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15<sup>th</sup> March

Dear All

Please find below the update 13 from HOPE.

### **News from HOPE**

- First of all, many thanks for those who sent us the photo for the Charity Photo Competition for the autistic children in Wuhan, and those who will join us for the UK Online Education Fair between 21-31 March.
- With more Novel Coronavirus cases in Europe and the UK, and particularly after PM's statement last Friday, there is now some panic among some of the parents here in China due to the culture difference and the understanding of the statement and its implication.
- We received many calls and messages asking our advice. We are in close contact with our partner institutions and our guardians in the UK and try to keep in line with institutions' policy when we advise the parents. Please keep us informed of your latest policy and measures to take regarding studying, exam, visa for re-entry, quarantine and accommodation availability during Easter holidays etc..
- At the same time, please accept our best wishes and be assured that you will have our full support as you do with us to tackle this difficult time. Stay strong and stay safe!

### **News on local media**

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Kind regards

Daniel

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## Ministry: Schools not resuming until outbreak under control

By LI LEI | chinadaily.com.cn | Updated: 2020-03-14 10:36



Schools won't resume until local authorities put the COVID-19 outbreak under control and roll out necessary containment measures on campus, a Ministry of Education official had said.

Wang Dengfeng, director of the ministry's working group on epidemic control, said local authorities shall consult experts before reopening schools, and safety of the faculty members should be ensured.

Resumption would be prioritized for the graduating classes in middle and high school, as they were supposed to sit for the high school or college entrance examination in about 80 days, he was quoted as saying by China Central Television.

Wang said that the ministry is seeking advice from related departments as well as representatives of students and parents on whether to postpone the college entrance

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exams and the decisions will be made soon, and local authorities are entitled to decide whether to postpone the exam for high school candidates.

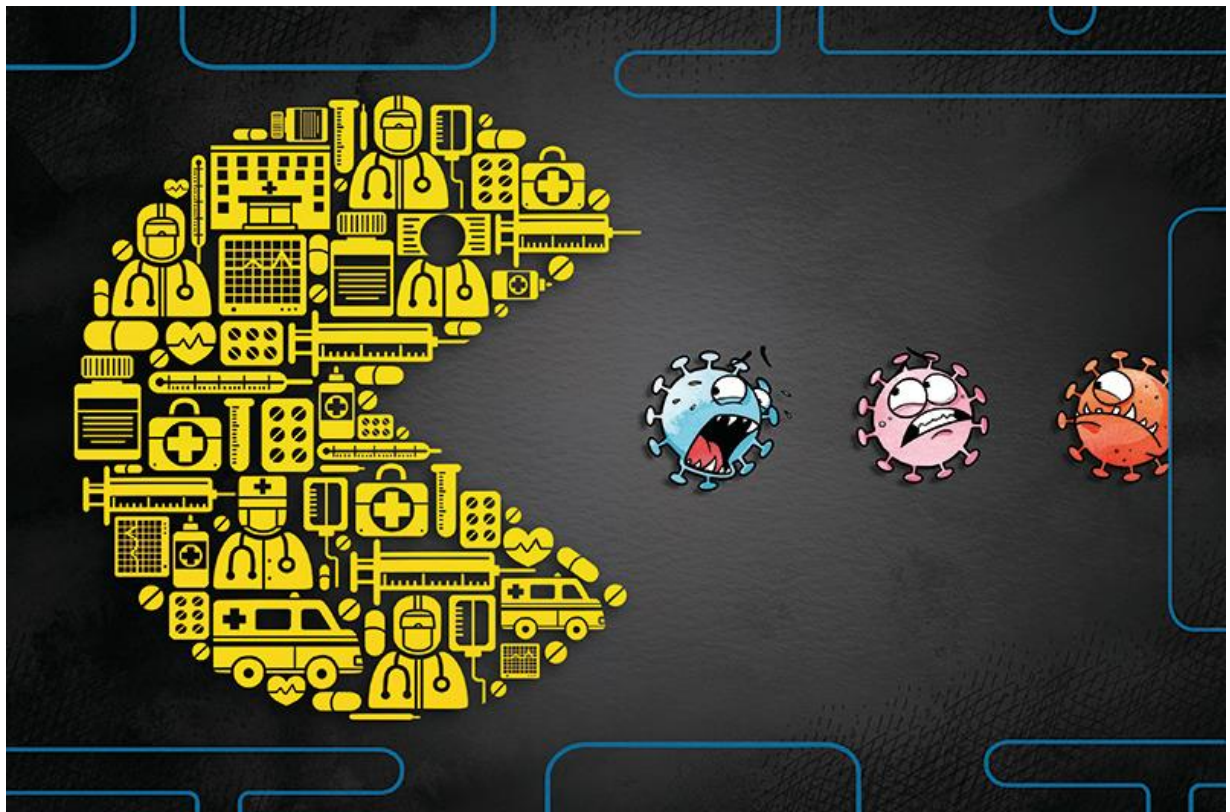
Wang didn't rule out the possibility that school authorities could make up for the missed lessons using weekends, adding schools should decide depending on their respective situations.

