As we continue into this time of uncertainty, it is important to take care of yourselves physically and mentally. Reach out to friends and family that are in self-isolation and stay connected via. Zoom for International Conversation time! Continue to stay home so we can get closer to the end of this deadly virus. We are all in this together. Spread love not sickness.
FROM THE DIRECTOR'S DESK

What a month we have had! How quickly things can change!

I hope that by now all of you have settled into a routine for getting your classwork done online. I know that is tough for those who are half-way around the world and trying to attend class in the middle of the night. I also feel the regret of those who will be graduating without being able to celebrate with your family and friends. Hang in there. Things will get better.

Please stay in touch with us, and please read everything that we send to you. The situation with immigration rules and all the various US government agencies with which we work is changing daily, sometimes hourly. We are doing our best to keep our website up-to-date and to send out mass email messages regarding all important developments. Read these. Also, continue to monitor the UIS COVID-19 page for other important updates.

As I write this, we are hopeful that everything will begin to return to normal by sometime this summer and that we will see all of you who are not completing your studies this spring when you return to campus in the fall. The best advice that we can provide at this time is that you continue to work toward that goal and that you complete all processes as early and as quickly as possible. Once things do start moving again, there will be long lines and a backlog of work for the US Department of State (embassies and consulates), US Citizenship and Immigration Services, the Student and Exchange Visitor Program (SEVIS), etc. Try to stay at the front of the line if you can.

Stay safe and well if you can.

Sincerely,

Rick Lane, Director ISS
Hinamatsuri
March 2, 2020

Introduction of Hinamatsuri on the tripod

Student's created their own Origami.

Student's playing Janken-pon game. Janken is played pretty similarly to the way most people play rock, paper, scissors in the US: you use one of three moves to beat your opponent. Rock breaks scissors, scissors cuts paper, and paper covers rock except for different terminology. There's a whole special ritual to janken that's a little different than what I'm used to in the US. Both players start by saying "Saisho wa guu" (さいしょはぐう) or "Starting with rock," and holding out a closed fist. Each says "Janken pon!" and throw out their move, whether it's rock, paper, or scissors. If there's a tie (both players choose the same move), both players say "Aiko desho!" (あいこ あいこ) or "It seems like a tie!" and keep going in rapid-fire succession until somebody finally wins. There are tons of variants to janken.

Student's designed bookmarks.
Major: Environmental Studies

What country are you from: Zimbabwe

Spoken languages: English & Shona

What hashtag best describes you?: #SoftSpoken, #Patient, #Reliable

Tell us about yourself – hobbies, interests: I like swimming, visiting nature and wildlife sites and bird watching. I love my family so much that I do not miss a single day without talking to them. I also love meeting new people, especially people with a different cultural background than mine.

What is your favorite movie and why?: One of my favorite movies is Coming to America. It is a funny and hilarious movie that reminds me that through determination or against all odds one can achieve whatever they desire if they keep striving!

What is your dream job?: To work as an Environmental health analyst

Describe your home country and what you like best about it: Zimbabwe is a landlocked country in southern Africa known for its dramatic landscape and diverse wildlife, much of it within parks, reserves and safari areas. It has one of the seven natural wonders of the World known as the Victoria Falls which makes a thundering 108m drop into narrow Batoka Gorge, where there’s white-water rafting and bungee-jumping. Zimbabweans are very peaceful and friendly people.

What do you like best about Springfield?: What I liked most about Springfield is that it has nice people who take time to greet you which makes me feel at home as compared to other Cities that I have visited in the United States. I had the chance to taste the famous horseshoe and I enjoyed it.

Were you involved in any clubs, organizations, or campus employment while at UIS? If so, please describe which club, organization, or employment and what you enjoyed or learned: I work as a Graduate Assistant in the department of Environmental Studies where most of my job involves administration work and meeting other students with different cultural backgrounds that is different from mine and I find it fascinating to learn what other cultures do.

