

THE *Olive*

D I V I S I O N O F O L I V E M E D I A



***STAY STRONG
STAY UNITED
STAY SAFE***





14th Edition of The Olive Newsletter

The newsletter is an exclusive collection of work put together by the different branches of the Olive Media Team. It is meant to be an informative, info-graphic album showcasing OECian students' activities, achievements and abilities.

We hope you find our work both inspiring and educative.

We wish you a happy reading

Olive Media Team

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Message from the Editor-In-Chief

**Walter Munashe
CHANAKA**

Once again I would like to acknowledge the Olive Media family for their dedication and hard work in the past year, after I assumed the position of the Editor in Chief. This is a team that puts everything on the line just to make the memories of others last forever. However in doing so, they also preserve their own memories; there is no better feeling than knowing that you have made someone else happy.

I have dedicated my entire undergraduate life to Olive media and not a single day have I ever regretted joining this amazing association. It has been an awesome 4-year journey for me. I think I should be graduating with two degrees, one in accounting and one in media LOL. Olive media gave me an opportunity to learn and to be the best version of myself, it opened a lot of doors for me and most importantly, it taught me how to be selfless.

It is my utmost wish that during this tenure I have inspired others to do better academically and socially. Obviously, I will never write a message without mentioning academics. A lot of people often ask me how I manage my time or how I balance Olive media duties and my academics. For a long time, I didn't have the appropriate answer to this question. To be honest, at first I struggled, but I kept reminding myself one step at a time. Yes, at some point I was overwhelmed by the duties to the extent that I wanted to quit, but then I remembered that I am not a quitter, I do not back down from any challenge without a fight, and with that in mind, I always fought hard until I found my balance.

I realized that the only reason why I was doing well academically was because of Olive media. It gave me an opportunity to learn something new every single day. In a classroom setting we are taught the theory, but in Olive I found that I was learning the practical aspects of life, for example communication skills, people skills and management skills. My position required me to be dependable, honest and to be a critical thinker. During this time, I met people who helped me throughout the journey. Some dedicated their time to mentor me, going out of their way to teach me how to be dependable and to be a responsible person, they believed in my capabilities even though at the time I wasn't aware of what I was capable of. The lessons I learned from them are priceless and it is my hope that one day I will have the wisdom to pass it on to someone else, it could be you. So, if you're reading this message today, I hope that through my journey you will learn something. My only advice to you is to never give up, just keep trying until you make it, don't mind what others think about you, as life is a personal journey, we are here together today, but we might not be together tomorrow.

As I am completing my 4th year and graduating, I wish myself the very best in whatever plans that I have for my future and I would also want to wish the next Editor in Chief of Olive Media the best of luck. I wish I could extend my tenure, but it is time for someone else to go through this wonderful experience. I will cherish every moment I spend in Olive media because those are the best memories of my undergraduate years.

The big question is, **WHAT NOW?**

Message from the Dean



**Prof. Jing
GAO**



First and foremost, I would like to begin by extending my sincerest gratitude to the members of staff, students and the entire community of Zhenjiang for their efforts in fighting the COVID-19 pandemic. Our cooperation and dedication is what has kept us moving forward during this difficult time.

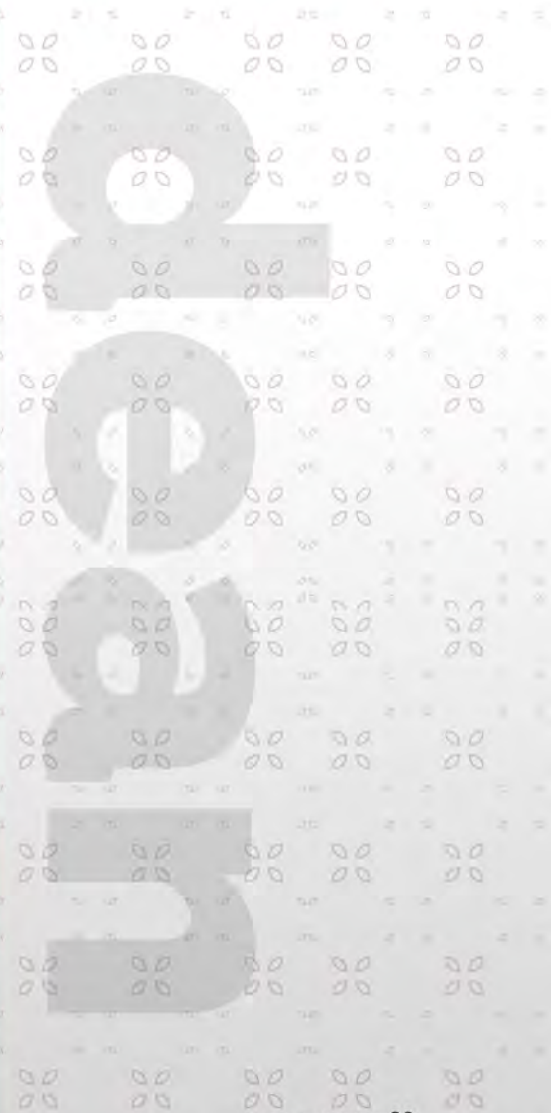
It is indeed true that we are going through a global pandemic and our university has not been spared. We have all been affected by it in one way or another, but I am proud to say that so far we have been successful in managing this situation. This has been made possible by the relentless efforts and cooperation shown by many people at various levels including the Municipal Council, Foreign Affairs, Hospitals, Logistic Companies, Degree Students Associations, Local Community Leaders and undoubtedly the cooperation and discipline of our international students. During this difficult period, the leaders of Jiangsu University alongside overseas student volunteers have been visiting various off-campus locations to check on the welfare of our students. Through these efforts, we were able to keep track of the health conditions and the general needs of all our students.


In as much as the pandemic has affected us in a negative way, I believe it is a time of opportunities, particularly, opportunities to grow in many different ways. For example, this period has and is still providing the University with a learning opportunity on how to properly manage a pandemic. By first practicing it with the international students, the university is now able to use this experience as we begin to welcome Chinese students back to campus. As a result of this, our university has also been able to practice one of its core values which is internationalization.

This period has also given lecturers and teaching staff an opportunity to learn new teaching methods as we have had to move on from the traditional methods of teaching to using other mediums such as online teaching. Originally, this was done with a goal of maintaining the standard of teaching, but now lecturers are looking for innovative ways to make the teaching experience even better by combining both online and traditional teaching practices. In light of this, I encourage students to also do their part in improving their study methods by taking advantage of the available time and resources.

Our university has greatly improved in the area of social service through the cooperation of the university staff and the international students. By sacrificing their time and efforts, the volunteering team of students and teachers were able to cater to the needs of students by helping students obtain necessities such as face masks, hand sanitizers and groceries. Such acts of selflessness promote the social growth of both the people involved and the community as a whole.

I would therefore like to encourage our students to help to fight this pandemic in any way they possibly can from acts as simple as completing our Daily Health Report on time, to volunteering in areas where help is needed. 化危为机Huà wēi wéi jī is a Chinese proverb which means to turn danger into opportunity, it is important for us to help each other during difficult times. There are many different ways in which we can help, be it through logistics, academics and psychological assistance, there is something for everyone to do. I would like to challenge each of us to find our roles in fighting this pandemic as we work together, once again applying our motto; "One team, one dream, Together we can!"





PROGRAM IN FOCUS:

FLUID MECHANICS ENGINEERING

Written by Valerie Muya

What is Fluid Mechanics Engineering?

As its name states, fluid mechanics engineering (FME) combines the principles of fluid mechanics, engineering and natural science to work in fluid-based mechanical systems. At the heart of it is fluid dynamics, which is the science of fluids in motion. Think about natural phenomena or technological applications that either completely or partially involves flow phenomena, hence its importance is out of the question.

Broken down, FME is a branch of physics which is linked with mechanical, civil and even chemical engineering. Its use is mainly seen in hydraulic and pneumatic systems. Imagine the underground pipelines which transport fluids; the construction and maintenance of these pipelines use the fundamental principles of FME. Pneumatics use pressurized gases to drive mechanical devices as with brake systems, power tools and sprayers.

Fluid mechanics research mainly involves theoretical considerations, experiments and simulations. Hence an all-round knowledge of the fundamental principles of FME, computational skills and practical understanding is needed to fully grasp the major.

Fluid Mechanics Engineering in everyday life

Try to picture a world without faucets, cars, air-conditioners, roller coasters, fans, or airplanes. Difficult right? FME makes all of these things possible. What links them all is the intricate network of pipes and valves where fluid can flow to keep them running. Virtually everything operates using this principle, even our own bodies – our veins are the pipes and our blood is the fluid! Fluid power is also commonly used in the robotics, aerospace, and construction industries.

Let's take a closer look at FME in everyday life:

Air-conditioners and Refrigerators

The fluids used in refrigerators and air-conditioners are known as refrigerants. The refrigerant absorbs the heat from the evaporator, which is at a low temperature and distributes that heat to the atmosphere, which is at a high temperature.

In air conditioners, the refrigerant absorbs room heat and throws it in to the atmosphere keeping the room cool. The whole process of refrigerators and air-conditioners depends on the use of a refrigerant.



Airplanes

One of the most ordinary applications of Bernoulli's principle in FME is air flight. The airplane wing is curved from the top and flat from the bottom. While moving in sky, the air on the bottom moves slowly and builds more pressure on the bottom, and allows for the air on the top to move faster, which builds less pressure. This creates lift, which allows planes to fly. An airplane is also acted upon by a pull of gravity which faces lift, drag and thrust. Thrust is the force that allows the airplane to move forward while drag is air resistance that opposes the thrust force.



What does a fluid engineer do?

Fluid mechanical engineers combine their knowledge of fluid mechanics and engineering to design, repair, and maintain mechanical equipment that operate on fluid-based mechanism. A fluid mechanical engineer needs to be multi-skilled in:

- Computer skills to produce fluid mechanical models.
- Install and repair mechanical systems and equipment
- Have sound knowledge in order to inspect and test fluid systems
- Designing equipment for fluid-based operating systems

However this is just a small part of what a fluid mechanical engineer may be required to do on-field. FME is a broad field that encompasses all fluid related systems. A fluid mechanical engineer has the opportunity to specialize in one of the many smaller branches of FME. He/she may work in the design field as an engineer or architect, either in an engineering firm, power production facility or manufacturing plant. This is where their skills of design can be employed to design new equipment or create more effective fluid-based operating systems. They may also be employed in the drilling field where they set up the drilling systems used to remove oil and natural gas from the earth. A fluid engineer would be required to maintain the

equipment and educate other members of the team how to do so in order to produce maximum results. Their skills are also needed in mining and construction sites where they are responsible for maintaining cranes, bulldozers, excavators and other equipment. They need to perform routine checks for fluid levels and perform major repairs and diagnostics when the equipment malfunctions.

Studying FME

A major like this is guaranteed to always be in demand. If you are interested, Jiangsu University has the following offers related to FME:

Name	Program Available	Tuition (RMB/year)	Duration (Years)	Scholarships Available
Fluid Machinery & Engineering	Bachelor	20,000	4	CSC scholarship (full tuition & accommodation)
Power Engineering & Engineering Thermophysics	Master	24,000	3	JSU Presidential Scholarship (20,000rmb tuition)
Power Engineering & Engineering Thermophysics	Master	28,000	4	JSU Presidential Scholarship (Full tuition & accommodation)

INTERVIEW WITH NOAMAN MUHAMMAD

Country: Pakistan Major: FME-Fluid Mechanical and Engineering Class: 2017

Why did you choose FME?

The main motivation behind it was the name itself, Fluid Mechanical Engineering also known as Fluid Machinery and Engineering which is one of the key programs not only in Jiangsu University but one of the focused programs in all over China especially in context of BRI-Belt and Road initiative fully funded by CSC. Secondly, its recognition with National Research Center of Pumps (NRCP) hosted by Jiangsu University, which was made based on the only national key discipline in China that specializes in research of pumps and drainage and irrigation equipment. Since 1999, the Research Center of Fluid Machinery Engineering and Technology of Jiangsu Province has been successively evaluated as Excellent Center three times by Jiangsu Department of Science & Technology. In 2008, it was rewarded as the advanced unit of scientific and technological platform of Jiangsu Province. NRCP is an important base of scientific research, talents cultivation and technology development in the industry of fluid machinery (especially pumps) in China.

How would you describe your major to someone who's never heard of it?

Fluid Mechanics is a fundamental subject of many disciplines of engineering and natural sciences. It is involved, for example, in mechanical engineering, chemical engineering, aerospace engineering, medical engineering and, also, in material sciences. As a matter of fact, it is a field where multiple physical effects can be met. Extrusion of polymers, crystal growth, die casting, car and aircraft aerodynamics, flow in heat exchangers, irrigation systems, heating, cooling and ventilation systems, pumps and turbines are technological examples where fluid mechanics plays a very important role. Fluid Mechanics knowledge is necessary to understand the nature of flowing medium. This knowledge certainly helps us to develop new devices and processes. Furthermore, application of the methods used in the FME discipline in other engineering fields might be beneficial, in short, it's one of the widely practical connected engineering Major.

What opportunities did you get from studying FME?

By studying FME I could obtain a practical approach in analysis, design and development of fluid mechanisms and systems which enable us to strengthen our professional knowledge. The program is taught by qualified professors who give both theoretical and practical approach in understanding fluid machinery and engineering very well and also to know the latest advances and future trend/development in the field of fluid machinery and engineering. In our final year we are having our internship which also increases core scientific knowledge aligned with our professional goals and availability of facilities and laboratories which help us to demonstrate our advanced skills academically and professionally.

What do you intend to do with your major in the future?

There are quite a number of career opportunities in my major. I would prefer the theoretical aspect of FME to go for Ph.D., where I want to get in to its deep roots, so that in the future I can work as a researcher in an R&D organization or as an academic in a university. In such a work environment, I may be involved in projects that aim to improve the tenacity and core values of it. Alternatively, FME technology is applied in BRI project in my country specially in CPEC (China Pakistan Economic Corridor) where I can work in wide ranges of sectors i.e. Building & Environment, Chemical & Petrochemical, Renewable Energy, Ship Building, Water and wastewater.

How do you feel about your major in general?

I am passionate and my ambitions have always been very clear. I enjoy the diversity of the subject, projects are wide, varied and always different, all factors which help to keep it interesting. This degree is very relevant to the work I want to do, and one that will strengthen my engineering knowledge and skills for future jobs and opportunities. I strongly believe that it will provide me with the skills required for a professional career in a wide range of innovative and modern technological sectors.





Spices in Season - Cooking Competition | JEWELS International Ladies' Association

The second and final round of "Spices in Season" was held at the C7 kitchen on 16th November 2019. Organized by Jewels International Ladies' Association, 11 contestants participated in the introductory round on May 1st. The competitors had the following ingredients and 75 minutes to prepare their meal:

Rice, Pumpkin, Chicken, Lettuce, Salt, Cabbage, Tomatoes, Lemon, Onions, Carrots, Green pepper, Ginger, Garlic, Mushrooms, Garlic Seasoning, Black Pepper.

The judge panel consisted of Ms Cai, Dr Adeleke Banwo and Dr Siba Borah. The dishes were presented to the judges individually.

The following contestants competed in the final round:

Contestant No. 1: Siddhārth Kūmāwāt

Name of Dish: Chicken Biryani

From Siddharth: My special ingredients were mint leaves, coriander leaves, curd and fried onions. The smell of this dish makes me hungry.

Contestant No. 2: Selina Tamunoengiofori

Name of Dish: Coconut rice with chicken and mushroom sauce and a side salad

From Selina: Coconut rice is one of my favourite dishes my mum makes when I'm home, I just added my own twist.

Contestant No. 3: Chimwemwe Njobvuyalema Moyo

Name of Dish: Fried Rice with a little bit of everything

Chinese & Foreign Students Had Fun With Engineering | AIES TEST YOUR ENGINEER

This year AIES hosted the first of its kind, 'Test Your Engineer'. Students from the engineering and computer fields registered to participate in 3 different construction models. Participants had the opportunity to successfully bring their models to life. Such as; to construct a bridge from the given materials – cardboard, wooden sticks, paper and a glue gun, to construct a robot car from scratch as well as to make a bulb switch on using just salt water, batteries, a switch and wires. Participants were awarded certificates for their hard work and skills.



From Chichi: My special touch was a lot of garlic and butter

Contestant No. 4: Arivazlagan Jaikumar

Name of Dish: Dum biryani

From Jaikumar: The famous 'hyderabadi dum biryani' style is from India. My special ingredient was caramelized onions.

Contestant No. 5: Gabriela Kadija Aliyah Bell

Name of Dish: Pan seared stuffed chicken breast with mushroom pilaf

Awards:

Winner: Chimwemwe Njobvuyalema Moyo

Second place: Arivazlagan Jaikumar

Most creative: Arivazlagan Jaikumar

Freshmen Had Their First Date With Zhenjiang | Culture Trip

On 19th October, Hand-In-Hand (HIH) organized the Zhenjiang tour which started from the marvelous Beigu Shan (Beigu Mountain). The freshmen visited Zhenjiang's most beautiful tourist attractions and experienced the traditional Chinese calligraphy. An interview was conducted by the local people in which they asked the freshmen about their experiences in China so far and well, they were pretty impressed by everyone's response! The students enjoyed the delicious spicy vegetarian chicken biryani and wraps which were provided for lunch.

In addition to the wonderful experiences that morning, more was awaiting the freshmen as their next stop was Jinshan. A mountain with a temple with extraordinary Chinese architecture. The students tried their luck by tossing coins in the dragon's mouth. The adventure got more exciting as they arrived at Xijindu Ancient Street (Xinjin Ferry Street) and came to an end with a visit to the Zhenjiang museum.



OECians Take Championship @ JSU Badminton Tournament

"It's not the will to win that matters, It's the will to prepare to win that matters."

