

Dear ISG and ISG students,

I hope you are doing well during these times!

I am Noud and I went to the ISG myself from 2016-2018 to graduate there and go off to the University of Groningen to study International Relations. Of course, now that everything is taught online and most, if not all, social activities are prohibited, I had to find new ways to entertain myself. On top of that, I am currently the Commissioner of acquisition and Chairman of two different committees within my study association which has resulted in a lack of time for developing new hobbies but rather mostly doing online meetings and organising online events to make quarantine-life less dreadful for fellow students. Knowing myself, I get bored rather easily and have therefore enjoyed being kept busy because of study or extracurricular activities.

Additionally, I have 4 lovely housemates whom have forced me into working out with them which I have found can be quite beneficial in the case of a lack of self-motivation. Getting some fresh air every now and then can do wonders for the casual zombie-quarantine look, studies have shown...

Living in a student house has certainly not made this whole quarantine thing very boring as we keep each other entertained. We try to do something fun every day, whether this is a new sports challenge to try, a new recipe to cook for the whole house, play a game together, do some (awfully sounding) karaoke or simply chill on the balcony. This makes every day a little less dreadful and has resulted in some surprising and spontaneous activities.

Take care and stay safe!

(Quarantine workspace could be worse)

