

zafigoZINE

INSPIRING WOMEN THROUGH TRAVEL

The #StayHome Edition

**SCHOOLS
GONE
VIRTUAL**

**NETFLIX &
WANDERLUST:
TRAVEL
THROUGH FILM**

7 Ways
TO PREVENT
THE SPREAD
OF COVID-19

**Explore the
world from
your couch**



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AN OPEN LETTER FROM OUR FOUNDER MARINA MAHATHIR

Dear Zafigoers,

Is it possible to avoid all this bad news that 2020 has dumped on us? At the moment it seems there is no way of escaping the COVID-19 virus, at least not the news about it that dominates our TV screens, radio waves, and social media.

At Zafigo, we have been celebrating the freedom to travel and greater human mobility made possible, especially for women, by the economic and social development of many countries in Asia. Sadly, these are also the reasons why the coronavirus is spreading so rapidly.

Our lives are being circumvented by this tiny virus in ways we have never seen before. We have had to minimise socialising, avoid crowded places, curtail travel, and re-focus on our personal hygiene habits. I have had multiple cancellations in recent weeks, from an 85th birthday party to an International Women's Day event, and most sadly, a weekend in Sri Lanka to attend the wedding reception of a close friend's daughter. I am still holding on to some other trips, though. Both my daughter and I

were supposed to graduate from our respective recent studies in July, but this is now up in the air, if you will pardon the pun.

But these are small sacrifices compared to those made by the many thousands of frontline workers in clinics and hospitals throughout our countries. Many of them are women. Although generally more men have been diagnosed with COVID-19, women are particularly susceptible because so many are caregivers. They are nurses caring for patients in the hospitals, as well as wives, mothers, and daughters caring for the ill at home.

The pandemic has hammered businesses in so many unprecedented ways – cancellations of airline and hotel bookings, and social and sporting events – all leading to huge losses. Do spare a thought for the many women who may lose their often already very low-paying jobs, due to businesses closing down. Malaysia Airlines, for example, has told 13,000 of its employees to take three months' unpaid leave. How

would they feed their families and pay utility bills without salaries?

The possible upside of this is that women with online businesses may thrive, provided they are not dependent on overseas imports.

At Zafigo, as a website that encourages women to travel, we realise that this has become a sensitive and perhaps inappropriate subject. We are committed to keeping you updated on the latest travel-related COVID-19 news as we get them. We hope to also provide you with tips on how to cope with this pandemic, whether you are abroad or at home. And as we don't want to just be all gloom and doom, we're also trying to provide ideas on what to dream about for the time when this pandemic is over. Which it will be one day soon.

Meanwhile, I wish you all good health, stay safe, and keep washing those hands!

*Cheers,
Marina*

7 WAYS TO PREVENT THE SPREAD OF COVID-19

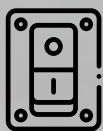
Masks and gloves are your first line of defense, but here are some more ways you can curb the spread of COVID-19!

Source: James Robb, MD, FCAP



No handshaking

Wave, fist bump, bow, elbow bump, etc.



Use your knuckles

For light switches, elevator buttons, etc. For bigger items, use paper towels or disposable gloves.



Open doors with your closed fist or hip

Do not grasp handles, unless there is no other way to open the door. Especially important for commercial spaces like public bathrooms.



Always have sanitiser on deck

Keep a bottle of sanitiser available at your home's entrances, in your car, or even in your bag for use when you can't immediately wash your hands.



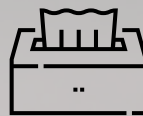
Use disinfectant wipes

When out and about, especially at stores or restaurants, wipe down seats, handles, equipment, tools, etc.



Clean your hands

Wash with soap for 10-20 seconds and/or use a 60% (or higher) alcohol-based hand sanitiser whenever you return home from any activity that involves public locations.



Cough or sneeze into a disposable tissue

... and discard immediately! Sneeze or cough into your elbow only if you have to. The clothing on your elbow will retain infectious virus that can still be passed on for up to a week or more!



Music To Travel To

SPOTIFY PLAYLISTS & PODCASTS TO HELP EASE YOUR TRAVEL ITCH!

