



## The Gabr Fellowship Newsletter

April 2020, Issue 33

COVID-19

## **Our World Today**

Imagine: The President of the United States approaches the podium... "I stand here today as a global pandemic of unprecedented danger unfolds around the world. As President of the United States, I extend my hand to all leaders of the world so that together we can face this challenge; to share scientific testing, medical knowledge, case results, resources, and information. It is only by global cooperation that we can protect humanity and by protecting the world I protect all Americans." (A dream possibly)

The reaction to such a brief statement would have reversed or at least stalled the panic and fear and given America the largest economy in the world the recognition it deserves. Hand in hand, the US, EU, ASEAN, Mercosur, EAEU, Arab League and many other regions and countries would have worked together rather than every country for itself with America trying to buy non-American companies testing vaccines to treat only Americans.

Although maintaining social distancing and protective measures are well-advised and crucial, building calm, confidence and rationality within a framework of cooperation is a must for human beings to succeed. This will not be the only or last test for humanity.

If anything, COVID-19 has put a lesson in front of our eyes. In the world today, conflicts rage over real estate, water, religion, power, technological superiority, space, etc., whilst COVID-19, on the other hand, does not differentiate if you are Christian, Jewish, or Muslim — Israeli or Palestinian — Russian or American — black, white or coloured — etc.

Is there a lesson here which we can absorb today that can make our world of tomorrow a much better place – or is this another lost opportunity?

#### M. Shafik Gabr

## IN THIS ISSUE

In Brief...

## Abdelrahman Amr and Michael Matthiesen op-ed

- Article by virologist on why Coronavirus is so dangerous
- Birthdays: April Fellows
- Chairman Gabr holds virtual conference call
- Menna A. Farouk article for Reuters
- Question of the Month: A
  Pulse of the Gabr
  Fellowship Community
- Reflections on the coronavirus pandemic from Gabr Fellows: Abdelrahman Amr, 2017, Egypt; Alexis Taylor, 2016, US; Amr Seda, 2017, Egypt; Bryan Griffin, 2017, US; Erica Witt, US; 2015 Judson Moore, Michael Goff, 2014, US; Michael Matthiessen, 2017, US; Nourhan Moussa, 2014, Egypt

## Reflections on the coronavirus pandemic...

## Amr Seda, 2017 Gabr Fellow, Egypt



I think most people aren't aware that their lives are about to drastically change. At least for a couple of years and possibly more. Our lifestyles will have to change dramatically and I feel like everyone is waiting to get their normal life back, while in fact, there is no going back to it any time soon. We will have to adapt to a new normal, where everything (from social interactions/gatherings to commuting, to working, to shopping behavior, to simply going to the gym) will be drastically different from what we're used to.

That goes for businesses as well. Some will get hurt more than others, but all will have to adapt and find new ways to succeed in the new normal.

As for how the Egyptian government is dealing with the crisis, I think that this is by far the best crisis management I have seen from the Egyptian government in my lifetime, given that it is dealing with an equally threatening issue at the same time (Ethiopia's Renaissance Dam).

Erika Witt, 2014 Gabr Fellow, U.S.



There are many negative things I can say about the COVID-19 experience. However, I would like to focus on the positives. COVID-19 has exemplified how interconnected we are as humans on this Earth. The virus does not discriminate and has spread across almost every border. But what has also spread is our love for each other and that we (humans regardless of nationality or race) are in this together.

I have enjoyed reading articles about different people and countries sending others emergency supplies and comfort. COVID-19 has given us space to explore and innovate how we can support each other virtually as well as how we can be present for our neighbors in need while being apart. The virus is pushing us outside of our comfort zone to reimagine a world that can be more sustainable and less polluted. It is our duty to usher in this new era, this moment in history, with love in our hearts and ingenuity in our minds. I look forward to doing this with you all.

Abdelrahman Amr, 2017 Gabr Fellow, Egypt



The coronavirus situation, unfortunately, affected me personally before it became a pandemic which led the virus to appear almost everywhere in the world, as I am currently doing my second Master's degree in Beijing, China. I started realizing the severity of the situation when I was informed by my school in early February, while on vacation in South East Asia, that I should not return to Beijing or China until further notice. My school dorm where I live also notified me that I will not be allowed to enter the building. Given the uncertainty, I was forced to extend my vacation and stay in South East Asia for one month waiting to see if the situation would evolve or decrease, since returning to Egypt would mean that I would not be able to afford to return to China in case school were to reopen and resume. However, as the situation developed I had to leave Asia and continue my studies remotely, which then became the case all over the world.

