

Kobe University UNESCO Chair

Gender, Vulnerability and Well-being in Disaster Risk Reduction Support

Education Program 2022

Living in a post- COVID world:
The safe world we want to create

Program Duration: 12.3-12.4

Venue: On-line

Participating Institutions:

Kobe University

Gadjah Mada University

National Kaohsiung University of Science and Technology

Universiti Tunku Abdul Rahman

Mae Fah Luang University



unesco

Chair

Photos



Photos
on Dec. 3-4



UNESCO Chair
Education Program 2022



Certificate
of Participation

This is to certify that

has successfully participated in the Kobe University UNESCO
Chair "Gender, Vulnerability and Well-being in Disaster Risk
Reduction" On-line Education Program Conference
3 - 4 December 2022

Hiroshi Okamura
Prof. Hiroshi Okamura
Executive Vice President
Kobe University

Prof. Sonni Alexander
Prof. Sonni Alexander
Chair Holder
Kobe University UNESCO Chair



UNESCO CHAIR
Gender, Vulnerability and Well-being
in Disaster Risk Reduction Support



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General Comments

The Kobe University UNESCO Chair Education Program 2022

On 3-4 December, we held a conference sponsored by the Education Program of the Kobe University UNESCO Chair, "Gender, Vulnerability and Well-being in Disaster Support." Since restrictions due to COVID-19 are continuing, this was our 3rd online international conference.

The content of our Education Program is discussed and decided on by a group composed of faculty from our partner universities that meets about once a month. We all agreed that we want young people who have experienced the pandemic as high school or university students to reflect on that experience and to put what they have learned to use in building a safer and more peaceful world. As a result, we decided that the theme for this year should be, "Living in a post COVID world - the safe world we want to create." Student participants included fourteen students from Mae Fah Luang University (Thailand), six from National Kaohsiung University of Science and Technology (Taiwan), four from Tunku Abdul Rahman University (Malaysia), two from Gadjah Mada University (Indonesia) and four from Kobe University, for a total of 31 students. Including the teachers from all of the institutions, there were about 50 participants. In addition, for the first time this year, graduate students who have attended earlier UNESCO Chair Education program conferences served as group facilitators; three students from Kobe University, two from NKUST (Taiwan) and one from UGM (Indonesia).

The program began with greetings from the chair holder, Ronni Alexander. She suggested that for us to build the "world we want," it is important to look at the world we have come from, and the world we living in now. Focusing on gender, vulnerability and well-being, she touched on global issues relating to a safer and more peaceful world. After that, students from each university gave presentations on the current situation in their countries. One topic addressed by all the groups as being important (online learning) was education. This made it easy to see that although the many of the problems may be similar, solutions vary from country to country.

After the presentations, we divided into 6 groups composed of students from different countries. They were given an assignment (left) and had to create a 10-minute response to present on the afternoon of the second day. The responses focused on a variety of themes, such as education, mental health, migrants and homeless people, human rights of LGBTQI+ and other minority groups, and artificial intelligence, and were all very interesting.

Finally, we all took a photo, and the Education Program for 2022 came to an end.

At our planning meeting, we will discuss whether to go back to in-person exchanges which are better in many ways but only open to small numbers of students, or continue to have online conferences in which many students can participate. In the spring if you see a pamphlet advertising participation for 2023, please encourage your students to apply.

Ronni Alexander, UNESCO Chair Holder/ Professor Emerita/ Coordinator
for Kobe University Gender Equality Office

2022年度神戸大学ユネスコチェア教育プログラムを開催しました

12月3日～4日、神戸大学ユネスコチェア「ジェンダー、脆弱性、ウェルビーイングを中心に据えた減災対策」教育プログラムを実施しました。新型コロナウイルスの規制が続いている中、今回は三回目のオンライン国際会議となりました。

ユネスコチェア教育プログラムの内容や進め方は、月に一度のペースで連携校との打ち合わせで議論し、決定しました。高校生として、あるいは大学生としてこの新型コロナウイルスパンデミックを生きてきた若者にその体験を振り返ってもらい、学びをより安全安心で平和な世界づくりに生かしてもらいたいというのが共通の思いでした。今年のテーマを「Living in a post- COVID world: the safe world we want to create」(コロナ後の世界に生きて～私たちが創造したい安全な世界～)に決定しました。メーファルアン大学(タイ)から14名、高雄科技大学(台湾)から6名、トゥンク・アブドゥル・ラーマン大学(マレーシア)から5名、ガジャマダ大学(インドネシア)から2名、そして神戸大学から4名、計31名の学生と教員を含む約50名が参加しました。特筆すべきは、本プログラムに以前参加した学生(現在は院生)がファシリテーターとして参画したことです。インドネシア(1名)、台湾(2名)、日本(3名)の院生がグループに入り、短い時間により深い考察とより楽しい交流を促すことができました。ジェンダー、ウェルビーイングと災害に関心を持っている学生が少しずつ育ってきていることは主催者側としてとてもうれしいことです。

本会議は、チェアホルダーのアレキサンダー ロニー氏の挨拶で始まりました。同氏は、「創造したい世界」を考えるためには、どこから来たのか、今はどこにいるのかを考える必要があると指摘したうえで、ジェンダー、脆弱性、ウェルビーイングに関するグローバルな課題を提示しました。その後、各大学の学生が、それぞれの国の現状や課題について報告しました。テーマとして、教育(オンライン・ラーニング)が目立ちましたが、それぞれの国の状況が異なるということがよくわかりました。

各大学のプレゼンテーションの後、各国の学生で構成される6つのグループに分かれました。課題を与えられ(以下画像)、二日目の午後に10分間の発表を行いました。「創造したい安全安心な世界」という大きなテーマのもと、特に、各国における公平・公正、すべてのジェンダーの人々の平等や脆弱性を持つ人々に焦点を合わせウェルビーイングを考える、という課題が出されました。各グループの発表したテーマは、教育、メンタルヘルス、ジェンダー、移民やホームレスの問題、LGBTQI+やマイノリティの人権、AIなど多岐にわたり、どれも非常に興味深いものでした。最後に記念撮影をし、今年度の教育プログラムが無事終了しました。

学生からは、「日本の差別に対する意識や考え方が非常に低いレベルであることを痛感した。」(日本から参加した学生)や、「いろいろな国の人と知り合い、その国々の文化についての理解を深め、それぞれの国のジェンダー平等やコロナについての考えを学ぶことができた。」(台湾から参加した学生)との感想が寄せられました。

来年は、一部の学生が対面で深い学びができるプログラムに戻るか、それともそれぞれの国からたくさんの学生が参加でき交流できるオンラインプログラムにするか、連携校の先生方と相談しながら決めていきたいと思えます。来年度の始めに募集案内を配布しますので、周りの学生にぜひ勧めて頂ければと思えます。

アレキサンダー ロニー (ユネスコチェアホルダー・神戸大学名誉教授・インクルーシブキャンパス & ヘルスケアセンタージェンダー平等推進部門コーディネーター)

Program Schedule

Kobe University UNESCO Chair Education Program 2022				
Living in a post- COVID world: the safe world we want to create				
Day 1 12/3				
10:30	Dr.	Greetings	Hello from each partner	1 teacher introduces group 5 groups/3
10:45	Moderator		What is UNESCO Chair?	Ronni
10:55	Moderator	Dr. Ching-	Presentations	order(they choose or we decide), chat for
11:00		Dr. Ching-	Presentations	10-15min x 5 groups
12:15		Dr. Ching-	Discussion/questions	Student moderator if there is a volunteer
12:30		Dr. Ching-	Divide into groups	Say hello, group name, special task
13:00		Break		
14:30	Moderator	Dr.	Introduce assignment , break	
14:45			Topic: Your/Our vision for a Post-COVID-19 World --- 10 min. presentation	Must be fair for all countries; must include equality for all genders; must focus in particular on vulnerable people
		Facilitators		Teachers: visit each group occasionally
	Group 1	NKUST1	蘇氏秋荷 To Thi Thu Ha (NKUST)	
	Group 2	NKUST2	張倍菁 Pei-Ching Chang (NKUST)	
	Group 3	KU1	Svetlana Babina (KU)	
	Group 4	KU2	Ayako Ohzeki (KU)	
	Group 5	KU3	Yara Priscilla (KU)	
	Group 6	UGM	Satya N Gautama (UGM)	
16:20			questions	
16:30			dismissal	Photo Kotera sensei
Day 2 12/4				
10:30	Moderator	Shoraku sens	good morning and group work continues	
10:45			break out rooms	Stay through the break or leave as you like
12:00			Break	
14:00-			group presentations	6 groups x 10 min & discussion
	Moderator	Group		Students moderate for each presentation
	Moderator	Group		
	Moderator	Group		
	Moderator	Group		
	Moderator	Group		
	Moderator	Group		
	Moderator	Group		
15:40	Moderator	Tan sensei	Discussion	Comment from each sensei
16:20	Moderator	Maya sensei	Ending	Photo
16:30			The end	

Short Lecture

Short Lecture

Education Program 2022
“Living in a post- COVID world: the
safe world we want to create”

Ronni Alexander
UNESCO Chair Holder/ Professor Emerita/ Coordinator
for Kobe University Gender Equality Office



Kobe University UNESCO Chair:
Gender, Vulnerability and Well-being in Disaster Risk Reduction Support

Education Program 2022
Living in a post- COVID world: the safe world we want to create

2022.12.3-4

RONNI ALEXANDER
KOBÉ UNIVERSITY UNESCO CHAIR-HOLDER
PROFESSOR EMERITA, KOBÉ UNIVERSITY

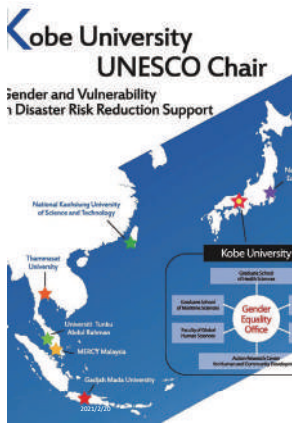
So nice to see you!

If possible, please turn your videos on, especially during group and plenary sessions

Please make sure your mics are on mute



This session is being recorded for our UNESCO Chair archive



We are from 5 UNESCO chair partner universities

- UGM: Gadjah Mada University (UGM), Indonesia
- NKUST National Kaohsiung University of Science and Technology (NKUST), Taiwan
- Universiti Tunku Abdul Rahman (UTAR), Malaysia
- School of Social Innovation, Mae Fah Luang University (MFU), Thailand
- Kobe University (KU), Japan

* We all come from different academic fields!

The website at Kobe University is at the Gender Equality Office:
<http://www.office.kobe-u.ac.jp/opge-kyodo-sankaku/index.html>

What will we do?

Schedule

Today – 3 December

- presentations from each university
- Meet your group members – say hi!
- Start working on the assignment

Tomorrow - 4 December

- Morning: Finish preparing your group presentation
- Presentations
- Closing ceremony

What we will do

- Smile!
 - Good communication begins with a smile!
- Listen!
 - What are others saying?
- Speak!
 - Your ideas are important!
- Be brave!
 - Adding a new or different idea takes courage!
- Listen and act with patience!
 - Sometimes it is hard to express things, especially in English
- Act and speak with respect and kindness!
 - We are all here to learn and share. Please help to make sure that everyone has a good experience.



Our schedule for today

Time	Activity	Who	Remarks
10:30-10:55	Opening & short lecture: What is a UNESCO Chair?	Ronni Alexander	Moderator: Prof. Ronni Alexander (KU)
11:55-11:00	Choose order for presentations	Everyone	Moderator: Prof. Ching-Chiao YANG
11:05-12:15	Presentations from each university; maximum 15 min. per university	All the students!	Moderator: Prof. Ching-Chiao YANG
12:15-12:30	Discussion	Everyone	Moderator: student?
12:30-13:00	Breakout rooms	Groups	Moderator: Prof. Alexander
13:00-14:30	Break		Stay in break out rooms or end the session as you like
14:30-14:45	Confirm rules & assignment		Moderator: Prof. Alexander
14:45-16:20	Breakout rooms	Students & teachers	Intro, schedule, etc.
16:20-16:30	Plenary and closing	Everyone	Photo!

Our schedule for tomorrow

Time	Activity	Who	Remarks
10:30-10:45	Good morning! Questions? Decide order for presentations	Ronni Alexander	Moderator:
10:45-12:00	Break out rooms	Groups	
12:00-14:00	Break		Stay in break out rooms or end the session as you like
14:00-15:40	Presentations from each group; maximum 15 min. /group	All the students!	Moderator:
15:40-16:20	Discussion	Everyone	Moderator: student?
16:20-16:30	Plenary and closing	Everyone	Photo!



Content of my talk

- Introduce UNESCO Chair concept
- Introduce Kobe University UNESCO Chair
- The background of this program
- Thinking about vision and a post-Covid world
- Some suggestions for how to approach this question
- Some things to be careful about

What is a UNESCO Chair?



Objective: creation of a university network for:

- Teaching
- Research
- Cross-border sharing of knowledge

Approval

- Needs approval by UNESCO headquarters
- Four-year period
- No accompanying funding

Role

- Contribute to research, education, partnering, community outreach

UNESCO Chairs as of 2022.11.15
Worldwide: 915
Japan: 11



Kobe University UNESCO Chair

Title: Gender, Vulnerability and Well-being in Disaster Risk Reduction Support

Purpose:

- Share experience of disaster from Kobe University to the world
- Deepen connections with other countries, institutions to create a safer and more inclusive world

Duration: 4 years; 1st term: 2018 - 2022; 2nd term: 2022 - 2026

Only UNESCO Chair on gender & disaster

Under supervision of UNESCO Women's Division

Part of a Global Network of UNESCO Chairs on Gender (23 chairs)

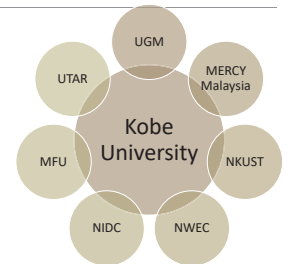


Partner Institutions

* Students and Faculty attending this meeting

* Partner but not present

- UGM:** Gadjah Mada University, Indonesia
- NKUST:** National Kaohsiung University of Science and Technology, Taiwan
- UTAR:** Universiti Tunku Abdul Rahman, Malaysia
- MFU:** School of Social Innovation, Mae Fah Luang University, Thailand
- Kobe University, Japan**
- NIDC:** Network for International Development Cooperation, Thammasat University, Thailand
- Mercy Malaysia, Malaysia**
- NWEC:** National Women's Education Center, Japan

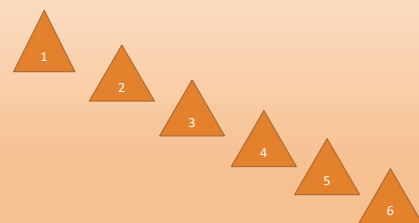


Tasks of our UNESCO Chair

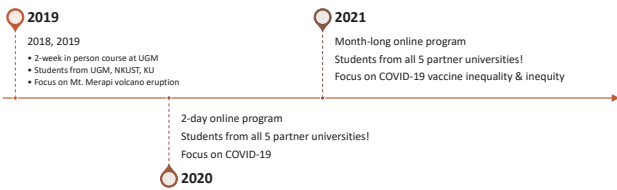
This conference

RESEARCH	EDUCATION/AWARENESS	GUIDELINES	POLICY RECOMMENDATIONS	DDR NETWORK EXPANSION
Joint research with partners <ul style="list-style-type: none"> Gender sensitive and inclusive guidelines for disaster risk reduction Build multidisciplinary model for DRR 	Awareness & strategy implementation <ul style="list-style-type: none"> Training for students, professional, policy makers DRR awareness activities for local community Develop teaching materials 	Establish guidelines <ul style="list-style-type: none"> Circulate and disseminate through seminars, symposia, HP, etc. 	Policy recommendations <ul style="list-style-type: none"> Should meet local needs Should aim to build more resilient and inclusive society 	Expansion of DRR network <ul style="list-style-type: none"> Build international DRR network based on gender equality, social inclusion and well-being

6 groups – choose your group when we use break out rooms



Education program: To help you find your own role in disaster preparedness and support



Expected learning outcomes

- Awareness of:
- Problems resulting from the COVID-19 pandemic
 - Differences between the world today and the pre-COVID world
 - Gender, vulnerability and well-being in relation to COVID-19
 - Impact of COVID-19 on women, marginalized genders and other vulnerable people
 - The problem of information and disinformation
- How to make new friends across borders using Zoom!



COVID-19 is a pandemic, but is it a disaster?

Definition of disaster (WHO training package)
"A disaster is an occurrence disrupting the normal conditions of existence and causing a level of suffering that exceeds the capacity of adjustment of the affected community."

Please share your opinion!
Use your reaction button (thumb up=yes, down = no)
or chat (yes/no)

Why focus on COVID-19?

The COVID-19 pandemic is a global problem

- It affects all of us, wherever we are
- Serious social, economic implications at all levels of global society: individuals, countries, regions and the entire world
- Global cooperation is necessary to overcome it

COVID-19 is not the first health emergency, nor will it be the last

- Spanish Flu, HIV/AIDs, SARS, MERS, Ebola ...
- With increasing natural and human disasters, awareness and preparedness are essential

A gender perspective with a focus on vulnerability and well-being can help to make a safer world

- If the world is safer for the most vulnerable in our communities, it will be safer for everyone

Our theme this year

Living in a post- COVID world:
the safe world we want to create

Do you think the world of 2022 is better than that of 2019 when the Pandemic began?

Please respond in chat!
Yes
No
Maybe
Yes and No
Something else??



Your vision of a post-Covid world

Here are some suggestions as to what you might want to think about



What do we need for a peaceful world?



Can you make a better world for all genders – women, men and others?



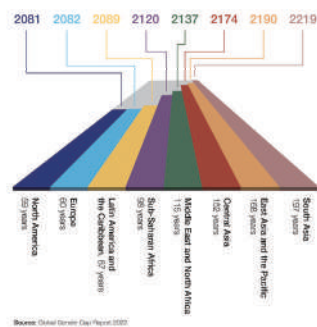
Thinking about inequality and inequity for women and girls

- Issues especially affecting women and girls
- Working women are often in hardest hit jobs, jobs which lack social protection, healthcare and other frontline services
 - Increased work as unpaid family, community caregivers
 - Often have to pick up the slack where schools, childcare and other services are shut down or scaled back
 - Domestic violence, especially where women are locked down with their abusers – 25-500% increase in use of hotlines, shelters, internet resources
 - Lower levels of education? Finding and evaluating information, digital access and skills
- Increases in:
- Poverty, unplanned pregnancies, school dropouts, child labor of adolescent girls, household work, maternal deaths, food insecurity and malnutrition, trafficking, transactional sex, cyber harassment
- Reduced or loss of:
- Income, financial empowerment, access to healthcare and WASH (water, sanitation, hygiene),
- Likely to be lasting negative implications for women's economic security and autonomy

How can we close the gender gap?