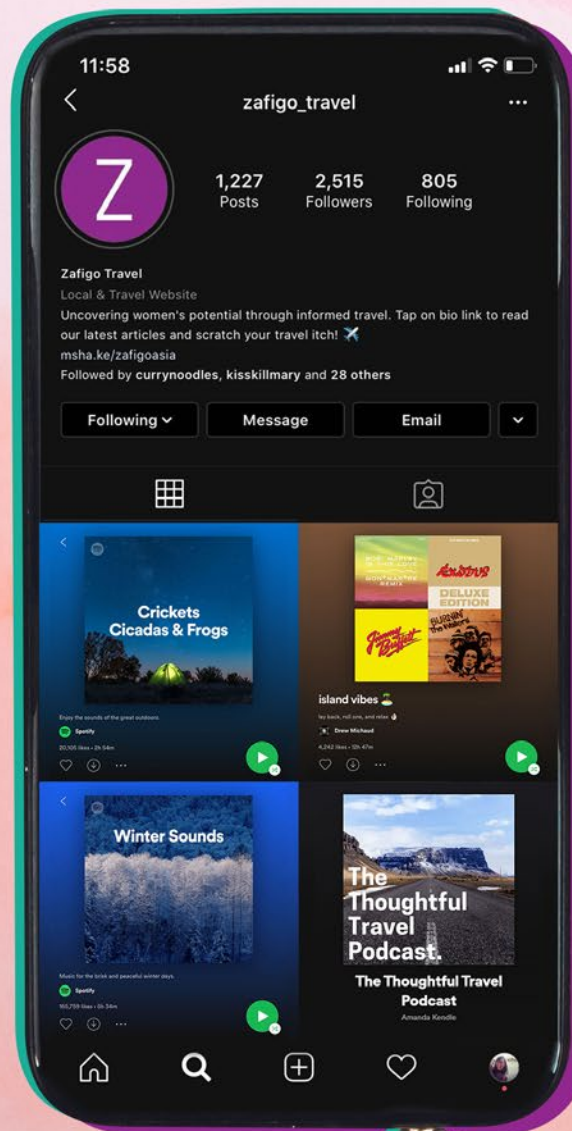
1

THE THOUGHTFUL PODCAST

Listen to the tales of fellow travel addicts that covers various travel topics like what we learn from our travels, anxiety and travel, and the fun in getting lost.



Zafigo's Spotify Playlist



2

ISLAND VIBES

With classics and favourites from Bob Marley, The Wailers, Jack Johnson, and even Enrique Iglesias, Island Vibes is a playlist of a whopping 202 songs.

3

CRICKETS, CICADAS AND FROGS

Feeling the call of the wild? This playlist of outdoor sounds one's for you mountaineers, hikers, and nature lovers.

4

WINTER SOUNDS

The jams on Winter Sounds are great for unwinding and are reminiscent of apres-ski evenings curled up by a fire with a mug of hot cocoa.

Full Playlist: bit.ly/spotifytravel



COVID-19 GLOSSARY

IMPORTANT TERMS YOU SHOULD KNOW

Flattening the curve

To flatten the curve is to intervene and restrict the spread of the virus so that cases don't increase suddenly within a short period. This keeps case numbers low and manageable for health professionals.

Lockdown

A lockdown is when isolation becomes mandatory, and all movement is restricted. People are not allowed to leave their homes for any reason other than an emergency. There may also be a curfew implemented.

Self-isolation

This is a voluntary act by individuals who suspect that they may have been exposed to the virus, or come in close contact with someone who has been tested positive for COVID-19. People usually self-isolate at home for about two weeks to keep from spreading the virus.

Asymptomatic

To be asymptomatic is to be infected but not show any symptoms. Someone who is symptomatic will exhibit symptoms of the infection.



VIRTUAL TOURS

Museums To Visit Virtually While In Home Quarantine

1.

