

## An additional word from the SRR-SEA

**#Stay home be a hero!**



Credit: Designer: lamstudio เอี่ยมสุทธิไธ - Photographer: KanKasem Photography - Retouch: Chanvit M Chamachote

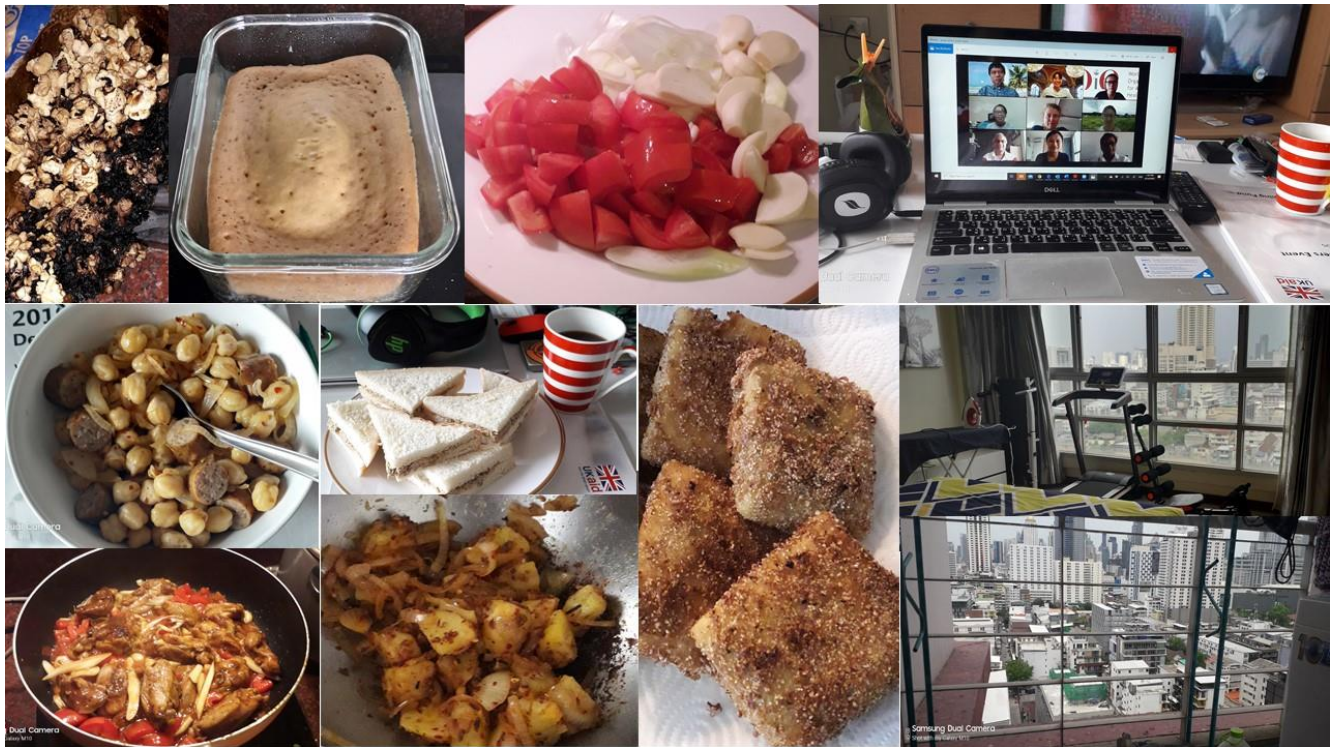
This Co(vid)-PROJECT was created by a media agency and artists who wanted to do something clever and entertaining during this 'working from home' period. They initiated the idea and did everything in their home;

including setting location, lighting, shooting, retouching, even acting as the actors/actress.

In Thailand, to save medical staff from the workload during the Covid-19 pandemic, the government promoted a 'Stay home, stop pathogen, for the nation' campaign and asked for cooperation from Thai citizens to stay home as much as possible (exceptional from the lockdown and emergency decree). I got the interesting series of photos from my friend and thought this was a good idea to share with my OIE colleagues worldwide. Everyone can be a hero and show their social responsibility, just stay home! Hope you like them 😊.

Onsiri Benjavejbhaisan

### *Cooking while on lockdown*



The initial feeling of lockdown or working from home was something like an imprisonment and that's what prompted me to escape from this 'mental prison'. As usual, inventions start either with a crisis or rivalry and in this case, it is a crisis. Then the planning phase starts. How best can I put my top hobbies, photography and cooking, into practice to escape from the mental prison? As lockdown doesn't allow usual travel outside, then a new plan has to unfold to combine these two hobbies with bit of poetry to develop my lockdown cum working from home to make the interesting story of 'From charcoal popcorn to healthy salads'. Then I eventually came up with the idea of photographing the strange food I made to come out as a story. This is completely a novel experience for me as I was used to travelling a lot for work, as well as engaging in lots of outbound programs back home as a state vet.

The story starts with burned popcorn. Following the exact instructions on the box which indicate, 'High heat, around 4 mins,' that makes charcoal instead of popcorn. After wasting one or two boxes, the problem was finally resolved. Now, I may claim to be somewhat of an expert in making popcorn! Then moving on to making a cake, which is usually made either by my wife or my son at home. I had not a clue of the cooking time nor the quantities of ingredients needed. My messages to my wife for more details were answered upon her seeing the photo of my rocky cake. This only reminded me of the hardship she is undergoing with the current health crisis, as she was not in a position to remove her PPE mask to respond to my messages until after she had finished



with her patients at the OPD – hardships all around.

Despite the situation, I have continued to expand my cooking skills, focussing on my favourite recipes – making food that is most nostalgic to me - sometimes even bringing back childhood memories. One of my favourite childhood foods was the fish sandwich my mom used to make. She was an expert cook and I really miss her. It's an easy recipe that can be prepared quickly. You only need some canned fish, butter, mustard cream, chopped green chilli, chopped onion and pepper adequately. Just combine the ingredients and apply on buttered bread slices. Ready to eat. My other favourite things were chili chicken, boiled chickpeas with sausages, fish rolls, etc.

Although working from home was initially a challenge, it has become a fine routine lately with meetings, workouts, chatting, cooking, and sharing my food with family. By the way, every cooking mistake you make will become an invention that draws hundreds of 'Likes' in Facebook. However, the worst thing is that you can't complain about the taste of what you cooked and are compelled to eat it, as you are not allowed to throw away food because you are under lockdown. Finally, I can say that I have managed to escape from the 'mental prison' of lockdown by blending nostalgia with life skills learned through facing day-to-day challenges.

Tikiri Priyantha

### *Dogs in Vientiane (Laos) during lockdown*



*Dog at the corner of the road near my house*



*Dog near the car centre*



*Dogs near a vegetable shop*



*Dog nearby a lane*



*Empty roads under lockdown*

Photos: Ashish Sutar



The changes in my working schedule (working from home) had been a challenge to learn new exercises like yoga. I joined an online yoga class to stretch body positions in order to create a certain harmony between my mental and physical health while under lockdown. I imagine doing my yoga classes in the middle of nature. It will certainly happen after lockdown.

Bolortuya Purevsuren

*We wish to thank our colleagues from the SRR-SEA for their additional contribution.*

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