# Radboud in Times of Corona

join meeting

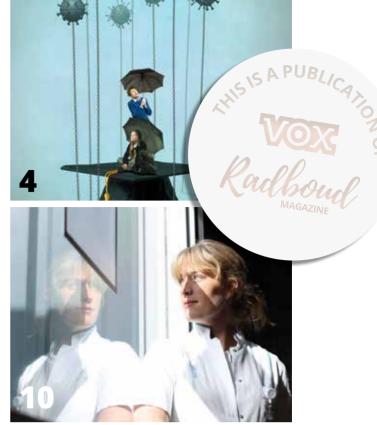


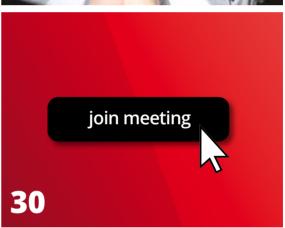


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It is clear that the economy will enter a recession as a result of the coronavirus crisis. But what does this mean for the graduates now entering the job market? Will there still be work for them? 'Crises are temporary phenomena and people are inventive enough to adjust to new circumstances.'

TEXT MATHIJS NOIJ ILLUSTRATIONS JEROEN MURRÉ

or Laura Martens (25), the coronavirus crisis could not have come at a worse time. She was in the process of completing her Master's programme in Literary Studies, when she landed a contract at an Amsterdam publishing company - her dream job. She was supposed to start in late March. "It's very difficult to find work in my field," she says. "So I was over the moon." Her joy melted away like snow in the sun when the coronavirus started to spread through the Netherlands. Her future employer ran her contract through the paper shredder before she had a chance to start. The reason: the uncertain impact of the crisis on the publishing market. "There went my promised income," says a disillusioned Martens, who had already relocated from Nijmegen to Amsterdam.

"It's an incredible disappointment," she says. "I find it really difficult to bring some structure to my day and not worry too much. Luckily I still have my thesis to complete, so I'm focusing on that now. And since I'm still a student, I can borrow money for the next five months." She doesn't know what will happen next. "I don't have a plan B."

# **FLY HOME IN A HURRY**

There's never a good time for a crisis, as Yannick van Duuren can concur. After completing his Bachelor's programme in Political Science in Nijmegen last year, he moved to India for an internship in IT. "Then I saw a vacancy for an internship at the Dutch Consulate in Bangalore. I thought it would be fun to work in diplomacy." He applied and got the job. All he needed

was for a Certificate of Good Conduct to be sent from the Netherlands.

Van Duuren decided to spend some time in between jobs in neighbouring Nepal. His visa had expired and he had to leave India anyway to apply for a new residence document. From the Himalayas he watched as measures grew increasingly stringent across Asia, but also in Europe. India shut down its borders and tourists flew home in a hurry. "Kathmandu became a ghost town. It got to be too much for me, and I booked a flight back to the Netherlands. All I could find was a business class ticket for the last plane leaving for Istanbul. From Turkey I was able to travel on to the Netherlands." And as a result of all this Van Duuren is not socialising with diplomats in the megacity of Bangalore, but can be found at his parents' house in West-Betuwe enjoying a daily traditional Dutch supper. "Of course I'm disappointed. I saw the internship at the Consulate as an important step in my career." But he can also put it into perspective: "I do get free food here, and I can work at my father's car company on a temporary basis. So I don't have to worry about money."

# **FINANCIAL SHOCKWAVES**

According to the International Monetary Fund (IMF), economies across the world are being hit hard by the coronavirus crisis. The UN organisation expects a worldwide economic contraction of 3%. The Dutch economy will be hit even harder, with an expected contraction of 7.5%. The consequences for employment are already becoming apparent. Job site Jobdigger, for example, advertised 20% fewer jobs in March than two months earlier.

This doesn't bode well for the young, who are always the first to suffer in times of crisis, explains Professor of Sociology and job market expert Maarten Wolbers. "In times of economic recession, employers respond by firing staff on flexible or temporary contracts. Unfortunately, young people are overrepresented in these groups." They land in a job market that makes it hard to find another job.

All this gets in the way of building what economists refer to as 'human capital'. Young people in particular acquire skills in the workplace that they didn't learn in the lecture hall. A long period of unemployment can therefore affect their development and their attractiveness for potential employers. This raises the question: Are these the first symptoms pointing to a new lost generation?

"Not at all", responds Wolbers, who has extensively

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studied the connection between education and employment. "Young people always have more difficulty finding a first job in periods of crisis. But the question is whether this uncertain position permanently affects their later career. And my research shows that this isn't the case."

# A FOOT IN THE DOOR

Wolbers primarily studied job market data on the 1980s and 2008 crises. These show that young people who began their career in time of crisis suffered the effects for approximately five to ten years. "After that they caught up: they occupied as many top positions as other generations, had equal career opportunities, and earned just as much."

What about the human capital aspect that unemployed young people miss out on? The key according to Wolbers lies in the fact that during crises, many young people build human capital in other ways than with a permanent job. "They do voluntary work, get an internship, or take on a subsidised job." This helps them to get a foot in the door with potential employers for when the job market picks up once again. "These job seekers have an advantage on new cohorts of graduates because they've already proven their value." But it does matter whether you're looking for work in the cultural sector or in AI. While the former sector is already struggling as the festival season goes up in smoke, demand for programmers and machine learning experts is expected to remain high after the coronavirus crisis. This is why Wolbers distrusts thinking in terms of generations. "Generations are much too often portrayed as an ideal type. It magnifies differences between generations, while differences within a generation are much bigger."

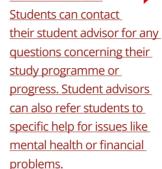
# THE PRICE OF FLEXIBILITY

The 'lost generation' concept should be taken with a large pinch of salt. Look at the 1980s, when there were also few jobs to be had. That generation still delivered professors, lawyers and administrators, and ultimately ended up on its feet.

And yet there is an important difference between the job market then and now. Young people find it more difficult than ever to get a permanent job. "Even highly educated people often have to make do with a flexible contract, or freelance work," says Agnes Akkerman, Professor of Labour Market Institutions and Labour Relations at Radboud University.

In the Netherlands, the economy leans more heavily on

# **Contact your student advisor**



flexible workers than in neighbouring countries, says Akkerman. "This has advantages, as a large flexible workforce allows the market to respond to a crisis more quickly. Companies can easily fire their staff and are less likely to go bankrupt."

This high degree of flexibility could mean that the Dutch economy recovers relatively quickly from the coronavirus crisis. At the same time, this system has attracted a lot of criticism: after all, who's paying the price for it? Akkerman: "We'd reached a tipping point; people were becoming increasingly aware of the importance of fixed jobs and job security." The findings presented in January by a committee led by former senior civil servant Hans Borstlap were the writing on the wall. The position of employees, freelancers and flexible workers had grown too far apart, the committee concluded. They recommended a complete reform of the job market to ensure that risks and security - or rather the lack of it - were more evenly distributed.

"What the Borstlap committee really said," says Akkerman, "is that the Netherlands has taken flexibility a step too far." This has all kinds of consequences for employees because, without financial security, people are less likely to buy a house or start a family. "Some groups in our society simply can't afford it – and these are primarily people in a difficult situation, like starters."

Akkerman wonders out loud how the

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coronavirus crisis will affect the way people think about flexible and permanent jobs. "I can imagine two contradictory scenarios. One is that the trend towards more stability grows. You see a debate arising in society on whether we should try to save all those big companies that refuse to give people permanent contracts. Tax payers are the ones funding all the emergency funds that many companies are now applying for." The second possibility is that the coronavirus crisis on the contrary makes people more willing to embrace flexibility within the economy. "Because this flexibility could help the Netherlands recover more quickly. And that would take young people who are now in an uncertain position back full circle."

## **BACK TO INDIA**

Whatever the consequences of the coronavirus crisis for the job market, Wolbers and Akkerman are both optimistic about the future of those who graduate now. Wolbers: "Crises are

temporary and people are inventive enough to adjust to new circumstances." He believes that the long-term prospects are positive.

"Our ageing population means that we still have more old people retiring than young people who can take their place." Akkerman: "Economy is also psychology.

If we go around announcing that we've entered a long period of recession, then that's exactly what will happen. You can already see this in the failing consumer confidence. It doesn't help anyone."

Laura Martens, who missed out on her publishing job, can't say how she will look back on this period five years from now. "I'm now mostly busy with how to get through the coming period. In the long run, I'm hopeful that things will work out. Since moving to Amsterdam, I've built a small network among publishing companies. People are trying to help, which is nice."

Yannick van Duuren is even more optimistic. "I have a positive attitude to life. The Consulate people have let me know that I'll be first in line as soon as internships are possible once more. I definitely plan to go back to India. For one

thing, my suitcase is still there – I left it behind when I went to Nepal to travel and get a new visa. I might as well pick it up while I'm there."



THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# HEINO FALCKE, PROFESSOR OF ASTROPHYSICS 'EFFECTS OF VIRUS FELT ON THE FAR SIDE OF THE MOON'

"The coronavirus crisis is making us acutely aware of how much we need each other and how important it is to work together. Alone, we can't do anything. I see this as one of the great powers of humanity that we are now protecting the weakest among us. But this power is also our weakness, and the virus is profiting from it right now. You can see from the lights on a night satellite photograph how connected we are to each other all the way into the farthest corners of the Earth, and how many of us there are.

The effects of the coronavirus outbreak are even noticeable in outer space. Our radio telescope is attached to a Chinese satellite and it was supposed to take measurements after the far side of the moon right now. But this hasn't happened. In fact, nothing has happened since the lockdown. The Chinese aren't communicating with us. Can you imagine a virus that small affecting what happens on the far side of the moon? We were also supposed to take new photographs of the black hole at the centre of the Milky Way, but since the telescopes have been turned off across the world, this too has been postponed, at least by a year. A year ago, we were so busy; we'd just taken the first photograph ever of a black hole. With all the research projects being delayed, things are much quieter now. It's a pity, but the rest is also kind of welcome. I can use this time at home to finally finish my book: Licht in de duisternis (Light in the Darkness)."

TEXT STAN VAN PELT

# PhD students in a pickle

Will my research suffer a delay? Will it be possible for me to work as a scientist after this? For many PhD students and postdocs, the future is insecure. They hope for leniency and softer rules.

TEXT STAN VAN PELT

hen ecologist Björn Robroek (39) started out as a tenure track researcher at the Faculty of Science earlier this year, he had lots of plans.

In the greenhouses behind the Huygens building he intended to conduct experiments on the effect of nitrogen and carbon cycles on plant growth. "I can forget about that now. Corona has brought everything to a standstill," sighs the ecologist. And he fears this will have long-term consequences for his career. No data means fewer publications and therefore fewer chances of winning grants. All things he will be assessed on in a little less than six years, when the Faculty has to decide whether to offer him a permanent job as Assistant Professor. "But how much will they take into account the delay my projects are suffering now?"

The corona pandemic leads to a lot of job insecurity among researchers, especially those with temporary appointments, like PhD students and postdocs. "People's biggest worry is that their research projects will be delayed. And they're afraid that the upcoming economic crisis will make it impossible for them to find a job," says Lucille Mattijssen, Chair of the PhD candidate Network of the Netherlands (PNN).

Microbiologist Laura Fernández (26) is one of the PhD students suffering delays. "Lab experiments form approximately 60% of my research, and they're now all on hold," she explains via Skype. Her project was already in danger of being delayed before the crisis due to a burn-out, and now the coronavirus crisis comes on top of that. Her family and friends in Spain are dealing with stress and fears as a result of the strict measures this spring, which makes it even more difficult for Fernández to focus on the work she can do from home. "They're constantly on my mind."

# **SOCIAL SUPPORT**

A number of initiatives have been launched to limit the negative consequences for researchers. For example, Radboud University Global Staff Services have designed a buddy project for people like Fernández.



# PhD defense online

Like many other universities, Radboud University offers the opportunity to do a PhD defense online. Until the summer, thirty PhD defenses will be done online. Normally, there are two hundred defenses between March and the summer break. If someone prefers to wait until after the corona crisis, they get a date in the autumn. Inaugural addresses from professors will not be held online, and have all been moved to a later date.

Other parties plead for compensatory measures. Universities and research funding organisation NWO are working on customised solutions. PhD theses can be defended online, options for contract extension are explored, and project deadlines can be postponed. NWO is also adjusting its deadlines and funding programme conditions, for example by giving PhD students more time this year to apply for a Rubicon grant.

# **SLEEPLESS NIGHTS**

This doesn't solve all the problems. Contract extension is not always an option, says Claudia van Dun (34), who studies the relationship between food and brain development in children. Her PhD project at the Donders Institute is funded in collaboration with the provincial government and the corporate sector, and December of this year has been set as the final hard deadline. There is no option to extend, explains Van Dun on the telephone, and that while her project cannot be completed now because the MRI scanners of the Donders Institute are not working at the moment. "Only half of the 52 children I wanted to scan have taken part so far. This makes it very difficult to make statistically reliable statements, which I'm really upset about. Add to this the fact that I can't work for more than an hour a day at the moment, because I have three children and my partner works in youth health care, a vital profession." Van Dun knows that she will probably have to make do with a less extensive and less wellresearched PhD thesis. "Just as well I'm not planning on a career in academia, or I'd be having sleepless nights."

# **IMPACT FOR LIFE**

A less well-researched PhD thesis is precisely what microbiologist Fernández fears. Will something like this follow her for life? After all there are many more PhD students hoping for an academic career than there are jobs available, and this gap continues to widen. Fernández: "At the moment this crisis is at the forefront of everyone's minds, but in five or ten years' time, who will remember that I was from the 'coronavirus generation' and therefore less productive?" Ecologist Robroek worries about something else: Will there still be enough funding for fundamental research after the coronavirus crisis? "If the economy goes into recession, this may be the first thing people try to save on. My supervisor says it will be OK, but with less funding, a tenure track will be a really uncertain position. It's not what you want when you reach your 40s and need some security." <



# ONLY THE WAR COULD LOCK DOWN THE UNIVERSITY

Empty lecture halls and an abandoned campus: Radboud University is making history these days. But the university closed its doors one time before, in 1943. "A lot of work was done from home, often in hiding."

TEXT KEN LAMBEETS PHOTOGRAPHY KDC

All over the world, people say we are living in historical times. "This is certainly also true for Radboud University," says University Historian Jan Brabers. "What is striking is that you can't just stop a university. Researchers and students go on with their work. Everyone is at their computer e-mailing, or meeting via telephone, Zoom or Skype. Everything continues to run, but from a different location."

Brabers calls the current situation unique, but he does see parallels with the spring of 1943. At the time the Germans demanded that Dutch students sign a declaration of allegiance to the occupiers. Rector Magnificus Bernard Hermesdorf of the then Catholic University of Nijmegen refused to impose this on his students, so the University was closed. "That was the only time in history when all academic activities were suspended, and there were no lectures, no examinations, and no PhD defences," says Brabers. "The shutdown was supposed to last indefinitely, but in

practice it lasted 18 months, until Nijmegen was liberated and the University reopened in phases."

# **ARBEITSEINSATZ**

The big difference with the current situation was that in 1943, the University was much smaller. "There were only three faculties, with a total of 600 to 700 students," says Brabers. "This shutdown has much bigger consequences." Sending e-mails, Skype conferences, and online teaching were not available in the 1940s. But in practice, a lot of work was done from home, also by students. Many students who were in hiding from the Arbeitseinsatz (drafting of civilians for forced labour) continued to study. "The University Library never loaned out as many books as during the shutdown. Books and lecture notes were circulating illegally." Even during the War it was impossible to fully close the University, says Brabers. "A leopard can't change its spots. Professors

visited students in hiding to give lectures and hold illegal examinations. Tutors, especially at the Law Faculty, visited students for the same reason. After the liberation these examination results were made legal, so students could graduate faster. Time spent in hiding was put to good use; nobody wanted to throw away 18 months." In September 1945 the University fully opened its doors once again. This was immediately followed by a peak in publications. Brabers: "This really shows people had worked at home during the war. You see the same thing happening now: without lectures and meetings, researchers are able to focus on their research."