On November 30th and 1st of December the JSU BADMINTON TOURNAMENT 2019 was held. In the competition there were 20 teams from twenty different schools including the OEC team. As the defending champions of the tournament there pressure to keep up the pace. The game of badminton is all about body language, strategic moves and communication. The whole team put a lot of effort into every game. Consequently, we were awarded with the "Sporting Values" plaque.

OEC Badminton team members: Riya, Shana, Robin, Kinjal, Archan and Asad.



OECians Zhenjiang 2019 B&R International Orienteering

Orienteering offers the obvious development of individual skills in navigating while problem solving. Decision-making is paramount: Should I go left or right? Should I climb that hill or go the long way around it? These decisions that constantly arise require thinking more than quick reactions or instinct; again, that is why orienteering is called the thinking sport.

On Tuesday 7:30am 29th October, eight overseas registered JSU students led by OEC staff Mr. Arun took off. The event commenced with a grand style opening ceremony at the "Zhenjiang-Shiye Island Tourist Resort Playground" where approximately 1000 participants from all over the world (Norway, U.K, Germany, Czech, Sweden, Hungary etc.), including 8 foreign students from JSU along with a robust Chinese Team. With regards to this Orienteering event, it was more like an outdoor competitive sport that was similar to cross-country running, but with emphasis on map-reading, usage of compass, and direction-finding skills. Through woods and over hills or rough plains, partakers plot courses between isolated control points which was usually visited in sequence within "Shiye Island"..

JSU OECian team included; Robin, Sulley, Utkarsh, Yugandhar, Ajay, Michael, Rohan and Pranati.





OECians win JSU Orienteering Competition

Sports build good habits, confidence, and discipline. It teaches us how to strive for a goal, correct mistakes, and cherish growth opportunities.

On October 13, the orienteering competition of the 17th sports meet of Jiangsu University was held at Dongshan track and field stadium. In fact, this was the first time that our university has listed Orienteering as part of the sports meet event. It integrates sports, leisure, entertainment, physical fitness and thinking. With the help of a compass and orienteering map, all competitors punch cards according to the order of points marked on the map where a control flag marks the location that the orienteer must visit, choose the best route for themselves to the end point, and the shortest one wins. The competition was made up of 18 colleges and more than 155 members participated. With map and compass in hand, OECians exhibited their prowess and capabilities.

OEC Team: Kenzo, Rohan, Utkarsh, Mohan, Tariro, Solange (1st in Women's), Riya, Hope, Pranati, Perceive and Sulley (captain).



2019 Opening Ceremony & Scholarship Awarding

The opening ceremony of the 2019-2020 Academic Year and Scholarship Awarding for overseas students of Jiangsu University was held on the morning of Sunday October 27, 2019, at the Academic Auditorium. The ceremony which commenced at 9.00am witnessed broad participation and was hosted by Mrs Cai Zhaohui, the Vice Dean of Overseas Education College (OEC). President of JSU, Prof. Yan Xiaohong, gave an opening statement. In his statement he gave an account of the cultural and academic achievements of international students and underlined how they have significantly contributed to the success story of JSU, earning them the trust of local citizens. "Civilizations have become richer and more colorful with exchanges and mutual learning. Such exchanges and mutual learning form an important drive for human progress and global peace and development" he quoted Chinese President Xi Jinping as he continued his speech.

Prof. Yan Xiaohong encouraged the new students, who hail from over 50 countries, to seize China opportunities and have a worthwhile stay at JSU.



IMSA Chronicle series

Everyone loves a good action movie. For the medical students gathered in the Post Graduate auditorium that evening, Dr. Harinath re-introduced "The Art of War" in the angle of medicos! As a victor of the medical profession, an experienced student and now teacher, he shared battle strategies to guide us through our exams, the ever-evolving technology and eventually, our patients. Just like any good action movie, there is something for everyone, from seniors to freshman. Apart from pinpointing the key reasons of dropping academic efficiency, Dr. Harinath also challenged the students to identify their personality types using psychological maps such as MBTI and VARK, to identify their most effective study habit.

OEcian Paul's (OPK) International Research Experience

"Working together, creating knowledge and solving problems"

February 15th–10th September 2019 saw OEcian OPPONG PAUL KWABENA – OPK from the School of Agricultural and Equipment Engineering join University of Arkansas and Massachusetts Institute of Technology (MIT) all of USA for the collaboration program between these universities. Professor Mao Hanping who supervises Mr. Oppong granted him the opportunity offered by these universities for seven (7) months of intensive research on "Big Data Management Using Artificial Intelligence". His research visit not only fostered mutual learning but also a great chance to introduce his achievements benefited from Jiangsu University's advancements. Mr. Oppong (OPK) also shared his experiences and said American-China Studies Consortium in Agricultural Engineering and other areas of study will connect faculties, students and other researchers focused on impacting something in the society through workshops, conferences, seminars, and fellowships.



Jiangsu University 2019 Job Fair for Overseas Students

On Saturday, 14 December 2019, JSU's "Belt and Road" University Enterprises Alliance for Educating and Cultivating International Talents arranged a Job Fair for the Overseas Students. It was held as part of the 2019 "Belt and Road" Forum for International Cooperation and Development on Agricultural Modernization. In the first session, the representatives of various companies gave a small introduction of their company's work. They also discussed the vacancies and the kind of candidates that they have a keen eye for. All of the representatives successfully wooed the candidates. The second session the candidates were required to meet with the representatives personally and interact with them.



4th Model United Nations - Sustainable Development | IBSA

With the 17 Sustainable Development Goals initiated in 2015 and to be achieved by 2030, IBSA set this year's agenda. Out of 22 delegates, the best speaker was Bryan Mhaka followed by Fathiya Said (2nd) and Abdullatif Hassana (3rd).

National Day Freshmen Vs. Seniors Sports Competition | ISSA

This year's Freshmen vs. Senior Tournament was held through 1st-3rd of October across campus. It included the following:

- Badminton Tournament

There were 12 boys and 8 girls eagerly waiting to compete at the university gym.

- Volleyball Tournament

With the purpose of attracting more freshmen to join our ranks and build a better team, the event was held on the volleyball courts in front of C9 dormitory; there were 50 participants.

- Tennis Tournament

The games started slowly, but within no time there were some exciting rallies and a display of great skill and ball control by players.



PICTORIAL NEWS



CHINESE & OVERSEAS MEDICOS JOIN 2019 WHITE COAT CEREMONY



DC SUMMER DANCING CLASSES



SUMMER LANGUAGE EXCHANGE PROGRAM



TEAM GOLD COAST WINS 2019 OEC INTERZONAL SOCCER TOURNAMENT



MEMORY LANE TRIP (BIKE RIDES & DISCUSSIONS)



PG SUMMER CAMP FOR ACADEMIC SOFTWARE SKILLS



IMSA MEDICAL CLERKSHIP FOR CLINICAL EXPERIENCE



HIH FRESHMEN SHOPPING TRIP



PICTORIAL



OECIANS UNDERSTAND CHINA FROM THE NORTHEAST



OEC RAVENS PLAY THIER FIRST SOCCER MATCH



OECIANS ENJOY ZHENJIANG SCENERY AFTER HIKING AT CHUI SHAN



NEW TALENTS SPROUTED @ SUMMER SOCCER TRAINING



TEAM N.C.F WINS 2019 SUMMER SUPER MIX SPORTS



HeART NICE TO MEET YOU FRESHMEN SOCIALIZATION



JEWELS TEACHERS DAY HANDMADE CARDS



ZUMBA DANCE TO FITNESS



NEWS

2019

TOP 10 PROUD MOMENTS

For Jiangsu University Overseas Education College
MAJOR ACHIEVEMENTS BY OVERSEAS STUDENTS



江苏省人民对外友好协会在江苏外国人定向越野大赛: 女子团体奖冠军

First Place in Orienteering competition for foreigners in Jiangsu Province



JSU Overseas Students – Females

江苏大学留学生女子队



浙江省外国留学生创新创业大赛: 优胜奖 Entrepreneurship Competition for Foreign Students in Zhejiang, China: Winning Award



EBENEZER ABABIO TETTEH
PATIENCE MENSAH ACQUAH
加纳籍博士生 | Ghana



2019“同乐江苏”外国人汉语演讲比赛中获得一等奖 First Prize in 2019 “Joy in Jiangsu” Chinese Speech Contest for foreigners



杨靖

MICHAEL LORDMARK MUBAIWA
津巴布韦籍留学生 | Zimbabwe



中国国际电视台 (CGTN) “一带一路” 写作大赛中获三等奖 3rd Prize in CGTN “Belt and Road” Essay Competition



丁阳

MARIA CLARA BERNADETTE
DELA CRUZ
菲律宾籍留学生 | Philippines



“同乐江苏”大运河非遗分享荟 -- 传承奖一名、风尚奖五名 2019 Joy in Jiangsu



MICHAEL and 5 other OECians
杨靖等五名留学生



镇江市宣传大使：4名留学生
Zhenjiang Mayor Award



ABDUL-NAZIF MAHMUD
OTSILE MORAKE
ALINA NARTOVA
WALTER MUNASHE CHANAKA



省教育厅“在苏国际学生图文、微视频作品展”
Jiangsu Int'l Students Story and Short Video Exhibition



留学生投稿的微视频《镇江，我爱你》和两篇图文故事入选



2019 ICEE&IKCEST国际工程教育援外培训班
ICEE & IKCEST Int'l Engg. Education Training Workshop



6名留学生

ALI RAZA SHAIKH
KHALIL UR REHMAN
MUHAMMAD SHAHZAD KHAN
ESPOIR KAHAMA KULONDWA
NIRERE ADRIA
ASHFAQ MUHAMMAD



第26届三国三校国际学术研讨会：3个奖项
26th Tri-U Int'l Joint Seminar & Symposium: 3 Awards



2名留学生

津巴布韦籍留学生 | Zimbabwe

RUJEKO C. CHAKANYUKA
 最佳口头汇报奖 | Best Oral Presentation
WALTER M CHANAKA
 最佳工作坊奖 | best workshop Award
 创始人奖 | Founders Award



中国生理学会第一届生理学知识大赛暨国际生理学知识竞赛
第五届中国地区赛中获二等奖
2nd Prize in Regional Physiological Quiz (China)



中外学生

CHINESE AND FOREIGN STUDENTS



海院以你为荣
盘点2019十大辉煌时刻



THE BUSINESS SEGMENT

How To Start A Business After Graduation

By Aisha Alexis Subria Thompson

For many of us, the prospect of life after graduation fills us with dread and uncertainty. We spend our days worrying, almost obsessively, about where and how we will be employed after graduation. For some, entrepreneurship may be on our mind. Especially for those of us who are running away from typing up resumes, attending lengthy interviews, sitting anxiously by the phone to receive news about whether or not we will be able to afford rent and food in the near future. If this depresses you as much as it does me, then the idea of carving out your own path to success may not seem as gloomy. There are numerous fruitful business options out there that exist for college graduates. But a strategic approach is necessary if you envision owning your own lucrative start up.

LEVERAGE YOUR COLLEGE NETWORK ☸

Networking offers an excellent resource for referrals, references, and endorsements. Within your circle of friends or even in the wider graduating class you may just find your future business partner, fellow entrepreneur or favourite clients. It is important to build your network. Find out what it is that other people plan to do after graduation. Then start spreading the word that you are interested in starting a business, you never know who may have a venture capitalist or angel investor in their back pocket. Maintaining good relationships with people you went to college with may not seem like a good idea now, but in ten years, your whole perspective could change, you never know the next Jack Ma could have been sitting beside you in class.

BRACE YOUR CREATIVITY :::

With the pace of business moving as fast as it is right now, it is important for people to carve out a niche in the market for themselves. As a college student looking to make the most out of life after graduation, you will be required to use your creativity, find out what it is that you are most passionate about and use those assets to your advantage.

Once you have identified where your interests lie, do your research, figure out what are the gaps that need to be filled. Ask yourself. What doesn't exist yet that would make life easier? What can be done to create an audience around this particular product or service? What will make this product or service different from everything else in existence? Then go ahead and start creating that product or service.

FINANCE YOUR OPERATION :::

Getting money to fund your operation may be the biggest obstacle you will face in your quest to become a business owner. Nevertheless, you must devise ways to ensure you shore up the capital needed to run your business successfully. A good way to ensure you have start-up capital is by having a part-time or full time job until you have enough money saved up to kick-start your venture. This can serve multiple purposes as it will not only teach you how to operate in a business environment but it will provide you with the requisite experience you will need to become a boss yourself. Another advantage of this is, a steady job may allow you the opportunity to take out a loan to finance your company, as bankers are more likely to provide a loan to someone who is steadily employed and able to pay back their loan rather than someone who is inexperienced and does not have a steady stream of income or much collateral.

DEVELOP AND MARKET YOUR BRAND :::

Once your business is established, start branding immediately. Highlight all the reasons why you believe your product or service is different from your competitors. Identify what makes your business special and then ensure that your customers will never forget it. Use social media to your advantage. Hire individuals who care about your brand and are willing to add value to it with excellent customer service and delivery and the rest will be history.



Medical Segment

DEPRESSION

Sadness, feeling down and having a loss of interest or pleasure in daily activities are familiar feelings for all of us. It's okay to have blue days due to many situations. Especially as students, not all days are rosy and joyful due to the stress of school but if the feeling of intense sadness, including feeling helpless, hopeless, and worthless lasts for many days to weeks and keeps us from living our life, it may be something more than sadness. The issue may be depression. Depression is a mood disorder that involves a persistent feeling of sadness and loss of interest which is different from the mood fluctuations that people regularly experience as a part of life. Depression is an ongoing problem, not a passing one. It consists of episodes during which the symptoms last for at least 2 weeks, then persists for several weeks, months, or years.

Time at college can be stressful, and a person may be dealing with other lifestyles, cultures, and experiences for the first time. Some students have difficulty coping with these changes, and they may develop depression, anxiety, or both as a result. A person may know they're suffering from depression if they exhibit these symptoms;

- difficulty concentrating on schoolwork
- insomnia
- sleeping too much
- avoiding social situations and activities that they used to enjoy
- withdrawing from friends and family
- feeling guilty, helpless, or worthless
- thinking about death



One may wonder what brings about depression. Depression may be caused by many factors. People usually have the conception that stressful and traumatic situations such as the loss of a loved one, or a job may cause depression. In as much that's very much possible and contributes as a factor that leads to depression, it is also debatable. This is because depression may also be caused by major factors such as genetics, (depression may be passed on from parent to child), sudden hormonal changes (menstrual cycles or pregnancy) and changes in the brain's neurotransmitter levels. Thus a person can be usually happy but fall into depression overnight due to these factors.

For a person suffering from depression, all hope is not lost. Although it may not exactly be cured, measures can be taken to treat it. First of all, treatment for depression should coincide with a healthy diet and a regular sleep schedule. It may sound simplistic, but the importance of taking care of your body cannot be overstated.

There are various methods you could use to soothe the symptoms of depression. All of us could stand to exercise more often, but exercise is especially helpful for the depressed mind. It enables you to better handle stress, and the endorphins released during exercise give you a mental boost. Aside from the mental health benefits, research has shown that physical activity helps you sleep better at night.

With regards to physical exercise, yoga is a more accessible form of exercise, because it doesn't require equipment and many of the

moves and poses do not require much effort. Also, meditation is a highly effective way of clearing your head and calming your body. It's also easy to do, with guided meditations available through phone apps, online in text and videos, and books.

If you enjoy keeping a journal, you may find that it helps to express your thoughts on paper instead of bottling them inside. It's helpful since you have an alternate way to vent.

Therapy with anyone from a guidance counsellor to a certified therapist can work wonders, and many may prefer therapy over the medication route. Situational depression especially can be relieved by having a way to get everything off your chest and receive practical advice.

For a more hands-on approach, try experts like psychiatrists or psychologists. They offer many types of therapy, from light therapy for Seasonal Affective Disorder to cognitive behavioural therapy that works to change your thought processes.

Finally, there is no shame in taking medication to manage your depression. People routinely take medication for physical ailments, and having a mental illness isn't any different. There are different types of medications available to suit your individual needs and chemistry.

Remember that recovery is a journey, not a destination. Bad days will still come, but with well-targeted treatment, you should be able to overcome extreme lows. It is entirely possible to live a happy and fulfilling life in spite of depression.

2020 Jiangsu University Overseas
Education College

SPRING FESTIVAL PARTY



Chinese New Year, also known as Spring Festival or Lunar New Year, is the grandest festival in China, with a 7-day long holiday. As the most colorful annual event, the traditional CNY celebration lasts longer, up to two weeks, and the climax arrives around the Lunar New Year's Eve. China during this period is dominated by various definitive meets including; iconic red lanterns, loud fireworks, massive banquets and parades, and the festival even triggers exuberant celebrations across the globe.



Saturday 11th January, 2020 was the day programmed to hold this event. At 3:00pm, quite a number of OECians converged at the international student's canteen for the commencement of the party. The occasion was ornamented by JSU - OEC staff, as well as by external officials of Zhenjiang. The presence of host administrators from diverse units really made the event quick special. At this juncture, Prof. Jing Gao (OEC Dean) gave a heartfelt opening speech on behalf of the highly esteemed bureaucrats where she presented the audience with earnest end of year memorandum.



At this phase, the S.F.P sparked with variety of radiant performance which was categorized into different sections (dumpling making, singing & dancing, games, raffle and Chinese calligraphy).

Staff of OEC gave the opening performance in a grand style fitness dance themed, "Me and My Motherland" while the dumpling making competition was ongoing. This was then followed by other regal performances out of pleasure based on the program outline. As part of this happy moment, gifts were presented to all OECians in attendance.



Credits were expressed to the organizers; Hand-in-Hand, Diversity Club, Olive Media, JSU & OEC officials, all volunteers and participants for their invaluable contributions towards this event.

