

INSIGHT

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(almost) Back to (new) Normal?

It's official. The Jakarta Provincial Government is extending the city's PSBB (large scale social restrictions). The order was first put in place on April 10 to curb the spread of COVID-19 in the capital and the good news is, the curve looks to have flattened. As per today, there are over 7,500 confirmed cases with 33% rate of recovery and an R_0 below 1 (pronounced *R-naught*, it is defined as a disease's basic reproduction number which represents the expected number of new cases that might be generated from one infection case).

As we gear up to face the 'new normal', it is understandable that we start thinking about going out for a cup of coffee, meeting friends for dinner, strolling the park for exercise and much more. We miss social interactions, and that is humane. When you stay put at your house for two months or so, surely there are places you miss the most. Perhaps you miss watching concerts at Kemayoran, jogging at the Gelora Bung Karno stadium, bar-hopping around SCBD or street food hunting at Jalan Sabang. For me though, it's the sports bar. I miss going for *nobar* (*nonton bareng*, literally watching together in definition) with friends and cheer on our beloved football club on every match. Thankfully the Premier League will resume on June 17 and I'll definitely be watching it, at home.

My co-editor, on the other hand, is having a bit of difficulty in choosing what she misses the most. She misses the grocery store with normal check-out line where people don't shop in panic, she misses her fitness classes at the gym, she misses discovering new restaurants for a quick bite. And the thought of being able to do all these again in the near future is exciting and scary at the same time.

Which is why she would like to remind you, that even though we're close to having our old routines back, there are now strict rules we must follow.

Stay home if you feel unwell, maintain physical distance in public, practice good hygiene (wash your hands more often and avoid touching your face!), steer clear from crowded places, wear mask when you're out and about, don't stress, eat healthy, get enough sleep, and last but not least, be gentle to yourself. Give yourself some space and time to grieve, to celebrate, and to feel every emotion in between, during this challenging time. We're all in this together.

What about you though? What do you miss the most? Where's the first place you want to go to once it's back to (new) normal? Share us your hopes to stara.pedro@jakland.co.id and hopefully I'll see you at the WTC soon.

Yours trully,

the community editor