Brabers is the author of a book on the history of Radboud University, a new edition of which will be published in 2023 on the occasion of Radboud University's 100th anniversary. How the current period will go down in the books? Too soon to tell, Brabers says: how will corona affect the students who are graduating around this time, how will it affect the number of new registrations? "One thing is certain: just as during the War, this crisis is inspiring an incredible surge of energy, inventiveness and creativity, all aimed at finding ways to continue academic teaching and research."





n January, while the rest of the Netherlands was still making jokes about coronavirus or even writing Carnival songs about it, Charlotte Hofhuizen attended a conference with some of her colleagues. "One of my colleagues is an expert on infectious diseases and he told us what he knew about coronavirus. It was still very abstract at the time, and we didn't really think it would be as big here as in China."

The real worry came a few weeks later, when it became clear that the Netherlands had to prepare for an epidemic. "We were incredibly busy upscaling ICU capacity and writing protocols and plans. This brought a tremendous amount of pressure and stress. I literally lay awake at night. All I could think was: What's going to happen? Will we face the same kind of nightmare as in Italy?" Radboudumc now (on the 23rd of April) has six Covid-19 intensive care units, with a total of 51 patients, plus ten beds for acute intensive care. The number of ICU staff has been substantially upscaled. "This is one of the things I find so impressive. People who already had other jobs lined up or who were planning to study elsewhere came back to help." Intensivists were relieved of all other tasks, such as teaching. Hofhuizen can breathe more freely again. "It looks like we're going to get through this, doesn't it? Hospital admission figures are dropping and we've reached a plateau. We're working hard, but things are under control."

# UNREAL

During our interview, conducted at the prescribed 1.5 metre distance, Hofhuizen repeatedly uses the word 'normally'. Things may be under control, but work at the ICU looks very different these days. Normally, patients on ventilators can still do things like go to the physiotherapy room or swim, but coronavirus patients are too weak for that. They have to lie on their stomach, the position that best facilitates oxygen uptake in the blood. Since it's impossible to remain in this position for long, patients have to be sedated. For a minimum of four to five days, but usually for two to four weeks. "At some point I was standing in an ICU where all eleven patients lay on their stomachs, asleep, their faces invisible. It was unreal!"

How does this affect you? "I feel like I'm failing at my job. People tend to think of intensive care medicine as a very technical profession, because we work with all this advanced equipment. I always knew this image was wrong, but now I'm really confronted with how much our work is about actual care for people. And it's precisely this element that's missing now. We still do our daily rounds, but we can't talk to the patients. I feel I'm letting people down somehow because I don't know them very well. I can't see their faces, and I have little contact with their families."

Family members aren't allowed to visit, are they? "The rules vary per hospital. There are ICUs that don't allow any visitors, not even when a patient is dying. Luckily, at Radboudumc, we made a different choice. But the rules are much stricter: normally, family and friends can be here 24/7. Now only one family member is allowed, on condition that they're healthy, and only for a maximum of 3 hours. Normally, family members are part of the care team, but that's much more difficult now. Everything takes place by phone and remotely. We try to keep the human element as much as possible, for example with video calls. But family members have to go by what we tell

**'NOW WE ARE SEEING PEOPLE RECOVER** 

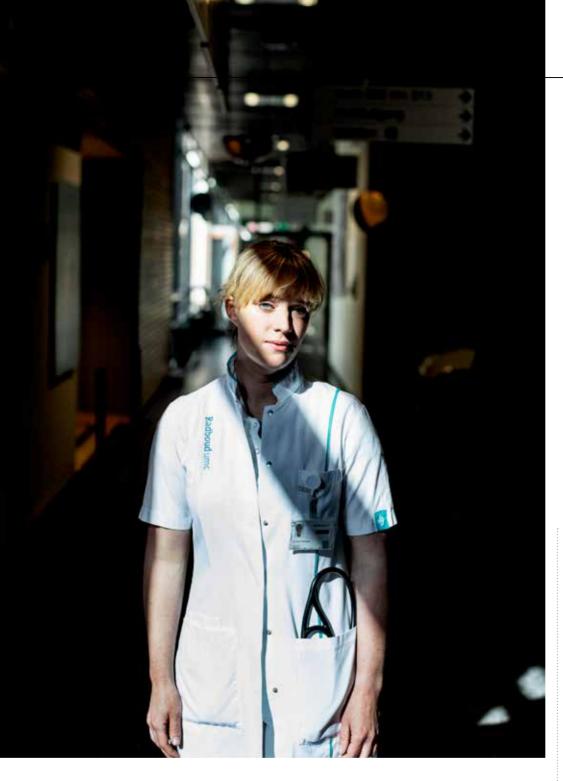
them on the phone or what they see while standing by the patient's bed for a brief moment."

Are there beautiful moments too? "Luckily, yes. Most people are so short of breath when they get here that you can't hold a conversation with them. But a few weeks ago, a man was admitted and I was able to talk with him for the whole of the first day; we joked a lot together. Later that night his condition deteriorated and he had to be put on a ventilator. Shit, I thought, he started out so well, will he have to go through that long treatment too? But when I came back later that week, after a few days off, he was awake again. I was so relieved and happy to see him and be able to talk to him again. It has that effect on everyone. The first time someone wakes up from sedation, it's such a boost for the entire unit. In the beginning, there were so many patients being brought in, day after day, and none of them were getting better; they had to be put on ventilators for weeks. Now we are seeing people recover. It's what keeps us going."

# PATIENT WHO CHANGED MY **PERSPECTIVE**

As a child, Hofhuizen dreamt of becoming a vet. When the realisation dawned that this profession didn't really live up to her romantic notions, she opted for medicine. The human aspect of care was something she learnt on the Radboud University Medicine programme. "From day one, we were taught that if a patient comes to you with a painful knee, you shouldn't just talk about their knee."

She completed her research internship at the ICU. "That's where my love for the ICU was born." Since it's only possible to train as an intensivist after completing another specialisation, she completed the five-year programme in Anaesthesiology. It was there, in her first year, that she met 'the patient' who made her the doctor she is today. "Every doctor has a patient like this."



Who was this patient? "She was a young woman dying of a tumour. The only thing we could offer her was pain relief. But we weren't able to control the pain, and we watched her getting weaker every day, though she kept smiling through it all. In the end, we decided to try an epidural. I had to hold her. She was crying so hard against my shoulder, saying: 'I just want to go home and lie on the couch with my cat.' She did go home the next day. This taught me the most important lesson ever: as doctors we should ask our patients much more often: What do you want? This woman didn't want any more pain relief; she'd given up on that a long time ago. Sometimes 'cure' only leads to a dead end, which is when 'care' becomes really important. And care is always personal, because everyone wants something different."

Working at the ICU, you get used to seeing patients who are seriously ill or even dying. But even dying is not what it used to be. Normally, Hofhuizen and her colleagues do everything in their power to give people a dignified and peaceful death. "We try to create a homely atmosphere, with all the

Born Utrecht (1982). Study In 2000, failed to make it through the selection round for Medicine; spent a gap year doing administrative work; studied Medicine (2001-2008), followed by specialisations as anaesthesiologist and intensivist, both at Radboudumc. Defended her PhD thesis in 2019 on research into measuring blood pressure and blood circulation using a finger cuff.

Other Married and mother of two children.

family present. This really helps reduce anxiety in the dying and their family; we see how it helps them let go of their hold on life. I find this an incredibly valuable aspect of my work."

But that's not possible now. "No, and it's one of the things I find so difficult and sad. Recently, a man was transferred to our unit who was very short of breath. Within ten minutes it became clear that he wouldn't be able to breathe on his own and we'd have to sedate him, with a very uncertain outcome, considering his advanced age and state of health. He was barely able to speak to his family on the phone. We tried to give him some privacy, but we also had to help him hold the telephone. I felt a bit like a voyeur, but I had no choice. On the phone screen I could see his concerned relatives who wouldn't be able to see him anymore and who were forced to say good-bye in this way."

Because that phone call could well be their last conversation? "Precisely. Most Covid-19 patients who die do so while sedated. Moments like these are very moving and make my work emotionally intense: knowing that people, the dying and their families, suffer from something more fundamental than dying, that they can't be together at >

# CORONA LESSONS

THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# MARTIJN KOSTER – UNIVERSITY ASSOCIATE PROFESSOR OF ANTHROPOLOGY AND DEVELOPMENT STUDIES

# 'CRISIS EXPOSES GROWTH INEQUALITY IN SOCIETY'

"If there ever was a moment for radical change in society, it's now. This crisis is exposing the growth inequality of our society, something that also became apparent during the 2008 financial crisis. It is precisely the professions that are now vital that have suffered most budget cuts in recent years: the healthcare sector, the cleaning companies. For decades, our economy has been focused on growth. We now see that this doesn't work. Big companies that have been shut for a month are begging for government support.

Our manifesto calls for a new economic model, one that distinguishes between sectors that need to grow, like healthcare and the public sector, and those that must shrink drastically, like the fossil fuel industry. A basic universal income, in combination with a shorter working week, will also ensure a much healthier working climate. This will in turn reduce social inequality and make society more stress-resilient. We also call for less excessive consumption and less air travel. We have to ask ourselves whether every flight is necessary. One advantage of this lockdown is that we spend a lot more time online and no longer book international flights for short meetings. Let's please let's keep it this way in the future. The argument against all these changes was always: it costs too much. This argument has now become largely invalid. Everything has already ground to a halt, and it's costing us a lot. So why don't we take this opportunity to make our society greener and fairer?"

# 'COLLEAGUES ARE MORE CONNECTED'

such a crucial moment, that they can't hold each other. These patients are very lonely. Of course we're here, but it's not the same." Another moment Hofhuizen found difficult during the coronavirus crisis was the ethical discussion around potential overcapacity and having to decide who to allocate an ICU bed and who to turn down. "Such choices go against any sense of morality. It's not something you ever want to have to decide as a human being, and it's not something doctors have been trained for. Doctors don't work at population level; they simply treat whoever comes in."

# **HAVING A GOOD CRY**

To the question of how intensivists and nurses can keep going under these conditions, Hofhuizen's answer is as pragmatic as it is resolute: "It's our job. It sounds hard, but working with suffering and death isn't new; it's what we've always done. And we've all found ways to deal with it early on in our career. Otherwise we wouldn't be doing this work." This is not to say that the past weeks haven't made her even more aware of the importance of relaxation. Not only is the work harder, but the outside world, from the media to the supermarket, is also dominated by coronavirus. "The person responsible for scheduling makes sure we have a few days off in a row to recharge our batteries. I pay more attention than usual to myself. I jog, I work in the garden, I sing. My husband doesn't work at the ICU, but he's a doctor too, so I can really talk to him. And I'm part of a great staff group at work. When I feel lost or sad, I give them a call, and we meet for a coffee or an ice-cream. We support each other."

Don't you ever feel desperate? "No. I'm often sad about the things I see. But I've learned to cope, by talking it through with colleagues or family, getting angry sometimes, or having a good cry. But these aren't lasting feelings of despair. Nor do I see anything like that in my colleagues. What I mostly see is an incredible drive to keep on going. And a lot of collegiality: we pay more attention to one another; we ask more often how the others are doing, how their nightshift went. If you need to, you can talk to a spiritual counsellor. I don't feel the need for this yet, maybe later, when things calm down, and I need to process it all."

The image the outside world has of hectic hospitals and ICU staff on their last legs is not something Hofhuizen recognises. This may have been true in the early days at the Brabant hospitals, but not anymore. "The work is harder and everyone works longer hours than usual. And yes, those plastic suits and glasses are sweaty and uncomfortable. But we don't have more patients than we can handle, we have enough equipment, and more importantly, we can see after all these weeks that some patients are finally starting to recover."

How do you feel about the media hailing you as the new heroes? "It's makes me extremely uncomfortable. I'm not a hero. I'm just doing my job. The real heroes to me are the carers in nursing homes and institutions for the mentally disabled. They have much less protective equipment and work with people they've known for years, people who suffer from not seeing their family. It seems to me that providing this kind of care is incredibly hard and I have great respect for the people who do it."

Is the coronavirus crisis making you a different doctor? "No, not really. It's only emphasising and confirming what I already know, namely how crucial contact with people, the care aspect, is for my work and job satisfaction." <



Are you a true walker and willing to halt the coronavirus? Then this is for you! Launch your own walking action, ask your family, friends, neighbours and colleagues to sponsor and contribute to research into the coronavirus at Radboud university medical center.

Sadly there will be no walking events this year. The Radboud Fund is calling for participants to still walk; individually, in your own area and at a suitable distance from others of course. Benefit the Radboud Fund while enjoying your leisure activities. With these additional funds, we can speed up important research into the coronavirus. And hopefully next year we will be able to experience all the wonderful walking events together again, shoulder to shoulder, in rain or shine, with the wind at our backs or against the wind.

Go to **www.wandelcoronadewerelduit.nl**, launch your own walking action and enjoy your walk!

Thank you on behalf of Radboud university medical center and Radboud University!

This is an initiative of the Radboud Fund, the charity fund of Radboud University and Radboud university medical center. The Radboud Fund is inviting people to become part of special initiatives within Radboud University and Radboud university medical center. The world has great challenges to face. That is why we need scientists, students and committed citizens who want to contribute to a free, healthy world with equal opportunities for all.

# Want to find out more?

For more information go to www.radboudfonds.nl or contact one of our team members via fondsenwerving@ru.nl

As lockdown progresses, Nijmegen is bursting with fun, sweet, funny and heart-warming initiatives. In pre-corona times, who would ever have dreamed of a letterbox apple pie?

# OVUM HELPS THE ELDERLY, CAROLUS HANDS OUT TOMPOUCE PASTRIES

# 19 MARCH

# Nijmegen responds to Corona

'Who needs a baby-sitter?' In no time at all, the appeal of third-year student in Pedagogical Science Hanne Bonsing landed her in a family where she now helps out twice a week. On the Face-book page 'Coronahulp Nijmegen' Nijmegen residents can answer each other's calls for help. The page now has more than 5000 members, including many students.



# 24 MARCH

# **Ovum Novum helps the elderly**

With the student association closed, Ovum Novum members looked around for something to do, preferably something useful. So now they go grocery shopping for the elderly. Ovum Novum also sent out four thousand cards to elderly people to help them feel less lonely.

# Help tracing coronavirus in Africa

African hospitals have virtually no equipment for coronavirus testing. What they do often have is an X-ray scan with which to take pictures of the lungs. Artificial intelligence software can help scan these photographs to detect the virus. A Radboudumc spinoff, Thirona, is making free software available for this purpose, in collaboration with Delft Imaging.

# 15 APRIL

# Care complex residents enjoy

outdoor concert The residents of De Meent care complex in Groesbeek have a balcony that's just big enough to swing on. Which is precisely what they did when Pedagogical Science student Noor Groenen dropped by. The outdoor concert was an initiative of Club Goud, an organisation that brings generations together.

# Student Big Band goes crazy with

medley Nijmegen Student Big Band organised a Daft Punk Medley on YouTube. From their student rooms, band members played hits like 'One More Time', 'Get Lucky' and 'Harder, Better, Faster, Stronger'. The drummer didn't have a drum set, but made his debut on pots and pans!

