DR AMY ORBEN

EDUCATION

University of Oxford DPhil Experimental Psychology, St. Hilda's College	September 2019
Supervisors: Professor Robin Dunbar and Professor Dorothy Bishop	
University of Cambridge	June 2015
MA (Hons) Natural Sciences, Magdalene College	Double First Class
ACADEMIC POSITIONS	
Emmanuel College, University of Cambridge College Research Fellow	October 2019 - September 2023 $Cambridge, UK$
The Queen's College, University of Oxford Stipendiary College Lecturer	January 2017 - October 2019 $ Oxford,\ UK $
The Queen's College, University of Oxford	October 2016 - January 2017
Non-Stipendiary College Lecturer	$Oxford,\ UK$
VISITING POSITIONS	
MRC Cognition and Brain Sciences Unit Visiting Research Fellow	October 2019 - September 2023 $Cambridge, UK$
Eindhoven University of Technology Visiting PhD Student, Daniël Laken's Research Group	March - April 2019 Eindhoven, Netherlands
Knowledge Media Research Center, University of Tübingen Visiting PhD Student, Sonia Utz's Research Group	March - September 2017 Tübingen, Germany
AWARDS AND HONOURS	
British Neuroscience Association Researcher Credibility Prize	March 2021
Society for the Improvement of Psychological Science Mission Award	$October\ 2020$
Society for the Improvement of Psychological Science Commendation	March 2020
British Psychological Society Award for Outstanding Doctoral Research	h January 2020
Understanding Society Young Researcher Prize	July 2019
Oxford SU Annual Teaching Awards Nomination in the Best Tutor Ca	tegory May 2019
Techwomen 50 Award, We Are The City	January 2018
Prize for Best Talk, St. Hilda's MCR Research Symposium	March 2017
Winner of the Oxford Social Innovation Case Competition	April 2016
Leading for Impact Fellow, Saïd Business School, University of Oxford	2015-2016
Magdalene College Scholarship	June~2015
Magdalene College Prize for Natural Sciences	June~2015
Magdalene College Bundy Scholarship	June 2015
Magdalene College Scholarship	June 2014
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June 2014

Magdalene College Prize for Natural Sciences

2021 - 2023: Jacobs Foundation

240,000 CHF

Isolationtracker: Social Distancing, Lockdown and Adolescent Mental Health during Covid-19 (Co-PI; PI S.-J. Blakemore, R. A. Kievit, L. Tomova)

(CO-11, 11 5.-5. Diakemore, R. A. Kievit, L. Tomova)

2021: British Psychological Society Undergraduate Assistantship Scheme $\pounds 2,160$

Disrupting Harm: UNICEF collaboration to understand the impacts of digital technologies on children in the Global South (PI)

2020 - 2023: UK Economic and Social Research Council

£231,769

How Much is Too Much? Leveraging Existing and Emerging Large-Scale Social Data to Build Robust Evidence-Based Policy for Children in the Digital Age (Co-I; PI A. Przybylski)

2020 - 2021: UK Economic and Social Research Council

£15,390

New and Emerging Forms of Data Initiative (PI: Research Consultancy)

2019 - 2023: Emmanuel College, University of Cambridge

£103,551

Emmanuel College Research Fellowship (PI)

2019 - 2020: Barnardo's UK

£59,993

Understanding the Psychological Well Being of Disadvantaged Young People in the Digital Age (Co-PI; PI A. Przybylski)

2018 - 2021: Society for Research in Child Development

\$21,000

Robustly Quantifying Parental Monitoring and Support in the Digital Age (Co-PI; PI K. Modecki)

TRAVEL, GROUP AND WORKSHOP FUNDING

ReproducibiliTea Annual Meeting	December 2019
Institute of Advanced Studies, University of Surrey and Others	£4,700
UKRN Grant to ReproducibiliTea	October 2019
UK Reproducibility Network	£3,261
St. Hilda's Travel Grant	May 2019
St. Hilda's College, University of Oxford	£304
UKRN Grant to ReproducibiliTea	January 2019
UK Reproducibility Network	£2,500
Postgraduate Study Visit Scheme	August 2018
British Psychological Society	£800
Postgraduate Member Travel Grant	June 2018
European Association of Social Psychology	£1,000
Jacobs Foundation Workshop Travel Funding	May 2018
SRCD-Jacobs Foundation	£1,500
Volkswagen Foundation Conference Bursary	December 2017
Computational Communication Science Conference	£400
PsyPAG Study Visit Bursary	September 2017
Psychology Postgraduate Affairs Group	£200
Santander Academic Travel Award 2017	June 2017
Santander and the University of Oxford	£363
Postgraduate Travel Bursary	March 2017
British Psychological Society, West Midlands Branch	£100
St. Hilda's Travel Grant	February 2017
St. Hilda's College, University of Oxford	£1,000
Postgraduate Bursary for Annual Conference	February 2017
British Psychological Society	£145