Colleges would be reopened later when the epidemic is securely under control, as more than 10 million college students are expected to travel across provinces and another 30 million would travel across cities for the new semester, he said.

Local authorities should formulate emergency plans for potential cluster infections on campus and report to authorities higher up, he added.

## China sets an example in anti-virus fight

By He Yun | China Daily | Updated: 2020-03-14 12:46



[Song Chen / China Daily]

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That China has decided to send medical supplies and medical personnel to Italy to help contain the novel coronavirus pandemic not only shows its gesture of solidarity at a time when almost every country is scrambling to assemble medical personnel and resources to fight the virus, but also a reminder that we must fight as a team to win victory.

Despite having one of the best medical care systems in the world, especially in its northern region, Italy has been overwhelmed by the rapidly rising number of cases and is struggling to control the spread of the novel coronavirus. As of Thursday, Italy had reported more than 12,000 confirmed cases and 827 deaths from the virus.

Infection numbers are mounting in France, Germany and Spain, too, and many are worried they might be going the Italy way. Cases are also rising in North America, Australia and, more disconcertingly, Africa, as the virus does not discriminate between ethnicities or nationalities and respects no borders.

China and Italy are strategic partners, and Italy was the first major European economy to join the Belt and Road Initiative, which signifies the close ties between the two countries. But these are not the only reasons behind China's decision.

While China was the first to suffer from the novel coronavirus epidemic and has virtually curbed the spread of the disease in the country, it is witnessing an increase in imported cases. On Tuesday, for example, China reported 24 new cases, of which 10 were imported. Which means winning the anti-virus battle in one country will not end the pandemic. Instead, the pandemic will end only after the spread of the virus is checked globally, because no one is safe until everyone is safe in this global village.

Against this background, China announced a \$20 million contribution to the World Health Organization and committed to fighting the virus with countries most affected. In addition to Italy, China has sent medical supplies including protective face masks and test kits to Iran, Pakistan, the Republic of Korea and Japan — and medical experts to Iran and Iraq. China is joining other countries in the fight against the virus not because it has resources to spare, but because it understands that we are in this together and therefore, must fight the virus as a team, even though its resources are severely strained, and doctors and nurses exhausted.

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With China fighting alongside, other countries will have the advantage of expertise and experience to win the battle. The fact that China announced last week that none of the 42,000 medical personnel sent to Wuhan, capital of Hubei province, from other parts of the country contracted the virus while working in the high-risk environment, because they had received intensive training in protective measures before being dispatched, should have come as heartening news to countries such as Italy and the ROK that have high incidences of infection. They can now rest assured that protective measures, if properly taken, can be very effective against coronavirus infection.

Therefore, having even a small team of Chinese medical staff can be useful for countries battling the pandemic, especially Italy, as they can provide vital information and training in protective measures that could be critical to the safety of doctors and nurses who are most exposed to the virus. This knowledge could also be reassuring for people in general, as they will realize that infections can be prevented if appropriate and timely measures are taken.

But more needs to be done, and done urgently, to end the pandemic, as the virus is spreading to countries with weak healthcare systems. In some African countries, from where a few coronavirus cases have been reported, hospitals are already overwhelmed with Ebola, measles and malaria cases. Hundreds of lives could be at stake if the international community does not immediately work out a coordinated plan and united response.

Greco-Roman historian Plutarch said: "All men whilst they are awake are in one common world: but each of them, when he is asleep, is in a world of his own." Now that the only world we know is in danger, we must wake up to the fact that we have to unite and fight together to protect it.

The author is an assistant professor at the School of Public Administration, Hunan University, and a senior researcher at the Belt and Road Research Institute, Tsinghua University. The views don't necessarily represent those of China Daily.



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# Shanghai Museum reopens as China passes outbreak climax

chinadaily.com.cn | Updated: 2020-03-13 14:12 [f](#) [t](#) [in](#) + [China Daily App](#) [Download](#)



A visitor appreciates a display in the Shanghai Museum in Shanghai, on March 13, 2020. [Photo Gao Erqiang/chinadaily.com.cn]

The Shanghai Museum reopened to the public on Friday as health authorities say the country has passed the peak of the COVID-19 epidemic.

