

IB Student Newsletter

April 2021, Issue 5

INSIDE THIS ISSUE:

10

KICKOFF/EHV
Entrepreneurial Student Community

6



12



16



17



 **Fontys**

SCHOOL OF
BUSINESS AND
COMMUNICATION

IB newsletter

Mission

Our mission is to build a sense of community, to make a positive impact on student life and to engage and communicate creatively.

Vision

To share our learning, to become more self-aware, to foster curiosity and to think bigger.

Calls for submissions!

Any budding journalists, writers and/or poets? Here is your chance to shine!

- Business interest pieces
- Experience about going abroad
- Experience of foreign/exchange students
- Interviews with interesting personalities

- Find your 'study soulmates' - tutors, buddies, mentors or maybe someone to join a newly created club!
- Would you like to be part of the team, get in touch with the team!
- Have you achieved something special? - Be recognized for your achievements here!

Welcome to the fifth issue of the IB Student Newsletter!

Want to write a story or tell us what you think about this issue? Get in touch with us!

fsbc-ib-newsletter@fontys.nl

Editorial



KIRAN VAN EGMOND-ASWANI

Dear Students,

It is always a proud moment for a teacher when he/she lets go off the bicycle and watches the student cycle on her/his own! Of course, the learning has never stopped - countless teachers have had countless proud moments letting go of the bicycle throughout your life. Just that the bicycle gets bigger and the road gets tougher! I am proud to let go of the bicycle - the team has taken on more responsibility.

Dj has made more effort in coordination and debuts her first foreword and Hendrico has been resourceful in editing some of the student articles. Of course, if you see us on social media, then Indy and Mina are responsible for managing and designing that. Kate and Mio (and also rest) contribute by researching, interviewing, brainstorming and bringing laughter to the team meetings!

It is really lovely that so many students have started to contribute to the newsletter! You guys have interesting things to share so is great that you can tell each other about them!

Enriching articles from the teachers! Mr. Anthony Murphy is back with his popular column. Mr. Ewoud Jansen presents the translated version of his article on Dutch Directness (published in Brabants Dagblad). Ms. Ingrid van Mensvoort presents the first part of two, a collaboration with students to demystify finding people for your projects. And Mr. Tim Nieuwenhuijsen shares his words of wisdom.

Delighted to introduce Professor Kokatoo and Dr. Oli (secret members of the faculty) who look to address student grievances! (Illustrated by student Baoer Ouyang)

As Charles and Sam point out, we are cast away from each other at the moment, but hang in there!

Sincerely,
Kiran van Egmond-Aswani



Foreword

By Dj Verstijnen



▲ A year ago, around this time,
▼ the first-ever issue of the IB
► newsletter got published. Since
► then, the newsletter has grown
so much and seen its fair share
of interesting articles provided
by students, teachers, and many
other writers. Our goal has been
to create a sense of community
and provide a platform that both
IB students and staff can use. It
has been amazing to be a part of
starting this initiative, together
with Mrs. van Egmond-Aswani.
Seeing this newsletter grow is
very rewarding, for the work the
board puts into it. This issue, the
5th edition already (where does
the time go!), contains many
interesting articles. You will see
a lot of new faces. There really
is something interesting for
everyone in this gem!



At the International Business department, we all know the importance of hard work, devotion, and networking. Rûmeysa shares with us her personal experience.

Being an international student is very exciting. But it also comes with its share of challenges. Ines shares her tips on how to survive the culture shock and life as an international student.

Over a year in isolation has had its share of effects on students. Have you ever watched the movie Cast Away? Samuel and Charles make the comparison to our current situation and give tips on how to improve your lockdown life!

Are you looking into what to do for your minor but have no idea where to start? Indy gives some inspiration as he talks about his experience with the China minor.

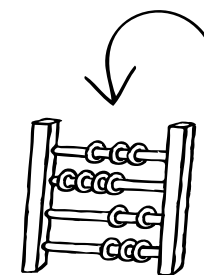
One way to be more active as a student is to join a student association! Even during the pandemic, they often provide Covid-friendly ways to socialize, which reduces the feeling of isolation. Juliette shares information and experiences about the Eindhoven Studenten Corps, of which she is a member.

Then there is an exciting initiative started by TU/e students: Jovan, Bruno, Daantje, and Sherwin explain the who, what, why, and how of their initiative 'Kick-Off Eindhoven'. Spoiler alert: they are looking for a Fontys representative to join them next school year. If you are interested, get in touch with me.



By Anthony Murphy

Anthony's Column



Interest Rates (IR)

Teachers of Economics currently face a difficult task in Schools and Universities for which text books don't help much. How do you explain and discuss the fact that interest rates in the developed economies of Europe, North America and Japan have been at or close to ZERO since the financial crisis of 2008? The average short-term interest rate in these countries over the last 300 years has been between 4 and 6%. We are now entering the *fourteenth* year of zero rates with little prospect of this situation changing any time soon.

