

Survival Kit - Student Life during COVID-19

The idea is to offer students via the student life tools all necessary support and guidance to spend their time during the Coronavirus period.

Objectives

- Promote the citizen-student role during this sanitary crisis.
- Develop specific tools to ensure USJ students' a state of well-being.
- Dynamize the student structures who'd like to be active during this period.

Axes

Campaign : 'El jar abel el dar' الجار أبل الدار

The idea is to encourage students to :

- 1- Help others in specific ways.
- 2- Volunteer/in their neighbourhood first.

How to volunteer ?

- Look out for your neighbors/family/friends : support them by phone and video calls
- Buy groceries for persons in your neighborhood who cannot do it themselves: example the elderly
- Participate in your municipality to help people
- Volunteer with meals for persons in need in your neighborhood
- Buy food, medication and sanitary products and donate them – support your local food initiatives or neighbors.
- Babysit for families that are in need to go to work during these times: nurses, doctors, workers...
- While respecting the hygiene and health aspects.

Campaign : Kitfeh b kitfak

Following Ketfe Bi Ketfak, an initiative by the secular club of USJ and as per the suggestion of the club Renaissance USJ, the council of the clubs and the student life department are joining forces with Ketfe Bi Ketfak campaign aiming to supply families in need with food during these particular times. How can you contribute?

- 1- Donating Food : You can drop it at USJ, or we can arrange to collect your donation
- 2- Donating money, cash or via OMT
- 3- Volunteering with us

Contact us via the following link:

<https://forms.gle/gEZHT4pqshd9b6NZ6>

Campaign : What I always wanted to do

Personal development and undone tasks at home to finalize (this section will be handled by Campus J).

Campaign : Quarantine Fun

Activities and challenges (to check what could be done with the clubs) ex : Club de musique, each member could entertain their balcony with music, Ciné-Club : Online movie night. The aim is to activate social media with the clubs activities in order to entertain students. Ex : music instruments competition or zajal or danse steps or mental health games, etc. We leave it up for the clubs to come up with more creative ideas!

It is mandatory to abide by the precautions and security measures developed by the World Health Organization and by the government decisions.

We also recommend you to check the website of the World Health Organization (WHO) as well as the Ministry of Public Health's (MPH) as well (links below):

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

MPH: <https://www.moph.gov.lb/ar/Media/view/26048/ncov-2019>