Preventative measures have been adopted to control the flow of visitors. It will only accept reservations by individual visitors made on its official website and official WeChat account. And the number of daily visitors will be capped at 2,000, and no more than 300 people at seven given visiting periods a day.

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Temperatures are taken for visitors to the Shanghai Museum in Shanghai, on March 13, 2020. [Photo Gao Erqiang/chinadaily.com.cn]



A visitor walks inside the Shanghai Museum in Shanghai, on March 13, 2020. [Photo Gao Erqiang/chinadaily.com.cn]

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# Life in self-quarantine: How Chinese are coping

By Chen Yu | chinadaily.com.cn | Updated: 2020-03-06 14:17 [f](#) [t](#) [in](#) [+](#)

**Editor's note:** As many people across China are in voluntary self-quarantine to avoid possible cross-infection of the novel coronavirus for the past month, boredom is rising and so is people's creativity in sparking the quiet indoors life. With strict bans imposed in most residential areas and office buildings, the good ole fresh-off-stove-food-to-your-doorstep delivery service is no longer on the menu. To keep the risk of people-to-people transfer at minimum, remote work, online learning, home-cooked meals, and even "cloud clubbing" have been embraced by the self-quarantined in China. Some joked that as medical workers are fighting against the virus on the front line with scalpels and medicines, other citizens are supporting the fight by trapping any possible virus indoors and themselves along with it. Many have written to us about their battles against the virus. Let's have a look.

What is your story of the battle against the novel coronavirus?

## ThisBroccoli (Spain)

I wasn't big on cooking. Takeouts for workdays and eating out on weekends was my "dietary routine". However, getting takeouts is not as convenient as before: walking to the front gate of the neighborhood with the face mask on, and then "scrubbing in" for the lunch, is too much work... So I started to experiment with dishes that are relatively easy to cook. Preparing my meals also has made me more aware of the artificial additives and ingredients that could go into your food. When cooking, I often cut back on animal fat, salt, and keep a watchful eye on saturated fat too. Though working from home and cooking the three meals has forced me to plan my time smartly, it has lead me to a healthier lifestyle.

PS. One tip for other beginner "chefs" like me, just cook your proteins to "well done" and add cheese and pepper or sauce of your choice to the dish.





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A deliveryman picks up commodities purchased by online customers at a Carrefour hypermarket in Shanghai on Feb 20. [Photo by Yin Liqin/China News Service]  
**WendyAZ (China)**

Staying at home for 14 days can be boring, especially for those who love going to shows and other events. And I am one of those people. There are only so many hours you can sit in the dark and catch up with new movies before you find movies are highly predictable in the plots. But then again, we do live in a time of the internet. So I joined an online volunteer organization that is dedicated to spreading verified information via social media. And my life has become much busier ever since. We start scouting for latest information from every solid source we can find, while another team of the volunteers traces down possible disease-related rumors trending on social media and have them verified and corrected... Though it seems that I am in isolation during the self-quarantine, I have been working and living with a big lively community every single day.

I live very close to the epicenter of the outbreak, and my family and I were very anxious at first. However, we know that we have to face this situation with a brave face, and our life must go on. We are paying more attention to hygiene than usual, always putting on a face mask before we go anywhere, and we buy our groceries in bulk to limit the times we need to go out. I have spent more time in the kitchen