Alexis Taylor, 2016 Gabr Fellow, U.S.



After two weeks on the job as the Director for Global Engagement at the Global Entrepreneurship Network, I can't stop thinking about how as devastating this pandemic is, it provides an unprecedented opportunity for a global economic reset to build new norms that work for everyone, not just a select few. I'm wondering: What gaps and vulnerabilities are showing up? What new norms need to be set? What role can each of us play in \*preparing\* to rebuild our systems post-pandemic?

When you design for the extremes, you design for everyone. We're currently in an extreme situation, which gives us the opportunity to rebuild our economy and governmental systems in a more sustainable way to thrive long term. Ultimately, as hard as it is to do at times, I continue to look forward and imagine a world post-COVID-19. We need dreamers, doers, makers, and entrepreneurs, now more than ever.

Judson Moore, 2015 Gabr Fellow, U.S.



Though I feel fortunate to work in a role, industry, and company where remote work is already part of our culture and something to which we were able to adopt fulltime fairly quickly, I feel that this is only temporary relief. In the end, none of us can escape the realities of the economy, no matter where we perform our work duties. My own social distancing is going well and I have plenty to keep me busy and keep me entertained at home. In many ways, I feel well-prepared to endure this isolation thanks to my experience serving in the Peace Corps. I'm certainly much more comfortable today than I was during those 27-months. I am just 1-week into this new way of living and I can only hope that the timespan will be short. Seeing China starting to come back to life, as usual, gives me hope, though no Western country has responded to this situation as well as them, so I hold my breath on anticipating a timeframe in which we will see the end of this.

Michael Matthiesen, 2017 Gabr Fellow, U.S.



As the old proverb goes, "an ounce of prevent is worth a pound of cure." While usually an old epidemiological cliché, it feels sobering and real as people are locked in their houses watching the world panic from their television sets. These historic times almost never reflected in our world's history. What just makes me look at the TV in disbelief is that this could have been prevented if the right public health measures were taken a long time ago. A good public health system is good economics.

## Bryan Griffin, 2017 Gabr Fellow, U.S.



This is an entirely new situation for American and world leaders. I am optimistic about the world's ability to pull together and cooperatively defeat this threat and heal the sick. I believe America will lead the way in developing a vaccine and share this breakthrough with the world, in addition to offering other humanitarian assistance, once we have the safety of our own citizens under control. I do worry about emergency times like this feeding the role and scope of government to be bigger and more intrusive into people's lives, and I think that is an important concern to constantly be balanced against strong leadership to defeat the viral threat. I do not trust the Chinese government and I believe their botched response to this outbreak cost many lives -- both in China and internationally. The ineptitude of the Communist Chinese government is on full display to the world at this time, and should serve to further underscore the problems with and moral deficits of Communism.

## Michael Goff, 2014 Gabr Fellow, U.S.



First, as far as how governments and world society as a whole have responded, it certainly has been a mixed bag. There is much that is positive. Academic publishers have made all articles related to SARS-CoV-2 freely available to the public, and I have seen the research community go into overdrive trying to figure this thing out.

Local governments in the United States have, albeit belatedly, taken drastic actions to impose social distancing and protect the public. We are seeing an ethic of volunteerism kick in. However, I am furious with the lack of preparation on the part of the US Federal government. The delays in producing COVID-19 tests are inexcusable, as is the period of denial on the part of the Trump Administration and failure to fund global health first responders. We are at war now, albeit with a nonhuman enemy, and need to act like it. I am also furious that the Chinese Community Party (but not the Chinese people as a whole, who have suffered terribly), for three weeks in December, had enough information to act aggressively but dithered and obfuscated. This really fits into a broader pattern of weak world leadership. We were not prepared for a pandemic, which was a wholly predictable event; we are not prepared for other predictable catastrophes such as a major cyberattack; and our leadership continues to act helplessly in the face of chronic problems such as high housing costs and climate change.