How many years is it likely to take before the gender gap is closed?

(Global Gender Gap Index 2022, World Economic Forum)



How about a better world for children?



Who might be most marginalized? Can we change that?

What groups are marginalized in your country?



How can we provide for the well-being of all?

- 10 domains of well-being:
1. social connectedness
 2. lifestyle behaviors
 3. stress and resilience
 4. emotions and mental health
 5. physical health
 6. purpose and meaning in life
 7. sense of self
 8. financial security
 9. spirituality and religiosity
 10. exploration and creativity (Stanford WELL for Life)

How can we stop the virus worse than COVID-19: Prejudice and Hatred?

A "tsunami of hate and xenophobia, scapegoating and scare-mongering" (United Nations Secretary-General Antonio Guterres, May 8, 2020)

What about free and accurate media?

The COVID-19 response of some governments included restrictions on press freedom

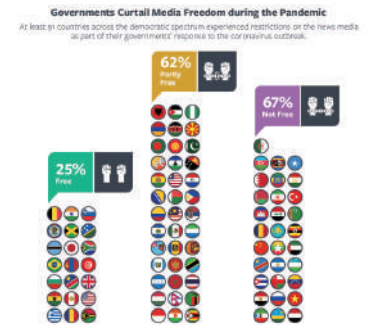
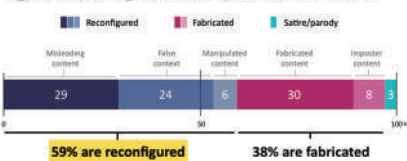


Figure 2: Reconfigured vs fabricated misinformation



What about disinformation?

Impacts of COVID-19 on the Environment



What about the environment?

Arundhati Roy: 'The pandemic is a portal'

2021/2/20

"Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.

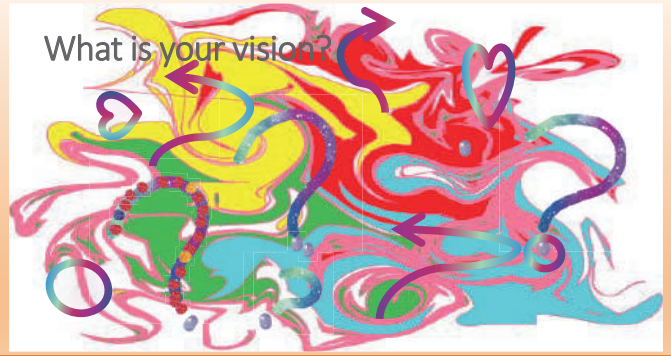
We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it"

(Arundhati Roy, *Financial Times*, April 4 2020).

R. ALEXANDER

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What is your vision?



2021/2/20

R. ALEXANDER

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What I hope you will do here

Learn from one another!

Be courageous! Ask a question or give your opinion.

Reflect on your own experience!

Listen respectfully and with kindness!

Think about what you can do for your community!

Think about how and why gender, vulnerability and wellbeing are important!

Think about how we can Build Back Better to make future generations safer!

ENJOY and make new friends!

2021/2/20

R. ALEXANDER

33



2021/2/20

R. ALEXANDER

34

Your assignment

- A group presentation
- 10 minutes
- Topic/title: Our vision for a Post-COVID-19 World
- Your world
 - must be fair for all countries
 - must include equality for all genders
 - must include a focus on vulnerable people and well-being for all

Assignment

Assignment

Topic: Your/Our vision for a Post-COVID-19 World

10 min. presentaion

Your assignment

- A group presentation
- 10 minutes
- Topic/title: Our vision for a Post-COVID-19 World
- Your world
 - must be fair for all countries
 - must include equality for all genders
 - must include a focus on vulnerable people and well-being for all

Student Presentations on Dec. 3

Student Presentations

Kobe University

Mae Fah Luang University

National Kaohsiung University of Science and Technology

Universiti Tunku Abdul Rahman

Theme: Living in a post-COVID world: the safe world we want to create.

Kobe University UNESCO Chair Education Program 2022



Presented by UTAR (Malaysia)

Students:

- Gan Yuyin
- Gan Yuyun
- Kathrin Linda Abt
- Koo Li Sin
- Mok Shao Jun



Contents

01 School Life

- ✓ Online to offline
- ✓ Temporary disruption due to lockdown
- ✓ Online teaching apps (zoom, google meet)
- ✓ Teaching style, teaching methods
- ✓ Students' attitude while sitting in the class
- ✓ SOP to enter Campus

COVID-19

02 Daily Life

- ✓ Shopping habit: online shopping
- ✓ Cooking habit: spend time to cook, delivery platforms
- ✓ Using streaming videos or applications
- ✓ Getting addicted to smart phone, computer games, and online entertainment
- ✓ Wearing masks all the time
- ✓ Anxiety
- ✓ Tourists' policies quarantine
- ✓ Vaccine-brands

03 Transportation

- ✓ Traveling is limited
- ✓ Impact of Transport System
- ✓ Restriction to Travel Abroad



General Introduction

After taking a pounding from lengthy lockdowns and various movement restrictions, Malaysia reopened its borders on 1st April 2022 as part of the national move to transition into the Endemic Phase.



Malaysia, UTAR

01 School Life

- Online to offline
- Temporary disruption due to lockdown
- Online teaching apps (zoom, google meet)
- Teaching styles and methods
- Students' attitude while sitting in the class
- SOP to enter Campus



a. Lecture Delivery Modes: Online to Offline

All Lecture classes, tutorials, practical classes, and learning activities will be conducted via **physical mode** for September / October 2022 Trimester

- Online Teaching and Learning (OTL) mode depending on the course nature, safety measures and health-related concerns.

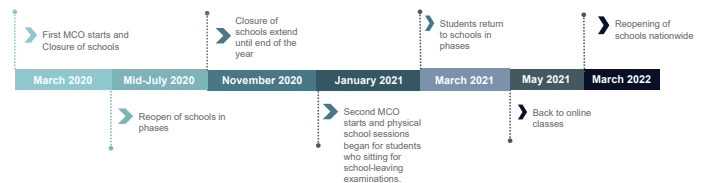


Hybrid mode is allowed but must be applied preferably 2 working days before class.

- Tested positive, showing symptoms, being notified or confirmed as a close contact, practicing quarantine as per UTAR Bilik Gerakan, MOH instruction or MySejahtera notification.
- After the approved period, students must re-join the physical classes.

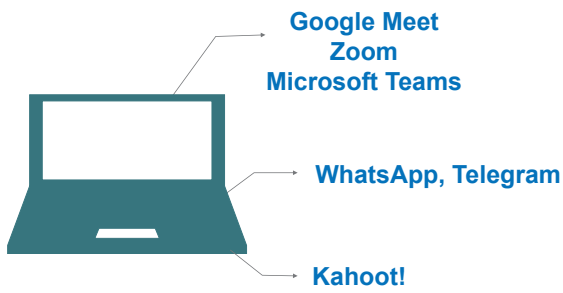
Malaysia, UTAR

b. Temporary Disruption due to Lockdown



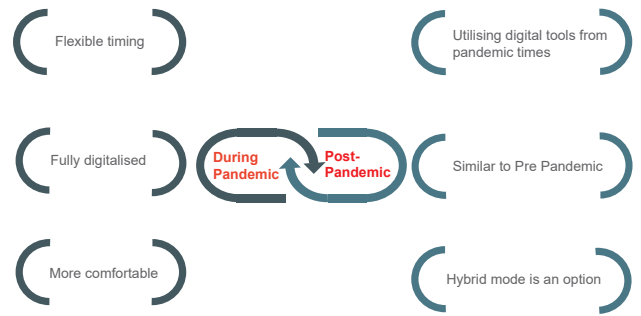
Malaysia, UTAR

c. Online Teaching Apps



Malaysia, UTAR

d. Teaching Styles and Methods



Malaysia, UTAR

e. Students' Attitude towards physical classes

Excited to have face-to-face learning

- Presence of a teacher with classmates.
- Able to interact with others.

More concentrated in class

- Need to be more focus in class since no recording of the lecture is to be referred to.
- Lesser distraction

Lost interest in continuing school

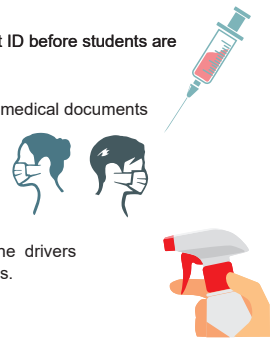
- Feel bored and chat with others
- Playing mobile phones



Malaysia, UTAR

f. SOP to enter campus

- ✓ Security will check Mysejahtera app along with student ID before students are allowed to enter the campus
- ✓ All Students must be vaccinated unless having a valid medical documents
- ✓ Wearing of face mask is still mandatory in UTAR vehicles (Buses, vans and cars) but optional in indoor venues
- ✓ Safety and Health Check shall be conducted by the drivers when staff and students board UTAR buses or vehicles.



Malaysia, UTAR

DAILY LIFE

- Shopping habit: online shopping
- Cooking habit: spend time to cook, delivery platforms
- Using streaming videos or applications
- Getting addicted to smart phone, computer games, and online entertainment
- Tourists' policies quarantine
- Wearing masks all the time
- Vaccine-brands
- Anxiety



Shopping habit: retail → online

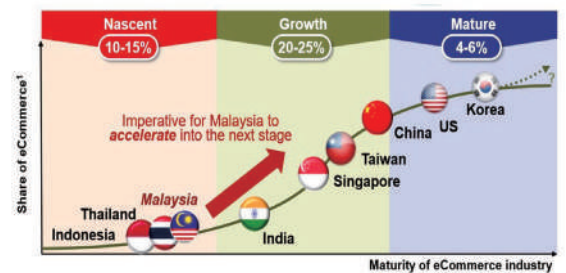
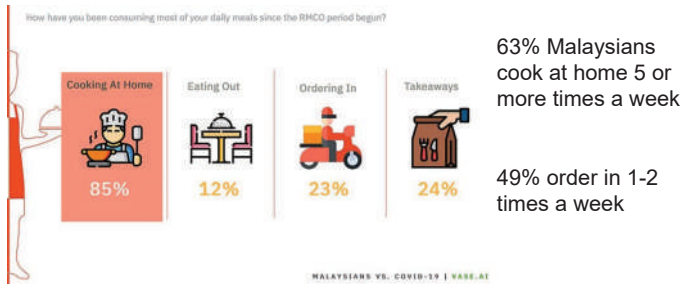


Figure 1: Evolution of E-Commerce
Source: Malaysia Digital Economy Corporation (MDEC), 2020

MALAYSIA, UTAR

Cooking habit – Malaysian like food 😊



MALAYSIA, UTAR

Streaming applications

“Astro Go, Netflix and Tonton grew more than 80 % in sequential DAUs (daily active users) in the third week of March 20”

OTT platforms became more popular. Netflix, YouTube, Tonton, and Ilix are examples of over-the-top (OTT) services: media content provided via the internet.



MALAYSIA, UTAR

Addicted to online world?



- Youth most vulnerable to become addicted
- Malaysian spent **one hour more online** every day during lockdown. Pre-Covid-19 it was 3.7 hours (for personal use) while the time increased to 4.8 hours during the lockdown
- A significant number tried new digital services
- Digital world has become an indispensable part of people's daily lives

MALAYSIA, UTAR

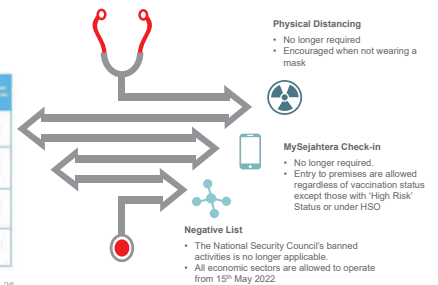
Daily Life

TOURISTS' POLICY

Effective 1st May 2022
Procedure for Inbound Travelers
COVID-19 Travel Insurance is no longer required

Category	Fully vaccinated (14 days prior to arrival)	Partially vaccinated (14 days prior to arrival)	Unvaccinated (14 days prior to arrival)	Unvaccinated (14 days prior to arrival)
Fully vaccinated (14 days prior to arrival)	Green	Red	Red	Red
Children 12 years and below	Green	Red	Red	Red
Partially vaccinated (14 days prior to arrival)	Green	Green	Green	Red
Partially vaccinated or not vaccinated (14 days prior to arrival)	Green	Green	Green	7 days

Source: <https://www.malaysia.travel/travel-alert?date=2022-04-28>



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Test and Release Procedure Positive Case – from 1st May 2022



MALAYSIA, UTAR

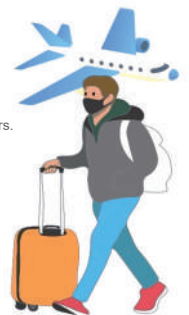
Daily Life

SOP for Inbound Travellers 1st August 2022

From 1st April 2022, Malaysia has fully opened to international visitors. Now, travellers are no longer required to fulfill the following:

- Travellers Card.
- Pre-Departure Test (PDT) and On Arrival Test (OAT)
- Home Surveillance Order or Quarantine

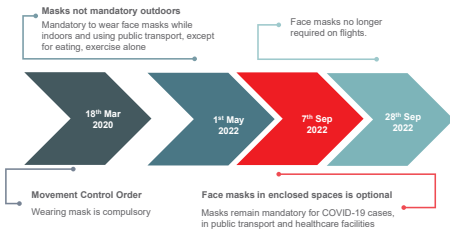
Source: <https://www.malaysia.travel/travel-alert?date=2022-08-01>
<https://www.tourism.gov.my/media/view/malaysia-ready-to-welcome-international-travellers-as-borders-fully-reopen-on-1-april>



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Daily Life

WEARING MASKS

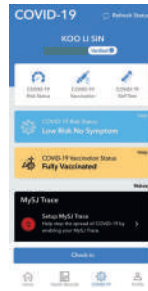


Source: <https://www.themalaymailonline.com/malaysia/news/2022/04/27/masks-not-mandatory-outdoors-from-may-1-says-4/>
<https://www.charmelenews.com/malaysia/masks-optional-outdoors-not-compulsory-public-transport-covid-19-2025121>
<https://www.thestar.com.my/news/nation/2022/09/28/covid-19-face-masks-no-longer-required-on-flights-says-health-minister>

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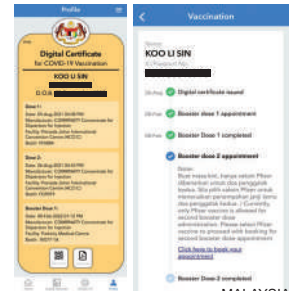
Daily Life

SOP - My Sejahtera App



Effective 1st May 2022

Source: <https://www.thestar.com.my/news/nation/2022/04/27/malaysia-registers-check-ins-no-longer-required-from-sunday-may-1>



MALAYSIA, UTAR

Daily Life

COVID-19 Vaccine Brand Used In Malaysia

First Dose, Second Dose; First Booster, Second Booster. Same brand or mixed under advice of practitioner and Ministry of Health

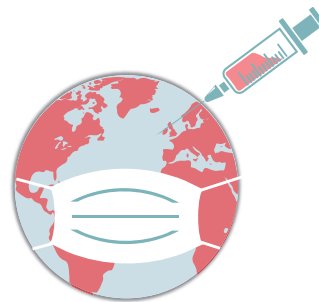
- Pfizer-BioNTech (Comirnaty®)
- Sinovac (CoronaVac®)
- Oxford/AstraZeneca (Vaxzevria)
- CanSino (Convidecia®)
- Sinopharm (Covilo)
- Moderna (Spikevax)
- Bharat Biotech (Covaxin)
- Janssen (Jcovden)

Source: <https://covidnow.moh.gov.my/vaccinations/> <https://covid19.trackvaccines.org/country/malaysia/>

MALAYSIA, UTAR

Daily Life

STATISTICS - VACCINE BRANDS

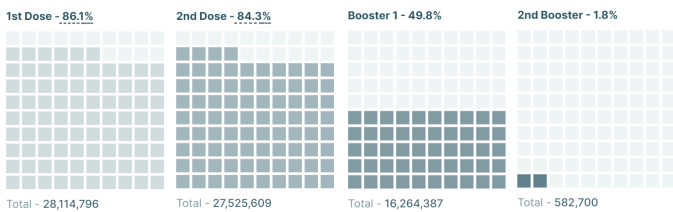


Source: <https://covidnow.moh.gov.my/vaccinations/>

MALAYSIA, UTAR

Daily Life

Vaccination Progress in Malaysia

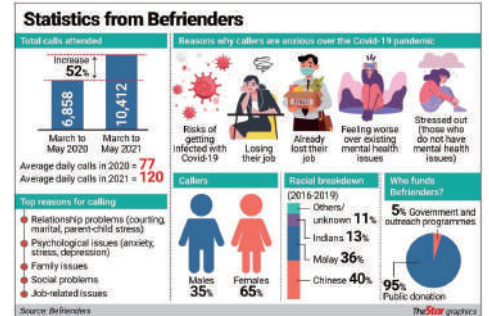


As of 28 November 2022, 23:59
 Source: <https://covidnow.moh.gov.my/vaccinations/>

MALAYSIA, UTAR

Daily Life

Anxiety



Source: https://www.mca.org.my/2/Content/SinglePage?_param1=19-042022-181300-04-2022198_param2=TS

MALAYSIA, UTAR

Daily Life

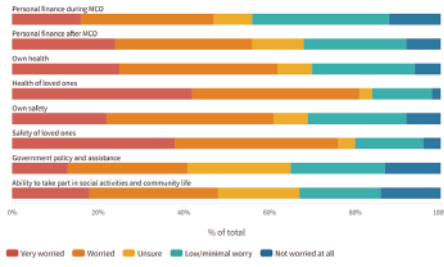
Anxiety

What are Malaysian most worried about?

