ICL EDUCATION GROUP

COVID-19 UPDATE

08 | 04 | 20

Welcome to day 14 of the nation-wide lockdown to break the chain of Covid-19. In this update we'll look at some student comments about our new online classes, answer some questions you might have about life in lockdown, and suggest some fun things you can do while you're at home!

Student Comments About Online Classes - ICL GBS

"We save commute time and it is easy to understand the lesson."

"We have the option to record the lecture and revise it later."

"We enjoy the breakout room discussion. It helps to interact with the classmates and the lecturer."

Student Comments About Online Classes - AEA & Bridge

"It was a good class. I practiced the different times in one activity, because actually for me it is difficult to use different times in my normal life, another good thing was to talk to new people, this could be good because staying at home with the same people for long time is going to be very boring. :)"

"I learned some new adjectives in this class and their meanings mainly. We did a bit of listening and studied grammar. This class has been one of the most dynamic and interactive until now."

"I enjoyed reading tasks and speaking tasks in group or private video call during the class, this kind of task is good to improve the speaking."

Mental Health & Wellbeing in lockdown

COVID-19 is changing our daily lives. It's important to look after our own wellbeing, and the wellbeing of our whānau and community. Please find tips how to get through this on the Mental Health Foundation NZ: www.mentalhealth.org.nz/covid-19

Q: If I am feeling stressed, who can I talk to?

1. Misako is providing Virtual consults for student emotional, spiritual and social wellbeing via Live Zoom and is available from 12:30pm to 13:30pm every Monday, Wednesday and Friday except for the public holidays. Please contact Misako Okawa for more information **accommodation@icl.ac.nz**

2. There is a **"Need to talk?"** service that supports with grief, anxiety, distress and mental wellbeing. The service is free, available 24 hours a day, 7 days a week on **1737** and gives you the chance to talk it through with a trained counsellor.

3. When we are relaxed and emotionally happy our immune system becomes stronger. Join **Online Meditation** for a special trip to the Relaxation and Mental Peace techniques.

4. Not ready to speak with a person about how you're feeling? You can talk to the **Clearhead Chat Bot**, and it will help you.

Q: How can I stay active during the lockdown?

1. Search for virtual activities/events on **Eventfinda website**.

2. Free online services you can use during the lockdown, from fitness to mindfulness: **https://thespinoff.co.nz/business/01-04-2020/the-best-things-you-can-get-for-free-online-while-the-countrys-in-lock-down/**

3. 10 of the world's best virtual museum and art gallery tours: **https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours**

3. Auckland's very own **Academy Cinema** is going online and will be streaming amazing films during lockdown - Perfect if you've gotten bored of Netflix!

4. We live in the most connected age, it's time to take advantage of that! Have a coffee with friends over **Facetime**, **House Party**, **Google Hangouts**, **Skype**, or any other of the many other video calling apps!

Q: I/my tenants are having trouble paying rent, what are my options?

A: Due to the loss of employment income, some tenants may experience difficulty to pay their rent. Tenants who can't pay their rent should let their landlord know as soon as possible. Be honest about the situation and see if you can agree on a payment plan. Landlords and tenants that reach an agreement can choose to have this formalised using the FastTrack resolution process provided by Tenancy Services to help landlords and tenants. **https://www.tenancy.govt.nz/disputes/fasttrack-resolution/**

Dear Students,

It sometimes seems like years since we went to online teaching, but it's only been a fortnight. I am very proud of the way our teachers and students have risen to the occasion, and it's really great to read the positive feedback and hear of imaginative activities that our staff are developing.

In New Zealand and much of the world we have moved into an experience none of us had ever expected, and we have, for the most, tackled it with spirit, collegiality and above all with kindness. We have reason to be optimistic that the lockdown may not be extended, or that at least some conditions may be loosened. How the schools will be affected is still guesswork, but however long our enforced online teaching continues, let us make a virtue of it.

Thank you for your patience and perseverance. We know how hard it is to concentrate for lengthy periods. Please continue to bear with us - and continue to be kind! All good wishes.

Ewen Mackenzie-Bowie
Chairman

STAY HOME,
SAVE LIVES.

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