Why did you choose UIS?: I chose UIS because it offered me a Masters program that was a perfect fit to my career goals. I also found the professors here at UIS to be quite accommodating and dedicate their time to helping students especially during my application process here at UIS when I was still in Zimbabwe.

What tips could you offer new students?: Enjoy every moment in the classroom, for it will go by so fast. Take time to meet new people and make new friends.
50 IDEAS TO KEEP YOUR MIND GOING

2. Start a journal or blog. Sure, it can be about the coronavirus, but it could also be about a specific interest from chess to cheese.
3. If it won't bother your neighbors: Dust off that old instrument and practice.
4. Watch all the really long movies you've avoided until now.
5. Download Duolingo, or a similar app, and teach yourself a foreign language.
6. Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head. (The latter is more like transcendental meditation.)
7. Face masks, moisturizer, oh my! Treat yourself to a 10-step skin care routine you don't have time for during a normal work week.
8. Look at pictures of puppies.
9. Put together the most attractive charcuterie board possible, but you can only use foods you already have in your fridge and cupboard.
10. Write actual letters to family and friends. After that? Write thank-you notes to service people who you remember went out of their way for you.
11. Learn something new, YouTube can help.
12. Try on all your clothes and determine whether they “spark joy” à la Marie Kondo. Better yet, go through this process with your junk drawer and supply shelves.
13. Have a roommate meeting about how to be more considerate of one another, especially while you will likely be spending more time together.
15. Bake those goods.
16. Watch films that won Oscars for best picture.
17. Will Tom Hanks into recovery from coronavirus by watching every Tom Hanks movie chronologically.
18. Use Skype, FaceTime, Google Hangouts or Marco Polo to video chat with your long-distance friends.
20. Alternate reading the Harry Potter series with your kids and cap each one off with the movie.
21. Watch the “Star Wars” movies in this and only this order: Rogue One-IV-V-II-III-Solo-VI-VII-VIII-IX.
22. Attempt things with your non-dominant hand, from writing to brushing your teeth. Prepare to be frustrated.
23. Practice shuffling playing cards like a Poker dealer. Be ready for employment opportunities once all casinos open back up.
24. Get into comics with digital subscriptions on your tablet, like Marvel Unlimited.
26. Consider downloading a fitness app with curated workout playlists.
27. Learn origami. Make cranes for your loved ones.
28. Stretch. Work on your flexibility. It's possible to get the splits back, right?
29. Try moving in super-slow motion. It's OK to laugh at regular speed.
30. Consider donating money to food banks to help families struggling to get meals.
32. Practice shuffling playing cards like a Poker dealer. Be ready for employment opportunities once all casinos open back up.
33. Organize your spice rack alphabetically or get crazy and do it by cuisine.
34. Teach your dog to shake. Hand sanitizer optional.
35. Memorize the periodic table. You never know when that will come in handy.
36. Order and put together some IKEA furniture. Time yourself.
37. Get a free trial of a streaming service and binge-watch as much as you can before it expires.
38. Apply for a new job. You have remote work experience now.
39. Get into comics with digital subscriptions on your tablet, like Marvel Unlimited.
40. Learn origami. Make cranes for your loved ones.
41. Watch the "Star Wars" movies in this and only this order: Rogue One-IV-V-II-III-Solo-VI-VII-VIII-IX.
42. Attempt things with your non-dominant hand, from writing to brushing your teeth. Prepare to be frustrated.
43. How many words per minute can you type? See if you can get speedier by taking a typing course.
44. Learn origami. Make cranes for your loved ones.
45. Stretch. Work on your flexibility. It's possible to get the splits back, right?
46. Try to speak in pig Latin. Or, “ig-pay, atin-Lay.”
47. Talk to your plants. How are they doing? Make sure they are getting the amount of sunlight they should be. Check their soil. Water if necessary.
48. Study the art of beatboxing. It’s OK to laugh at regular speed.
49. You know how there are dozens of ways to wear a scarf, but you only wear it the one way? Learn the other ways.
50. Learn Old English words. Pepper them into your conversation. Wherefore not?
*Corona Virus Fun*