Respondents: 1084
Survey period: 5 to 10 April 2020

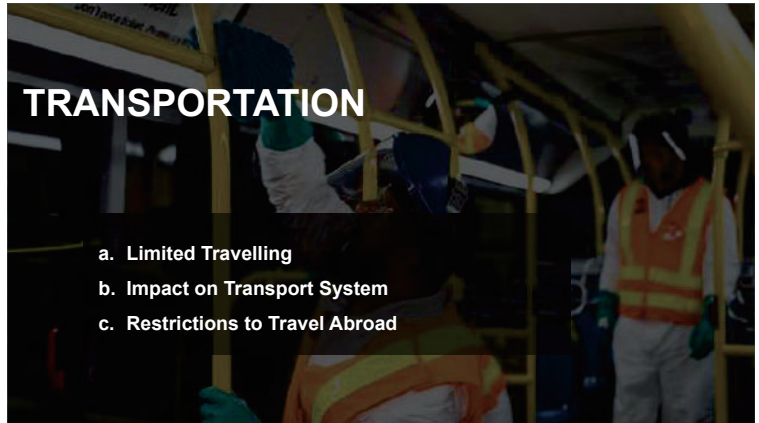


Regarding COVID-19 and the MCO



Source: <https://www.centra.my/post/mco-and-mental-health-living>

MALAYSIA, UTAR



TRANSPORTATION

- a. Limited Travelling
- b. Impact on Transport System
- c. Restrictions to Travel Abroad

Limited Travelling

Average Daily Traffic (ADT)

ADT of urban area such as Kuala Lumpur and Selangor area reduce 17% compared to year 2019.

Traffic Condition

126 days of low traffic has been found in Kuala Lumpur City Center between middle of March until end of May 2020.

Congestion Level

Congestion level of road for same area, same month reduced by 24% compared to year 2019.

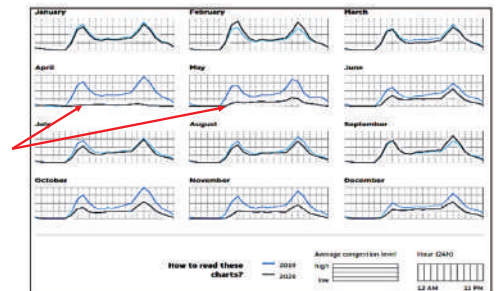
Source: https://www.e3s-conferences.org/articles/e3sconf/pdf/2022/14/e3sconf_iccee2022_01015.pdf

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Limited Travelling

Working Travel Pattern

Traffic volume reduce significantly in April 2020 to June 2020 and back to normal again in July 2020.



Source: https://www.e3s-conferences.org/articles/e3sconf/pdf/2022/14/e3sconf_iccee2022_01015.pdf

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Limited Travelling

Impact

Affect e-hailing drivers, active taxi drivers, tour bus and guide

Measures by Government

One-time cash assistance of RM500 and RM600 in April 2020 for those who registered since 31st December 2019.

Source: https://www.e3s-conferences.org/articles/e3sconf/pdf/2022/14/e3sconf_iccee2022_01015.pdf

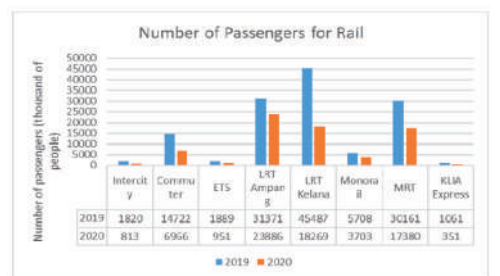
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Impact of Transport System

Rail Transport System

Ridership reduce 67% in year 2020 compared to year 2019

- Kelana Jaya LRT (60% reduction)
- Intercity Train (55% reduction)
- KTM Commuter Train (53% reduction)

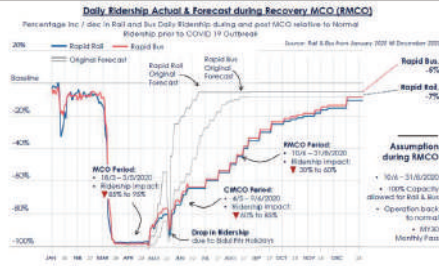


Source: https://www.e3s-conferences.org/articles/e3sconf/pdf/2022/14/e3sconf_iccee2022_01015.pdf

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Impact of Transport System

U-SHAPE RECOVERY FORECAST-RAIL & BUS RIDERSHIP



Source: <https://www.hrpub.org/download/2020130/CEA30-14892121.pdf>

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Impact of Transport System

Ridership ('000) 2020 2019 Average Weekday



Source: <https://www.hrpub.org/download/2020130/CEA30-14892121.pdf>

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Impact of Transport System

Air Transport System

According to MAHB, 98% of reduction for international flight.

- KLIA (45% reduction)
- KLIA 2 (49% reduction)

Table 1. KLIA Main & KLIA2 Passenger Traffic ('000) Snapshot as of April 2020.

Airport	2020			2019		
	April	% YOY	Year-to-date	2020	2019	%YOY
KLIA Main Total	49	-98.0%	5,171	9,412	24,965	-11.6%
International	37	-98.1%	4,064	7,607	19,869	-13.2%
ASEAN	10	-98.6%	1,472	2,896	7,669	-83.6%
Non-ASEAN	27	-97.8%	2,592	4,711	12,200	-77.8%
Domestic	12	-97.5%	1,107	1,806	5,096	-4.8%
klia2 Total	8	-99.7%	5,592	10,993	27,729	-13.5%
International	3	-99.8%	3,597	7,186	17,932	-13.6%
ASEAN	1	-99.9%	2,149	4,159	10,411	-78.3%
Non-ASEAN	2	-99.7%	1,448	3,028	7,521	-81.2%
Domestic	5	-99.5%	1,995	3,806	9,797	-13.3%

Source: https://www.e3s-conferences.org/articles/e3sconf/pdf/2022/14/e3sconf_iccece2022_01015.pdf

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Impact of Transport System

Freight Transport System

Less Impact

- Air Cargo Transport (51.5% reduction)
- Maritime Freight (0.96% increase)

Due to cheaper service charge for maritime transport compared to air transport.

Table 2. Numbers of cargo and contents handled at the airports and ports.

TYPE OF CARGO	Weight of Air Cargo (kilograms)			
	2017	2018	2019	2020
International	168,709,870	166,516,196	146,407,165	70,973,602
Domestic	235,375,877	260,360,397	283,290,816	137,396,082
TOTAL	404,085,747	426,876,593	429,697,981	208,369,684
DROP/INCREASE FROM PREVIOUS YEAR	-	5.34%	0.66%	-51.50%

TYPE OF CARGO	Total Contents Handled at Ports Across Malaysia (TEU - Twenty-Foot Equivalent Unit)			
	2018	2019	2020	2021
EXPORT	4,144,914	4,437,160	4,607,125	4,595,180
IMPORT	4,069,581	4,347,454	4,583,855	4,473,007
TRANSHIPMENT	15,569,293	16,156,788	17,230,598	17,609,592
TOTAL	23,783,788	24,941,402	26,421,578	26,677,779
DROP/INCREASE FROM PREVIOUS YEAR	-	4.64%	5.60%	0.96%

Source: https://www.e3s-conferences.org/articles/e3sconf/pdf/2022/14/e3sconf_iccece2022_01015.pdf

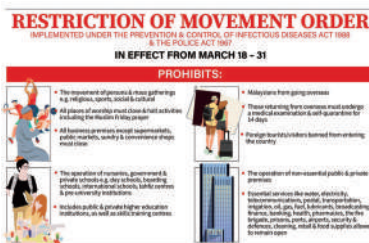
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Restriction to Travel Abroad

Lockdown Policy

First Movement Control Order (MCO) Policy

- Only one resident allowed to go out and stay within 10km of residence.
- Closure of all educational institutions and schools.



Source: <https://www.mmpi.com/2021-10/10/13/24/13860.htm>
<https://www.pmo.gov.my/wp-content/uploads/2020/03/RMO-scaled.pdf>

MALAYSIA, UTAR

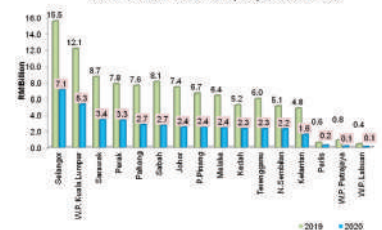
Restriction to Travel Abroad

Impact

Affect local tourism sector

- Malaysia was ranked the 3rd most popular Asian travel destination in 2018.
- Travellers will be forced to postpone their trips and cancel hotel bookings as well as flight plans.

Total of Domestic Tourism Receipts by State, 2019 - 2020



Source: <https://college.taylor.edu.my/en/life-at-taylor/news-events/news/how-covid-19-affects-the-malaysian-economy.html>
https://www.dam.gov.my/v1/index.php?rec=columns&themeByCat&cat=47&bu_id=VnZBTU1c04ZVUJnZc0UkRFA5UT09&menu_id=bd0c1V1E3R1W40VRTUkZocEnjZ1pLUT09

MALAYSIA, UTAR

References

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<https://www.flandersinvestmentandtrade.com/export/nieuws/coronavirus-%E2%80%93-situation-malaysia>

<https://www.moe.gov.my/covid-19/kenyataan-media>

<https://dccpr.utar.edu.my/COVID-19-News-Announcements.php>

Malaysia, UTAR



THANK YOU

Transition to Post-COVID-19

Living in a Post-COVID world- the safe world we want to create

Presenters:
 Cheng-Jung Wang(Jacky), Hsiang-Chen Chen(Stacy),
 Chih-Yu Fan(Vanessa), I-Ting Fang(Clair),
 TZU-Ying Chen(Nickel), Ying-Jie Huang(Jason)
 Pei-Ching Chang(Betty), To Thi Thu Ha(Hannab)

Department: Shipping and Transportation Management (STM), NKUST, Taiwan



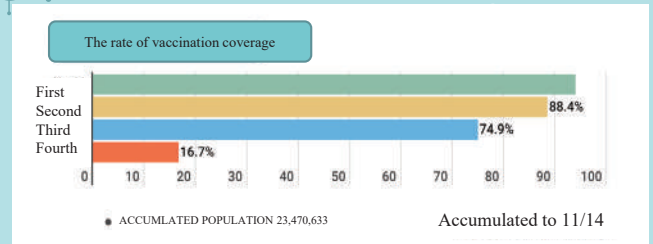
Kaohsiung, December 3rd, 2022

OUTLINE

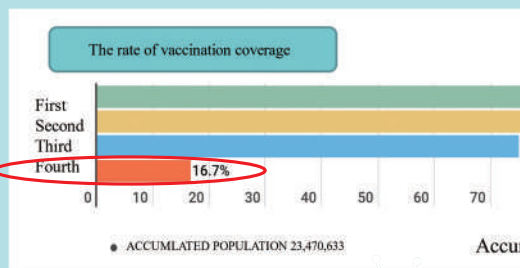
1. Covid-19 situation in Taiwan
2. The impacts of Covid-19
3. Empirical study at NKUST
4. Conclusion

01 Covid-19 situation in Taiwan

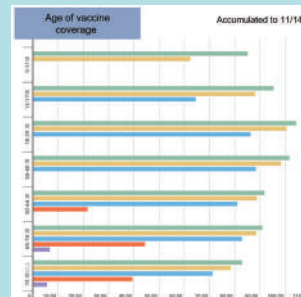
Vaccine Coverage Chart

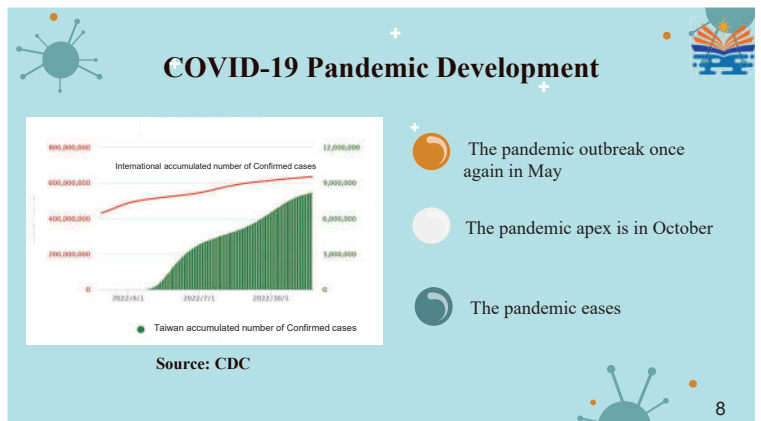
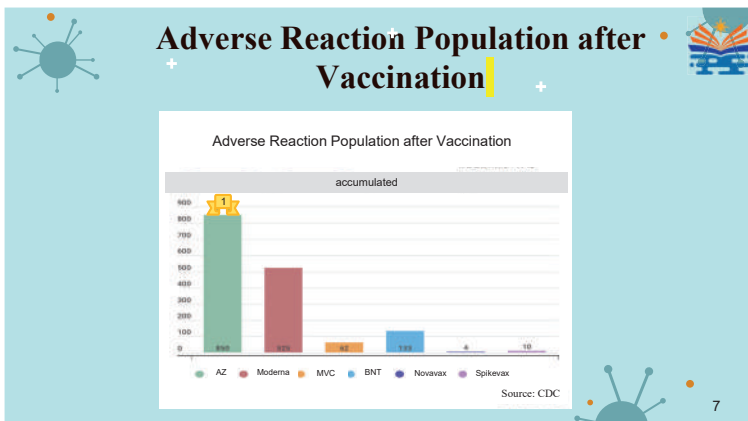
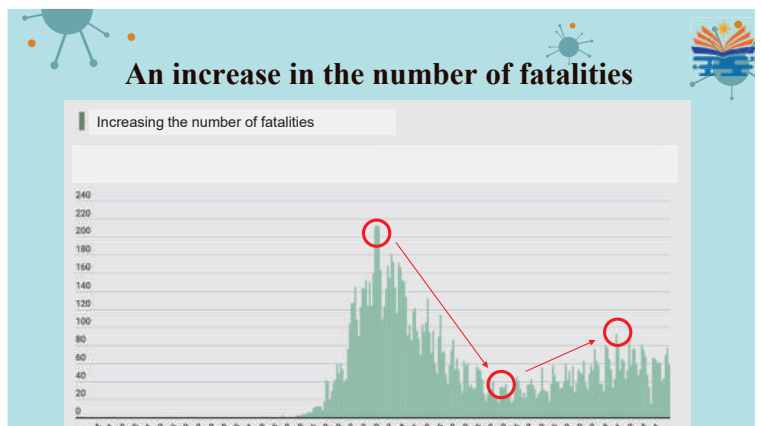
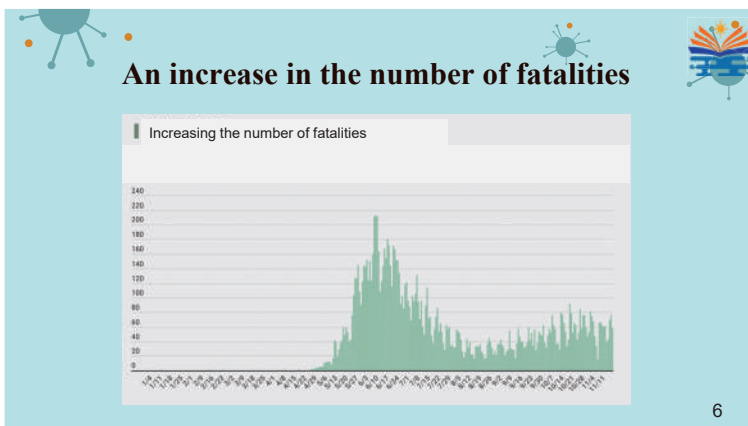
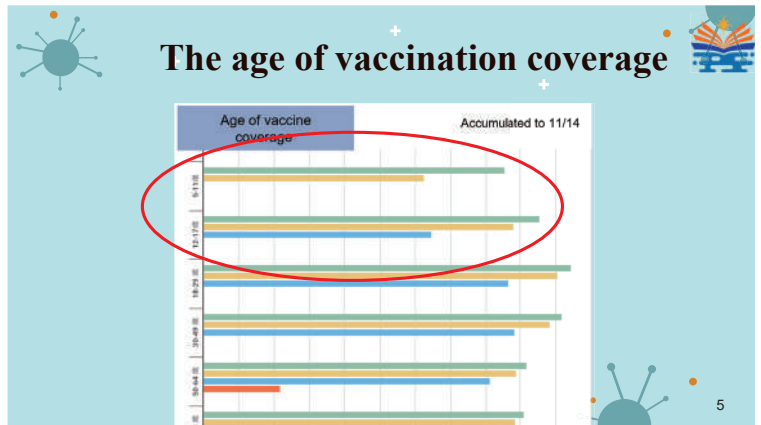


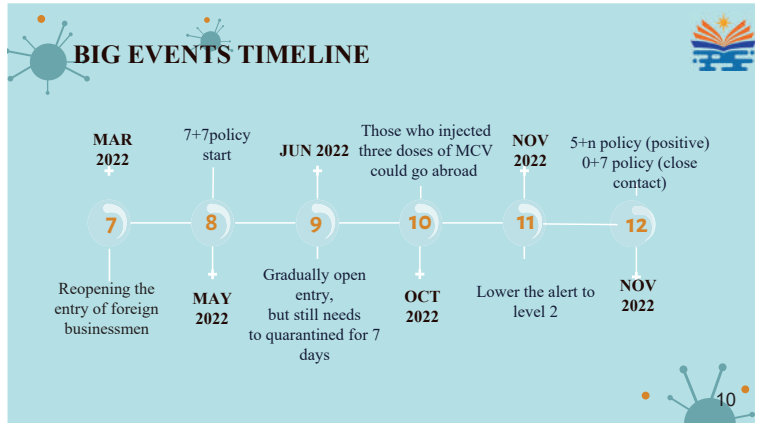
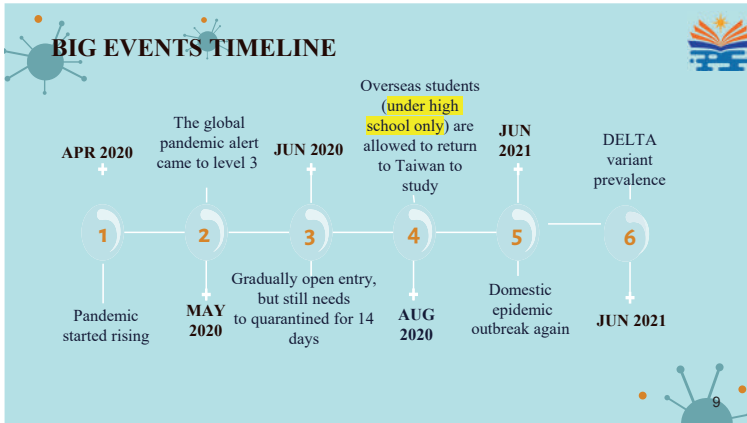
Vaccine Coverage Chart



The age of vaccination coverage







Campus Epidemic Prevention Policy (Campus)

2020	2021	2022
<ul style="list-style-type: none"> ◆ Wearing mask and social distancing ◆ Measuring and recording body temperature 	<ul style="list-style-type: none"> ◆ Social distancing ◆ Do not eating during classes ◆ Limited number : 80 people indoor 	<ul style="list-style-type: none"> ◆ Cannot go to school if you have any symptoms ◆ 「0+7 Self-initiated Prevention」 (for close contacts)

2022 Campus Immunization Policy (Dormitory)

	Positive cases	Close contact students
Taiwanese	Take the taxi for home-quarantine	Go home by their own
International students	Go to quarantine center / dormitory	Quarantine in dormitory

2022 Immunization Policy for Foreign Students Entering Taiwan (Dormitory)

	Positives	Negatives
International student	Go to Quarantine Center	0+7 Self-initiated Prevention

02 The Impacts of Covid-19

Charity groups

Charity run sponsor

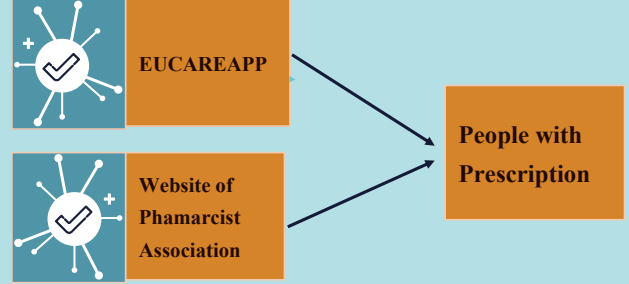


Convenient stores collecting materials activity



15

Quarantine Medication Delivery Service



16

Personal Financial Aid



Students from elementary school to senior high school, and children with physical disabilities will be given **NTD 10,000**.