## 24 APRIL

# **National attention for letterbox**

apple pie TV programme Hart van Nederland paid tribute to bakery Margriet in Gorinchem. Margriet's survival plan in coronavirus times, the flat letterbox apple pie, has become a resounding success. One of the brains behind the concept is fourthyear Business Administration student Mathilde Verbeek, Margriet's daughter and a passionate entrepreneur.

# 1+2 MAY

# A Batavierenrace after all

The world's greatest relay race did take place after all! This time around, instead of running 175 kilometres from Nijmegen to Enschede, all runners ran their own individual race from their own home. The winners were Nijmegen RUHAN Batateam, composed of runners from Radboud University and HAN University of Applied Sciences.





# Tips on Radboudlife

All practical, psychological, social and financial tips have been compiled, together with student initiatives, on www.ru.nl/ radboudlife. On this website you can find sports lessons, tips for student houses on coronavirus measures and tips for relaxation. Students and student organisations can also use the website to share their activities and promote mutual contact.



Home work-outs How do you keep those coronavirus kilogrammes off? The Radboud Sports Centre decided to help by posting home work-outs for beginners and experienced athletes on YouTube. The videos attracted lots of viewers and continue to be extremely popular.

# Student Big Band

# 23 APRIL

**Fraternity kicks off with radio programme** The cancellation of all large-scale events this summer inspired the Achelous fraternity of rowing association Phocas to find a new way to connect: they organised a weekly radio programme with music and interviews. Listen along at radio2. achelous.nl, including a live chat.



# 5 MAY

# Carolus Magnus members distribute tompouce pastries

The members of social association Carolus Magnus joined a national action to distribute tompouce pastries (a kind of cream slice) to elderly people. On Liberation Day, the students made their way to hospices and nursing homes throughout Nijmegen and handed out six hundred tompouce pastries.

# **20 MAY**

You can even hold a gala dinner online! The celebration of the 30th anniversary of the Christian Nijmegen student association De Navigators would not be complete without a gala. But what to do when these kinds of events aren't allowed? Use GoTo-Meeting to bring together association members, in their gala dresses and best suits, seated at their own tables for a fantastic three-course meal.

# The University in crisis mode

Normally, whatever that may mean, the Crisis Management Team of Radboud University only convenes in the case of accidents or fires. Luckily, the team is usually inactive, a calm that was broken on Monday 2 March with a first consultation. The team was asked to implement the guidelines of the National Institute for Public Health and the Environment (RIVM) on Campus and prepare for potential follow-up measures. The University sought contact with students in regions abroad heavily affected by the coronavirus, offering help and urgently advising them to return to the Netherlands. This was followed by a tidal wave of actions: informing staff and students about the first Radboud student infected (6 March), calling on Brabant residents to stay at home if they experienced any corona-like symptoms (8 March), and implementing the consequences of the ban on gatherings of more than one hundred people (12 March) – in other words: no Bachelor's and Master's information days, online teaching for large groups, no graduation ceremonies, no inaugural lectures or PhD defences with large audiences, and the closing down of the sports centre and all Campus cafés. On 23 March, the last cafeteria, in Huygens building, closed down too. The buildings remained open, on the off-chance that someone would need to go in. Now that the first phase of the crisis is behind us, coronavirus deliberations at Radboud University are no longer in the hands of the specialised crisis team, but of the various departments. For example, the team responsible for organising introduction activities for new students every year from mid-August onwards is working on a modified programme. The Intro Festival, which attracted four thousand students last year, has already been cancelled. Looking back on the past months, Rector Magnificus Han van Krieken emphasises that the crisis team was only one of many links in the chain required to manage the crisis so far. "Of paramount importance have been the students and staff members who demonstrated such an incredible energy and improvisational talent in switching from one day to the next to offering and following online classes."

Follow the latest news about measures concerning the reopening of the University at <a href="https://www.ru.nl/coronanieuws">www.ru.nl/coronanieuws</a> and <a href="https://www.voxweb.nl">www.voxweb.nl</a>

When science editor **Susanne Geuze** (28) got Covid-19, she experienced first-hand how much direct impact scientific research has on our lives. In this article she talks about how she experienced her illness, physically, but also psychologically. In the margins, Radboud University experts in psychology, philosophy and business administration respond with the latest scientific insights.

TEXT AND PHOTOGRAPHY SUSANNE GEUZE



et me start by saying that the effects of the new coronavirus are in many cases still

largely unknown. Over the past few months scientists

have been conducting research in record time, doctors and nurses have been learning from their day-to-day experiences, and opinion makers have been heatedly debating how the virus and lockdown will impact the economy and society in the long run.

When I found myself at home with Covid-19, I also discovered the impact of a virus that is supposedly 'mild' in people my age to be much greater than I thought. So I decided to consult scientific sources. Having gained my own personal experiences, I turned to the experts. How are humans affected by a quarantine that lasts for weeks? Do we experience a different kind of happiness now that festivities and most of our social contacts have fallen away? Will the virus permanently change our perspective on our work? In asking these questions, I already noticed a positive effect of these times, one I very much hope is here to stay: scientific authority does count. (1)

# **FIRST SYMPTOMS**

My coronavirus story begins appropriately enough with a visit to the emergency room. It's early March and I've been suffering from painful abdominal cramps for two days. Although a belly ache is usually no reason to call. the doctor, these symptoms strongly point to appendicitis. My GP doesn't trust it either, and refers me to the emergency room.

Note that at this point in time, the Netherlands have as:

vet taken no real coronavirus measures. At the hospital, doctors and nurses shake hands with me as usual. A day earlier, Rutte announced that things were under control - "we're not planning to take symbolic measures" -

and we live in a country with packed trains and overcrowded supermarkets.

"Do you have a fever or a cough?" asks the hospital receptionist. I say 'No', and am passed on further into the system. Luckily the tests don't reveal anything too worrying. I am not tested for Covid-19, nor do I have the slightest suspicion that the coronavirus is already spreading through my body. At home, I fall into bed, exhausted. The next day I wake up with a fever and flu-like symptoms. It's probably the stress from yesterday, I conclude, and I stay in bed. The next day I feel as right as rain, with only a slight cough. The abdominal cramps are also gone. In the

meantime. I start to worry.

Not about myself - I'm 28 and healthy - but I can't shake off the feeling that the Netherlands is not taking the coronavirus crisis seriously enough. (2) Thank God, I think, when Prime Minister Rutte finally announces lockdown measures.



1 RENÉ TEN BOS, PHILOSOPHER, PROFESSOR AND FORMER DUTCH THINKER LAUREATE: "Of course scientific insights matter. But from what science? The authority of experts being integrated in policy is not a given, and the fact that they now carry more weight is no guarantee that scientific authority will gain more respect. Don't forget that six months ago, the RIVM was still maligned in

the debate on environmental measures. Experts were then the last people we wanted to hear from. We apparently don't see that the RIVM stands for both health and the environment. Public health experts now hold centre stage, not environmental experts. We choose cure over prevention, with the consequence that the measures we are taking now

may be worse than the evil they're supposed to address."

2 AP DIJKSTERHUIS, PROFESSOR OF SOCIAL PSYCHOLOGY: "The Netherlands is not alone in this; many countries underestimated the virus at first. Maybe unconsciously the politicians responsible also found it easier to underestimate this situation. because the consequences are so painful. Plus, with every crisis, you can always say in hindsight that it would have been better to act earlier. But that wouldn't make sense, because there are also many potentially risky developments that don't ultimately lead to a crisis. If you have to respond to every signal, you'll spend most of your time intervening unnecessarily."

HET VOELT

**ALSOF JE** 

**EN PLEÍN** 

**VERTELLEN** 

DAT JE EEN

SOA HEBT'

**PUBLIC** 

MOET

# SERIOUSLY ILL

For the first time, I begin to suspect that my flu symptoms may be caused by the coronavirus. Just to be on the safe side, I cancel my plans for the weekend and stay indoors. My boyfriend - who is also ill by now - moves our duvet to the sofa, where we spend nearly all our time. Because of his work as a GP, my boyfriend decides to call the Municipal Health Service (GGD) on Friday evening. In line with the measures at the time, he could have simply gone to work - healthcare professionals are only advised to stay home if they have a cough and a fever, but the GGD wants to test him. Just as well, as on Saturday afternoon his temperature shoots up to 39.5° and he nearly passes out. For the first time, we feel frightened: this looks exactly like the sudden downturn so typical of Covid-19.

Luckily, my boyfriend's temperature falls again by Sunday morning. At 8.30 a.m. we get a visit from two GGD officers. One of them stays outside, while the other quickly takes some nose and throat swabs from my boyfriend. They leave their suit and materials behind in the hallway. "You'll get the results within 48 hours."

COVID-19

Less than a day later we get a phone call: my boyfriend has Covid-19. I didn't get tested, but since we have the same symptoms, it seems clear that I've also contracted the virus. We spend more than half-an-hour on the phone with the GGD officer, who takes note of all our



contacts. I inform everyone, including the participants on a course I'm on, something I find almost more upsetting than the physical symptoms. It feels a bit like confessing that you've contracted an STD. Being ill also takes on a different meaning now that we know it's Covid-19. All the stories I read in the newspapers spin like a whirlwind through my mind. As a young woman, I'm clearly not high risk, but didn't I hear something yesterday about a 16-year-old in the ICU. The thought that an unknown and therefore unpredictable virus is taking over my body makes me breathless - and breathless is precisely what you don't want to feel when you have Covid-19. I always found the phrase 'to be at war with the virus' a bit over the top, but it's exactly how it feels now. (3)

We get a leaflet from the GGD: How to cope with stress reactions in isolation or quarantine. I read that people may suffer from fear, anxiety, irritability, and feelings of guilt. In the days that follow I check all the boxes one by one. My boyfriend is less panicky, but seeing him so ill only makes me worry more. At night, I am woken by his

> violent coughing fits and in my mind I already see him lying in a hospital bed. During a particularly restless night I decide to stop reading the news for a while; the stress it causes isn't helping my recovery. (4)

Just to be clear: the symptoms my boyfriend and I are experiencing all fall into the 'mild' category. Is this mild coronavirus comparable to flu? Yes and no, is our experience. The

3 TEN BOS: "To paraphrase Radboudumc Professor Jan Kremer: in a war we risk our lives to save our lifestyle; now we are giving up our lifestyle to save our lives. Everything is focused on healthcare, so much so that I foresee us heading straight into becoming a surveillance state. Other countries have already called a state of emergency because of the coronavirus; in the next pandemic, we might do the same."

4 DIJKSTERHUIS: "Stress is indeed disastrous for people's physical and mental health. At the same time I think that reading the news doesn't necessarily have to lead to stress. It can also have the opposite effect: since the crisis began, it's dominated the news. We hardly hear anything about war, political conflicts and other suffering. This can actually bring some calm."

5 TEN BOS: "Yes I am afraid that we will soon face a generation conflict. The older generation now asks a lot of younger people. They have to stay indoors, they lose their jobs, and companies go bankrupt. This will inevitably lead to friction. Rutte recently said that freedom should not come at the cost of other people's health – but this is by definition always the case. Before the crisis, did we pay any

attention to all our driving and flying kilometres? After all, these aren't healthy either."

6 BEATRICE VAN DER HEIIDEN. PROFESSOR OF STRATEGIC PERSONNEL MANAGEMENT: "To continue to remain deployable on the job market, it's important to remain flexible and look ahead. For example, if you have a contact profession or your restaurant has closed down, it may not be a bad idea to look



symptoms are similar - overall soreness, pounding headache, earache, coughing and fatigue - but the progression of the illness is very different. The biggest difference is that the coronavirus comes in waves and lasts for a very long time. Whereas flu will usually make me seriously sick for three days at most, I've now been ill for over a month. I hear similar stories from people I know. It's two steps forward, one step back all the way. And the fatigue persists. Just to give you an idea: eating a small meal or doing a minor chore, like emptying the dishwasher, makes me so tired that I have to lie down. And after spending half-an-hour on the phone with a colleague, I need hours of sleep to recover. I can suddenly imagine what it must be like for my 85-year old grandmother, who always needs a nap after lunch. At the same time, I read stories about young people getting impatient. I hope this won't cause tension between the generations if the crisis and measures last for a long time. (5) I'm usually so enthusiastic, and full of thoughts and ideas, but I now feel lethargic and defeated. I've got just enough focus to watch an easy movie, but too little for a simple game of cards. "Shall we play a game of Terraforming Mars?" we joke to each other, refering to the complex board game we enjoyed playing in better days. The idea is ridiculous.

# **RECOVERY**

And yet we're slowly getting better. Which is when other symptoms become apparent: like the fact that I can't smell a thing. Of course, I rush off to ask Google, and indeed: an increasing number of coronavirus patients are reporting loss of smell, although the National Institute for Public Health and the Environment (RIVM) doesn't mention it. A week later I hear that 'loss of sense of smell

and taste' has been added to the official list of Covid-19 symptoms. This is a recurring theme now: official announcements lag behind my own observations. It's still not clear to me whether the abdominal cramps with which all this began were also caused by coronavirus. In the meantime I also start to worry about my work. As a text writer and communications advisor on a permanent contract, I don't have to fear for my income right now, but on the other hand: in times of economic crisis, isn't communication an expense companies are all too quick to cut back on? (6) And the healthcare organisations I work for have other things on their mind now than producing magazines. There's something that bothers me anyway, whenever I think about it. Communication may be on the list of vital professions, but many of my projects have been cancelled. What skills do I, a highly educated urban resident, actually have that would make it

suddenly feeling pretty useless. After eighteen days, the time finally comes: I haven't coughed in days, and even the last cold symptoms are gone. In other words: I can go outside! I'll always remember that first walk around the block to the paper container. The fresh air, the wind in my hair, what a great feeling! I suddenly realise that the last time I was outside I was wearing gloves and a winter coat - now the trees are all blossoming. (8) To celebrate our victory, that night, my boyfriend and I treat ourselves to a glass of wine. What a disappointment: I still can't smell anything, and all I can taste is watery alcohol.

possible for me to make a real contribution in a time

of crisis? Do I also have a bullshit job? (7) It's different

for my boyfriend - doctors will always be needed - but

as someone who works in the service sector, I'm



for a new niche - think of hairdressers who start making hairpieces. We don't know whether we'll have to go into lockdown again, so make sure you are deployable by developing yourself more broadly."

**7 VAN DER HEIJDEN: "Many** people start thinking: what am I doing this work for? I find the term 'bullshit job' strange: it would imply that there are

bullshit professions, which isn't the case. I don't think entire professions will suddenly disappear. But people will probably want to add other dimensions to their working life for example seek more contact with each other. I also expect new professions to emerge. Think of psychologists who specialise in trauma processing for healthcare professionals, or consultancy agencies to help

companies become 1.5 metre proof."

8 DIJKSTERHUIS: "You enjoy the positive things in life that you notice most. This is what's happening now. People go shopping, and they're happy to be outside for a moment. But our judgment of these experiences is relative: if you constantly go to concerts, on outings, or on holiday, you're less likely to notice everyday things.

This is why I'm afraid this effect will be temporary. After you come home from a trip, you can think back and laugh about the time you spent waiting for a train at a foreign station. But before you know it, you're back to getting angry at the NS."

