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"Educational and Social challenges being an international student during COVID- 19 crisis"

The world is shattered with the situation implemented by COVID-19 caused by corona virus. It has made realized that the importance of health and we should be concern if it comes with the health. It has created a situation where all the people of the world are forced to stay home which then arise the crisis in different areas of the countries. This COVID-19 pandemic has affected societies around the globe. The social, economic, political, as well as educational field are affected by this situation. With all the schools and colleges shutting down, all the students are excluded from the right education, and the international students are the ones who are affected the most. They don't get proper education as the schools are closed and also the job in which they are relied upon for the living, which may create financial crisis to them.

Being an international student in Norway, there are a lot of things to be kept in mind and with COVID-19 crisis, many problems has arisen to the student which has disturbed socially and financially and even mentally. The social distance and forcing to stay at home have imposed a loneliness within them who have left homes and families behind to venture into a distant land for education. The pain of separation from family in addition keeping distance from the friend and known ones due to the lockdown has created depression and anxiety in the foreign students. In addition, when there is a condition of global unemployment, most of the students have lost their part-time jobs also. The financial hardship driven by this situation has made the students difficult to pay the bills. They are facing food and housing insecurity, which has forced them to skip the meals and even become homeless. The cost of living in Norway is high and the jobless student who is finding hard to survive and who cannot afford to return home has created psychological problem in students. This financial hardship doesn't allow them to return their home also and hence mental distress and disbalance are often seen. In some countries, it is reported that the financial crisis caused by COVID-19 has also increase the depression and suicide rates among students.

The COVID-19 situation has equally affected the education sector of the country. With the lockdown implemented, the education is not completed on time which they are meant to. The

financial breakdown and the depression and mental distress due to this condition can effect on grades of the students.

Examples of coping strategies and advices

Covid-19 is an infectious disease caused by severe acute respiratory syndrome coronavirus 2. It has become pandemic and has taken millions of lives around the world. It is a life threating disease and hence strategies have been made by respective countries in order to control and prevent the disease. Major preventive guidelines include frequent hand washing, maintain physical distance, quarantine yourself if symptoms appear.

Based on my experiences in this COVID- 19 period, I have now understood that this disease is not going to be easily stable. Even though we maintain all the preventive measures and be very careful within ourselves it seems like COVID-19 is going to stay with us for the very long time. Ignorance by one person results in risking life of whole family and of the society.

Maintaining physical distance and lockdown implemented by governments in different countries is one of the major preventive measure of spreading the virus among people. But this has created a restriction to do anything, especially to foreign students. They even cannot return to their country due to lockdown or even cannot focus on studies for which they have come for. This creates pain from separation from family. To cope up with this pain, they should keep in touch and be in regular contact with their loved ones. They can make sure that their family members are healthy and living well. The students can talk to their colleagues. They should hear news about the situation of the world and their back homes only from the authentic sources eg. follow WHO, FHI for relevant news. Unnecessary news from online media, YouTube, etc. can give fake news which might disturbs the mind. Listening to music, watching movies can refresh your mind. Movies and music and doing some exercises, yoga's on regular intervals can make feel better and hence could be done so that one can again focus on the study with refreshed mind and body. From my personal experience, talking with supervisor or faculty member about the study and state of mind was very helpful for me and the advice and suggestions from them motivated me on my studies also.

One of the social challenges during COVID-19 situation is that sometimes one can feel left out from the society while maintaining social distance. From my personal experience, it feels like ignored by someone. For this, there is no solution, but to accept this as a COVID-19 measurement guideline. This may lower the awkwardness and understand the situation. The lockdown measure adopted by countries affected major grocery stores which resulted in shortage of some products in the beginning for e.g. rice, toilet paper, sanitizers, etc. and also making crowd in the stores which made difficult to follow the guidelines. To cope up this situation, we should make aware people about how important is to follow the measurement guidelines and also aware them about unnecessary stock piling. The people should be convinced that this situation is going to be end soon rather than to be panic.