We can't go on with closing borders and public places; we have to get back to living our lives. That means spending billions of dollars on testing and temperature screening and responding aggressively when there is an outbreak, rather than putting whole countries on lockdown. We also need to pull out all the stops and regulatory barriers to developing antiviral treatments and vaccines. We need to fund worldwide health surveillance and train hundreds of thousands of first responders to get to the site of an outbreak, anywhere in the world, immediately, so that when the next outbreak occurs we are prepared.

## Nourhan Moussa, 2014 Gabr Fellow, Egypt



As a matter of fact, the coronavirus (COVID-19) was described as a Pandemic by the World Health Organization on March 11, 2020.

Over the past twenty years, the risk of pandemics and diseases raised many problems and challenges legally, economically and socially in relation to global health security. The resulting constraints and the impact of these will be clear on all sectors, including our daily lives. We lived through SARS in 2003, H1N1 in 2009 and EBOLA in 2014, only for our fears to be renewed today. An international debate and a general panic wave has hit the world regarding the effects and the consequences of the coronavirus.

Different procedures and initiatives have been adopted by a good number of countries. However, Egypt has opted to take the path of increasing serenity and spreading a spirit of tranquility among its people, while announcing the procedures and the initiatives that have been taken by the concerned and competent authorities.

On Sunday, March 22<sup>nd</sup>, his Excellency President Abdel Fattah El-Sisi urged citizens to comply with coronavirus measures and the decisions came as follows:

- 1. Directing the Ministry of Finance to allocate LE 100 billion to confront the coronavirus.
- 2. Reducing the price of natural gas for industry by \$4.5.
- 3. Reducing electricity prices for industry by 10 piasters.
- 4. Launching the "delinquent clients" initiative for those affected by the tourism sector.
- 5. Providing one billion Egyptian pounds for exporters during March and April 2020 to pay part of their dues.
- 6. Lifting administrative reservations on all the financiers who have due payable taxes, for only 10% of their taxes due.
- 7. Reducing the interest rates at the Central Bank by 3%, while providing credit limits for capital financing, and in particular the salaries of employees.
- 8. Postponing the credit entitlements of small, medium and micro enterprises for 6 months.
- 9. Not to apply additional fines or returns on late payment.
- 10. Studying the sectors most affected by the spread of coronavirus to provide the necessary support and exempt foreigners from capital gains once and for all.
- 11. Allocating 50 billion Egyptian pounds for real estate financing for middle-income groups through banks.
- 12. Addressing the tourism financing initiative to include the operation of hotels and financing their current expenses by LE 50 billion, in addition to reducing the cost of lending for this initiative to 8%.
- 13. Allocating LE 20 billion from the Central Bank to support the Egyptian Stock Exchange.
- 14. Suspending the Agricultural Land Tax Act for two years.

As an Egyptian Youth, I would like to urge the Egyptian People to follow and comply with all the instructions and don't follow and share any fake news. Follow news from The Egyptian Ministry of Health.

## **Chairman Gabr Hosts Virtual Meeting with 2017 Fellows**



Chairman M. Shafik Gabr held a virtual meeting with several Gabr Fellows from the 2017 cohort to discuss the coronavirus pandemic and how it has impacted them. The Gabr Fellows called in from all over the world. Jack Gordon (US), who is a media producer and virtual storyteller based in Washington, D.C., said he just returned from Africa. Neveen Mohamed (Egypt) called in from Ghent, Belgium where she lives and works as a Ph.D. Researcher at the Vlerick Business School. Dalia Ihab (Egypt) lives in Cairo and said she had a singing tour in Lebanon but it was canceled due to the pandemic. Thomas Stein (US) called in from Kansas City, Missouri where he works for his family's company. Sherif Soliman (Egypt) lives in Alexandria but said he is looking to move to Cairo. Amr Seda (Egypt) called in from Cairo where he is working on several business ventures. Bryan Griffin (US) called in from Tampa, Florida where he resides and works for the Maccabee Task Force. Abdel Rahman "Abdi" Amr (Egypt) called in from Vancouver, B.C. where he is staying due to his student status after he was told he had to leave China, the epicenter of the coronavirus's outbreak, where he had been studying. Because all the airports in Egypt are shut down, he could not go back home to Egypt.