The effects of low rates are clear. Asset inflation in property values, stock markets, crypto-currencies, art auctions etc. resulting from a worldwide 'race' for returns on investments. Zero rates also enabled central banks to 'bail-out' the crippled banking system in 2008 and they facilitate enormous purchasing of government bonds by central banks to keep rates low and pump liquidity into the financial system. Zero rates also mean that credit is cheap and many house-owners benefit from extremely cheap mortgages.

On the other side we now are unable to make any money from savings. Pension funds and insurance companies have to seek riskier returns in order to be able to deliver on their obligations. In general, we have an economic situation in which the mechanism of higher interest rates as a means of controlling inflation has more or less gone. While we haven't experienced much in terms retail inflation (prices of goods), asset inflation is boiling over. Try buying house on an average wage these days.

Once we emerge out of lockdown, I think that interest rates will take centre stage in economy policy. I will not make any predictions, but markets have a habit of adjusting themselves to reality every now and then – often called a 'crash'. This is usually painful, but then reality checks often are....



By Ingrid van Mensvoort,
Mark van Wijk & Isabel Peate

Yes You Can!



Go, Go, Go ! - find a company for your assignment ... again!

... Sometimes it might feel like mission impossible to find a company or business professional to work with you on a project or assignment!

Thus, as you are getting ready for the professional work field we urge you to build a network.

This will help you kick start the path to your future career after graduation. Becoming future-proof so to say. But how to deal with the mission to find a suitable company? In this article you'll find out how other IB students managed to get in touch with organizations for their projects, assignments, internship and even their graduation project.



Mart van Wijk

3rd year student IB – Internship at BOM

"Two things to keep in mind: be polite and get to the point"

In my first year, I was confronted with the fact that I had to find a manager to cooperate with for a project. Back then, I didn't know how to find one, let alone reach out to one. After having done this several times for my study at Fontys and during my internship at BOM, I think I have an idea now! ☺ and I have some great tips for you.

- First, ask yourself whether you need a specific kind of company or just any company. This is mostly stated in the project manual or assignment.
- Second, list the demands, such as the time investment needed by the company, the commitment, the timing of the project, how many contact moments, etc.
- Third, you create an email that has a clear subject line and is addressed to an actual person as much as

possible. The email should have an introduction, body and close. Make sure you state your question clearly (who, what, where, when) and ask for a reply before a certain date.

It can be a struggle to find a company. An easy tool to define suitable companies is the website www.company.info, found via Fontys Mediatheek. You can use this to obtain a list of potential companies.

Don't put all your eggs in one basket by only mailing one company and waiting for their response. Create a great email and send it to all the companies in the list. Make sure to personalize the mail if possible. It could take a few days for a company to respond, which gives you time to divide roles and responsibilities in the project team.



Isabel Peate

3rd year student IB – Internship at Fontys Consultancy HTC

"Call them, don't be shy!"

Finding a company is something you are immediately confronted with when starting International Business. I won't lie to you ... it doesn't get any easier. I am currently completing an internship at Fontys Consultancy at the High Tech Campus. I am fully responsible for networking and finding projects to complete for companies, and it's still difficult to establish the initial contact. Hopefully, the points I have outlined below will help you in your goal to effectively reach out to companies.

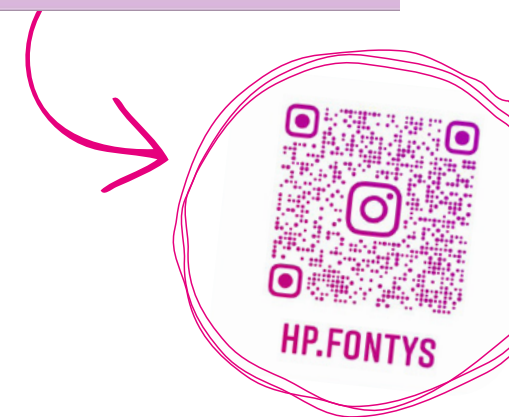
- Use your network! Using your own network can be an effective tool to finding a company for a school project. I have found that often people refer only to their direct relatives (parents, siblings) when discussing their network. But your network is not only your direct family, it's also *their* friends and family! Your network is a spider web and much bigger than you might initially think. Also, don't limit yourself to companies located in the Netherlands. Often, you'll find yourself in an international group of students. Use this to your advantage! You may find a really interesting international company to work with, and subsequently be able to deliver a unique report.

Are you looking for an extra challenge on top of your studies?

The applications for the Honours Programme will be opened from the 26th of April until the 16th of May!

Q&A Sessions:

- 28th of April 10:00-11:00 (English)
- 29th of April 17:30-18:30 (English)
- 29th of April 18:30-19:30 (Dutch)



Mart mentioned emailing, and how to create a strong email including a call to action, among other things. The unfortunate reality is that you might not receive a response to the email.

- If you don't receive a response, **call them!** Trust me, I know this can be awkward, but don't be shy! If you get the chance to talk to someone, have a good **elevator pitch** prepared. Often times, these people don't have a lot of time to talk. Having an elevator pitch prepared can be a good way to hopefully pique their interest in the short amount of time you have.

