

SURAT-TUGAS

Nomor: 00320/K.6.4/ST.FBS/07/202

Dekan Fakultas Bahasa dan Seni Universitas Katolik Soegijapranata Semarang dengan ini memberikan tugas kepada :

Nama : Dr. Dra. Ekawati Marhaenny Dukut, M.Hum.

Status : Tenaga Edukatif Fakultas Bahasa dan Seni Universitas Katolik Soegijapranata Semarang

Tugas : Menjadi Pembicara dalam Webinar Centerbury Arts E-Conference dengan Thema "**How Can We Be Creative In Difficult Times?**"

Judul Makalah : **Coronavirus Novel & Poster: A Creative Writing Cure**

Waktu : 15 Juli 2020, Jam 17.00-01.00 WIB

Tempat : Canterbury Arts-E-Conference, Warnborough College, United Kingdom.

Lain-lain : Harap melaksanakan tugas dengan sebaik-baiknya dan penuh tanggung jawab

Semarang, 10 Juli 2020

Dekan



B. Retang Wohangara, SS., M.Hum
NPP. 058.1.1999.230.

15 June 2020

Dr. Dra. Ekawati Marhaenny Dukut, M.Hum
English Department, Faculty of Languages & Arts, Soegijapranata Catholic University
Presentation Title: Coronavirus Novel and Poster - A Creative Writing Cure

RE: Proposal Submission for Canterbury Arts E - Conference (Carts E-Con) 2020

Dear Dr. Marhaenny Dukut,

This letter is written in support and acceptance of your proposal submitted for Carts E-Con 2020, to be held online on 15 July 2020.

Your program entitled “Coronavirus Novel and Poster - A Creative Writing Cure” has been accepted for inclusion in the event.

You will be kept apprised of all conference related details.

Should you need any additional information at this time, please do not hesitate to contact me.

Sincerely,



Jill Kiefer, PhD

Warnborough College UK/IE - Council Member – Canterbury Arts Conference Co-Director

Warnborough College Ireland – Dean of Fine Arts, Cultural Art History and Media Studies

www.warnborough.edu - jkiefer@warnborough.edu

Director, What About Art? - www.whataboutart.org - jill@whataboutart.org

Ossining Arts Council, Past President

JK:dmc



Certificate of Recognition

This is to certify that

Dr. Dra. Ekawati Marhaenny Dukut, M.Hum.

presented at the

7th Annual Canterbury Arts Conference

held on 15 July 2020.



Dr Jill Kiefer
Director



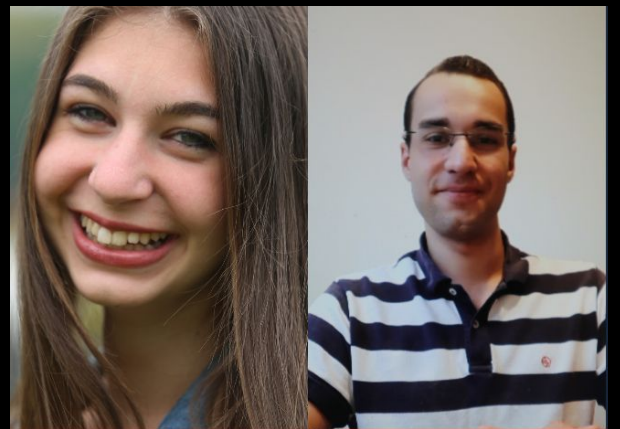
Dr Julian Ng
Director

CArts-E-Con 2020

WEDNESDAY – 15 July 2020

11:00 – 19:00 GMT(UK TIME)

Conference Directors: Dr Jill Kiefer & Dr Julian Ng



E-Conference Presenter:
Sofia Avancini

Join CArts-E-Con 2020

Art to the Rescue!

Sofia Avancini will present her short film Italian 'Fashion and Emotions' (La Moda e Le Emozioni) where she uses fashion to express and showcase emotions at this year's CArts-E-Con2020. And Sami Barbieri will presenting a short film: Rento (Finnish for 'casual, relaxed, calm') They are students at WOB Bozen, Italy.



E-Conference Presenter:
David Stokes

Join CArts-E-Con 2020
Art to the Rescue!
Dr David Stokes has been the Chief Executive of The Halpern Charitable Foundation since March 2019. The charity focuses on tackling mental health and social isolation through the arts, and also runs the well-known Nucleus Arts centres across Medway, supporting locally-based artists and increasing opportunities for creative business. For the e-conference, David will be presenting: Cushioning the blow of COVID – Art to the rescue in Medway

<http://www.cartsccon.com/>



E-Conference Presenter:
Ayo Adewunmi

Join CArts-E-Con 2020: Art to the Rescue!
Ayo Adewunmi (Ph.D), has taught art and photography at the Institute of Management and Technology (IMT), Enugu since 1991. He studied art at Ahmadu Bello University Zaria, Nigeria, where he obtained a BA degree in Industrial Design, in 1991. He has an MFA in Painting and Ph.D. in Art History from the University of Nigeria, Nsukka, Nigeria. He is currently the Art Director of Life in My City Art Festival. He initiated the Art is Everywhere (AIE) project, a waste-to-art recycling workshop in 2005. Adewunmi has participated in numerous art exhibitions within and outside Nigeria. Ayo Adewunmi will be presenting: Art Business and the COVID-19 Lockdown Experiences.



E-Conference Presenter:
TwinProv and Boyd Branch

Join CArts-E-Con 2020
Art to the Rescue!
Twinprov is a collaboration between Sarah Davies and Julie Flower. Taking an audience suggestion, they paint a location that will be inhabited by sometimes weird and wonderful characters who engage with each other at a very human level. Boyd Branch is an improvisational media and performance specialist. For CArts-E-Con 2020, Julie will present the following: Reimagining the virtual space: improv in lockdown

<http://www.cartsccon.com/>



E-Conference Presenter:
Ekawati Dukut

Join CArts-E-Con 2020
Art to the Rescue!
Dr Ekawati Dukut from Indonesia will showcase how art REALLY comes to the rescue of the mind, body and soul with her presentation "Coronavirus Novel and Poster: A Creative Writing Cure".