Everyone was generally optimistic on the call. There was a healthy debate about China and the responsibility that they bear. The split was on how much blame China deserves for being the cause of this global problem. Some of the Fellows saw China's international medical assistance teams and thought, 'why isn't the U.S. doing as much?' The point was also made that the U.S. is just at the start of this. Others believed that the Chinese government are communist authoritarians and that they have lost all credibility as a result of this pandemic and their treatment of Muslim Uyghurs being placed in "reeducation" camps. Still, others said the Chinese government does not deserve any credit for their reaction to the pandemic they started and stated their belief that the medical reports that Chinese doctors are sending out sound like lies.

#### **Deadline Extended**



Gabr Fellows with H.E. Mr. Sameh Shoukry, Minister of Foreign Affairs in Egypt

Gabr Fellows at the Department of Homeland Security in Washington, DC

Deadline to apply to *The East-West: The Art of Dialogue* for its 2020 Gabr Fellowship program has been extended to April 30, 2020

Apply here: https://eastwestdialogue.wufoo.com/forms/eastwest-the-art-of-dialogue-2020/

**Trip dates:** The Egypt portion of the Fellowship program will take place from August 28 through September 6, 2020. The United States portion of the Fellowship program will take place from September 19 through September 30, 2020.

- Applicants must be citizens of the US, Egypt, the UK, Jordan, Lebanon, or France.
- Egyptian applicants cannot have visited the United States previously, and United States applicants cannot have traveled to Egypt. If you are an applicant from France, the UK, Jordan, or Lebanon you should not have visited the US or Egypt.
- Applicants need to be between 24 and 35 years of age.
- For more information about the Fellowship, <u>please review the Fellowship Handbook</u>.

## Sponsor a 2020 Gabr Fellow

**Sponsoring a Gabr Fellow** for the 2020 Fellowship Program goes beyond financial support—it helps build bridges of cross-cultural understanding between the East and the West.

The sponsorship package costs \$35,000 which includes the sponsoring of a Fellow who can carry the name of the individual, organization, or corporation making the contribution.

Sponsors will be recognized in all Foundation publications, marketing materials, and at all events. You may find information about how to become a Sponsor, Corporate Patron, or provide Unrestricted Support here.



Support the Foundation

## Inside the Spiky Ball: A Virologist Explains Why the Coronavirus Is So Dangerous



By Jeff St. Clair of NPR's "All Things Considered"

Back in school we memorized the parts of a cell: the cell wall, nucleus, Golgi bodies, lots of stuff.

But a virus is different. It's on the border of a living and nonliving collection of molecules, mostly proteins and a string of RNA or DNA. It doesn't eat or sleep; it's sole function is to parasitize its host cell and make copies of itself.

<u>Angelo DeLucia</u> is a virologist who has taught his students at <u>NEOMED</u> about the coronavirus family for 30 years.

He says the spiky crown of the coronavirus is what makes it a hazard to humans.

"This particular virus has a piece of RNA, ribonucleic acid, that contains the genes for how it functions in the world," DeLucia said. "That string of RNA is encased in a fatty liquid membrane, like a fat droplet, and sticking out of that membrane are the viral proteins we've seen in various pictures. Those proteins direct how the virus engages and interacts with the cells of our body."

It's called the coronavirus because those spikes reminded its discoverers of a crown, or corona in Latin.

DeLucia says those spiky proteins on the surface of the virus allow it to infect our cells.

"It just so happens that this virus takes advantage of a receptor protein on the surface of human epithelial cells called  $\underline{ACE}$  2, or Angiotensin-Converting Enzyme 2 receptor."

The coronavirus is then pulled into the cell and begins replicating itself.

He says the <u>developers of a coronavirus vaccine</u> are targeting those spiky proteins.

"So if our bodies will make antibodies against that spike protein, it will prevent that spike protein from interacting with the ACE 2 receptor on our cells," he says.

#### The viral one-two punch

DeLucia says what makes the novel coronavirus so dangerous is how perfectly those spiky proteins match our cell receptors, and where in our body the virus attacks us.

"The virus filters down into our lower respiratory tract and binds with high affinity to cells there," he said. "And when those infected cells start dying, the airways get filled up with cellular debris."

He adds that not only does the virus kill respiratory tract cells, it triggers a cascade of inflammatory and immune responses.