Writer: Zaina Omary Mochiwa
Editor: Hussein Sulemana

NATIONAL DAY RECEPTION

THE Olive

2019



NATIONAL DAY RECEPTION CHINA'S 70TH ANNIVERSARY

The Zhenjiang City National Day Reception was held at the Sheraton Hotel at 17:00 pm on 26th of September. The diverse, opulent gathering of local government officials, international representatives, company executives, students and many others commemorated the 70th anniversary of the founding of the People's Republic of China (1949-2019). Notable guests who were present at the dinner reception include: Zhang Yefei (Mayor of Zhenjiang), Hui Jianlin (Party Secretary of CPC Zhenjiang Municipal Committee), Marcin Ladzia (Engineering Manager of Work Function Division, Danfoss Power Solutions), Yan Xiahong (President of JSU), Jing Gao (Dean of OEC), OEC representatives, Abdul-Nazif Mahmud and ofcourse our fellow OECians served as student representatives. The event promptly began at 17:00pm when the host highlighted the essence of the evening's gathering was to look back at the past, learn from it and prepare for the future. He then formally introduced the guests of honor mentioned above, outlined the agenda (speeches, awards & performances) and closed by inviting the audience to stand for the Chinese National Anthem.

This was quickly followed by a speech by Marcin Ladziak from Denmark who represented Danfoss Power Solutions. He explained that through cooperation with JSU and Zhenjiang city, the company was able to contribute to the development of the city. As such, one of the prospective goals is to build an improved Zhenjiang Park within 5 years. He closed by expressing gratitude to the locals and pledged continued cooperation through a smart manufacturing future.

Our very own Dr. Abdul Nazif Mahmud delivered the final speech of the evening. He opened with a resounding greeting which was cheerfully responded to. He then continued the theme of cooperation by sharing his personal China story. Several performances were done during the entertainment segment. These included: a rendition by a Zhenjiang children's choir, a video message delivered by Yana, a song & dance combo by post-graduate students about the past, a rendition by Kenzo and Rujeko about entering into a new era, another rendition by Chinese singers and a dance performance by under-graduate students. Mayor Zhang Yefe gave a toast to a wonderful national day and declared the banquet open. This was followed by servings of several courses and a photography session.



Mr. Hui Jianlin (Party Secretary of CPC Zhenjiang Municipal Committee) gave the first speech of the evening. He underlined that through 70 years of hard work, Chinese people have plowed on to achieve progress and development. Zhenjiang with a GDP in excess of 405 million yuan and urbanization reaching 71% exemplifies just that. He emphasized that this in addition to several national awards for development in Zhenjiang are due to China's policies on reform and opening up. He reminded everyone that people are a source of strength and Zhenjiang having 16 sister cities in 11 countries plans to continue reform and opening up in order to achieve evenmore progress.

Next on the agenda was the award giving. Several awards were presented to companies, professors, students and all those who contributed to progress and development within Zhenjiang city. The awards were presented by Zhang Yefei, Mayor of Zhenjiang. With four of our own OECians as award winners namely Abdul Abdul-Nazif Mahmud , Otsile Morake , Alina Nartova and Walter .M. Chanaka



Writer: Pheona Mc. Kenzie

Photographers: Paul [Paul V photography] and Grace [AGphotography]

GRATITUDE TO ZHENJIANG GOVERNMENT

The four 2019 Mayor's Award winners



Give us a brief introduction of yourself:

My name is Walter Munashe Chanaka, I am a Zimbabwean currently studying Bachelor in Accounting here at Jiangsu University. I come from a family of four boys and being the last. Growing up I was told to work hard for everything in life as there is nothing that comes easy. That's why I always put my all in everything that I do. commitment is everything to me

What does it mean to you, to be one of the first foreign students to be awarded the Mayors award?

I was humbled to know that I am one of the first international students to win such an award. As a foreign student receiving an award from the Mayor of Zhenjiang is a big thing because it shows how much this city is welcoming, it made me feel at home and secure to stay here in China for my studies not only did it give me assurance as an individual but to the international community at large, so I feel indebted to continue to work hard and contribute to Jiangsu University and Zhenjiang city. This would have not happened without the outstanding support that I receive from OEC. They gave me a platform to show case my Talent and they have been very supportive, special thanks to Zhenjiang government, Jiangsu University and OEC staff members, not forgetting my wonderful team from Olive Media.

What would you want to say to the Zhenjiang government to show your gratitude for this award?

First and foremost, I would like to thank them for awarding us with this prestigious award. So, to the Mayor and Zhenjiang government thank you for making Zhenjiang city a safe place for us to stay and study. It is my hope and desire to continue working hard and contributing to Jiangsu University. Awarding us strengthened the people to people cooperation under the theme of belt and road initiative and I hope to continue bearing the fruits of BRI. I will do everything in my power to contribute to Jiangsu University and Zhenjiang city.

Do you think every student should volunteer?

This is a tricky question, as we know there are 2 sides of the coin so decision should be solely made by the individuals. In my best knowledge or to give a summary of my experience as an outstanding volunteer I think every student should volunteer though the rate might be different but at least everyone should have some volunteering hours. In volunteering you learn some skills that are not taught in a classroom setting such as people skills, communication skills, time management to name a few. For me personally I learned a lot. I've been in HIH, IBSA, SAM, ISSA as a coach these associations all taught me something but the one that stands out for me is Olive Media it taught me the skills that I didn't have, videography and editing and now I am learning photography and most importantly management skills. However as much as this is good it all comes down to time management. You have to be able to balance your education and volunteering because to be an excellent student you need both of them. The purpose of volunteering is for you to put what you learn in class in practice that's why we have a lot of association related to our majors and some are just social so if at any point you start dropping your grades as a result of volunteering, one has to take a step backwards and evaluate. it will not be of importance if you fail in class and yet being an outstanding volunteer like I said before volunteering and academics should be at equilibrium. So, it is important for students to give it a hard thought before committing, evaluate the pros and cons first. in conclusion I think every student should have some volunteering hours, it is also good for the CV. So, volunteer! Volunteer! Volunteer! Without expecting anything in return.

Give us a brief introduction of yourself?

Full name is Otsile Morake, Otsile being my first name which means "arrival" and Morake being my family name. I was born in the year 1994 on the 25th of March in a small village by the name of Bobonong in Botswana. First Born child from a family of two boys, raised by a single mother. After completing my Cambridge in the year 2012 at St Joseph's college in Botswana I was unfortunate not to be admitted for the course I wanted to study in Botswana though I had applied to various institutions offering related courses. My mother then took full responsibility to sponsor my studies at Jiangsu University in China. Getting admitted at Jiangsu University gave me hope that one day I will be the best Civil engineer I have always wanted to be. Not only did it just make me happy to be admitted at JSU but it became my home for the last 6years.

What does it mean to you, to be one of the first foreign students to be awarded the Mayors award?

This award means a lot to me and my family, I came to china to build a great future for myself and the name of my family. Winning this award shows and motivates me a lot that I am the right path of being the great person I want to be in future. I am able to communicate effectively with people and able to effectively adapt to different situations, all this made possible by the Chinese friends I made in the 6years I spent here in China. Currently an exemplary model in China putting Botswana in the world map by winning golden awards in athletics in Jiangsu University and have demonstrated to be a hard-working person who is mature, focused, trust worthy, honest and has both the capacity and vigor to lead other people in any given circumstances. This been attested by awards given to me during my five years studying in China by participating in various social and community activities.

What would you want to say to the Zhenjiang government to show your gratitude for this award?

I am so grateful and I would love to express my deepest appreciation to the Zhenjiang Government for the award, it's a great motivation to invite more Batswana to come to Zhenjiang city.

What contribution have you made to OEC and Jiangsu university that you will always cherish?

The development of ISSA and the motto ONE TEAM ONE DREAM





Give us a brief introduction of yourself:

My name is Dr. Abdul-Nazif Mahmud (马平) from Ghana, currently studying Master's degree in Clinical Medicine at Jiangsu University. My career goal is to become a successful surgeon and a leader to help transform my country, my continent and the world at large. Also, to facilitate a better cooperation between China and Ghana.

What does it mean to you, to be one of the first foreign students to be awarded the Mayors award?

As one of the first international students to receive such a remarkable honor I was truly very excited that, my contribution has been recognized not only in Jiangsu University but also, Zhenjiang and China at large. The governor's honor encouraged and inspired me to continue my hard work without season, help selflessly and mentor others on the path of achieving excellence.

What would you want to say to the Zhenjiang government to show your gratitude for this award?

I would like to first thank all my teachers especially the Dean Prof. Gao and my lovely class teacher the Vice Dean Dr. Cai for helping me to develop my potential and also, for giving me such an outstanding platform. My sincere thanks to all Zhenjiang Community especially the Zhenjiang governor for recognizing my effort to give me such an incredible honor. China is now my second lovely country and Zhenjiang is my second lovely home town. I will continue my effort to promote the win-win cooperation between China and Ghana.

What advice can you give other students so that they stay focused on their goals?

Make good friends, join positive groups, work hard and be self-discipline. To achieve anything you must learn to make choices on your journey. Those choices that are hard and devoid of fun are those that can lead you to success. Please remember Success is always a process, never an event. Failure is always an event, never a person. Mistakes are meant to be made during the course of your study it's what you make out of it that matters. Take risks and see mistakes as learning opportunities. The way people treat you is a reflection of their character, not yours be kind to yourself. Laugh at yourself once in a while don't let academic stress and challenges weigh you down. Help build each other up and give back to the society by volunteering. It will help in many ways. Don't let anyone else defines success for you. You are the best advocate for yourself find your passion and go for it. Education is not for few years learning process it's a lifelong process so stay focus and build good foundation for your future. Perseverance fuels the learning experience, and patience beautifies it so do not make excuses, make it happen. You're capable of overcoming any obstacle life throws your way. Never give up, even when it seems like your only option at the end you will surely leave your footprint in this remarkable University. Stay positive live a moral life and be a true product of Jiangda.

Give us a brief introduction of yourself?

My name is Alina and I am one of those you will hear about in the future. I graduated from high school in Russia with a red diploma, it was never really difficult for me to succeed in something. My goal is to create a community of people with a new standard of living. To show people how you can live differently and how relatively quickly to come to it. I am the founder, leader and choreographer of Russian dance group. We have been on stages all around China where we have been honored with awards. The most interesting thing is that none of the dancers are professional, they have the desire to dance, But together we have achieved enormous results. Now my friends and I are creating a business project that is gaining momentum in Russia, I am sure that I am moving in the right direction!

What does it mean to you, to be one of the first foreign students to be awarded the Mayors award?

For me, this award is a recognition of my work and activity, a confirmation that I am acting in the right direction, it is also a motivation to create a something widespread.

It is a great honor to be one of the few who received this award, I felt a certain excitement and pride for myself. As an example I want to prove to all that nothing is impossible and everyone has the right to decide whom to be in this life. So put aside your fears, take risks and go ahead!

I always strive for new achievements, during my spare time I try to do interesting and useful things. It is undoubtedly a great honour for me to receive an award from the Government. It is very important to participate in the life of the university and to be part of the social world.

What would you want to say to the Zhenjiang government to show your gratitude for this award?

I will not hide, as a foreign student I am very flattered, grateful and proud to receive this high award. I want to do more and strive for new heights. I express my gratitude for celebrating our achievements and appreciating our work. I also thank all those who provided an opportunity to prove themselves and pave way for me to earn this award. This time was difficult, but interesting, saturated and productive for me. I hope that in the future I have more fruitful activities. Thank you.

How do you stay motivated and how to you overcome negative criticism?

I see the goal, not the obstacles! Only you are the creator of your life, if you do not do something today, no one will do it for you. We live once, so do everything in order to live this life happily. Do not pay attention to criticism, but listen to it, sometimes it can be useful for improving yourself.





Celebrating WOMEN'S ACHIEVEMENTS of the Past Decade

#WorldWithoutWalls ♀

SPOTLIGHT

Jewels International Ladies' Association

Women are now resolved to break the traditional glass ceiling that barred them from being leaders even if they possessed requisite skills and talent. Officially launched on 13 November 2015, with "Peace, Excellence, Integrity" as the motto, JEWELS has since helped OEC ladies, assisted in creation of growth opportunities and enabled those from disadvantaged background to journey towards improved personal wellbeing as they study at JSU.

The start of 2020 marks the end of a decade and heralds the beginning of a new one, as we leave this decade, we look back at the moments that defined us, the milestones that marked our growth and the accomplishments that made it all worthwhile. It isn't always easy to determine if a decade was a good one or otherwise but change is always guaranteed to have occurred, for women and gender equality the past decade has been an eventful one, from the rise of new movements to new legislation and emphasis on women's rights and protection to women finally speaking up and finding their voices in a male-dominated world, not to mention the countless achievements reached by women of all ages and backgrounds worldwide. The following are some moments that occurred in just the past three years, a small glimpse into the events of the decade:

1. NASA completed its first all-female spacewalk – In October 2019, two American women completed NASA's first-ever all-female spacewalk, astronauts Christina Koch and Jessica Meir went outside the International Space Station to replace a power controller. The spacewalk lasted seven hours and 17 minutes according to the New York Times.

2. Greta Thunberg inspired millions to participate in the Global Climate Strike – For the past year we have been watching teen activist Greta Thunberg as she bravely stands up to those in power and their lack of action against climate change and this September, millions led by Greta Thunberg joined together around the world to draw attention the global inaction surrounding the current climate crisis.

3. Nobel Peace Prize 2018 recognizes sexual violence as a weapon of war – The winners of the 2018 Nobel peace prize were announced to be Dr Denis Mukwege and Nadia Murad, two prominent figures in the fight against sexual violence. The win brought the issue of sexual violence to the world's attention.

4. Women coming together to Build Movements, not Walls through Women's Marches across the globe – On January 21, 2017, thousands of individuals committed to equality and human rights took to the streets in cities around the world for a Women's March. People raised their voices on the issues most important to them and inspired by the resilience of women's movements around the world Through global solidarity, advocacy, and activism, women's movements continue to work toward a better tomorrow in the face of these obstacles.

In addition to these, there were multiple milestones in politics, sports, academics and many more fields. To list every achievement made by women or for the good of women in the past 10 years would be a gigantic task, instead, I have only listed a few to pique your interest with the hope you would want to know more and take an interest in celebrating the innumerable changes brought on by women daily. Headline making accomplishments are always heralded but we should not neglect the smaller merits, the ones that may not catch the world's attention but hold a deep meaning to you personally or to your community, we should all remember to celebrate the women in our lives, our mothers, sisters, friends and colleagues and all their successes.

Written by: Gugulethu J. Nyathi

Jewels Shine! 

18TH ANNUAL SPORTS MEET



The dream team did it again. By putting forward an electric performance our OEC team gave everyone an adrenaline rush and kept them on their feet. In the midst of the blissful energy from the audience everyone could sense the intensity but the dream team held it together, made us proud once again ...



From the start to finish, the sports meet was captivating with the athletes putting in their all, leaving their efforts on the tracks with medals and top positions as evidence of all the hard work. It truly was a meeting of great talented sportsmen and sportswomen. From the 100m races to the 5km race, from field events to fun games the OECians came, saw and conquered the JSU 2019 annual sports meet. The crowd was in awe of the OECians' effortless prowess throughout the competition.



Spotlight *with*

Mrs. Sun (Sun Laoshi)

Olive Media uses the "The Spotlight Interview" as a platform to explore the minds of noteworthy persons on campus. In this coming edition, we chose to hear from Mrs. Sun who is affectionately known around campus as "Sun laoshi".

“I want to be a **better me** – a better mom & a better class teacher”

Interview Questions

■ How would you describe yourself?

I am a very easy-going, happy person who likes to make friends. I am a class teacher of the Overseas Education College (OEC). Also, I would like to mention that I am a young mom of a two (2) year old boy.

■ What drives you or keeps you motivated?

I feel the responsibilities on my shoulders as both a class teacher and a mom keeps me motivated because I value the sense of responsibility so much. Although it is sometimes difficult for me to balance my life and my work, I know that as a class teacher I am the one you guys can rely on.

■ Share with us your JSU story (the journey that led you to JSU).

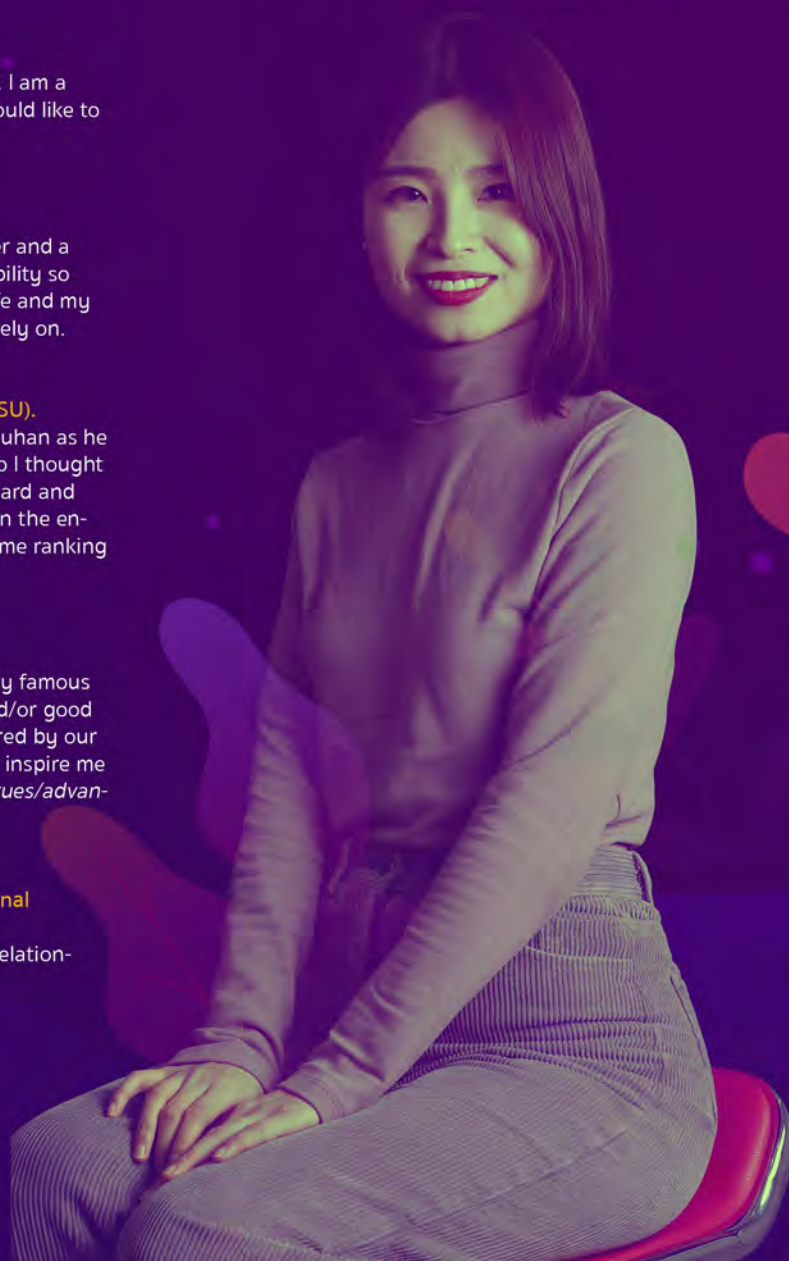
I came to Zhenjiang four (4) years ago with my husband from Wuhan as he was employed here. I tried job-hunting but it did not work out so I thought to myself; why not become a student again? So, I worked very hard and was admitted to JSU as a Masters student by ranking first (1st) in the entrance exam. After graduation I was hired by JSU due in part to me ranking first (1st) in my class again.