<http://www.cartsccon.com/>



E-Conference Presenter:
Jack Lowe

Join CArts-E-Con 2020: Art to the Rescue!
Jack will be presenting: Location-based games as platforms for site-specific storytelling. From the GPS treasure-hunting game Geocaching, which began in 2000, to the overwhelming popularity of recent titles like Pokémon Go, the prevalence of location-based games as a digital media artform has grown significantly over the past two decades. When it comes to site-specific storytelling, however, artists are still only beginning to investigate the potential of location-based games for engaging with the wide-ranging narratives through which places become meaningful to us. This presentation will use gameplay observations, examples of shared stories and interviews with participants to consider the opportunities and challenges that Canterbury in 3 Worlds and location-based games in general present for engaging with diverse stories of places, particularly in the context of the coronavirus pandemic.



E-Conference Presenter:
Chandra Kirana Prijosusilo

CArts-E-Con 2020:
Art to the Rescue!
Join Chandra Kirana Prijosusilo as she talks on how Artisans explore their Textile Folk Art Roots in East Sumba, Indonesia to improve their Art, income, and environment at our first CArts-E-Con Virtual Conference. For CArts-E-Con 2020, Chandra Kirana will be presenting: How Facilitating Artisans to Explore their Textile Folk Art Roots in East Sumba, Indonesia Helped Them to Improve Their Art, Their Incomes and Their Environment



E-Conference Presenter:
Iswadi Suhari Mawabagja

Join CArts-E-Con 2020:
Art to the Rescue!
If you think statisticians are boring, Iswadi Suhari Mawabagja will convince you that Comedy play can reduce stress and improve work engagement. For the e-conference, Iswadi will be presenting: Comedy play for stress reduction and work engagement – Statisticians are not that boring.



E-Conference Presenter:
Jemma Channing

Join CArts-E-Con 2020:
Art to the Rescue!
Jemma Channing is the Health & Wellbeing Programme Coordinator at The Beany House of Art and Knowledge; The Culture, Health and Wellbeing Alliance museum sector champion for the South East. She has presented her work nationally and internationally on the positive impact that the arts has on the health and wellbeing of both individuals and communities. For CArts-E-Con 2020, Jemma will talk about: Digital Communities – Engaging Hard to Reach Groups Online



E-Conference Presenter:
Victoria Sonstegard

CArts-E-Con 2020:
Art to the Rescue!
Dr. Victoria Sonstegard is the founder and CEO of Art Speaks: Design + Illustration, creator of the Blog, Women out West: Art on the Left Coast, a fine artist, art historian, and educator. Dr. Sonstegard has designed logos and advertisements for industry and has taught drawing, painting, art history, and graphic design for 20 years. What matters most to Dr. Sonstegard is truth, loyalty, and compassion for all. For CArts-E-Con 2020, Dr. Victoria Sonstegard will be presenting: Aging with Attitude: Learn and Reshape your Brain!



E-Conference Presenter:
Libby Geiselmayer

Join CArts-E-Con 2020: Art to the Rescue!
"The New Normal"
Libby will be examining the ins and outs of offering government arts programming amid a pandemic and beyond. She will be asking "what's next" while offering alternative ways to address community needs and engage a divided audience in the course of a crisis. Libby Geiselmayer tackles this and other issues from an arts perspective and funding at our first virtual conference CArts-E-Con 2020



E-Conference Presenter:
Dr Sozita Goudouna

Join CArts-E-Con 2020
Art to the Rescue!
Dr Sozita Goudouna tackles a very pressing matter with her presentation: Breathe – Breathe Again... Breathe Better: Investigating the "Politics of Respiration" in the context of the BLM "I Can't Breathe" Movement

<http://www.cartsccon.com/>



E-Conference Presenter:
Gouhar Pirzada - STEP IADM

Join CArts-E-Con 2020
Art to the Rescue!
At CArts-E-Con 2020, Gouhar Pirzada of STEP IADM in Pakistan will present "Art Online – a retrospective creation from Pakistani students", involving of young art and design students in creative assessments and inspiring them to create products in a time of COVID-19.

<http://www.cartsccon.com/>



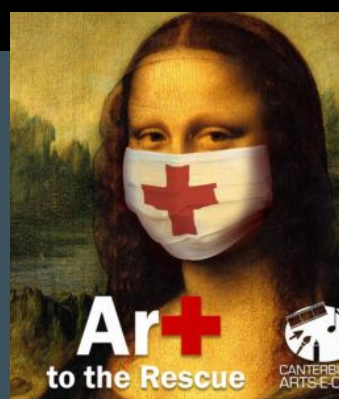
Indah Morgan
Indonesian Diaspora
from China
as Speaker



E-Conference Presenter:
COVID-19 Stories from 19 Countries Project

CArts-E-Con 2020: Art to the Rescue!
The corona virus outbreaks are global phenomena that are too big to be ignored. The initiator is an Indonesian journalist by the name of Harun Mahbub Billah who launched his book on COVID-19. He encourages the Indonesian Diaspora to tell the story from around the world. The purpose of this project is to serve world history. Together we are perpetuating the big moment on planet earth. This project is personal stories on daily activities from ordinary people: migrant worker activists, professionals, housewives, academics, nurses, social workers, pastors, and many more. Choosing countries for contributors is not easy, and not everyone would like to share their life stories during COVID-19. Some say it is painful to tell and others say by writing their story it releases the pain to empower others to survive.

Join us on July 15 for a fascinating insight into coping during the pandemic!



<http://www.cartsccon.com/>



cartsccon.com



WARNBOROUGH
COLLEGE UK 1973

CANTERBURY ARTS-E-CONFERENCE,
WARNBOROUGH COLLEGE, UNITED KINGDOM
<http://www.cartscon.com/canterbury-arts-conference-cartscon/about-cartscon/>

15 JULY 2020



CORONAVIRUS NOVEL & POSTER: A CREATIVE WRITING CURE



Dr. Dra. Ekawati Marhaenny Dukut, M.Hum.