Vulnerable groups such as children, elderly, handicapped, and low income residents will be given **NTD 4,500**.



For those who died from the pandemic, will be given **NTD 100,000** of condolence money.



Self-employed such as vendors, shop owners, individual taxi drivers will be given **NTD 30,000**.



Unemployed such as construction workers, tour guides, cleaners will be given **NTD 45,000**.

Source: Executive Yuan
Date: 110/09/24

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Industrial Financial Aid



Business services (catering, retail, wholesale, warehousing, etc.) (business whose turnover has decreased by more than 50%)
Each employee will be given **NTD 40,000** as a subsidy.



Caring services (like babysitting, babysitting centers, etc.) (Businesses whose turnover has decreased by more than 50%)
(Each person will be given **NTD 30,000** as a subsidy.)



Tourist industry, hotel industry (Each person will be given **NTD40,000** as a subsidy for salary and operating costs.)



Manufacturing and technical services
The maximum is **NTD 20,000** for each person per month, up to 3 months.



Transportation industry (airport, air kitchen, etc.) Employees will be given a one-time subsidy of **NTD20,000** per month to each person.

Source: Executive Yuan
Date: 110/09/24

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Vaccine Hesitation

1. Do not believe that vaccines are effective
2. Worry about potential side effects
3. Want to wait for their preferred brand



1. Restricted in certain public places
2. Inconvenient when entering and leaving the country
3. Discrimination by others

19

MCV is only recognized by ten countries



Approved countries of entry



Remedies

1. Additional supplements of other brands administered at public expense or their own
2. Choose one of the countries to go to

20

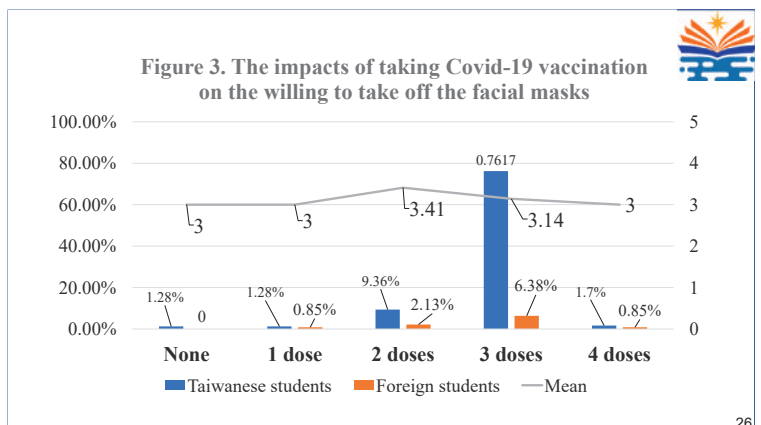
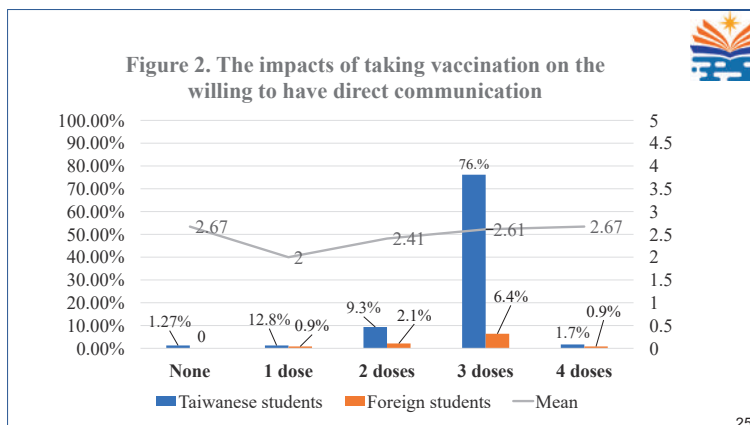
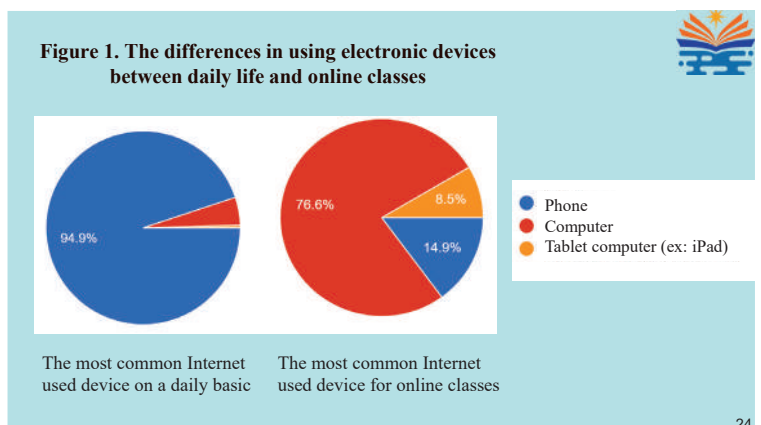
Problems faced in remote areas

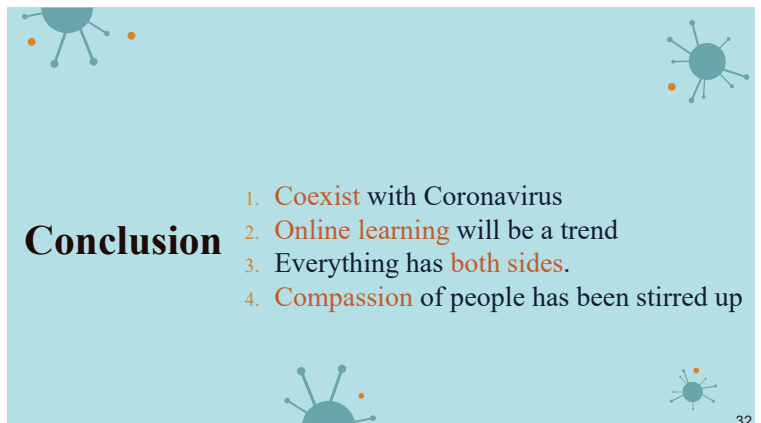
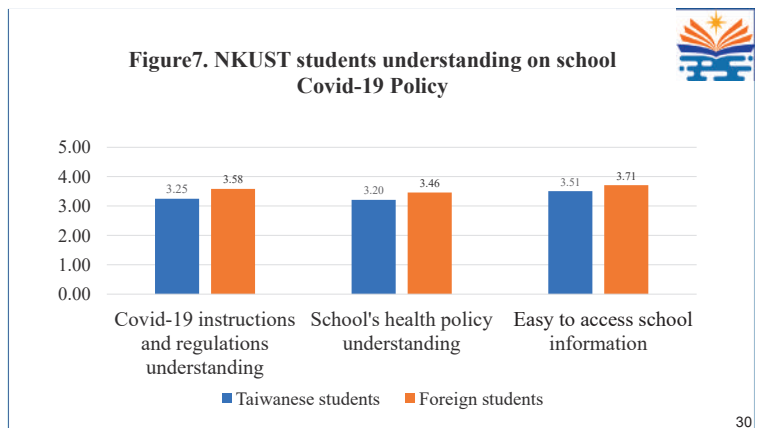
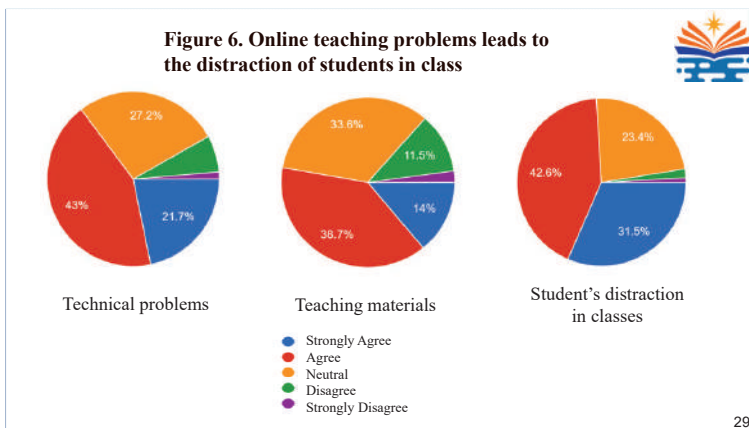
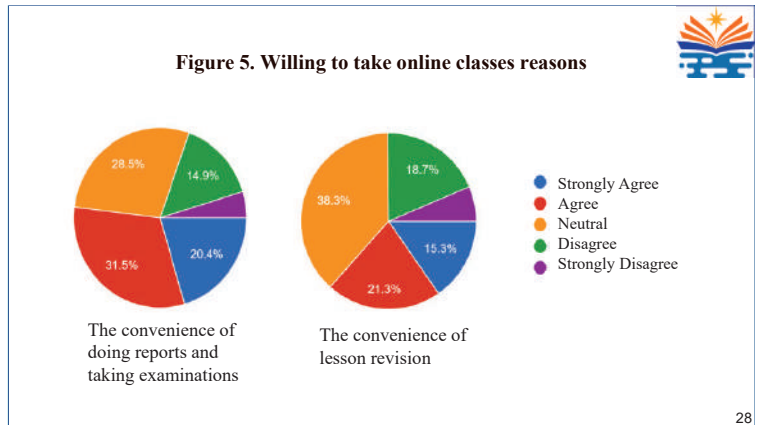
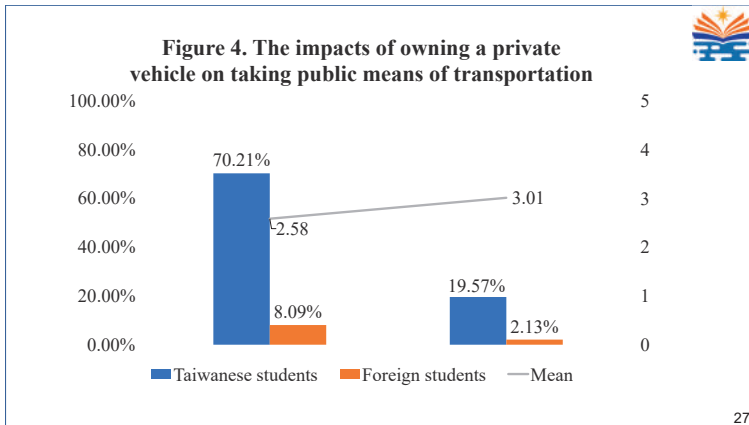
1. The delivery platform does not support
2. Quarantine measures are difficult to implement
3. Insufficient hardware equipment for online teaching
4. Adaptation period of class teaching mode

03 Empirical study at STM, NKUST

Table 1. Respondent's demographic information

	Genders		Studying status		Residence			Personal Transportation	
	Male	Female	Undergraduate	Graduate	Dorm	Rental house	Home	Yes	No
Taiwanese students	15.32%	74.47%	84.68%	5.11%	42.98%	33.19%	13.62%	70.21%	19.57%
Foreign students	2.98%	7.23%	2.98%	7.23%	4.26%	5.11%	0.85%	8.09%	2.13%
Total	18.3%	81.7%	87.66%	12.34%	47.24%	38.3%	14.47%	78.3%	21.7%









Transition to Post-COVID-19 in Thailand

MFU-ThaiLand Team: School of Social Innovation (International Development Program)


COVID-19 SITUATION IN THAILAND

2019	2020	2021
<p>The Coronavirus disease 2019 (COVID-19) was first reported in 2019 and subsequently spread globally. Thailand was the first time to report a confirmed COVID-19 case, on 12 January, reflecting a good testing capacity. After a peak of transmission in March, the disease was later contained after strong community-based contact tracing and quarantine. The state of emergency announced on 26 March and the partial lockdown inside and outside Bangkok have succeeded in containing the virus. Even though the pandemic situation seems to be quite well controlled at the moment, there is still a lot of uncertainty and a risk of more outbreaks.</p>	<p>25 March 2020 The Thai government, announced Emergency Decree on Public Administration in Emergency Situations B.E. 2564 (2020), issued a nationwide emergency declaration. To contain the spread of the coronavirus (COVID-19) in Thailand following the declaration of an emergency situation. On April 2, 2020, the government announced a "Night Time Curfew" to contain the spread of the COVID-19. According to the WHO Thailand announce the advice to public to avoid the Three C - (1) crowded places, (2) close contact settings and (3) confined and enclosed spaces</p>	<p>COVID-19 is still widespread across Thailand - with community transmission in almost every province. The ministry of public health has formulated a management strategy to control the new wave of spread of Covid-19 with an emphasis on comprehensive and proactive containment based on sound technical principles. COVID-19 vaccination rates continue to rise and are now at levels that can be expected to significantly reduce levels of severe illness and deaths caused by currently circulating COVID-19 strains.</p>

Loss and Damage from COVID-19 in Thailand

Economic Loss
Thailand's economy is impacted severely by the COVID-19 pandemic, shrinking by at least 5 percent in 2020 and taking more than two years to return to pre-COVID-19 GDP output levels.

Social loss
The Thai Government was able to maintain the number of COVID-19 cases low for as long as September 2020, a result of an early lockdown and effective contact tracing strategy. While the measures taken by the Government slowed down the spread of the pandemic in Thailand, they resulted in loss of jobs, incomes, businesses and food security for families and education for children. Unfortunately, subsequent waves and emerging new variants have imposed a major economic challenge on the country as the number of COVID-19 cases surged to over 2,000 cases per day in May 2021 and led to new strict containment measures.



Source of picture: <https://www.sustainable.org/thailand-combat-ph71044>

01 Vulnerable (1): Ethnic Minority Group




Source of picture: <https://pexels.com/journal/2021/03/06/>

Who

- Ethnic group
- Stateless people
- People/group who does not have an ID card

Why are they vulnerable to COVID-19?

- Because this minority group does not have an ID card, and no identity verification document to access the right and state welfare.



Source: <https://www.unhcr.org/refugees-and-asylum-seekers/2020/04/19-gifts-for-refugees/>

How are they vulnerable to COVID-19?

Language

- Because they use different languages so they cannot get the information about the COVID-19 directly.

Place of residence

- The ethnic group are living far from the information or help centre, so they cannot access the medical treatment.

Lack of the conditions

- Lack of self-defense equipment so it makes it easy to risk infection.
- Inaccessible to a fair vaccine because of their conditions such as living far and lack of ID card.
- There is no ID card so making it impossible to access the healing measures.



02 Vulnerable (1): People in Poverty



WHO ARE THEY?

People living in poverty refer to people who live under poverty line most of them are in agriculture sector, labor force especially in rural area

The Thai poverty and inequality report explained that when the Covid-19 came, the number of poor people are significantly increase and led to most of them are **under extreme poverty and cannot access to public health service.**

“Lack of Digital Literacy and Digital Device”

Why are they vulnerable to COVID-19?

According to economic recovery policy in Thailand serve only upper middle class which is most of people who live under poverty line are prevented from that policy. Thailand launch the policy in kind application services. It is very helpful in some group of people but for people who live in poverty are prevented from that kind of help from the government and become marginalized.



How are they vulnerable to COVID-19?

Lack of essential health information

The information these people have access to is significantly inferior in quality and effectiveness compared to information from Internet channels

Lack of access to recovery policy

Receiving government recovery payments must be done through promptpay and mobile banking, which makes it difficult for vulnerable groups, the poor and the elderly to access state welfare.

Lack of digital literacy and devices

It's related to ability to understand and deal with fake news about COVID-19 especially in the dimension of knowledge, risks, prevention or even treatment.



03 Vulnerable (3): Migrant Workers



Who

- Documented or undocumented migrant workers that mostly form neighboring countries, such as, Myanmar, Lao, Cambodia

Why

- Laid off, unskilled, ill-literate and unofficial labor status
- Cramped and crowded living and working conditions
- Inadequate social welfare supports from both countries of host and origin

How

- Job loss or unstable income
- Stigma, discrimination, and social exclusion
- Human trafficking, domestic violence and forced labor
- Stress, depression and suicide
- Unaccessible to healthcare services and information
- Vaccination uncoverage



How is the government's strategy for vulnerable groups?

Social protection: The government has a social protection plan to alleviate suffering during the COVID-19 situation, such as social assistance, social security, and the labor market to manage social risks.

Economic protection: Promoting strength at the foundation level in the country. It is a plan to reduce dependence on foreign countries. Focus on spreading progress and economic opportunities to the local or community level through employment.