■ Who are some of the people that inspire you? And why?

Actually, many persons have inspired me in my daily life not only famous or well-known persons. I think everyone has a sparkle, virtue and/or good qualities from which we can be inspired. For example, I am inspired by our Dean's (Prof. Gao Jing) wisdom and diligence. Even our students inspire me with their creativity. *I think we should focus more on others' virtues/advantages that can inspire us to learn and do better.*

■ How do you manage to relate so well to so many international students?

The love I have for students. It is easy for me to maintain good relationships with students by treating them with sincere love.



■ Share with us something about yourself that you are currently improving?

I am working on improving my ability to communicate with international students. The difficulty may be related to the language barrier but I believe communication is not just about language. Our way of thinking and other speaking skills are important so I try to use a deeper way of thinking and employ psychology when interacting with students.

■ Describe some of your hobbies and/or favourite past time?

Although it is now challenging for me to find time for myself I do enjoy many activities. Such as singing, dancing, playing tennis and running.

■ What is your Chinese zodiac animal? Would you say it is a true reflection of you?

My Chinese zodiac animal is the horse, which is often described as being loyal and diligent. I do believe I have these qualities.

■ What would you tell your 20-year-old self if you could?

When I was young, my friends and I went out a lot and some of my friends got addicted to going while I did not because I always knew what I wanted. So, I would say have fun but stay focused on what you want to achieve. Also I would say read more books and try to be excellent so that you have more opportunities later in life. *If you are excellent, you get to choose what you want but if you are average, you have to be chosen.*

■ Do you have anything you would like to say to OECians?

First, try not to complain too much because this will only frustrate you. Always try to improve things instead. Second, try to behave and do your part well before you demand that of others. Third, try to be punctual as this is a sign of respect. It gives you the opportunity to build credibility for yourself.

To the ladies: children change our lives so we should try to work hard before we start a family so that we can have more time to share with them later on.

Interviewed by:
Pheona Mc Kenzie



2019 JSU's MOST TALENTED & Awards Ceremony

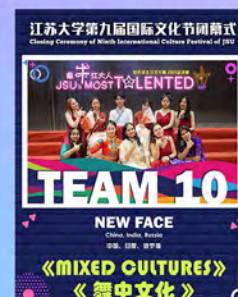
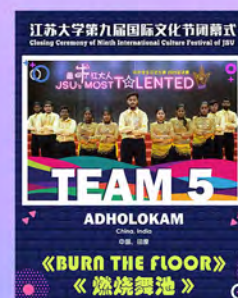


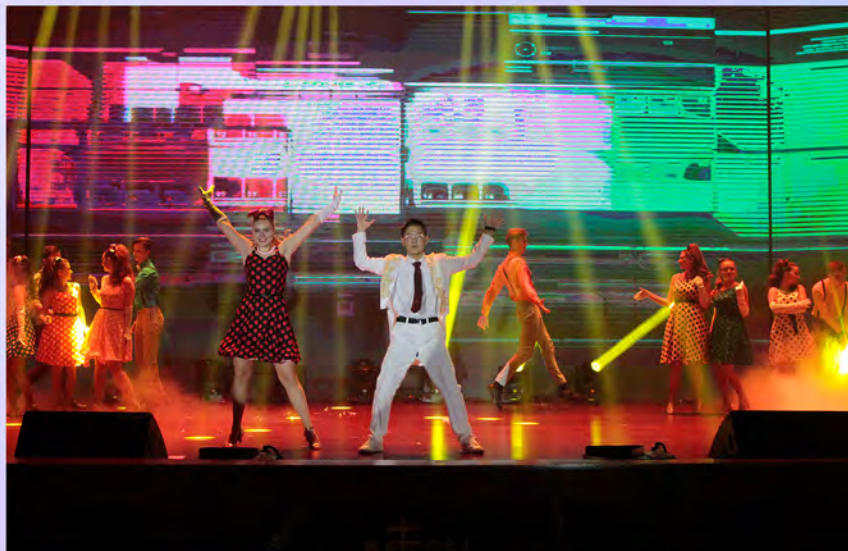
JSU's Most Talented Results

Champions: Team 1 - The United Nations
 Most Energetic Performance: Team 8 - Vikrutasi
 Best Presented Performance: Team 5 - Adholokam
 Most Creative Performance: Team 4 - Y.N.M,
 People's Choice Award: Team 2 and 10

9TH ICF Award Ceremony Results

Best Country: India
 Best Culture Exhibit: Egypt
 Most Popular Country: Ghana
 Best Food Presentation: China
 Best Performance: Russia







第七届追求卓越论坛

At 6:30pm on the 6th of December it was lights out in the PG Auditorium as the attendees of the 7th Life Builder Conference were treated to a startlingly, playful opening by Baker which was related to the famous Alladin story. This was quickly followed by a few words from Mr. Wu Wenhao of OEC who briefly commended OECians, particularly the LBC organizers, on their achievements thus far. He also introduced the guests of honor. Namely; Prof Yan Xiaohong, Prof Zhao Yutao, Prof. Xie Zhifang, Mr. Tan Cheng, Mrs. Zhang Wenjuan, Mrs. Huang Ting, Mr. Li Xinchao, Mrs. Cai Zhaohui, Mr. Cui Yong etc. OEC Vice Dean, Mrs. Cai Zhaohui delivered the opening speech highlighting the quote; "I am the master of my faith and the captain of my destiny" (Nelson Mandela) as she made it clear that innovation, responsibility and courage are the key for securing tomorrow today. JSU Vice President, Prof. Zhao Yutao then gave a speech reminding us of JSU's accomplishments of being ranked #41 in China and among the top #1000 worldwide. He stressed we should use guidance and take action to achieve our goals especially when others doubt our capabilities.

DAY 1

Speech 1: Belt & Road Opportunities for the African Youth

Prof Zhang Zhenke, Director of the Institute of African Studies at Nanjing University delivered an eye-opening presentation beginning with a review of African history then transitioning to the modern Africa by outlining the paradigm shift during history. He highlighted that since 2000 most of the fastest growing countries in the world by GDP are actually African countries. As many marvel are at the immense size of the African continent and numerous countries. He concluded by stressing the importance of agriculture on all scales as well as introducing some future initiatives such as the Blue Economy which will soon host a conference in Kenya.



Speech 2: The Prize of Credibility

Ms. Juliet Li, CEO of TalentCir company in Shanghai, introduced herself as a "domestic foreigner" from Inner Mongolia. In her own words; "If people like you they will trust you and if they trust you they will do business with you. Your trust account is more important than your bank account [hence credibility is very important]". The key points she outlined are follows:

- Be careful with your social media usage and use to network for professional opportunities
- Be professional in our interactions
- Build cooperation by learning about the company you are going to work with
- Develop competence and reliability Day 1 of the 7th LBC closed on a high note with OECians asking many thoughtful questions.



DAY 2

The second day of the Life Builder Conference was held on Saturday December 7th, at the PG Auditorium. The life changing conference commenced at 6:30pm which witnessed mass number of participants - illustrious guest, academic & administrative staff, association leaders and both international and Chinese student fraternity. The event quick started by the MCs in the person of Mr. Oswin Aganda and Ms. Daniela Equihua where they introduced all the guest in the house as well as asked some questions about proceedings of the first day. This was to confirm the ability of students' capacity to recall the knowledge they had during day one's event. They then gave out some gifts as a reward for those who were able to answer the questions.

Speech 3: Taking Charge of your Life

At this juncture, Dr. Oladapo Adeleke Banwo (Foreign Expert, Jiangsu University) presented on a highly impetus topic - Taking charge of your life. In view of this, Dr. Ade really disclosed out heart touching message which really served as an inspirational tool to positively impact on students. He further made students understood that, taking charge of your life starts with taking an honest assessment of where you are at the present moment, identifying what needs to change, and creating goals that will move the needle. Following this, Jiangsu Chukey Biotechnology Co., Ltd released a the Scholarship for African Medical Students and encourage all students to join in their research to find potential overseas markets



Soon, after Dr. Ade's speech, Pulkit and Chipo sang in a grand style to boost the entertainment aspect of the conference. To further understand and perceive self-development as part of this conference, a panel discussion hosted by Mr. Ebenezer Lanyno, with his panelist Mr. Felix, Ms Selina, Ms Aisha and Ms Shagufta was apprehended in this regard. They took time to discuss thoroughly by means of sharing their powerful ideas to the entire house. The organizing chairman Mr. Ebenezer Ababio gave his remarks as the event was getting to a successful end. He expressed his utmost feelings and acknowledge Overseas Education College, invited guest, student body as well as volunteers who rendered their services from the onset through the whole process. Vice Dean of OEC, Ms. Cai Zhaohui hosted the closing ceremony, she conscientized all students to make good use of all the knowledge they have acquired from this highly esteemed conference. She further advised students to get involved in all fields of positivity as a means of building up their lives. In fact, the occasion was fruitful and all partakers were enlightened on the keys to secure their tomorrow today. It's our burning desire to unveil our special and profound gratitude to OEC for making this year's LBC a reality in a grand style. It's our outmost wish to witness subsequent LBC due to its high importance and positive impact to we students. Much appreciation to all invited guest, officials, association leaders, organizers, volunteers, and the entire student fraternity for their indefatigable contribution towards the event.



MY ZHENJIANG



Photo by: Ali Raza



Photo by: Dona Karikose

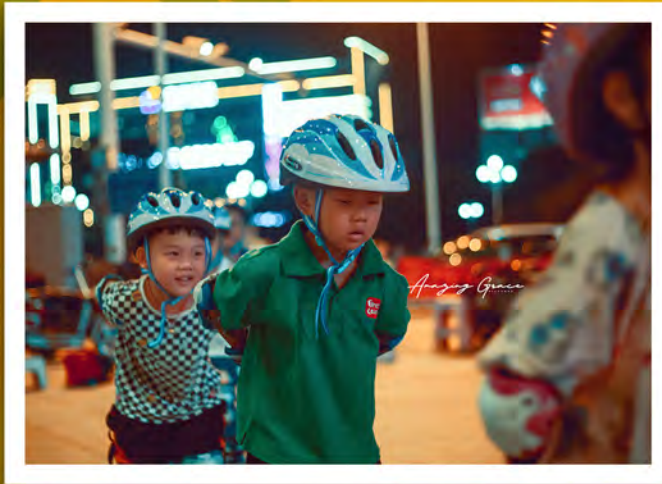


Photo by: Grace

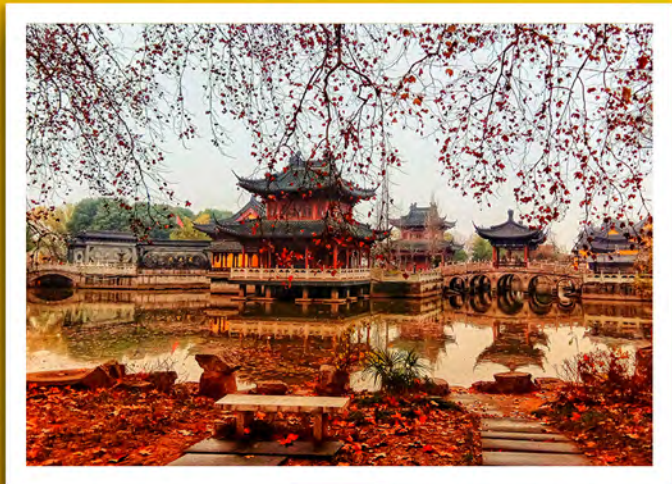


Photo by: TV Vignesh



Photo by: Grace





Photo by: Mutinta



Photo by: Paul V

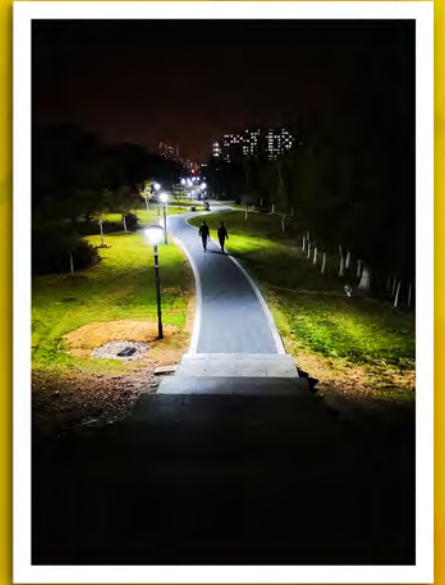


Photo by: Utkarsh



Photo by: Yana

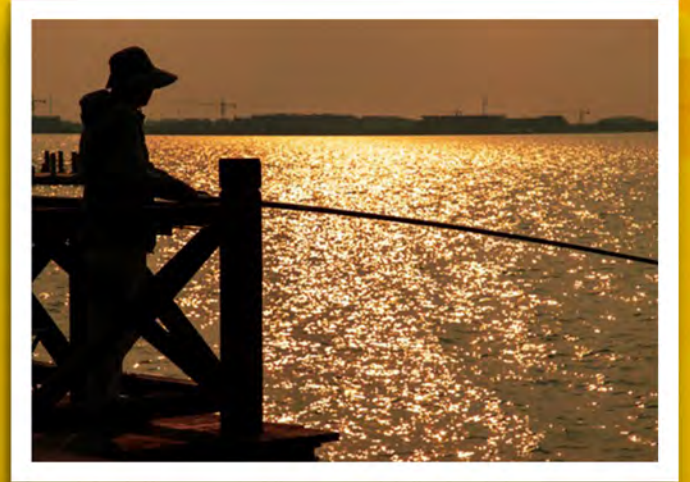


Photo by: Efe Ijie



Photo by: Ali Raza



Photo by: Efe Ijie

Special Feature

getting to know the olive media members



KHAN Md Imran

Nationality: Bangladeshi
Major: Fluid Mechanics Engineering
Position: Senior Photographer

How do you stay motivated? My father often told us, "Life is a sum of little dots which make a line, those dots are your deeds, every good deed is a strong, positive asset which make life meaningful and complete. So my son always try to make a positive dot then you can get a line which will appear clearly to all, keep going." that advice always keeps me motivated.

What is your greatest dream? To become a wise Engineer, a leader and a proprietor with a smart farming technology!

What advice would you give to other students? My advice is never do anything that can make you feel guilty; never think that you will fail. From my advice, I cannot guarantee that you will be famous but I can guarantee that you will find your life to be very meaningful and valuable.

If you could give your younger self advice, what would it be? Never sleep after sunrise.

What is something that people would be surprised to learn about you? My mom told me that I had accidentally drowned 17 times in the river when I did not know how to swim.

Nationality: Zimbabwean
Major: Pharmacy
Position: Olive Media Editorial Board Member, Writer

CHINGOZHO Clayton Takura



What is the greatest lesson you have learned from being a part of the Olive Media Family? Olive Media Family has taught me dedication. Once you start something, you need to finish it. Even when you are close to quitting or giving up you have to strive to reach the finish line.

What advice would you give to other students? Perseverance fuels the learning experience and patience beautifies it.

If you could give your younger self advice, what would it be? Don't be in a hurry to grow up.

How do you stay motivated? I believe life is what you make it, and we are who we are today because of yesterday's choices. With that in mind, I know I am in charge of destiny and I always to have to put in effort to achieve my goals.

What is your greatest fear? My greatest fear is to be unable to reach my fullest potential in life.



GICHUHI Madline

Nationality: Kenyan
Major: Food Science and Engineering
Position: Olive Media Editorial Board Member, Writer

What is the greatest lesson you have learned from being in Olive Media? To be an open minded and critical thinker which is useful when writing articles.

If you could give your younger self advice, what would it be? Self-acceptance, self-love, self-care and self-confidence are the best recipes for a healthy mind and soul.

Where do you see yourself in the next five years? Walking on stage saying; "Thank you for coming to my TED talk".

How do you stay motivated? A daily dosage of positive energy from uplifting books, pod-casts and motivational videos. And a daily reminder to accept failure, setbacks and defeat. As well as giving myself some time off to reset and reevaluate my goals.

Name two things you cannot leave your house without
My phone and earphones.