English Department, Faculty of Language & Arts, Soegijapranata Catholic University, Indonesia **ekawati@unika.ac.id**

spread of Covid-19's timeline

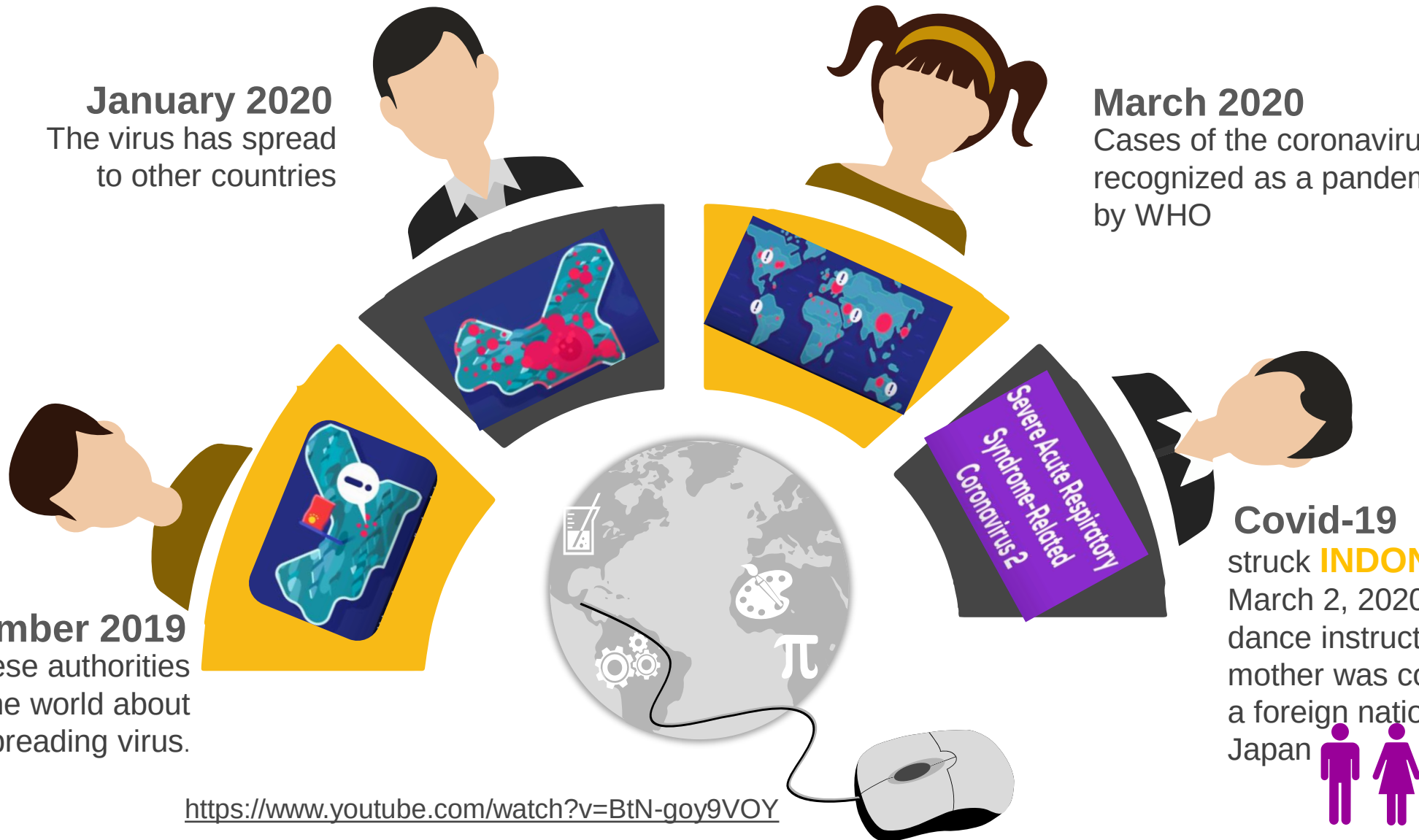
January 2020
The virus has spread
to other countries

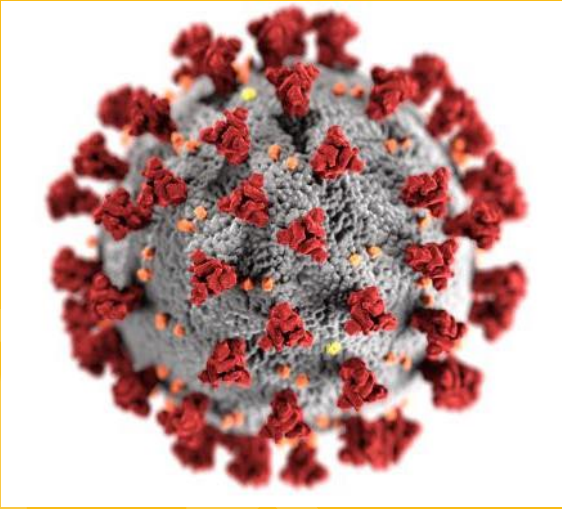
March 2020
Cases of the coronavirus is
recognized as a pandemic
by WHO

December 2019
Chinese authorities
informed the world about
a spreading virus.

Covid-19
struck **INDONESIA** in
March 2, 2020 when a
dance instructor & his
mother was contracted by
a foreign national from
Japan

<https://www.youtube.com/watch?v=BtN-goy9VOY>





CORONAVIRUS

highly contagious

transferred via
droplets

attacks the
respiratory system

The **crowned** virus is...

- ▶ threatening **HEALTH**... Many have died from the virus
Scientists are racing with time to find the best cure
- ▶ threatening the **PSYCHOLOGICAL WELL-BEING OF INDIVIDUALS**... People are **stressed, depressed, anxious, panicked, emotional, angry**
- ▶ threatening **ECONOMIC LOSS**... Locked down society – minimized/ stopped the global economy, unemployed
- ▶ threatening **EDUCATION & BUSINESS**... especially in remote locations... Schools & offices are physically closed down

SCHOOLS IN CITIES, HOWEVER, SURVIVE WITH DIGITAL LEARNING

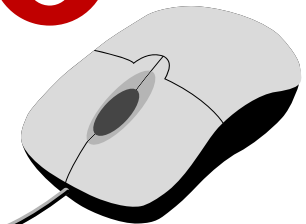
Online Teaching

**SOEGIJAPRANATA CATHOLIC UNIVERSITY
SEMARANG - INDONESIA**

- ✓ MOODLE have been available in SCU since 2018 – but not many looked at it - let alone used it
- ✓ By the end of 2019, intensive trainings were given – but not many have mastered it
- ✓ At the beginning of 2020 – the coronavirus have closed the campus – yet – blessing in disguise – teachers & students are FORCED to use MOODLE online courses/ meetings/ consultations **24 hours/ 7 days a week**

