

## Running as a Team for CRUK

### WFH Q&A with Maria Dermit

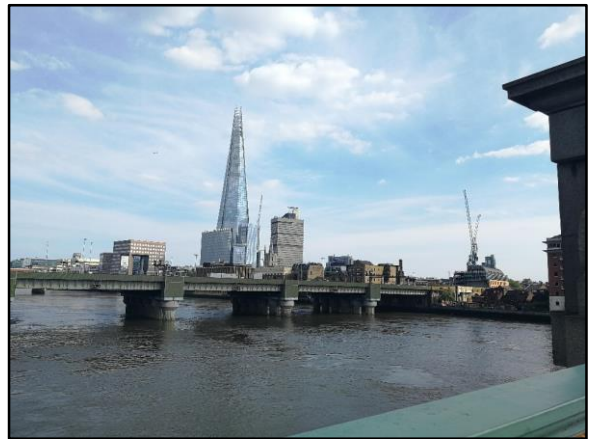
#### How have you found working from home so far?

I find sticking to a routine to be very useful, since it helps keeping the day somewhat organised. Of course, it took some time to get used to this new routine, and there are days that are better than others, but so far WFH has been OK. I miss doing experiments in the lab and talking with colleagues, but adapting to these new circumstances and learning to work entirely from home has been very interesting!

#### What do you do to switch off from work at the end of the day?

I go for a run or a ride at the end of the day. In normal circumstances, I run with a gang of friends twice per week, and now I have joined the BCI Running Team, fundraising for Cancer Research UK, that Lovorka Stojic initiated. As a team we have raised over £1,500 so far! Although we can't physically run together, it has been a great way to keep up the daily exercise and work together as a team to raise money for CRUK, which is so important now that many fundraising events have been cancelled. I absolutely love running across the empty streets of the City and taking pictures of famous landmarks which are now empty of tourists.

If you want to join us or donate, please visit <https://www.justgiving.com/team/RunningforResearch>.



#### Have you taken up any new hobbies during lockdown?

I am playing online board games with friends, which has been quite fun although sometimes not as straight forward as it could be in real life, depending on the game. I find myself listening to a significant number of podcasts; for example, one of them recommends and talks about movies weekly, which fills up my calendar during the lockdown. As many of us, I have been experimenting in the kitchen, making pizza (whenever flour is available!) and trying out new recipes.

#### If you could be anywhere in the world right now, where would you be?

I would not change the place, but the possibility to meet with family and friends. When the lockdown is over, we will certainly appreciate the value of traveling and social interactions much more.