you've been to a load of SciComm events, like, why can't they first of all, like, again, especially institutional SciComm events and stuff like that they need to be telling people things that are actively, you know, useful in academia. I can't tell you how many times I would've liked to learn how to actually get a paying job, how to get a PhD stuff like that was never taught in any kind of SciComm event, right? But also, like, on the flip side, on the flip side, like if you've been to these events and things like that have happened, but why, again, why is it literally only grades that are counted in like universities and stuff like that? Like, why is there no, like people want to do SciComm and they're fine, but like nobody actually takes it seriously, in terms of like a formal manner. And I don't know why that is. And it's really sickening.

Sehher Tariq 40:40

I just wanted to make a point as well about SciComm events that a lot of people like, obviously, when you're making an event, you're spending money, and you need to make that money back somehow, like, obviously, you're not. If you're like an individual person, you're not going to... Unless you're really privileged that you don't need, like, you have enough money to support yourself, you're going to expect money back. But when it comes to like big events, like New Scientists Live, so I think I remember, in uni I wanted to go but... I can't remember what the ticket price was but you had to pay you had to pay for admission. But that's a barrier in itself. You're not going to get people from low income backgrounds coming and even if they're interested, they're not going to come without the financial burden or they're not just not going to come at all. So there should be something in place where people from low income backgrounds can get access to these kind of events. So what... I don't know whether this like would be part of the solution section or not, but I was thinking what if you... Like if you're the IOP, and you have a SciComm event why don't you invite students from, like a lower income background? Or if they're from like a majority BME school? Why don't you just invite them for free to come? I don't know whether they do that or not. But like, it's not that much of a stretch. It's not that hard to do. Just invite people to come.

Pruthvi Mehta 42:26

That's a really good that's something that's actually really, really good. I think maybe at one point, we could all just like harass New Scientists, and just be like, hey, let people in for free. Because I know that the Summer Science Exhibition is the free one, New Scientist is not free. I don't remember how much... I mean I... cuz I volunteered in quotation marks, I didn't pay. But that's the sad thing that the only way you can actually like gain free access if you have to, like work the entire day. At one of the stalls, right. So yeah, I think something we can maybe do at some point is just harass New Scientists and go, Hey, give out free tickets, you know, to schools in like in catchment areas where, you know, there's when there's like a large percentage of BME students or something like that, let our brown children, brown or black kids just run through the stalls, play with the robots have a good time, learn stuff. That's all I want to see. You know, like, just that's a really good idea. I think it's a really cool thing to put forward. And I like that very much.

Karel Green 43:27

Yeah, I think that's a really good idea. Because like, we've been saying a lot of these bigger institutions like the Institute of Physics, like the, you know, like actual universities and stuff like that. They're putting out like, this surface level

SciComm, right? They're trying to get people to come to universities, they're going around, trying to big up like, Oh, this is what we have on our degree, blah, blah, blah. Right. And it's like the smaller people are trying to get institutional change, like, I'm thinking of like the Decolonise University of Manchester, Decolonise QMUL people like that. Right, in the universities, and then there's these other small people who are going around to schools and tryna to be like, hey, this school is critically underfunded, we can go there for a day and we could do this fun science experiment that they wouldn't otherwise be able to do stuff like that. But like these big institutions are doing their crispy gross surface level SciComm, they're barely paying people to do if they are at all to get people to pay their nine grand to come to their university, and they're not even doing it well. Like they're doing a bad version of surface level SciComm, and I hate it there. So like, just letting people go to places for free. It's like they have so much money, surely they have so much money. I don't understand why everything's such like a... Why is everything so difficult? It literally doesn't have to be...

Pruthvi Mehta 44:47

I'm looking at something because I think this might affect you as well like in particular Karel, the whole the whole idea of that a lot of SciComm is very much getting up in front of people talking about your work. And then yeah, that that in itself is a barrier to people who don't like public speaking, right? There's there's no training or school for that, you know, minorities literally don't... like minority students literally don't have the confidence a lot of the time, that's a scientific fact. Look it up. I'll put in the show notes right there.

Karel Green 45:19

Yeah.

Pruthvi Mehta 45:20

A greater lack of self confidence with regards to talking about your own work and self publicizing, right? Compared to like, white students...