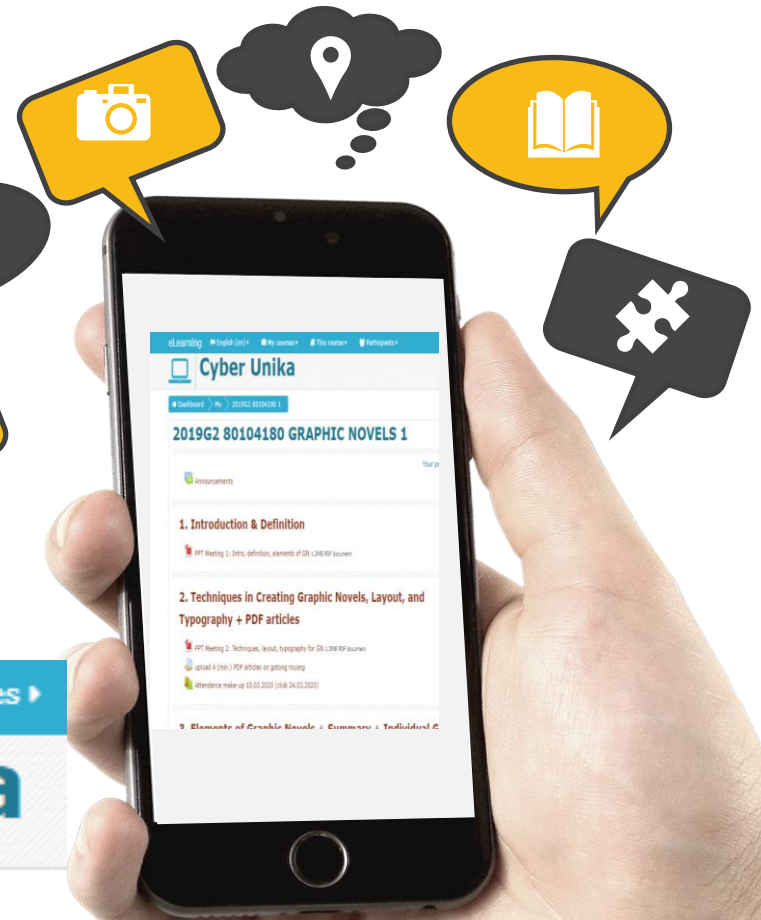
HOW?

.....
**Online
Teacher**

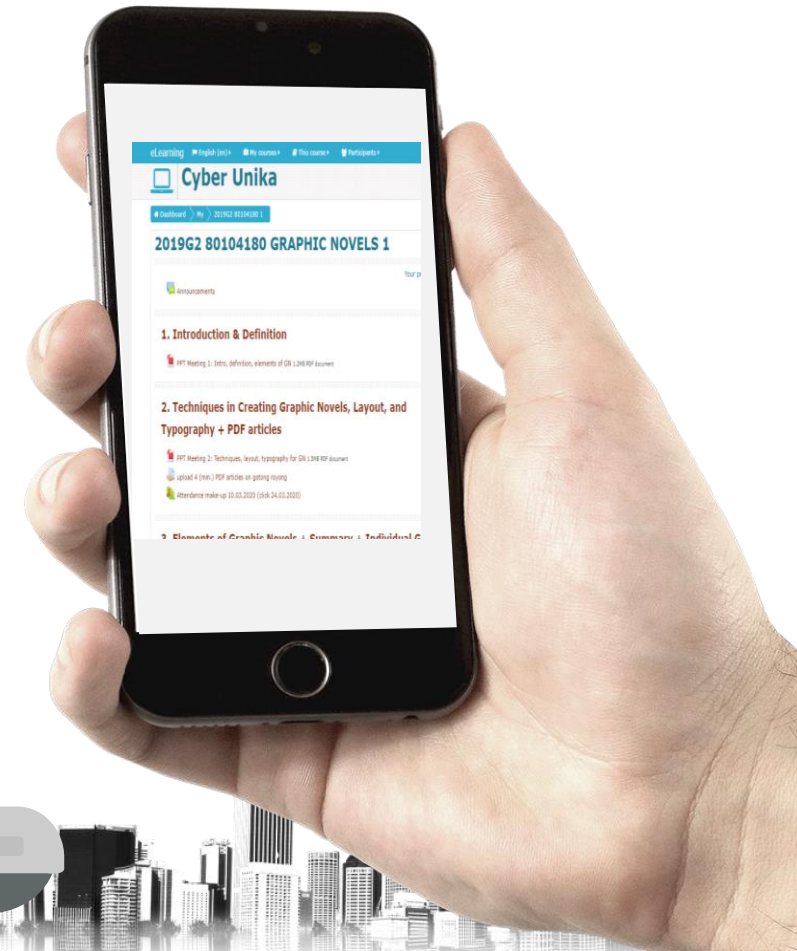
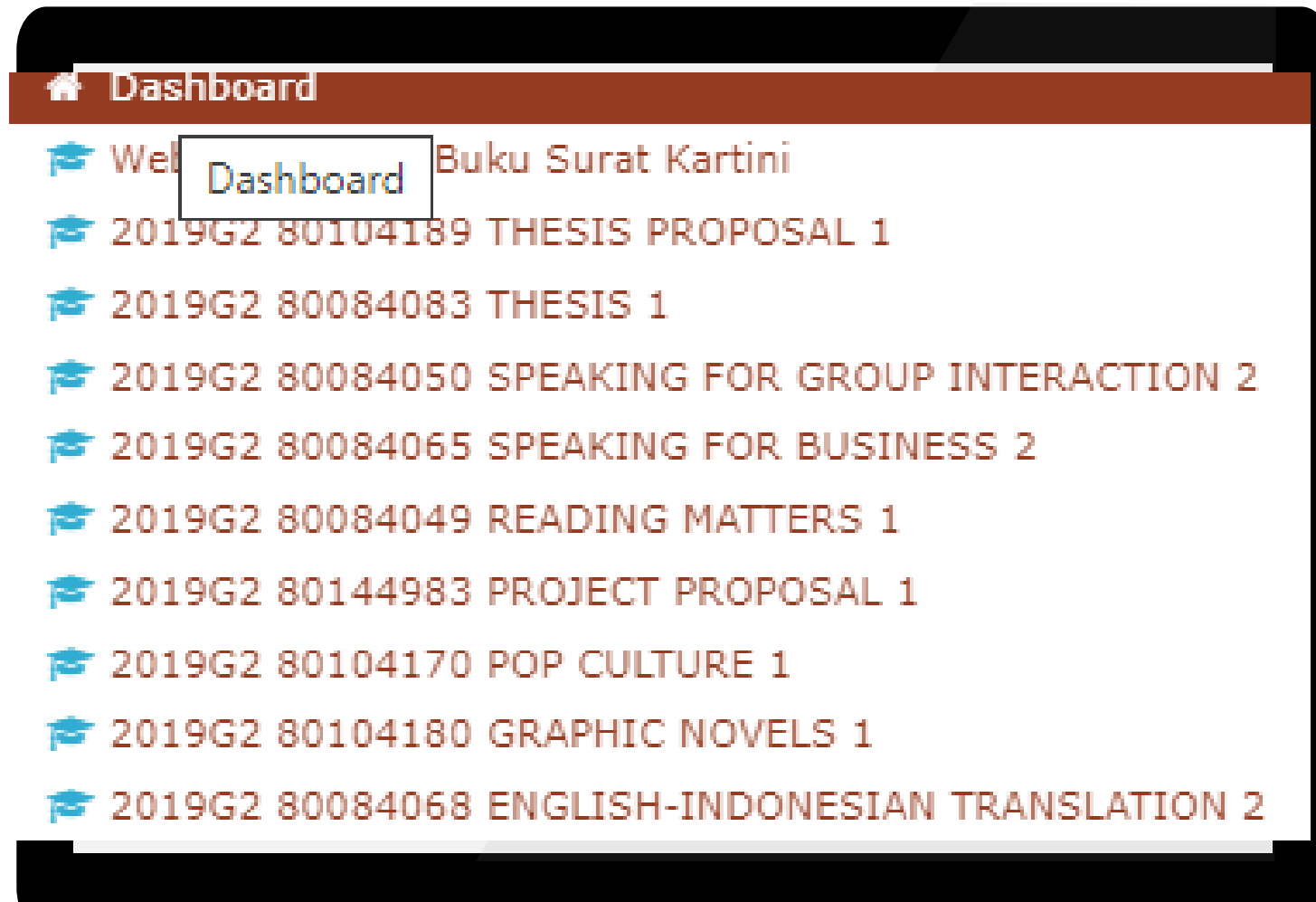


