

## TIPS TO IMPROVE QUARANTINE LIFE

### ➔ Find a new hobby



Finding a new Hobby will allow you to kill time. You can pursue your many areas of great passions or any interests with the time on your hands now.

**Ephrata Mebrat**, a member of the UWC Ranum Bubble from Ethiopia says she found a new hobby in making handmade jewelries, bracelets and key chains! It has allowed her to develop her creativity and express herself freely.

### ➔ Stay healthy & exercise



As outdoor sports and going to your local gym is now out of reach, you should try doing in-home workouts, trying out some yoga to keep fit and physically active!

**Nikolai Havrehed**, from France/Denmark taught a hip-hop class for the Ranum Bubble Students on a Sunday evening (Feb 2021). The students grooved on Dua Lipa's new song "Levitating", which boosted the students' energy and mood for the weekend !

### ➔ Jam with music, sit back and relax!



With now some extra free time, why not try to learn a new instrument? Music has proved to help reduce stress, lessen anxiety and release happiness chemicals in our brains.

The Ranum UWC Bubble house parents **Victor** and **Halfdan** are always up to carry out a jam session with their students. Armed with their ukulele, guitar, piano or the drums, they have mastered them all ! You can find them performing jam sessions or karaoke nights in the music room or the Bubble house.

Check out their Youtube page for more covers of their own twists:  
<https://youtu.be/uKSIE-IT9fc>



photo by Sara LAM, Ranum, 2021

# MY CORONA

by SARA LAM

While most pandemics were spent with candy inventories and contemplating the complexity of life, mine flourished alongside the four horsemen of my isolation; **Hope, Growth, Community and Gratitude**. Hope for an aching world as I faced hardships leaving my recently found home in China, then joining a campus in Denmark for UWC stranded students. Juggling online learning and integrating a new community, I faced changes in many forms and learned that adaptation is the way to thrive. I've witnessed myself Grow, appreciating my support network, and always reminded of my privilege to be a healthy citizen.

Launching an online thrift store developed a sense of independence, as I catered for my personal expenses. The pandemic truly defined the word Community. Striving to make a meaningful contribution to my community, a portion of my profits were donated towards the cleaning of the oil spillage in Mauritius. I as well used my skills in digital design making Black Lives Matter and COVID-19 safety infographics that were distributed to local shops. Lastly, Gratitude for the wholeness of it all as I gained resilience and valuable life lessons. Reflecting back, this has made us all into fighters, and in our own ways, better humans.

# "Adaptation was the only way to thrive."

Testimony by Sara LAM. Event of January 28 2020.  
Trip from HK to MUR. Flight MK641



## INCIDENT IN HONGKONG

On a flight back home in January 2020, couple of coughs got me expelled of the plane, in fear of being a transmitter of the coronavirus. The plane was filled with chaos, the air was almost sickening, and the stare of angry passengers intensified. Like a movie scene, I was handled like a hazard, interrogated by the airport staff and brought in an ambulance by paramedics in hazmat suits to get tested in a hospital.

To my relief, my test was negative and I was released at 5am the same night. I was as a seventeen-year old girl left stranded 7,757km away from home, on foreign land with no cash and a single change of clothes until my next flight. High school work prepared me for the rigor – I made use of the three-months of mandarin to get around Hong Kong and the negotiation skills acquired in leading clubs. The inner girl scout in me triggered my survival instincts. I fended for myself keeping a vigilant eye, and realized the importance of communication and the versatility in being a multi-lingual. Adaptation was the only way facing such an unfamiliar situation, and for me this remains a bumpy but memorable experience.



photos by Sara LAM, Aarhus, 2021

## "Six Feet Apart."

**Social distancing (verb & noun.)** - Maintaining a distance of 2 meters with people outside of your household. Limiting physical interaction with others.

Photographs taken at **Aarhus Old Town** 15 January 2021. The new norm of Urban Life is to wear a mask, protective gloves, sanitizing our hands and staying 6 feet distance with anyone living outside your household. Such precautions are being worn to reduce the risks of spreading the virus. The public are respecting **COVID-19** regulations.

# STAY SAFE. WEAR A MASK.



MY  
corona

The COVID-19 pandemic has been a part of our daily lives since March 2020, but with about 115,000 new cases a day in the United States and the U.S. death toll at more than 464,000, it remains as important as ever to stay vigilant and know how to protect yourself from coronavirus.

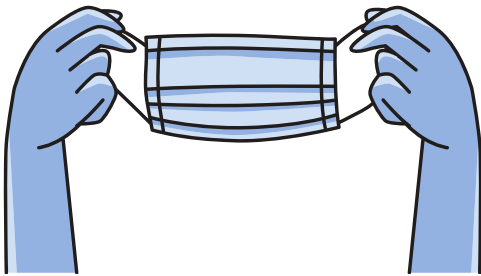
According to the **Centers for Disease Control and Prevention (CDC)**, "The best way to prevent illness is to avoid being exposed to this virus." As the vaccines continue their roll out, here are some simple steps that I would recommend practicing to prevent the spread of COVID-19 and protect yourself and others.



# 1.

## wash your hands with soap

Wash your hands often and thoroughly. Use soap and water or an alcohol-based rub such as hand sanitizers available in your local shops.



# 2.

## wear your mask

Wear your mask in maximum areas, especially public places. Cover your nose and mouth and make sure to use your elbow when you cough or sneeze.



# 3.

## practice social distancing

She witnessed herself grow and thrive in her own ways. There she was; held like high flies in the amber of that moment - click goes the camera and on goes life.