



COVID-19 HELPS ME ACHIEVE MY DREAM

At that time, I was completely unconcerned when the coronavirus initially spread. Rather than that, I want it to continue so that we may have a longer vacation and I do not need to go to the lab. However, I was unaware that everything would be closed because of the coronavirus, making the holidays less pleasant than I had anticipated.

The first week was still delightful as not many businesses were closed,



especially the shops around National Chung Hsing University (NCHU). Moreover, I was still free to go anywhere I wanted as well. However, after a few days, the virus spread and affected more people, and everything gets closed, including schools, grocery stores, and shopping malls. Taiwan was on alert for Covid-19 at level 3 from May to early August 2021, which prohibit me from going to the school or market to get my daily necessities. Things grew more dangerous, and everyone was scared to go out, thus, I had to purchase my daily needs by online, and the price it is more expensive. Furthermore, all parks in Taiwan and campus-based sports facilities are closed and unavailable for usage. As a result, I can only stay in my flat and the lab. However, there are certain regulations that must be followed in the lab, such as limiting entry to the lab to five individuals and

requiring everyone to wear a mask and maintain a safe distance.

Additionally, in terms of the educational system, when the Taiwanese government established level 3, all education was transferred online, and to provide a healthy environment, NCHU also utilizes an online learning system. For some people, online learning is more exotic than going to school, making them love the online learning system.



Sitting at home is also pleasant for me, but sitting and studying in front of a computer all day is considerably more exhausting than I expected. In addition, many people suffer eyes discomfort, necessitating a more extended period of rest after two classes.

Sometimes, we are unable to comprehend the instructor due to internet issues, or the sound goes off.

Another consequence of Covid-19 is that I am unable to travel to my home country, namely Indonesia, owing to several factors, including ticket costs that have risen to three times the usual rate. Moreover, we are obliged to undergo quarantine in both countries, which are Indonesia and Taiwan for about 2 – 3 weeks. Furthermore, when I want to go to Indonesia, I believed that I was taking greater risk for my family, thus, I choose to spend my summer vacation in Taiwan, despite the fact that I can not go anywhere.

During these difficult times, it is easy to get panic, furious, and upset. Especially if you are feeling alone and lonely during the quarantine, working from home, and attending school from home, and all of these activities may add to feelings of isolation and loneliness. It seems as if my life during the Covid-19 epidemic would never return to normal, and those negative thoughts and emotions irritate me at times.

As time goes by, I have become used to this kind of scenario over time. Each day, I am limited to going to the lab to do my research and then returning to my flat to have some rest. I was not expecting that this daily life would actually increase my concentration on my research and the project from my lab. As a result, I devote each day to working on manuscripts from my research and lab projects.



Finally, I was able to finish three manuscripts by August 2021, and one of my manuscripts has been published in a journal with an SSCI index, and the impact factor is more than 4. As a master's student, I never imagined that I would be able to finish three manuscripts and be accepted for publication in prestigious journals. This is completely difficult for me, who has never written an international journal article. This is like a dream come true for me as well as a significant accomplishment, and I would like to express my gratitude to my Professor and Office of International Affairs, NCHU for all of their support throughout my time at NCHU.

The lessons that I have learned from the present situation caused by Covid-19 are to try not to panic, stay at home, adhere to government laws, and always follow the health protocol. Everyone knows that the Covid-19 epidemic has caused suffering for many people, but we must constantly strive to think positively and learn from the situation. It is believed that by maintaining a positive mindset and a healthy lifestyle, we will be able to adapt to the new normal era and even seize chances we never imagined before in order to achieve our dreams.