MAULANA Sisanda

Nationality: Zimbabwean
Major: Food Science and Engineering
Position: Olive TV Videographer and Casting Director

What is the greatest lesson you have learned from being a part of the Olive Media Family?
I have found that the people around you can help you grow into the person you are meant to be – “the best version of yourself”- if you allow them.

What advice would you give to other students?
Be a lifelong learner. Aim to learn something new every day, even if it is just a single word. It will make all the difference.

What drives you in life?
I think of all the people who have helped me and had faith in me throughout my life. That alone motivates me to get out of bed in the morning and keep pushing forward.

What is your greatest dream?
That is a tough one! Owning a self-sufficient food production and distribution empire, rivalling the likes of Nestlé and Coca-Cola.

What is something that people would be surprised to learn about you?
I am an avid cook. I love trying out new and exotic dishes.

Nationality: Ugandan
Major: Food Science and Engineering
Position: Olive Media Editorial Board Member, Writer

What is the greatest lesson you have learned from being a part of the Olive Media Family?
Patience and that you can never know it all.

If you could give your younger self, advice what would it be?
Never judge a book by its cover and to always follow my instincts.

What is something that people would be surprised to learn about you?
I am always happy.

What drives you in life?
My mother's words of encouragement.

What is the best and worst purchases you've ever made?
My best purchase was a phone that I had worked for. The worst was a pair of shoes that could not fit me and there was no room for a refund or exchange.

KAYIMA Viola



TSHILUMBU Grace Wa

Nationality: Congolese
Major: Masters in Mathematics, 2018 Spring
Position: Photographer

How do you stay motivated?
Personally, I think motivation is related to competition. Seeing what other people are really good at and capable of doing pushes me to doing it better.

What is something that people would be surprised to learn about you?
Well, people would be surprised that I really liked drawing Japanese anime and wanted to create some in the future.

What is the most embarrassing thing that happened to you in Jiangda?
I had lost pictures of a big event I covered when I joined Olive. It was so embarrassing having to tell people, who were excited, that I lost their pictures.

Do you think every student should volunteer?
I do not think every student is capable of volunteering. We are all different after all.

If you could kill one character from a TV show, who would it be?
Cheryl Blossom from Riverdale

MACHINE LEARNING

It is no secret that we are surrounded by many raw data especially those produced by our online activities and wearable technologies such as the Fitbit and the Apple Watch. In this day and age everything from our sleep cycles to our step counts and heart rates are monitored and stored by the technology we use. While this information can prove to be useful to us, what is even better is the insight machine learning can garner from analysing this data. This information can be used to improve not just our daily lives, but businesses as well. Have you ever stopped to consider how your inbox is able to filter spam, classify important emails, contacts or conversations, and even separate promotional, social, and primary messages? This is done through the utilization of a complex algorithm that makes this prediction, and this process falls under the wide umbrella of Machine Learning. The formula inspects the words in the subject line, the links that are included in the email, and/or patterns in the recipient's list. This method has been employed by email providers for quite some time, now other fields of business are looking to implement these predictive, as well as prescriptive, algorithms in their everyday operations.

Machine learning is a form of artificial intelligence that allows the development of systems that can learn without being programmed to do so. Machine learning is often used to discover solutions to problems that humans cannot, using pattern matching, backpropagation, and other well-known techniques. Machine learning is all about understanding data and statistics and then drawing meaningful inferences from the raw dataset. The primary way in which machine learning works is that the system develops knowledge or intelligence in response to continual exposure to new data by identifying and absorbing patterns. The analytical method that uses algorithms can help solve intricate data-rich business problems. This also makes them increasingly accurate in their predictions the longer they operate. With the existence of high-scale business computing becoming mainstream with the Internet and the arrival of cloud computing, machine learning is in a position to drive business benefits on a large scale. This information can be integrated into everyday business processes and operational activities to respond to changing market demands or business circumstances. As a result, business organizations taking advantage of machine learning can keep on top of the competition by taking proactive measures to maintain their competitive advantage in real-time.

When implemented correctly, machine learning can help to solve large business problems with the potential of adding revenue or reducing dollar spending in a significant way. Just about every organization around us is drowning in data ranging from purchases, customer demographics, consumer location, search data,

pricing data, inventory information, and delivery-related information. Given the ginormous amount of data, machine learning has the potential to provide a solution for many of the problems that comprise processing large sets of data continually. If you have ever seen book recommendations on Amazon, driving directions on Google Maps, used Uber or Airbnb, or have run the spell checker function in Word, you have benefited from machine learning. Let us look at some ways in which machine learning can drive big business benefits.

While large enterprises thrive by dominating the market share, many business organizations seek competitive advantages in other domains to remain profitable. With machine learning technologies such as chatbots and automated customer response systems, the tasks of identifying customer problems and guiding them to the right information can be performed automatically at a lower cost, with high accuracy and most importantly without having customers waiting in long queues for support agents.

Machine learning is now revolutionizing areas such as finance and manufacturing. I know many persons will agree with me when I say that software systems are much more capable and dependable than humans when it comes to quickly and efficiently analysing a financial situation. Therefore, it is a no-brainer that Robo-advisors can make constant portfolio changes that strike the desired balance between risks and returns when it comes to a wide array of investment products. Machine learning is also responsible for automatic transactions, enabling users to pay for routine services without the need to write a monthly check.



Manufacturing is all about maximizing efficiency and minimizing waste, which means machine learning, has incredible potential in this space. Algorithms can be programmed to not only identify areas of the waste but also optimize processes and logistics to create a more productive manufacturing plant. By eliminating existing bottlenecks and creating a seamless inventory management system, companies can produce products and get them to market faster and at a greater profit margin.

Benefits to Business

Predict Customer Behaviour: machine learning is being used by companies all over the world to predict customer behavior and convert predictive insights into prescriptive insights to increase customer base or offer them better services. By looking at purchasing patterns and browsing through purchase histories, retail companies can offer the best-customized product or service to individual customers and improve demand forecasts.

Product Recommendations: In e-commerce, ML algorithms can be used to motivate product purchases. Matching with a large product inventory, ML can be used to identify hidden patterns and group similar things together. These products can then be suggested to customers. **Improving Marketing Strategy:** ML can churn massive amounts of data in real-time to make it more relevant and useful. The data received from customer behavior analysis can be used to make appropriate changes to a company's marketing and sales strategy involving upselling as well as cross-selling. ML models equipped with image recognition software in retail companies can be extended to customers so that they can find the right product from across a scanned inventory of thousands of products. Moreover, record sales can be reached via recommendation engine deployment and real-time targeted advertising can also be generated on websites.

Data Entry Assistance: Predictive modelling and machine learning algorithms can help streamline a company's documentation process eradicating the risks involved with manual data entry. The formula can be used to automate data entry processes and eventually let the skilled resources focus on important and creative tasks.

Financial analysis: Fraud detection proves to be a major hindrance in the finance sector today. Companies involve a huge skilled team of humans to find frauds in their company and their process is not just costly but also time-consuming. ML can help not just find but also predict fraud in a large volume of transactions by applying cognitive computing technologies to raw data. In the monetary portfolio, ML can also help in risk management, investment predictions, improve customer service and deploy digital assistants, loan management and security measures among other things.

Medical Prediction and Treatment: The healthcare sector is like a goldmine of data, and the more data, the better the machine-learning model. If applied well in the pharma and medicine sector, ML could lead to a better diagnosis of diseases, personalized treatment, improved efficiency of research and clinical trials, smart health records, outbreak prediction, and better control measures.

Detect Network Intrusions: Besides predicting complex customer behaviours, data mining can also be used to predict patterns in network intrusions and accordingly eliminating them. An intrusion detection system screens the network traffic while looking for any malicious activity in the form of an attack or unauthorized access. Analysis of this traffic can bring out patterns to be better equipped in the future to catch hold of the intrusions. Since they will be based on analysis, these detections will be more accurate and speedy.

Writer: Aisha Alexis Subria Thompson



OLIVE HUMOUR

SOUTH PARK

JOKES



- Dear Math, I'm tired of trying to find your X. Just accept the fact that she's gone. Move on dude!



- C: What's the difference between tuna, a piano and a pot of glue?
D: I don't know
C: You can tuna piano but you piano a tuna
D: Hehe and what about the glue
C: I knew you would get stuck there. Haha



- How much room does it take for fungi to grow?
As mushroom as it takes.



- What did the mommy tomato say to the daddy tomato in the race?
C'mon! Ketchup!



- Why couldn't the pirate learn the alphabet?
Because he was always lost at C.



- Why do cows have hooves instead of feet?
Because of lactose. ou said it was H to O.





RANDOM FACTS

- 1.85% of us breathe out through one nostril at a time without even realizing it. Our nostrils alternate in breathing duties every few hours. That is why for most of us, one nostril gets stuffed up and not both.
- Did you know? Plants know when they're being eaten.
- Your heart beat changes with the music you listen to.

- There are 6 people who look like you around the world. There's only a 9% chance of meeting them. Yikes!
- Elephant's brains react the same way our brains react when we see puppies, when they see us. They think we're cute.
- Usually a person's height is determined by their father and their weight by their mother.

UNIVERSAL Sudoku Word

Complete the grid so that every row, column and 3x3 box contains the letters ACEIMPRTV in some order. One row or column contains a 7-letter word - what is it?

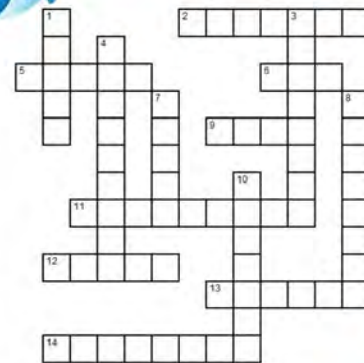
			E					
I	A	E		M				P
T				V		E		M
C						R	T	E
		I				M		
M	R	P						A
A		V		T				C
R				P		A	E	I
					C			



PUZZLES



Ocean Animals



ACROSS

- fat layer that keeps some marine mammals warm
- fish use these to breathe oxygen from the water
- name for a group of whales
- ocean dwellers that lay eggs and have bones
- what a shark has instead of bones
- a shark has several rows of these
- what younger whales are called
- marine animals with soft bodies and backbone

DOWN

- small creatures that look like shrimp
- how a whale or dolphin breathes
- largest animal in the world
- bioluminescent animals make their own
- clams, oysters and scallops are all ...
- ocean dwellers that birth live babies and nurse their young



BRAIN TEASERS



- A woman has 7 children and half of them are boys. How is this possible?
- I have six eggs. I break two. I fried two. I ate two. How many eggs do I have left?
- A farmer had 15 sheep all but 8 died. How many were left?

- I'm lighter than air but a hundred people can't lift me. Careful! I'm fragile. What am I?
- In the year 1990 a person was 15 years old. The same person was 10 years old in 1995. How is this possible?
- What was was was, before was was was?

HOW CAN I REDUCE MY RISK

OF CATCHING COVID-19?

YOU CAN TAKE CARE OF YOUR OWN HEALTH AND PROTECT OTHERS BY DOING THE FOLLOWING, WHICH ARE ALSO RELEVANT FOR OTHER RESPIRATORY VIRUS INFECTIONS SUCH AS THE COMMON COLD AND INFLUENZA:

AVOID CONTACT WITH STRANGERS, SYMPTOMATIC PEOPLE AND FOOD DELIVERIES



Regularly and thoroughly clean your hands with soap and water.



The person who is coughing or sneezing must maintain at least 1 metre (3 feet) distance from other people.



Avoid touching your eyes, nose and mouth.



Practice good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.



IF YOU FEEL UNWELL, DON'T ATTEND WORK OR CLASSES.

SEEK MEDICAL ATTENTION IF YOU FEEL UNWELL

USEFUL TOOLS DURING THE PANDEMIC

苏康码

Jiangsu Health Code (Su Kang Ma)

Input accurate health and travel history. Can be applied through Alipay



JSU Health Reporting System

Submit your health status everyday by 11:00 AM. Submit through JSU Enterprise Account. Contact Class teacher for further details.



Travel Itinerary Card

Provides a list of cities traveled in past 14 days. Important for epidemic control and surveillance. Scan to apply with your mobile number.



Shuang Ti
Campus Food Delivery from Canteens - Safe and Budget friendly



COVID-19 Guide for Foreigners
A Comprehensive Tool from China Daily. (Latest news, Q&A, tips, myth busters and more)



Campus Supermarket
Appointment System (For On-campus Students Only)

Dangers of SMOKING and COVID-19

According to the Centers for Disease Control and Prevention (CDC), those who smoke, no matter the age, fall into a group at higher risk for severe illness due to an underlying medical condition. Understanding the dangers of vaping and COVID-19 should encourage you to think twice before continuing this habit.

CDC has identified several higher risk groups for contracting COVID-19

Elderly

Immunocompromised

Those who smoke or vape

Dangers of SMOKING

Nearly 200 e-cigarette users in 22 states have developed severe lung disease

Experts believe vaping causes chemical irritation or allergic/immune reactions from the inhaled vapors

"Vaping affects your lungs at every level. It affects the immune function in your nasal cavity by affecting cilia, which push foreign things out...the ability of your upper airways to clear viruses is comprised."

Stanton Glantz, Director, Center for Tobacco Research Control & Education, University of California

SMOKING & COVID-19

BOTH VAPING AND COVID-19 AFFECT THE LUNGS

CDC reported (March 2020) that young adults under the age of 44 make up a significant portion of COVID-19 hospitalizations in the US.

Coronavirus enters the body through the mouth, nose, or eyes, and attacks the lungs

People who smoke are generally at an increased risk of serious complications, such as acute respiratory distress syndrome, when they have a severe infection.

THE ODDS OF EXPERIENCING SEVERE SYMPTOMS OF COVID-19 ARE 14 TIMES HIGHER AMONG THOSE WITH A HISTORY OF SMOKING COMPARED WITH THOSE WHO DID NOT SMOKE.

Social Distancing

Social distancing is one of the only ways to prevent the spread of COVID-19, so it's on us to keep those at higher risk healthy.

BE IT CANTEENS, SUPERMARKETS, LABS OR OTHER PUBLIC PLACES..... SOCIAL DISTANCING IS A CRUCIAL KEY TO MAKE A SAFE CAMPUS



Keep your distance

Stay 6 feet apart from people and avoid large crowds.



Be busy

Prevent boredom by doing things you like or trying new things at home.



Limit guests

Use your best judgement on having guests over, but avoid sick people.



Stay social

Call your friends and family to check on them and catch up.



Avoid unnecessary errands

Only leave home to get groceries, pick up medicine, or to exercise.



Don't forget to disinfect

Take wipes and sanitizer when you leave, wash your hands when you get home.

Practicing social distancing

Avoid

Group gatherings
Playdates
Visitors in your house
Crowded stores



Use caution

Grocery shopping
Picking up take out food
Picking up medications

Safe

Taking a walk or hike
Yard work
Cleaning your home
Family game night
Group video chat

MENTAL HEALTH DURING THE PANDEMIC

MAINTAIN POSITIVE THINKING

Do not focus on things you cannot change

Focus on what you can change



MEET OUR PSYCHOLOGICAL SUPPORT TEAM IF NEEDED

Ms. Junmei Wan

With 14 years experience in Counselling and Psychotherapy and a Member of the British Association of Counselling and Psychotherapy. Currently based in UK, counselling sessions through Wechat and Email. wjm_junmei@yahoo.com
Time: Available during 3-9pm on Tuesdays

Ms. Simeng Gu

A well trained counsellor with many years of experience and a lecturer of Clinical psychology with many research publications and books to her name. For counselling sessions, please contact through: Email: gsim_2007@126.com on Monday-Friday 9:00-12:00am and 15:00-18:00pm

OEC - HeART Psychology Association of International Students

The 1st Psychology Association of International Students in Jiangsu Province and in China with its purpose to assist OEC Psychology Center to increase mental health awareness among students and to support OECians' psychological well-being by organizing programs/activities to help students adjust to campus life, overcome homesickness and culture shock challenges among others.
Motto: The Art of Hearing Everyone
President: Desmond • +86 18605243801



关于江苏大学新冠肺炎疫情防控工作期间留学生违纪处分补充规定

Supplementary Regulations and Disciplinary Measures for International Students in Jiangsu University During the Prevention and Control of COVID-19

Chapter I General Provisions

In order to implement the arrangements for the prevention and control of COVID-19 by Jiangsu Provincial Government and the Ministry of Education as well as Jiangsu University, based on the situation of international students in Jiangsu University, the following supplementary regulations and disciplinary measures are hereby made for the international students' violation of the epidemic prevention and control measures during the prevention and control period of COVID-19. These supplementary regulations are made in accordance with Criminal Law of the People's Republic of China, Law of the People's Republic of China on the Prevention and Treatment of Infectious Diseases, Law of the People's Republic of China on Penalties for Administration of Public Security, Regulation on the Urgent Handling of Public Health Emergencies, and Interpretation on the Specific Application of Laws in Handling Criminal Cases of Impeding the Prevention and Control Work of Sudden Infectious Diseases and Other Disorders, as well as Provisions of University Students Management issued by the Ministry of Education (Ministry of Education Order No. 41), Provisions of Management for Recruiting and Training International Students (Ministry of Education, Ministry of Foreign Affairs, Ministry of Public Security Order No. 42), Regulations for Discipline Violation by Students of Jiangsu University (Jiangsu University (2017) No. 352) and Regulations for Discipline Violation by International Students of Jiangsu University (Jiangsu University (2018) No. 246).

Article 8 Students who impose insults, verbal attacks or physical threats on epidemic prevention staff or the school management personnel shall be given punishment of Recording Demerit or more severe punishments, up to Expulsion from School, according to the seriousness of the case.
Article 9 Students who accept media interviews without the university's permission and cause negative influence shall be given punishment of Recording Demerit or more severe punishments, up to Expulsion from School, according to the seriousness of the case.
Article 10 Students who spread rumor or false information about the epidemic situation or deliberately disturb public order in other ways shall be given punishment of School Supervision or Expulsion from School, according to the seriousness of the case.
Article 11 Students who return to China from abroad without the university's permission shall be given punishment of Demerit Recording or more severe punishments, according to the seriousness of the case.
Article 12 Students who do not observe the relevant regulations during the period of COVID-19 prevention and control and cause serious consequences shall be given punishment of Expulsion from School. In case of crime, the judicial organ shall investigate the suspect's criminal responsibility according to law.
Article 13 During the period of the COVID-19 prevention and control, students who commit other illegal or undisciplined acts shall be seriously dealt with according to relevant laws or regulations.