I can understand that you may not be comfortable doing this or the idea of having to call companies and "bug them" may feel weird and awkward, but this a hurdle you have to get over! It is something that will always be required in some capacity in your future careers.

Good luck!





By Ewoud Jansen

The Myth of Dutch Directness



People in the Netherlands are often perceived to be very 'direct' by foreigners. Many international students might experience the Dutch to be exactly that when first encountering them. And yes, there certainly is a reason for this. The Dutch can be quite blunt, unpolished or even rude in day-to-day conversations and social interactions. Not that they always mean to be that. It's often also just because of the fact that expressing elaborate social niceties when meeting others is not really an element of the culture here.

But the Dutch tend to be very indirect on other occasions. A particular trait of the culture here is a very low score on the dimension of 'power distance' as per Geert Hofstede's model of cultural interaction. Society is very egalitarian and exerting authority is something many people don't particularly like to do and often shy away from. Even people in positions of power often are hesitant to define clear rules and delineate boundaries, in fear of being seen as too authoritarian or even totalitarian.

We have seen this during the Corona crisis. Wearing face masks was compulsory in many countries from early on. But the Dutch government was reluctant to implement rules and for a long time communicated it was unnecessary to wear one. Then at some point wearing one was recommended until finally it became mandatory to do so in public buildings. In other countries not going into self-quarantine after returning from a high risk area is punished by imposing high fines. In the Netherlands no such consequences exist and it was just strongly advised. Unsurprisingly not many people follow this advice.

This sort of subtle indirectness can be seen here at Fontys too. When teaching staff set deadlines for submitting work, they may allow students to be late nonetheless. Logically, when authorities are reluctant to impose and enforce rules, people won't be likely to follow them either and are liable to decide for themselves what rules they'll observe and which ones not.

Despite their reputation for directness, the Dutch dislike confrontation. In politics and business, decisions are typically reached through an elaborate process of finding consensus where everyone can have their say before any outcome is determined. It results in lack of clarity and a very indirect and often confusing and fuzzy way of handling things. In this regard, the Dutch are perhaps the most indirect people on earth! We could do with a bit more decisive directness here. And yes, with a little extra courteousness too.

*Adapted from:
De Mythe van de Nederlandse Directheid, Brabants
Dagblad, 11 February 2021*

Elements for Success

By Rümeyisa Güngör



- Students often ask me where
- I find the motivation to
- continuously engage with
- my studies. Studying is
- an investment that yields
- knowledge, which is, in my
- opinion, the greatest asset
- one can obtain. However, this
- philosophy alone is often not
- enough to stimulate oneself to
- work hard every day. Looking
- back at my first year, I'll admit
- there have been occasions where
- even I preferred to take a trip to
- Rotterdam with friends, instead
- of doing homework!

It is often only later, once you develop specific career goals, that you find the drive to perform well and regret not doing so earlier on. In semester 7, I re-took subjects from the previous semesters that I had already passed. The main motivation for this was to increase my grade point average to pursue a master's degree abroad. If I had set this goal earlier on, it would have been easier and more time efficient to study harder for the regular takes of the exams to achieve the same result.

Now, I am a student assistant and assistant coordinator for first-year International Business students. Whenever students ask for guidance, I advise them to think about their career goals and seek any opportunity to develop

themselves. The earlier they start distinguishing themselves from the crowd - whether this happens through becoming a student assistant, honors student, class president, or joining the departmental committee, for example - the more they will grow and expand their network.

So in addition to hard work and devotion, networking is also key! There is uncertainty meeting a new person and you never know how the relationship will develop. I used to work for a large foreign currency exchange company in 's-Hertogenbosch. There, I had a regular customer I would often assist in sending money to his family abroad. Every time he visited, we had some small talk. One day, I was on campus chatting with a classmate when that very customer passed by! "Hey, I remember you" he said. After thinking for a couple of seconds he took out his ID and handed it over; which was the standard procedure at my workplace. "Oh, it's you!" I responded. He turned out to be an International Business student at Fontys as well. What are the odds, right?! We caught up and have become close friends ever since.

Two years later, I decided to make a career switch and work for a health insurance company. After a couple of months, my previous manager called me to offer a position at the branch in Tilburg. I decided to return to my previous job albeit at the new branch. On my first working day at the office, I found out that the newly appointed manager of the branch in Tilburg was a colleague who started as a trainee the same time as I did a couple of years ago. Such experiences prove to me that life is absolutely unpredictable.

What I often share with my juniors, and wish I could have told freshman Rümeyisa, is: think of who you want to become and take the steps required to reach that goal! Find motivation to work hard, stay humble, respect others, and celebrate success! Also, keep in mind that every individual knows something that you don't. Education comes in different forms and is a continuous process from the cradle to the grave.



Meet Kickoff Eindhoven!

By Jovan Sakovic

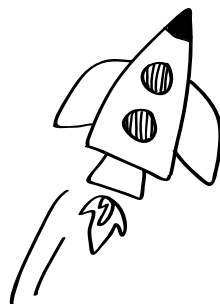


Why do we do what we do?