Karel Green 45:28

Hasn't already been like, there's been studies shown I think you might have only been for like, female lecturers and male lecturers, right? Yeah, in degrees. If you've got female lecturer, I'm not sure if it was broken down by ethnicity or anything else, but like, especially the white male students, they're more likely to like, not ask questions, but criticize them or like, I can't... I've forgotten the word but it was like, try to But not go against them, but criticize or something about what they're saying. Whereas as like a white male lecturer, they're much more likely to just take it as fact. And yeah, yeah, but

nothing about that has been taken into account for anyone. You're just expected to go up there and choke.

Pruthvi Mehta 46:18

Like, everyone can do that. Like...

Karel Green 46:19

Literally, and I don't know, I don't have all the answers. But I just feel like that you don't have to have a PowerPoint presentation to communicate, like science, right? It's true for like PhDs and everything, the amount of goddamn seminars and lectures and things that I have to sit through. It's just tedious, tiny differences of the same PowerPoint, and I'm going to make the same garbage because that's what's expected. And I'm just like, why is it that it's either you have an academic paper or a PowerPoint presentation and literally nothing else? I cannot... Can I not? I don't have all the answers. But there you go.

Pruthvi Mehta 47:00

That ties in really well with like, the whole, like the accessibility but with regards to, you know, students who may be you know, aren't able bodied, right? Like not not everybody has all five senses working, not everybody can like walk and you know, travel everywhere. Um, so I think it would be cool if Science Demos whatever utilized other things I remember reading an article about on this, this, I can't remember what the actual scientific concept they were trying to demonstrate was... I'll try and find it, put it in the show notes, but it was like a sort of touchy feely thing for like, all children who are visually impaired could just, you know, like, put their hands in something and like, feel around and like, learn from that. I don't know what...

Karel Green 47:47

Not to, not to, not to bring up the name again, but wasn't that CERN, but they made some, and again, it wasn't I don't think it was officially CERN. I think it was just some people who actively cared. And I think they may... they 3D printed some of the colliders or something. So yes...

Pruthvi Mehta 48:09

So the so people, I think that's it. Yeah. Yeah. I think more things like that they utilized, you know, like, touch or sound. We have a whole article on Dr. Wanda Diaz Merced, I think Karel that you wrote.

Karel Green 48:21

Yeah.

Pruthvi Mehta 48:22

Which talks about how to use sonification to not only learn physics, but improve her research.

Karel Green 48:27

Yeah, that will be she was blind, by the way... Was... She is she's alive. She's fine. She's blind. Yeah, I wrote a whole article on her short version is basically so she she went blind when she was younger. And then she did her PhD in a technique called sonification, which, instead of converting data into Visual plots, which is what basically science does, right? It converts into an audio version, so she could like analyze data and from that, not only did you find it was effective for, you know, literally sight impaired people to be able to do the same science because again, all it is is turning the same garbage data that we will have, instead of turning it into a bad plot that I show to my supervisors every week, it just turned into some bad music. But also she was picking up on things that you wouldn't have even have noticed from like a visual plot. So it ended up that sonification as well as like your generic visual means of analyzing data, gives you literally, gets more information out of the same data, and it can make the experiments more efficient and stuff. And it's really cool. And you should read about it on our website. Yeah, and if your sight impaired I'm sorry, if you can see things please read about her, she's excellent. And she is out here killing the game.

POC Squared 49:52

Solutions.

Karel Green 49:53

In my humble opinion, in my humble opinion, you know, we talk about SciComm a lot and like real talk, I think, a lot of like formal education to do with some SciComm training, because I've had plenty Oh literal paid for because I paid for a degree because that's what it means to get a degree, paid for lectures. And we've talked to lecturers where they get like a lectureship, and there's no formal training, and they'll just be given a PhD student and they're just like good luck having never done it before. And it's a whole mess as far as we know. But like, lecturers who spend years lecturing and give a whole goddamn two hour lecture, three hour lecture, and then the homeworks don't match up and stuff like that. Like, not only we are talking about SciComm, but actual, like University lectures, could use some work. So you know, maybe think about actively considering SciComm training as just generic training that everyone could use because you talk about all of these

presentations and stuff we've sat through and I'd say very few of them actually good. So that's just the tea.