Chapter II Disciplinary Action and Punishment

International students who violate the regulations related to the prevention and control of COVID-19 shall be subject to punishments including Warning, Serious Warning, Demerit Recording, School Supervision and Expulsion from School, according to the seriousness of the case.

- Article 1 Students who fail to register on the Daily Health Report via WeChat shall be given punishment of Warning.
Article 2 Students who conceal, delay reporting or misrepresent their current locations or recent travel records shall be given punishment of Serious Warning. Those who conceal, delay reporting or misrepresent their current location or travel records and still refuse to correct their behaviors after being talked to shall be given punishment of Demerit Recording or more severe ones, up to expulsion from school.
Article 3 Students who are now in other Chinese cities should not travel to other places in China (except those who get permission to return to Zhenjiang). Those who violate the regulation shall be given punishment of Serious Warning or more severe ones, according to the seriousness of the case.
Article 4 Students who enter or leave the campus by force or climbing over barricades during the shut-down of the campus shall be given punishment of Serious Warning or more severe punishments, according to the seriousness of the case.
Article 5 Students who do not observe the regulations of self-quarantine or centralized quarantine shall be given punishment of Serious Warning or more severe punishments, according to the seriousness of the case.
Article 6 Students who refuse to cooperate with the management by the university, the local neighborhood committee, public security departments or epidemic prevention and health departments shall be given punishment of Serious Warning or more severe punishments, up to Expulsion from School, according to the seriousness of the case.
Article 7 Students who do not cooperate in the investigation, sampling, technical analysis and testing necessary for epidemic prevention shall be given punishment of Serious Warning or more severe punishments, up to Expulsion from School, according to the seriousness of the case.

Chapter III Supplementary Provisions

Article 14 Matters not covered in these provisions shall be referred to the Provisional Regulations on Student Management in Jiangsu University During the Prevention and Control Period of the COVID-19.
Article 15 Overseas Education College of Jiangsu University reserves the right to the explanation of these provisions.
Article 16 These regulations shall come into effect as of March 4, 2020.

STAY SAFE

CORONAVIRUS (COVID-19)

What you need to know

SYMPTOMS



FEVER



COUGH



SHORTNESS OF BREATH



INFORM YOUR CLASSTEACHER IF YOU HAVE ANY OF THESE SYMPTOMS

HOW DOES IT SPREAD?



Coughing or sneezing in close personal contact



Shaking Hands



Touching your eyes, mouth, or nose after touching an object or surface an infected person also touched

AVOID GATHERINGS AND CROWDED PLACES

CORONA VIRUS HOTLINES & CLINICS FOR ZHENJIANG

24 hours Hotline for foreigners

江苏省及各设区市新冠肺炎疫情外籍人员24小时咨询求助电话

JIANGSU PROVINCE 18915991982

ZHENJIANG CITY 13805287199, 13805285909

Designated Hospitals for Treatment of COVID-19 in ZHENJIANG

- Zhenjiang Hospital of Infectious Diseases (The Third People's Hospital of Zhenjiang)
- The First People's Hospital of Zhenjiang

Medical Institutions with Fever Clinics in ZHENJIANG

(Municipal Level)

- Affiliated Hospital of Jiangsu University (No.438 Jiefang Road)
- Zhenjiang Maternal and Child Health Hospital (No.20 Zhengdong Road)
- Zhenjiang Branch of the General Hospital of Eastern Theater Command (No.8 Zhongshan East Road)
- Zhenjiang Municipal Hospital of TCM (No.8 Tenth Section of Taohuawu)
- The First People's Hospital of Zhenjiang (No.8 Dianli Road)
- Zhenjiang Hospital of Chinese and Western Medicine (No.18 Tuanshan Road)
- Zhenjiang Hospital of Infectious Diseases (No.300 Daijiamen)

Danyang City :

- Danyang People's Hospital (No.2 Xinmin West Road)
- Danyang Hospital of TCM No.38 Yunyang Road
- Danyang Maternal and Child Health Hospital (No.33 Jiqu Road, Economic Development Zone)
- The Third People's Hospital of Danyang (No.899 South Erhuan Road)

Jurong City:

- Jurong People's Hospital No.60 (Huayang Town West Street)
- Jurong Hospital of TCM (No.84 Jianshe Road, Huayang Town)

Yangzhong City:

- Yangzhong People's Hospital (No.235 Yangzi Middle Road)
- Yangzhong Hospital of TCM (No.125 Yangzi East Road)
- Dantu District Dantu District People's Hospital (No.82 Ruishan Road)

Zhenjiang New District:

- Branch of the First People's Hospital of Zhenjiang in Zhenjiang New District (No.2 Xinggang West Road, Dagang Sub-district)
- Zhenjiang Ruikang Hospital (No.2 Dingmaorend Road) — CLOSE TO JSU CAMPUS

What's Cooking

JSU? Recipes we think you'll love...



THE ULTIMATE FRIED EGG SANDWICH WITH BBQ BACON

INGREDIENTS

- 8 (1/2-inch-thick) country-style bread slices
- 2 1/2 tablespoons butter, melted
- Processed American cheese slices
- 2 cups chopped butter lettuces
- 8 BBQ bacon slices
- 1/4 cup mayonnaise
- 4 Fried Eggs

INSTRUCTIONS

1. Preheat broiler with oven rack 5 inches from heat. Brush bread with butter. Broil on an aluminum foil-lined baking sheet 1 to 2 minutes on each side or until lightly toasted.
2. Top each of 4 bread slices with 1 cheese slice, 1/2 cup lettuce, and 2 bacon slices. Spread mayonnaise over remaining bread slices.
3. Carefully place 1 Fried Egg on each sandwich; top with remaining bread slices.



JOLLOF RICE

INGREDIENTS

Beef

- 1/2-1-pound boneless beef
- 3 cloves garlic
- 1-inch ginger
- 1/2 green bell pepper
- scotch bonnet pepper as required (optional)
- 1/2 onion
- salt as required.

Stew

- 1/2 cup/120ml oil
- 3 tablespoon tomato paste/ puree
- 1 large onion
- 2 tablespoon turkey berries optional
- pepper as required
- 2 large tomatoes chopped
- 1/2 teaspoon curry powder
- 1 bay leaf

Jollof

- 2 cups rice
- 1 1/2 - 2 cups water adjust with the brand used
- salt as required

INSTRUCTIONS

Prepare beef

1. Cut the beef into desired sizes. Blend all the ingredients under the beef together. Pour over the beef. Put on high heat and cook till is tender. Add water as and when needed when cooking.

To make the stew

1. Blend onions, turkey berries and pepper together, set aside. Put oil in a saucepan and set on fire. When oil is hot, fry beef and set aside.
2. Add tomato paste, stir fry for about two minutes, add blended onions, pepper and turkey berries. Add chopped tomatoes and stir fry. Add salt, curry and bay leaf. Cover and let simmer on high heat for about five minutes.

To make jollof

1. Wash rice till water is cleared. Add washed rice to the stew, leftover beef stock from the cooked beef, water as needed, check and adjust for salt.
2. Cover tightly and bring to boil. Immediately it starts boiling, remove lid, using a thin wooden ladle or a long fork stir from bottom to top. Cover tightly and let simmer on low heat for 10-12 minutes. After the time has lapsed, remove lid, stir again. Stir in beef at this point. Cover tightly and let simmer for 10 more minutes till it's well cooked. Serve with coleslaw.



KIDNEY BEANS PULAO

INGREDIENTS

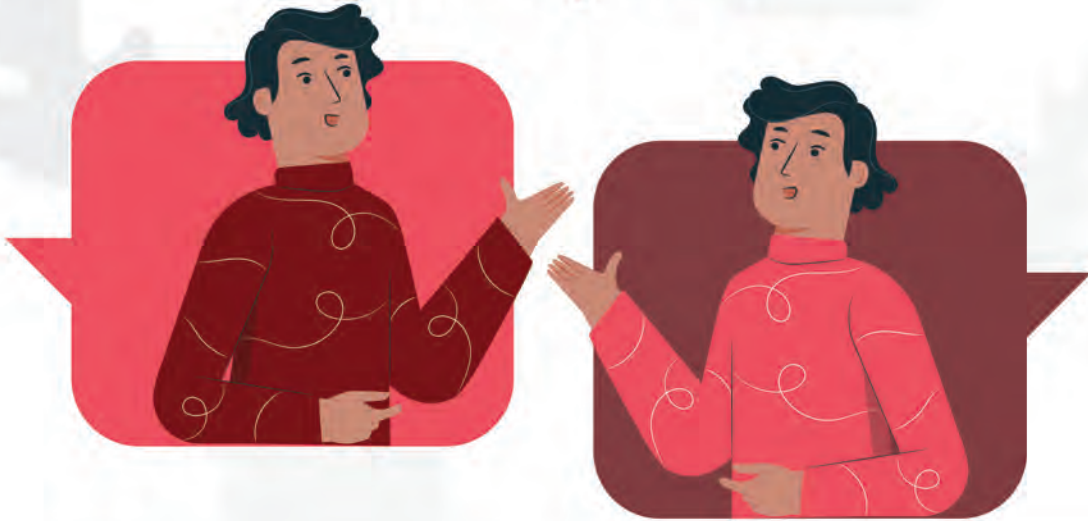
- 250 g cooked Red kidney beans/ Rajma
- 200 g basmati rice
- 2 Green chilly
- 2Tbsp ghee finely chopped
- 100 g onion sliced
- 150 g Tomatoes chopped
- 150 g potato small cubes
- Salt to taste
- tsp Red chilly powder - 1
- 1/4 tsp turmeric powder
- 1 tsp garam masala powder
- 1 bay leaf
- 2-3 cloves
- 5-6 black peppercorns
- 1 Star anise
- 1/2-inch cinnamon
- 1 mace flower
- 1 cinnamon
- 1 tsp cumin seeds
- chopped coriander for garnish

INSTRUCTIONS

- Soak rajma /kidney beans for minimum 6-7 hrs. Discard the water in which rajma is soaked and pressure cook for 25 minutes.
- Wash and soak long grain basmati rice and keep it aside for 30 minutes.
- Now in a deep pan heat ghee, add cumin, bay leaf, mace, star anise, cloves, cinnamon, and bay leaf cook for a minute on low till spices become fragrant.
- Add grated ginger, sliced onion, and slit green chillies. Sauté till onion start to turn pink.
- Add finely chopped tomato, salt, red chili powder, garam masala powder and cook until tomato becomes mushy and pulpy.
- Add 1/4 cup of water and cook the masala for a minute and add cooked rajma in the pan. Stir to combine everything.
- Now add soaked and drained rice to the pan and gently mix everything.
- Add 350ml of water and cover to cook on medium-low heat for 12-15 minutes.
- After 15 minutes open the lid to a delicious aroma of perfectly cooked Rajma pulao.
- Fluff the rice gently and it is ready to serve.
- Enjoy it hot with a side of raita, pickle, and papad for a tasty and quick comfort meal

Writer: Godsway Georgia Mawuena

An Honest Conversation with Myself



It was at that moment that I realized that I was not strong enough. I have been looking for courage, telling myself that I was strong. I had no idea how I was getting through with everything for example school, social life, and peer pressure. I mean it became hard getting up after each blow that was thrown towards my direction. I was just looking for one more excuse to get through with it and I had just found it. I did not expect my "friends" to even care about it after I was done.

The reason why I put friends in quotes is because I was not sure if they were real, genuinely there for me or they were just around to get the gist of what was happening in my life. I never fitted into any circles of friendship because the ones that existed were already cemented and I knew that if 'push comes to shove' they would not pick me over an old horse even if I were right. I had tried fitting in by being more "social", another word in quotes, this meant being everywhere, going out countless times, letting other people do the decision-making for me and even getting carried away doing things that most people call irresponsible but then again they said it was cool. So I became involved in every friendship circle, trust me it is not easy listening to someone rant on and on saying bad things about a person that you usually hang around with because when you are with that person you will have to consciously stop yourself from saying anything. Somehow, in the process, I rather became that "friend", now came to a point when I had to start choosing on whom I would go out with and who to ditch without both parties

involved knowing. For my brain that was just too much activity, I was already getting tired of pretending. By pretending I mean being the person that everyone wanted me to be and that was the perfect daughter, best friend, classmate and all that. It became hard to keep up, I was now tired. I guess I had become so good at pretending to the extent that not one person even noticed that I was battling depression and nobody checked up on me at that time.

The problem with bottling it all inside is that there will come a time when it all explodes. So it happened, I found myself all alone with my dark thoughts in my room. As I was about to do something stupid, my phone rang and it was my dear sister calling me. We had a very long conversation in which I poured my heart out to her about what was happening in my life. Her advice to me was to be just be myself and everything will be fine.

But, who was I? Did I even know? What did I want in life? To get answers to these questions I had to have an honest conversation with myself. Since that day, I sorted out my priorities, starting with just being me and making decisions without anyone influencing me. I now have close friends that I trust and can count on.

If there was one thing that I learnt from this experience was not to be too focused on pleasing others because we may end up losing our true self.

OPK Pencils

How to liven up your Living Space



The cold season is here, which means most of us will be spending our time indoors, trying to avoid the cold in our blankets. Since so much time will be spent at home, why not give it a new look and feel, one that is tailored specifically to your preference. Here are some tips to make your living space more vibrant and lively.

- **Get real houseplants:** Plants can add colour, freshness and a dimension of living nature to your living space. They also have several benefits, which including improving air quality, adding helpful humidity to your home and providing helpful and therapeutic healing properties. Consider succulents, climbers and flowering plants for your home.

- **Use Washi tape to add colour:** Washi tape is another name for coloured paper tape and can be used in almost every part of your home. Line your book shelves with a pattern of your choice to give your space a theme, use washi tape around your pictures or posters to make it look more cohesive. It can even be used to create patterns on your doors that will accentuate your theme. It is a simple decorating technique that can come off easily too without leaving residue.

- **Throw in some lights:** Twinkle lights have been making waves in the decorating scene of late, and for good reason. They are an affordable and stylish way to effortlessly make your home more vibrant. Hang them on your walls, bookshelves or even headboard to dazzle your room and give it a magical feeling. If twinkle lights do not suit you, opt for a lamp that you can add to your study table. It is a simple object but can change the entire feel of your study area.

- **Change your bedding:** Your bed is where all your dreams start so it is important that it is as cozy as it can be. Get sheets and blankets that match your vibe. Even get a soft and high mattress so it is more comfortable to sleep in. The bed is the center piece of the bedroom so if it looks good, the whole room will too.

- **Rearrange your furniture:** A great way to refresh your living space is by reorganizing the set up. Shift the chair, table or bed to change the focus of the room. A new set up gets you excited at the mere thought of going back home when you are not there. Also it is a healthy task for the brain, not to mention the satisfaction of accomplishing your set goal.

- **Add a rug:** Rugs come in all kinds of colours and sizes to suit your personal taste. Additionally, it keeps your precious feet from having any contact with the ice cold ground this time of the year. Choose a rug that gives the illusion of a centered room by tying different pieces of your home together. Or opt for a small cozy rug to place near your bed for a fresh feeling whenever you get up. If not, something as simple as a welcoming door mat could bring warmth to your home.

The feeling your home gives you plays a huge role in your productivity and general mood, which is why it is important to give it your personal touch. There are several other ways to revamp your living space by bringing out your interests and tastes. The key is to make it work for you.





Learning The Language: True Access To A Foreign Culture

Writer : Selina Vimbai Musiyazviriy

With regard to language and culture, they are an inseparable pair, moving with one accord. Language can be viewed as a verbal expression of culture. Provided that one learns vigorously the mother language of a foreign society, it will give the learner the ability to step inside the mind and context of the respective mother culture. Although it is possible to learn a culture without learning a language, without the ability to communicate and understand a culture in its own terms, true access to the culture is barricaded.

Without chewing the fat, I strongly attest to the fact that one's best bet to understanding a culture will be to learn the language. Language encrypts the values and norms in a given society because the spread of culture is a result of communication. Learning a culture without learning the language is like preparing a native dish without the local spices and expecting it to carry an emblematic local flavour. Learning a language is therefore not only about learning the alphabet, the meaning and arrangement of words and the grammar rules of the language, but also about learning the behavior of the society and its cultural customs.

Looking at the bone of contention from an opposite angle, some people argue that technology has predisposed humankind to various advanced forms of culture study, which deems learning the language redundant. Be that as it may, reading or hearing something about a certain culture, doesn't mean that everyone from that particular background acts, thinks or behaves in the same manner. However, learning a culture, in an unoriginal language, from books, the television, the internet, just to mention a few, is like watching the video of a live show, where you get to see the show but miss out on the buzz and the real feeling of being in the audience in the theatre. One can definitely learn a lot about a culture in this way, but cannot feel it fully without throwing oneself into it, and that begins with mastering the language.

Music, movies, food, literature, poetry, theatre, fine arts and calligraphy; the list of fabulous things culture brings to our lives is endless. To be able to fully appreciate literature, theatre, music and film in other languages, one must be able to access them in their genuine form, the original language.

Most of the world's literary and artistic cultural works have been written in languages other than English. Learning the language enables one to connect with another culture through expanded reading, writing and listening and this can give a lot of pleasure. Most unhappy foreigners in China are unhappy because they can't speak the local language and therefore find it difficult to integrate into the culture. Being able to speak a new language lets one meet new people, participate in conversations and establish deep connections and form new cross-cultural friendships that are unforgettable. One can reach out to others and bridge the gap between their own language and culture and that of the alien place they find themselves in.