Muriel Wise Fund

St. Hilda's College, University of Oxford

Browning Summer Research Scholarship

Magdalene College, University of Cambridge

£320 March 2014 £2,200

October 2016

COMMITTEES AND BOARDS

Member of the British Academy Public Policy Committee (2021 - ongoing)

Chair of the MRC CBU Open Science Committee (2021 - ongoing)

Member of the MRC CBU Unit Management Committee (2021 - ongoing)

Member of the ESRC New and Emerging Forms of Data Leadership Group (2020 - ongoing)

Co-founder and Chair of ReproducibiliTea Journal Club Steering Group (2018 - 2021)

Member of the Oxford Experimental Psychology Open Science Committee (2018 - 2019)

SUPERVISION AND TRAINING RECORD

PhD Students

Zhaotian Chi, Advisor, start date 2021 Sakshi Ghai, Co-Supervisor/Acting Primary Supervisor, start date 2020 Benjamin Farrar, Co-Supervisor, start date 2019

Masters Students

Michael Jordan, 2018

Research Assistants

Augustin Mutak, 2018-2021

M. Hecht, F. Dablander, A. Mutak, J. Krawiec, N. Valkovicova, D. Kosite, Junior Research Project Team Supervisor, 2017-2018

Undergraduate Students

Director of Studies/Moral Tutor in Psychology (Sabbatical Cover), The Queen's College, 2019 Heather Koh, 2018

Thomas Gaisford, 2017

LECTURING

Course Organiser and Lecturer, Robust Behavioural Science; MSc & PhD, 16 hours

MRC Cognition and Brain Sciences Unit, Department of Psychology, Department of Psychiatry, University of Cambridge, 2020 - ongoing

Lecturer, Influence and Persuasion in the Digital Age; 3rd year BA, 2 hours

Department of Psychology, University of Cambridge, 2021

Lecturer, Adolescence; 3rd year BA, 1 hour

Department of Psychology, University of Cambridge, 2021

Lecturer, Neuroscience of Emotion and Decision Making; MSc, 1 hour

Department of Psychology, University College London, 2020

SMALL GROUP TEACHING

Introduction to Psychology (11 weeks, Social, Developmental, Perceptual and Cognitive Psychology), 1st year BA Experimental Psychology, University of Oxford, 2017-2019

Introduction to Psychology (4 weeks, Perceptual and Cognitive Psychology), 1st year BA Biomedical Sciences, University of Oxford, 2017-2019

Psychology of Medicine (2 weeks), 2nd year BA Medical Sciences, University of Oxford, 2018-2019 Social Psychology (8 weeks), 2nd year BA Experimental Psychology, University of Oxford, 2018-2019

PUBLICATIONS

Vuorre, M., **Orben, A.**, Przybylski, A. K. (2021), There is no evidence that associations between adolescents' digital technology engagement and mental health problems have increased. Clinical Psychological Science. *Open-Access Version*

Orben, A. (2021), Digital Diet: A 21st century approach to understanding digital technologies and development. Infant and Child Development. *Postprint*

Orben, A., Weinstein, N., and Przybylski, A. K. (2020), Only holistic and iterative change will fix digital technology research. Psychological Inquiry. *Open-Access Version*

Orben, A. (2020), The Sisyphean Cycle of Technology Panics. Perspectives on Psychological Science. *Open-Access Version*

Orben, A., Tomova, L., and Blakemore, S.-J. (2020), The effects of social deprivation on adolescent social development and mental health. The Lancet Child and Adolescent Health. *Open-Access Version*

Orben, A. and Lakens, D. (2020), Crud (Re)defined. Advances in Methods and Practices in Psychological Science. *Open-Access Version*

