Hello everyone and welcome to my video blog!

Now I’m a big fan of Oprah Winfrey, so I thought that if Oprah can have episodes dedicated to her favourite things, well, so can I!!

So, today let’s just call this blog “Emily’s favourite things!”. I wanted to go through some of my favourite things.

They are things that as I Podiatry student at La Trobe, I absolutely cannot live without!!

Did you know that there are 26 bones in each foot and ankle? 33 joints, over 100 muscles, tendons and ligaments, not to mention blood vessels, nerves and fat pads!

With so many bits and bobs in the foot and ankle, my best friends this year have become my anatomy text books! And this is my first favourite thing.

In order to borrow these text books, I need my La Trobe student ID card. Now this is one handy card to have.

It has lots of different uses including being an ID card, a library card and a photocopy card.

Next on my list of favourite things, is… my iPhone. So, now that I’m in 3rd year, my uni schedule has really ramped up.

I’ve got workshops, I’ve got lectures, I’ve got mornings manufacturing orthotics and then afternoons in the La Trobe ah clinic treating patients!

And so I need a good calendar to keep track of my schedule including uni commitments and work commitments and all my social activities.

So, I use the little calendar of my iPhone to keep track of this and keep me ah on time.

Once a week, I spend an afternoon in the La Trobe podiatry clinic ah treating patients there.

And we have our very own uniform, which um is this glamorous blue tinted shirt with um the La Trobe logo and also attached to it I have my ah student podiatrist name tag.

As part of our uniform, we also have to have podiatry approved shoes.

So this means they have to be leather, they have to be closed toe, they need to be fastened with either laces or Velcro.

Um they have to have no heel or a small heel um and they need to have also a firm heel counter, which is this section here.

Oh and most importantly, they need to be a little bit ugly; it just goes with the whole podiatry shoe thing. Um so these are my shoes, I’ll introduce you to them now.

Um they’re also affectionately known as my bowling shoes, so nice and daggy.

So that brings me to the end of my favourite things. I hope you’ve enjoyed my version of Oprah’s show and I’ll see you next time. Bye!