Sehher Tariq 51:00

And that's true, that's true actually, because everybody has a different like obviously everybody has a different style in how they teach. But yeah some some some lecturer's are just awful when they were like teaching us so how how... like you I guess you do need kind of a standard way of training people in how to actually teach because there's... I don't know like if you go for like a secondary school teacher or primary school teacher or college teacher, they're actually trained in how to communicate effectively but yeah, you're right people in university they just, they just do what they want.

Karel Green 51:40

Yeah, all goes downhill for some reason. I'm just I'm still upset the amount like... I'd say a significant portion if not like 50% of the lectures I sat through in my degree did not match up to the homework I was given to complete not even in an oh to problem solve way. I mean, like these were literally two different topics and like the homework topic was just never taught to us. And it's so dumb. And I'm bitter. So I'm putting that in the podcast.

Pruthvi Mehta 52:05

I think just generally, like I've said before just putting just people who go do SciComm at schools or universities, and you have the money, give them resources, especially if that institution is poor and has no money. There we go.

Karel Green 52:22

And then on the flip side, if somebody's doing SciComm, maybe pay them and yeah, make sure your SciComm isn't some gross circle of just like the rich making the rich richer, in that, again, it shouldn't be like a goddamn summer internship where you you reimburse people at the end plus a little bit extra. Right?

Pruthvi Mehta 52:43

Exactly.

Karel Green 52:44

There needs to be... It needs to be accessible for anybody who wants to do it. And part of that means paying everyone and not just making it a terrible mess and then paying the person who could afford a three grand internship. 3500 pounds like what is that?

Sehher Tariq 53:00

Also when you're doing SciComm in schools, especially schools, where it's a lot of BAME students, you need to have people going there who are BAME themselves. And so you need to make an effort into training people who are being themselves. So, you know, you can show people that they can do... that they can visualize themselves doing science. Whereas, like, if you send someone who's white, then it's less relatable. Erm yeah...

Karel Green 53:40

Yeah, that is correct. And also, on top of that, if you're going to especially a university, right, if you're gonna go out here and like, send out all these things and send BAME people to do like SciComm and stuff need to stand by it. You can't have a SciComm initiative that helps, that it supposedly helps like the most poorest and the most underprivileged in your area, and then have entry requirements are sky high, right? You don't know what goes on with these people and you need to take that into account. There are people who have Goddamn exams and then work, you know, a 16 hour shift at McDonald's over the weekend. And then they're going to get worse in their exam purely because they're tired and not because of any kind of difference in abilities as opposed to some you know, some Oxbridge graduate who lived Leamington Spa and could revise by their pool everyday. Entry requirements of three A's any any like variation of A*s and A's and your idea of lowering those entry requirements to help people is lowering it to just As and no A*s then you're not being inclusive. And that's that on that I don't care how much you send people to their schools to teach them that science is fun. I actually care about people's personal circumstances and their active ability and not just their grades.

Pruthvi Mehta 55:09

Yeah, that's completely completely right. Like, it's like a one thing I'll give the institution we all graduated from is that they actually lowered their entry requirements you know, properly. When, when when when people needed it and you know, it literally worked out fine. Guess what Imperial and Oxbridge, you don't need everyone who comes to you with, you know, five A*s. You don't need that. That doesn't determine what kind of physicist or even academic person they'll turn out to be. I hate it and I hate all of you. Thank you.

Sehher Tariq 55:42

Honestly, I was just... I said this to everyone that came to an open day at our uni I was like, it doesn't matter what grades because they'd always come in to be like, they'd be stressed about their grades and I'm like it doesn't matter

what grades you get, that does not determine how good you gonna be at the degree or at science because there's so many people who that we knew at university who didn't get like the A... all A's or the was it was like ABB the standard or whatever. And and then they turn... they do PhDs now that they're doing science science based jobs, they they're real... Like like they were the ones who are getting Firsts and they're just so like interested and really good at doing science. It just doesn't it just doesn't matter. Like there's so many other factors just don't stress about the grades.

Karel Green 56:39

Exactly. And I can say it cuz like, so I remember so I got BBC in my in my A levels because I had undiagnosed dyslexia and just couldn't read I guess. And like I literally said this at the University. I'm a PhD student at now. I remember it I remember seeing the... Literally remember looking on their website, seeing the A* and 2 As as minimum entry requirement, and closing the website because at least in the UK, the UCAS application only has so many points that you... Only so many universities you can put in. And I knew my predicted grades, I knew what I was likely to get and I was like, why would I waste it and it didn't, it wasn't even free. It was like 50 quid or something. So you know, I literally closed it. I said this to them. I was just like, your entry requirements are too high. I'm literally a PhD student here. You said literally gave me an offer because you believe that I was good enough to literally work for you. And I actively remember closing the literal web page for your entire university because entry requirements were too high. By definition, I'm literally not good enough to do a degree at the place I am now getting a PhD at...