As the student entrepreneurial community of Eindhoven, our main goal is to encourage and introduce the students of Eindhoven to the world of entrepreneurship. Being located in one of the most innovative regions in Europe (and maybe even the world!) we see it as our responsibility to motivate and inspire students to contribute to the region and the community.

If you ask us, the members; why we are investing our time in Kickoff Eindhoven? - I can freely say that it is our vision and goal to provide an environment for students to connect and make the most of their student life. Especially when it comes to their professional careers. We genuinely want to contribute to the development and innovation that is happening in the Brainport region.

Additionally, starting this year, one of our main ambitions is to spread this vision to all the major education institutions in Eindhoven. By getting Design Academy Eindhoven, and Fontys involved, we hope to spark interesting collaborations and hopefully some new ideas and startups in the future.



How do we do it?

The best advice that we've gotten as we were starting out Kickoff Eindhoven was: "Act as a startup". And while none of us actually has any startup experience, we are definitely starting to understand what it entails!

First things first, we are constantly trying to make our "customers" (students in our case) happy! Then, at the core is a problem that we're trying to continuously solve: making entrepreneurship more accessible to students, while connecting them with each other as well as with the interested parties in the region.

We're also trying to acquire new markets, spreading our impact to Fontys and the Design Academy. Of course, there is the funding issue, having to deal with various external partners, sponsors and other student entrepreneurial communities. Thus, we are grateful that organizations like Brainport Development, The Gate, High Tech Campus, HighTechXL, TWICE and many others are eager to support us.

We also try to act quick, and adapt to what is going on around us. We are eager to experiment and pivot our decisions. And while the current situation has constantly kept us online, we still do our best to organize events and continue working on our vision.

What are we doing?

So far, we have organized over 50 events and connected and reached out to more than 2,000 students. This year, we've held two talks on the topics of 'Environmental Sustainability Entrepreneurship', and 'Interdisciplinary Entrepreneurship - Design meets Technology'.

Aside from that, we had an amazing connecting event ~ Startup Speeddates, where students had quick online dates with growing startups from the region. We are proud to say that there were a couple of matches made! Because of the amazing feedback, we'll be organizing another, much bigger version on the 28th of April Startup SpeedDates XL. Make sure to sign up to see what we're talking about! <https://forms.gle/eHrco3n6d8DM7G3S6>

Next to that, we recently started sending out a monthly newsletter with all the latest and tastiest updates, new, and events from the region. If you love a good snack, subscribe to KICKOFF Bites <http://eepurl.com/ggd7Wn!>

In the months to come, we'll also make sure to update you about a larger collaboration that we're a part of – Rise NL is a huge, country-wide initiative by all the student entrepreneurial communities in the Netherlands (ECE Students, Lugus, DutchSE, Yes!Delft Students, ABC Tilburg, Founders Club, UtrechtInc Students, DSIF, TU/e Innovation Space, Kickoff EHV and StartHub Wageningen). <https://www.linkedin.com/company/riseeventnl/>

You can also join a future Borrool Networking Event. First one was held on the 25th March. We aim to make this informal and fun for students; allowing them to connect and meet their future peers and teammates while having a drink. <https://www.linkedin.com/events/kickoffehvborrool6777552861166469120/>

Who are we?

This year, the team is made up of 4 part-time board members (who by the way will be happy to hear from you): Bruno Brandsen, Daantje Noot, Sherwin Terhorst and Jovan Sakovic. We are an enthusiastic and diverse team, coming from different backgrounds and institutions. Daantje is studying at the Design Academy, Sherwin at Fontys, while Bruno and Jovan are at TU/e.



And of course, we are looking for new board members for 2021-22, and are dedicated to having a Fontys representative next year as well. We strive to assemble another diverse team to continue making an impact in Eindhoven. If you are a student and would like to hear what the initiative can bring and teach you, feel free to reach out to any of us via LinkedIn!

Cheers!



By Ines Ivanova

Life Tips From One International Student To Another!

- ✓ Some things in life happen spontaneously,
 - ✓ but some, I believe, are meant to be. When
 - ✓ I said that I chose my university because
 - ✓ of the color purple, everyone thought that I was crazy ... which is understandable.
- Who chooses their future based on a color?! (don't worry, of course I did my research too) Nevertheless, from the moment I started this journey, I realized that I found the place where I can belong.



Here I have met friends for life – people who I admire and want to learn from, and a very strong and supportive community. I found two incredible girls, who make my life better! Despite our first impression of each other being off; we now fit perfectly, like puzzle pieces would. I also met one of the most amazing and kind creatures in the world. Even though she is a final year student and has much on her plate, she is always ready to take time out of her day to catch up with me, give me advice, and fan girl with me about our future successes. I also stumbled upon a great mentor! She inspired me with her words, actions, personality, and encouraged me to step out of my comfort zone and to start reaching for my goals. That's why I am glad that even though we live in a pandemic, Fontys still provided on-site classes, which allowed me to have some sense of a student life and experience.