There is nothing annihilating as going for a tourism expedition and only to return with less excitement and more regret than prognosticated. To make travel more viable and more enjoyable, one's experience is largely shaped by their ability or inability to speak the local language. Language ability gives tourists the chance to see and do things other visitors cannot, from bargaining for souvenirs, to ordering local cuisine in restaurants, including navigating the way out of unnecessary danger. It would be worth one's while to learn the language of tourist communities, stay smart in the areas and completely transform one's travel experiences.

Language and culture are intertwined like the two sides of the same coin. Without culture, language could not exist, but without language, culture would be difficult to express. I am dead set against restraining from expanding the language base when learning a foreign culture. Wrap the language around your brain, step out of your comfort zone, learn the language and get true access to a foreign culture!

A letter to my Role Model

Dear Miss/Mrs./Mr.

Ambitious, Lovable, Fiercely intelligent Overachieving, Faultless, Perfectly-structured human-being. I can't think of the number of times I have crossed out mistakes and crumpled up sheets of paper whilst in the process of mustering up the strength to write this letter to you. Before you stop reading and completely dismiss this seemingly odd gesture, let me introduce myself in the fewest yet most accurate words I can coin. I am the observer, the audience, the admirer, the voice that is cheering you on and rooting for you, the number one fan of all you do, express, partake in and accomplish. In short, I am your role "model"! And yes, in case you hadn't guessed it just yet, I look up to you and all that embodies your wellbeing. When I wake up in the morning, the thoughts of all that you have been able to achieve are what drives me up out of bed and enable me to jump start my day. When I place my head on my pillow for a good night's rest, you are the determinant that I will use to regulate my sleeping hours and hence curb my laziness. When I am making decisions, small and large altogether, I use the acronym, "WWRD"- "What Would Role-model Do" as my factoring criteria. To cut the long story short, you are my muse. The finest inspiration that the world could ever bring my way. The Monalisa to my Leonardo Da Vinci. The preacher to my practice.

At this juncture, I will take the opportunity to go ahead and explain the central objectives behind my reaching out in this form, and no, it's obviously not just to butter you up and stroke your ego by expressing in dire detail about how much I commend and marvel at you, because if it were and I were you, I'd be getting a stalker-vibe from me right now *Laughs Out Loud*. I wanted to share with you the fact that I have seen you struggling. With yourself and your flaws. And beating yourself up about a whole lot lately. I have seen you punch walls, pull your hair out and throw yourself into an exile for matters that were far beyond your control. I have seen you tear yourself down but most importantly, I have seen you build yourself back up again.

And I want that to be the imaginary heading of the final part of my bold written proclamation: You are an outstanding human being, but that's just it. You're a human being, imperfect in more ways than I can mention, and hence suffer as a consequence too, just the same as everybody else. But you can't allow the world to hammer you down and make you recede from standing out each time it throws its obstacles and criticism towards you. If you do so, even just for a split second, what more me, who is looking to you for strength? If you look down, who will I look up to? If you say that you can't, who will I then turn to, to say, if he/she can, I too can?

It is a cascade effect. Like most beacons of hope in this world, you cannot afford to dim your shine because that same shine, is lighting my path too. And one day my shine will light the path of another and the chain reaction will continue accordingly. I need you to continue lifting that head up high, no matter what comes your way! Walking tall and strong! And carrying the torch mantle for the rest of us that are following closely behind you. Most especially on the hardest of days, recall the words I have expressed to you on ordinary paper today, and say to yourself, "I will move forward headstrong! At least if not for me, let me do it for the people who look up to me". Because who knows, I might just be one, out of a billion others looking up to you. Keep on keeping on! And remember, your very existence is a confirmation of all the possibilities of what I could be someday, and much greater.

Writer: Angel Ayebare Jenny Tibeihaho



first LOVE



Ever wondered why the day makes way for the night or the night for the day? Ever wondered why it rains or sometimes the skies are clear? The scientists will say that it is to enable the changes in seasons but for me, it is so that no matter how good or bad a story is, it will have an ending. It could happen on a rainy day or whilst the sun sets to make it more dramatic or as ordinary as any day, just a stroll or a morning run. It is all amazing in its own way and each end is a start of another story.

“Does it really end?” is all I can think about as I lay in my bed counting the start and end of my stories and how each was influenced by the one before. It starts with when I remember taking my first steps to that wonderful afternoon I spent in the yard playing. Then it moves on to the corner of my young adolescent class to my mid adolescent room where I remember fantasizing about that beautiful girl. And many more before finally getting to the one that is keeping me awake, *the story of the First Love*

I fell in love young and she had been all I had known. Don't blame me, I am a hopeless romantic. I can swear that she was an angel from her beautiful smile to her graceful walk like that of a swan. She could lighten up a room with her elegant look and man her words, her sweet sweet words; they were the best the ears could wish for. For me she was the one and every dream into the future I see, my very own angel. My words could be said to be doing too much for her, but she was more than that and even more so was the fact that whenever I brought myself to come to terms with her shortcomings my frail

heart couldn't bring my mind to that conclusion. She was my first and hopefully my last, I told myself as I went through my late adolescent days. Then life set in, bringing with it the inspired and the fanatic in me. Damn I was pleased, for it brought me back to earth and reality as those dreamy, heavenly days faded away.

So I had to rethink, rewind and checkout my feelings. They seemed to be the same, but something had changed. Her smiles were no longer the highlights of my day; damn that fanatic in me, nor did her sweet words motivate me any longer, and I blame it on the inspired. I had to take the crooked path, as I believed a little spice will never hurt the soup. But then it kept creeping on me anytime I had a wild day and haunted me when I was most in my element. It frightened and paralyzed me to the point that I couldn't breathe. Serving as a crooked feather, the difficulty in the free winds it brought.

Though I have forgotten her and moved on, there was never anyone that I would love that much. It felt like each new person came as a part of her whole and each whole person with multiple parts of her. Then her smile started messing up my dreams and her sweet words messing up my mornings. So it dawned on me, that I might not have forgiven myself for choosing to be free or even given her the respect of going our separate ways amicably. But anyway, that is the curse of the first love and believe me sometimes I wish I had never experienced it.

- *Kaygio Oscar*



Writer: Selina Vimbai Musiyazviriyi

She looked up, fixed her gaze at the familiar reflection, and then looked away quickly as though the image in the mirror was too much to bear. A concoction of pain, anger, and doubt bubbled up and threatened to suffocate her hopes, dreams...all that she was. Behind every gaze was a story.

Who knew the pain of her soul? She was put in an emotional abyss so deep that she no longer knew how to tell the difference between reality and her fears. Some of her friends didn't even like the women who brought them into this world. Yet she adored her mother and she was the one who went away. When she would speak about her dreams, no one was moved. To them, she was just a girl who was probably watching too many fairy tales. She learned to discriminate against her intuition simply because it was not audible, and no one except her could hear it, and she was afraid people would question her sanity. As if that was all, all those things they said about her were mean and unfair. It was hard for her to see the people she trusted backstab her. I can only imagine the pain she must have gone through as she watched them rip apart the outstanding reputation she so painstakingly built. It's sad how suddenly all her confidence was stripped from her and she was left naked in shame and insecurities. There was no make-up to hide all the bruises people left on her self-esteem. They made her feel terribly alone and guilty. **They don't know about the countless nights she cried herself to sleep.**

When the words in her extensive vocabulary failed to express the fragile state of her being, her eyes gathered up all the hurt in her heart and condensed it into teardrops. With tense shoulders and the weight of a heavy heart, she inhaled deeply – mustering up all the courage she could find and look straight ahead before exhaling slowly as another teardrop escaped from the corner of her right eye, kidnapping a speck of eyelashes and creating a dark streak as that one teardrop rolled down the side of her face and splashed rudely onto the surface below. She felt as though her last shred of dignity disappeared with her last tear.

For years she refrained from addressing her troubles directly. In fact, she was afraid of her burdens. She couldn't take it anymore. She was tired of feeling so invisible. She was sick of silencing her voice. She was tired of begging for answers. She decided to begin the struggle to strip out the layers which protected her over the years. For how could she know her identity if she had not stared at her emotional nakedness or her mental vulnerability? It was time to allow the emotional and physical wounds inflicted on her to start healing. Any journey to self-awareness inevitably begins at the same place with the same loaded question, "Who am I?" The question was not easy to answer for it questioned her values, beliefs the very core of what made her who she was. How did she begin to answer, to answer was to define herself? To answer was to acknowledge the culmination of her choices, great and small, ... that was the beginning of her journey. She probably had no specific plan laid as yet but like they say, "Where there is a will, there is a way."

They've been together with the past version of her, literally all of life since then, but yet they are like a bunch of strangers thrown together at a dinner party none of them wanted to attend. Every new "something" – new year, new month, new week, new day – it seems she tries to shake the past version of her off and be better than her. "New Her" appreciates the lessons her past version suffered to learn so that she could be who she is today. She is not some embarrassing ex that she doesn't want anyone to know about. She is this tall today because she stands on the shoulders of her past version, the road that got her here and she appreciates the journey. Rigid, they say? She disagrees. Imagine someone spending their whole life explaining being true to themselves? Principled or rigid – whatever they choose to call her – it doesn't matter as long as she is true to herself. She would rather be a principled loner than be an accepted friend with a laundry list of regrets.

She's been a spectator for the greater part of her life, and based on her experience, it's a lot easier being a spectator than it is being the player. There was a time she actually thought that a woman's struggles were exaggerated. A reflection on her struggles got her thinking about the responsibility that women have to support each other. All of us would easily and honestly – from the bottom of our hearts – declare that we are pro-women, yet we judge them and make a mockery of them. She felt truly ashamed because instead of standing and speaking in solidarity with a sister in the past, she hid her head in the sand, literally and thought only her struggles mattered. She used to be quick to say she advocated for women empowerment yet when a real opportunity arose she hid behind societal differences. She later realized that what binds women is greater than ethnic, class, racial, political, religious, or any other difference. From her own personal shame arose a desire to commit to stand with her fellow women as they claim their place under the sun. She knows the beauty of pain. She knows the beauty of a scar. She's dreaming of a brighter future, somewhere where women and children can be free.

When you look at her life through your eyes, all you probably see is perfection and it humbles her in so many ways. You're rooting for her, because you see her and you know her value. It is generally easier to build a perception of someone based on the idea that the one moment they made an impression will recur throughout their life. Should she fall someday and it disturbs you, make no mistake in assuming that her fall discredits her past or future. She does not look forward to disappointing you or ruining your high regard for her. All she wishes for is that she never becomes the reason you fall or give up on life.

The magnificence of every flower is only seen when it blossoms. The journey to success for a woman is not a stroll in the park. Tears will be shed, accusations will be carelessly thrown towards her, discouragement will become the norm...the list is endless. But she will make it against all odds. She is me. She can be you. She can be her. She can be all of us.



JUST MAYBE

Clad in leather jacket and shielding myself from the snowflakes, I ponder upon a saying I once read: "Each snowflake is a sigh heaved by an aggrieved woman. All the sighs drift up to the sky, gathering into clouds, then breaking into tiny pieces that fall silently on the people below. As a reminder of how women quietly endure all that falls upon them". As the snowflakes settles on the ground a thought wanders through my mind of women who have gone.

Oh, what did they have to endure? Clad in swarthy, calloused and haggard skin. Yes, their skin the colour of the earth. Their hearts harbored sorrow, happiness and most importantly strength. No one had to remind them of the strength they possessed but, if you looked deep into their eyes you would see a patch of happiness.

They figured contentment and joy were attainable thus found pleasure in little things; cooking for their families, combing and arranging their kinky hair, cleaning their houses and feeding their children.

I sometimes think and wonder what dreams they had. Would the world still be the same if they were granted the opportunity to pursue their dreams? Would war still be there? Will children still die from hunger? Huh, what stories they would have written and left for the world. But in a patriarchal world, they were merely victims of decisions. But I think of their smiles and get a nostalgic feeling.

And as the snow thaws, all I can do is hope they were happy. Maybe they were happy, just maybe.

Written by Bonve

STAY HEALTHY WHILE TRAVELLING

If you become sick while travelling, inform crew and seek medical care early



If you seek medical attention, share travel history with your health care provider



STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough



If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



STAY HEALTHY WHILE TRAVELLING

Eat only well-cooked food



Avoid spitting in public

Avoid close contact and travel with animals that are sick



STAY HEALTHY WHILE TRAVELLING

When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands



If you choose to wear a face mask, be sure to cover mouth and nose - avoid touching mask once it's on



Immediately discard single-use mask after each use and wash hands after removing masks



STAY HEALTHY WHILE TRAVELLING

Avoid close contact with people suffering from a fever and cough



Frequently clean hands by using alcohol-based hand rub or soap and water

Avoid touching eyes, nose or mouth



COVID - 19

OECians thank volunteers for their hard work & support

As we all strive to overcome the effects of COVID-19, OEC staff and OECian volunteers have assiduously cooperated to ensure students' daily needs are met. OEC initiated the effort by setting up several platforms on which on-campus and off-campus students may have their requests answered. Much to their credit, several OECians have volunteered to assist both their peers and OEC.

This article is dedicated to those iconic students who volunteered to help their fellow students under the guidance and support from OEC staff.

OECians showed again, that we can work and help each other. We are a self-supported supported team. We teach each other, we serve each other and we manage each other... Here is how some students stood up to show love and affection to their friends around the world, from a campus in China.



ON-CAMPUS VOLUNTEERS:

With the help of JSU's on-campus prevention and control team, the volunteers timely gathered and solved the requirements of the students; these include but not limited to:

- Helped to purchase daily necessities like water, food, milk, face masks and hand sanitizers etc. This was huge workload to attain on a daily basis.
- Collected details of students' urgent needs.
- Coordinated to arrange banking services to students.
- Helped students to move luggage and coordinated to quarantine work.

As of March 7th, 2020 the OEC staff helped in purchasing while the volunteers shared 776 packs of bread, 547 cans of water, 424 face masks, 192 bottles of hand sanitizers and 210 packs of milk etc.



OFF-CAMPUS MANAGERS:

In order to better manage as well as strengthen the management of international students living off campus, Overseas Education College (OEC) of Jiangsu University engages some overseas students as Off-Campus Managers to render their services in this regard.

In view of this, the following roles are played with high esteem by OEC and the off-campus managers for the betterment of the entire overseas students living off-campus;

- Spot check and visits to over 20 communities in Zhenjiang.
- Use moral suasion and other platforms to enhance bonding.
- Cooperate with Police and residents' groups to ensure harmony.
- Conduct country-based student social responsibility in their community.
- Share tips on driving safety and good conduct.
- Contact the Police if there is any issue that threatens or will negatively affect the image of international students.
- Share ideas and exchange information with the students on their management strategies.
- Assist OEC to communicate with the off-campus overseas students.
- Cooperate with the local police and handle students' daily problems and communication issues.
- Educate students to be discipline and avoid violation of rules (such as noise)
- Share some necessities such as face masks, sanitizers etc.



GRATITUDE FROM STUDENTS

I really appreciate the stupendous efforts put up by OECians Off-Campus managers at this time of need. The Off-Campus Cluster Management role has been of high importance to us.

(Roselyn Tehzee Gblinwon)

At this crucial moment, the Off-Campus Cluster Management has immensely helped the smooth welfare of we the off-campus students. Thus, their relentless exertions have wholly contributed to our safety. *(Hamsu Safa Nazurudeen)*

The Off-Campus managers during this period of epidemic have been of great help to me, one Off-Campus manager helped me in getting Hand-Sanitizer and called to check on me all the time *(Kwame Enoch Osei)*

"The services provided by OEC and the volunteers is a big deal to us as international students on campus. We are really grateful for the help provided to us during the epidemic. There is no reward that can compensate such sacrifice." *(Anonymous)*


"It's a good initiative and the volunteers and OEC personnel staffs have been wonderful and have sacrificed their time. We do appreciate their efforts." *(Anonymous)*

"Helping each other is very important; all volunteers have done a good job with the deliveries in quite an organized way. We really appreciate it!" *(Arian Martinez Montes De. OCA)*

"OEC staff is always ready to give the best to students, they visit both students on campus and off campus to check and make sure students are in good health, organize online live meetings to collect and address students' questions." *(James Msughter Adeke)*

Olive Media would also like to thank all the volunteers who have selflessly assisted us through these difficult times. You are indeed our heroes....





转诊流程

HEALTH CARE SERVICE For On-Campus Students During Epidemic Control

If the overseas students have any physical discomfort, first go to the school hospital for preliminary diagnosis.

If the patient's condition is beyond the scope of treatment in the school hospital, the school hospital will issue a referral certificate.

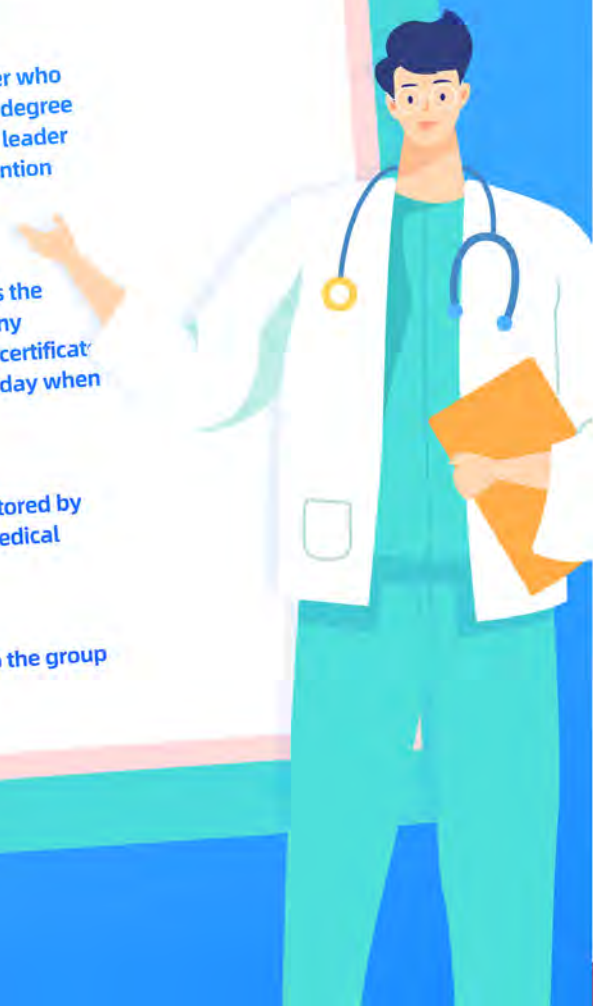
Student reports the situation to class teacher, who will provide the referral coordination group leader with information such as the student's name, student ID, gender, major, nationality, approximate time of going out and returning, etc.