Pruthvi Mehta 57:53

It's double think... It's like they somehow convinced themselves even though they have literal living, physical proof that A level grades do not actually bear any significance on your quality of real quality as like a human being who can produce scientific output, like that has literally no bearing on it. And they're just like all we can't see.

Karel Green 58:13

Yeah. Oh we'll lower the entry requirements by 1 point of A* depending on people's postcode and I'm just like, everybody shut up. It's the worst I hate it here. But also, I actually like it there but also... Another solution in the list of solutions we have is, don't know if it was just our uni or if it's culture in general, but the generic culture of drinking...

Pruthvi Mehta 58:41

It's culture in general.

Karel Green 58:43

It's just a nightmare. I don't know why, it doesn't make anything more fun. I don't know. It just tastes bad, guys. It's not even nice.

Pruthvi Mehta 58:52

Please stop, your breath smells like piss.

Karel Green 58:57

Oh, God, I don't know why there's so much geared towards drinking, like I said, the only thing that was possibly ever accessible to me as an undergrad, because the literal University trips were so expensive was pint of science. And I'm just like so if you don't drink or if you're literally religion, you know, forbids you from doing so or just any other reason or you're sick... There are human beings with one kidney they should not be drinking, right?

Pruthvi Mehta 59:25

Yes...

Karel Green 59:26

Maybe maybe if you're if drinking is the only thing that makes your SciComm good, maybe it isn't that great? So I'm just maybe have a think. Yeah, I don't know. I feel like if you take away the alcohol and it's suddenly is trash, it's not the SciComm you're doing. It's just drinking a room.

Pruthvi Mehta 59:44

Yeah. I think probably another big point to bring up is that you know, I believe we focus on BME in STEM

Karel Green 59:52

Yeah.

Pruthvi Mehta 59:53

And I think so science societies should invite more BME to give talks at institutions... You know, I'm just thinking about PhD level stuff. So when we have like talks and conferences abroad right abroad right? Not, Not right now. But um, you know, if it's like a nice location and stuff, and it's literally just someone they're calling for volunteers to speak at, that should not be a phrase I should have to hear, right? If people who are going to be paid for speaking out, right, like and you know if it is... if that option does arise make sure like a BME person is nominated for it and is paid for it. How like our

seminars like there have been, I think so many white people, like one white woman, like one Asian man and I remember there was... I saw about the non binary person that came and gave a talk about their neutrino physics like PhD

Karel Green 1:00:52

And got destroyed, got misgendered...

Pruthvi Mehta 1:00:55

And it was just like, you know, it's it's not even like only inviting these marginalised groups to talk it's also about treating them with respect because I would rather not be invited to a place than be invited to a place and then get hurt, you know what I mean and not get paid.

Karel Green 1:01:10

Exactly. Like I can get hurt for free in the comfort of my own home. I don't need to pay to go somewhere, life's already hard. Yeah...

Pruthvi Mehta 1:01:22

Final thing to like maybe talk about is the idea that SciComm needs to be friendly to people who are who are like not only like, not physically not not able bodied like physically, but also may have like anxiety and fear around like public speaking. Right. Which is what a lot of SciComm is comprised of and also change the fact public speaking is like the biggest part of SciComm. It's literally messed up, right like, here's... Even the whole idea of vivas like I'm gonna be honest here. Like I'm scared about my viva, right? It's nowhere near that close. Like, and I don't even have any, you know, any massive issues on public speaking the idea that you put so much time and effort into writing a thesis and have proven to your to yourself and you're like supervisor that you've done the work, right? What's the need for this giant you know, oral quiz. I don't like it. I just I don't like the idea...

Karel Green 1:02:16

Can I also quickly add to that, like I recently found out via our life blood, Twitter. Right. So vivas are now being done online? Because Miss Rona has entered the chat and just killed off literally thousands of people worldwide right?

Pruthvi Mehta 1:02:33

Yeah, yeah.