I have come across different hardships based on my peers' experience. We can be socially in touch with the friend constantly and talk and share the ideas with him. It makes feel better to both the parties and can offer help if one needed. If a friend has some symptoms of COVID-19, one can help him to get in hospital, but of course maintaining COVID-19 guidelines. If he is self-quarantine, one can help him with shopping of necessary things and groceries from the shops. If one is capable of, then he can help his friend financially too in this difficult COVID-19 situation. This would be of great help when there is condition of global unemployment. Indirectly also, friends can be helped. If a friend is disturbed mentally because of the unexpected situation of corona virus, we can listen to him personally and try to understand him and the situation and can suggest the right dos and don'ts. If it is of big issue, then we can help him to get to right authority.

In addition, financial hardship of the student can be minimized by giving grants/student loans to the student which can help them to a certain extent to cope up with the financial problems.

Own experience during corona time in my country as a health worker

COVID-19 has affected different aspects of life from individual level to national bodies to international authorities. Institutional operations have also equally been affected. The country, the world has faced a situation that has not happened for a long time being. The social development and the economic growth are hindered, financial crisis has risen up, educational institutions are closed. Some countries are gradually coping with the disease with their best policies and approaches and are trying to be stable and return in normal state, while others are

still battling against it. This hard condition should be taken as an opportunity to study about life and difficulties.

We all know by now COVID-19 has caused major health effects. The world's motto is "good health". By corona disease health is at major risk. So, all the things from minor to major which are related to health is of great importance in today's context.

Living in Norway during the corona- time has made me realized the effectiveness of proper health care systems with good governance and policy. The proper health services were offered to the citizens. Medical personnel together with the government bodies have worked so hard so that Norway has managed to flatten the curve of infection in a short time. This is all because of making right decision on right time. The decision and actions were effectively implemented which help in control of disease.

I am from Nepal where COVID-19 is still on its high and have targeted most of the people. Being poor health services and lack of awareness, the infection count is increasing by double rate. Therefore, any kind of health-related services would contribute in decreasing the death tolls in my country. The course International Community Health has taught me providing good services to the community health sector. The experiences I gained during corona time would help me when I go back to my country. As a health worker, I can contribute to the community based on my knowledge and the experience I gained during this time, I can share them the ideas and help to make such effective actions in the health sectors. Necessary measure to be followed so that the spread of the infection is controlled. For e.g. constant supply of necessary equipment, awareness in the community about importance of the selfcare, limitation in the social gatherings during epidemic. This may contribute for policy making so that proper actions could be taken and result in the better health of the people.

I would suggest to be prepared and be ready with strong plans, especially the healthcare service sectors, to deal with the next global crisis as like in Norway.

Development on student exchange in post corona time

International study and foreign students are important part of higher education. Student exchange help in exchange of culture and resources between the two countries. Foreign students can carry the knowledge from the host country to their native country as they

contribute to the socio-economic development. It is the exchange of not only the students, but also the exchanging of cultures and values, international understanding and cooperation. So, the student exchange program should be continued even in post corona time, but with more safety precautions. As we know, COVID-19 is a travel related disease so, the student exchange should be done in a careful manner maintaining all the guidelines and keeping the safety frameworks in mind.

While a foreign student from a corona effected zone comes to a country in the student exchange program in post corona time, he should be kept in quarantine or in self isolation rather than be exposed in college directly on the visit. In the quarantine period, he can be helped by providing necessary items such as groceries and all other basic needs. In that time, he should be kept in attention and care so that he won't miss his home which may result in depression and other psychosomatic complaints, which are some of the mental health problems experienced by international students. In case of the appearance of any symptoms, test should be done immediately, and further precaution need to be taken.

In addition, awareness programs and seminars should be conducted for the international students by faculty or university. It should give information on the present situation of corona disease for e.g. the status of COVID-19 in Norway, necessary information from the trustworthy website like FHI in Norway. Further information like reduced bus capacity, reduced gatherings in pubs and theater, maintenance of 1m distance in the public places and stores should be given.

If the student from the corona-controlled country is going to corona effected country, then in such case the exchange should be stopped for that semester. Or the exchange is halted physically but online classes and activities can be arranged for him in order not to lose the year.

The university or the faculty should prioritize and help finish the study first to the students who are at semester break or are delayed due to corona crisis. Hence, foreign student can pursue the studies without affecting the health.