### **BACK TO WORK**

I hardly recognise myself on those first few days back at work. I'm used to effortlessly typing dozens of emails a day, now producing even one feels like hard work. It feels like I'm wading through treacle. After two short video conferences, I feel dizzy, (9) light-headed, and above all: exhausted. As if I'd driven non-stop for 12 hours, and not worked for an hour and a half. I crawl onto the couch, and sleep all afternoon and most of the next day. My boyfriend returns from his first days at

> work looking equally pale and tired. I'm lucky to have an employer who is giving me all the time I need to recover. It does make me wonder how this illness impacts freelancers. When the alternative is 'no income', you might be tempted to keep on working (10) and that while it's so important to give your body all the time and energy it needs to recover from this vicious virus. Look at the British Prime Minister Boris Johnson, who stubbornly kept on going and ended up in ICU. And we're lucky to live in a wealthy country like the Netherlands, where the government can apparently effortlessly shake billions out of its sleeve to keep the corporate sector running, and unscrupulously hoard

two thousand ventilators. At the thought of what the coronavirus might mean in months to come for countries like Syria or India, I get a sinking feeling in my stomach. My own story, including my worrying about work, sounds almost perverse by comparison.

One advantage that my boyfriend and I often reminded each other of during our period of self-isolation is that once the coronavirus leaves our body, we will have developed antibodies. We really look forward to this, being immune, not being able to get sick again or infect others. "I'll drop by soon to give you a hug," I promise friends who live by themselves and are feeling lonely. But as I get better, my optimism wanes. Am I actually immune? Nobody knows. Stories about ex-patients who suddenly tested positive after weeks of being symptomfree, speculations about people carrying the virus for the second time unawares - the stories abound and I don't dare to take the risk.

# **POST CORONAVIRUS**

In my work, a 'new normal' is slowly taking shape, (11) consisting of daily video conferences and brainstorming sessions via a digital whiteboard. My career-related worries have melted away like snow: I'm at least as busy as in pre-coronavirus times. Clear language and strong communication turn out to be crucial to stay connected in these new circumstances.

- 9 VAN DER HEIJDEN: "Video conferencing all day via Skype, Zoom or Teams is much more tiring than live meetings. Without eye contact and non-verbal communication, you have to interpret what other people say yourself much more. And we feel less connected to each other."
- 10 VAN DER HEIJDEN: "Research shows that employees who feel that their job is at stake are less likely to call in sick. They keep going until they literally collapse, or they go back to work too soon."
- 11 DIJKSTERHUIS: "When we recently surveyed work satisfaction among the Dutch, we found it to be identical to before the crisis. People who were stuck at home for weeks with small children had a difficult time, but the rest of the workforce experienced quite a lot of advantages. Research shows that commuting to work is one of the most stressful daily activities. And now it's completely gone." 11 VAN DER HEIJDEN: "You see

big differences in this respect

- among employees. Some don't mind working remotely; others are literally balking at the idea. This is something we really have to help each other with."
- 12 DIJKSTERHUIS: "How do you stay well during the coronavirus crisis? First of all: be disciplined in your healthy routines. It may be tempting to drink beer every day and stop exercising, but if your physical health deteriorates, you will feel less happy. Secondly, start a new project and set some goals for
- yourself. I'm now writing a new book. The most difficult thing about this time is that your daily structure disappears, and you don't know how long it will last. Create some targets on your horizon; it will give your life structure."
- 13 DIJKSTERHUIS: "I hope we'll be more responsible in how we deal with the Earth, but also with animals. But to be honest, I'm not very optimistic about it: the markets in China are already reopening. I do think we've all



When events got cancelled and companies scrambled to switch to working from home, at first everyone seemed temporarily paralysed. But we're slowly discovering what is still possible, and all kinds of new initiatives are being launched. (12) In our private life too, by the way. A friend runs a remote jogging race with her friends, musical artists stream concerts from their living-room, and even my regular pub quiz night has moved online.

I guess we'll just have to make do with it for the time being. Immune or not, even with antibodies, I now live in a 1.5 metre society. A society with fewer distractions and social activities than we are used to, but also with more time to learn to enjoy small everyday things. (13)

We're a few weeks later now. My creative thought processes are back at 100% and I send off emails with the ease of the old days. One evening, my boyfriend and I sit down for a game of Terraforming Mars, with a glass of Malbec. I put my nose in the glass, smell blackberries, wood and vanilla – and take intense pleasure from every scent. <

had a chance to become more conscious of the things we used to take for granted. For example, the fact that we travel so much."

- 13 VAN DER HEIJDEN: "When I see how openly I now share my feelings on Skype with my international colleagues, I really hope that this time will lead to less hard-heartedness. That we will dare to be more vulnerable in our workplaces."
- **13 TEN BOS:** "It scares me to see how easily we throw our values overboard. People are prepared

to give up their freedom as soon as they feel frightened – this is not a positive conclusion. We can learn the lesson that public health and the environment are intimately linked, but I don't foresee that we'll act in line with it in future. Many people seem to think: the virus will be gone soon, and we can go back to how things were. But that's just preparing the ground for the next pandemic – maybe one with a much deadlier virus."

# CORONA LESSONS

THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# JEROEN DERA, MODERN LANGUAGES AND CULTURES 'LOOKING FOR IDENTIFICATION IN STORIES'

"It's no coincidence that people are suddenly very interested in books that have a link to the current pandemic, like The Plague by Camus, Blindness by Saramago, Love in the time of cholera by Gabriel García Márquez, and other dystopian novels. People need stories it's what makes us human. According to Rita Felski, who has been very influential in contemporary literature theory, recognition is the main reason why people read. In fiction, we find experiences we recognise from the world around us. Many readers look for identification, they want to recognise something of their own experience in stories. No wonder stories about epidemics are so popular now: they offer scenarios that help us reflect on what is happening in the world. Some people seek reassurance, others ideas on how to deal with the situation. Literature can bring people closer at times like these. Just take a look at the book titles people are sharing on social media. In large numbers, they share their experience of books that have touched them in some way during these strange times, often with the intention of encouraging others to read these books too. Poetry is also used in this way. People send each other poems that offer a moment of contemplation or solace in the midst of the coronavirus commotion."

TEXT KEN LAMBEETS



# Hoping that the TB vaccine has a positive effect

Infection disease specialist Mihal Netea studies the possibility that the old tuberculosis vaccine offers more protection against corona virus infections. In his experience, scientists have been working together more efficiently during the pandemic.

TEXT INGE MUTSAERS PHOTOGRAPHY REIN WIERINGA IMAGE EDITING GLOEDCOMMUNICATIE

hese are busy and difficult times, says Mihai Netea, infectious disease specialist and immunologist at Radboudumc.

"I see how sick the patients on the wards and ICUs are, and what a struggle it is for their families, but also for doctors and nurses. These aren't just bare statistics as reported in the media. Behind these figures, so much human drama is unfolding. At the hospital we are working hard and we are learning a lot, but I wish we didn't have to learn in this way."

As Professor of Experimental and Internal Medicine, for the past ten years Netea has studied the increased immunity provided by the tuberculosis vaccine - developed in 1921 - against other infectious diseases. At the moment, he is investigating whether the BCG vaccine can also offer partial protection against Covid-19. If so, it could represent a temporary solution, until a 'real' vaccine is developed that offers full

protection against the coronavirus. "Still, it would be a very important temporary solution," emphasises Netea. Together with colleagues from UMC Utrecht, since March he has led a study among hospital staff and the elderly. This study aims to investigate whether strengthening the immune system with BCG also offers better protection against coronavirus infection. Approximately 1500 hospital staff and 1600 elderly people are taking part in the study. Half the subjects in both groups are given the BCG vaccine, the other half not. The researchers are investigating whether there are any differences between the two groups in terms of number of corona cases and hospital admissions, and infection rate. Netea expects to have the first results ready in three to six months.

He explains how the additional protection offered by the BCG vaccine works. This vaccine against tuberculosis also has 'nonspecific effects': it protects against many other infectious diseases, like respiratory diseases and certain flu viruses. Earlier studies on infectious diseases showed that the vaccine reduced cases by 30% to 70%. This effect can be explained as follows: in patients suffering from these diseases the vaccine strengthens the innate - broadly active - immune system (see BOX). In 2016, Netea was awarded the prestigious Spinoza Award for this discovery. This protective effect is incidentally not permanent. It disappears after approximately two years, and people have to be re-vaccinated.

# A VIRUS DOESN'T THINK

The infectious disease expert may contribute to the fight against the coronavirus, but he emphasises that we should not view viruses as enemies out to kill us. "Aside from the fact that a virus can't think, it is clearly not in its interest that people die." After all, if the host dies, it only makes it more difficult for the virus to spread, explains Netea.

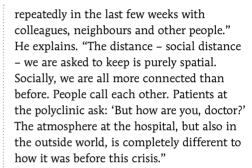
# **Help research move forward**

The Radboud Fund, the joint fund of Radboud University and Radboudumc, has launched a campaign to raise money in times of corona. Some of the funds raised will go to Mihai Netea's research on the possible efficacy of the vaccine against tuberculosis (BCG vaccine). You can help via www.jebentnodig.nl.

Viruses and bacteria that are successful from an evolutionary perspective are the ones we carry with us on a daily basis, like the common cold viruses. They cause no more than a runny nose and can therefore spread very easily. A virus like Ebola, which kills lots of people, is an aberration, an anomaly. Aberration or not, it seems at times as if the coronavirus has plunged us into fiction, a dystopian TV series in the style of Black Mirror. Fiction also plays a role in the life of Romanian-born Netea. As a child, having avidly read all books by Jules Verne, he became fascinated with science-fiction. In his rare free time, he is working on his second science-fiction novel. Are there any links between his scientific work and his writing? "Science fiction can help people - I think more subconsciously than consciously - possibly to be more creative in their scientific work. It allows them to explore different possibilities." Netea believes it's too soon to say whether the current crisis will give him inspiration for a new novel. "It's too early for that. Pandemics are very popular in science-fiction novels and films, so I'd first have to think of a new angle."

# **INCREASED FEELING OF SOLIDARITY**

Despite the personal tragedies, Netea also sees glimmers of light in these dark times, for example the increased feeling of solidarity. As a twenty-year old, he experienced at close hand the days after the fall of Romanian dictator Ceauşescu in 1989, a time that is branded in his memory. "There was the same sense of brotherhood then as now. This feeling from December 1989 is something I've experienced



In scientific circles, Netea experiences a similar feeling of solidarity. Whereas academic research usually has a competitive edge, he now sees a lot more collaboration. "These are different times; everyone understands that. Important clinical information is openly shared. There is more open science than ever before. Everyone understands that it's a matter of life or death." <

# Two immune systems

The human immune system works as a two-stage rocket. In response to an infection, the innate immune system kicks in first. It works fast, but is not very selective. The acquired immune system (also known as adaptive immunity), on the other hand, is very specifically aimed at certain intruders, but it reacts more slowly. Both systems can 'learn' from infections, so the immune system as a whole can respond more quickly when the same threat occurs again.

The BCG vaccine against tuberculosis leads to changes in the innate immune system. Stimulating this 'trained immunity' increases general immunity. This is particularly useful for people over the age of 70, who tend to be much more sensitive to infections.



In March, many international students are faced with a dilemma: go home or stay in Nijmegen? Three of them speak about their considerations and the consequences. "Now I have to take my classes online in a bedroom without a proper table to study at."

TEXT ANTONIA LEISE AND IOZIEN WIIKHUIIS

# SELENA SOEMAKNO (20, BACHELOR STUDENT ARTS AND CULTURE STUDIES, FROM INDONESIA)

"I come from Indonesia and am currently studying in Nijmegen. In January, I went on an exchange programme to Hong Kong. My introduction week and the first two weeks of teaching took place just before the Chinese New Year. After that I became more and more concerned about the coronavirus situation. My parents live in Hong Kong but they decided to leave to visit family in Indonesia. I went with them and stayed there for two weeks.

I'm finding the situation pretty difficult at the moment. I had expected my exchange programme to be easy for me, because I could live with my parents and focus on my studies and thesis. Now I live with my family and have to follow classes online, in a bedroom without a proper table. I could have given up

my exchange with Hong Kong and returned to Nijmegen. But this would have delayed my graduation by an entire semester. So I decided to stay on. I still have contact with other exchange students. Some of them are still in Hong Kong; others have been called back by their home universities. Indonesians are much more cautious; students from Europe and the US have a different perspective. Some are much more worried since the epidemic reached Europe. But I know a group of Swedish students who still travel through Korea and Japan, even during quarantine. Here in Indonesia, some people are also unaware of the gravity of the situation, while others are hoarding hand soap and disinfectant, leaving nothing for those who really need it. Extreme reactions like these don't help anyone."

This interview was recorded in mid-March. Selena is waiting in Hong Kong for flights to the Netherlands to resume, probably

in Iune.



# CORONA LESSONS

THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# CAROLIEN VAN HAM, PROFESSOR OF EMPIRICAL POLITICAL SCIENCE 'NEGATIVE CONSEQUENCES FOR CIVIL RIGHTS AND DEMOCRACY'

"In this crisis too, most Dutch people support the government. This isn't so much due to the specific strategy of the Rutte cabinet as to the rally 'round the flag' effect: when we feel ourselves under attack – in this case by a virus – we join forces and place more trust in our government. At the same time the coronavirus crisis exposes society's weaknesses. Once the worst of the crisis is over, there will be guestions. Why does the Netherlands have relatively fewer intensive care beds than Germany or Austria? How can a company like Roche own 80% of the market for laboratory tests? And is it a good idea to have so many people in a vulnerable market position, like freelancers? These kinds of questions will hopefully lead to positive change.

The crisis can also have negative consequences, for example for civil rights and democracy. Look at Hungary, where parliament gave Orbán the right to govern by decree. It is not surprising that leaders with authoritarian tendencies increase their power during a crisis. The risk is that this will also happen in democracies. What will happen when Trump wants to postpone the elections, when the situation in the US gets worse?

What is interesting is the impact of the coronavirus on political preferences. The crisis is hardest on people who are most vulnerable. How will it affect their voting behaviour? They may shift to the left if leftwing parties come up with a credible story, or the crisis might on the other hand benefit PVV and Forum voor Democratie. This is something I'd like to investigate."

TEXT MACHIEL VAN ZANTEN



# FRANCESCA GATTERBURG

(21, BACHELOR'S STUDENT IN **ENGLISH LANGUAGE AND** CULTURE, FROM THE US/ GERMANY)

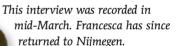
"I first read about the virus a few months ago, in an international newspaper. My friends and I talked about it, and we decided to pray for the people in China. Now it's affecting us all. This dawned on me when I went to Switzerland in late January. There for the first time I saw people wearing face masks. The speed at which the situation escalated really took me by surprise. It was a difficult decision, but I left the Netherlands in March to join my boyfriend in Germany, where I

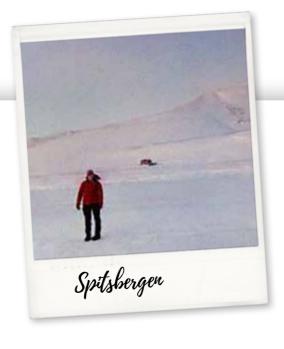
spent two weeks in self-

isolation. At Easter, I went

for a few weeks to visit my father, who also lives in Germany, and then I went back to my boyfriend's place.

The situation is really unbelievable. It puts everything into perspective. I left Nijmegen by car, with a friend, and for the first time in our life we were aware of a potential hard border between the Netherlands and Germany. It was surreal - driving along an empty motorway, expecting a border check. I'm not worrying too much about the future right now, because I don't think there's much we can do about the situation. But I do wonder how we will look back on it later on. Will we feel that we responded adequately? That we did the right thing?"





# **Radboud University** advises Nijmegen students to return

Like every year, a number of Niimegen students were spending part of spring 2020 abroad. As the coronavirus began to spread across the world, the Executive Board wondered what to do with the Radboud University students abroad. Their conclusion: Nijmegen students were urgently advised to come back. However, no student was obliged to follow the Board's advice.