Laptop & mobile phone combined → Gen-Z digital natives savvy

cyber.unika.ac.id



My cyber.unika.ac.id courses



2020 e-Learning projects



GRAPHIC NOVELS course > 16 meetings

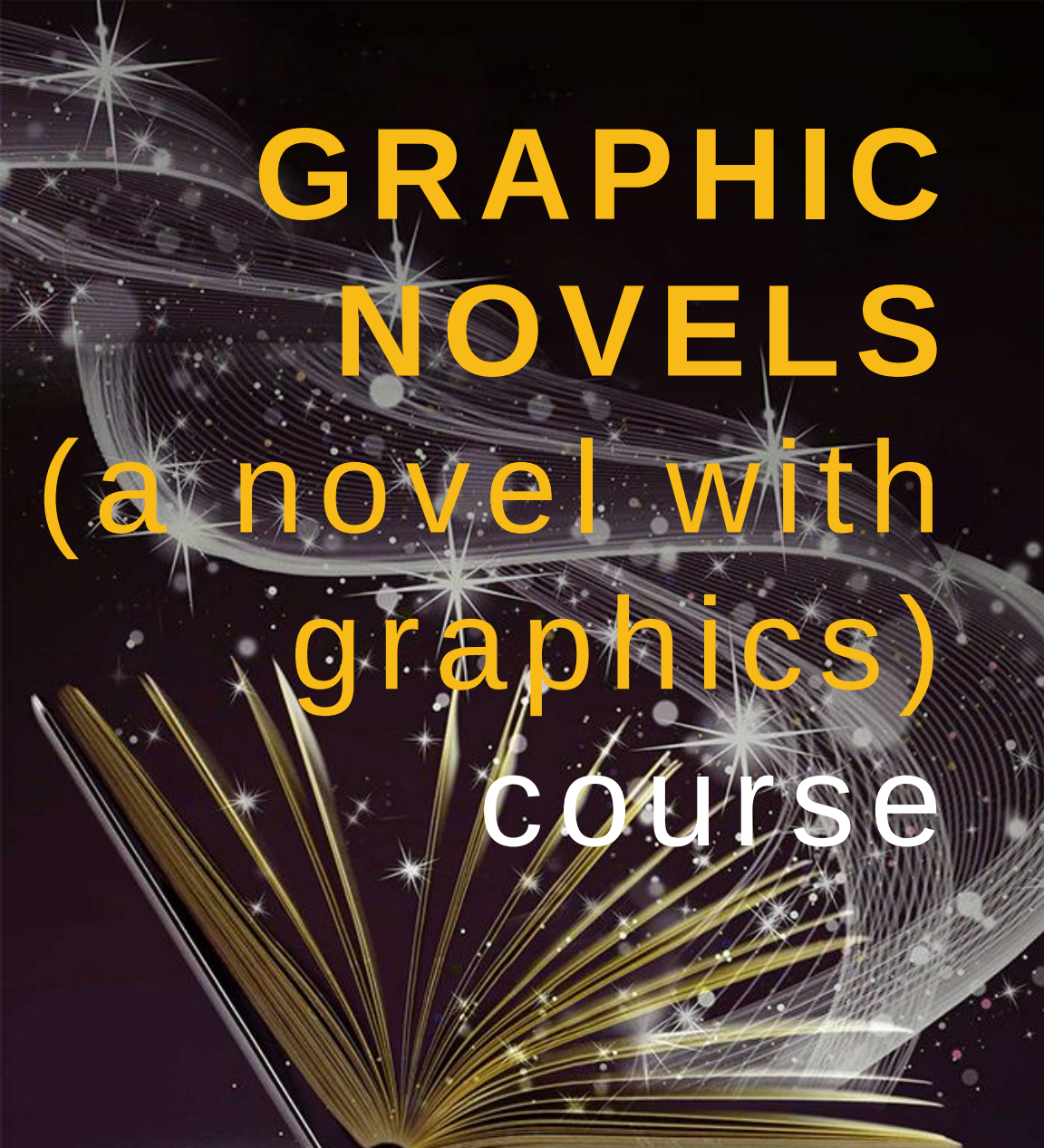
Each year students are assigned to write a **NOVEL** with a certain theme.

