



Let's Cheer Up! Relay Talk

みんなにエール！リレートーク

The 6th Runner

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(Mali)

■How long have you been in Japan?

I came to Japan in April 2019, almost a year and half now. I come from a west African country called Mali. I am currently studying Japanese Language as a research student, but from next year hopefully I will be starting my economics courses in the Graduate School of International Social Science. I am very excited about it.

■How are you doing these days?

Since the spread of the novel coronavirus, my lifestyle has completely changed. I will be practicing almost every day some yoga to keep the balance between my body, heart and mind. Now that I have practiced for two three months, I can say that I feel lot more relaxed compare to my mood in April. What's more, due to the online classes we spend long hours sitting on a chair, therefore right after I finish the classes of my day, I will go for 30 minutes' walk in the park. I strongly recommend taking a walk because it helps with lower back pain and knees pain as well. Throughout the time of your walk you can enjoy fresh air too.

■Is there anything you are worried about?

Questions such as "Will online study be okay?", "Will I have to take online classes until graduation?" and "What will the job-hunting process be like?" started popping up in my mind. No one can tell "How long will the new coronavirus last?". Therefore the most important thing is not to panic, if you can be careful about your mental health, keep in touch with your family and friends, and study as much as you can, you are definitely doing good.

■Could you recommend some websites, videos, etc., that you enjoy at home?

Now every morning, after praying, I watch a 10-minute meditation video on YouTube, and do yoga for about 20 minutes on Mariko's "B-LIFE" YouTube channel. For those who want to practice yoga in English, "YOGA WITH KAS SANDRA" is also a very good choice.



On the other hand, in my spare time, I decided to have from time to time a zoom conversation with my friends, check on each other's health, and give each other advices. The YNU teachers also posted a video about mental health on the YNU Learning Management System, so please take a look. I love reading books but before I didn't have time to read much. Fortunately, I recently was able to order some books related to women's growth from AMAZON. I'm very excited about it.

■Could you send a message to international students?

The novel coronavirus time is not an easy period, but if we could join our effort things will get better. If you have any problems, don't overthink it, reach out to your friends, seniors or teachers. Furthermore, in your spare time please contact your friends around you to check on them. Let's do our best together until things get back to normal.



Write to us at isc2020.talk@tgmail.com! ('AT' → '@')
Thanks and stay safe!