Veerle van Winden (25), Master's student

in Computing Science and Data Science, was spending March on the island of Spitsbergen, between Greenland and Novaya Zemlya. Via Skype, she explains that the island comes under Norwegian legislation. "Universities in Norway closed two weeks earlier than in the Netherlands. Since they shut down I've been studying from home."

Veerle had contacted the Nijmegen International Office and her student advisor. "I told them about the situation on the island and they agreed it would be safer for me to stay here." Spitsbergen has 2500 inhabitants and is so

# **FEDERICA FERRARI** (23, MASTER'S STUDENT IN MARKETING, FROM ITALY)

"I come from Bergamo, the worst affected region in Italy. My family live in an area where they don't even have enough hospital beds for all the sick people, so doctors have to choose who to save. The bodies of victims who died had to be taken to other regions because there were too many of them. People should realise this virus can really

My parents and brothers and sisters are not in a high-risk group, so I'm not really worried about them, but I do worry about my grand-parents, especially my grandmother, because she lives on her own. This situation isn't just dangerous for people's physical health, but also for

isolated and all alone. I've been self-isolating since mid-March

their mental health, especially if they are

and I only go outside to buy food. The first measures taken by the Dutch government weren't sufficient. Closing restaurants and universities was the right decision. But now the supermarkets are so crowded, it's simply not safe. There must be rules, also with respect to quarantine – people don't seem to be taking it very seriously.

I'm the only Italian among my friends. I've tried to warn people and convince them how serious things are. At first they said: It's just a virus, it won't kill you. But it wasn't long before they were saying: 'You were

right, Federica!""

This interview was recorded in mid-March.



# **Radboud Buddy Box**

The International Office has launched a Radboud Buddy Box. Dutch and international students and staff members (including PhD candidates) can send each other a shoebox filled with goodies, as a prelude to online contact. A new buddy can help international students cope with loneliness and offer help in dealing with the practical aspects of the crisis.

far North that you have to face South to see the aurora borealis. The island's university is home to students from all over the world. "We talk a lot about the situation in our home countries. The stories I hear from the Netherlands don't make the prospect of returning very appealing." Veerle explains that some international

'AT FIRST THEY SAID: IT'S ONLY A VIRUS: IT WON'T

KILL YOU

students did catch a flight home. New students are not welcome at present. "The tourists have been evacuated and the people who live here aren't allowed to travel far. We're kind of all in quarantine together."

The coronavirus is not a particularly high

risk on Spitsbergen, where other dangers lurk more prominently. "Students who come here have to learn to use a gun, in case they meet a polar bear." Van Winden can now drive a snow scooter and knows what she has to do to save someone who has fallen into a crevasse. "It's a completely different world."

The Radboud University student can hardly imagine what life in the Netherlands is like at the moment. She follows the news and keeps up to date on if and when she is allowed to return home. So far, the coronavirus crisis has only brought her advantages. She was going to miss a few

courses this semester because of her exchange programme, but since all lessons and examinations now take place online, she can take part after all. "As a result I won't have any study delay." Students who still plan to go abroad now have to ask the Dean for permission to get course credits for their exchange. "That's always been the case," says spokesman Martijn Gerritsen. "For example, we always consider the government's travel advice before issuing our own recommendations. Right now, our advice is negative so students who decide to go anyway won't get any course credits for it."

# Is online education here to stay?

join meeting

Since March, lecturers have been giving online lectures and administering online examinations. In response to the crisis, academic education had no choice but to reinvent itself. What lessons can we learn for the university of the future?

# **Educational experts say it's all about trust** and personal contact.

TEXT PAUL VAN DEN BROEK AND BEA ROS IMAGE EDITING GLOEDCOMMUNICATIE



**Webinars: How** to deal with the coronavirus crisis

In the digital learning <u>environment</u> Brightspace, all students can access special webinars, for example on how to deal with the coronavirus crisis. Brightspace also includes tips on how to focus and study at home, as well as formats for weekly planning. For tips on remote education and online testing, see www.ru.nl/ docenten.

ear children, we miss you,' it says in big chalked letters on the wall of a Nijmegen primary school. School teachers welcomed their pupils back in mid-May, but Radboud University will have to wait at least until September to resume Campus life. Lecturers also miss in-person contact with their students, and students miss the Campus, each other and, if they are honest, their lecturers too. There's no denying it: it's been a bit of a struggle. Students miss the structure of the Campus and often find it difficult to find the self-discipline to study from home, in many cases their parent's home. Many are anxious and uncertain about how their study is progressing. Lecturers are 'square-eyed' from all the Zoom and Skype calls and examinations, and in their online lectures they miss the didactic finesse of in-person contact. "When you teach logic, it's nice to be able to draw something on the board from time to time. You can't do that online," says Huub Vromen (Philosophy of Language and Logic). "Plus, on a computer screen you can't see the students' puzzled looks when they don't understand something. It makes real interaction with students, but also among students, much more difficult." Lecturer in Notarial Law Lucienne van der Geld also misses in-person teaching. "I can't wait to get the green light and stand in front of the classroom again."

# **DISASTROUS SEMESTER**

All lecturers are working around the clock to make sure classes and examinations can proceed as planned. But the result is hardly business as usual. In an attempt to replace in-person lectures, many are trying out alternatives. For example, Lucienne van der Geld is making use of this opportunity to turn her lectures into podcasts. "I've cut them up into pieces; you can't record 90-minute stretches. Unfortunately, I can't see my audience so I don't know whether what I say is coming across." In collaboration with the University of the Netherlands, Professor of Dutch and Academic

Communication Marc van Oostendorp offers video 'quarantine lectures' for the general public. As online teaching continues, Van Oostendorp is increasingly disenchanted. Things are going from bad to worse, he comments in a blog post on Neerlandistiek.nl. He believes the best solution would be for Minister Van Engelshoven to give up on 'this disastrous semester' and grant all students an extra six months of study time. He wants the academic community to take a step back and think about what they're doing.

Thinking about what Radboud University wants when it comes to teaching is precisely the task of the Radboud Teaching and Learning Centre (TLC), launched in January this year. Led by Philosopher Jan Bransen, TLC supports and stimulates Radboud University lecturers to reflect on and bring innovation to their teaching. "The coronavirus crisis really got in the way of this process," says Frank Léoné, Assistant Professor in Artificial Intelligence, and driving force of the TLC. The centre barely had time to start before it was overwhelmed with requests for practical advice on online teaching and examinations. This left little space to really think about things. But the TLC also sees the crisis as a lever for a more considered approach to academic education. Léoné: "Why for so long have we been teaching lectures and administering examinations? What is our vision on how to design education?" Paulien Meijer, Scientific Director of Radboud Teachers Academy adds: "We really have to stop and think about what we want to keep from the old and the new system."

# **NERVOUSNESS**

An important source of friction in these coronavirus times are examinations. Students are overwhelmed by the number of examinations and tests and the accompanying stress. Nicolo de Groot, Vice Dean of Education of the Faculty of Science understands that people are more nervous than usual. "It's a very stressful period for everyone, students and lecturers alike." The bête noire these past months has been online proctoring: a system of remote examination supervision for large groups, using a webcam and microphone. The SP has asked questions about it in Parliament, and in Nijmegen student representatives on the Student and Works Council have expressed grave concerns about this kind of online surveillance. The system raises a dilemma: how much privacy should students give up to avoid study delay? Students are denouncing the system for not only monitoring sound and image during an examination, but also recording every single mouse click. Anything to avoid examination fraud.

Chair of the Nijmegen Student Council Hans Kunstman called on the Executive Board to carefully consider the >

balance between fraud prevention and privacy. "We see the need to prevent study delay, but proctoring encroaches deeply on the students' privacy." Kunstman also questioned how fraud-proof the system actually was, a concern that intensified when researchers at the Nijmegen Digital Security department effortlessly bypassed the examination system. In response to the commotion, the Executive Board has requested an investigation and promised that the system would only be widely used if privacy can be guaranteed.

## **SCRAP HEAP**

Aim for trust rather than control, says the Teaching and Learning Centre in its advice to the Executive Board concerning examinations. Meijer and Léoné are ready to move away from the ingrained mistrust at the heart of the educational system. And this applies both to university and secondary education.

"I hear from school pupils that they feel more controlled than ever," says Meijer. All cameras must be switched on at all times, and there's no escaping the teacher's gaze. "We always teach our students: the way you approach your pupils is the way they will behave. You can come up with all kinds of regulations to stop students from cheating, but this will only encourage them to find more creative ways around it." Jan Bransen also has an aversion to surveillance. "Why do we it, actually? Why are lecturers and students stuck in this cat-and-mouse game, while other educational activities require them to work together towards a common goal?" Turn it around, says the TLC. "Putting pressure on students during examinations to make sure they don't commit fraud doesn't contribute to a safe learning environment, and therefore also not to learning," says Léoné. In their recommendation, he and his colleagues look further ahead, to the question of why we test in the first place. "All professional literature on the subject emphasises the importance of formative testing: testing as a learning moment for the student rather than an assessment: improve rather than prove."

# **BROKEN CAMERAS**

Now that all teaching takes place online, it is becoming all the more clear which areas are in need of improvement. "Having to spend 90 minutes looking at a screen with a talking head or watching slides is really incredibly boring," says Léoné. Like many other lecturers, he prefers to cut his lectures into shorter videos. Once the coronavirus crisis is over, it would be a good idea to reconsider the format and role of lectures. "Lectures are often poorly attended and research shows that they're not very effective for those that do attend them anyway. So why devote so much time to them?"



Meijer hears similar things about secondary education from her students and her two teenage daughters. "When the lessons get too boring, microphones and cameras suddenly stop working." Making lectures more fun with flashy videos or, once the coronavirus crisis is over, with other kinds of enhancements, is not necessarily the way to go, warns Meijer. "In our research programme, we distinguish between teaching creatively and teaching for creativity: creative teaching doesn't automatically lead to school pupils and students being more creative, or even learning. If we want to teach students to think critically and solve problems, we should perhaps switch to minimal teaching. We have to reconsider the relationship between how we teach and what and how students learn." As far as she's concerned, traditional timetables, with a subject every hour, can also go. "For instance, we could spend one classroom hour per week on a subject, leaving more time for collaboration in small groups and more freedom for pupils to choose when to work on what."

# **PERSONAL CONTACT**

One frequently heard remark is that lecturers now finally understand the usefulness and necessity of ICT and are catching up fast in this domain. This is a good thing to maintain once the lockdown is over, but no one is in favour of remote teaching alone. Keep what is useful and value personal contact, says Léoné: "In this context, you should think carefully about where and when social contact is essential in teaching. For example, I'd like to continue to run my work groups in person, but I wouldn't mind replacing my lectures with short online videos." For Jan Bransen, one of the lessons of this period is the need to replace 'largely ineffective' lectures with knowledge clips and video lectures. "This will allow us to

1 WOULDNT MIND **REPLACING** MY LECTURES WITH SHORT **ONLINE VIDEOS** 



THE PEOPLE IN THE PICTURE DO NOT

use our teaching hours to explore the subject in more depth." But as with all innovations, says Bransen, it's essential to retain the heart of teaching: seeing each other in person. Lucienne van der Geld appreciates contact during breaks and before and after lectures, also among students. "We are now discovering how important this is."

Personal contact promotes learning. Meijer refers to a study by one of her PhD candidates on the importance of social presence. "Those moments when the penny suddenly drops for students: ""Wow! That's how the world (or this field) works!" only happen when they're physically together with other students and the lecturer is actively engaging with a subject."

This kind of contact is not only crucial for

This kind of contact is not only crucial for students, but also for teachers. As Meijer recently heard a lecturer say: 'I've never put so much effort

into preparing my lessons and got so little satisfaction from them'. "Satisfaction comes from contact with pupils and from watching them learn." Léoné agrees completely: "There's nothing so satisfying as seeing that the knowledge I'm trying to convey actually goes in." As care for one another grows across society, lecturers are more than ever concerned about their students' wellbeing. They frequently ask how everyone is doing, and whether they are still managing. Meijer: "I hope this kind of attention remains. It's infinitely more conducive to learning than this constant pressure to perform, and it makes for a much nicer university for everyone." <

**TEACHER IN TRAINING:** 

# 'It's like having an office job'

Last year Roel van Koeverden (24) completed his mathematics teacher training and he is currently training as a teacher in business economics at the Radboud Teachers Academy.

The coronavirus has transformed his internship at the Nijmegen Dominicus College beyond recognition. "I'm now discovering all the things you can do with ICT in teaching. It's very instructive. But classroom management, keeping order and making sure pupils are working, isn't something you can learn this way. It actually requires being in a classroom and seeing people's faces." At the moment,

he also only teaches small groups of pupils. "It's completely different from having an entire class to keep in check. The contact with pupils is also different; it's kind of second-rate communication." Van Koeverden spends his internship days at home typing texts at his PC, video calling with pupils, and working through his e-mails. "I've suddenly got an officebased job, while what I love is walking through a classroom, and making jokes with my pupils. It's all very dry now." His study programme is also much less fun. "I used to really look forward to contact with my fellow students. That's all gone now. I spend all my time at my laptop; it's no fun anymore. I've been a student for six years, and now my student life is going to just fizzle out."

# CORONA LESSONS

THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# TINEKE STRIK, PROFESSOR OF CITIZENSHIP AND MIGRATION LAW AND MEMBER OF THE EUROPEAN PARLIAMENT (GL) 'THE REFLEX IS TO PUT ONE'S OWN CITIZENS FIRST'

"The current crisis has far-reaching consequences for migration that are at odds with European legislation. Many European countries have closed their borders to other EU citizens. In doing so they are actually discriminating on the basis of nationality, something that is forbidden under European law. Countries are only allowed to conduct border checks if there are serious reasons for doing so, such as a threat to public order. This argument is now very easily pulled out of the closet. The reflex seems to be to put one's own citizens first.

For refugees, the impact is much greater still. Many European Member States have suspended procedures for submitting asylum applications. They are also using the coronavirus outbreak as an excuse for not taking in refugees rescued in the Mediterranean from countries like Italy and Malta. The camps on the Greek islands are stretched beyond capacity. In doing so, we are not only violating all the standards of decency we claim to stand for, but also flouting the fundamental rights of asylum seekers.

This crisis shows once again that voluntary solidarity doesn't always work in Europe when it comes to migration. The European Commission is now working on a proposal to stimulate countries to show more solidarity. I hope this proposal contains sufficient stimulants that it will in future encourage countries like Hungary or Poland, but also the Netherlands, to take in refugees from countries on the external borders of Europe. This is important, because ultimately we all need each other in Europe."

TEXT STAN VAN PELT

# Food for journalists

Two researchers from Nijmegen were featured in many news stories in the past months: professor of Infection Prevention Andreas Voss and Professor of the Governance of Safety and Security Ira Helsloot. Where the former mostly met with praise and applause, the latter mostly encountered resistance.

TEXT ANOUK BROERSMA



# 'The media aren't out for sensation'

Professor of Infection Prevention Andreas Voss has repeatedly appeared on Nieuwsuur as a coronavirus expert. He has also responded to the latest developments in many other media (including NRC Handelsblad, De Volkskrant, Omroep Gelderland, Radio 1, BNR and De Groene Amsterdammer).

It's partially a coincidence that the media have been so keen to speak to him lately, says Voss. "Infectious disease outbreaks are usually short-lived news, so journalists tend to invite the same small group of researchers to comment. Now the media are continuously writing about the coronavirus, so they're looking for new names."