This year's theme: Indonesian *gotong royong* (working with mutual togetherness) & covid-19

READING MATTERS course > 30 meetings

One of the meeting is a reading on "The New Science of Mind and Body".

The topic allows an assignment to create a **POSTER** about covid-19



GRAPHIC NOVELS (a novel with graphics) course

Since the beginning of
the semester students:

- 01 Gather journal articles on the Indonesian concept of *GOTONG ROYONG* (mutual cooperation)
- 02 Gather journal articles on COVID-19
- 03 Learn about elements of story writing/ plot/ typography/ layout, etc
- 04 Interview would-be readers on the concept of gotong royong, understanding of covid-19, plot of story (conflict/ climax/ resolution)
- 05 Follow a workshop on
 - a. drawing graphics/ use of free copyright internet images
 - b. book publication

In INDONESIA, as far as I know, no other university has offered a creative writing course like mine, which instructs students to write a novel from the beginning of the semester with a certain theme in mind.



3.4. SOCIAL AFFAIRS: GOTONG-ROYONG AS LOCAL WISDOM

M. Baiquni

GOTONGROYONG AS LOCAL WISDOM

Gotongroyong is rooted in rural Javanese culture, and refers to the principle of mutual help among neighbors in a community. *Gotongroyong* is imbued with such values as respect and responsible redistribution (3Rs), solidarity, sharing, and strengthening (3Ss) and also *teposeliro* (tolerance), as reflected in the motto *Bhinika Tunggal Ika* ("unity in diversity").

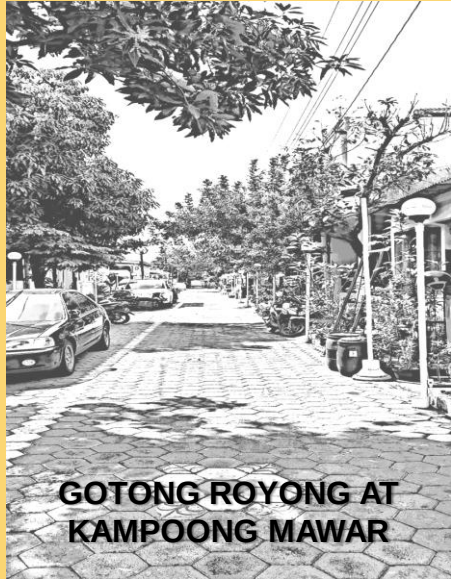
Gotongroyong is basically a voluntary process of sharing ideas, organizing people, collecting materials, contributing finances, and mobilizing manpower in order to implement social and cultural activities. *Gotongroyong* is often applied at two levels i.e., household and community activities. Many household level activities, such as housing reconstruction and family ceremonies (giving birth, weddings, and funerals) require the help of neighbors. *Gotongroyong* can also be implemented at the community level in such efforts as the rehabilitation of the public infrastructure (roads, irrigation systems, public facilities; Bintarto, 1983).

Since capitalist modes of production and the modernization of development were introduced, *Gotongroyong* has been declining, and seems to have become neglected as a mode of development. Especially during the top-down approach to development adopted in the 1970s to 1990s, many government projects and business activities were based on different principles and practices that were not compatible with the promotion of the local wisdom of *Gotongroyong*.

Recent disasters in 2006 in Yogyakarta and Central Java, that is, the volcanic eruption of Mount Merapi and the May earthquake, shocked the government and people. These reminded us that *Gotongroyong* as local wisdom can be applied in efforts to recover from problems related to

NOVEL SAMPLES

Covid-19 & Gotong Royong (mutual togetherness) scene



In the midst of Kampong Mawar people's usual daily activities, the news about Covid-19 which began to enter Indonesia was making people anxious, especially with the increasing number of people who are reported positive with Covid-19. The government has informed the prevention of covid-19 can be done by frequently washing hands regularly and wearing a mask when going out. Due to the increasing number of positive patients, hand sanitizers and masks are becoming rare both in online and offline shops. If it is found, the price has substantially risen 6x the normal price!

Therefore, Siska is gathering all of her neighbors in kampong Mawar and orders them to do a *gotong royong* activity of producing not only their own masks from cloth but also in making their own hand sanitizers, so kampong Mawar is clean and free from Covid-19. As usual, however, Siska only gives orders and pretends she is too busy with her own business, to avoid making her own hand sanitizers.

Siska : "Because Covid-19 is increasing every day, hand sanitizers are now hard to find, therefore, we have to make our own hand sanitizers to the best we can. I'll ask Murti as the treasurer to organize the funding needed to buy the materials for the hand sanitizer."

Widya : "Look at her. After she asked us to make the hand sanitizer, she pretends she is more busy with her business of finding a treasurer and not helping us."

Santi : "I'm not surprised at all, I have lived in this kampong as her neighbor for a very long time and she is always like that."

Jessy : "Let's not mind her business. We should start working immediately and not waste time gossiping."

Santi : "But how can we make it?"

Jessy : "Hmm, we can always go on the YouTube and watch a tutorial there."

Santi : "That's a good idea, Jessy, you're always the brainy one."

With the help of Jessy, who is very creative, many of those who have gathered quickly understands how to make hand sanitizers. The people discussed the kinds of materials they needed to buy.

The next day, people follow the step-by-step process taught by Jessy. Because Jessy teaches them patiently, many people becomes enthusiastic in supporting each other to make the hand sanitizers.



Writer: Alberta Michelle

Editor: Ekawati M. Dukut

Effects of Covid-19

A few days later, the Covid-19 pandemic is reported as getting worse, especially in Jakarta. The death rate is much higher than those who are cured. So, the government ordered people to 'Work from Home', and keep a distance from each other, by not making physical contact and not going out when it is unnecessary.

As a result, many schools are closed down for use and the education is transformed in online learning. Many companies also implement a work from home system, but at the same time, this makes many people lose their jobs. Not only in Jakarta, Semarang city also began to implement those things. Jessie is among those that suffered the condition. She can no longer sell her catering of lunch boxes because not many people go to offices or schools anymore.