Kaye, L. K., **Orben, A.**, Ellis, D. A., Hunter, S. C., Houghton, S. (2020), The Conceptual and Methodological Mayhem of 'Screen-time'. International Journal of Environmental Research and Public Health. *Open-Access Version*

Orben, A. and Przybylski, A. K. (2020), Reply to: Understanding digital media harm. Nature Human Behaviour. *Open-Access Version*

Orben, A. and Przybylski, A. K. (2020), Teenage sleep and technology engagement across the week. PeerJ. *Open-Access Version*

Orben, A. (2020), Teenagers, Screens and Social Media: A Narrative Review of Reviews and Key Studies. Social Psychiatry and Psychiatric Epidemiology. *Open-Access Version*

Crüwell, S., van Doorn, J., Etz, A., Makel, M.C., Moshontz, H., Niebaum, J., **Orben, A.**, Parsons, S., & Schulte-Mecklenbeck, M. (2019), 7 Easy Steps to Getting into Open Science: An Annotated Reading List. Zeitschrift für Psychologie. *Preprint*

Orben, A. (2019), A journal club to fix science. Nature. Open-Access Version

Przybylski, A. K., **Orben, A.**, Weinstein, N. (2019), How Much Is Too Much? Examining the Relationship Between Digital Screen Engagement and Psychosocial Functioning in a Confirmatory Cohort Study. Journal of the American Academy of Child and Adolescent Psychiatry. *Open-Access Version*

Orben, A., Dienlin, T., Przybylski, A. K. (2019), Reply to Foster and Jackson: Open scientific practices are the way forward for social media effects research. Proceedings of the National Academy of Sciences of the United States of America. *Open-Access Version*

Orben, A., Dienlin, T., Przybylski, A. K. (2019), Social media's enduring effect on adolescent life satisfaction. Proceedings of the National Academy of Sciences of the United States of America. *Open-Access Version, OSF Project*

Orben, A., and Przybylski, A. K. (2019), Teens and Screens: Evidence from two exploratory and one confirmatory experience sampling studies. Psychological Science. *Open-Access Version*, *OSF Project*

Mills, K. L., **Orben**, **A.**, Przybylski, A. K. (2019), The relationship between functional brain organization and self-reported screen media activity in late childhood. Cortex. *Stage 1 Registered Report*

Orben, A., and Przybylski, A. K. (2019), The association between adolescent well-being and digital technology use. Nature Human Behaviour. *Open-Access Version, Nature Editorial, Blog*

Orben, A., Mutak, A., Dablander, F., Hecht, M., Krawiec, J., Valkovicova, N. & Kosite, D. (2018) Do Feelings of Connection after Facebook use Depend on Previous Usage Intensity? A Protocol. Frontiers in Psychology. *Open-Access Version*

Orben, A. (2018), Cyberpsychology: A Field Lacking Theoretical Foundations. PsyPAG The Quarterly 105. Open-Access Version

van Rooij, A. J., Ferguson, C. J., Colder Carras, M., Kardefelt-Winther, D., Shi, J., ... **Orben, A.**, ... & Przybylski, A. K. (2018), A weak scientific basis for gaming disorder: Let us err on the side of caution. Journal of Behavioural Addictions. *Preprint*

Orben, A. and Dunbar R. I. M. (2017), Social Media and Relationship Development: The Effect of Valence and Intimacy of Posts. Computers in Human Behavior 73C. *Open-Access Version*

IN REVIEW AND PREPRINTS

Orben, A., Przybylski, A. K., Blakemore, S.-J. and Kievit, R. A., Windows of developmental sensitivity to social media. *Undergoing major revisions*

Orben, A., Lucas, R. K., Fuhrmann, D. and Kievit, R. A., Trajectories of adolescent life satisfaction. *Preprint*; *In review*

Nweze, T., **Orben, A.**, Van Harmelen, A.-L., Fuhrmann, D., Kievit, R. A., It doesn't end there: Mental health difficulties across ages 3-14 mediate the long-term association between early-life adversity and poorer cognitive functioning. *Preprint*