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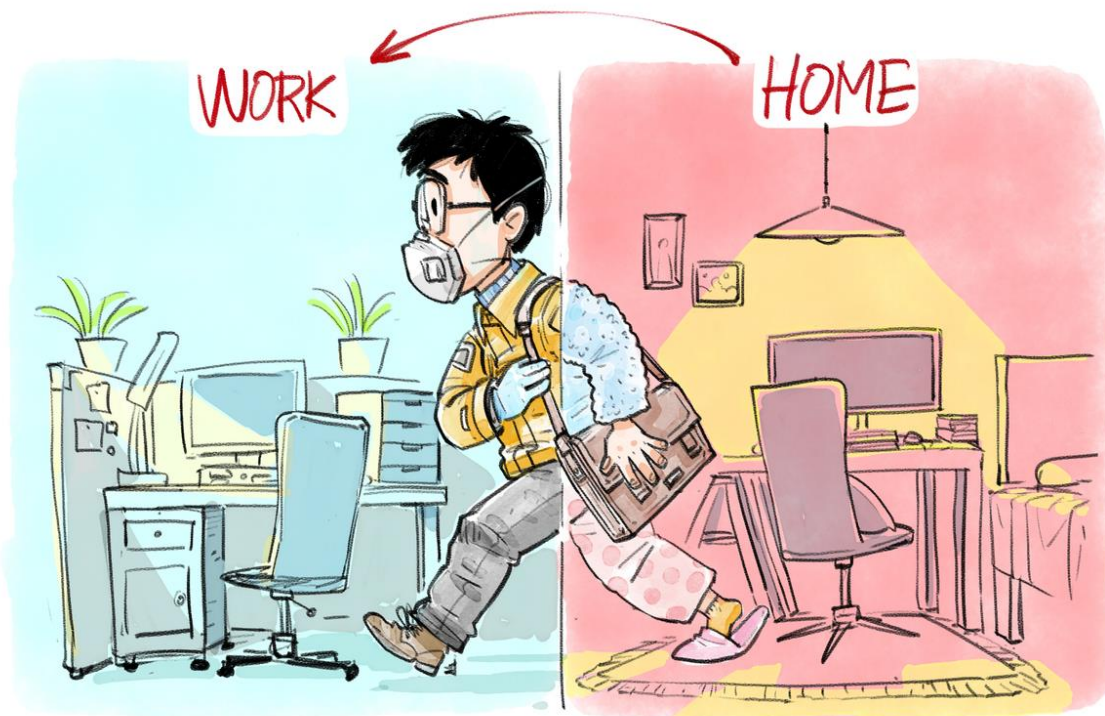
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learning new cuisines with my parents than I ever did, and have found myself much more relaxed when cooking. I work as a tutor, and have been teaching online at least two to three hours per day since late January.

[Hao Yanpeng/China Daily]

### Moddpie (China)

I work for a fintech company, and have been working from home since early February while being in self-quarantine. We have exhausted almost every online collaboration tool during this time. Most of the time, it works. But then we sometimes tend to have online meetings that drag on for up to four hours, way past our regular lunch time...Over time, we have learned to separate our working time from our off-hours and tried to make specific schedules and stick to them. Working from home has been a new experience for me. And maybe it will be adopted more wildly than before in some industries as it may cut down rent for some SMEs.



[Cai Meng/China Daily]

### OliverS (China)

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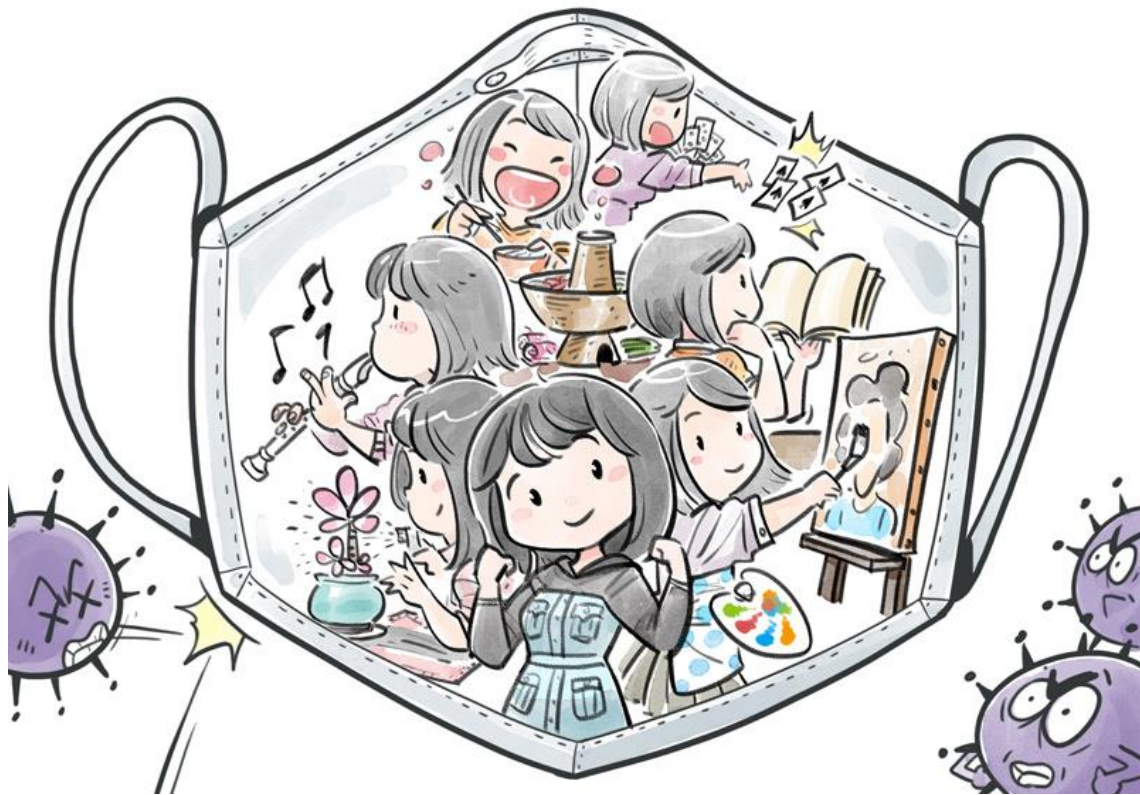
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I am the outdoorsy type and used to go out quite frequently with my friends. So I felt trapped after three days into my self-quarantine. Not having much to do at home, I started to see everything as a potential Lego toy around the house. I peeled oranges and then sow it back, pretending to be an "orange surgeon" who did a major surgery on it; I tried to teach my pet to do yoga (only to find that she is better at most yoga positions than me) and filmed it... I eventually found my way in a daily creative contest held in an online chat room. Somewhere along the line, I found out cloud clubbing just become a new internet phenomenon where users watch live performance of DJ and singers on livestream websites and some even buy virtual gifts for the performers. And earlier this week, e-commerce giants kicked off a new round of online marketing campaigns where they keep rolling out new product promotions almost by the hour, gearing up to the Women's Day-themed online shopping spree. Though all the online activities have made life easier during the self-quarantine period, I am still anxiously waiting for the day when I can walk down the street and breath without having the straps of the face mask digging into my ears.