Jessy tried selling her food, door to door, but this effort can only help her earn a little bit. The... when she walks around selling her food, she saw a *gojek* delivering food to one of the houses. This made Jessie have an idea if she can sell her food online, by using a *gojek* or *grab*-like application. Jessie choose to sell food on *gojek* because many people are ordering food online to avoid physical contact with others in public. Jessie imagines that her food stall can be as successful as the one she saw before the pandemic struck Semarang.



Santi : "Jessy, your catering seems to be making a big progress. I'm happy to know that."

Jessy : "Thank you, Santi. Nowadays, many people are ordering food via online. So I want to try it out, too"

Santi : "Well you succeed with it because your food is so delicious!"

Jessy : "Thanks a lot Santi. I appreciate it."

Santi : "I think I'll buy food from you in the morning to be taken to my office each day, because my company does not allow employees to buy from outside during recess."

Jessy : "Really? I'll definitely make some for you, tomorrow. What menu do you want?"

Santi : "Anything from your cooking, I want it."

Jessy : "Ok. Thanks a lot, Santi!"

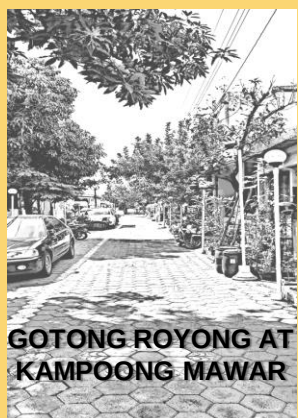
Santi : "You're welcome."

The next day, before Jessie opened her *gojek* application, she made a lunch box for Santi. Jessie's online food business is attracting more and more customers. Santi not only want a box for herself, but she brings news that her office wants 20 portions by tomorrow. It makes Santi wants to become Jessie's reseller for her friends.

Santi : "Jessy, I brought you good news!"

Jessy : "What is that, Santi?"

Santi : "My friends are going to buy your food, too, for tomorrow. They said your food is soooo delicious"



GOTONG ROYONG AT
KAMPOONG MAWAR



--- On skype with a youth organization ---

"Does anyone have any ideas to make some special event to show how we care about people during pandemic?" asked Sagara to a youth organization member.

"I have some ideas. How about you Sagara?" Gama replied.



"I was thinking of making a sharing action. Like making some lunch boxes and giving out the food for free to people. What do you think guys?" asked Sagara.

" I think that's a great idea "

" Okay, so we need to raise funds through fundraising on social media and collect funds from each family. We will invite our parents to participate in this event "

" Okay, I will make a poster for this event "

" Okay thank you Gama, and I hope all of the members in our youth organization will help promote the poster about our free food give-away in various social media means', said Sagara.

"Okay, we can do that" replied the 10 members who joined the meeting.

Next Day

In the Living Room

Every once a month, Sagara, Malvin and Gama's parents hold a social gathering with other parents to discuss issues that can make their home living better. Sagara's, Malvin's mom, and Gama's moms are best friends and are socialite women. Today, Sagara's mom is the host of the day's gathering.

"Hello!" greeted Sagara's mom to her best friends

"Wow! You look fabulous" said Malvin's mom.

"Of course, because I have special guests, to whom I only meet once a month," chuckled Sagara's mom.

The Story of Friendship

SAGARA

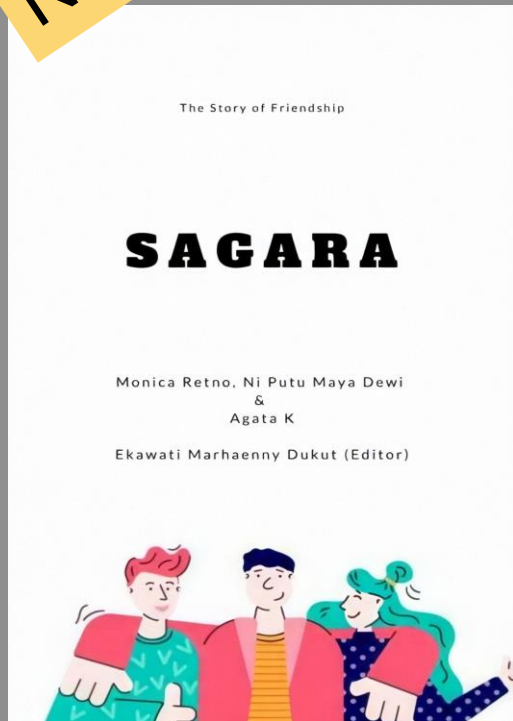
Monica Retno, Ni Putu Maya Dewi
&
Agata K

Ekawati Marhaenny Dukut (Editor)



Authors:
Monica Retno, Ni Putu
Maya & Agata K.

Editor: Ekawati M. Dukut



SAGARA

The Story of Friendship
Monica Retno, Ni Putu Maya Dewi
&
Agata K
Ekawati Marhaenny Dukut (Editor)



2 Days Later

On a sunny day morning, at 9:30, Sagara, Malvin, Gama and other members of the youth organization had gathered at Sagara's house. They have been busy taking care of various things for this joint sharing event, starting from Malvin and Gama who are busy taking care of the vehicles that will be used to carry the lunch boxes, while Saqara and Ale are both busy checking whether the items they need are complete or not. After they prepared everything, Sagara as the head of the youth organization gave a briefing to his members:

"Thank you for your participation and hard work for the success of this event, despite the Working From Home condition. As planned, today we will visit a village affected by covid-19. Because the covid-19 pandemic is spreading wider, you are all expected to use masks, keep your distance and always have a hand sanitizer available. You can bend as a substitute for greetings as a form we still respect them. Please remember that in the pandemic we are forbidden to gather with more than 10 people, therefore, we should divide ourselves into 2 teams.

Team 1 consists of Gilang, Nana, Maria, Rico, and Kevin. Team 2 consists of Malvin, Gama, Ale, Conny, and me."

"Are there any questions?" asked Sagara.

"No, it's clear," Ale said excitedly.

"Okay if it's clear we can go... but before that let's pray first asking for God's grace and protection."

"Okay friends let's pray. Praying starts."