"Our bodies are trying to fight off the virus, and that inflammatory response differs depending on the conditions of the infection and the person's particular immune system," DeLucia said.

He said the virus and the overactive immune response, lung inflammation in particular, together cause the large number of deaths.

#### From bats to humans

<u>A recent study</u> shows that the novel coronavirus shares 96% of genetic material with one found in bats, strong evidence that it jumped from them to humans.

DeLucia says it's just chance that mutations in the bat virus made it a perfect match for human epithelial cells. "That allows it to infect us with greater affinity than the typical virus jumping out of an animal to human," he said.

The novel coronavirus is actually called SARS-CoV-2, a new version of the SARS-CoV-1 virus we saw in 2002. But DeLucia says this SARS (Severe Acute Respiratory Syndrome) virus is more contagious than the SARS 'classic'.

"People who have no symptoms are able to easily transmit the new virus, which wasn't the case with SARS 1," he said.

If you remember, SARS 1 was contained because of aggressive isolation protocols, and it hasn't been seen since. That may not be the case with SARS 2.

#### The coronavirus family

According to DeLucia, the coronavirus group was not well studied before SARS 1.

"Some members of the coronavirus family are known to cause the common cold, but there are very few researchers who study these viruses," he said. "So, our understanding of their biology and how they affect our immune systems is poorly understood."

It also isn't known whether those who are infected develop immunity to the virus.

"The thinking is that people infected with the coronavirus won't suffer re-infections immediately," he said, pointing to data from China.

"It also indicates that the people working on vaccines will have a fighting chance of developing a vaccine that is meaningful," he added.

DeLucia says that viruses with RNA-based genetic material are prone to rapid mutations, but the novel coronavirus is different. It has a slower mutation rate because its RNA chain is longer than usual, and therefore more stable.

"That's the good news about these viruses," he said. "They don't change nearly as rapidly or quickly as, say, HIV or the influenza virus."

The virus' stability is good news for doctors treating patients and researchers working on a vaccine.

#### Will warm weather stop it?

The big question facing <u>health officials</u> and policy makers is when will the outbreak peak.

"That's a huge question," DeLucia said. "We are still in the logarithmic phase of virus infectivity," the steep slope of the upward curve. "And that means for every case we see, five to 10 cases will potentially appear several days to a week later."

"Without adequate testing to show what our underlying population infectious rate is, it's difficult to analyze what that curve looks like," he said.

He's not optimistic that warm weather will bring an end to its spread.

"Think about Australia," he said. "It's summer down there, and they have ongoing infections. So you know, all bets are off in terms of whether the heat will destroy the virus."

Even if the virus does take a summer break, it may return in the fall and start the infection cycle all over again.

But DeLucia said by then a vaccine might exist, along with antiviral therapies.

"So we'll be much better prepared, even if it does come back," he said. "Although we can't predict one way or the other at this time."

He said one lesson from the current outbreak is that knowledge is the best weapon against panic and fear. "Preparation is absolutely critical, and part of why we're not prepared today is because we haven't spent the money that we needed to study these things," he said.

**Disclaimer:** The views presented in this article are the authors' alone and do not represent the opinion of the Foundation. <u>This article was originally published by NPR News's All Things</u> Considered and hosted on WKSU.

## Could Global Responses To COVID-19 Predict What Will Happen Post-Pandemic?



By: Abdelrahman Amr/ Michael Matthiesen

As the old proverb goes, "an ounce of prevention is worth a pound of cure." While usually an old epidemiological cliché, it feels soberingly real as most people are locked in their houses watching the world panic from their television sets.

The COVID-19 pandemic is showing how emergency preparedness is good economic policy. Disagree? Well, economists say the real danger of COVID-19 is how many Americans may have to declare bankruptcy. Last week, over 3.3 million Americans filed for unemployment insurance, the highest in history. In the past two months, more than five million Chinese lost their jobs. The reason markets are crashing all over the world is not because of the COVID-19 virus, but because of how countries like the U.S, China, and Europe were ill-prepared to handle a pandemic.

Even though China is bearing a lot of blame now, the country's post-Coronavirus response must be noted. China is working on its national image communication, strengthening its soft power, in parallel with its economic rise. They are not cultural diplomacy leaders like their neighbor Japan, but they have surely realized how impactful are the perceptions of other countries. After showing initial signs of controlling the spread of the COVID-19 virus China is depicting itself as a world leader by aiding countries around the world.