Health protection: In Thailand, the government has different health assistance measures, according to the mission of the agency. The Ministry of Social Development and Human Security has measures to take care of important vulnerable groups.



Source of picture: <https://www.manager.co.th/News/ViewNews.aspx?NewsID=2738&PageID=1&Section=News>

Implementation of government strategy (Gap)

The state should have additional measures specific to each area, such as having a mobile medical unit or telemedicine. For vulnerable groups who have problems traveling to receive medical services (elderly, bedridden, disabled) and providing on-site vaccination for households with young children. Including allowing patients to receive medicines at a pharmacy near their homes in the community for chronic patients, for example, or in the corner of the study. Vulnerable households with young children should be encouraged to enable quality online learning.

Should take into account the limitations of these vulnerable groups as well. Emphasis should be placed on vulnerable groups of people who have different costs of living.



Source of picture: <http://www.thairath.co.th/news/health/20200707>

Recommendation for better Transition to Post COVID-19?



Source of picture: <https://www.bangkokpost.com/news/2020/07/07>

The government and society should provide assistance to fragile households, especially vulnerable households, which are more redundant than general households. Remedies must be universal.

For migrant workers, the Thai government should focus on migrant workers' welfare. Whether it is in terms of educating people about their social security rights so that they know how to exercise their rights and there should be no discrimination against migrant workers.

ขอบคุณค่ะ

ありがとうございました

THANK YOU
For Your Attention

Terima Kasih

謝謝

Transition to Post-COVID-19 in Japan

Information Technology

Iwanina Binti Mohamad Saleh, Tanaka Kotomi, Amakura Ryosuke, Minami Koushirou

Transition to Post COVID 19 in Japan: Information Technology

Overview

- ❖ Women in a Post-COVID Japan
 - Telework
- ❖ Credibility of Medical Information in the COVID-19 Disaster
 - Fake News
- ❖ Artificial Intelligence
 - AI based technology
- ❖ Online Technology
 - Natural Disasters

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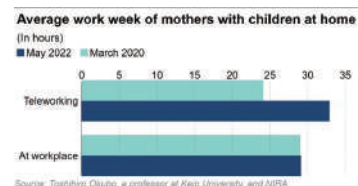
Women in a Post-COVID Japan

- ❖ World Economic Forum's Global Gender Gap Index
 - Japan ranked 121 out of 152 countries in 2020
 - 120th in 2021
 - 116th in 2022
- ❖ is at a disadvantage in the workforce
- ❖ Women more likely to work in sectors badly impacted by Covid-19, picking up a heavier load of unpaid childcare and chores
- ❖ Covid-19 - a tipping point in the push to retain more women in Japan's workforce

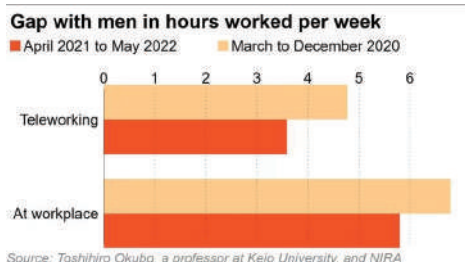
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TELEWORK

- ★ An additional eight hours or more per week, narrowing the gap between men.
- ★ An average of 32.9 hours a week in May, an increase of 8.8 hours from March 2020.
- ★ "Office hours" extended by utilising commute time.



Transition to Post COVID 19 in Japan: Information Technology



- ★ The average weekly work hours gap between male and female teleworkers narrowed to 3.6 hours.
- ★ The gap for the past year was 5.8 hours
- ★ Fujitsu, Hitachi, and Square Enix are offering teleworking as a permanent option

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Challenges

- ★ Addressing pay gap is not top priority
- ★ More than one in ten men said tackling the pay gap was unimportant
- ★ One in five believed media reports about the issue was "fake news"



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Credibility of Medical Information in the COVID-19 Disaster

Have you heard these news?

Vaccine prevents **pregnancy**

Vaccines are **microchipped** and connected to **5G**.

→ **Fake News**

•The Ministry of Health, Labor and Welfare shows **correct information about vaccines on its website**.

→How many people know about this?



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Credibility of Medical Information in the COVID-19 Disaster

Have you heard the fake news about COVID-19? (2020.6)

• **72%** (all generations)

➡ 6.7% of them did not know or believed **the truth of the information**

Confirmed true : Did not confirm true

→ 30.5% < → **49.1%**

Fake news is most common on

Twitter (57.0%) and **blogs and summary sites (36.5%)**

→Almost posted by **individuals**~The need for **information literacy**



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Information revolution : Artificial intelligence

There are already many technologies equipped with Artificial Intelligence

- self-driving car
- online translation tool

→However artificial intelligence causes many problems

Transition to Post COVID 19 in Japan: Information Technology

AI-based technologies

“Covid-19 Infection Prediction” shows the expected number of deaths, positive cases, and hospitalized or rehabilitated patients



Transition to Post COVID 19 in Japan: Information Technology

AI-based technologies

NEC use its AI technology to develop a vaccine against all Beta coronavirus genera.

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Fake news

The poster said that these were photograph of flood damage in Shizuoka a city in Japan from drone.

→Later, he confess that he made these pictures by a tool equipped with Artificial Intelligence called *Stable Diffusion*.

ドローンで撮影された静岡県の水害。マジで悲惨すぎる...



4:39 · 2022/09/26 · Twitter for Android

3649 件のリツイート 2219 件の引用ツイート

5811 件のいいね

Transition to Post COVID 19 in Japan: Information Technology

Online Technology has also **an effective aspect** with regard to disasters.

- ① Technology can **convey** disaster information and **safety confirmation in real time**
- ② Medical institutions can **share** each other's situations immediately.



If the Internet is not available, serious problems are expected to occur.

Therefore, it is necessary to prevent disasters that **do not use the Internet**.

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Shock Doctrine Issues

Great East Japan Earthquake (March 11, 2011)

→ Japanese Government Designates Sendai City as a "Super City"



On the other hand, there are **issues** such as a **surveillance society** and **privacy**, but the Japanese public **does not know much about this concept**.

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We **need to monitor** our government.

In extreme cases, it may be justified, for example, to make war or invade another country in the name of recovery from a disaster.

→ "We need land and clean water!"

We need to **pay attention to what the government does** after a disaster strikes.

It's imperative to get government **information through social networking, social media**, etc.

Transition to Post COVID 19 in Japan: Information Technology

Summary

Women are at a disadvantage in the workforce in Japan, but the COVID-19 disaster may have provided new suggestions for women in the workforce.

→ However, there are still gender disparity issues that need to be resolved.

Before obtaining information and believing it, one must be sure that it originated from a credible source and that it is true.

→ Information on medical care in particular should be treated with caution, as it could be life- or disease-threatening.

AI, which is very useful, must be useful in various situations in the future.

→ But this is a transitional period, and many problems are being caused that must be solved in order to fully utilize AI.

Technology and AI can be both abused and used against disasters.

→ The public needs to pay attention to ensure that technology is used in the right way.

Transition to Post COVID 19 in Japan: Information Technology

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Transition to Post COVID 19 in Japan: Information Technology

Group Presentations on Dec. 4

Topic: Your/Our vision for a Post-COVID-19 World

Group Presentations

Group 1

Group 2

Group 3

Group 4

Group 5

Group 6

Our Vision for a Post-Covid 19 World

Group 1
 Gan Yuyun (UTAR)
 Huang Ying-Jie (NKUST)
 Noppawan Puangmanee (MFU)
 Kanjanasuda Teeveerapan (MFU)
 Koushirou Minami (KU)
 To Thi Thu Ha (NKUST)



Kobe, December 4th, 2022 1

Outline

- 1 Introduction
- 2 A safe and equal life in the near future
- 3 Adaptation to the new era of a safe and peaceful life
- 4 Vision of the future life
- 5 Conclusion

2

Part 1. Introduction

3

Post-Covid 19 pandemic

 TAIWAN Coexist with the virus, now we don't need to wear mask outside	 JAPAN Coexist with the virus, but we need to wear masks outside. We consider Covid-19 to be like the influenza.	 MALAYSIA The conditions have gotten better and we learned to be stronger, safer and more adaptable when faced with any challenges.
 VIETNAM Coexist with the virus to recover the national economy, reopen the border and consider Covid-19 as a normal flue	 THAILAND On going through adaptation and resilience (Build, back Better), but now Covid-19 is still spreading in some areas.	

SOURCE: Flaction

4

Do you think coexisting with the Covid-19 is a right decision?

5

Social impacts of Covid -19 on vulnerable population



- **The elderly** have higher risk of infection
- **People with disabilities** may have difficulties in implementing measures to stay away the virus.
- **Poor people** are negatively affected by the pandemic in terms of the health and economic impacts.
- **Homeless people** are culprits of spreading the virus.
- **Refugees or migrants** will have fewer job opportunities due to limited movement and global economy downturn.

6

Impacts of Covid 19 on Gender Equality



- **Women's jobs and livelihoods** are more vulnerable during the COVID-19 pandemic.
- Virus is increasing the **burden of social welfare**, which is mainly carried by women.
- Female unemployment rates were about **1.8 time higher** than male's data due to COVID-19, 5.7 % and 3.1%, respectively.

Source: McKinsey Global Institute
Date: July 15, 2020



Comparison of the pandemic time and present time

How has your life changed since Corona Virus came?

1. Become a new normal life, more adaptable.



During pandemic time:

- Wearing the masks to prevent from exposing of the virus.
- Physical distancing is needed and gathering is not allowed.

Present time:

- Wearing masks is not compulsory but majority of people still wear it and frequently sanitize their hands to emphasize on personal hygiene.
- Physical distance is no longer required and social activities can be carried out.

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Comparison of the pandemic time and present time



2. Digitalization

During pandemic time:

- All learning methods change to online, using different online teaching apps.
- Online learning is fully digitalized, which provides flexible timing and comfort for learners.

Present time:

- Learning style changes back to physical mode with the aid of digital tools utilized during the pandemic time.

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Part 2. A safe and equal life in the near future

10

Daily life (1)

Equal genders



- **Same sex marriages** are legally, accepted in Taiwan and hope it would be accept in a globally soon.
- **LGBT members** should be treated similarly to ordinary groups.
- Trying to **get rid of the gender discrimination** (social position, job opportunity)



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Daily life (2)

Human rights:

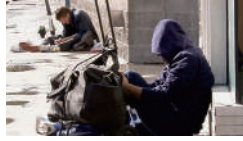
- **Children would get the same education => A fair development opportunity, get on the right track, have a good manner, be well-educated between children who are living in big cities and rural areas.**
- **Rights to live, study and work in a comfortable and safe environment (Blue-collar** like house builders, cleaners, farmers would have the same chance with **white-collar** such as doctors, nurses, teachers, office staffs...

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Daily life (3)

MEDICAL BREAKTHROUGH:

- The minor groups are facing to a lot of troubles



ONLINE SHOPPING:

- Help us to be safer from the virus during the pandemic



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School life (1)

- Going to university opportunities for **girls in rural areas**
- Providing **scholarships** for studying abroad (competition, high grade)
- **Online classes**
 - Free learning platforms, removing geographical barriers



14

Social life (2)

- **Lack of Social interaction**
 - Social distancing makes people become less interaction among society.
- **Depend on Social networking sites**
 - Create an open and balanced life.



<https://leadership.ng/here-are-some-ways-to-improve-social-interaction/>

15

Part 3. Adaptation to the new era of a safe and peaceful life

16

Adaptation

1. Widening basic health knowledge and public awareness
2. Learning from mistakes, from experiences
3. Improving our own ability, skills and knowledge
4. Governments + NGOs action



<https://www.istockphoto.com/th/%E0%B9%80%E0%B8%A7>

17

Part 4. Vision of the future life

18

I wanna live in a.... life

- A world with no discrimination
- A relaxing world
- A world that citizens are resilience
- The world we don't need to worry about war



19

What a livable life!

- **The vision of future life:**
- + Back to the normal life
- + Coexist with the pandemic
- + Combine online teaching platforms with long-distance learning, **create an opportunity for poor/ rural students**
- + We have a **better medical resource**, so not to be afraid of the virus coming back again



=> Create a safe and peaceful world

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Part 5. Conclusion

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Conclusion

1. Creating and designing a safe and peaceful life is **possible!**
2. No matter who you are, no matter what class you're belonged to... **vulnerable group should be first prioritized.**
3. We all live once only, why not try our best to build up a strong community that **there's no room for gender discrimination, unfair opportunities to access to high quality education, state-of-the-art technologies in healthcare system**
4. Thinking should be combined with acting! If you want to go fast, go alone. **If you want to go far, go together!**

22

Calling for an action

- **Be more confidence**
- **Believe in yourself**
- **Be awake**
- **Be interactive**
- **Be aware and educated yourself**

23

The big big world is right there,
waiting for us to discover...

So

If not us, WHO?

If not now, WHEN?

**ARE YOU READY TO GO TOGETHER AND
BUILD UP A SAFE AND PEACEFUL LIFE?**



24

ありがとう

terima kasih

Thanks

Cảm ơn!

謝謝

ขอบคุณ

25

Vision for a Post COVID-19 world

BUILD BACK BETTER

Students:
 Kornkanok Sanabud (MFU, Thailand), Kitiyanee Waenoh (MFU, Thailand), Amakura Ryosuke (KU, Japan),
 Cheng-Jung Wang (NKUST, Taiwan), Mok Shao Jun (UTAR, Malaysia)
 Facilitator: Pei-Ching Chang (NKUST, Taiwan)

Outline

- Education and labors in each country
- Combined(Conclusion)

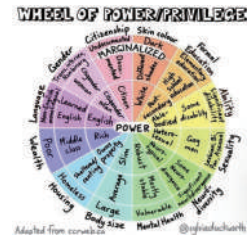
Education and Labors in Each Country

Thailand

EDUCATION

During the COVID-19 pandemic the education conducted in **online methods** lead to people who lack of internet and income were marginalized.

Covid-19 could not bring any **advantages** to us – on the other hand, it is presented **many challenges** to students, educators, and parents. Children already coping with mental health conditions have been especially vulnerable to the changes. The lack of digital devices in some student living in poverty bring them into more vulnerable and prevent them to quality knowledge in school.



MIGRANT WORKERS

Vulnerable : refer to : **Documented or undocumented migrant workers** that mostly from neighboring countries such as, Myanmar, Laos and Cambodia.

The COVID-19 outbreak has resulted in the **layoffs of workers, closing border** with poor situation in the country of origin when the demand for Thai labor increases, it causes more and more people to smuggle in illegally. And most importantly, the direct impact of COVID causes **problems for migrant workers to access COVID-19 testing and treatment.**

Thailand

Vision :

- To build better future, we need to build **"resilience"** for all to build back better with support from the government's **short term and long term remedies.**
- Focus more on **SDG implementation** so no one will be left behind. (5P – People Planet Prosperity Peace and Partnership)



Taiwan

Education

Disadvantages:

1. Getting **distracted** when smartphones are nearby
2. Those who live in rural area may find **difficult in accessing the devices**

Advantages:

1. Wouldn't be **limited by time and space**
2. Reducing time on **traffic**

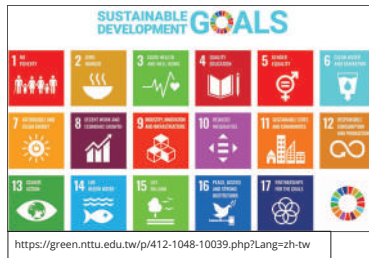
Labors

1. Home-workers
 - a. multitasking
2. Factory workers:
 - a. **Easily get infected** when working together.
 - b. May lost their job if tested positive.

Taiwan

Vision: keep adapting to the virus

1. Remote mobile payment
2. Subsidy for medical personnel
3. Practice sustainable operation



Japan

Education : online classes

Advantage

- More free time because you do not have to go to school
- More efficient due to digitalization

Disadvantage

- Communicating each other become more difficult for students
- Club activities and events such as school festival were stopped

Japan

Labor

• Restaurants were required to reduce their hours of operation, making business more difficult. So they and people who worried about economic downturn were urged the government to stop lockdown.



• The medical field was under pressure and urged the government to make the lockdown stronger and longer.

Vision

In Japan, the way of thinking that it is good not to worry too much about the Covid-19 is becoming mainstream. Then we need to take measures against medical care crush. According to the Tokyo Foundation for Policy Research, Japan has very few healthcare workers compared to other countries. This caused its overwhelmed health care. So we need to make mechanism to increase the number of healthcare workers.

Malaysia

Education

MOE & MOHE: "Online teaching and learning are planned to be fully and permanently implemented."



- **Accessibility** of Classes and Course Material
- **Flexible** Learning Schedule
- Build **Valuable** High Skills



- **Social Isolation**
- **Difficulty** to Present Practical Aspect
- **Lack** of Accreditation and Quality Assurance

Malaysia

Labour

Migrant Worker

- **No support** mentioned in **Prihatin Stimulus Package**
- Expose to:
 - Health Risks
 - Losing of Livelihoods

Informal Economy Worker

- Stopping Work and Losing Livelihoods
- **Informal Economy:**
 - **Heaviest Hit Sectors**
 - **Vulnerable to Shocks**

Malaysia

Vision of The Post Covid-19

Malaysia will be focus in **Economy** sector for recovery of Post Covid-19.

Strategies Policy

- Sound Macroeconomic
- Powerful Financial Network
- Adequacy of Executions

Action Plan

- Reset, Restructure and Re-strategize
- Crisis can be evaded based on evaluation of:
 - Primary Economic
 - Structural Conditions

Conclusion

Combination

Common visions: The policy making process must include all voices of people.

Rural area: During the Covid-19 pandemic, rural area is the place people where people at a risk in terms of economic policy and health care services.

- Rural area economic development
- Focusing more on treatment policy
- Providing more medical equipment in rural medical center

Urban area: People in urban area have higher risk for infecting the COVID.

- Set up prevention policy
- Personal awareness
- Beginning to place higher emphasis on open spaces in city planning
- Focus more on contactless digital commerce

Make a wish:

The fuel of the magnificence of a country is the economy; the ultimate resource of the economy is the people.

"Everyone can access education and work no matter what status, gender or nationality they are"

The End of Presentation.