INVITED LECTURES

Beyond Open: Why Open Science is Not Automatically Good Science University of Bath, PhD Day 2021 (Keynote)	$\begin{array}{c} \text{June 2021} \\ \text{Online} \end{array}$
Not Just Black and White: Reflections on Teaching Good Scientific Prac British Neuroscience Association 2021: Festival of Neuroscience	tices April 2021 Online
The Psychology of Technology: Past, Present and Future Facebook Computational Social Science Team	$\begin{array}{c} \text{March 2021} \\ \text{Online} \end{array}$
A Developmental-Cognitive Perspective on Adolescent Social Media Use University of Cambridge, Neuroscience Interdisciplinary Seminar Series	$\begin{array}{c} \text{March 2021} \\ \text{Online} \end{array}$
The Psychology of Technology: Past, Present and Future University of Glasgow, Department of Psychology Seminar	February 2021 $Online$
Approaches to Scientific Error University of Basel, Open Science Seminar	November 2020 Online
Social Media and Mental Health: What do we know? University of Cambridge, CRASSH AI Seminar	October 2020 $Online$
The Sisyphean Cycle of Technology Panics Stanford University, HCI Seminar	September 2020 $Online$
A Hitchhiker's Guide to the Multiverse University of Glasgow, ReproducibiliTea	September 2020 $Online$
Tech and Wellbeing in the Era of Covid-19 Stanford University, Cyber Policy Centre Online Seminar Series	$\begin{array}{c} \text{July 2020} \\ \text{Online} \end{array}$
Outpaced by Technology The British Academy, London	$\begin{array}{c} \text{June 2020} \\ \text{Online} \end{array}$

Social Media Use and Life Satisfaction Across the Lifecou Max Planck Institute for Human Development, Berlin	June 2020 Online
Questionable Research Practices	June 2020
King's College London, Open Research Conference	Online
The Psychology of Technology: Past, Present and Future	June 2020
University of Cambridge, Department of Education	Online
Technology and Well-Being in Adolescence during COVII	D-19 May 2020
University of California, Berkeley, IHD/Dev Psych Colloquium	Online
Teens, Screen and Quarantines: What Can the Research 'University of Oxford, Emerging Minds Network UK	Tell Us? April 2020 Online
Using Longitudinal Data to Explore Young People's Social University College London, CLOSER Seminar Series	al Media Use April 2020 Online
Goodbye Screentime! It's Time for a Reboot	March 2020
Eastern Regions Workshop 2019 for Educational Psychologists	$New market,\ UK\ (cancelled)$
Navigating the Garden of Forking Paths	March 2020
University of Edinburgh, SMRC Seminar Series	Edinburgh, UK (cancelled)
The Psychology of Technology: Past, Present and Future University of Glasgow, Psychology Seminar Series	March 2020 Glasgow, UK (cancelled)
Teens, Screens and Well-Being: Where is the Evidence?	February 2020
LSE, Wellbeing Seminar Series	London, UK
The Association Between Digital Technology Use and We	,
University College London, ReproducibiliTea	$London,\ UK$
Fear the Fork!	November 2019
MRC Cognition and Brain Science Unit, Wednesday Lunchtime Se	3 ,
1 Million Correlations: Steps Towards Reproducible Psyc University of Cambridge, HSPS: Coffee with Scientist Series	$ \begin{array}{ccc} \textbf{hological Science} & \text{November 2019} \\ & & \textit{Cambridge, UK} \end{array} $
Reflections on Specification Curve Analysis University of Bristol, MAPS Showcase	September 2019 $Bristol,\ UK$
Déjà Vu? Media Psychology and the Toxic Cycle of Tech Media Psych 2019 (Keynote)	Panics September 2019 Chemnitz, Germany
Public Engagement	August 2019
Cumberland Lodge, Life Beyond the PhD 2019	Windsor, UK
Open Science: Personal Experiences	$\begin{array}{c} \text{August 2019} \\ \text{\textit{Webinar}} \end{array}$
PsyPAG, Open Science Webinar	
Rigorous Research using Large Developmental Data University of Oregon, ABCD Workshop	August 2019 Portland, United States
Linking Adolescent Well-Being and Digital Technology Us	,
Digital Health Conference (Keynote)	$Copenhagen,\ Denmark$
Analytical Flexibility and Open Science	March 2019
Utrecht University PhD Day (Keynote)	$Utrecht,\ Netherlands$
1 Billion Correlations	February 2019
University College London, Affective Brain Lab Guest Speaker Ser	
Reflections on Being an ECR in Open Science BBSRC Reproducibility School	January 2019 Windsor, UK
Mapping Analytical Flexibility as a Tool for Transparent	
University of Bristol, TARG Research Group	Bristol, UK
Social Media and Well-Being: Rethinking the Scientific E	
Social Media Week	$London,\ UK$