Take Europe for example, while the region is ravaged by COVID-19, the European Union certainly did not act properly or promptly to assist a country like Italy. Though the EU prides its ability to unite and form internal security for its members, it seems to have failed this crucial test. Instead, China came to Italy's aid. Maurizio Massari, Italy's ambassador to the EU, highlighted the issue pointing out that China was the first to support his country. Even Serbia's President, Aleksandar Vucic, blasted Brussels' response to help his country and asked for help from China.

Chinese help is spreading all over the world. Medical supplies from China that included masks, gloves, and sometimes experts were sent to Belgium and Spain. China even sent one million masks and hundreds of thousands of testing kits to the U.S. Moreover, Xi Jinping sent \$20 million to assist the World Health Organization.

The U.S, however, is not acting globally. Instead, President Trump pointed fingers at others, attempted to exclusively buy a vaccine developed in Germany, and sealed borders foreigners. Even domestically. Administration's response is abysmal. State governors are begging the President to use the Defense Production Act and get states the medical supplies they need. But the Trump Administration refused, emphasizing that state governments have to find the medical themselves.

With the U.S slump in leadership, it is vital to realize how China's public relations operations may affect democracy worldwide. Before COVID-19, the Communist Party of China has been constantly criticized for its authoritarian rule, digital dictatorship, and horrific human rights abuses towards minorities. But if a dictatorship managed to contain the spread of an epidemic, and a democratic one failed, what kind of impact would that have on governments if such a narrative was politically utilized? Panic and lack of information from governments gave way to widespread fake news for example, should the Chinese online censorship model be applied? Politicians might start reconsidering how thev shape their future campaigns.

A word of caution about replicating China's measures. While public health experts have applauded China's ability to contain the disease, others are wondering if the cure is deadlier than the virus. China's recent numbers are questionable, and good numbers almost seemed too important to China during this pandemic. Economies have screeched to a halt, small businesses are running out of money, and it still remains to be seen whether the virus in China has been eradicated or stalled. Support is growing for the Hong Kong and Singapore models of contained quarantine, over an outright shutdown. This shift in support for containment models is rising as experts wonder if complete lockdown will become pointless. As the virus has enveloped the world, complete eradication is very unlikely, despite what world governments may project.

**Disclaimer:** The views presented in this article are the authors' alone and do not represent the opinion of the Foundation. Abdelrahman Amr and Michael Matthiesen are 2017 Gabr Fellows. **Stay tuned for more articles and thoughts from Gabr Fellows in the next newsletter.** 

# Stress? Fear of COVID-19? Therapists treating the vulnerable go online to help



By: Menna A. Farouk

CAIRO, March 25 (Thomson Reuters Foundation) - As the spread of coronavirus grows so too has people's stress levels and anxieties, prompting businesses for good around the world to turn to technology to help the most vulnerable cope with mental health issues.

In Egypt, online therapy social enterprise Shezlong has offered 150,000 free sessions to help people cope with anxiety or depression or those suffering from "pseudo coronavirus" where people are convinced they have COVID-19 although they do not.

Hard Feelings, a Canadian social enterprise that aims to make therapy more accessible by offering low-cost counselling sessions, has closed its Toronto store and its counsellors will be speaking to clients online.

In Britain, a group of qualified therapists have set up a volunteering scheme called the Help Hub, offering free 20-minute Skype, FaceTime or telephone calls to vulnerable people in need of mental health support.

Meanwhile in the United States, online therapy platform Talkspace, a company with more than one million users, is donating a free month of therapy to 1,000 healthcare workers fighting the coronavirus outbreak.

"With neative news coming from media outlets about coronavirus, people are getting more stressed and panicked and more and more people will need psychological support," Shezlong founder Ahmed Abu ElHaz told the Thomson Reuters Foundation.

About 1,500 free sessions have been given since the three-month initiative launched in March in Egypt, which has more than 400 confirmed cases of coronavirus and 20 deaths, according to data from the Johns Hopkins coronavirus resource center.

Conducted via video conference, the sessions offer coping techniques for dealing with bad news, in a country where 3% of the population – or 8.2 million - suffer from anxiety and mood disorders, according to 2018 Egyptian health ministry data.