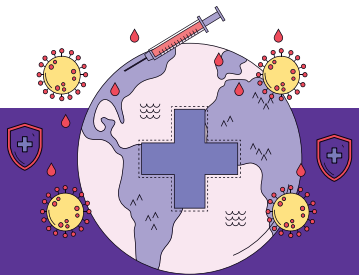
— CREATE A BETTER WORLD —

Our vision for a post Covid 19 world

Group 3: zoo

Group member:

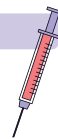
- Chih-Yu Fan(NKUST)
- Yuyin Gan(UTAR)
- Kotomi Tanaka(KU)
- Rosrin Jarama (MFU)
- Nittaya Phumdonchai (MFU)
- Facilitator : Svetlana Babina



2022/12/4

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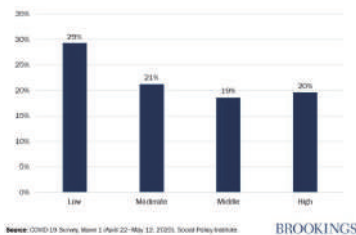
Low- income people (During- Post Covid- 19)	01	02	Women (During- post covid- 19)
Ext rovert , Int rovert (Social life and skills)	03	04	Solut ion



Low-income people (During Covid-19)

Why are they vulnerable?

- More likely to be unemployed and jobless
- Reduction in working hours and forced to take a pay cut
- Facing financial difficulties :
 - paying bills and rent
 - mortgage payments
 - food shortages
 - medical expenses

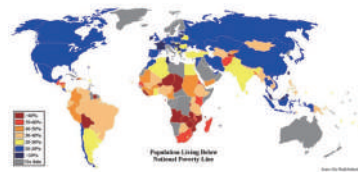


Source: COVID-19 Survey, Wave 1, April 22–May 12, 2020, SOFII Policy Institute. BROOKINGS
Percentage of Respondents Reporting Covid-19-Related Job or Income Loss, by Income

Low-income people (Post Covid-19)

Why ?

- They don't have enough money to get sanitation products.
- Job losses increase pressures of care and domestic work reduced hours and strains on both physical and mental health.



Women (During Covid-19)

Why are they vulnerable?

- Role of women (house-wife- take care of family member+Work from home)
- Domestic-sexual harassment
- Domestic Violence



Source: Ministry of Social Development and Human Security



Sources: Open Data Portal for Monitoring and Evaluating Government Projects under National Strategy

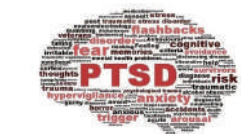
Women (Post-Covid-19)

The impacts to women

- Post-traumatic stress disorder (PTSD), including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts
- Inability to attend to their own and their children's health and wellbeing
- Serious effects on their identity and confidence as mothers

The impact to children

- Higher risk of replicating or falling victim to those behaviors in adulthood
- Academic problem - non-attendance, attention and concentration difficulties, sleep disturbance, withdrawal, insecurity, guilt, depression and low self-esteem.



Extrovert (During covid-19)

• Why are they 'Vulnerability'?

→Especially with the COVID-19 Disaster, their "Well-being" is prevented.

'Extrovert' like socializing with people

Their life in the COVID-19 Disaster is very stressful

...Lockdowns and refraining from going out

→so they can't go to work or school or can't enjoy outdoor hobbies.



Extrovert

• Also, in addition to this, other factors lead to further 'Vulnerability'.

→For example, 'one-person households' ... They live in their home alone.

- If they don't go out for their work or school and so on, they can't communicate face-to-face with other people.

'one-person households' are increasing in the world,

especially in developed countries.

Nations/areas	one-person households
EU	about 30~40%
Japan	32%
USA/Canada	28%
Korea	27%
Malaysia	6~7%
World	about 15%

These elements...their life is more stressful.

→The cause of depression: It may continue in post-COVID-19.

Reference: 「ひとり暮らし世帯」が世界レベルで急増する背景とその影響: BIG ISSUE ONLINE (bigissue-online.jp)

Introvert (post Covid-19)

Why they are vulnerable?

Even though the introvert people may not get the effect from lockdown or work from home as extrovert people, the crisis impact of demographic on post Covid-19 can be happened...

- Lock down ,work from home leading them can not meet each other for building relationships
- Not have relationships and leading to marriage crisis (decreased)
- Economic and marriage crisis causing decline of population growth (Birth rate decline)



The situation on a post Covid-19 effect sustainable development goals

During COVID-19 pandemic has caused economic and social impacts that may affect the development of sustainable development goals on post Covid-19

- Poverty rates are rising
- Lower incomes will affect several dimensions.
- Economic downturn.
- The issue of domestic violence, exploitation, and sexual harassment of women related with several Sustainable Development Goals goals.

"Leave No One Behind"



What can we do?

Any suggestions for vulnerable?

Low-income

- local staff facilitated low income for access gov support
- Financial assistance from government:
 - Cash Aid (Allowance)
 - Initiatives in providing laptops, tablets and data connectivity (for students)
- Food Aid Foundation from NGO: Food Bank

Women

- mental health support
- Response plans should include holistic, multisectoral and fully integrated in national and local policies.
- Invest in long-term prevention efforts to end violence against women and girls.

Extrovert

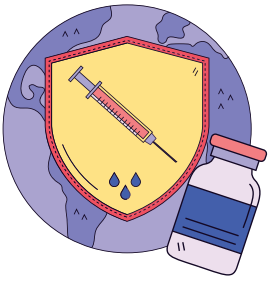
- Organize more online activities : virtual dance parties
- Receiving mental health support
- Keeping in touch with others
- Looking for hobbies can do inside



Covid-19 pandemic is not only a kind of disease that impact to health and well-being of human, or not a fast disaster that we can recover and resilient easier...but also a long-biggest disaster that can affects a post pandemic in all dimension like a

"DOMINO EFFECT"





THANKS
FOR YOUR
LISTENING



Build Back Better World (B3W)

Group 4
Iwanina (KU), I-Ting Fang (NKUST), Fasiri (MFU), Sike (MFU)
Facilitated by Ayako Ohzeki

December 4th, 2022

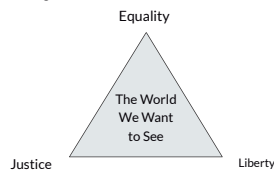
Outlines

- ① The Three Principles
- ② School Education
- ③ Workplace
- ④ Daily life
- ⑤ Social media
- ⑥ Key takeaways



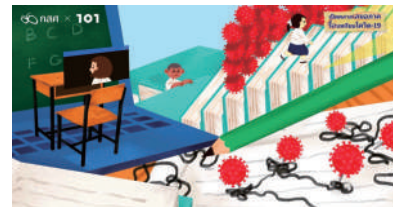
The Three Principles

1. Being **"Equal"**
 - o all human-beings are equally protected by inclusive socio-economic protection mechanisms through universal welfare systems funded by redistribution of wealth
2. Being **"Just"**
 - o all workforces (health workers, academics, food delimiters, housemaid) are socially and economically justified through democratization of workforce
3. Being **"Free"**
 - o freedom from want (poverty, infections, diseases, environmental degradation) by **Development**,
 - o freedom from fear (conflicts, violence, crime) by **Peace**, and
 - o freedom from indignity (discrimination, exclusion) by **Human Rights**



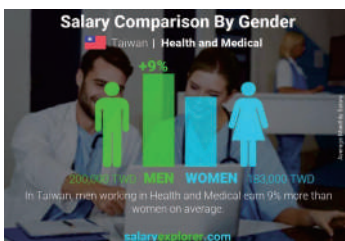
School Education

- Online education accessibility for the underprivileged children from rural communities?
- How can we reassure the quality education for online classroom?
- How can school education affect the gender role?
 - o More burden on women who have to take care of domestic chores and class/work



Workplace

- Underprivileged groups → healthcare works
- Increase welfare and wages
- Provide equal welfare from the government



Daily life

- Underprivileged groups → remote residents
- The service for delivering medicine, groceries and daily necessities
- Cooperation



(Sources from: Health and Medical Average Salaries in Oman 2022 - The Complete Guide/https://www.mirror.co.uk/news/politics/nhs-bosses-raking-300000-year-24021086)

Social media



Communication tool during the pandemic



Tool for delivering 'peace' and information to the public



The spread of misinformation

Media literacy for all



Key Takeaways



- Be fair, just and liberal
- Equal welfare for healthcare workers
- Quality and access to education affecting students.
- Media literacy for all people

To be considered...

- How can we voice up on behalf of the unvoiced?
- How can we coexist with COVID-19 if it is never gone away?
- How can we prepare for next pandemics, climate catastrophes, etc.?
- How can we, as global citizens, fight against pandemics, and/or global threats?

Thank you for your attention!



Group 5

Vision Post COVID-19

UNESCO KOBE CHAIR : 4 Dec. 2022

Focusing on Education

Introduction

- The COVID-19 pandemic impacted education on all levels around the world and that's mean the quality of education of students was effected which is important for the development of a country.
- Lack of education cuts students off from opportunities in the future.
- There was a change in person learning to distance learning or studying at home, many students had to adapt to the hybrid system.

Speaker: Pinyapat Choypo (MFU)

The Problems

- Lack of internet access and capable devices (e.g. laptop)
- The omission of personal interaction between teacher and students lead to learning gaps (e.g. social skills, distraction)
- The pandemic is most likely to have a long term negative impact on education

Speaker: Panalee Panpeerapit (MFU)

Solution

- Government provides assistance
- Support teachers and students to teach effectively not in person

Speaker: Hsiang Chen Chen (NKUST)

Vision

EDUCATION CHANGES EVERYTHING!

"Everyone has the right to education"
Universal Declaration of Human Rights, 1948

Speaker: Kathrin A. (UTAR)

Vision

- Combine advantages of online teaching with traditional on site teaching
- All people have internet access and capable devices
- Introduction of counselling and mindfulness
- Example of Malaysia: Coaching (Teacher - Student)

Speaker: : Kathrin A. (UTAR)



Conclusion



- The opportunities for education are still not equal in our world
- Our vision is a Post Covid-19 world with free education for everyone which combines the advantages of online and on site teaching



Speaker: Karanthatrad Weerasunthorn (MFU)




THANK YOU




Member group 5

Panalee Panpeerapit (MFU)
 Karanthatrad Weerasunthorn (MFU)
 Pinyapat Choypo (MFU)
 Hsiang Chen Chen (NKUST)
 Kathrin A. (UTAR)

References



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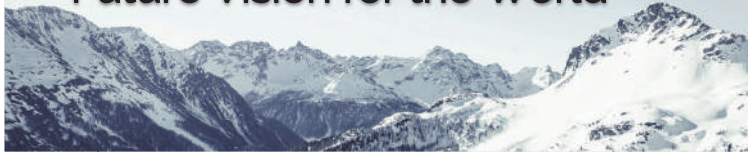
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Organisation for Economic Co-operation and Development (OECD), 2018. The future of education and skills: Education 2030. OECD Education Working Papers.

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Post Covid-19 : The Impact on Mental Health and Future Vision for the World



Our Group Members Baby Shark

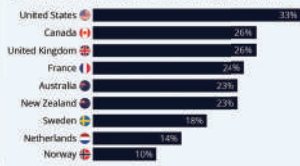
- Thanaphong Narongkun (MFU)
- Koo Li Sin (UTAR)
- Pusparini Anggita A (UGM)
- Tzu-Ying Chen (NKUST)
- Phoorichaya Phoonchai (MFU)
- Chonlakarn Kullapak (MFU)



Facilitator: Satya Nugraha (UGM)

Covid-19's Widespread Impact On Mental Health

Share of adults who experienced stress, anxiety or sadness that was difficult to cope with alone during the pandemic.



n=8,259 (February to June 2020)
Source: The Commonwealth Fund



Mental health and Covid-19

From the situation of the COVID-19 that occurs around the world causing impacts in many fields from social, economic, and health to the individual level. Obviously causing a lot of damage.

- **Groups who are working and have to lose their jobs** because they will have to face serious financial problems.
- **Children** who are not adjusting in the new environment and education development.
- Including **elderly people** who have to be in confined spaces, such as staying at home because of restrictions on movement during the crisis.

Enforce social distancing measures and restrictions that reduce the spread of the virus. But it also affects people's well-being. In present times people have easy access to various media, but media consumption or being highly aware of the media results in it will cause stress.



Malaysia

Quarantine and Social Isolation

Has been associated with psychological distress, even significantly increased mortality rates, from anxiety disorders (pessimistic environment), obsessive compulsive disorders (overly disinfection), increase addictive behaviors and substance use (alcohol and drug), and posttraumatic stress disorders (recovery from positive case).

MultiCultural Consideration

Some Malaysian communities tend to have more traditional beliefs and use traditional healers that may not be in alignment with modern mental health treatment methods that come primarily from Western theories. There is still a lot of stigma in Malaysia about mental health, which might lead people to not be honest about their conditions and not seek help at times of distress.

Source: <https://mjphm.org/index.php/mjphm/article/view/826>

Solution

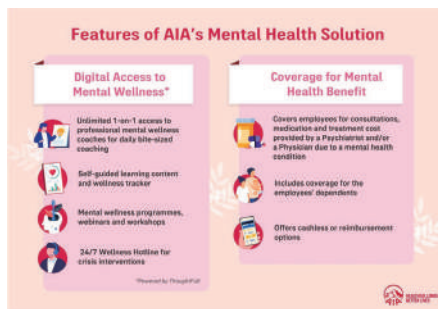
- ★ **Debt Counselling** -> to solve financial problem
- ★ Trusted members of the **community can work together with mental health professionals** to increase mental health literacy in their communities and recommend appropriate support systems to **promote mental health-seeking behaviours**.
- ★ The move to increase **employment and training for mental health-related opportunities**
- ★ The pandemic exposed the real nature of inequality - **minimising the socioeconomic gap**, by promoting global movement UN Sustainable Development Goals (3 - Good Health & Wellbeing, 5 - Gender Equality, 8 - Decent Work & Economic Growth, 10 - Reduced Inequalities)
- ★ Addressing the mental health issues of **vulnerable minorities** like refugees, the undocumented population, and the **LGBTQ+ community**, besides **banning conversion therapy for LGBTQ+ people**.

★ **LGBTQ+ : lesbian, gay, bisexual, transgender, questioning (or queer), and other sexualities.**
Source: <https://www.centre.my/post/mco-and-mental-health-living>
<https://codeblue.saliencecentre.org/2020/09/02/how-to-fix-malaysia-hidden-mental-health-epidemic/>
<https://sdgs.un.org/goals>

Case Study - Malaysia

AIA Malaysia Launches First-In-Market Mental Health Solution For Workforce

16 Aug 2022



Source: <https://www.aia.com.my/en/about-aia/media-centre/press-releases/2022/mental-health-protection-for-the-workforce.html>

Indonesia

Healthcare workers (HCWs) are the front lines during the COVID-19 pandemic and thus are more exposed to COVID-19 than other professions. Worldwide, the total number of deaths among HCWs is over 155 000 (WHO, 2021).

During a pandemic the healthcare workers experiencing burnout and chronic stress. A previous study in Indonesia among nurses who worked during the COVID-19 pandemic has shown that rejection from family and/or neighbours is a risk factor for depression, anxiety and stress.

Health workers feel the greatest pressure due to their work. Some officers also experienced separation from their families or communities. This can make the situation much more difficult for healthcare workers.

Source: World Health Organization. Director-General's opening remarks at the World Health Assembly, 2021.

Solution

- ★ For Workplace support recommend that more attention towards HCWs should be given by the policymakers.
- ★ Providing psychological support and by assigning sufficient number of security guards or policies in healthcare facilities in order to provide a safer workplace.
- ★ Prioritizing aspects of mental health interventions such as psychological assistance and counseling.
- ★ Carry out periodic checks related to depression, anxiety, and also stress experienced.

Source: <https://jurnal.uns.ac.id/psikiatri/article/view/22446/12461>
<https://doi.org/10.24127/psikiatri.v21i1.12461>
 83% Tenaga Kesehatan Indonesia Mengalami Burnout Syndrome Derajat Sedang dan Berat Selama Masa Pandemi COVID-19 - PKJ

Case Study Indonesia

UGM Launches Practical guide to help health workers manage their own mental and psychosocial health related to the COVID-19.

<https://chbp.fk.ugm.ac.id/wp-content/uploads/sites/345/2020/04/C-HBP-kesehatan-mental-tenaga-medis.pdf>



Taiwan

Personal Pressure

Because of the outbreak of the pandemic, many people in Taiwan have been seriously affected since last year. The people and service industries are under great psychological pressure, fearing that they will be infected and pass it on to their families. According to the government's policy, when people go into restaurants, they only can take-out food to eat, which can ensure their own safety and will not increase the risk of infection from the public.

Business Pressure

But for many service industries, the loss is heavy. Because of government policy, restaurants can only provide take-out services and cannot dine in, so they don't need so many employees. As a result, many employees also need time to adapt to the new work mode due to the impact of the pandemic. In addition, there are few customers that there is no need for so many employees to go to work, resulting in most of the employees being unemployed. If employees lose their jobs, they will be under a lot of pressure, such as loan pressure, family financial pressure, etc. They cannot live a stable life and need some help from the government.

Solution

- ★ Because of the pandemic, the government will give some financial aid to help people and businesses who lost their jobs and couldn't support their families.
- ★ The government has different subsidies for different groups.
- ★ **Personal:** Students, vulnerable groups, those who died from the pandemic, self-employed, unemployed, the amount of money is between 4500 NTD and 100000 NTD during the pandemic.
- ★ **Industries:** Business services, caring services, tourist industries and hotel industries, manufacturing and technical services, and transportation industries the amount of money will be given between 20000NTD and 40000 NTD.
- ★ Giving some financial aid is the best way not only for those who are heavily reliant on the economy for loans or family support, but also because it can relieve their stress.

Thailand

Marking the World Mental Health Day on 10 October, UNICEF and Department of Mental Health (DMH) expressed concerns over the continued negative impact of COVID-19 on children and young people's mental health in Thailand as significant numbers of adolescents face stress, anxiety and depression.

28 per cent of adolescents experience high levels of stress, while 32 per cent are at risk of depression and 22 per cent are at risk of committing suicide

7 in 10 children and young people reported poorer mental health due to the impact of COVID-19 on their lives. Most of them were concerned about family household incomes, their studies, and future education and employment.