In such a short period, I have met so many who have changed my life for the better. Of course the university matters, but the people are the ones who give meaning and reason to cherish our student years!

As with every international student, my road has been rocky and full of hardships. From the moment the plane took off, I had to deal with the reality that my family, who

I am extremely close to, won't be with me anymore. I had to step up my game, and deal with life on my own. Even though I have successfully overcome bumps, reminders of family and home stay. To add to that I am in a country which is complete opposite to Bulgaria, leading me to a bit of a cultural shock! Don't even get me started ... the Dutch language, my "incredible" bike skills, and finding my way around campus ... oh and not forgetting the fear of a bike hitting you (why are they everywhere, even when it's a pedestrian zone?!). After all of these hardships, most of them leading to incredibly funny and embarrassing stories, I now can write a book on "how to survive as an international in the Netherlands"! Here are some of my tips:

1. Don't fight nostalgia, embrace it. There is no shame in giving yourself time to feel everything, process the changes, and even bawl your eyes out.
2. Make friends! ... obviously! But the thing is, don't wait for someone to talk to you. Instead, take the initiative first. If you are a shy person, the best advice that I can give you is "fake it, till you make it". Nobody knows you here, you can be whatever you want, act however you want, start anew, but stay true to yourself! Don't be afraid to come off as

IB is looking for new Student Assistants for the next academic year! If you are interested, please check out the vacancy on the portal.



Hey! Are you someone who can make new students feel welcome and at home? Then **apply to be a member of the Introduction Team.** For more information please check the portal.



- silly or annoying. I still remember my first day. I was panicking like crazy, but as soon as I stepped into the room and had the opportunity to talk, I couldn't stop myself. I made sure every single person in the group was involved in the conversation and was asking a million questions about everything and anything!
3. After you make friends, organize date nights with them! Cook something together - food is the best remedy. Get to know each other, watch a movie, come up with an anti-stress ritual, make a bucket list of things you want to try, and start exploring.
 4. Get out of your comfort zone and engage yourself in extracurricular activities. Agree to the opportunities that come your way. The experiences will broaden

your horizons, introduce you to new people, discover your passions, improve yourself and your skills, and of course build your resume.

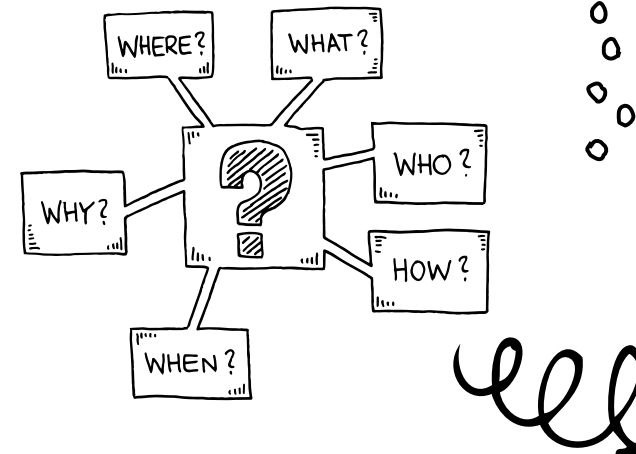
5. When you need help, ask. Your mentor and your study assistant are there to help and guide you through your journey. No matter the topic, you can always turn to them for advice. You gain knowledge not only from your own experience, but also from others.
6. In these times many of us may not be able to hang out with friends but thanks to the incredible technology we have, like FaceTime, Zoom and WhatsApp, you can do your own thing while talking to your friends/family, even though they're not physically there.

Remember, fear is only temporary, good memories are forever. The start of a new journey brings not only excitement, but also anxiety and fear. The way you handle it, will determine the course of your life. So, let it all out, take a deep breath, pick yourself up, go find friends for life, and say "yes" to the opportunities that come your way. And ... don't forget to have fun!



The Great Minor of China

By Kate Usach
(with Indy van Daal)



Why did you choose to do this particular minor?

It was Fontys minor so the university in China is a partner university; thus everything was organized for the 10 weeks duration. A practical reason was that unfortunately, I did not have my foundation year certificate on time, which meant that I was not able to go abroad for my minor. For this particular option, it was still possible, so I signed up! This worked for me because learning Chinese language and experiencing China was something that I was interested in. Thus an opportunity not to let go.

What new things did you discover, for example, the culture, food, the education system ... ?

Stepping in to China was a big culture shock - everything was different. The first thing you notice is the number of people. I lived in a small city but still, there were millions of people! More than you would find in Amsterdam and that city in China was considered a small city!

The food was really good, it was amazing. But after a month, I had tried everything in that area. The different provinces have their unique dishes. As a Dutch person, it took some getting used to, the spices in the food, which were quite a lot. I had the chance to try 'food' which I could never try here in the Netherlands. I tried crocodile,

scorpions big and small ones, centipedes, and much more. The big scorpions were my favourite! I found out that they are served especially to tourists! One thing that a Dutch person realises is that the Chinese food in the Netherlands it is not really Chinese, it is more Indonesian!