[Cai Ming/China Daily]

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## Outbreak spurs more creativity, ingenuity in kitchen

By Jocelyn Eikenburg | chinadaily.com.cn | Updated: 2020-02-19 12:41



Residents shop in a Wumart store for vegetables and other daily necessities. [Photo provided to chinadaily.com.cn]

As the novel coronavirus epidemic has swept across China, deeply affecting the lives of all of us who live here, it has also spurred many of us to rediscover the pleasures of cooking as a delicious way to pass time and become a little more self-sufficient.

Just before the epidemic exploded, with news of human-to-human transmission, I had just received my latest kitchen gadget — an electric pressure cooker.

This purchase was intended to satisfy my yearning for a faster and more convenient way to cook soybeans, which normally required several hours of care on the stovetop after soaking overnight.

I had visions of turning the two large bags of organic soybeans I had bought from the supermarket into a variety of soups and stews I craved during the winter.

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The pressure cooker indeed helped me make a bean stew spiced with an aromatic Indian masala for Chinese New Year's Eve dinner. But during the extended holiday, when authorities warned people to stay in as much as possible and we had run out of tofu, we used that pressure cooker almost daily to make a batch of soybeans that could serve as a high-protein substitute, with delectable results.

For example, we used to always use tofu when we made our spicy Korean-style fried rice. But the soybeans actually tasted just as good, if not better, in the dish, and filled us up even more.

A couple of times, we also used the pressure cooked soybeans to create a version of one of my favorite dishes from childhood — baked beans, made with onions, ketchup, brown sugar, soy sauce, a little vinegar and a dash of garlic powder.

Even my husband thought the dish rivaled some of the best canned versions we had enjoyed on our many camping trips in the US.

I had always used my bread machine at least once a week, but relied on it even more in the first few weeks of that epidemic. My two favorite breads — a multigrain made with whole wheat flour, oatmeal, sesame seeds and pumpkin seeds, and a whole wheat with raisins and walnuts — paired perfectly with a makeshift pesto made from some leftover cilantro, walnuts, garlic and olive oil I had thrown into the food processor.

Once we opted for a new take on that American classic of peanut butter and jelly sandwiches, slathering warm bread still hot from the machine with pure sesame butter and blueberry preserves.

Things that had long sat in the back of our shelves suddenly turned into precious finds that could yield wonderful dinner options. Sheets of nori seaweed I had purchased months ago were torn into bite-sized pieces to add extra nutrition to a dinner of fried rice. The fusilli Italian noodles in the cupboard were boiled and then tossed in an aglio e olio sauce, that classic pairing of garlic and olive oil.

Because of our creative efforts in the kitchen, making full use of the resources we had at hand, we were able to go through 12 days without doing any grocery shopping — a record in our home.

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The kitchen has always felt like a place of refuge for me, where I can engage in the therapeutic and nourishing joys of preparing food, and it has taken on even more importance during this outbreak. Eating well can have a hugely positive impact on our health and psychological well-being, both critical amid this epidemic. And using what we already have on hand as much as possible helps reduce the pressure on supplies.

We will win this war eventually, powered by one good, creative meal after another.

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