**SELF-CARE IDEAS TO KEEP YOU HEALTHY**

- Play a game
- Draw (you don't have to be good)
- Wrap up in a blanket
- Exercise
- Sing
- Call a friend
- Drink tea (or your favorite warm drink)
- Paint your nails
- Breathe deeply
- Create a morning or evening routine
- Eat a meal you enjoy
- Sleep in
- Plan your daily self-care for the month
- Watch a movie
- Call someone you care about and say “I love you”
- Journal
- Go for a walk
- Delete items from your to-do list
- Do a random act of kindness
- Look at the clouds
- Be alone
- Take a shower and enjoy it
- Attend an online counseling session or support group
- Call someone who makes you feel good
- Look at the stars
- Read a blog on self-care activities
- Try guided imagery (YouTube has great options)
- Cook a meal
- Be kind to someone else
- Declutter something
- Light a candle
- Read a magazine
- Smile (and hold it for 30 seconds)
- Turn your phone off
- Get some pampering done
- Create a mission statement
- Find an inspiring quote
- Indulge in a treat
- Look at old photos
- Take a bath
- Listen to an audio book
- Pet an animal
- Start a gratitude journal
- Organize your day
- Sit outside
- Snuggle with someone
- Listen to music
- Stretch
- Watch home movies
- Take some photos of things that make you smile
- Write down your negative thoughts and throw them away or burn them
- Sit quietly at home
- Watch baby animal videos
- Write down 3 things you’re thankful for
- Watch a show on Netflix
- Read a book
- Stop what you’re doing and simply breathe
- Sit and listen to the sounds of nature
- Talk about your feelings with someone who will listen
- Plant something
- Stay off of social media for an hour (or more)
- Visit an animal shelter
- Watch the sunset (or sunrise)
- Wear something that makes you feel good
International Conversation Time

Join ISS to Chat!

- Hang Out
- Games
- Activities
- World Affairs

03/30
5:30 - 6:30 PM
Meeting ID 205 459 557
Monday

04/02
1:00 - 2:00 PM
Meeting ID 921 185 047
Thursday
In Thailand the celebration of New Year is referred to as Songkran. The exact date varies every year depending on the lunar cycle but usually happens sometime in April. The traditional celebration of Songkran is to return to your families and pay respect to your elders by spraying a little scented water on their hands. However, Songkran has changed over the years and has become a public 3 day water fight. It is near impossible to walk down the street without being sprayed by water. Shop owners will sit outside their shops with giant containers of ice water ready to throw at anyone walking by, while others will roam the streets, sometimes in tuk tuks! Tourists from all over the world will travel to Thailand to take part in these celebrations.
Tales from Quarantine Front at ISS

"During Quarantine, I have been learning new skills because of all the free time. I am learning to cook new dishes. I also watch a lot of TV and movies. I have watched a lot of international tv-shows and learning about other countries traditions and cultures. Since my whole family is home as well I usually just end up watching comedy movies and enjoy my free time with my parents and siblings. Also, I never get bored because I have 3 energetic dogs that are always ready to play. Milo, Poppy, and Lola always brighten my mood. Especially when I am done studying for my classes. Once the dogs are done playing for the day, Lola and I like to cuddle up and I take some time to read some books. Overall, I know being inside every day can be frustrating, but I always like to look on the bright side and enjoy every second of the day with the people I love."

Best,
Jennifer Arcos Rojas
Student Worker

"So my quarantined days are pretty simple and boring. I’ve been staying at my apt two weeks already, and won’t be out in a month I guess, only go out for trashing and taking food that delivered by shoppers from InstaCart App. Doing homework taking online courses and watching movies and playing video games are what I doing currently."

Thanks,
Yujia
International Student Worker
WE'RE LOOKING FOR INTERNATIONAL STUDENT AMBASSADORS!

If you have any interest in becoming an international student ambassador contact Career Services by phone, (217) 206-6508, e-mail at careerservices@uis.edu. For more information check out their page at https://www.uis.edu/career/