

COVID 19 and International Students

In the closing months of 2019, a new wave of unexplained illness swept the city of Wuhan, China. Patients showed flu symptoms that could not be remedied by any existing antivirals. In extreme cases, patients complained of difficulties in breathing and exhibited signs of pneumonia.

It's been several months since the dawn of this new pandemic. Further, the virus has swept across the globe and claimed over two hundred thousand lives and infected over three million more.

COVID 19 has impacted the lives of people everywhere in the world. Students and teachers, the rich and the poor. It has been particularly hard for international students who live and study away from their home countries.

Following Protocol

Social Distancing, Isolation and Quarantine

International students are already miles away from their homes. So, following these protocols might be harder for them. Keep reading for creative ways to keep yourself occupied during the quarantine.



Travel

COVID 19 is highly contagious and, its viral particles stay airborne for hours. Aeroplane environments are particularly vulnerable as they are enclosed spaces with little or no ventilation.



Extensive air travel is the main reason the virus has spread to countries across the world in such a short time. So it is advisable not to travel unless necessary. #StayHome

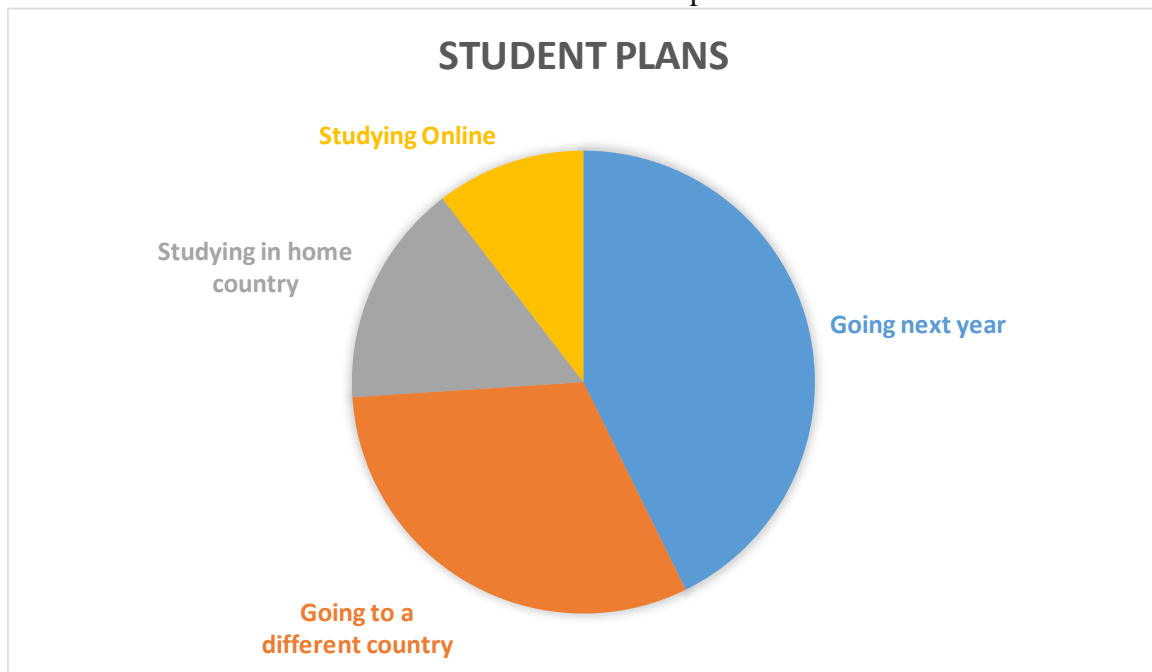
Classes and Coursework

As the pandemic intensified, schools and colleges have been subsequently closed to control the rate of infection. As a student, you are worried about your classes and coursework. Don't fret as a lot of colleges have started taken up teaching online. If you have practicals as a part of your coursework, talk to your professor or course supervisor for alternatives.



Looking forward to a new year

Every year over 3 million students move overseas to live and study. The rising number of cases has forced several students to reconsider their options.



A lot of students prefer to join the following year while a few prefer to study online.

Quarantine Study

Studying remotely from home during quarantine is challenging for anyone. You can't hit the library or talk to your friends. Here are a few things you can do to stay focused and productive all day long:

Study in short bursts

Try to study in short bursts of 20-40 minutes. While on break, take a walk, hydrate or grab a snack. You need your energy all day long!



Follow a routine

Getting up in the morning for an early class is a daunting ordeal. It's even harder to get up if you can't go out. Even then, try your best to wake up and fall asleep at the same time every day. Don't skip your meals and hydrate often.