"We use cognitive behavioural therapy which teaches patients how to manage stress and anxiety and gives relaxation techniques such as deep breathing and positive self-talk," said Mohamed el-Shami, a therapist working for Shezlong.

Professor of Psychology at Cairo University Gamal Freusar said 70% of Egyptians were now classified as "pseudo coronavirus" as they assume they have the virus and think they have the symptoms although they actually do not.

"About two-thirds of Egyptian society is now having high levels of anxiety and tension and this may cause many physical problems for them," he said.

U.S. online therapy platform Talkspace said it was donating free therapy to healthcare workers.

"The mental health of our social workers, nurses, doctors and other health personnel is now paramount," Talkspace CEO Oren Frank said in a statement.

Disclaimer: The views presented in this article are the authors' alone and do not represent the opinion of the Foundation. This article was originally published in the Thomson Reuters Foundation. Menna A. Farouk is 2017 Gabr Fellow and a journalist for four years and is currently Front-page Editor of The Egyptian Gazette. Stay tuned for more articles and thoughts from Gabr Fellows in the next newsletter.

## Question of the Month: A Pulse of the Gabr Fellowship Community



As the Gabr Fellows enter into leadership roles — in business, diplomacy, government, finance, and more— they will continue to grapple with significant challenges, magnified by an increased pace in technological advancement, the potential for ramped up global inequalities, and changes in governance and economic structures.

To better understand the pulse of the Gabr Fellowship community and to begin to articulate substantive dialogue, the Foundation polls the Fellows each month on the key issues facing their respective countries and the global community at large.

#### 1. Do you think Donald Trump will win reelection in November?

Yes: 46%

No: 46%

I don't know: 8%

#### 2. Was Egypt's response to the coronavirus (COVID-19) positive?

Yes: 37%

No: 17%

I don't know: 46%

#### 3. How long do you think the coronavirus shutdown will last until?

2 months: 50%

4 months: 38%

More than 4 months: 12%

Stay tuned for next month's question of the month and the Gabr Fellows' takes on current events, as our community of future leaders grapple with the most pressing challenges of today and tomorrow.

#### **HAPPY BIRTHDAY**



Christi Fallon, 2013 Gabr Fellow, U.S.



Maram Osama, 2018 Gabr Fellow, Egypt



Ahmed Aboulnaga, 2016 Gabr Fellow, Egypt



Casey Smith, 2015 Gabr Fellow, U.S.



Heidi Green, 2016 Gabr Fellow, U.S.



Mohamed El Hawary



April 18: Mohamed Elattar, 2016 Gabr Fellow, Egypt



Basma Elbaz, 2015 Gabr Fellow, Egypt



Sarah Walker, 2018 Gabr Fellow, U.S.

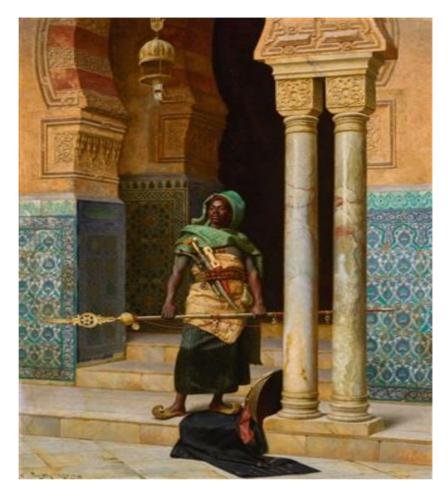


Ezemudi Redwood, 2015 Gabr Fellow, U.S.

# The Gabr Fellowship Newsletter

For more information on the Shafik Gabr Foundation and its *East-West: The Art of Dialogue* Initiative, please visit the website <a href="https://eastwestdialogue.org/">https://eastwestdialogue.org/</a>.

For earlier itineraries of the US program, please see the previous years' reports at <a href="https://eastwestdialogue.org/fellowship/brochures/">https://eastwestdialogue.org/fellowship/brochures/</a>



Ludwig Deutsch – The Nubian Guard, 1896, The Shafik Gabr Collection



info@shafikgabrfoundation.org

## The Shafik Gabr Foundation 400 North Capitol Street NW, Suite 585 Washington, DC 20001

7 Hassan Al-Akbar Street Cairo, Egypt, 11571