

“Stay Positive Project”

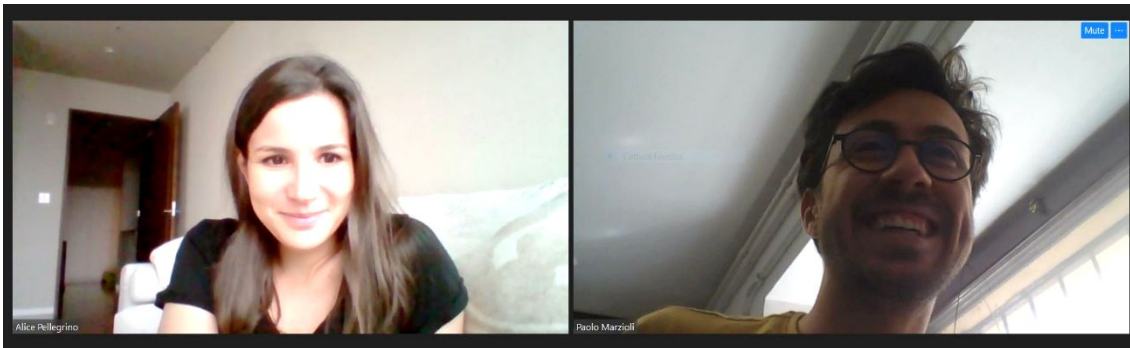
UNISEC Italy Message: “How we stay positive during Corona crisis”



What is currently happening in every country of the globe is going to change and reshape everyone’s life, how we see ourselves and the world around us.

My name is Alice Pellegrino. I am Italian, but I am working since January 2019 in Tokyo (Japan) in an aerospace Japanese company as lead system engineer. My life and working activities have been strictly affected by the outbreak of COVID-19 in Tokyo. I had to choose between my safety and my working duties. I decided to remain at home during the declared

lock-down even if my company did not allow me to apply home office. I spent months 10’000 km away from my family and all the people I love, hoping everyday that no one of them would be infected by the virus. Even if now things slowly started being back to normal and I am back in my office, I cannot leave this country because if I am leaving, I cannot re-enter in Japan and this would put at risk my job. Anyway, I had to find a way to keep thinking positive, I way for facing everything and stay strong. My parents from Italy and my friends played a fundamental role in giving me the strength to keep fighting and to go on with my life. Before being back in the office, I spent my days trying to improve my knowledge and studying online courses on different subjects for my professional development. Getting in touch with my international communities of friends by using virtual tools – including the UNISEC-Global one! – has been very important, a way for sharing experiences and feeling a little less lonely.



My name is Paolo Marzioli, I am Italian and I live in Rome. At the beginning of the Italian lockdown in early March 2020 I was back in Italy since a week or two, after a study period of several months in Japan. So I had to adapt to my old life by being locked down at home, without any chances to see all the people I missed during my months in Japan. The way I kept on being positive during the lockdown was to be as active as possible on working on my PhD research and on my hobbies. No matter if you're forced to stay home, time will not pass quickly if you don't keep yourself busy. I spent those months improving my research and, for the hobbies, learning to play the guitar and having frequent videocalls with my friends, that made me feel close to everyone I wanted to see again once I was landing in Italy. Having international friends helped a lot, also to discover how everyone was facing the terrible events that were happening. All these things helped to eliminate that sense of boredom, uselessness and loneliness that me and many of us initially felt. Finally, despite being horrible times for everyone, that time can be used for personal growth, for knowing ourselves a little bit better and trying to be a better person when we are out of the lockdown. It does not make this a good time but it helps to make it useful to set up goals for the future selves.