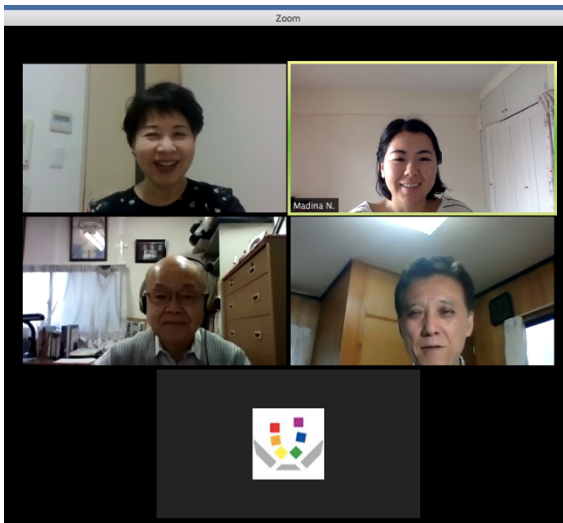




## “Stay Positive Project”

### How I stay positive during Corona crisis



We are all now facing the situation like never before. Everyone in each own or similar way. The whole world is on the lockdown while the medical and essential workers are on the frontlines handling with the challenges brought by the newly emerged Covid-19 virus.

My name is Madina and I am a 2<sup>nd</sup> year Graduate student living in Chiba, Japan. With the outbreak of Corona virus in Tokyo my university classes were stopped. As the response to the new Covid-19 virus the distance learning system will be the main course of studying until the situation stabilizes and we can safely return to classes held in University.

With the declaration of the emergency state in Japan most of the time I spend by myself. I try to spend the time I got at home effectively and productively by doing my research readings and keeping physical activity through yoga practices. Nevertheless, doing UNISEC internship at home me and my colleagues are in close contact working and supporting each other through smiles and laugh. While working on the translation of UNISEC-Global “Guiding Principles” I had a chance to see how UNISEC people around the globe worked and helped each other. Even though we have not met each other, through UNISEC we were able to work as a team and contribute to a common mission.

In pandemic times like this we need to keep the new rules like social-distancing, but do not forget that we still need to stay together.