**Handout 3: Facing adversity in a time of COVID-19**

Recommended for Upper Primary & above

1. **Overcoming adversity**

In 2020, the world and Singapore faced an unprecedented threat with COVID-19. Singapore went through circuit breaker measures for two months. Schools were closed and students like yourself had to go through a period of home-based learning. Offices, malls and many other places were also closed and many people had to work from home.

Even after the circuit breaker, Singaporeans and people living in Singapore still had to adjust to a new way of life.

1. What was the biggest obstacle or hardship you faced during this period? How did you feel?

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1. Were you able to overcome it? If you did, how? Think about your beliefs and actions.

If you did not, what support would have helped you through that difficult period?

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1. What did you learn about yourself during this period?

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1. What do you think were some problems/hardships others (for example, your friends, neighbours, delivery riders, your teachers, your parents/guardians) might have faced during this period?

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1. Do you think demonstrating care and empathy for others during a nationwide crisis is important? Would this make you a stronger person? How?

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1. **Demonstrating care and empathy to migrant workers**

Singapore is a nation of immigrants. Many have made Singapore their home by working or living here. The Samsui women were just one group of people who have helped shaped Singapore. Presently, we continue to depend on workers who come to Singapore to work so that they can have a better life.

1. List a few occupations in present-day Singapore that depend on migrant workers.

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In 2020, migrant workers in Singapore were the largest group that was affected by COVID-19. On April 21, all migrant workers living in dormitories were told to stop work and not allowed to move in and out of their dormitories until June 1 because of the circuit breaker measures. As of 30 May 2020, more than 30,000 cases of confirmed cases of COVID-19 in Singapore were workers who lived in dormitories.

# Read:

# Channel News Asia - COVID-19: Movement in and out of dormitories to stop as all migrant workers to suspend work until May 4: <https://bit.ly/3cddJN2>

1. **Channel News Asia -** Crowding, emotional health of migrant workers at dormitories concern employees:

<https://bit.ly/2XiUDkA>

1. How are the living conditions of the migrant workers similar to those faced by the Samsui women?

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| Samsui women | Migrant workers in dormitories |
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1. How do you think they feel about getting sick in a foreign land?

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1. If you were in their situation, what would you be most worried about?

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1. Is it important to demonstrate care and empathy to these group of workers during a time like this? Why or why not? What would you do to help them or others like them?

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**Further reading:**

Many people have come forward to help these migrant workers in a time when the nation is also going through a pandemic. Read about some of these efforts.

* <https://www.todayonline.com/8days/seeanddo/thingstodo/how-you-can-help-migrant-workers-singapore-during-covid-19-crisis>
* <https://www.straitstimes.com/singapore/migrant-workers-recovering-at-nus-can-take-classes>
* [https://www.straitstimes.com/singapore/education/nus-students-volunteer-as-translators-for-foreign-workers](https://www.straitstimes.com/singapore/education/nus-students-volunteer-as-translators-for-foreign-workers?xtor=CS3-18&utm_source=STiPhone&utm_medium=share&utm_term=2020-05-18%207%3A05%3A31)