

PhD Vlog Week 2 Adriano Marinho

TIME	SPEAKER	AUDIO
00:00:00		[Music introduction]
00:00:10	Adriano	<p>Hi everybody. So it's week two and what I've been doing this week was testing if I can use the Wii balance board in my experiment also testing some heart monitors to see which one of them is the best for my experiment.</p> <p>As you know I'm studying the impact of</p>
00:00:30		<p>virtual reality in our health, especially using the oculus wave and the (unclear 00:00:35) vive and some of the effects that I'm studying are (unclear 0:00:42) stability and heartrate, that's why I'm actually checking the Wii balance board and heartrate monitors.</p> <p>So about this week, I decide to talk a bit, little difference that I found between</p>
0:01:00		<p>Australia and Brazil while living here for more than one year now. So let us start.</p> <p>First, let's talk about the people here. When I first arrived here I was expecting colder people because that's what we actually listen to Brazil, something like, 'Oh well, don't expect them to be as friendly as the Brazilians are.</p> <p>But what I actually found here was plenty of friendly people and because I live in a small town they actually</p>
0:01:30		<p>smile at you when crossing backs in the streets, which is kind of a different feeling for me. We don't have these in my home city, I Brazil.</p> <p>However, the Australians are well more reserved than the Brazilians. For example, while in Brazil we can make friends in a matter of days, it takes months here to the Australians open their emotions for you. Even if you see them every day.</p>
0:02:00		<p>But I don't know how this translates for the academics award, because inside my life people are friendly and we actually collaborate with each other but I had a bad experience once</p>

		<p>where I asked for some help to a guy and he thought I was trying to be stealing his research. Anyway, I can't generalise that.</p> <p>Also about people here</p>
0:02:30		<p>they are very, very active and I don't know if this is (unclear 0:02:35) of my city or if it's Australia in general but we can see people running, going to (unclear 0:02:42), surfing and (unclear 0:02:45) a lot. And they use their natural place (unclear 0:02:48) like this beach behind me.</p> <p>We can't see actually anybody running now because it's midday but by the end of the afternoon, early evening people run a lot here on the footpath.</p>
0:03:00		<p>It's quite common.</p> <p>Speaking of natural place, Australia's world famous for that and the Sunshine Coast (unclear 0:03:06). For example, despite the beach, like this one where I'm at today, we have plenty of mountains and parks here as well.</p> <p>The main difference from Brazil is that people here embrace this place as their, (unclear 0:03:24), often using them for exercise or leisure.</p>
0:03:30		<p>For example, hiking mountain climb here are so popular that we can even spot babies with their parents on the mountains. In fact hiking here is one of my favourite past times and this is something that I never did in Brazil.</p> <p>Also Australians love the beach and surfing and it's really interesting to see that even young kids do it.</p> <p>In Brazil, although we have a huge coast, the surf culture is very, very</p>
0:04:00		<p>very, small and practically no existence when you compare it to here.</p> <p>Here, where I live, every suburb has its own surf club. I mean every beach suburb and even young kids can be trained to assist the life savers.</p>

		Surf is not the only trendy sport here. I'd say that rugby, football and cricket are also big but they are not only these ones. Like, at least in uni we can see people train the other stuff
0:04:30		like basketball, netball and athletics. But in Brazil we practically talk only about soccer. Actually one thing that I was completely unaware about the Australians is how much love coffee. If I turn around behind me you see a little piece of the Mooloolaba esplanade, which is the suite that concentrates all the food stores here in Mooloolaba and there
0:05:00		I can count at least nine place that sell coffee. There is literally a coffee for every taste. Also that means that I, myself, in here every now and then for Arabian coffee as well. This will not also have plenty of stores that sells food but unlike in Brazil they close really early, like 6pm, Sometimes 7pm. And that's it for this week, I hope you enjoy it
0:05:30		And I see you next week, bye.

END OF TRANSCRIPT