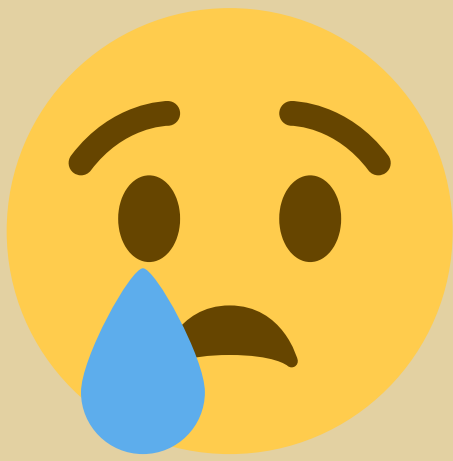


MY FIRST WEEK OF LOCKDOWN

a EUGLOH students' testimony



OK BUT FRUSTATED

look at the positive elements

"It actually went well during the first week, I tried to look at the positive elements of the situation. However, as time passed, I got more and more frustrated because the amount of work in connection with my studies is much bigger compared to the offline mode."



MOTIVATION

find motivation

"I am just tired and I understand that I need to get motivated to continue working on my papers."

"I got bored of the same routine and as the days went by, I became lazier."



THE WORST OF MY LIFE

not the best I could hope for.

"It was the worst week of my life. Losing all my new friends, and online courses..."

"it was quite hard and it became even harder as time passed."



PACKED & WENT HOME

a change of environment

"I think after I made peace with packing everything home in a weekend, I rejoiced the thought of not having face-to-face classes. Now, however, I am extremely unmotivated and I am drowning in deadlines and work."



NOT SO BAD

Relax and set your routine

"It was hard in the first week because it came all of a sudden. However, in the following weeks, everything was fine and I managed routine tasks."

LOCKDOWN



a EUGLOH students' testimony

"I get to spend a lot of time with myself...it is really amazing"

"I miss my friends and going out"

"I can focus on myself and find out what really interests me"

"everything else"

"I have more time for myself and I can be with my family every day"

"I have more responsibilities in connection with my studies and I can't meet my boyfriend"

"I am more inclined in asking for help from my teachers than I used to before"

"the loss of personal contact with teachers and the lack of motivation to sit down and study"


"by staying inside I help the doctors and I help the others. This is the only way I can help"

"it is hard for daily wages workers."

"we can organise our day as we want. The relationships have become more important than before and now we don't spend money on unnecessary things"

"we cannot see our friends and our grandparents and our liberty is restricted."

"learning the value of life"

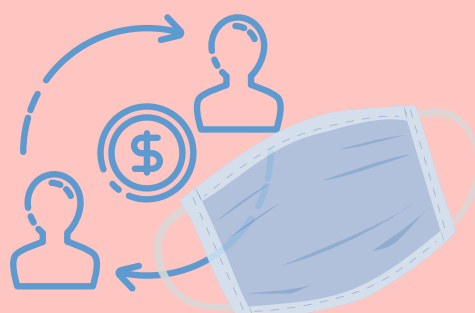


STUDENTS ADDRESSING GLOBAL PANDEMIC



International Cooperation

"I think that countries should work together and make the same rules together."



Safety First

"Virus tests report prior to traveling. Factories and industries can still make an impact on the global economy. So the workers should be protected and offered safety"



Continue searching

"By Keeping us updated"



Medicine

"FIND THAT CURE"



Be fair to all

"Everyone should be more considerate"

GLOBAL HEALTH & SUSTAINABILITY

COVID-19 & THE ENVIRONMENT

"the Earth is healing, so I
guess it's great for the
environment"

"There
is no vehicle pollution
and less paper
consumption, as most of
the work is
online"

"The
environment is
thriving"

"It
helps the environment to
recover a little. I have read
that in many parts of
the world, the air is way
more cleaner than before
confinement."

a EUGLOH students' testimony



HABITS & LOCKDOWN

a EUGLOH students' testimony



"I'm more creative as I find a lot of new ideas on how to spend my time"

"Positively, I finally battled procrastination, learned more of planning"

"I can spend more time alone, but it did not really change my habits; I have always been an introvert type"

"I don't have a schedule anymore"

"I find it hard to finish my tasks on deadline because virtual presence in class and tests is very difficult"

"I passed through several stages and none of them were good for my body. Now that it is warmer it gets better because I can open the window and here comes life"