And so it was that on 11 March, moments

after Rutte announced that shaking hands was no longer allowed, Voss received a phone call. "I was doing three things at once and wasn't really aware of who I was talking to. So I spoke quite openly about expecting other coronavirus measures to follow. It later turned out to be an ANP journalist and the statement appeared in all the newspapers." If Voss had known this, he would probably have chosen his words more carefully, but he did stand by them. That same night, he was invited to Nieuwsuur to repeat what he'd said, which boiled down to: no hand shaking is a good measure, but it's not enough. It was a symbolic measure, probably a harbinger of more. "As it happened I was right, and a day later stricter measures were announced."

Since them, Voss' mailbox has been filling faster than he can empty it. "NRC wrote a long-read article about the debate surrounding face masks. It was only after it was published that I found out I had missed the invitation to work on that story." Voss enjoys his collaboration with most journalists. "They send me proofs, which I always ask for, and they really try to write good articles. One of the upsides of journalism these days is that the media want to give a fair representation. They aren't out for sensation and questions like 'Who did something wrong?'" There was one incident involving a title chosen by an editor-in-chief. "I'd talked in Nieuwsuur about a study that concluded that 25% of nursing home workers were

suffering from Covid-19 symptoms". The

# THE 10% OF **NEGATIVE RESPONSES**AFFECTED ME MORE THAN I'D EXPECTED'

NOS turned it into: 'One in four nursing home staff in Nijmegen infected', with no mention of 'symptoms'. Voss: "Within two minutes, the nursing home boards were bombarded by worried phone calls. Then the administrators called me: 'How could I have said such a thing?' Everything I had said was factually correct, but the misleading title kind of sticks with you. As an interviewee, it's not something you can do anything about. You just have to hope that readers go on to read more than just the title, and that this will not permanently affect relations."

# **IRA HELSLOOT**

# 'The media weren't pleased with what I had to say'

The costs of the coronavirus measures don't weigh up against the benefits, argued Professor of the Governance of Safety and Security Ira Helsloot in late March in *De Volkskrant* and on *Opi*. Stagnating planned care and unemployment also cost life years. A media bomb exploded around Helsloot, whom many saw as the bogeyman.

"It was my choice to seek out the media. I thought our perspective on the situation was too narrow." This didn't stop Helsloot from feeling reluctant as he sat down with



Opi; he knew it wouldn't be a popular story. "But I was really unprepared for the response I got. I hadn't expected the hostile tone in the programme." The presenters asked him critical questions, and the only virologist present was extremely negative. "She denied on the spot anything I said about stagnation of planned care. It's hard to defend yourself in a situation like this."

This was followed by damning responses in other media. Looking back, Helsloot understand why this happened. "When incidents occur, the media's first response is always to focus on the victims and what went wrong. Once the Minister announces new policies to prevent the incident from recurring, this is followed by phase two. In this phase, journalists are looking for a critical perspective on the government's plans and they approach me to say: This is not good, it will be too expensive, or

impossible to implement. I understand this mechanism and my role in it. But our understanding of the coronavirus was still in phase one, and I was already questioning the dominant perspective. The media weren't pleased with what I had to say; it was morally suspect."

A newspaper journalist who was interviewing him heard from his colleagues: 'How can you give that Helsloot guy a platform?' A number of Helsloot's colleagues also criticised his media performance, although he also received a surprising degree of support. "Approximately 90% of people responded positively." Some of his colleagues said: 'I'm glad you said it; I wouldn't have dared to. He would have preferred things to have gone differently, so that it was clear that this wasn't just the opinion of a handful of researchers. "And the 10% of negative responses hit me harder than I'd expected. It's a fight against moral judgment; I even received death threats." It's no fun to be in the media these days. admits Helsloot. "I do it because I feel I have to. As a researcher, you aren't supposed to only collect knowledge, but also to share it. Policy makers should be able to make wellconsidered decisions, with all the facts on the table." Sooner or later his cost-benefit message would have come out in the open anyway, he says. "Someone had to say it at some point, and apparently I was the first person in the Netherlands to be willing to do so. I just hope that next time, someone else stands up, so I can remain in the background for a while." <

**Mike Jetten's** life had already been turned upside down: his wife Mieke suffered a brain haemorrhage last year and shortly after that, he received a very prestigious research grant of 7,7 million euros. Corona makes life for the Professor of Microbiology even crazier (and tougher). Because of the contamination risk, he is unable to visit his wife in her nursing home. "She doesn't understand it."

TEXT ANNEMARIE HAVERKAMP PHOTOGRAPHY ERIK VAN 'T HULLENAAR





ike Jetten (58) had warned us: the nursing home could call any moment and he'd have to answer.

His cheerful ringtone sounds twenty minutes into our stroll along the Waal.

A cargo ship sails by on the water; it's called Isis. Jetten's wife's name is Mieke.

Discretely the Professor of Microbiology moves a few steps away, bends his head down, and speaks softly into his phone. Bird songs can be heard on the floodplains. "Oh, oh, oh!" he shakes his head as he falls back into step with me a few moments later (at 1.5 metre distance). "We thought the coronavirus storm had passed on the nursing ward, but they've just had three new cases." Of the 18 patients at the nursing home, 11 have so far been infected with coronavirus, the nurse just told him. His wife is still 'clean', but how long will she remain so? Jetten is hopeful: Mieke is wheelchairbound and cannot walk up to other residents. Nor does she touch anything or anyone. And she's currently isolated in her room.

When did you last see her? "On Tuesday [it is now Thursday, 16 April, Eds.]. Until 17 March I visited every day and helped her eat lunch. After that visits were no longer allowed, but I still go around twice a week to pick up her laundry. The other day she just happened to be sitting outside, so I could talk to her from a distance. Video calling is too complicated; Mieke doesn't understand what she's supposed to do. I asked the nurses whether we could continue to arrange a chat when I pick up the laundry, and they said yes. They even put out a garden chair for me at 3 metres distance. I put on my loud lecturing voice, and we can talk."

How much does Mieke understand of the situation? "Nothing. I tell her why we're doing this, that all I want is to give her a big hug, but that it's not possible right now. She accepts it."

This interview with Mike Jetten has been planned in my diary since February. I wanted to talk to him about his year of extremes: how he won a European mega-grant of € 7.7 million just a few months after having to move his wife to a nursing home. On 4 March 2018, Mieke suffered a brain haemorrhage and now requires constant care. We could never have imagined back in February that Mike Jetten's year of extremes could be exacerbated even further by something like the coronavirus.

So let's talk first about coronavirus, then, which has recently unfolded as a silent killer in nursing homes. Does it keep Jetten awake at night? "Sometimes," he answers honestly. Mieke is 56, a spring chicken compared to the other residents, most of whom are 80 and older. Even if she became infected, it would probably not be fatal. But her health is very fragile, which is why she is in a nursing home in the first place.

Have you thought of taking her home? "I have; it's something I've thought about many times over the past year. I'd like nothing more than to care for her myself, but it's not in her best interest. I have to work, take care of our three children and stay healthy myself. At the nursing home, she has access to all kinds of therapies and daily activities. We see now how important these are, because they stopped weeks ago, and now her leg is hurting again. Mieke spends a lot of time outside, listening to music. She is at easy in the nursing home. I see myself as a kind of overseer: I try to organise the best care possible for her, and I help out with walks and food."

What if Mieke does become infected with coronavirus? Would you blame the nursing home? The media claim many nursing homes were far too late in taking *preventive measures.* Mike Jetten thinks about it for a moment, as his walking boots come down rhythmically among the dandelion heads in the grass. "It's easy to criticise in hindsight," he says. "When the first case was observed in a patient in Loon op Zand, we should have immediately put all hospices and nursing homes under a stricter regime. If everyone washes their hands and only has one visitor a day, people are much less likely to become infected. Incidentally, our nursing home did take measures early on: there was a bottle of disinfectant in the hallway. I've often had words about it with visitors. There I was, dutifully disinfecting my hands, while others simply walked past. 'Dear Sir or Madam', I would say, 'you aren't doing this for yourself, but for the residents.' People would often stare angrily back. I was always careful when I went to visit Mieke. It's partially a professional habit. I have little expertise when it comes to viruses, but as a microbiologist I know how to work clean and sterile. At the Huygens building, I don't touch the stair rail. It seems there was no shortage of protective equipment at Mieke's ward. I'm not looking for someone to blame. What good does it do to point the finger?"



Born Roermond, 1962 **Study** Molecular Science at Wageningen University, where he defended his PhD thesis in 1991 (cum laude). Career Researcher at Massachusetts Institute of Technology until 1994 | From 1994 until 2000 affiliated with **Delft University of Technology** | In 2000 appointed Professor of Ecological Microbiology at Radboud University | From 2004 until 2010 founder and Director of the Institute for Water and Wetland Research. List of honours 2008: ERC Advanced Grant (€ 2.5 million) | 2012: Spinoza Prize, (€ 2.5 million) | 2013: Gravitation grant (nearly € 23 million, in collaboration with the Soehngen Institute of Anaerobic Microbiology) | 2013: Gravitation grant (NESSC nearly € 28 million) | 2013: Second ERC Advanced Grant (€ 2.5 million) | 2017: Awarded

Supervisor of the Year by the

PhD candidate Network of the

Netherlands (PNN). 2019: ERC

Synergy Grant (€ 7.7 million)

processes in the seafloor, in

for research on anaerobic

collaboration with Utrecht

University.

The impact of coronavirus on Mike Jetten's life has been enormous. Not only have his daily visits to his wife been cancelled, he is also at home full-time, with his one son who still lives at home. There's not much point in going to work; all experiments have been discontinued. One of Jetten's most important discoveries is a methaneeating microbe that also uses nitrogen compounds and can therefore contribute to waste water treatment. Micro-organisms are much cheaper and more sustainable than chemicals. It turns out these microbes are found in the Twente Canal. In October 2019, together with his Utrecht colleague Caroline Slomp, he won a prestigious ERC Synergy Grant: € 7.7 million for research on removing methane and ammonium from the seafloor. According to the plan, the team should now be starting to recruit 14 PhD students and postdocs. But there are delays. Because, says Jetten, it's okay to conduct interviews via Skype, but you still want to meet people in person before hiring them. Research has also been discontinued for now. The reason: the ships aren't allowed to sail. "We're collecting samples, in Lake Grevelingen among other places. This involves hiring a boat with a crew of twelve to navigate and operate the equipment. But it's impossible for crew members to keep 1.5 metres apart." Still, the research project is due to run for six years, so Jetten is not overly worried about the delay yet.

What upset him more was his 50th PhD defence in March, which could not be celebrated as he'd hoped. Due to the coronavirus measures, the anniversary PhD defence by Martine Kox couldn't take place in the Aula. Jetten sat at his laptop wearing his academic gown, and then cycled to Kox's house to hand her diploma over in person, wearing gloves. "Of course, it was even more disappointing for her. It may have been my 50th PhD defence, but it was her first and only one. Luckily, she did a great job."

Do you miss talking to Mieke? You can no longer share these things with her. Or just talk about your day. "She always needed that more than I did. 'Regurgitate her day' is what I used to call it. But now I don't get the > THE MIEKE WE USED TO KNOW **WOULD NOT HAVE WANTED TO LIVE LIKE THIS** 

# CORONA LESSONS

THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# BORIS VAN MEURS, PHILOSOPHER 'REINVENTING THE CONCEPT OF FREEDOM'

"In traditional philosophy, nature and culture are often seen as separate. Culture is the human aspect – our self-awareness is what sets us apart from animals and other living things. But the coronavirus crisis shows us that humans are part of the Earth system, and therefore of nature. in which a non-human virus can make use of human infrastructures. Thanks to air traffic, the coronavirus was able to hitch a lift from China to Italy. It's ironic that it is precisely these networks that make us so vulnerable. The more we think we have nature under control, the faster the virus can spread. And there's a link to climate change here: we fly around the world, but run up against the Earth's limits. Our networks don't just work for us, they also work against us.

The guestion is: What lessons can we learn from the coronavirus era? It's interesting to see that China's authoritarian approach seems to work, and that large-scale problems like a pandemic or climate change seem to require a strong state. Can we also address these challenges in a democratic way? It boils down to having to reinvent our concept of freedom. We associate freedom with consumerism, travel and doing what we feel like doing. Other aspects are less emphasised, such as a connection to other people, or being free to form local communities or create a sustainable economy. The coronavirus can help us formulate a new concept of freedom, one that brings together health, democracy, and sustainability."

TEXT MATHIS NOI



THIS CRISIS
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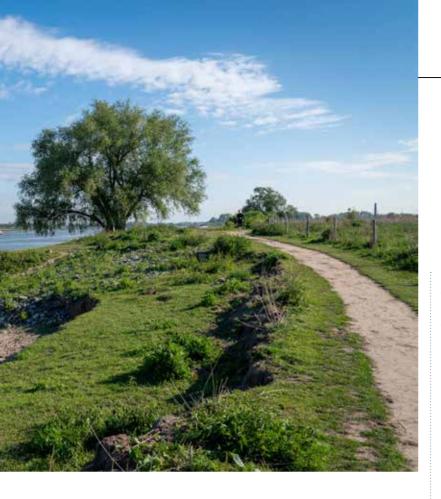
opportunity to talk about any challenges either. When there were tensions at work, I really appreciated coming home and asking her: Am I looking at things wrong? What I find most tough about this whole situation is being a single parent. You decide to have a family together, not by yourself. If you have a partner, you can go for a walk when it all gets too much. That gives you some breathing space."

In earlier days, would you and your wife have opened a bottle of champagne to celebrate winning the ERC grant? "No, we wouldn't necessarily have celebrated at home. I think we'd have gone out for a nice meal with my co-applicant Caroline and her husband. This whole award completely passed Mieke by. Luckily I had my partner in crime, Caroline, to call when I heard we got the grant."

# **LIVING LOSS**

We've stopped on one of the sun-drenched Waal beaches for a short break with a drink of water and some biscuits. On the edge of the groyne, a cormorant sits drying its wings. Jetten's father was a bird-watcher. He could recognise birds by their call. As a child, little Mike often accompanied him on his walks.

For nature, it's a blessing that people have been forced to suspend their activities, says the microbiologist. "The factories have stopped, we drive less, and we hardly go out. As a result, air and water quality has improved." He hopes this will stimulate society to switch to sustainable practices more quickly. "The planned reduction in intensive livestock farming is good for our nitrogen crisis



and will hopefully also reduce the likelihood of another virus being transmitted from animals to humans. This crisis emphasises how insignificant and temporary we humans are on our microbial planet."

Jetten also enjoyed going for walks with Mieke. The question is whether she remembers it. What memories does she still have of her life before 4 March 2019? Both her short-term and her long-term memory have been affected, explains Jetten. Although he doesn't believe she has lost her long-term memory completely. "My impression is that it's still there, but we can't access it." She can sometimes be quite clear-minded, or remember things about the past. The other day, Jetten was asked to pass on greetings from one of his colleagues. He asked Mieke whether she remembered them. She said: "You're doing something with bacteria and supervising young children." Jetten laughs. "That's spot on, Mieke!" She usually recognises her husband, but she doesn't always remember his name. So he helps her. "Mieke Burggraaff has three children and is married to...?" Time and again, he tells his wife their life story. How they met at Wageningen University, how they spent a few years in Boston and Delft, how they became parents to two boys and a girl, and lived for over 37 years as a happy loving couple.

Is Mieke still your wife? "It's something I've been philosophising a lot about with family and friends. Her body still looks the same. She can still laugh out loud and respond ad rem. The haemorrhage affected her left hemisphere, which is the seat of our negative emotions and inhibitions. This has made her less inhibited; she

sometimes laughs about things you're not supposed to laugh about. I don't hold it against her. But the intelligent woman, the partner with whom I could really talk and reflect? No, that's not Mieke anymore."

