



ROBBIE

Robbie is a migrant contract researcher, and the first person in his family to go to university. Even though he enjoys his work, he struggles to see a viable career for himself in the current context. With a chronic health condition that is triggered by tiredness and stress, he cannot see how to stay with the workload and lack of work-life balance that exists in the sector.

Robbie's contract ends soon, although it might get extended: 'that uncertainty is very stressful', he says. The anxiety around what the next job will look like is exacerbated by his status as a migrant on a visa: 'If my contract isn't extended, it means I have to get on a very expensive flight across the world, not knowing where I'm going next.' He wants 'a career that doesn't exist': a permanent long-term researcher role with work-life balance.

emails on phone in morning



21 month contract

difficulty of not being a citizen - needs a visa.

one more year until permanent residence.

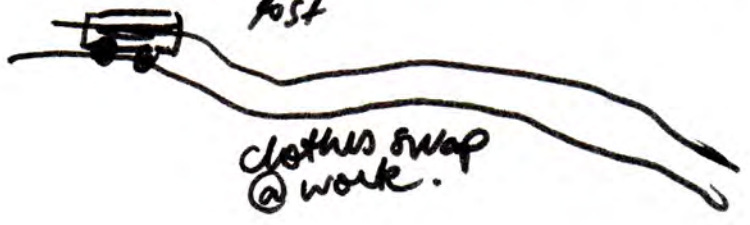
lower paid job might mean not making the cut



dad is a draftsman
depression
"angry at first place"
brief.
enjoyed the biology side
research > exams



checkpoints on bus.
losing signal. wind down stop
podcast. work is behind me.
post



clothes swap @ work.



My mornings are a mish mash, in and out of own time, but in the evenings I leave work behind.

the IN-BETWEEN

ROBBIE IS A RESEARCHER IN BIOLOGICAL SCIENCES. HIS CURRENT CONTRACT WILL END IN A FEW MONTHS.



MY OWN TIME STARTS WHEN I LEAVE THE OFFICE.



I HAVE TO ACTIVELY MAKE THE CHOICE TO THINK ABOUT THINGS OTHER THAN WORK.



MY BUS RIDE TO AND FROM WORK IS 45 MINUTES EACH WAY.

I DON'T ALWAYS SUCCEED. SOMETIMES I WRITE AND RESPOND TO EMAILS ON MY PHONE.



I DON'T ALWAYS SEE THE LINE OF WORK AND NOT WORK. IF I'M READING A PAPER, IS THAT WORK?



I NEED TO FIND OUT SOON IF MY CONTRACT IS EXTENDED.



IF MY CONTRACT ISN'T EXTENDED, IT MEANS I HAVE TO GET ON A VERY EXPENSIVE FLIGHT, NOT KNOWING WHERE I'M GOING NEXT.

IT'S DIFFICULT NOT BEING A CITIZEN. MY FAMILY IS ON THE OTHER SIDE OF THE WORLD.

I HAVE CHECKPOINTS ON MY BUS RIDE.



THERE'S A POINT WHERE I LOSE SIGNAL AND MY PODCAST WILL BREAK UP.

I CALL IT MY "WIND DOWN STOP."

MY OWN TIME IS THE TIME I COMPLETELY SWITCH OFF.



FORCING WORK OUT OF MY MIND.



I DON'T EVEN TALK ABOUT WORK WITH FRIENDS.



I DON'T WANT TO CLIMB THE LADDER.

DOING SO WOULD MEAN CONSTANTLY WORKING OVERTIME, WHICH I CAN'T DO.

I HAVE EPILEPSY, AND TIREDNESS AND STRESS ARE TRIGGERS.



WORKING MY WAY UP WOULD MEAN MEETING A DEMAND FOR OVERWORK...



...AND SACRIFICING MY HEALTH AND WORK-LIFE BALANCE.



REST IS ESPECIALLY IMPORTANT TO ME.

