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Speaker 1: Working

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Speaker 2: at speed  
levitation.

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Speaker 1: For this working  
out podcast, we aim to  
discover how it is to work  
in different groups at the  
University of Copenhagen so  
that you have unique insight  
into workplaces where you  
could do your future  
research.

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Speaker 2: My name is Yan.

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Speaker 1: My name is  
Christopher, and

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Speaker 2: we'll be your  
hosts for this edition of  
Working At. We're both  
molecular biomedicine  
students on different years.  
We've been following the  
Protein Research Lab course  
with close collaboration  
with Spin Lab.

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Speaker 1: Specifically,  
we've been working with a  
Ph.D. candidate from Spin  
Lab, Daniel Saar, who will  
appear late on the show  
discussing our investigation  
of the intrinsically  
disordered region of the  
protein cress 4b. Also known  
as the beating heart of  
cancer.

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Speaker 2: So today we are  
joined by one of the  
students from B-to-B Collins  
Group, which is dangerous.

He was a mentor at this fantastic course. And well, welcome Dale.

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Speaker 1: Thanks for having me.

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Speaker 2: Well, thanks for taking the time out of your busy schedules to come and talk to us. So would you like to talk us through a day in Spin Lab and talk about whether it's different from other laboratories that you have worked in and how?

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Speaker 1: So I think the beauty about working in research is that there's usually not one typical day that you have right for the day you have. This depends on what you plan to do. And I think that's that freedom is what I like about doing and research. But Spin Lab has definitely been different from the other labs that I used to work at, which might be because I'm from Germany and lab work in Germany. Usually it's really hierarchical. You have a strict hierarchy between the lab members and what I was working in Germany. Usually I would be considered a student first and or an intern first, but not so much a researcher, and it was very different. It's been that it's been no experience that I was treated. I try as a researcher from other students for postdocs and especially from Berta. And it was really great and I really appreciated the autonomy, I'd say.

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Speaker 2: So why did you choose to work in Spin Lab?

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Speaker 1: I was already doing my master's program for levitation protection, and I really, really liked the group dynamic, as I said of autonomy and freedom, and I really liked bitters, but a style of supervising very well resonated with me. So when I then came up with my own Ph.D. project, Spin Lab was the obvious choice to go to and both was so nice to sue, to agree, to supervise me and to try to make my project plan reality. And that's why I'm here.

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Speaker 1: And these things that you say, Daniel, is also something that really resonates with us, especially when you say autonomy regarding the decision of what experiments we were to do, as well as for what reason. And having this responsibility really motivated us to do better experiments and do the things correct the first time or at least try to.

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Speaker 2: Talking about the spin lab, how would you say that you feel this togetherness with other students or master students and everybody else who works in this, this amazing facility?

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Speaker 1: I mean, we all know you always go to lunch together, for example, and

have coffee breaks together. So that is one social aspect, of course. And I also think I'll have Friday because I used to have fun if it wasn't corona. But you also have to you can always go to anyone and ask questions about how they did stuff and how if they could help you and people are, if they have time usually ready to help you a lot. And that is, I think, great. And again, I think the lack of hierarchy really, at least for me, made it easier to just ask anyone, no matter how high are there, how much higher the title might be for help. And I think that's really great. So I think working on Spin Lab really encourages you to also to think to yourself and to also go out yourself and find people to be around that can help you.

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Speaker 2: Definitely. And I think I think a lot of laboratories out there would benefit from having the same school of thought. You could say because I should say yourself, when you have this responsibility, you grow so much, not just as a researcher, but also as a person, which is amazing. And I guess this is also the point in some of what we should learn as students during this course. So that's been really, really great as well. When you are a Ph.D. student in academia, in Denmark, you have to do some teaching as well or some mentoring, as you would call it, in this course. And we were so lucky to have you also acting as a mentor on

the course. And just like on a personal basis, what do you feel like you gained acting as a mentor on this course?

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Speaker 1: I think the course gives us students on. I think a seed, of course, gives you students a chance to explore. It's quite a big spectrum of different methods and a lot of those methods I never did before. So also, just watching you from the suspect's perspective gave me a lot of insights into my friends that I never, never used and also inspiration so I could use them myself, maybe at some point.

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Speaker 2: And this is also one of the amazing things about this course. It is that we just don't deal with standardized or generic experiments that are performed for the sake of performing them. The results that we produce are the first one ever produced in this field of protein research, and we actively learned the methods while we're planning the experiments. And while we're doing the experiments through this research, integrated teaching and we actually get to contribute to some projects, some actual projects in academia or projects in the industry. And this is really amazing because then we get to feel connected to our project while learning the methods and while you also learn the methods while mentoring.

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Speaker 1: And speaking of mentoring, when asking you questions throughout these experiments that we do, instead of getting the answer which we might normally do throughout our typical course, we get three other questions. So the reflexive process just begins rather than having one sided solution based answers. And this critical thinking is very important to us. And I also think it really reflects the working process in spin up.

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Speaker 2: And you feel that Christopher and I in some way contributed to your research. And if so, how?

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Speaker 1: Yes, I definitely do think. I think what you did gave me a valuable information about what to look for when I select detergents and lipid molecules for for later research. When it comes to characterizing my protein and how it works next in proximity of membranes or a model that especially and how that can affect the structure of the peptides and proteins that are involved. And that was really great. And I think that's really helpful because sometimes when you start, when you're stuck in quotation marks, when you're on project, there are a lot of things that you always like. Yeah, I can do that later. Maybe I can do that at some other point. And now you talked it over and it was really great and really

nice that you characterized that part of my peptides. Yeah.

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Speaker 2: Well, I mean, yeah, that's that's really great. I mean, we're very honored to to work on it, and it was very interesting as well. Of course, the two proteins we're working with, they are peptides. They were very similar. But getting to have hands on on an actual project that could that someone could, you know, you could visualize and see, well, this person actually benefits from it. That's really nice to know. So we're very thankful for that as well. I think you. So now you've been doing research in proteins for quite some time. And why would you say what is maybe one secret or multiple secrets to being successful in doing research in these proteins and especially inside the fields of intrinsically disordered proteins?

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Speaker 1: So that was the hardest question, actually. I think so. Of course, one thing is that you have to have some sort of high level of tolerance to frustration, right? But I think a very good thing aside from that is that you go around with open eyes and open ears when you read papers, when you attend talks or journal clubs or whatever and open to input from others. Because often, yeah, that you often mind might find inspiration there. But what you could do when you are stuck with your own protein because a lot of

people, a lot of things have already been done. And when you just look around and ready and able to take that, and I think that can help a lot, and I'm also still working on becoming good at that.

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Speaker 2: That's all we have on the program from there. So, Daniel, thanks again very much for coming out and talking to us. We greatly appreciate it, and we wish you all the best with your research in the future.

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Speaker 1: So thank you. Thank you.

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Speaker 1: This is all we had from working at spin that petition for this time. If you feel like this was interesting. Please feel free to contact, get a column for opportunities to work in. Spin that or just take the amazing course process and research that

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Speaker 2: for next time at working at. We'll be visiting the topic that the audience decides. Please fill out the poll at WW WW we can dot com and we'll see you again in the next episode of Working At.