Ethical issues in decision making considering COVID-19 crisis

COVID-19 crisis has given rise to many challenges in the life of human beings all around the world. When a person is identified as corona positive, then the most important thing is the treatment, but of course maintaining the ethics in the treatment. Medical ethics in this case

allows the patient to live and act in order to live a good life and act in the right way during corona and post corona time.

One of the most important ethical issues in the COVID-19 crisis is the anonymity and confidentiality of the student or patient. The patient has the right to be anonymous to the society. The name, age and address should not be disclosed to the society so that it won't cause the problem in the living during and after the treatment.

We live in the society where once the disease is known, then everyone else starts to look at him at a disrespect manner. This may create depression in the individual and even taking up the own life of the patient has been reported in some countries.

Once the disease is identified then it is the right of the patient to get proper care and treatment. The country should not discriminate him on the basis of his cast, religion and social status. This means he should be treated equally. He should get all the facilities during the treatment. Regular tests, healthy food, proper care and shelter in quarantine is the right of the patient. And even after COVID-19 crisis, the continuation in the job, better health services to serve for the well-being of others should keep in mind.

The most vulnerable groups which include children, elderly people, poor people and people with underlying diseases should be protected and proper welfare of these people should be applied by the country.

Similarly, in the trail and development of vaccines making process against COVID-19, the ethical issues should keep in mind. The testing of vaccines in whom like human and animals in the laboratory should be considered well. For the treatment of the infection, medication should not be advised unknowingly. It is not allowed by the ethics. Even the great personality giving advice of the medication about the infection has been known. This can affect even the lives of people.

Hence, all the ethical issues should be considered in a proper way while making the decision so that it does not affect the patient as well as his family and let them live in a respectful environment.

Sustainable health care considering COVID-19 crisis

The system whose purpose is to promote and maintain health is health care system and if it continues to deliver the care is sustainable health care, without exhausting the natural resources or causing any severe ecological damage is sustainable health care. The COVID-19 pandemic has caused a great challenge in the health care systems around the world. This has resulted in high demand in the health care services. In post corona time also, the demand in health care services will still increase. There might be the occurrence of critical situation due to the pre-existing diseases which are not properly managed during COVID-19 crisis.

One of the examples of restoring health with the help of natural resource is saving the energy. The test for COVID-19 infection like polymerase chain reaction (PCR) requires electricity. Access to electricity keeps ventilators on and save lives as well as keep the people connected all over the world.

In addition, during this COVID-19 crisis, deforestation and wildlife poaching have been increased in numbers hence suffering the nature most. Most of the people have lost jobs and now are returning to their homes from cities. After some being, there would be difficult to handle the economic condition. So, they are indulged in the crimes as deforestation and poaching. Such crimes are increasing in numbers and may increase even more if the crisis persist longer. Therefore, government bodies should address the economic crisis of the people with proper system so that harassment in environment is reduced. Similarly, the used items during the COVID-19 testing such as kit reagents, equipment, PPE etc. should be disposed in a proper way in the environment. For managing COVID-19, many buildings are used for quarantining the infected patients. For making new quarantines, deforestation should be highly discouraged rather, rather existing buildings like hotels, schools, can be used. This will help in restoring the nature also. In addition, the individuals who are living in quarantines like camp, schools, etc. can contaminate near water resources with fecal matter and food products especially in developing countries like Nepal. In such case, the people should be made aware of consequences of contaminated water in health and importance of proper disposal of decomposable and non-decomposable wastes in the environment. And even the government should take action for waste management and also provide with required water facilities to all the patients.

COVID-19 has brought the situation of pandemic for which we were unknown and unprepared. As there is always a sunshine after the darkness and re- construction after destruction, soon there will be the treatment for the infection, and we will be back to our normal lives. COVID-

19 has taught a good lesson on how we should tackle the pandemics like this. This kind of pandemic may occur in the future also. We all should be well prepared for such pandemic economically, socially and mentally. The necessary infrastructure in health sector should be build, necessary workforce should be prepared, proper awareness about the pandemic should be given. We should fight against such situation in near future with a strong determination without causing any or minimal human and economic loss. Hence, we can hope the post-corona situation will create positive changes to improve the existing systems of the world.