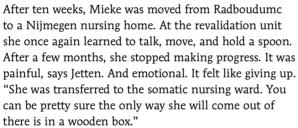
# *Is this the life she would have wanted for herself?*

"I suspect not. As it happened, Mieke and I had talked about this quite extensively six months before her haemorrhage. At the time she said quite clearly that if something ever happened to her, she didn't want to end her days helpless in a nursing home. Very good, I said, neither do I. But it's not that simple. We are now in this situation, Mieke became incapacitated from one moment to the next."

Does she have a good quality of life? Jetten is silent for a moment as he thinks. "It's a difficult question. The Mieke we used to know would not have wanted to live like this. Completely unaware of her situation, dependent on other people for care. But she's not unhappy; she feels well cared for. She's not suffering. I think I suffer more than she does. What I experience now is a constant living loss and sadness, a semipermanent grief with an uncertain end."

Was there a decisive moment? Could you have refused **some treatment?** "If I had not called 112, she would have died. But of course you call the ambulance; you don't know how severe it is. Mieke was at home when she started with a headache and feeling nauseous. Then she became non-responsive. It felt like the ambulance was there within a minute. They immediately said they thought it was neurological. First I had to take my son to the neighbours, then I followed the ambulance on my bicycle. They operated on Mieke immediately; they put in drains to remove the fluid from her brain. That first week, the intensivist on duty prepared us to say good-bye; he thought her condition was critical. Later a different doctor came on duty, and Mieke moved her little finger. That doctor wanted to give her a chance. Iseem to recall asking what kind of a chance we would be giving her. A small number of patients in this condition can make a reasonable recovery, was the answer. The treatment was put in motion. What was I supposed to do? Stop it? You want the best thing for the person you love, and you hope against hope that things will turn out all right." >

# THIS WASNT **HOW I IMAGINED OUR GOLDEN YEARS**



Jetten slows down to photograph a herd of Konik horses on the beach. Lots of foals, he notices. Life goes on. This raises the question of how bad it would be if Mieke died of coronavirus. Jetten doesn't answer immediately. He coughs, lets his eyes drift across the floodplains. "If I believe the statistics, people in Mieke's condition have a life expectancy of eight to nine years. The most common cause of death is an infection. In the past year, I've been aware of the fact that it could happen any moment; she could just choke on something and get pneumonia. Is that bad? I don't know. She could be the exception that lives to be 90."

The first weeks when Mieke lay in hospital, Mike Jetten took sick leave. Later on he tried to pick up his work, but he quickly noticed that he had trouble concentrating. He was declared 50% work incapacitated. But he also still had to devote twenty hours a week to his role as carer and 'overseer' of Mieke's care. He then realised there are no regulations at the University that cover his situation. "When a colleague gets pregnant, you can get an allowance under the Flexibility and Security Act to hire someone or extend their contract. But if a person is ill for a long time, the department doesn't get any money to replace them; after all, their salary still has to be paid for two years."

Just as well, he says, that he has had no teaching

engagements in the past months. He was able to transfer the most urgent tasks to his colleagues -"who are incidentally also overworked" - but you can't ask someone to take over your teaching. At his research institute, the professors have made a solidarity agreement, a kind of collective insurance. When someone can't work for some reason, there is money for a solution. Jetten has already told the Executive Board that he is in favour of extending this system to the whole University. "Let's make Radboud University the most caring university in the Netherlands by creating a collective fund available when people are unable to work."

Clearly the Mieke situation has put his scientific success of the past years into perspective, says Jetten. With a modest smile, he asks whether the VOX journalist is now going to ask him whether he would swap the ERC Synergy Grant for his wife's health. You can guess the

But if he had known what was coming, he would have made an effort to spend more time with her. It was only six years ago that they went away for a weekend for the first time without their children. Jetten had to go to Finland for work, and he asked Mieke to come along too. They cycled together along the Finnish coast, went out to restaurants, and enjoyed themselves. They were intending to repeat the experience often. "This wasn't how I imagined our golden years."

Jetten recently informed his Dean that he would like to take early retirement so he can find a better balance between work, caring for Mieke, and his own needs. He will complete the Synergy project, and he will continue to lead the two research projects for which he was awarded a Gravitation Grant (see BOX). "But I would like the Faculty to look for another head of department." He won't be applying for another prestigious grant, and as he winds his way between horse droppings, he jokes about jealous colleagues no longer complaining about 'Mr. Jetten hoarding all the awards (Jetten is known as one of the 'Scrooge McDucks' of Radboud University). The microbiologist sees it as his mission to lead a new generation of researchers to the top in coming years. "And on sunny days like this, once the coronavirus crisis is over, I can simply say to my colleagues: Dear people, I've had enough for today. It's 12 o'clock, I'm going to pick up my wife and drink a cup of tea with her in the garden." <









# Student life without parties



Do students suffer from imposed social distancing and having to study at home? A preliminary survey seems to indicate that things are not so bad. Four students talk about their *lockdown* days: 'At first, I loved the fresh sea air at my parents' place on Texel.'

TEXT LEONI ANDRIESSEN AND JOEP DORNA PHOTOGRAPHY DICK VAN AALST

■ he 'unlucky generation': it was the nickname adopted by the current generation of students after the basic grant was abolished. A development that led to an explosion of stress and more people turning to university psychologists and other counsellors. Enter the coronavirus crisis. How does this new catastrophe affect student well-being? This is the subject of a study currently being conducted by an interdisciplinary team of Radboud University experts. In a Skype interview on 24 April, three professors from the team share their preliminary results, based on answers from 350 students.

# **NEW RHYTHM**

First, the bad news: it's not good for the quality of education. Sixty percent of students find that the quality of education has fallen since the University closed its doors. "Students and lecturers are handicapped in all sorts of ways," says José Sanders, Professor of Narrative Communication. "The Campus no longer serves as a meeting place. Students indicate that they collaborate less with others than usual and find it difficult to stay in contact with each other. They feel less connected to other students and to the University community." Students have to find a new rhythm, balancing self-study, home examinations, digital lectures and group assignments. The



# O&A via social media

Every morning, students can post questions on the @Radboud Uni Instagram-account. Answers are posted in the afternoon. A university psychologist also shares a weekly video with, for example, tips on how to cope with <u>loneliness or study</u> pressure.

study shows that male students find it harder to maintain a daily rhythm, while female students find it harder to stay motivated and focused. Professor of Psychology Giel Hutschemaekers can only guess at the reason for this. "Maybe female students have higher expectations of themselves."

## **MORATORIUM PHASE**

Many students find studying important, but student life is not just about collecting course credits. "As their social obligations are put on hold, students experience a kind of moratorium phase," says Professor of Religious Studies Hans Schilderman. He views student life as a time for exploring boundaries: between youth and adulthood, dependence and independence, and between different worlds: the world of their parents, the University, their life with their peers. "They constantly have to switch between the various demands imposed on them by these different worlds."

The researchers want to find out to what extent coronavirus measures affect student well-being. Are students at risk of becoming isolated now that their friends, family, colleagues, and fellow students have disappeared from view? Has their contact with others dwindled due to closed cafés, cancelled dates, and quarantined parents? Is this creating a coronavirus generation with more than its fair share of misery and loneliness? Those who focus mostly on the negative aspects of the coronavirus era may be surprised by the study's preliminary results. Schilderman: "The figures give no reason for pessimism."

The study involved students, but also Radboud University staff members, completing a detailed questionnaire. The results show that despite experiencing more everyday discomfort and boredom than staff members, students remain positive about their life. Hutschemaekers: "Students are doing surprisingly well. At a fundamental level, their quality of their life is not compromised." The Professor also works as a psychologist at a mental health institution (GGZ). "When I speak to students in my



**Extra online** effort study programme or progress. Student advisors can also refer students to specific help for issues like mental health or financial problems. University psychologists are offering additional counselling sessions and answer short questions via e-mail. As a student, you have access to an extended range of online services, including e-health training modules on topics like loneliness, mindfulness and coronavirus stress. You can also take part in a pilot with chatbot Tess, available 24/7 for extra counselling if you suffer from mental health problems, or if you are struggling in

general.

role as psychologist, I see how resilient they are. I find it really impressive!"

# **EMERGENCY HELPDESK**

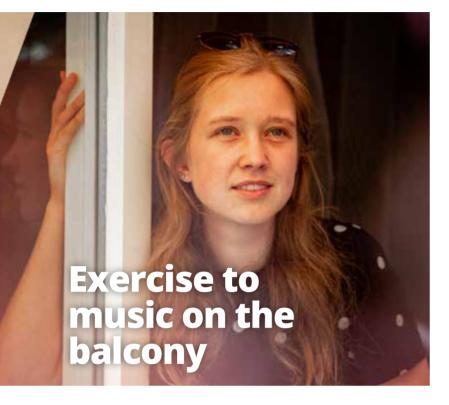
The researchers emphasise that this positive first impression of student well-being in no way implies that the University can rest on its laurels. "Our results reveal that some students really are in need of help," says Schilderman. And the researchers also wonder how these results will shift in a 1.5 metre society. The current study only concerns the initial period after the Campus closed down. "The situation may change if students start to accrue study delay, to give one example," says Sanders. To monitor the long-term impact of Covid-19, study participants will be followed over a longer period of time by means of in-depth interviews among other things. This positive impression of student wellbeing is confirmed by the fact that university staff responsible for assisting students through this period are not busy at all. Head of Student Support Alex Roomer points out that although online counselling tools like e-health have been widely used these past months, the university psychologists are not overworked. "In fact, things have been quieter than usual. Our national consultation shows a similar pattern across the Netherlands: few students make use of the coronavirus helpdesks." With some reservations here and there, Roomer also sees positive aspects to the crisis. "Maybe students finally have the space and quiet to think things through. They may actually experience less stress because they no longer feel they have to be and do everything at once. That would be good news." Roomer is aware of the fact that there may be other reasons why the emergency lines are not being used: "Students usually prefer to contact their student advisors, and we don't have a full picture of the pressure they're under." Students may also be under the impression that it makes no sense to contact emergency helpdesks because they are so busy at the moment. Which is clearly not the case. Roomer: "Don't hesitate to contact us if something's bothering you." <





MARIJN KUIPERS: Can I still visit my parents? Like many other students, Marijn Kuipers (23) asked herself this question when the Netherlands went into lockdown. "I wanted to check on my parents and see how they were. I also found that it was becoming harder to study in our busy student house." Despite her fear of infecting her parents, she decided to go, under strict conditions. "I planned to stay indoors as much as possible." Her parents live in a terraced house on Texel. There were rumours that the ferry to the island might stop running. The arrival of tourists led to heated discussions "Texel lives off tourism, but there was also this feeling that outsiders weren't welcome anymore. Residents were incredibly concerned that people kept coming in from outside.

Although everyone I spoke to understood why I had come, I still took it personally. For the first time I felt like an outsider." And yet, this was not the reason Marijn decided to return to Nijmegen. "On Texel I didn't feel I was moving ahead with my studies; it felt like a holiday." And she worried about her parents. "Even though I stayed indoors nearly all the time, I still thought my parents would be safer if I was in Nijmegen. I know it's irrational, but that's how I felt." So Marijn took herself and her heavy suitcase back to her student house in Nijmegen-Oost. Although she misses Texel, she plans to stay in Nijmegen for the time being, one reason being she wants to protect her family against the risk of infection. "We video call one another, but it's a pity we won't be together to celebrate my birthday which is soon."





**HIEKE ZOON:** After six years of living on her own in Nijmegen and having reached the end of her Master's programme in Environment and Society, Hieke **Zoon** (24) has temporarily moved back in with her parents in Culemborg. "I wasn't looking forward to lockdown in my student house; at my parents' I've got more freedom of movement, and there are more people around." She now teaches exercise to music classes to people in the neighbourhood from her balcony. Yes, it's great to be at home with her parents, younger brother and sister, and two guinea pigs. But she did have to give up things in Nijmegen to come here. As Secretary of the University Council and political chair of International Student Organisations Nijmegen, she was fully engaged in student life. Her work on the student

council continues online. "Everything else has pretty much been put on hold." Hieke is in the last year of her Master's programme. After graduating, she was planning to spend some time travelling before looking for a job. This plan has now also gone up in smoke. "It's a very strange way to end my studies," says Hieke. "The department where I was doing an internship sent flowers to my old home, but I was already at my parents'. I don't think there'll be a graduation ceremony either." A number of her international friends have already gone home, and may never return to Nijmegen. Hieke now wants to do a Master's in Education to obtain a teaching qualification. "I hope people on Campus will be up for more activities again. Maybe they'll realise now how important social contacts are."

**FLORIS BOONE:** Some students are rigorous in following quarantine measures, while others drop by their friends for coffee. Medical student Floris Boone (29) belongs to the stricter group and spends as much time as possible indoors, in his studio at the Mariënbosch SSH& complex. "Some people are lax and go out unnecessarily. I sometimes confront them, because I think everyone should be doing their best. People understand that, especially coming from me." Spending a lot of time indoors was difficult at first. What helped Floris was the increased online contact: he plays video games with his friends, talks and sings with them, and his musical association now organises online rehearsals. When Radboudumc called on medical students to join in the

fight against coronavirus, he now helps the nursing staff on the coronavirus ward. "Rather than being forced to sit at home, I can make myself useful. Plus, it means I get to be among people again, even though these aren't the people I usually spend time with." Being locked up at home is hard on many people, but Floris thinks he can handle it. "So far, I'm feeling OK, and I've got enough to do. The biggest problem will probably be the temperature. In summer, my room can get incredibly hot. Can I imagine going out to meet people? Chilling out with others is a luxury I can't afford at the moment. Even though I notice, when I'm at the hospital, how good it is to see other people. If I really can't handle it anymore, I could perhaps meet with a friend to talk about it. But only at 1.5 metre distance."