Musée d'Orsay, Paris

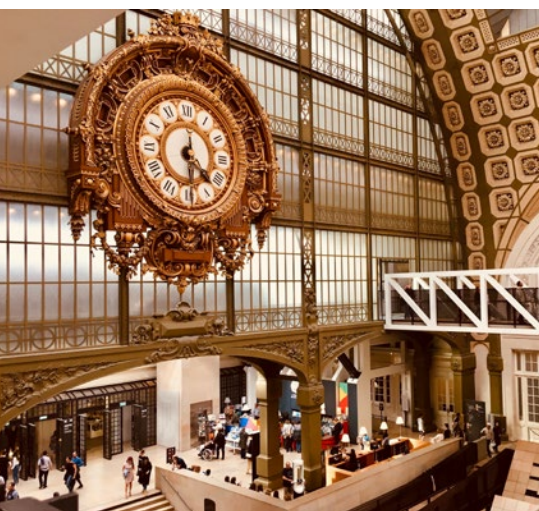
Virtually walk through this popular gallery to explore dozens of famous works from French artists who lived and worked between 1848 and 1914. With artwork from Monet, Cézanne, and Gauguin (among others) you might just find yourself so thoroughly inspired that you'll be compelled to order in some paint, brushes, and a canvas.



2.

The J. Paul Getty Museum, Los Angeles

With European artworks from as far back as the 8th century, this Californian art museum also allows virtual travellers to take a Street View tour to discover its wonderful collection of paintings, drawings, sculptures, manuscripts, and photographs.



3.

Uffizi Gallery, Florence

A prominent gallery, Uffizi is one of the most important Italian museums with a collection of priceless works from the period of the Italian Renaissance. The building itself was designed by Giorgio Vasari in 1560.

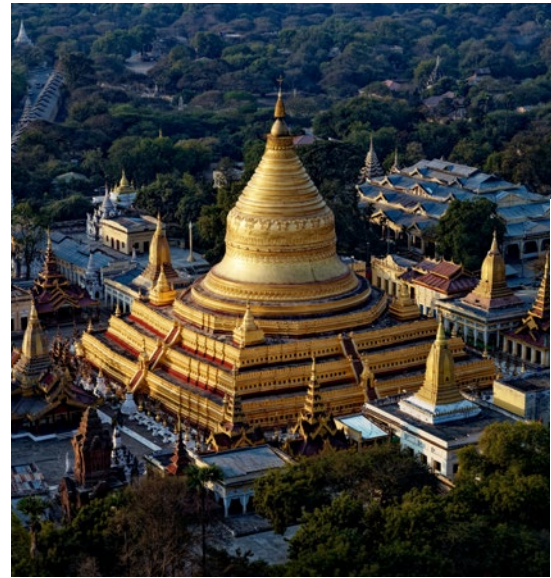


Click Here: bit.ly/virtualtourist



KEYBOARD TRAVELLING

How To Travel Without Actually Leaving Home



1.

Get Your Broadway On

Beyond bingeing the regular TV series, documentaries, and movies, shake things up with a good ol' Broadway show. Stream your favourites or even search for new ones on platforms like Amazon, iTunes, and YouTube.

2.

Spend A Day In At The Zoo

Need to entertain your little ones who are getting a tad bit antsy in lockdown? Take them to one of these zoos! Here are a few zoos that allow you to cosy up with some magnificent beasts.



3.

Explore Historical & Cultural Gems

Explore lesser-known and endangered historical and cultural gems from around the world with Google's Open Heritage series. The up-close look offers incredibly detailed visuals and historical accounts of sites that are difficult to access even during a non-pandemic time. If you're missing out on your trips through Asia due to the virus, head to Tu Duc's tomb at the Hué Monuments and the Bagan Temples in Myanmar. Or, if you're hankering for something a little more out of reach, explore the Native American cliff dwellings at Mesa Verde and the Peruvian ceremonial site Chavín de Huántar.

Pic credits: 1. Unsplash/@dnevozhai, 2. Unsplash/@daiga_ellaby, 3. Unsplash/@yvesalarie



Back To School While In Home Quarantine

With everyone stuck indoors doing their part with social distancing to slow down the spread of the novel coronavirus (COVID-19), many are attempting to get creative on how to fill their time without going bonkers. From watching wanderlust-inspiring documentaries to virtually visiting dream museums, there's no shortage of things to keep yourself occupied.