I was in the south-west of country where you don't find many foreigners. People treat you different if you are a tall, blonde Dutch guy! I was a special guest! I got free food in restaurants and often people wanted to take pictures with me. On one occasion, We went to see pandas. Someone was filming them, but then saw us walk by and started filming us. Very strange to think pandas and Dutch people were in the same category!

In the universities there is a very different study and work ethic. First of all, Chinese people are very nice in general. Here in Netherlands you are freer to find your own way, but in China you have to do exactly what the teacher says. You do not call them by their first name, you call them with their last name and the word "teacher". But they are very kind, well, at least to foreign students. They invited us to their house to have dinner with them.

The campus of the university was almost as big as the village, they have their own football field, track and running fields. On campus, there were markets, shops, library, basically everything students need without having to leave the campus. Everything was really big, just the library alone was the size of a whole Fontys campus building.

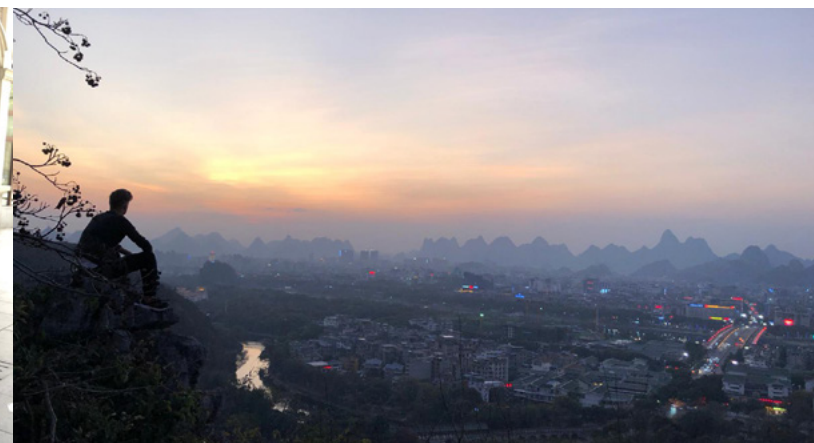
Was it worth it?

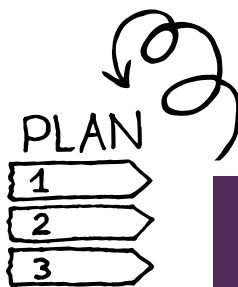


Definitely worth it. You learn so much more from the experience of being there and interacting with a different culture. In the part (of China) where I was, people do not speak English at all. So, you have to speak and interact with them in Chinese, which is very difficult, but people are very understanding since you try to speak their language. But you learn so much about the way they do things and the way everything is organized, and after some time you shed off the tourist feeling, and transition to going about your daily life as a local Chinese person! This was really cool for me to experience.

... Some tips and tricks for students who are thinking of a minor abroad, for example, in China.

- First of all, study.
- Second, don't let the language worry you. In Chinese, for example, some words can have a multiple meanings, and if you pronounce the word slightly different, it can have a different meaning as well. It is more useful to focus on the country and culture you want to experience and not necessarily on language. Cause you learn a lot from just going to the country and talking to the people.
- You will learn much more about how China works when you step into it! Nothing beats the first-hand experience of living with and talking to the people.
- Good to know that if you choose a partner university of Fontys, you most likely do not need to pay extra tuition fee.
- When it comes to diet, it might be challenging to be a vegetarian when you go to China, especially if you are in the area where I was. Might be something to think about. But there are always solutions ...
- Have a good insurance. When you go to the hospital you have to pay in cash. They give you an invoice but it will be in Chinese, so have someone translate it.
- And just do it!





By Charles Manuel and Samuel Netto

CAST AWAY



Human beings have always been social species, relying on society not only to survive, but also to thrive. Isolation from this society can lead to unfavorable circumstances, with the mind getting lost in a dark abyss as we become desperate to get a grip of normality.

We may have taken the social aspect of life for granted as it was always around us, be it the simple act of showing up to university; interacting with our peers or late-night shenanigans with mates at Stratumseind. We truly enjoyed this beautiful sense of freedom where we felt like we could do anything we wanted. However, when the CV-19 lockdown was introduced ... this freedom was taken away like an arrow let loose from a bow. No going out, no campus, no sports, no music events and the most significant disappointment of this year ... no 'Carnival' ...

All of us have been cooped up in the confinement of our houses, away from our friends and peers, barely venturing out, apart from the usual grocery store run. The same dilemma is mirrored in the movie "Cast Away", in which Chuck the protagonist is stranded on a deserted island, far away from the rest of civilization. Even if this is overtly exaggerated, it does seem like we have been for four years on the same deserted island since CV-19 came into our lives.

Isolation and loneliness have countless negative effects. People can experience bad sleep patterns, an increasing difficulty in dealing with stressful situations and a deteriorating memory which could in turn lead to depression and poor physical health. There are even more effects ... all of which could have a huge influence on the person in the long run ... grades get worse, motivation to work decreases and the energy to exercise is literally nonexistent. Many of us

being self-observant have already recognized these issues in our lives. The question is what can we do to get out of this negative vortex?

