

AFECO Monthly Newsletter

January 2021

AFECO exam registration

Exam registration on BASIS ends on **January 15th 2021!** Don't forget to **register for all your exams including assignments, homework, seminar papers** you did during the semester as well as the written and oral exams coming in February/March.

AFECO Christmas party memories 2020

Thank you all for participating in the Christmas party, we were very happy to spend time with all of you! We wish you all a successful exam period.

- Jan-Hendrik (s7jaappe@uni-bonn.de) & Haruya (s7hafuji@uni-bonn.de)



„Überbrückungshilfe“ from the Bundesministerium für Bildung und Forschung (BMBF)

Interim financial aid provided by the Federal Ministry of Education and Research (BMBF) is intended to help those students who can prove that they are faced with financial hardship caused by the pandemic, who need immediate help and are unable to overcome their pandemic-related hardship by making use of other support. Interim financial aid can be applied for by German and foreign students who are enrolled at a public or state-recognised higher education institution in Germany. More information in both English and German [here](#).

Internship and Job Opportunities*

[PraktikantIn \(m,w,d\) für den Bereich internationale Zusammenarbeit](#) (6-12 Monate): Andreas Hermes Akademie, Bonn

[Trainee im Fördergeschäft \(m,w,d\) \(2 Jahre\)](#): Rentenbank (Förderbank für die Agrarwirtschaft und den ländlichen Raum), Frankfurt

Check out the ILR [website](#) for PhD positions and other post-graduate job opportunities.

*job descriptions in German require fluent German skills

Testimonial: Lockdown Survival Tips

We asked some AFECO students to share how they have been coping with the lockdown which we are all experiencing for the foreseeable future. Thank you to everyone who participated in this small survey, we hope some of these tips will be helpful to achieve some sense of normalcy in these unusual times.

Daily bullet journaling to keep days structured

Try new things (e.g. meditating)

Take a morning walk everyday

Ride a bike

Reduce your screen time

Cook new meals :)

Staying at home? Change your clothes

Have virtual workout sessions

Read a book before bed ;)

Have a walk while you're calling your friends

Learn new things: knitting, cutting hair ...

Spend more time hanging out with flat mates

Two simple things I practice to sustain my motivation.

Step one is a bit difficult. I try to forgive myself to be switched off completely as long as I need. Going for a long walk in the nature, baking all day long, or reading favorite books. While having such cheat day (or days), my motivation is naturally refilled and at some point, I remember like "I don't need to study but I am here because I want to study." Step two is much easier. Every Sunday evening, I set up time to let my thoughts wander around future and goals. If I could clearly see them, I know how I should start Monday and spend the week.

The digital semester forces us to spend a lot of time on our devices and gives of many of us the feeling of social isolation. That is nothing we can change in the short run. But why not looking at the things we can change? When was the last time you took a proper break and stepped out in the forest or at least the countryside? What's wrong with investing a couple of minutes on the bike to have a real Break in nature – no screen, no call, no stress. My experience of this and the last semester showed me, how important it is to take those times and enjoy what nature provides us with- especially in times when overall motivation for studying is scarce. Have you ever smelled and felt a hand full of forest soil? There are more living organisms in it than people on our planet. Give it a go! :)

Editor's Note: We want you to contribute!

This is a student-run newsletter and we want to hear from you. If you would like to contribute to the newsletter, whether it be on a recurring basis or one time, don't be bashful and have your voice heard! You can contact us at afeco.info@ilr.uni-bonn.de. All the best with this semester and stay safe!

- Izidora Bozic, Judith Meder and Iyanuoluwa Odubote