Take a university course for free

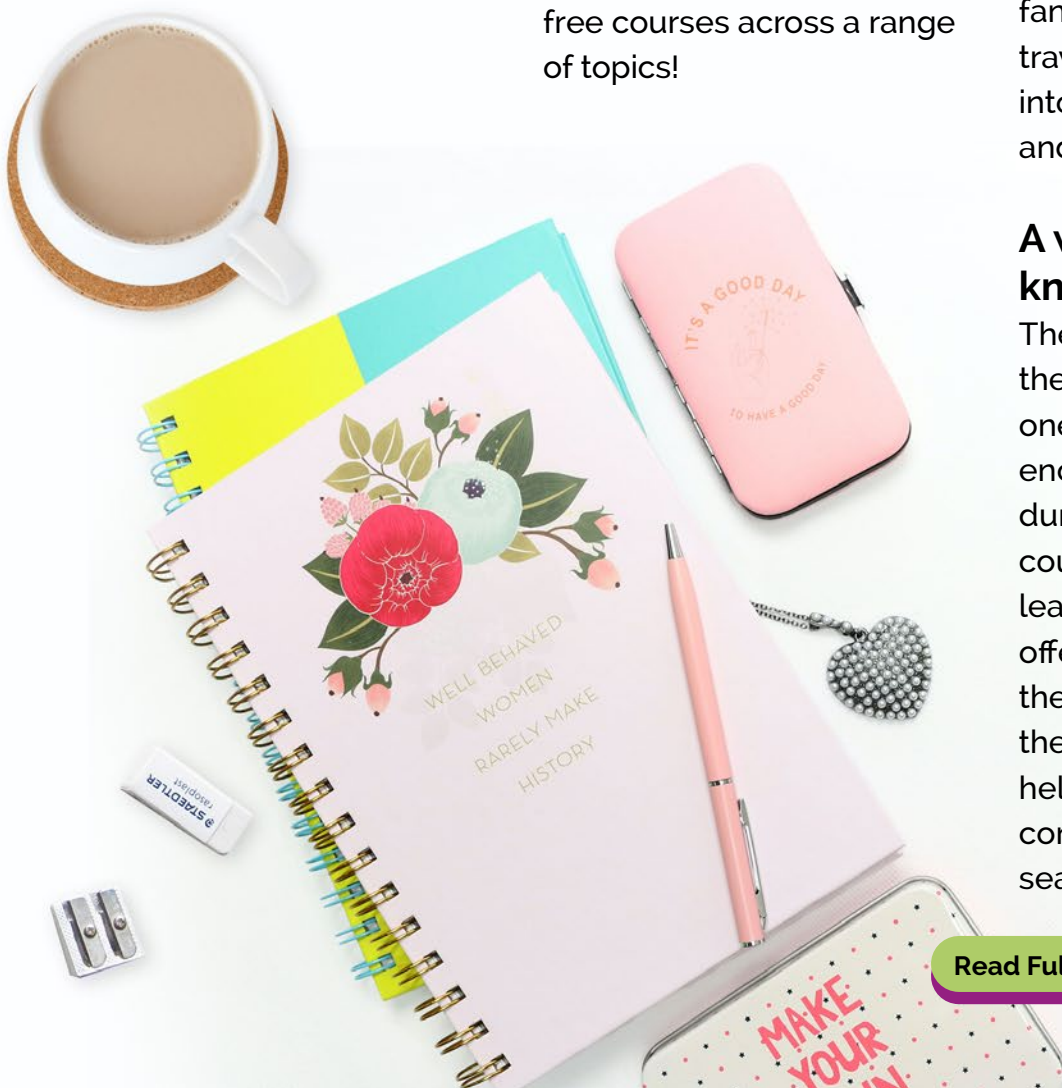
Should you still be looking for cheap and productive activities to keep you away from taking that step outside and faltering in your social distancing resolve, you'll be glad to know that eight Ivy League schools in the USA (Brown, Harvard, Cornell, Princeton, Dartmouth, Yale, Columbia, and the University of Pennsylvania) are offering free courses across a range of topics!