Well, start by accepting the fact that it is completely normal to feel down in this situation and there are millions of others in the same boat. But rather than brushing it off by saying "it is what it is", try to bring back some normalcy in your life by keeping a schedule. Waking up on time for your online lectures is a good start! Plan your day with what you want to accomplish before going to bed, to keep you proactive and help you sleep better at night. Try to stay active by working out at home or go out for a walk. Keeping yourself up-date on the world around you gives some extra stimulus but keep media consumption within limits to avoid overwhelming yourself. Stay connected with your friends via the internet, organize a beverage and gaming session when you get bored of sending memes to group chats!

You can always do something meaningful like signing up for online course on Skillshare or picking up the threads of that pet project. "An idle mind is the devil's workshop" - so keep yourself occupied! But most importantly, look for the silver lining and plan for the future by drawing up a list of things to do when the lockdown is finally gone! Summer is right around the corner and may bring us all good tidings with the nice warm weather. So stay positive our fellow IB students, to sail safely back to the good ole' times.

By
Tim Nieuwenhuijsen



You, Me and Lockdown

My name is Tim Nieuwenhuijsen and I joined Fontys Eindhoven in January 2019 after 1½ year Fontys Venlo and 17 years of real International Business. I have a wholesome role as a member of the faculty - coordinating projects, teaching Business Process Management and Human Resources, coaching internships and being a tutor. I love my job. I have not looked back, since I decided to become a teacher about three years ago. The prospect of developing students to survive in the real business world motivates me.

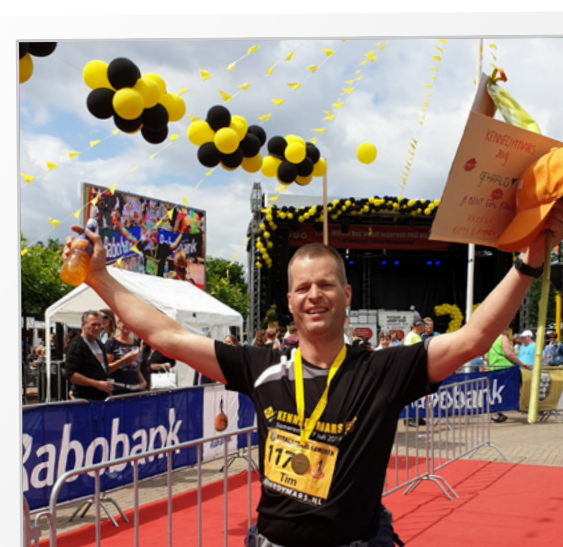
But how different reality turned out (versus expectations) when I joined! Weeks into my new job, a 'friend' called 'Corona' showed up and decided to stay. Instead of being on campus daily lecturing and coaching; I was within weeks of joining; being home all the time and having lectures, classes and coaching sessions online via MS Teams.

I see that all of us find this situation tough. And though I have dealt with many events and changes in life; this is probably one of the toughest. Why? Because it takes a lot of patience amidst the fact that there is nothing else to do than to accept the situation and wait. For us teachers this is a tough period because this is not the job most of us signed up for. We miss you, our students! For you, students, this is also a tough period because online lessons can be intense, tiring and boring, I fully understand and I sympathize. So what can you do to "survive" through the rest of the waiting period?

Here are my 10 suggestions to boost your energy and to make life a little more beautiful:

1. Appreciate the outdoors – enjoy a pretty day and if it is windy or cold ... do it anyways ;-)
2. Listen to music – play your favorite song!
3. Put on your sneakers and go for a jog – get that runners' high!
4. Keep a rhythm going – get up on time and go to bed on time.
5. Watch your favorite movie – especially that one that you have already seen 20 times!
6. Take a power nap – gives you a lot of energy! ;-)
7. Read a good book – get lost in an imaginary world.
8. Call that friend you haven't seen in a while – it will probably make his/her day, and your day!
9. Snail mail – write a letter to your brother, your niece or your mum!.
10. Meditate – take some time to rest, relax, and center your mind!

I hope these suggestions will help just a little bit to feel a little fitter and a little better. Looking forward to seeing you all soon again ... in live! Keep studying, stay healthy and keep smiling!



Eindhoven's Studenten Corps

By Juliëtte Haring



My name is Juliëtte, born and raised in Amsterdam and now I'm living in Eindhoven. Since I basically moved to the other side of the Netherlands, I had to find a way to make friends and connect with other students. My parents were both members of a student association and shared many stories growing up. They told me about going out and having fun with members of the student association. Even today we still spend our holidays with friends of my parents they met back then! These stories always got me excited, and so I signed up for the 'Eindhoven's Studenten Corps', also referred to as the 'E.S.C'. I'll tell you all about it down below!

Eindhoven's Studenten Corps

The Eindhoven's Studenten Corps is a student association which can be found in the center of the city. Every Tuesday and Thursday we meet up, where we drink and hangout with other members, named the 'Sociëteit Ilium'. Unfortunately, surprise, surprise, the corona virus is being a little difficult, and so this is not possible onsite, for now. However, the group is so tightknit, online replacements have been received with open arms. Even though I've only joined recently, I can fully attest I already feel the connection.