The group leader reports to the school management team leader who will further report to the head of the working group for overseas degree students. After getting approval, the school management team leader shall report to the comprehensive team of the epidemic prevention headquarters for record, and inform group leader.

The group leader shall report to the security office; contacts the apartment supervisor; and contacts school bus team if any transportation is needed. The student shall present the referral certificate to the front desk of the apartment to get the exit permit on the day when they need to visit hospital outside the school.

Student's off campus route should be accompanied or monitored by class teachers to ensure the safety during the period of medical treatment.

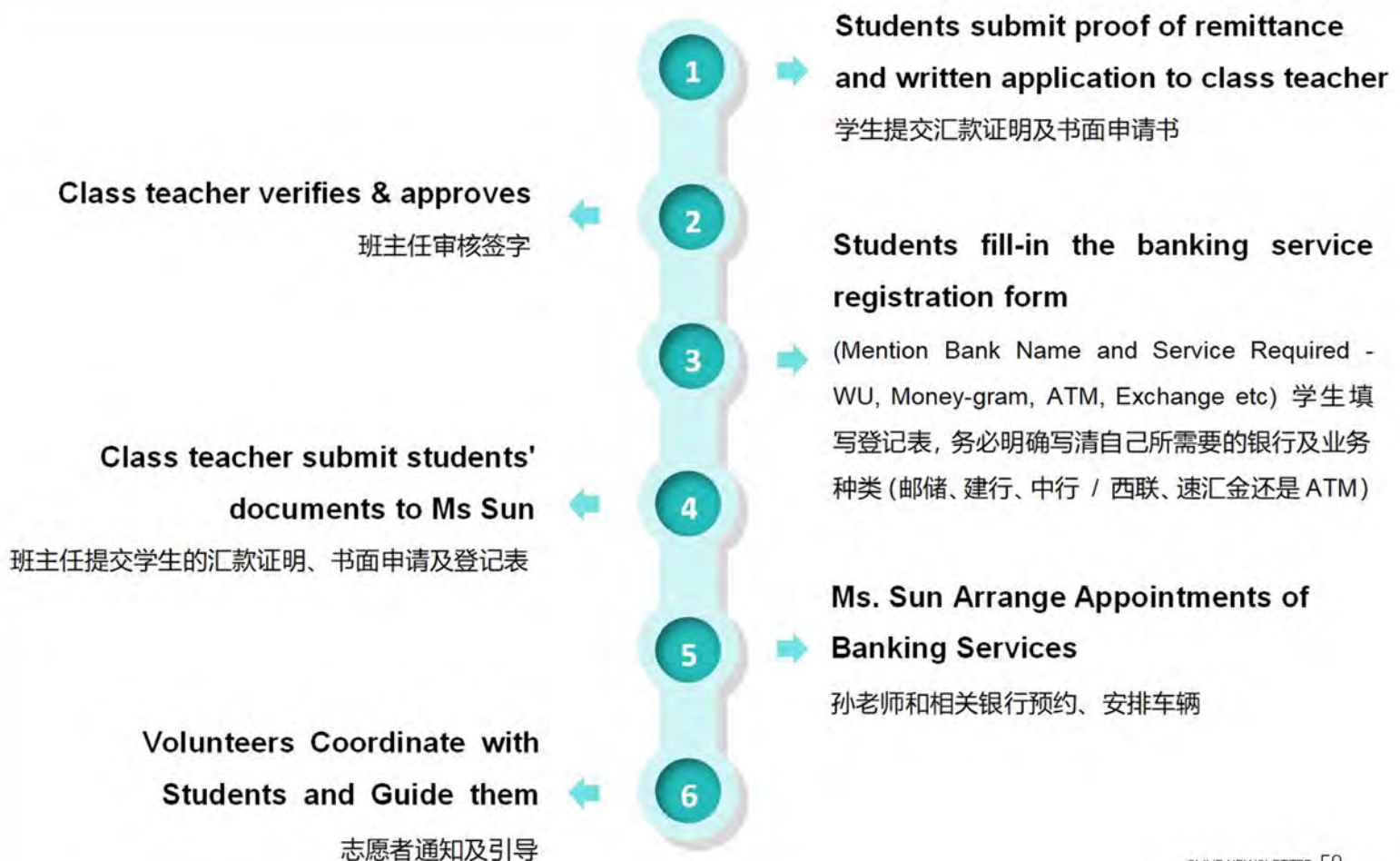
After student returning to school, the class teacher reports to the group leader and the referral process is completed.



Banking Services

For JSU On-Campus Students During
Epidemic Control

Steps To Follow



Me & China

Moments cherished by international students
of Jiangsu University and Chinese locals.



OECIANS LEARN TRADITIONAL DYE- MAKING ART

On October 31, 2019, Overseas students from Egypt, Tanzania, Iraq, Liberia, Nigeria and other countries from Jiangsu University came to Runzhou mountain road community, Jinshan street, Zhenjiang City, and walked into an intangible cultural heritage experience hall with volunteers. Under the guidance of professionals, they learned the art of dye making and felt the charm of Chinese traditional intangible cultural heritage culture.

OECIANS COOK FOR ELDERLY ON CHONGYANG FESTIVAL

On October 5, 2019, Taigushan Community of Zhenjiang City launched the "Chongyang on the tip of the tongue" activities for caring the elderly. This event was held for the eighth consecutive year. Overseas students from Jiangsu University and community volunteers jointly cooked a "Chongyang Banquet" delicacies for more than 30 empty nesters elders and widowed elderly people to welcome the arrival of the Chongyang Festival.

The Olive Wiki: The Chongyang Festival, more commonly known as the Double Ninth Festival is a Chinese festival that is held every 9th day of the 9th lunar month. In China, nine has the similar pronunciation with the word meaning 'forever', symbolizing longevity. So, it holiday is also called the Senior Citizens' Festival. This is one of the many holidays that Chinese people enjoy and is also considered to be a day when the older members of society can have some fun.

OECIANS EXPERIENCE MID- AUTUMN FESTIVAL CUSTOMS

On September 9, 2019, foreign students from Jiangsu University visited a Community in Jinshan Street, Zhenjiang City. They enjoyed making and tasting mooncakes with residents, experiencing and exchanging Mid-Autumn customs and thus feeling Chinese traditional culture, and welcoming the Mid-Autumn Festival.

OECIANS EXPERIENCE TRADITIONAL SHADOW PLAY

On August 24, 2019, OECians from Jiangsu University joined the volunteers from Zhenjiang's Haorui Youth Service Center and visited Sifei Community to understand the making of shadow puppets and shadow play performance skills with local children. Through this fun event, foreign students had a better understanding of relevant knowledge, and experienced the charm of Chinese traditional folk culture.



OECIANS UNDERSTAND CHINA FROM THE NORTHEAST

Friday 9th August, 2019 was scheduled for the historical visits by JSU foreign students led by OEC staff to Liaoning and Jilin province located at Northeast of China. 22 international students from Ghana, India, Indonesia, Egypt, Pakistan, Bangladesh, Somalia, Cameroun, Angola, Malawi, Cape Verde, Nepal and DR Congo took part in this tour. Students first visited Beiling Park, then Zhaoling Tomb located in Beiling Park. It is the mausoleum of Huang Taiji (Emperor Taizong) of the Qing Dynasty (1644-1911) and his queen Bo'erjijite. After lunch, students then proceeded to the Shenyang Palace Museum, Shenyang Tiexi Casting Museum, Liaoning Provincial Museum, Museum of the Imperial Palace of the "Manchu State/Manchukuo, China First Automobile Group Co., Ltd. Changchun FAW-Volkswagen Automotive Co., Ltd., Changchun Film Group Center and Jilin Province Science & Technology Culture Center.

OECIANS' HANDMADE ARTS FOR MID-AUTUMN FESTIVAL

On the morning of September 12, 2019, Heiqiao Community of Jinshan Street in association with Jiangsu University, launched an event themed "Chinese and Foreign Families Happily Welcome the Mid-Autumn Festival". Chinese and foreign college students visited the community, prepared hand-painted lanterns and fans with the elderly in the community. They understood Mid-Autumn customs, experience Chinese traditional culture, and welcomed the Mid-Autumn Festival.

OECIANS EXPERIENCE LABA FESTIVAL CUSTOMS

On December 31, 2019, on the occasion of Laba Festival, Jiangsu University foreign students from South Africa, Ghana, Tanzania, Zimbabwe, Somalia and other countries visited Jinshan Shuicheng community on Heping Street, Zhenjiang City, to make and taste Laba porridge together with community residents. They experienced the customs of Laba Festival and Chinese traditional culture.



2019 JSU
Spring Graduation

CLASS OF 2019

GRADUATION

BACHELORS

BACHELORS IN BUSINESS ADMINISTRATION

HERMON TEFERI TEREFE

GEBREMEDHIN BINIYAM KIFLU

BACHELORS IN CIVIL ENGINEERING

PRINCE SIAME

ADIBAKU RAYMOND

ZULU MANYONI KEDDY MPHATSO

ABDUL HANNAN

KIMENYI ARNAUD

EMMANUEL KASONDE MBIIZA

MOHAMED IMADELDIN MOHAMED AHMED

RUKIND MUJIMB THIERRY

BACHELORS IN INTERNATIONAL ECONOMICS AND TRADE

TENDAI CHINHEMBA

MUNYANA YVETTE

MBBS

KHERA KESHAV

CHARLES KWAKU ADU

ODDOYE EMMANUEL VICTOR AKO

SINGH SONU RAMAKANT

ISHAKA ADONAELLE MERYLE

BACHELORS IN PHARMACY

JUSTINA SENKWE

BACHELORS IN ACCOUNTING

FEVEN TEFAMICHEAL TEFAMARIAM

MASTER

BUSINESS ADMINISTRATION (MBA)

BERNARD ARYEH
MENSAH NAA MORKOR DZORMO
MOSHI LIZBERTH FONARY
ANKIT KOIRALA

LEMMA NATHNAEL MISIKIR
CLAUDE GERAUD MBOYI
AFAKO JEPHTHAH KWAME
AMEGAVIE LESLIE OFEO

RICHARD KUSI ADJEI
BALDE MAMADOU SADJO
HAMDA HASSAN SOUGUEH

APPLIED ECONOMICS

QUAYSON BRIGHT PARKER
SURYAWATI

ERNEST KAY BAKPACLOTTEY
ABDIAZIZ SHAMSHEDIN ADEN

SAMUEL ATTUQUAYE

PUBLIC ADMINISTRATION

PAUL CHARLES KAMANI
EMMANUEL GYABENG

PRISCILLA ADOMAKO GYASI
BRIGHT DARTEY

BLESSING DWUMAH MANU

ENVIRONMENTAL SCIENCE AND ENGINEERING

REHAM MOHAMMED MOHAMMED EBAID
MANSUUR

FISTON MWENZE NKULU
HUSEIN ROBERTSON AKROFI

ODOOM JIBRAEL KINGSFORD

FOOD AND SCIENCE AND ENGINEERING

DAVID OSEI WUSU

NAOMI HAMAMBA

RICARDO ANTONIO WU CHEN

CIVIL ENGINEERING

MOHAMED ABDIRAHMAN AHMED

ABDULLAH WALEED

OTHERS

MBONA REGINALD MASIMBA
ABDOULIE SOHNA
TABINDA NAZ SYED
DANIEL OWUSU-MENSAH
ANTHONY ADEBAYIGA KOSIBA
ABANKWA FREDERICK
KOBINA AMO-AIDOO

(ACCOUNTING)
(BUSINESS ADMINISTRATION)
(AGRICULTURAL ENGINEERING)
(MECHANICAL ENGINEERING)
(BIOLOGY)
(MANAGEMENT OF LIBRARY INFORMATION AND AR)
(TRAFFIC AND TRANSPORT ENGINEERING)

DOCTOR

MANAGEMENT SCIENCE AND ENGINEERING

MUHAMMAD HARIS
BASIL KUSI

SSALI MAX WILLIAM

CLAUDIA NYARKO MENSAH

COMPUTER APPLICATION TECHNOLOGY

MOHAIRA AHMAD
EKWELLE EPALLE THOMAS MARTIAL

PATRICK KWAKU KUDJO
DICKSON KEDDY WORNYO

ELIAS NII NOI OCQUAYE
MUHAMMAD SADDAM KHOKHAR

CONTROL SCIENCE AND ENGINEERING

WORLANYO SAVIOUR AKUAMOAH

KWASI BOATENG

POWER ENGINEERING AND ENGINEERING THERMOPHYSICS

WISDOM OPARE

TAMILSELVAN PACHIANNAN

FOOD SCIENCE AND ENGINEERING

EVANS ADINGBA ALENYOREGE

MOSES KWAKU GOLLY

OTHERS

IMRAN ALI LAKHIAR
ASIF MAHMOOD

(AGRICULTURAL ENGINEERING)
(CLINICAL LABORATORY DIAGNOSIS)



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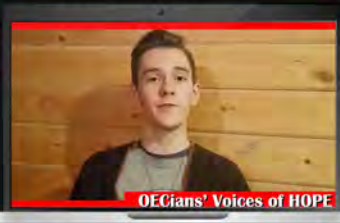
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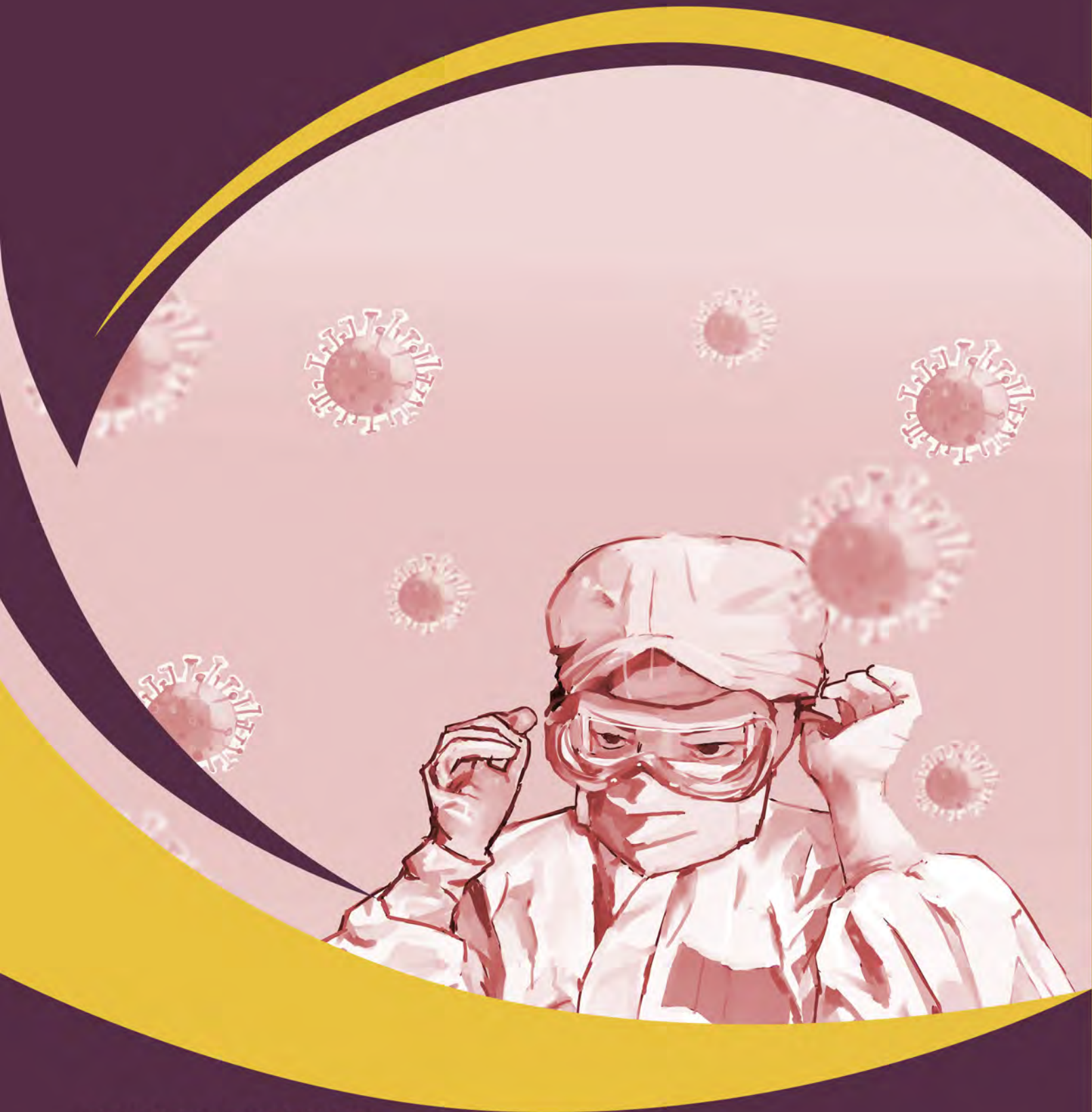
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