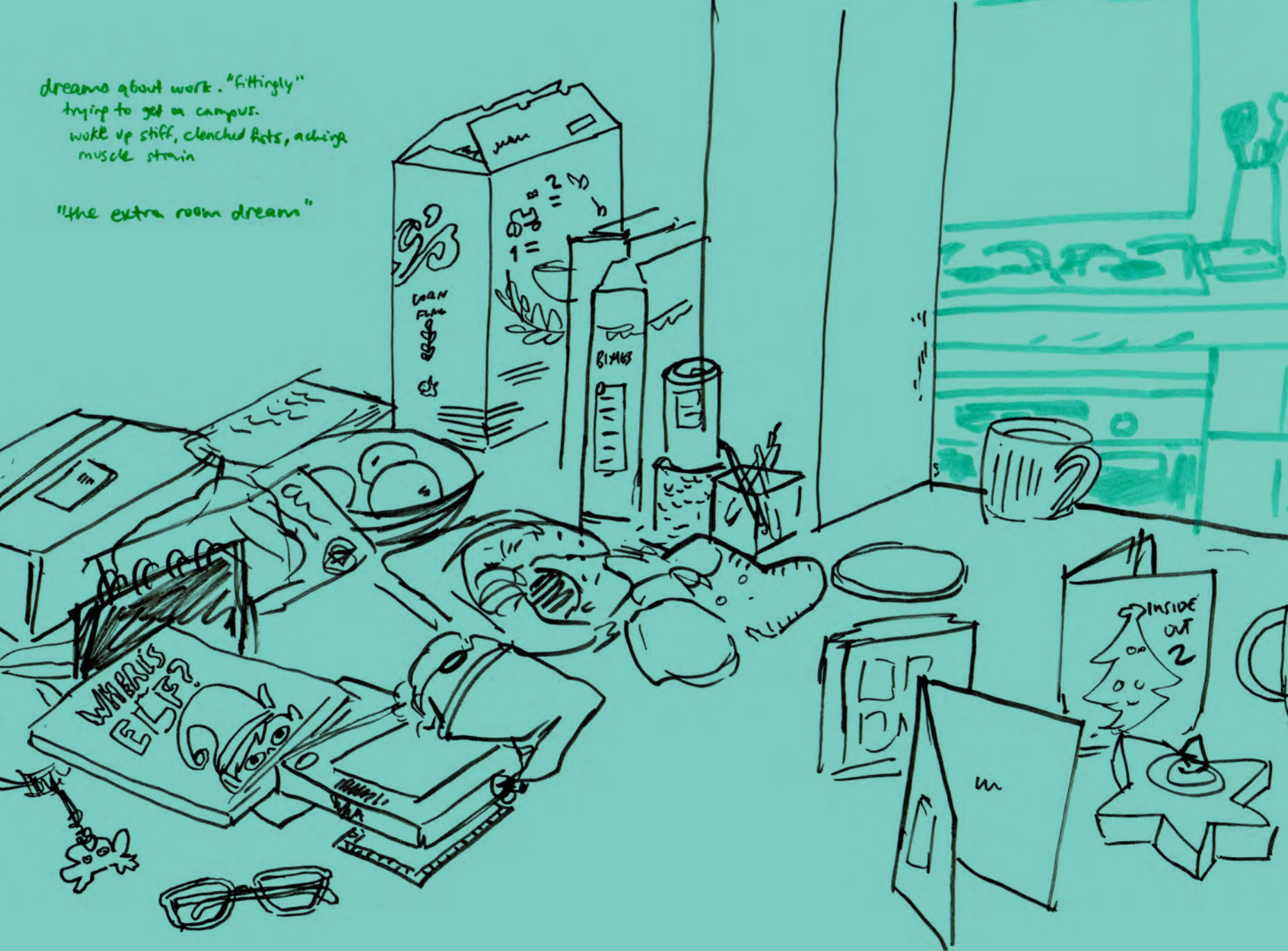


I HAVE TO CARVE OUT SPACE FOR IT IN MY ROUTINE.



dreams about work. "fittingly"
trying to get on campus.
woke up stiff, clenched fists, aching
muscle strain

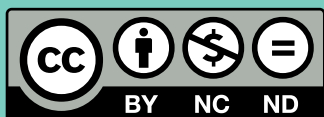
"the extra room dream"



IN THEIR OWN TIME

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Every year I panic – will
I have a job next year?