Karel Green 1:02:34

But like, there are lecturers I follow on Twitter, who will say how much better it is that they're doing it online, because they literally have to fly out to another country to do a viva for a couple hours, and then come back home. That is insane. I had no idea that was happening. But before this, they used to be like, Hey, your viva is being done by by these two people in the collaboration you don't know work in a different university therefore can't be biased for or against you right? They are in... so we live in England all of us say this person's in goddamn Italy, they do a day flight from Italy to your institution, judge your viva and then leave that is so dumb.

Pruthvi Mehta 1:03:19
Mad.

Karel Green 1:03:20
Cannot express to you how stupid that is and it took a pandemic to be like maybe we could Skype them in like what is happening?

Pruthvi Mehta 1:03:30
They're not even like it... like imagine like for example, my experiment's in Japan just imagine like a pissed off Japanese collaborator like flying over like full of jetlag and hate and death in their hearts and then to see my nervous ass talk about my garbage work. Obviously I'm not gonna do well.

Karel Green 1:03:52
Why would... Vivas are a whole, whole mess.

Pruthvi Mehta 1:03:58
In general is...

Karel Green 1:03:59
...public speaking...

Pruthvi Mehta 1:04:00
Yeah, yeah, the amount of public speaking required to just exist in academia is terrifying. It's something that we are not prepared for. Not, you know, it's so bad. Yeah. And also it's like SciComm just get rid of it in SciComm as well.

Karel Green 1:04:15
Yeah.

Pruthvi Mehta 1:04:15

Yeah, have like mass public screenings of, you know, a sort of documentary-esque film, that a PhD student and some people kind of like collaborated together and made, that would be quite nice and not scary to do. Like, yeah...

Karel Green 1:04:29

And it's just like some people... Well, I'm just gonna say like, you've said it before. There a literal... there are grown ass men who have been literally barred from doing vivas whether they've done this on purpose or not, and either way it's gross, because they've been so mean to people. And it's like, even if they did it, because doing a viva is several hours and you have to read somebody's thesis, I sure as hell don't want to like, I'm not gonna read a whole thesis. That's a book on some bad science. I'm already upset I don't need to read a thesis, right? And it's like, even if you don't want to do that they thought you know what I could just be actively mean to these people to the point where my institution would not pick me to do vivas, and then I can just get away with it. I'm just like, that's not nice. How could you... Like, if there is like, why wouldn't they just get fired? What's happening? How have you been barred from doing vivas and have it just be okay, Like who? Who could be that mean? I... Oh, God, it couldn't be me.

Pruthvi Mehta 1:05:28

Awful.

Karel Green 1:05:29

It couldn't be me. Okay, I'm gonna... I'm getting upset. I just need to calm down, and now I'm going to go on to the media recs...

Pruthvi Mehta 1:05:37

Please we need them. We need them. Okay.

Karel Green 1:05:44

I will go first. I'm going to recommend a twitch stream because I had something else but I thought earlier today it's sunny and getting into spring, and there's so much pollen that I can't breathe. So I know it's the good hell hours. So I'm going to recommend a nice twitch stream. And it links back to one of our previous recommendations by Sehher which are the only good ones. So it's a guy called SpringSims, which is a twitch stream and he has a YouTube channel and he does Sims content and he's really nice really relaxing. Yeah, it's just a good vibe. So watch him on YouTube, watch him on Twitch @springsims.

Pruthvi Mehta 1:06:23

Excellent, excellent. Um, I will go next and recommend a video game because I'm terrible... So I'm going to recommend Indivisible. So it's an action RPG developed by Lab Zero games, published by 505 Games and I don't know if any of you know about the controversy, but 505 Games did not tell Lab Zero games and they were pushing it onto the switch. So Lab Zero Games was like, hey, this game we made is coming out on the switch apparently and no one told us so... So if you don't know it's available on Steam and the switch... Why do I like this game so much? So it follows the story of Ajna. Ajna is like a like, brown skinned Indian girl, erm, kind of tomboyish.. She's literally the whole... The entire, the entire game is basically set in India or sort of like South Asian places because they're not massively detailed on their names. I think they're just trying to incorporate a lot of like South Asian elements. And they do it pretty well, right because I'm the Ajna is the name in Hinduism... in Hindi even for like the third eye chakra and that's the... and her powers come from like a third eye, so they've actually kind of thought about the naming convention in this game, which is really nice. Um, but the graphics are just absolutely beautiful. The gameplay a lot fun. Erm... I think there's still there's still a couple of bugs on the switch due to the hasty release and no one talking to each other though. So just I would say wait for a bit until they put the right updates in and then get it for the switch, if you want it on the switch but it's completely fine on Steam. And I played the demo on Steam and it was fine. But it's really really good. It's it's just very, very beautiful. They have quite a lot of Hindu mythology in there. So yeah, basically they've got all the right Hindu mythology. Um, it's really it's a really nice game. It's very calming, a lot of key smashing you have to have like a lot of fast reaction times but there's no no pain, no gain. Play it become a fierce fierce, like Indian girl. Live Your Dreams live and live vicariously through Ajna. You know, like I'm doing. Um, yeah, just have just have fun with it. Play it, please play Indivisible. It's lovely, and they messed up the release. So I don't know how many people know about it, which I'm very pissed about...

