

## A week in the life of our IDMHR student, Hannah



**Hi I'm Hannah and I'm currently in my second year of BSc International Disaster Management and Humanitarian Response.** I'm from Inverness, Scotland and I really enjoy attending the Folk and Ceilidh society music sessions as they make me feel a little closer to home. I am currently acting as General Secretary for Effective Altruism and I am passionate about using the society to foster a more practical mindset in students who want to make the world a better place.

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| Formal study hours   |
| Informal study hours |
| Student society      |
| Part-time work       |
| Social activities    |

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|-----------|--|--|--|--|---|---|--|
| Monday    | 10:00-11:00<br>Weekly Grocery Shop                                     | 12:00-13:00<br>Effective Altruism Committee meeting          | 13:00-14:00<br>Professional Experience Project team meeting        | 14:00-16:00<br>Pre-lecture work at the Library               | 16:45-17:45<br>Boxing Training                                  | 20:00-22:00<br>Folk and Ceilidh Society Session           |  |
| Tuesday   | 09:00-11:00<br>HCRI20001 - Everyday Peacebuilding and Security Lecture |  | 11:00-13:00<br>HCRI20220 - Professional Experience Project Lecture |  | 13:00-15:00<br>Individual Study/Lunch                           | 16:45-17:45<br>Boxing Training                            | 19:00-22:00<br>Chill at home with housemates |
| Wednesday | 10:00-15:00<br>Individual Study/Lunch                                  |  |  |  | 15:00-16:00<br>Disability Support Mentor Meeting                | 17:00-22:00<br>Work Shift                                 |  |
| Thursday  | 10:00-11:00<br>HCRI20001 - Everyday Peacebuilding and Security Seminar | 11:00-12:00<br>Coffee with coursemates                       | 12:00-14:00<br>Lunch/Finish pre-lecture work                       | 14:00-16:00<br>HCRI20011 - Disasters and Development Lecture | 19:00-22:00<br>Effective Altruism society social                |   |  |
| Friday    | 09:00-10:00<br>Finish Pre-Seminar work                                 | 11:00-12:00<br>HCRI20011 - Disasters and Development Seminar |  | 12:00-15:00<br>Finish post-lecture/seminar content/Lunch     |   | 16:45-17:45<br>Boxing Training                            |  |
| Saturday  | 10:00-11:30<br>Brunch with friends                                     | 12:00-12:45<br>HIIT class at the Armitage Centre             | 14:00-15:00<br>Walk around Ladybarn Park                           | 16:00-17:00<br>Effective Altruism Committee Work             | 17:00-22:00<br>Chill at home with housemates/Go out for a drink |   |  |
| Sunday    | 08:30-20:30<br>Hike with the Hiking Society                            |  |  |  |   | 21:00-22:00<br>Prepare course materials for the next week |  |