

PROJECT

My project was concerned with genetically engineering E. coli, with the aim of hijacking their naturally existing Type VI secretion system, essentially a nanoweapon similar to a needle or harpoon, which the bacteria use to compete with each other. The idea was to modify the E. coli such that they would target colorectal cancer cells with this system.

The support I received from the people at the CNRS (where I worked) was incredible, with everyone in the lab being friendly and welcoming, as well as willing to explain and talk about many different aspects of science, from explaining the theory and practice of the procedures I was carrying out in the lab, to what it was like having a career in a research institute, and how the world of publishing scientific literature works. I think that I was incredibly fortunate to have such a kind host group, and thanks to them I was able to learn a lot during my project.

In addition, the members of the lab arranged for me to give a presentation at the end of my stay, based on the work I had done during the project, and the follow-up work that I envisioned to be required. They asked me some questions about my research, and gave me feedback on my presentation, my handling of questions, and a poster that I had produced, all of which was incredibly useful.

DAILY LIFE

The time I headed to work depended on what I was working on that day; for example, bacterial cultures take several hours to grow to a suitable level, and so on those days I would aim to be in work by 9am. Otherwise, I would study for about an hour and instead head into work for 10am. My journey to work was very nice, because I was able to rent an apartment close to my place of work, and so my morning walk to work was only about 15 minutes.

In terms of what I did outside of work, I really only ventured into Marseilles on the weekends. The transport links great, so I had the option of either taking a short bus trip to the national park Calanques (a sort of rocky cliff-like area near the sea which was very beautiful) or walking a little further to catch the metro to go into Marseilles city centre. I lived fairly close to a huge park that was packed with wildlife, so quite frequently I would spend the day there. Typically, Saturday was my day off and Sunday was devoted to study.

My socialising was mostly with my colleagues, since I spent most of my time at work. The atmosphere there was quite relaxed, so

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everyone was pretty willing to chat, and we always went for lunch together at the on-site canteen. I even went to the beach with some of them on the weekend for a swim, and we also played boules together after work.

LEADERSHIP

The training week that we completed together was fun and insightful, with the opportunity to reflect on and identify important aspects of leadership, as well as meet some very interesting speakers. An important aspect of this week though, was that it was an opportunity for all of the Laidlaw Scholars to get to know each other and each other's projects. One of the key values of the Laidlaw Programme is the importance it places on forming strong and meaningful relationships with the other scholars, and I can genuinely say that I've made some great friends among my fellow scholars.

The leadership training poses important questions that make you think about the key aspects of leadership that will be important in the future, in a wide variety of situations. I think the real importance of this qualification will be the skills that it will bring me, by making me consider leadership in a meaningful way.

IMPACT

The programme has definitely solidified in my mind the idea that I would like a career in research after my degree, and I'm now almost certain that I'd like to do a PhD once I've graduated. It has gone a long way in terms of boosting my confidence, as not only did I manage my own research project for 10 weeks, but I was able to live in a foreign country for ten weeks, where most people outside of my place of work did not speak English.

For the first time, I was responsible for my own research project; the fact that any failures would mean a setback for the project was quite a motivating force, as opposed to an undergraduate teaching lab where the lab work carries on for 4 days at most, meaning that there isn't really such a thing as a major setback.

The programme was not just great for developing my lab skills and giving me insight into the life of a researcher, but I was also able to learn the ways in which research and publishing works around the world and in different journals, as well as the differences in research careers between England, France, and America, since the members of my lab had all taken up placements outside of France at some point. This opened my eyes to a career in the wider world, and to the idea that research is a truly international undertaking where there are no borders.

Hijacking the Type VI Secretion System to develop a Bacterial Anti-Cancer Therapy Ryan Ellisony, Eric Cascales