Sehher Tariq 1:08:59

Is it my turn?

Karel Green 1:09:00

Yes,

Sehher Tariq 1:09:01

Okay, I'm gonna do a bit of a cop out today. It's not a good it's not a good media recommendation. But basically, I'm just going to recommend what I do to relax. So, what I do to relax is I do art. So, I recommend that you get a

colouring book. Because it's so satisfying when you're done that it and it's relaxing when you're when you're like coloring it in. So anyway, like, you get so many different coloring books. So the kind of art I'm into is mandalas so you can get loads of different coloring books that have mandalas, you can get some that is like flowers, anything, anything and everything you get a colouring book for. So whatever you're interested in, get, get a coloring book, get some pencils, get some paint, whatever and just go for it because it's just so chill and you can just sit down, listen to music or you can have something like I usually have something playing in the background like on Netflix something and then I just paint and it just is a good calming, relaxing thing to do and it just helps you forget a lot of stress so that's my recommendation.

Pruthvi Mehta 1:10:21

Also also please please rep your your Instagram account where you draw the mandalas and post them please.

Karel Green 1:10:28

Yeah I was literally about to say I've got it open I'm looking at them and you can download you could just download one of Sehher's excellent mandalas, because they are beautiful and I literally have coloured one in on my iPad, I cried the entire time.

Sehher Tariq 1:10:44

You haven't showed me that, you need to show me that.

Karel Green 1:10:46

I'll show it to you, I'll show it to you once I like how it looks. It's not great. I'm sorry. I was crying, every time there's a mistake.

Sehher Tariq 1:10:58

Yeah, @SehherArt, that's that's my that's my art account but yeah...

Pruthvi Mehta 1:11:02

Follow her.

Sehher Tariq 1:11:02

Get yourself a colouring book.

Karel Green 1:11:04

I've linked it in the show notes and it will be the only thing in the show notes show.

Pruthvi Mehta 1:11:07

It's the only thing already.... in the podcast, I've deleted everything else good. That's what I wanted. So, it's all gone excellent.

Pruthvi Mehta 1:11:17

Yeah, your mandalas are lovely, they're really intricate, it like amazes me that you can do them. I've been crying ever since you told me about them.

Karel Green 1:11:24

I don't know how you could draw. I just my hand is a mistake every time I put it on the page. No, but this

Sehher Tariq 1:11:32

thing like it's really because it's like a repetitive thing. And then once you're done, it's really satisfying. So that's why like, I do it to relax because once you're like, it's kind of it's it's annoying... Sometimes it is annoying when you're doing it. But then when once you're done, it just feels really satisfying. And that satisfying feeling is like what I want people to feel, it's such a good feeling.

Karel Green 1:11:56

Oh, I'm so happy. I'm so happy now that we can enjoy things again, remember there was a huge boom in white, vegan youtubers doing colouring books and everything got ruined. And now it's back to everything being nice so I can actually enjoy things again.

Karel Green 1:12:10

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Pruthvi Mehta 1:13:22

Karel, you're kind of like fading in and out...

Karel Green 1:13:24

It's because I'm far away... What about now?

Sehher Tariq 1:13:28

Yeah, that's better.

Pruthvi Mehta 1:13:29

Just get the mic in your mouth.

Karel Green 1:13:30

It's my laptop mic because I forgot my mic, so I might treat myself to one for my birthday, depends what I decide to spend all my money on. Probably books. I'm not getting a mic... Anyway...