Specification Curve Analysis and the Limits of Pre-Registration September 2018 Oxford-Berlin Summer School Berlin, Germany Screens and Teens: What We (Don't) Know July 2018 OFE Children and Young Peoples Mental Health: Providing Effective Support London, UK CONFERENCE PRESENTATIONS Social Media's Enduring Effect on Adolescent Life Satisfaction July 2019 Understanding Society Scientific Conference Essex, UK Symposium: Do Smartphones Cause Teen Depression? Rigorous Methodologies Show Little Evidence of Harmful Linkages March 2019 International Convention of Psychological Science Paris, France Context, or just Content? How Directedness and Privateness of Social Media Self-Disclosures Affect Liking May 2018 68th Annual International Communications Association Conference Prague, Czech Republic (R)evolutionary? Investigating Offline Theories of Relationship Formation in a Social Media Context September 2017 10th Conference of the Media Psychology Division University of Koblenz-Landau, Germany Facebook or Face-to-Face: What's the Difference? An Investigation of Offline Theories of Relationship Formation in a Social Media Context July 2017 18th General Meeting of the European Association of Social Psychologists Granada, Spain The Facebook (R)evolution: Gossip, Passive Consumption and Social Media June 2017 CyberPsychology, CyberTherapy and Social Networking Conference Wolverhampton, UK Facebook Stalking: A New Norm Demanding New Theories May 2017 **BPS Annual Conference** Brighton, UK From Facebook to Friendship? July 2016 York, UK PsyPAG Annual Conference From Facebook to Friendship: Intensity of Facebook use Predicts Relationship Develop-

WORKSHOPS

BPS West Midlands Conference

ment After Reading Social Media Self-Disclosures

Orben, A., Good Enough Practices in Scientific Computing, MRC CBU Computing Training Lectures, Cambridge, UK, October 2020

May 2016

Coventry, UK

Orben, A., Specification Curve Analysis Breakout Session, ABCD Workshop, Portland, United States, August 2019

Orben, A., Anvari, F., Isager, P., Singleton Thorn, F., *Hackathon: Helping Researchers Identify Their Smallest Effect of Interest*, Society for the Improvement of Psychological Science, Rotterdam, Netherlands, July 2019

Orben, A., Error Detection Techniques, Utrecht University PhD Day, Utrecht, Netherlands, April 2019 Orben, A., Thompson, J. Statistics Refresher, Oxford-Berlin Summer School, Berlin, Germany, September 2018.

EVIDENCE FOR POLICY AND TRANSLATION

Oral Evidence

Bavarian State Government Select Committee, November 2020, Online

United Nations AI for Good Summit, May 2019, Geneva, Switzerland

Parliamentary Inquiry about Social Media Use, House of Commons Science and Technology Select Committee, May 2018, London, UK Open-Access Version, Video, Final Report

Written Evidence

Parliamentary Inquiry about Impacts of Living Online, House of Lords COVID Committee, December 2020, co-authored with Johannes, N., Nash, V., and Przybylski, A.

British Academy Childhood Policy Programme, February 2020. Online Version

Evidence to the Chief Medical Officer, January 2019, co-authored with Przybylski, A.

Parliamentary Inquiry about Immersive and Addictive Technologies, House of Commons Digital, Culture, Media and Sport Select Committee, January 2019, co-authored with Przybylski, A., Etchells, P., and Weinstein, N. Open-Access Version

Parliamentary Inquiry about Social Media Use, House of Commons Science and Technology Select Committee, January 2018, co-authored with Przybylski, A. and Weinstein, N. Open-Access Version

RADIO AND TELEVISION (SELECTION)

National Radio: BBC Radio 4 Today Programme, BBC Radio 4 Woman's Hour, BBC Radio 4 More or Less, BBC Radio 4 Analysis, BBC Radio 5, BBC Radio 2 Jeremy Vine, BBC local radio stations, LBC, Heart Radio, talkRadio

National Television: BBC2 Newsnight, BBC News, BBC2 Victoria Derbyshire, Sky News