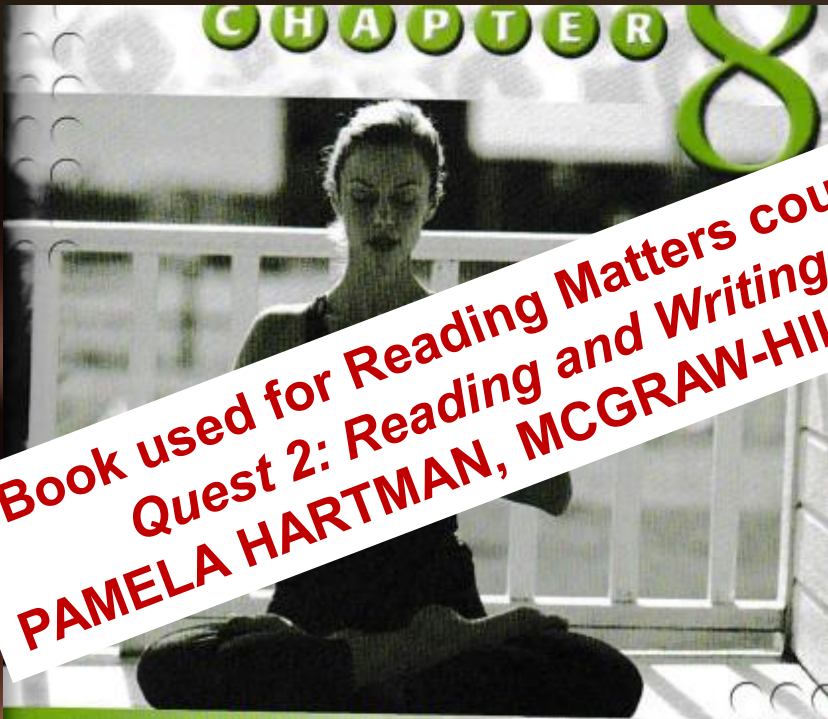
"Praying ends... okay let's get started!"

After traveling for about 40 minutes, they arrived at their destination. Just like Saqara said when giving the briefing, Team 1 went west and Team 2 went east. Bendan village alone has 50 houses, 30 of which work as farmers. Because of this pandemic, it makes the farmers suffer losses because vegetables that are usually bought and sent out every week to markets have been exchanged with people who choose to stock ready meals. Many mothers who fear to go out, also don't go to the traditional market anymore. The picture of being happy farmers like below seems to be far from reality nowadays...



Many farmers are experiencing economic difficulties. With no vegetables sold, they cannot buy other staples such as flour, cooking oil, etc. Because the pandemic covid-19 also makes a scarce supply of masks and hand sanitizers, they cannot freely go outside. This becomes the reason why the youth organization led by Saqara decided to go to the village where farmers have been affected by the covid-19 pandemic.

Before they start going to the farmer's individual houses, they begin by introducing themselves and explaining their good intentions to the Chief of the village.



Book used for Reading Matters course
Quest 2: Reading and Writing
PAMELA HARTMAN, MCGRAW-HILL CO.

The Mind-Body Relationship

Discuss these questions:

- Look at the picture. What is the young woman doing and why is she doing it?
- How does physical exercise affect your mind?
- How does having a calm mind affect your body?

The New Science of Mind and Body

The relationship between emotions and health is turning out to be more interesting, and more important, than most of us could have imagined. Viewed through the lens of 21st-century science, anxiety, alienation, and hopelessness are not just feelings. Neither are love, serenity, and optimism. All are physiological states that affect our health just as clearly as obesity or physical fitness. And the brain, as the source of such emotional states, offers a potential gateway to countless other tissues and organs—from the heart and blood vessels to the gut and the immune system.

Modern life is rife with potential stressors, and there is now little question that uncontrolled stress can kill. Experts now believe that 60 to 90 percent of all visits to the doctor involve stress-related complaints. As researchers chart the effects of hostility and hopelessness, they're also gaining insights into the mind's power to heal.

Can we teach ourselves to be healthier? That is the central question of mind-body medicine¹. Stress-related illness often defies conventional remedies, and when we try to heal these illnesses with high-tech pills and procedures, the costs of treatment can easily outweigh the benefits. Mind-body medicine offers a saner starting place. It could reduce

¹mind-body medicine: the idea that your mental and physical health are closely connected

Long-Term Effects of Chronic Stress

After years of chronic activation, stress responses can wear the body down. Some of the common symptoms include:

- impaired memory
- a weakened immune system
- high blood pressure
- stomach ulcers
- skin problems
- digestive difficulties

My instructions: ...COVID-19 is invisible – has no medicine yet – induces stress... Create a poster... help people understand better how to deal with it

POSTER SAMPLES

STAY HEALTHY AT HOME

Getting bored at home?

Or run out of ideas to do something?

Here are some tips for you so you won't get bored at home and stay healthy:

1. Do some exercises
2. Consume healthy food
3. Sleep well
4. Do your hobbies

IF YOU'RE BORED, TRY ANOTHER NEW HOBBY AND IMPROVE YOUR SKILLS

MARCHIELLA

COVID-19 Prevention

Wash your hands with soap for 20 - 30 seconds.

Wear a mask wherever you go or you'll be fined 200K

keep your distance from others (1 m)

#CoronaVirus
#Prevention
#KeepSafety

#AureliusBrandon

A purple poster with green virus icons at the top. It features illustrations of a person washing hands, two masks, and three people standing apart with 1m distance markers.

BRANDON

Save Yourself from CORONA VIRUSES

with the power of NUTRITIONS & VITAMINS

Fruits and vegetables are the most optimal nutrition & vitamins that could cure the symptoms of corona virus because they can restore your immunity.

A white poster with a large red circle containing a white shield with a red cross. Inside the circle are illustrations of fruits and vegetables. Outside the circle are several angry-looking coronavirus particles. The text is in bold, colorful fonts.

DEWI



ELSA



FIONA

Have **ART** rescued
people who are
“suffering” from the
CORONAVIRUS?



YES!

The NOVEL & POSTER project help created **psychologically healthier students.**



Students are challenged to be active, creative, innovative, & productive.

The project cures the **stress, depression, & anxiety** feelings caused by Covid-19. 😊



Ar+
to the Rescue



July 15, 2020
11:00 – 19:00 GMT
(UK TIME)



Thank you

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