UNICEF

Case study : Mental Health Solution in Thailand

- ★ The pandemic has significantly affected children, young people and parents, may be affected in the long run. Many parents are not able to balance work and taking care of their children. COVID-19 restrictions. This also leads to more incidences of family conflicts and domestic violence, resulting in mental health challenges or even suicide. DMH is working with related agencies and UNICEF to monitor children and young people's mental health more closely.
- ★ In 2020, UNICEF, DMH and JOOX Thailand implemented The Sound of Happiness campaign to encourage children and adolescents to speak up about their mental health and well-being and seek support. Through podcasts and songs, the campaign aimed at addressing negative perceptions around mental health and encouraging young people to talk about mental health challenges with their friends and family or someone they trust.

Promote "Mental Immunity": Under the inclusive development and SDG 3.

Recommendations

<p>01</p> 	<p>Do activities that you enjoy</p> <p>Try to continue doing the activities that you find meaningful and enjoyable. Having a regular routine with activities that make you feel happy will help you maintain good mental health.</p>	<p>03</p> 
<p>Talk to someone you trust</p> <p>whether a friend, a family member, or a colleague – can help. You may feel better if you are able to openly share what you are going through with someone who cares about you.</p>	<p>02</p> 	<p>Seek professional help</p> <p>If you feel like you cannot cope with the stress that you are facing, seek professional help by calling your local mental health helpline or getting in touch with your counsellor or doctor.</p>

World Health Organization(WHO)

CONCLUSION

- The spread of the COVID-19 virus affects not only health but physical health. In terms of mental health of people in society is very due to lifestyle changes and new rules or regulations this causes constant anxiety and stress that can lead to deterioration of mental health, stress, fatigue, depression, and eventually leading to self-harm and suicide.
- It is necessary to obtain cooperation from relevant agencies responsible for the care and treatment of mental health problems. Measures, guidelines or projects, and activities should be issued to promote knowledge and understanding urgently in healing, balancing, and coping with mental health problems. To be able to effectively cope with mental health post-Covid-19, and can be applied to practically all contexts in the global society.



THANK YOU



Questionnaire

Questionnaire

Kobe University

Mae Fah Luang University

National Kaohsiung University of Science and Technology

Universiti Tunku Abdul Rahman

Kobe University UNESCO Chair Education Program 2022 Questionnaire

The Total number of returned questionnaire: 30

Gadjah Mada University, 0; National Kaohsiung University of Science and Technology, 8;

Mae Fah Luang University, 12; Universiti Tunku Abdul Rahman, 6; Kobe University, 4

Q1: Did the conference meet your expectations?

YES: 28

NO: 1

N/A: 1

Comment:

It's more interesting than my expectation. During the meeting, every group played the sound of peace, and got together to finish the hard task and give a presentation on the second day.

It was such an amazing conference. Everything was perfect and hard to fault.

As the main core of the conference, we discussed about the gender equality and vulnerable group. I think as all the countries and groups express their idea and thought from different aspect. And made all of us knowing there're so many situations could happen, and how we should do to create an environment that is safer and more equality.

I think the conference is so great. Everyone paid all their attention and did their best during this period.

Taking part in the conference was an ideal chance to meet up new teachers and friends as well as exchange knowledge in terms of creating a safe world and promoting the gender equality, especially for the vulnerable groups. On top of that, with a professional environment that students like us could be braver to talk and share our own stories and experiences during discussion time.

I think it was very interesting to communicate and interact with all kinds of students from different countries in this conference.

It was a meaningful conference.

No, for me. It was not as it should be.

We exchanged information and opinions as I expected.

Yes, the meeting met my expectations because I have joined a new conference that had contacts with people of many nationalities.

This conference actually provided more than I expected. Everyone really came to exchange ideas. Before attending this meeting, I think it was going to be a very formal and serious discussion. Therefore, I was very concerned that I could do well. On the other hand, this meeting was very chill both knowledge and also gave me the courage to express myself, so I could talk to all my friends comfortably. It was a very valuable and memorable conference for me.

Yes, it's as expected. In particular, each participant was able to see the problems in their own countries.

My participation in this meeting met my expectations. Before joining, I hoped to participate in various discussions and to exchange ideas in each country, I could be expressed in the debate of equality in the matter of covid but still considering equality in each country, we would not take sides with any countries and be fairness with every country. Attending this meeting met my expectations.

As expected, I gained knowledge and experienced together with foreign friends. it's a new activity that creates more knowledge for me too.

It met many of my expectations within a short period of time.

The conference had a good output and I believe it will bring us good outcome too.

It was good to interact with people from different countries and to know their ideas.

I was hoping to get in contact with other students from Asia and during the preparation of the task I could interact students from Thailand, Taiwan and Japan, therefore yes, my expectations were met.

The conference was well-organized and informative which provides opportunity for me to gain knowledge and experience. I've also given the chance to know and interact with people from other countries.

It would have been better if the conference had been done physically instead of online. However, it was a great conference.

災害について他の国の学生と話す余裕はなかったが、とにかく生まれて初めて他国の学生と触れ合い意見交換することが楽しかった。特に私が行った中でカルチャーショックを感じたのは同性婚についてである。台湾でもはや法律で認められているという話はもちろん、タイを含めた他の国でも法制化に向けた動きが活発化しているというのは驚きだった。日本では同性カップルの話題がごくたまにニュースに取り上げられることはあるが、基本的にはプライオリティーは低く報道されるためその意識の違いに驚いた。

とても貴重な経験で楽しかったです！

学校の授業では海外の現状を学ぶことがあるが、その国の人の言葉で直接聞くことができたのは、とても貴重な体験で、感慨深かった。

Q2. What did you learn from the conference?

In this program, each group discussed about the post-Covid world in their own countries. Therefore, I learned the policy and different measurements from each country to fight against the Covid-19.

What I learned from this conference was to listen to others carefully. This was the first time that I heard many different accents at once. So, I tried to understand what others want to express patiently. It not only enhances my listening ability, but also teaches me how to extract the main points from conversations.

During the presentation and discussion, I learned that although we were all under the COVID-19 pandemic, there were still different issues in different countries. But we could see some common problems we are all facing, such as the fake news. I think we all should build and having the ability to identify the authenticity of information that we get.

I could know how to cross the language barrier to do a project with students from different backgrounds.

After joining the conference, I've learned a lot about different cultures from different nations as well as the current Covid-19 affairs in their countries. Besides, several points of views about the definition of a safe and peaceful world were defined within different perspectives. Each group's presentation was an interesting lesson that I wanted to merge myself in. On top of that, there were a lot of amazing facts and information that I've never heard about.

It was not easy to complete a group presentation with foreign students in one night. Finally, I did it. I learned how to communicate with them in English, reach an agreement on our topic, and search for and categorize the information from our country.

I learned what's happening in each country under the epidemic and policies and the views on the post-epidemic.

During this event, I learned the importance of teamwork. Without my teammates, I would not have been able to complete the two days of speeches and discussions. I have also become more concerned about international affairs because we are a global village and are inseparable from each other, so it has become a duty of modern people to care about things.

I have gained knowledge of the world in the era of post-Covid-19 pandemic and also learned how to be a presenter for a global event. Moreover, I got new connections from many friends in many countries.

Cooperation and discussion with friends from other countries, and I was learning about their situation that faced COVID-19 a pandemic including the implementation of government to deal with COVID-19 while spending.

I got to know and see what happened during the COVID-19 pandemic through the perspectives and sharing of information from others friends in Malaysia, Taiwan, Japan, including Thailand, and most importantly, sharing and exchanging future needs that we want to happen or the vision for a post Covid-19 world.

The Covid-19 is a global phenomenon that distracts our normal life. It's been over three years that we adapt ourselves to "New Normal Life" and this conference led us to think about how to create the safe world for all in the post Covid-19 era.

The important thing that I have to learn from the conference that is the other countries' situation, their vulnerable groups of people and the obstacles or conditions of each country during the Covid-19 pandemic were shared with the students.

Through the conference, I learned problem-solving and recovery. After the pandemic, the difference between today's world and the world before COVID-19 impacts, solutions, gender, women, vulnerable groups, and marginalized people affected by this event.

There is no right or wrong to exchange opinions. Only which is more reasonable to apply to it. Attending this meeting made me realize even more that COVID-19 affects many dimensions. Not only in the economy and health, more than that, it also has a long-term effect even after COVID-19. To restore everything back to how it was or to make it better takes time and good management. And one must be prepared to deal with what will happen in the future as well. There may be new events or new unknown disasters like COVID-19 in 2019, from which there are lessons from COVID-19. We have to improve the structure to be strong and think of a plan to deal with various emergencies in advance.

I learned about the COVID situation of neighboring countries and their response measures.

I learned to participate and collaborate, brainstorm, and express opinions. Since we have the opportunity to be a representative to attend the meeting, we must stand in the middle to be fair to all parties. Listening to opinions from different people in different countries, I learned to work with others, discuss to exchange ideas, demonstrate collaboration potential and respect for different opinions.

I learned about the conditions after the current COVID-19 situation and the post-crisis effects. In what ways does it affect you, and how should there be guidelines for rehabilitation that can be discussed and applied in the future according to social conditions in each country?

Since this program was collaboratively organized by multinational universities with diverse teachers and students, I have learned different coping practices of COVID-19 in given local contexts.

I have learned and exchanged about the world crisis on the COVID-19 situation and the group of vulnerable people of each country.

We learned the post-covid recovery processes of each country from the students' presentations.

I learn different perspectives and vision related to gender equality, education, labour and online learning for the post Covid-19 from different countries.

Time-management, concern of the current topics from different countries and different solutions they could make.

I learned that every country has vulnerable people on which it must take care of. And I realized that countries took different action to fight against the pandemic and it's very interesting to share the different strategies and think if they also could be implemented in the own country.

The main things that I learnt is to express my idea during the discussion and the way to communicate with other group members during the discussion session. Besides, I also improved my presentation skills during this conference.

I learned about the current situation of the covid 19 in other countries. I was able to exchange opinions with other students.

会議から学んだことは2点ある。

一つ目は日本の差別に対する意識や考え方が非常にレベルが低いことを痛感したことだ。ブレイクアウトルームに分かれたのち、差別のことについて話し合う時間が最も長かった。その中で自分は現状や問題を認識しているにはしているが、具体的に解決に向けてどのような行動ができるのかそれを提示することが全くできなかった。問題があるということばかりを勉強していて、それでは実際にどのような行動ができるのか実践の経験も知識も足りないということを痛感した。

二つ目は異国の異言語の学生とコミュニケーションする際言葉を発さないコミュニケーション（ボディーランゲージやうなずき等）が重要であるということ学んだ。一日目グループ内で英語力に差があることもあり議論は進展せずそのまま進んでも大丈夫であるかという心配があった。しかし二日目言葉で十分にコミュニケーションできなくとも自らが聞き取れる範囲の内容に十分な反応を行いそこから議論を広げたり疑問点を出したりすることで一気に仕事が進んだ。ズームでどのような反応をしているかわかりにくい状況では少しオーバーな表現のほうがむしろ良いと学べたことはとても面白い経験であった。

多様な視点の重要性・今の状況とこれからの社会について。

各国の現状がどうなっているのかについて、その国の人の言葉で直接聞くことができた。ディスカッションでは、台湾、マレーシア、タイの人と一緒にだったが、みんなその国の問題点として、国内の格差の問題が真っ先に出てくるのが印象的だった。格差の問題が深刻で、また身近なものなのだろうなと感じた。

Q3. What questions were you left with after the conference?

Although we mentioned 'back to normal life' many times, is it possible to go back. Because the world is always changing, it's hard to go backwards and it's time to move forward.

No matter on-line or in the reality, will we have a further connection with each other in the future?

1. Will the conference be prepared and celebrated off-line next year (not online like these two years)?
2. After the annual conference, can we (all participants) have a chance to gather sometimes via Google Meet or Zoom?
3. How can we know/ transfer information or join in other members' activities for promoting gender equality and creating a safe and peaceful world for all of us?

I had a lot of questions during every group presentation, but I was shy and afraid of asking questions to all foreign students.

How can we create the world in the era of the post Covid-19 pandemic successfully?

How will I and the project be able to meet my future needs?

According to the different governments working in each country, how can we provide mental health assistance to all vulnerable groups equally?

From analyzing different methods to solve problems, everything can be seen but the mighty things have influence in solving these problems, for example, the government can seriously apply it?

After this meeting, I have a question about how I can bring knowledge or ideas from this event. What can be done to make it useful or further develop it? Should I start small or not? How? And I hope I can apply this idea to benefit society.

Do you think coexisting with the Covid-19 is the right decision?

After we brainstorm and express our thoughts about post covid-19, is there any cooperation from different sectors that can solve the problem or show responsibility for the problems that we have encountered? or is there some theoretical thinking to help to solve the problem? In fact, this meeting was made for the exchange of knowledge, but in terms of my education, I want to see changes in society that can solve the problems that we have found in order to prevent, reduce the impact or have the responsibility of any one agency. It's not just the number of people who are affected.

Settling and creating doubts to find ways to apply to each country, including wanting to find a method that can be used for real and is accessible to everyone.

On what field can students from participatory universities work together to enhance our effective cooperation?

How can we treat people who suffer from mental illness, and how can we make it sustain from existing resources?

Are we really ready when the next covid comes? Are you sure?

Gender equality and minimizing socioeconomic gaps are difficult because society is first driven by food, accommodations and money. Increasing awareness is definitely the first move. I believe this is the reason why we have this workshop. I hope more and more people understand the power of education and influence of their thoughts, no matter good or bad.

That it is challenging to create a fair world for everyone, because there is a lot of unequal distribution of resources in our world. Yet everyone can contribute something every day to a fairer world.

So far, no question left behind the conference.

After exchanging opinions and thoughts with each other, I began to wonder how the future would be, especially with how different and ever-changing the world has become.

現在抱いている疑問は二つある。

一つ目は教育格差についてどのように対応するのかという課題。参加者の一人に地方出身で教育の機会に恵まれておらず、専業主婦以外にできる選択肢がなかった母親を持つ学生がいた。彼の話で母親の能力が劣っていたわけではなく性別と住んでいる地域で圧倒的な不利益を被っていたと発言していた。日本に住んでいる限りこと義務教育において地域差や性差を感じる側面はあまりないが、これを世界の問題としてとらえたときどのような解決策を提示することができるのか疑問に思う。

二つ目はオンラインショッピングの梱包や木材問題である。発表後オンラインショッピングをもっと推進すべきだという我々の発言に、すべてオンラインショッピングになった場合箱や木はどうするのですかという質問があった。すべてオンラインショッピングという状況を全く想定していなかったが、コロナで当たり前が通用しない時代を経験したからこそそのような未来が絶対に来ないとは言い切れない。シンプルな質問ながら大きな問題であると感じたため疑問点、課題として挙げておきたい

疑問は特にはないですが、もっと世界について知ってみたいと思っています。

ディスカッションではさまざまなことを話し合ったが、彼らは国内でどのような立ち位置にいる人なのか、金持ちの子どもなのか、それとも虐げられている側なのか、また、英語がみんなとても堪能だったが、これは国の英語教育が豊富だからなのか、それとも彼らの専門が国際的な分野だからなのか、などのことが、ディスカッションの間気になっていたが、失礼に当たることがあるかもしれないと感じ、結局最後まで聞けなかった。

Q4. What action will you take to help make your community safer?

I think everyone should obey the police and take action in life. For example, wearing masks when going out, using hand sanitizer, and washing hands frequently to make everyone and ourselves safe.

I would like to take part in the activity about self-sanitizing promotion to raise others' awareness about hygiene. Also, I could prepare extra masks when going out, for that I could give them to those in need.

From the COVID-19 aspect, I will start by wearing a mask, keep my living environment clean. As the other part, I think we should not just complain or have some negative thoughts, but try to stay in positive and open-minded to create a friendly environment.

I know my efforts are limited, but I will still maintain my awareness of personal hygiene and raise among my peers'

The very first thing I can do is just improving and enhancing my interpersonal skills as much as I can; like communication skills, for example. I'll catch chances to share in my universities and high school to let more and more people be aware. Yup, I'll just do my best to increase public awareness, starting with my surrounding people.

I'm going to create a YouTube channel to share all of my knowledge, and personal opinion about social issues; and of course, creating a safe and equal world will be one of those, just after environmental protection issues.

I would spend a lot of money to hire highly paid security personnel and install a lot of surveillance cameras at every door and corner of the neighborhood, and I would keep in touch with the police if something happened so that the police could get to the scene in the quickest time possible.

I would like to do something practical. For example, I could give masks to those who need them.

I would like to do something practical. For example, I could give masks to those who don't wear and offer medical alcohol to them for hand sanitizing.

I will be an adaptable person who is ready for any situation or crisis.

In the future, I will provide knowledge that I had learned in my class or experience that I joined at a conference through social media platforms such as TikTok, via a Vedic clip.

I will proceed by starting with myself because I think, when I have the ability to deal with anything for safety, no matter what or where, it can make me take care of myself. Once I can take care of and manage myself, then I will be able to continue to recommend or help others.

In my point of view, we need to enhance "Disaster Education" in the community in order to bring them to be able to identify disaster risk and vulnerability. Also, we will be able to protect themselves from disasters that may happen anytime.

The actions that I can take or respond to make the community safer is helping to contribute or raise awareness to people in community for protecting themselves from any kinds of disaster. When people in the community have awareness, they can have the ability to cope or save their lives firstly while waiting for the response or government assistance.

I live in a rural community where village people are relatives and easy to contact, so talking and exchanging knowledge is very easy. I can talk to people in the community and educate or help those who have power in the community spread knowledge to raise awareness.

To introduce or present accurate and clear information to the community in order to be able to deal with the upcoming emergency and protect themselves from various dangers to reduce the impact and risk of what is happening.

Widening basic health knowledge and public awareness, learning from mistakes and from experiences and improving our own abilities, skills and knowledge.

If we can take action to help keep our communities safer in the face of the COVID-19 pandemic, I think there will be public and private partnerships, or various agencies come to cooperate and help each other both mental health and people's well-being or even food in each meal. Due to this situation, people have to self-quarantine at home for safety. Some people are unable to go out to work because of loss of income. In this respect, the government must have remedies for those affected and have equal responsibility for management because it is the duty of the state to manage within the country, including the cooperation of the people to take care of their own health as well.

It starts with creating an understanding of yourself and those around you first. Then to expand the results to observe the lives of those around you according to the context of the environment. Then to bring what has been seen or learned to find ways to solve problems and gradually try to use them to adapt to a normal way of life for everyone.

I will keep my community updated and inform well with the knowledge I gained from the conference.

Share love and care to people around me, especially family members, so that you don't feel stressed or anxious from the situation that occurs, including apply of recommendations from relevant agencies or hospitals.