International Radio: Radio New Zealand, BBC World Service: The Real Story, BBC World Service: Tech Tent, KQED, NPR, WGBH Boston, WCAI Cape Cod

International Television: BBC World TV, AlJazeera English: Inside Story

NEWSPAPERS AND WEBSITES (SELECTION)

National: The Times (front page), Financial Times (front page), The Guardian and Observer (personal feature), BBC News, The Independent, Evening Standard, Daily Mail

International: Süddeutsche Zeitung (front page), Scientific American, New Scientist, The Wall Street Journal, Wired, Forbes, TechCrunch, Buzzfeed, The Conversation, ABC News, Business Insider, Newsweek, The Verge, Mashable, Unherd

WRITING IN THE MEDIA

Don't despair if your child is glued to a screen, it may be keeping them sane. The Observer, April 2020

The government should actually understand the internet if it's going to protect kids from online harms. The Independent, February 2020

Farewell the porn block: a PR exercise and lousy policy. The Observer, October 2019

We're told that too much screen time hurts our kids. Where's the evidence? The Observer, July 2019

Beyond Cherry Picking. Nature: Behavioural and Social Sciences, August 2018

Three problems with the debate around screen time. The Guardian, August 2018

Why Hunt's screen time limits for kids are scientific nonsense. The Guardian, April 2018

The trouble knowing how much screen time is too much. BBC News, February 2018

Gaming addiction as a mental disorder: it's premature to pathologise players. The Conversation, February 2018

The Need for Nuance in the Tech Use Debate. Behavioural Scientist, January 2018

Social Media and Suicide: A Critical Appraisal. Medium, November 2017

iGen: Is it science or is it advertisement? The Psychologist, November 2017

Chasing social media shares harms public trust in science - so stop it. The Guardian, June 2017

Social media is nothing like drugs, despite all the horror stories. The Conversation, June 2017

Two Peas in an (Evolutionary) Pod? Facebook and Face-to-Face. Medium, April 2017

TALKS FOR GENERAL PUBLIC OR POLICY INTEREST

How digital technologies affect adolescent mental health and well-being, Berkhamsted School, Berkhamsted, UK, March 2021

Has Social Media Changed my Life?, Cambridge Festival, Cambridge, UK, March 2021

Why Social Media Doesn't Fry Your Brain, Science Night MRC CBU, Cambridge, UK, March 2020

Science Communication for Academics, Science Media Centre, London, UK, October 2019

Hashtag: My Perfect World, Norwich Science Festival, Norwich, UK, October 2019

Screen Time and Teen Outcomes, Ofcom Making Sense of Media, London, UK, July 2019

Authenticity, self and social media in modern politics: how to discuss facts in a politics dominated by personality? Discussion between Dominic Grieve MP and Amy Orben, Ditchley Foundation Festival of Ideas, Chipping Norton, UK, July 2019

Teens, Screens and Sketchy Data, Oxford Geek Night, Oxford, UK, May 2019

Teens and Screens: What does the research tell us?, The Adam Smith Institute, London, UK, May 2019

Mental Health and Contemporary Society - Exploring Prevention and Public Goods (presiding chair), Ditchley Foundation, London, UK, November 2018

Social Media and Well-Being: a Scientist's Perspective, Barnardo's Executive Away Day, London, UK, May 2018

Discussion Round: Social Media, Evolution and Wellbeing, Zinc VC, London, UK, November 2017

I Facebook, Therefore I Am, OxFEST Exciting Women in Science Speaker Series, University of Oxford, Oxford, UK, March 2017

Psychology at University, IB Psychology Invited Speaker, Frankfurt International School, Oberursel, Germany, March 2017

Post-Friendship in the Time of Post-Truth?, St. Hilda's MCR Research Symposium, Oxford, UK, March 2017

If Facebook be the food of friendship, play on. Bryant Society Lecture, St. John's College, Oxford, UK, February 2017

If Facebook be the food of friendship, play on. Psychologist in the Pub Talk, British Psychological Society West Midlands Branch, Oxford, UK, February 2017

How does Social Media affect your Friendships?, Oxford University Psychology Society Lecture, University of Oxford, Oxford, UK, October 2016

The Psychology of Facebook. Oxford Splash, Oxford, UK, February 2016