

La thèse et les pandémies mondiales

Un guide de survie

Valentin Owczarek, juin 2021 (année 2)

PhD and global pandemic

A survival guide

Valentin Owczarek, June 2021 (year 2)

**Don't worry, it's will be
fine!**

First step: YES! It's apocalypse now!

It's ok to panic!

But... remember

- You are **NOT** alone
- It is **NOT** for all your life
- It is **NOT** the XIVe siècle





Ok, lockdown is on...

Your home is now your kingdom

Small but cosy?

Time to make some improvement

- Your home is not design for this type of fuck'up time!
- Be cosy!
- Be green?
- Improve your home quickly





Time to work?

Wut? I have to work during the pandemic?

Sorry, it's will be hard

I miss my daily routine

- Create a new daily!
- Shower, makeup, suit up
- Make some breaks... you're still not a super human!
- Work Work Work Work Work 🎵



Sorry, it's will be hard

I miss my daily routine

- Create a new daily!
- Shower, makeup, suit up
- Make some breaks... you're still not a super human!
- Music !





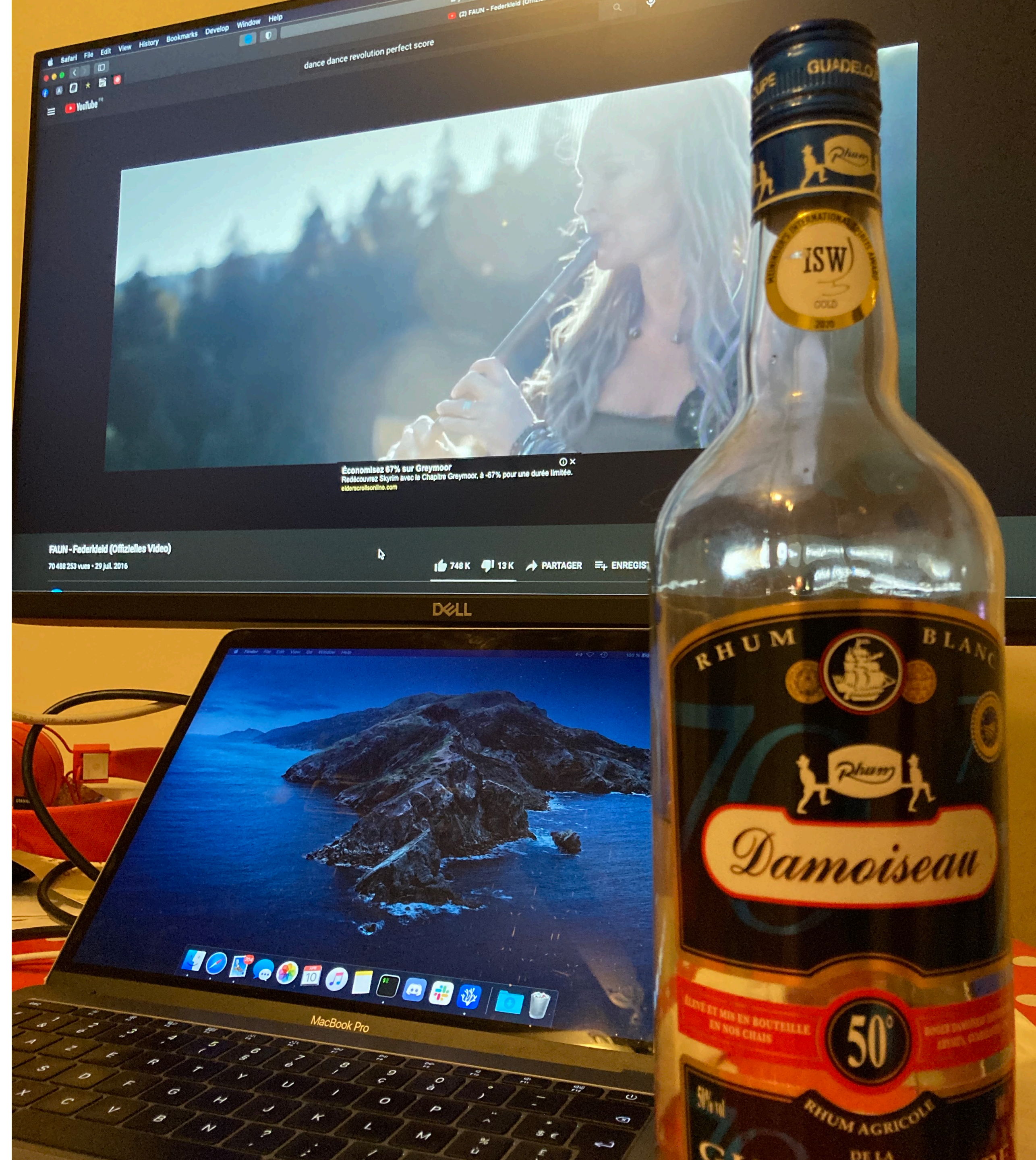
Fun

But... Valou the fun is dead no?

Friends over Zoom ?

Zoom? Again??

- Human are social
- It's ok to have a drink (with friends, with webcam, not everyday)
- It's ok to have coffee every work day at 10am and 4pm!
- Speak Spoke Spoken



Games and more!

It's just for me and me alone and it's really great!

- boardgamearena.com
(Board game =)
- Steam
(or epicgame, uplay, nvidiaNow....)
- Enjoy some you time!
(jigsaw puzzle, sudoku...)
- Rocket science!
- Cooking is good too!





To sum up...

You will survive!

- Remember to breathe!
- Have fun!
- Call friends!
- Work! (as much as you can)
- And one day, we will share some tiramisu together!