All you have to do is visit Class Central (a free search engine and reviews site for online courses) and sign up to the area of study you're interested in through the chosen university's website. With 450 courses to choose from, it's a bountiful selection for your inner nerd. Always dreamed of learning to code? There is a selection of computer science classes available. Or, if you fancy yourself as a worldly traveller, immerse yourself into a deep dive of history and religion.

A wealth of knowledge, shared

The Ivy League schools of the USA are not the only ones doing their part in encouraging remote learning during this pandemic, of course. Coursera, an online learning platform, has begun offering universities around the world free access to their online courses to help students everywhere continue learning as seamlessly as possible.

Read Full Article: bit.ly/schathome



6 MOVIES TO SATIATE YOUR WANDERLUST (FOR NOW)

For those of you yearning for adventure in a foreign land, here's a shortlist of wanderlust-y movies to stave off the cravings and inspire your next big holiday.

THE SECRET LIFE OF WALTER MITTY (2013)

Follow Walter across Greenland, Iceland, and the Himalayas.

LOST IN TRANSLATION (2003)

An unlikely friendship leads viewers to explore the magnificence of Tokyo as they reflect on their lives.

THE DARJEELING LIMITED (2007)

Discover a bold, colourful India in this dramedy about three brothers reconnecting on a wild ride on the Darjeeling Limited.



WILD (2014)

After her divorce and death of her mother, Cheryl Strayed decides to hike the 2,653-mile Pacific Crest Trail alone.



AMÉLIE (2001)

Amélie has quite the imagination. So she decides to change the world by changing the lives of the people she meets as she discovers Paris.

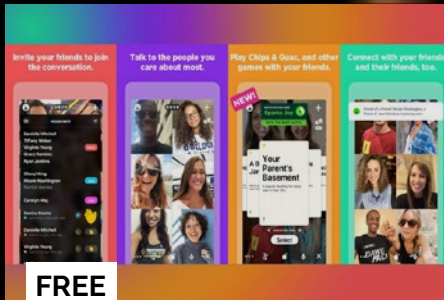


MAMMA MIA! (2008) AND MAMMA MIA! HERE WE GO AGAIN (2018)

An ABBA sing-along showcasing Greece's beauty? Yes, please!



Game With Friends To Ease Social Distancing



FREE

HOUSEPARTY

As the name suggests, Houseparty lets you catch up with your mates over chat, video, or Facemail, and even play games and quizzes such as Head's Up, Quick Draw, and Trivia.

Available on



\$\$ - \$\$\$

THE JACKBOX PARTY PACK

You'll be spoilt for choice with trivia, drawing, and deception guessing games like Trivia Murder Party and Bidiots to choose from.

Available on



\$ - \$\$

OVERCOOKED! 2

Wash dishes, prep ingredients, cook, and serve hungry diners. Sounds easy? There will be hurdles like fires, collapsing floors, and even rats. Fire up!

Available on



\$

PANDEMIC: THE BOARD GAME

This co-op game tasks players with controlling a team of CDC officers with specific roles and special abilities to stop the spread of four diseases.

Available on

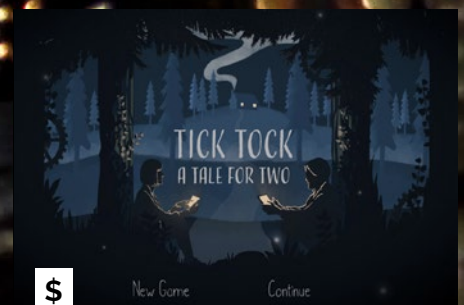


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WANDERLUST: TRAVEL STORIES

Steer the travel adventures of five people. You are in charge of everything from money to mental health as they travel the world.

Available on



\$

TICK TOCK: A TALE FOR TWO

You and a friend are trapped in a mystical world and must work together to solve increasingly complex puzzles to find a way out.

Available on



Order Up!

BRING THE WORLD INTO YOUR HOME WITH FOOD! HERE'S A QUICK AND EASY RECIPE FOR LEBANESE SHISH TAWOOK.