# FRATERNITY HOUSE VILLA

**OLIFANT:** House dog Lulleaux can't believe her luck: she's taken out for a walk seven times a day by the inhabitants of Villa Olifant. Abel Buijnsters, first-year Political Science student, often takes her to the river Waal. He's been living at the fraternity house since the start of this academic year. Together with Tijn Craandijk (21), Stijn Horlings (23), and seven other fraternity members, Abel is in lockdown. No one (apart from the occasional girlfriend) comes to the house anymore. "We always had a lot of guests," says Abel. There were fraternity nights on Thursdays and evenings at De Kroeg [the Carolus Magnus student association building, Eds.]. "It was quite an exciting busy life," says his housemate Tijn. "But that's all gone now." The only

advantage according to Stijn: "You save a lot of money." The door of Villa Olifant remains closed, but inside, fraternity life continues in a modified form. Social distancing is impossible with ten housemates, so instead all room doors are kept wide open, and people eat together. Tijn: "We try all kinds of new recipes. The paella with chicken was a big success." Not that life is boring. The students recently organised a mini-party – with DI – for all housemates. Five of them showed up. One after the other, the housemates get a free Disney+ trial. A handmade cord makes it easy to pull beers up onto the roof terrace. The garden has been tidied up and the traffic signs that used to lie around have been put away. Housemate Abel is the unlucky

# WF TRY ALL KINDS OF NEW RECIPES.

# **THE PAELLA** WITH CHICKEN **WAS A BIG** SUCCESS'

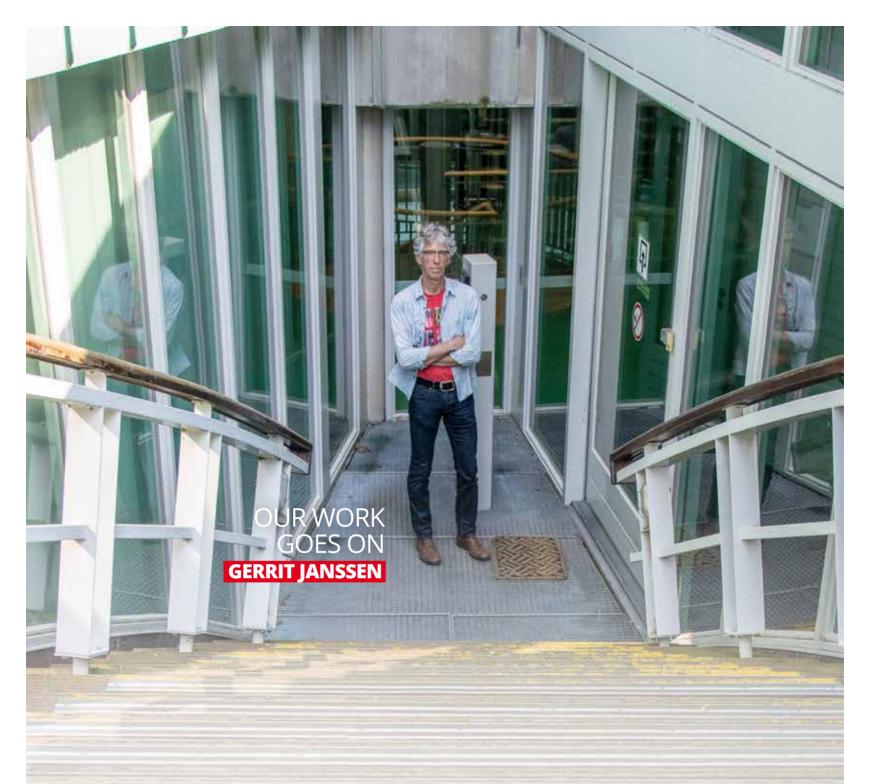
one. As the youngest inhabitant of the villa, he has to do the chores. Luckily, the other members of the fraternity have showed some mercy and the chores are divided a bit more fairly. "I do still have to clean the hallways, but the others do place their plate in the dishwasher themselves now." Another silver linging: many other chores are cancelled, like being the designated driver during parties, or cooking for twenty guests. Studying at home works to

some extent. They're getting better at being more considerate. Abel: "In the beginning, people didn't give a damn and everyone played their music really loud." Tijn: "We've now learned to talk about these things if needed." He's a little concerned about the summer holidays, when boredom might get the upper hand.

What about afterwards, in the post-corona world? The first thing Tijn wants to do is to visit his family. Stijn is planning to spend time relaxing on a café terrace. The youngest inhabitant, Abel, can't get enough of fraternity life: "We had agreed with some people from my year that after we were done with all those stupid first-year chores, we would go out for a proper meal to celebrate. When this is over, we can finally do it."



Even on a deserted campus, the work never quite ends. Cooling scanners, manning reception, or servicing magnets - someone's got to do it. Come and meet the people left behind.



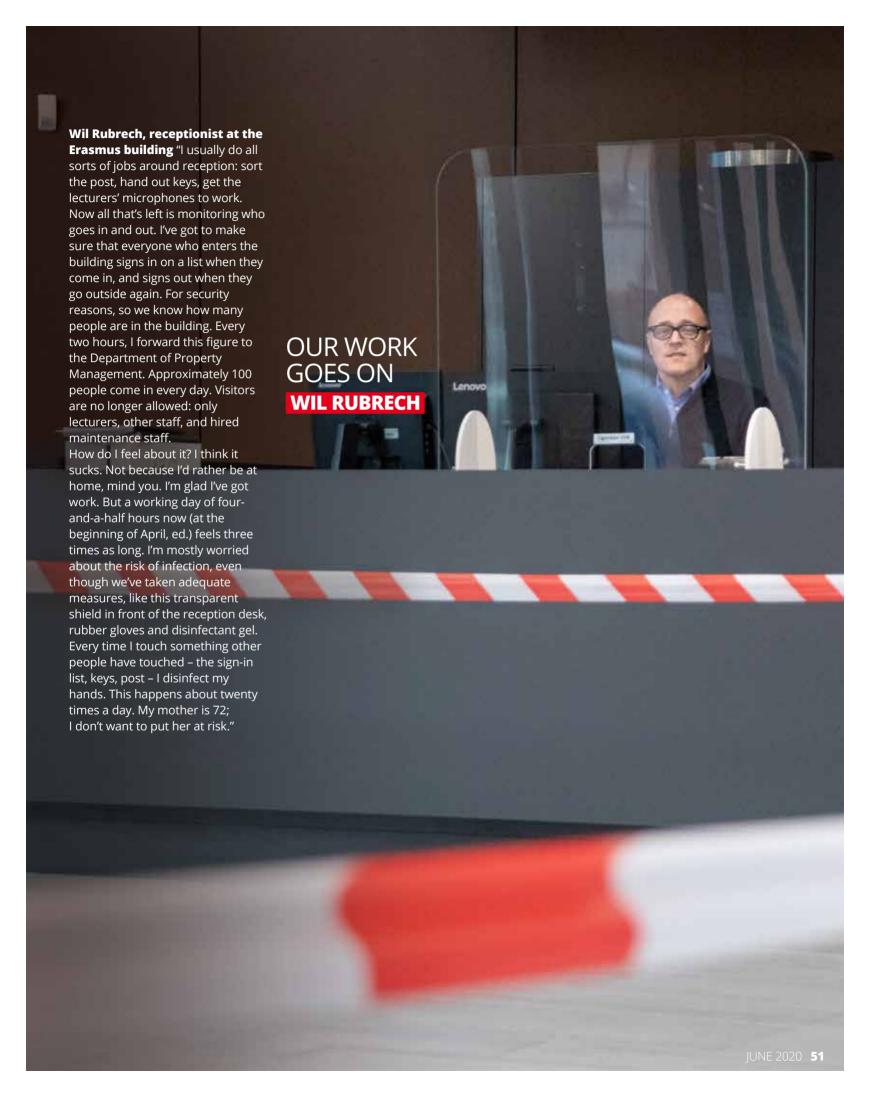
# Gerrit Janssen, technician at the **Magnetic Resonance Research Center**

"Here at the Goudsmit Pavilion we have eight superconducting magnets that we use for materials research at atomic level. I take care of the magnets and develop research equipment. For example, I recently thought of a way to have light shine on a material in a ceramic tube rotating at a speed of five thousand rotations per second. And all of this inside a magnet, the coil of which hangs in a bath of liquid helium, surrounded by a bath of liquid nitrogen, surrounded again by a vacuum for isolation. The research we do

with this equipment could lead to the development of better solar panels. Other experiments work on new materials for batteries and medicines. We now have time for longer studies with repeated measurements every two weeks. Normally, we would use this measuring time to run more shorter experiments. Because of the coronavirus, access to the building is now limited. I keep things running with two other technicians. We have to fill up the nitrate for the magnets every week, and the liquid helium every four to six weeks. If we don't, the magnet coil would short-circuit. This would cause

damage, and the magnet would probably have to be replaced. This could cost from 0.5 to 4 million euros.

Most of the time I sit at my computer at home designing equipment. Every day we have a digital coffee break to discuss our progress. For international PhD students, it's also a bit of social contact - they're even more isolated here than we are. What if this continues for a year? That would be a real problem. We have postdocs and PhD students here on contracts of two or four years. If they lose an entire year, it would mean the end of their project."



Johan Oosterman has been working on an exhibition about the Black Plague for a while now. The Professor of Medieval and Early Modern Dutch Literature could not have imagined how topical his project would become.

TEXT BEA ROS

# Parallels with

fine wooden statue of Saint Sebastian, the Patron Saint of plague victims. This inspired the idea to organise an exhibition on the Black Death, the disease that decimated the medieval population between 1347 and 1351, and later led to a number of severe local outbreaks, for example in 1635-1636 in Nijmegen.

year ago, the Valkhof

Museum acquired a

Johan Oosterman knew about the horrors of large-scale historical pandemics from medieval eyewitness accounts and family stories. "My grand-father had the Spanish flu. He nearly died, but then he recovered." However, these are all stories from the past. In January, Oosterman was still explaining to an acquaintance the impact of the Black Death, how it had killed from one third to half of Europe's population in just three

months' time. "Imagine what would happen if we had an outbreak now," I mused. "It would mean the death of 65,000 of the 170,000 Nijmegen residents. It would completely destabilise the economy and society." A few weeks later Covid-19 appeared on the scene. "This kind of pandemic used to be a fascinating historical phenomenon, now it dominates the daily news. Much of what happened then is happening again, from utter uncertainty to bizarre theories and scapegoating. It really makes you think: there's lots of stereotyping in history books, but now you can really see it happening."

# **SOCIAL DISTANCING**

Oosterman reads and studies sources with different eyes now, and with more recognition. For example a letter by a Canon, dated 1349. "He describes the steady spread of the

disease to his friends in Bruges. 'Half a year ago it first appeared in Genoa; now it has reached Avignon. It's coming to you too, so beware!"" What we now call social distancing and the 1.5 metre society were familiar concepts to medieval people. "Their measures weren't that different from ours. The only difference is that we are working on developing a vaccine. People in the Middle Ages didn't have that kind of future perspective." Black Death victims and their relatives had to be easily recognisable and carried a red stick when walking on the street. "Kind of like our coronavirus app." Then, as now, the pandemic exacerbated existing social inequality. "The rich fled to their homes in the mountains or, like the wealthy youths in the Decameron, they isolated themselves in a healthy environment and told each other stories." The Pope of Avignon took >

**MEASURES WEREN'T DIFFERENT** FROM OURS'





- **1** This is a panel from an altar devoted to Saint Sebastian, the naked man pierced by arrows at the top. His many wounds symbolise the suffering of Jesus Christ, but also that of Black Death victims, which is why he is seen as the Patron Saint of plague victims. "The painting beautifully illustrates how people imagine calling on a saint works. The Saint prays to God and advocates for Black Death victims. The dead also fear for their souls: Will they fall into the hands of the angel or the devil?" / Josse Lieferinxe, Sebastiaan-altaar (Altar of Saint Sebastian) (approximately 1495, Walters Art Museum, Baltimore)
- 2 IJsbrand van Diemerbroeck was a city physician in Nijmegen during the local Black Death outbreak of 1635-1636 which claimed 6000 victims among the city's 16,000 inhabitants. "He is often seen as the initiator of the modern approach to the Black Death. He had discovered that maintaining distance really helped. Like our modern-day ICU doctors, he also wore protective clothing: gloves, a long robe, and head covering. But he never wore one of those beak masks. And neither did medieval people. It's one of those stereotypical images that keep recurring, but there's nothing like it in any of the medieval sources. The only two masks that have been preserved date from much later." / 17th century image, Nijmegen Regional Archives.
- **3** The Black Death is ideal for depicting one of the seven works of mercy: care for the sick. "This is illustrated in this painting with a baroque sense of drama. Pay particular attention to the mouth and nose cloths." / Theodoor van der Schuer, Pestlijders in een gasthuis (Black Death victims in a hospital) (1682), Museum De Lakenhal.
- 4 Here the Black Death is portrayed as Death, seated on a beast with bat-like wings. / Arnold Böcklin, Die Pest (The Plague) (1898), Kunstmuseum Basel.



# CORONA LESSONS

THE CURRENT CORONA CRISIS IS UNIQUE IN THE HISTORY OF THE WORLD. SCIENTISTS FROM NIJMEGEN TALK ABOUT WHAT THIS PERIOD TEACHES THEM.

# SABINE OERTELT-PRIGIONE, PROFESSOR OF GENDER IN PRIMARY AND TRANSMURAL CARE 'DOMESTIC VIOLENCE ISN'T A PRIORITY'

"Earlier crises have shown that we must take into account an increase in violence against women and children. We saw increased violence during the SARS outbreak and in Africa during the Ebola epidemic. People are stuck together all day in a small house, with very little contact with others. For victims it's harder to report incidents of violence. Also, this may be people's first experience of violence, and they are unsure where to go for help.

A pandemic always leads to stress and insecurity, and it can affect traditional gender roles. Men who are forced to work from home or lose their job see women become active in key sectors like healthcare. Their image of their own masculinity may shift. They feel the need to express it in a different way, which can lead to more violence. This isn't just about muscle power, but about social roles and patterns. In the literature, we call this toxic masculinity: a masculinity that links identity to power, and tries to retain this power - be it psychological, economic or social. And, when these forms are no longer available, like during a period of guarantine, physical too. We should already be thinking about increasing shelter capacity for the victims. In the Netherlands, we talk a lot about the economic impact of the crisis, and how to save big companies. Domestic violence isn't a priority."

See the platform Safewomen.nl, affiliated with the Radboudumc Primary and Transmural Care Department.

TEXT MARIT WILLEMSEN



the concept of lockdown to new extremes: he locked himself up in his castle, had all the holes plugged, and lit huge fires to keep the Black Death at bay.

# **SCAPEGOATS**

These days it's the 5G masts that get the blame, but in earlier times people blamed the Jews. By choice or by law, Jews lived in separate quarters, and their faith required them to adhere to strict hygiene measures, as a result of which, there were relatively fewer victims among them. This made them ideal scapegoats: people claimed they were poisoning the Christians' water sources. To stop the Black Death, people carried out massive burnings of Jews. "Some chronicles, like those of the Abbot of a monastery in Doornik, describe these burnings in a neutral tone, but other authors are openly anti-Semitic." One example is Jan van Boendale's Boec vander Wraken (The Book of Revenge). "I think he's an amazing author, but these

sections are downright unpleasant. Medieval people saw the Black Death as God's punishment for human sins, but Van Boendale is actually saying: persecuting Jews is more effective than doing penance."

Not only did the Black Death dominate medieval sources, it continued to appear as a motif in much later literature, and the visual arts in particular. "The Black Death came to symbolise the disasters that can befall humanity. It was and remains the largest pandemic ever, with hundreds of millions of victims in a world much less densely populated than today. This is something that continues to appeal to our imagination." <

CORONAVIRUS PERMITTING, THE BLACK DEATH EXHIBITION WILL OPEN ON **15 OCTOBER 2020** AT THE VALKHOF MUSEUM. NOT ALL IMAGES ON THESE PAGES ARE INCLUDED IN THE EXHIBITION.

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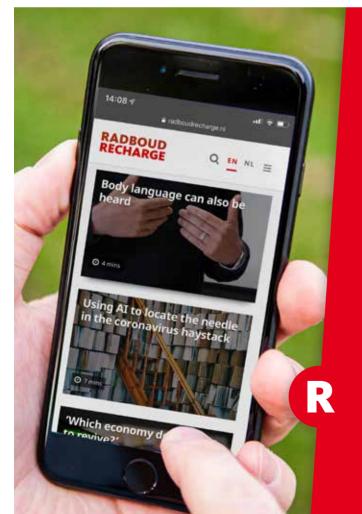
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# RADBOUD RECHARGE

EVEN WHEN THE REALITY OF TODAY IS NO LONGER A CURRENT EVENT, RADBOUD **RECHARGE: ACADEMIC STORIES ABOUT** CURRENT TOPICS.

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### Colophon

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A world from which we ask more and more is looking for people who want to contribute. Each from their own specialisation, towards a common goal. Radboud University and Radboudumc are conducting research to better understand the coronavirus and want to use this understanding to develop better protection and medication. But we are also looking at how artificial intelligence can help us get through this crisis. What meaning does religion have in these times? Will people continue to listen when they are sick of hearing about coronavirus?

Read and learn more at www.jebentnodig.nl. Would you like to facilitate research and innovative solutions for the coronavirus? Contribute to the Radboud Fund and help our healthcare workers and researchers.

# You have a part to play.



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