Exercise

Exercising while you can't go out or go to the gym can be difficult. It's time to switch to bodyweight exercises to keep fit. Meditate after you sweat it out to care for your mental well-being.



While on Video

Taking classes via video chat is not easy. Try to keep your video and mic turned on for the entire class. Engage with your fellow students and your teacher. Keep them from dozing off!



Light reading

You can certainly get bored if you have nothing to do. Catch up on your reading. Ransack your book collection for old books you haven't read in years. There's no time like the present.



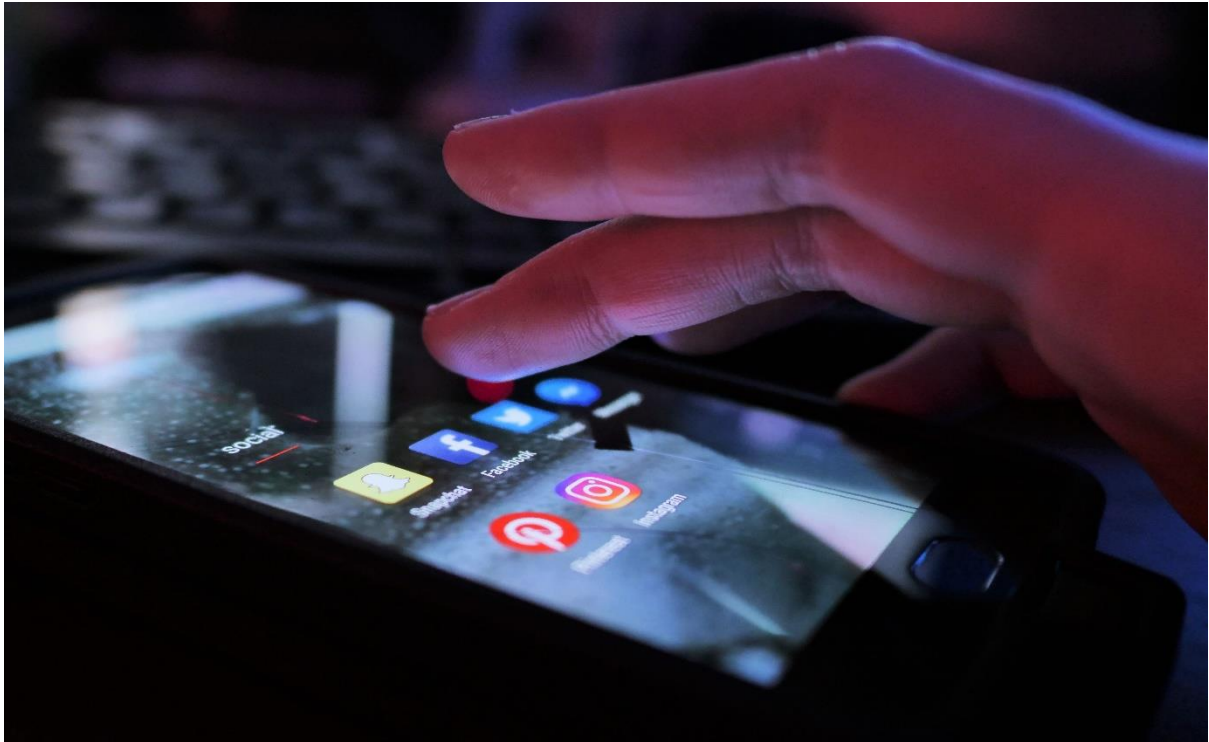
Video games

Video games are helpful to keep boredom at bay. Whether you like to play solo or with friends, don't forget about homework!



Social Media Detox

Spending hours on social media seems like a good idea if you have nothing to do. On the contrary, social media feeds are exploding with real-time updates about the pandemic. Overloading yourself with info might do more harm than good. Limit your news and social media to an hour every few days.



For the Pet lovers

The quarantine will be exceptionally hard on your pet. Keep pet food stocked just in case stores close down. Surprise them with homemade toys and extra cuddle time (only if your pet likes cuddles).



Keep in touch!

Keep in touch with your family and friends. Call them or organise a group video conference. Catch up with family drama and share those virtual high fives.



Your money and expenses

Living overseas during quarantine can be a harrowing experience as a lot of students are losing part-time jobs and find that their monthly expenses are climbing. Check-in with your international relations office regularly to find out if your college offers financial incentives or alternative housing.



These are scary times we're living in. But don't forget to stay calm, stay safe and #StayHome. We'll get through this together.