Pic credits: Insatiablenunchies/Flickr



SERVES
2-3



PREP TIME
10 MINS



COOKING TIME
30-40 MINS



DIFFICULTY
EASY

INGREDIENTS

2lbs chicken breast,
cut into 1 1/2-inch pieces

For the marinade:

1/4 cup of lemon juice (1 lemon)
6 garlic cloves, minced
1/4 cup yoghurt (Greek or plain)
2 tablespoons of olive oil
1 teaspoon of ground thyme
1 teaspoon of paprika
1 teaspoon of salt
2 teaspoons of tomato paste
1/4 teaspoon of ground black pepper

For the skewers:

Wooden skewers, soaked in
water (however many you
need for the chicken)

Shish tawook is a healthy chicken skewer dish that can be eaten with any carb of your choosing (or veggies, if you're staying off the carbs). This recipe calls for a grill, but you can use an oven, a griddle, or a regular ol' frying pan.

DIRECTIONS

1. Put all the marinade ingredients into a bowl and mix it up.
2. Put the chicken into a sealable container and pour the marinade over the chicken. To make sure all the pieces are properly coated, toss the chicken in the marinade. Cover it up and put the container in the fridge so the chicken can soak up the marinade. Minimum of six hours is good enough, but overnight is best.
3. When you're ready to cook the chicken, preheat your grill/oven/pan to medium heat or 180°C/350°F.
4. Skewer three to four pieces of chicken close together (touching) with the water-soaked wooden skewers, and put them on your grill/oven/pan for 10 minutes aside. Once you're sure they're cooked through, serve any which way you please!

Full Recipe List: bit.ly/MCOcookup





Marina Mahathir
Founder of Zafigo

Dr Sakia Haque
Founder of Travelettes
of Bangladesh

Xyza Cruz Bacani
Visual Artist

The COVID-19 pandemic has caused more than one million people to be infected and some 70,000 deaths at this point. It's a gruesome scenario that has almost literally brought the globe to a halt.

While most people have been staying home in order to either avoid or slow the spread of the disease, there are others who have had to run into the eye of the storm out of duty. Hosted by Zafigo founder Marina Mahathir, our inaugural panel session of Hello Zafigo took place on 3 April. We talked to two ZafigoX alumni, Dr Sakia Haque of Bangladesh and Xyza Cruz Bacani of the Philippines, and they shared their experiences and thoughts on being up close with COVID-19.

Sakia is a frontliner working in a small rural hospital in Teknaf, Bangladesh. As the founder of Travelettes of Bangladesh, Sakia travelled to Germany in late February to speak on women and travel at the Berlin Travel Fair, but like many big events, it was cancelled because of COVID-19.

Reaching home, she self-quarantined for 14 days before

going back to work. There, she found herself in a nightmare. "We have no masks, no sanitisers, no personal protection equipment and no test kits," she explained. "So many patients were coming in with coughs and fevers. To be frank, I don't know if I've been infected or not."

Xyza, our other panellist, had returned to her home country from Hong Kong where she is

"WE SHOULD SPEND MORE TIME WITH OUR FAMILY AND GIVE OURSELVES MORE TIME." Dr Sakia Haque

based, only to find that the virus was very much in the Philippines as well.

As a photojournalist, Xyza has been covering stories for CNN on the medical personnel working on the COVID-19 epidemic particularly in rural parts of Luzon. Like Bangladesh, they are poorly equipped with little more than masks and gloves to protect them.

"WE NEED TO SAY 'I LOVE YOU' MORE TO THE PEOPLE WE LOVE"

Xyza Cruz Bacani

"I lived through the SARS epidemic in Hong Kong so it's normal for every household to be equipped with protective gear there. Here, I find myself apologising to the doctors and nurses I cover because with my N95 mask, face, and eye shields, and even a full hazmat suit should I need it, I'm actually better protected than they are," she says.

Both countries struggle to provide accurate information to their people. In Bangladesh, the lack of information makes people susceptible to rumours and hoaxes. In the Philippines, there is better information and Filipinos have complied with the government's quarantine orders.

Remarkably, both of our speakers have remained cheerful and upbeat as they go about their duties. To hear more of their stories, watch the live session recording by clicking the link below.

Read Full Article: bit.ly/HelloZafigo1recap



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