Always follow the SOP. Be patient! Think of your family and your friends before you break the rules.

Firstly, the communication within the community needs to be prioritized. This is because the effective communication will be helpful when any disaster strike the community, and the planning can be done as soon as possible to make our community safer.

Volunteering, donation, spreading love, instilling right thought and concept to the young people, and to be more conscious about the current issues and help to avoid it.

I will continue to shop at sustainable supermarkets and clothing stores to support local and fair production.

The action is kept in touch in neighbours and helping to tackle any crime or social issues together. We can identify and prioritize the issues of concern and discuss for action plan to ensure the safety of community. Another action can be to create awareness about how important to have a safe community by educating people to resolve issues or conflicts peacefully.

I will wear my mask in public places to keep myself from getting infected and avoid spreading the virus if I ever get it. I also would share mental health awareness posters and such on my social media so that more people can get the help they need.

私は自らのコミュニティのために弱者に寄り添う行動をしたい。自らのコミュニティとはここでは日本に限定して述べたいと思う。日本における弱者とは教育の受けることのできない子供とホームレスであると思う。教育の機会に対してはオンライン授業をさらに発展させ全国に普及できるようにしたい。具体的に地域によるオンラインアクセスの差をなくし地域差をなくしたいと思う。ホームレスに関しては病気のケアが最優先だ。コロナに感染しても受診できない状況があるため、まずは気分が悪くなった際無料もしくはかなり低い価格で医療を受けられる機会を提供したい。また予防の観点からワクチンやマスクなどコロナの脅威を少しでも減らす対応をしたい。

私は作業療法の勉強をしている身として、様々な脆弱性のある人たちが社会にいるということを理解し、日常から社会的な支援までできるようにしたいし、有事の時にはさらにそういった人たちがどういった危機に陥る可能性があるかを理解して最適な行動をしたいです。

政治の動きをちゃんと追い、間違っていると感じることにはきちんと反対していきたい。

Q5. How did you feel during the conference?

In fact, I felt nervous during the conference because this was my first time participation in this kind of program and chatting with foreigners. However, I liked this experience and learned a lot through it.

I felt nervous during the conference. It was my first time to take in part of such considerable conference. But I felt relax and dared to speak after we separated into groups. I thought that everyone was nervous too. Therefore, I should stand out and talk to others.

I felt great during the conference, as all countries and groups were valued and had equal opportunity to answer and present. But only the time made me feel rush and have a little pressure.

Feeling so excited and so fresh, everything new, I was also a bit stressful and it forced me to grow.

Well, I've taken part in the conference twice. This year, students are likely to be more active when sharing things and expressing ideas during the two-day, partly because of the joining of facilitators and supporting from professors as well. For me, every time I join in, it is an amazing experience due to those exchanged knowledges I've got from all walks of life friends. I was so excited to talk to them, share with them and be there with them for the group presentation. All of them are nice, smart and dynamic. They might be shy a bit for the first time talking with each other, but I was so surprised with their efforts, trying to give a short speech in front of a crowd. And some students with a good critical thinking skill could analyze and discuss effectively and efficiently.

In the beginning, I felt so nervous and uneasy because it was my first time participating in this kind of grand conference and I had never had this experience before.

It's very fulfilling.

There are still many inconvenient places to hold meetings online, and I hope to have the opportunity to meet with all of our partners in reality afterwards.

I'm very appreciated and honored to be a part of the event.

I gained a lot of knowledge from the group's presentation. And during searching information to do a presentation.

I'm excited to share my views and opinions with everyone. And I felt worthwhile participating in this time.

Actually, at first I feel excited and a bit nervous, but after we separated into group, the group facilitator was very helpful in gathering all members' opinions. It was a very great time for me to exchange countries' experiences with teammates.

Actually, I enjoyed during joint conference but because of the difference of time zone, I felt a little bit sleepy in the early morning.

I'm actually glad to be able to take part in giving feedback on this project. It's something that I'm very happy and proud of. But each other's mental health made me nervous during the exchange of opinions for fear of not doing well. But with the help of friends and teachers, everything went well.

This is my first time attending this conference. It felt strange when I first attended the meeting. After that, it was very enjoyable. Especially during the group break, it's super fun to talk. Everyone shared their own ideas or experiences, which I liked very much because it's very chill to talk with friends.

I was amazed at the potential and thoughtful efforts of all the attendees.

I was impressed with each country's ability to present the stories of post covid-19 from each country and share their knowledge with each other. And I liked the vibe of working together in each group. We worked together for fun. We shared ideas, had the courage to express ideas and dared to talk to foreign friends in each country. Even though we didn't know each other, meeting each other was a good sign of friendship. The peace in each country was expressed at the end of the conference.

It's a great expression. And I recognized the willingness to come in to exchange knowledge and experience of each individual.

Feeling excited and nervous because we had to exchange knowledge and ideas with foreign friends who came from different countries, societies, and languages, including receiving advice from teachers who supervised the activities as well.

I felt very confident to share my background knowledge with my teammates and was so eager to learn from them as well.

I felt happy to meet new friends during the conference and honored to participate and present about my country's issues on the COVID-19 situation.

I felt well and comfortable with the way how the conference was organized.

I felt very excited because I was able to know more different visions from different countries about the post Covid-19 in different sectors.

It was a bit taxing during discussion because we tended to turn off our cameras, mute ourselves, and not to share thoughts or interact. In my opinion, face-to-face discussion would be more interesting, effective and warm. Anyway, besides my group members were a bit shy, they are cute, did give very good points of views and they were good at designing PPT slides. I hope to interact more with them and break the language barrier because I believe language barrier is not the center of communication. We can make friend using body language just like how babies interact with the world. (PS: I'm an introverted person, was annoyed by my highly sensitive behavior. Once I understand the power of thought and I don't have to be a perfect person connecting to people, I changed.)

I found the conference exciting, even if it was demanding to sit in front of the laptop again on the weekend when you had already been doing that all week long.

I felt comfortable during the conference because all the people guided and helped each other during presentations or discussions. It was very interesting and attractive to listen to the presentations from all the groups.

I felt extremely excited during the conference because I could see another fellow Malaysian and I was also happy that I was able to acquire much knowledge from this conference.

まずは英語力が最も重要だと思いました。非言語でのコミュニケーションも重要だが、議論を行う際自分の考えていることをニュアンスの狂いなく伝える必要があり、日本語でできていても英語でできないと感じることが多くありました。また文化の異なる人同士が同じ仕事をしようとするとき必ずトラブルや衝突が起こります。我々の場合 Wi-Fi の弱い学生が一人おり円滑なコミュニケーションをとることが難しいという課題がありました。その際英語や他のツール（LINE や Facebook）を利用し何とかやり遂げることが重要であると感じました。

感情ではないかもしれませんが、ひたすら勉強になることだらけだなと言う感じでした。

とても貴重な経験をさせてもらっていると感じると同時に、英語での会話が難しく、ついていくのに必死だった。

Q6. What did you like about the conference?

I liked the game called "The sound of peace" because it was a game to get to know each other first, and then listen to everyone's thought, then use the best one to share with others.

The conference held a lot of discussions and was very meaningful. The topic about post covid world was what we must reconsider and reflect. And the teachers were really kind and interesting.

First of all, the conference was good! As we could understand the topic and be prepared in advance. And having discussion with our professors and group members was great. Even we only could meet each other online, but thanks to my members, they were willing to share their ideas and create a good presentation together.

Besides discussing our main project, I liked the time when our team had a small talk, I could have better known about others' lives and culture.

To be honest, I like the conference so much. First of all, based on the way the conference has been prepared in advance, Even though we were nervous and worried about the presentation, we felt it was done carefully and professionally. Besides, this time the format was changed, so that students were more confident and less stressed.

The most wonderful aspect of this conference was that I was able to introduce the presentation about post-COVID-19 to every student who came from various countries and schools, and the host divided us into six groups, which gave me the opportunity to interact with and talk with some foreign students. I'm sure it was extremely beneficial to me.

Everyone had a chance to speak.

You could get to know different people from different countries, gain a deeper understanding of the cultures of different countries, and learn more about the different views of other countries on gender equality and the epidemic.

The conference let the students express a lot of our opinions.

I gained knowledge and can see a different perspective on the post COVID-19 vision. Even so, we couldn't communicate with each other clearly. However, we attempted to communicate, work together and encourage each other in groups.

I like being able to exchange opinions and it was great because I could share something that I may not have known or thought of from that point of views. Especially, the ideas that come from different people from different backgrounds were interesting.

What I liked the most is when we conducted the discussion in groups that we could share our opinions and combine them together to create the world we want.

The sound of peace session was my favorite one for the conference; this part made students in the group discussion relax to meet each other and enjoy the cooperation, which could reduce the awkward situation of students.

Of course, I really enjoyed this meeting. I felt that all the Japanese people and friends in the meeting were very nice and kind, and everyone seemed to enjoy this meeting. My teachers and friends in my group were very nice to me and understood me.

I love that everyone was excited and interested in the presentation. It made us gain knowledge in a super fun way, it was not boring, and meeting new friends made me feel very good. Talking to them was a great experience, which is very difficult to find in terms of having new friends who are foreigners and have similar ideas. Thanks to the facilitator very much for trying to explain to us the scope of what needs to be done clearly.

I like that everyone was trying to offer their opinions on how to solve the COVID problem.

I like the fact that we could exchange views on the different situations that each country has to face in the same COVID-19 pandemic crisis and see different perspectives in each country.

Learning from different fields of studies together with different students from different countries.

I could express my thoughts during the discussion session with friends from different universities.

It was good for every member to participate in all the activities, we could know each other better, especially this is because we were coming from different universities and countries.

- An opportunity to understand ideas and to know people from different countries.
- It was good to see some students who were enthusiastic to share ideas. I like her confidence.
- I like "the sound of peace" session although I was confused at the beginning. I thought we were going to show it before presentation.
- Interesting, passionate, cute Sensei.

The introductory presentation was very exciting and I found the short yoga break on the second day it helpful to start the day fresh. I also liked that we had time to work on the presentation twice.

I like the conference because this is a bridge to connect all of us from different countries to work together and have a better understanding of the cultures of other countries. This conference reminds me to think about my vision towards the post-pandemic world, especially focus on gender equality, vulnerability and well-being of human which I might not have thought about if I have not joined this conference.

I like that we were grouped with a diverse group of people, so I learned many things from my groupmates. I also liked the fact that there were moderators in each group so the members could talk to each other.

参加者のレベルが高く、ジェンダーや貧困問題といったグローバルイシューに対する知識が全くないという人がいなかったため、問題意識をすぐ共有できとてもレベルの高い話を時間をかけてすることができた。またファシリテーターの方にまかせきりではなく、自分たちに考え発言する機会を与えてくれたため、自分と他人の意見を比較することが容易にできた。またプレゼンをして終了ではなくそのあと投げかけられる疑問が非常に考えさせられるもので、勉強したからこそさらにもう一度踏み込んだ思考をすることができた。

ファシリテーターの方がいらっしゃったおかげで、ZOOM会議でありがちな困難が回避されたのかなと思いました。

現地の人の肌感覚としての、現状が聞けたのが良かった。

Q7. What did you dislike about the conference?

I didn't like the presentation on the second day because the preparation time was too short to present a good presentation.

Everything was great, so it is difficult to pick up. But there was a little thing about our time of discussion. It was too short for us to either work on our presentation or find some information about our content.

I think the information flow should be clearer and more efficient, and the facilitators should have meetings with teachers together before the conference's official start. Also, the discussion and preparation time were too short for groups to come up with better ideas and presentations.

I think the facilitators should be there for the meeting before the official event, so that the information flow would be more efficient.

Time schedule was a little short.

We could not understand each other deeply because we could only communicate briefly through the screen during the meeting.

Some friends we have met during the conference couldn't fully express their opinions and also there were obstacles to communication among the others.

Nothing dislikes, but some mistakes that caused a lack of communication between each other may be caused by a lack of the Internet or something technicalm although that was understandable.

The thing that I dislike may be that the conference was conducted by online. Sometimes group members' discussion to make the presentation together could not be done. It can be barrier to do discussions due to network instability and the interaction of group members' participation.

What I don't like about this conference is that, due to the time differences, it's very early in the morning for me in Thailand. And this meeting took place during the final exams, so that I have a lot of work to do together with others. But this dislike may be caused because I have a lot of burdens at that time.

Not really that I don't like meetings. But in terms of working together within the group, it's something difficult to control. This is because there were friends who rarely talked or didn't interact or react back when we talked. Dead air may occur at certain times. Which was something we could not control but we still worked well together.

I don't like time management because I think we can manage our time more compactly.

My teammates seemed to be less active to discuss and our facilitator appeared to be less able to facilitate our discussion well.

I think an online conference and a break-out-room discussion had some difficulty because each country used the different device or application. Therefore, it was hard to communicate and could lead to misunderstandings on the discussion topics.

Free and easy style. I like it. Not so much questions posted to the participants.

Virtual.

My group was very shy and it took a lot of effort for them to speak, so the exchange opinions was a bit tedious. But everyone was motivated and in a good mood, which made the collaboration productive.

So far does not have any things dislike about the conference.

The conference would be better if it were done physically or if it were held over a more extended period online. I wish there had been more time to get to know my groupmates, and I only got to know them on a surface level as we used most of the time to discuss the presentation preparation.

良くないと思った点は私はあまりありません。ただ参加者の一人が休憩時間に対して日本時間がいつか分からないという問題があり集合や解散で時間通りの行動ができない点がありました。

事前にチームメンバーが決まっている場合は、メンバーのメールアドレス等は事前に知れたらよかったですのかなと思いました。

Q8. If we do it again, what should we change? What should we keep the same?

I think the preparation time for the presentation could be longer. And the other thing can just keep the same such as the morning yoga, which can make everyone start a new day in a good mood to continue doing their project.

In my opinion, it would be better if the time could be extended. Therefore, we could spend more time to enjoy the conference. Furthermore, "the sound of peace" was interesting, I think it would be great if we kept it the same.

I think the morning yoga, "the sound of peace" should keep for the futhre conference. And the second-day conference (the groups' presentation) should be held at the second week right after the first conference.

The thing we could change is If we could ask everyone to open their cameras during the whole process. What we must keep it the same is everyone's enthusiasm for this project, which is the most valuable thing.

If I could, I wish the conference would be longer, not just only 2 days. Even though we had about 2 months to prepare and practice, the two-day event just happened so quickly and I do believe if we had more time, so the group presentation would be better. We did our best, and we did co-work together; but it takes time to get closer and closer to every single member of the group.

I think the length of discussion and this grouping model can keep the same.

There is nothing to change but the conference should be longer and deeper in the details of topic.

For me, I feel satisfied to keep the conference form the same, but add more conference days.

I still don't see what should be changed. But what should be kept about the time management because it was very well organized, the friendliness throughout the meeting made me feel relaxed.

The process of the program should be the same. I think it was appropriate for students and time management was also appropriate because it did not too require students focus/concentrate too much.

If it happens again, I think what should be preserved is the presentation slides like the first day. Where every student was responsible for finding information in each section. And there were only a few presentation agents to reduce redundant multi-person work.

You should keep everything the same, but to add more time in the group discussion section.

I think it should be adjusted in terms of time scheule, but in terms of activities, I think it's already good.

It may change the matter of time management and the method of meeting was to be more compact and better time-management because there was a time gap between each of countries.

It would be better if we could have students who could discuss actively and a facilitator who could facilitate well.

In my point of view, over all of this activity was good on the discussion and presentation. But if possible, an onsite conference may be held to have more interaction between the representatives.

I think the topic can remain as a hot trend topic like this year's related to the Post Covid-19.

For me is 50:50, depending on the situation, number of students and backgrounds.

Maybe it is better to make the second day a little shorter. I was very tired after the six presentations and couldn't pay much attention during the discussion phase, although I found that it was a very exciting part. In addition, you could also instruct that one group always has to ask another group questions. That way, the discussion wouldn't just be: teachers ask, students answer.

I think that this conference might invite people from more countries so that we can know more things about other countries. This conference can remain the same as the discussion section since this activity was interesting and helpful for students to know each other.

The conference could be held either physically or online but for a more extended period of time. There should also be more leisure time doing activities with fellow students and facilitators.

最初に各国の人々がそれぞれプレゼンをするのは大変良いことだと思います。それにより問題意識の違いや興味のある点などを理解することができたのでそれは残してほしいです。

情勢的に厳しいとは思いますが、できれば対面の方がやりやすいんだろうなとは思いました。話す人数は4~5人がちょうどいいので続けてほしいです。

残すといいなと思う点として、海外の学生の英語は聞き取れないこともあったが、逆にファシリテーターの人の英語はとても聞き取りやすかったため、ファシリテーターの方が、学生が言った意見をいちいち要約して、「つまりこう言いたいんですね」と言い直してくれるのがとてもありがたかった。

9. If you have other comments, please feel free to write them here.

I love the kindness of everyone and an entire process!

All teachers and friends from other universities were very funny and kind. I really felt happy during the conference.

If possible, I wish the students could meet each other personally. I would like to thanks to all the teachers and students again. I had a good time with all of you, I believe we all have the power and ability to create a better and safer environment.

I hope that we could have a chance to gather face-to-face to present the project we worked on.

I wish students could have a chance to face-to-face discuss next time. The facilitators can be the MC for several sections if the content has been agreed and confirmed in advance. Before starting the session, we can invite participants into active activities like greetings around, or some funny games that can move up everyone's emotion.

I appreciate that. I hope this activity continues to get better and better in the future.

I hope that in the future I will have an opportunity to participate in the event of UNESCO Chair to gain knowledge and have a great experience again.

I want the project to show the results after the exchange of talks, I want to know how/what the next action would be after the sound has been reflected.

If possible, it could be added more games to make the students feel relaxed with each other and students could not be shy about sharing ideas or experiences wiht others.

Thank you for organizing this project and meeting. It made me have opinions and cooperate with UNESCO CHAIR and exchange ideas, knowledge and culture with new friends through Zoom.

I really like this activity. It delivers more than what I expected. I hope you will continue to organize events like this.

This activity enriched the participants' experience of planning and various perspectives. I hope to have the opportunity to participate next time.

I was wondering if we could learn in-person (onsite) and better if we could carry out academic research (surveys) projects together.

とても楽しみながら苦難を乗り越え達成感のある学びを提供してくださり本当にありがとうございました。また是非来年機会があれば参加したいと思います。

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