Hang-out at Ballenbak

There's also a bar ... usually open for all students in Eindhoven, the *Ballenbak*. It's managed by E.S.C members, the *Ballenbak bestuur*. They also organize activities for all students in Eindhoven. Besides that, the *Ballenbak bestuur* organizes activities for first years to get to know each other.

Get involved!

Overseeing the *Ballenbak* is one of the many ways for members to get more involved with the association. There are several positions available. Being involved with an association looks good on resumes, has a positive influence on personal growth, and is great fun. You'll be able to learn many things, like how to work with others, how to search for possible collaborations with organizations/companies, and how to organize and lead.



Something for everyone

Every year, the E.S.C gains a new batch of members; therefore, the E.S.C is divided in years, just like school. Because of this, the E.S.C has *jaarclubs* (yearclub) and *disputen* (sub-organizations - comparable to a sorority/fraternity). These clubs are always in for a beer and organize activities for each other and the association.

Jaarclubs

I am a member of 2020 cohort, together with about 125 others. Males and females are separated, and the groups are about the same size. This year, 2020, has six jaarclubs of about 20 people each. Because the groups are small, it is easier to connect with each other and learn about the association and its members.

Disputen

Disputen are vertical groups within the association. This means that the year in which you got involved with E.C.S. is not a relevant factor for joining. A benefit from being a member of a *dispuut* is getting to know the older people within the E.C.S. *Disputen* also have activities with other *disputen* from both E.S.C and other associations.

Liberation 040

Besides having fun with other members, the E.C.S gives back to Eindhoven. A commission within the E.S.C is responsible for organizing this festival to celebrate the freedom. They always have big artists performing, food trucks, and of course without doubt, beer. This is a great opportunity for also getting in touch with people from outside the association. Liberation 040 aims to organize a free, annual cultural festival to create knowledge and awareness about the liberation of Eindhoven. They also aim to raise awareness about what freedom means to people now and to make young people aware of the impact of the second world war.

Study sessions

Jaarclubs and *Disputen* also have study sessions together. Before CV-19, members would sit together in the library (now it's online). Since the E.C.S. has a lot of students, many degrees are represented. So if you're in need of help, there is always someone ready and available!

I joined the E.C.S. because I wanted an active student and social life inside and outside of Fontys. Besides, I want to develop myself in working with other people and organizing activities. If you are interested in becoming a member, go to the www.hetesc.nl.



TROUBLE IN PROJECT LAND



PROF. KOKATOO
and
Dr. Oli



Hi Prof. Kokatoo and Dr. Oli

I am having some trouble with a team member. This team member is always late with handing in the work and the quality handed in is not good! This means I always have to chase and always have to rewrite it! What can I do?



Yours sincerely,



Always chasing and re-writing

Dear Always chasing and re-writing,
We understand that you can be frustrated by certain behavior of your fellow team member. You ask us what can you do ... leads us to wonder ... what have you already tried to do? Coaches often receive complaints from individual team members, but what they notice is that students often do not sit down together to discuss the issues they are facing. It is of course important to contact the coach to ask for help, but do not expect a coach to 'fix' it or to remove this student. A coach is there to guide the team along and provide constructive feedback, so that you the students can learn from the situation. But a coach is certainly not there to take the situation over.

So what can you do then?

First, it is important to – before the project starts – sit down together to discuss how you will work together? What are the expectations? You can explain this in your team charter. In addition to discussing how you will work together, you need to also state the consequences of not doing what has been agreed on. This way you will pre-empt the problems before they even start.

Second, in most project teams, members decide up front who writes which section of the report. In the end, one team member rewrites so that all the sections come together and flow as a unified story, which in this case is you! I would recommend that you change this approach. As a team, first evaluate what each person's strong points are. For one this might be the actual writing and for someone else this might be doing the research! Divide the roles

based on the knowledge about each other. Then, during a meeting discuss collectively what should go into each section and divide the tasks. A good team member does not automatically have to write something. He or she can add value in different ways. You can use the 9 Belbin roles (Belbin, 1981) to think about who contributes in what way.

Now of course these two tips may not help you straight away in this particular drawn out situation ... which brings us to the third tip! This is a cliché, but I suppose there is a reason why clichés exist! You can try out different motivating techniques to see how you can have a positive influence on your fellow team member. You could for instance look into the method of communication (you can use a Disc test, based on Insights Discovery). The key is to truly try to understand what is happening with your team member. What might look like is on purpose could have a back story! Sit down with this team member (one-to-one) and see if you can help. Speak the truth gently, also known as constructive feedback, and remember to be open to possible feedback that might be returned, on you!

If everything fails, and this member is just not returning calls and/or not fulfilling his/her work, then discuss the situation again with the coach and put the option on the table to remove your fellow team member from the team. However, remember.... in the real working world you often will not have this option, so only consider it as last resort.

Good luck!

Prof. Kokatoo and Dr. Oli

