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Picture credit: unsplash.com

Productivity tips #WFH

MIKA NUR FAEZAH

As a small scale independent company, we run our day to today business at the comfort our own home office or when we are out of office travelling to meet clients at theme parks, we definitely spend a lot of time working remotely. How do we do it and how do we set ourselves to be productive while #workingfromhome?

1. Shower in the morning

Taking a shower in the morning helps to energise the body and stimulate the lymphatic system. Anxiety, work stress, financial and even relationship can affect your health in the long run, therefore taking a shower in the morning helps to alleviate these feelings naturally. Just because you have no colleagues and bosses around you, you might tend to find yourself working from your bed which will result in bad posture and feeling of sluggishness.



Picture credit: unsplash.com



Picture credit: Jeroen Nijpels archive

Running JNELC in times of crisis

JEROEN NIJPELS

Working from home is already part of my routine. Whenever I am not travelling, I worked from an office that is located on the top floor of my house. It is a pretty nice office, spacious, although it can get quite hot up there on sunny days in the spring and summer. Apparently, the expensive isolation I had put in there during the last renovation is not living up to its promises.

In essence, nothing has changed really in the way I work from day to day. I am still in my home office. Just the time in between travels got significantly longer. Much longer, in fact. Never before was I in a situation that I did not have any future trip planned. This time, I was first cancelling trips, and now the home office seems to be permanent and the memories of trips are fading. And from the feedback I get from many industry colleagues and friends, unsurprisingly I am not the only one.

So what do you do to adapt? In my case, I focused on a few things:

- Discuss with the team which measures are required to prepare for a worst case scenario

- Prepare for online communications with each other, clients as well as our partners and of course the amusement industry community at large, by investing in having all the major platforms like Zoom, Microsoft Teams, GoToMeetings and RingCentral installed on our systems, test them internally so that we are ready to communicate in whichever way is required
- Reach out to clients and partners to see what is required from their side under the current circumstances, in the short, medium and long term
- Invest time and money in learning new skills, either those that are required in the new situation or to prepare for a diversification of services offered, to be future-proof

One of the skills that I wanted to acquire was to learn at least the basics of Java, the programming language. This way, we can better understand how our website works, how we could make changes ourselves and have some first steps in app development (a basis for one of our planned diversification efforts). But soon the daily workload came back to pre-crisis levels, so the book "Java in 21 days" is still open on day 2... And in all honesty, in the end of the day I believe it is better that the company is so busy that there is no time to learn this particular skill, than that we have so little to do that I have time left to learn how to become a programmer at the age of 49!

We are always appreciating our partners



HB Leisure



Conversation with Mika, JNELC Asia's Director

MIKA NUR FAEZAH

As I write this article from Singapore, the place I call home is on day 33 of "Circuit Breaker" heightening safe-distancing measures to reduce movement. In other words, most of us would call it a soft lockdown where only essential services for daily needs remain open with safe-distancing measures in place. Stay at home is put in place meaning working from home and home-based learning while social gatherings have been banned. To date, we have total positive Covid-19 cases of 23,787 mostly foreign workers residing in close proximity in dormitories and 21 fatalities.

Closures of restaurants and cafes has significantly change my social life and meet-ups, it's the time of the week where I look forward to happy hours with friends and picking up a latte at my favourite coffee joint. Thanks to the internet, I've been able to have virtual happy hours at home with my circle of friends via Zoom and House Party for a get together and decompress after work hours.

To maintain my health and well-being, I have not stopped practicing Yoga at home while the studios are shutdown shifting to online classes. Joining six of my other friends, we started a 21 days law of abundance meditation challenge, completing tasks

and guided meditation on an audio file for about 15 minutes. If Yoga and meditation sounds boring, I have indulged in TikTok, a fun and creative platform to do dance challenges in short video clips. Oh boy, I use to think that I'm too old for TikTok but who gives a hoot when I'm young at heart and age is just a number (you may roll your eyes at me).

During home isolation, I spend quality time with myself: listening to podcasts and tuning in to webinar sessions for self-improvement. Whenever I don't feel good I pick up the phone, FaceTime my mom or call a friend for a chat. It makes a world of difference to me when I can stay home and protect myself against COVID-19 while remain socially connected with the technologies available today.



Picture credit: unsplash.com

Amber in Lithuania

GEORGIA VITKUTE

No matter what happens we should always try and stay positive. Life is too beautiful to take it for granted.

When the whole world started shutting down, I was on a holiday in my home country Lithuania. At first, I wasn't sure if I should stay here or go back to the UK, but somehow, I felt that this is my chance to spend more time with my family and enjoy their company. I am glad I have made this decision.

The Baltic region is home to the largest known deposit of amber and it dates from 44 million years ago. My home city Palanga is on the shore of the Baltic sea. For the last couple months together with my brother's family we went to the seaside at least once a week and we were lucky to find a lot of amber as it was washed away by the waves on the shore.

Amber is produced from a marrow discharged by trees belonging to the pine genus, like gum from the cherry, and resin from the ordinary pine. It is a liquid at first, which issues forth in considerable quantities, and is gradually hardened. Once deposited, the resin chemically matures into intermediate forms called copal and finally into amber after millions of years.

Amber sometimes contains animals or plant matter that became caught in the resin as it was secreted.

Lithuania is under lockdown conditions and quarantine has been extended until 31st of May, however, the situation is getting better. Government allowed outdoor restaurants to open with 2-meter self-distancing measures and only 2 adults and 2 children can sit on one table. Masks are only mandatory while shopping, on public transport and public places.

It felt rather strange, when my sister came to visit me last week with her two daughters, we had to sit separately as we were 3 adults and a child. Even though we lived that weekend together and we walked around the city together it felt weird that we had to sit separately not as a family.



Picture credit: Georgia Vitkute

Next time I will think twice if I have to choose to eat out and sit separately from the rest of my family, or cook at home and sit together especially when they do allow family of five members to stay together.

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2. Get dressed up
While it's so comforting to wear our pyjamas at home, dressing up properly creates a sense of structure and helps you go into work mode. Dressing up makes us feel good about ourselves and boost confidence. There are so many trends online on how to wear business casual and ladies, loungewear and athleisure are cool trends when you show up for your Zoom meetings! A well-groomed hair for the guys and a lipstick fix for the ladies polishes your whole overall look.
3. Stretch hourly
Everybody knows sitting down at a same position for a prolonged period of time causes neck strains, especially if you do not have a proper office chair and desk at home. Getting up every hour to stretch helps decrease muscle stiffness, improve blood circulation and a great stress reliever!
4. Regular breaks
Apart from exercise breaks like stretching, taking a short 5-10 minute rest break every 30-60 minutes by standing up, moving around and getting a cup of coffee or beverage. According to ergonomists this will improve quality of work, attention and awareness.
5. Write to do list
It is important to write down your to do list as it will help you organise and prioritise important tasks and having a daily plan makes sure you do not overlooked things that are due or near deadline.

Feature: Paultons Park during COVID - 19

Team JNELC

As of current COVID - 19 situation Paultons Park couldn't open this season on the scheduled date. However, they have made an aerial view of their park and shared it with their fans on Facebook. They said: "You can take a beautiful fly through Paultons Park, enjoying sights like Peppa Pig World, Lost Kingdom and our brand-new area Tornado Springs. We will see you soon."

Click the link to see the full video of Paultons Park aerial view.

<https://youtu.be/DprU8svXlfl>



Picture credit: Paultons Park