

Start your quarantine journey on the right foot.

Macao has one of the longest quarantines in the world, ranging from 14 to 28 days, and the experience is far from easy. It can be mentally and physically challenging for even the most adaptable people. But you don't have to do it alone.

In partnership with Grand Coloane Resort and lululemon, Macao News is here to support you on the journey. In this newsletter, you'll discover motivating, inspiring, and relaxing experiences that will help you emerge from the next couple of weeks better than ever.

Or at the very least, keep you entertained.

From inspiring personal stories from fellow quarantiners to must-watch shows, classes, virtual exhibitions, relaxing yoga videos, healthy takeaway options and more, we've created a handy newsletter that will not just help you survive, but thrive!

And don't miss our wellness gifts, courtesy of lululemon. Up to 10 lucky winners will take home prizes - think yoga starter kits delivered to your quarantine hotel room, a complimentary personal training session via Zoom, or a private in-store lululemon shopping experience once you're out and about again.



Be inspired



[Meet the Australian gaming manufacturing executive who ran 200 km in Macao quarantine](#)

During a 21-day quarantine, Michael Keen pushed himself to run as far and as hard as he could - and took a few comical photos too.



[Stepping up: This woman 'climbed' to the Earth's highest and lowest points during quarantine](#)

Using a portable stair stepper, Luisa Bragança scaled two of the world's tallest mountains and the Mariana Trench to stay active and motivated.

Meet the Australian gaming manufacturing executive who ran 200 km in Macao quarantine

While fulfilling a 21-day quarantine in Macao, Michael Keen challenged himself to walk and run as far as he could.



Photo by Michael Keen

IN PARTNERSHIP WITH
鷺環海天度假酒店
GRAND COLOANE
RESORT

3 SEPTEMBER 2021 BY EMMA RUSSELL

Quarantine is a tough experience, physically and mentally. But some Macao residents have been able to change their perspective, approaching it like an opportunity to challenge themselves. We spoke to Michael Keen, an Australian gaming manufacturing executive, who has lived in Macao for the past 14 years. He travelled to Las Vegas for three months on a work trip, then faced a 21-day hotel quarantine this June on the way back to Macao.

Ever the optimist, Keen decided to set himself a target of walking or running 200 kilometres in his room at the [Grand Coloane Resort](#) during his stay to stay active and positive. Here, Keen shares his story:

“When I first arrived in Las Vegas in April, masks were mandatory when you were inside. In supermarkets, you were forced to go in one direction down the aisles, they had floor markings for social distancing, and six people max could dine together at restaurants.

“But after about three or four weeks of being there, they lifted the restrictions. Those who were vaccinated didn’t have to wear a mask. And by the time I left, it was just a free-for-all – people were out partying every night.

“I went from freedom in the US, where no one really cares about Covid, to the extreme caution of Macao. It was very strange. In Macao, we’ve been much stricter but the government has done a good job at controlling the virus.

“Due to the nature of my job, the travel restrictions probably affected me more than those who don’t really need to leave Macao. On arrival from the US, I got picked up on the tarmac, brought to a bus, taken to the ferry pier and processed. You have a Covid-19 test, a blood test, and then wait eight hours. Then it’s 21 days in a hotel. I was at the Grand Coloane, which has actually been pretty good. I was able to open the window, and having fresh air helped tremendously, it didn’t feel so much like a cell.

“I knew I would have to do 21 days when I left for the US, so I was resigned to that fact. I bought simple things like a Bluetooth speaker so I could have music in the room and hooked up my iPad to every sport in the world to make the stay more enjoyable.

“I also stayed really active, rather than sitting around moping and getting bored. After reading [The Macao News story about Estera](#) [Deunier], the hotel’s general manager challenged me to walk 150 kilometres in my room. I had already been walking during long work calls and was racking up the kilometres. Yesterday, I had a very good day – I walked 17.9 kilometres or 21,722 steps.

“So I challenged myself to 200 kilometres, which I completed by walking or running around the room. In the end, I ran or walked 210.9km in total. I liked the sound of doing five full marathons at 42.19km each.

“I did the majority of it barefoot but I noticed my ankles started to click a bit more than they should. It was the sharp left-hand turns. I try to mix it up, but it’s hard since I am pretty much going towards the door then back towards the living room over and over again.

“It’s like being in captivity, where you see animals in their small cages going back and forth along the front of the bars. I kind of felt like that some days.

“I think people get into the mindset that quarantine is a negative but if you try and make it a positive experience, it’s going to be completely different from someone who wants to fight the system.

“It’s very easy to be short with people outside when you feel like you’re trapped and you get the health department checking on your temperature every day and Covid tests once a week. But it’s a chance to read new books, watch a movie or a series that you never got around to finishing. I watched a bit of sport, which gave me something to look forward to on the weekends, and a little TV but not much. I finally watched ‘Ozark’, which had been highly recommended, and a couple of stand-up comedy sets to brighten the mood, too.

“That said, it was really good to get out and see the family. I have one daughter who is 4.5 years old. During quarantine, we FaceTimed morning and night, sometimes during the day, and I read her stories. It was good to be in the same time zone.

“She had a little calendar that she counted down on, crossing off each day until I could go home. My mum and sisters in Australia sent little parcels to her, and she opened one every two days. On the last day, I was the parcel when I came out of quarantine.

“Escaping felt pretty surreal. It was great to be back but at the same time, I’m fortunate to have been able to travel and have a change of scenery. I sincerely feel for those currently in Macao, some away from their immediate family and others who just need to get out.

“It seems to have affected people in different ways. The first thing I did was hug the family – something I had missed immensely.”

This interview has been edited.

Stepping up: This woman ‘climbed’ to the tallest and deepest points on the Earth’s surface while quarantining

Macao-based lawyer Luisa Bragança challenged herself to scale two of the world’s tallest mountains and head to the depths of the Mariana Trench, using a stair-stepper during three different hotel quarantines in the past year.



All photos by Luisa Braganca
3 SEPTEMBER 2021 BY EMMA RUSSELL

Many long-distance couples have spent much of the past two years apart due to Covid-19 travel restrictions. Among them is Portuguese Luisa Bragança who has lived in Macao for the past 20 years – and her partner, Frederick, who lives in Kuala Lumpur.

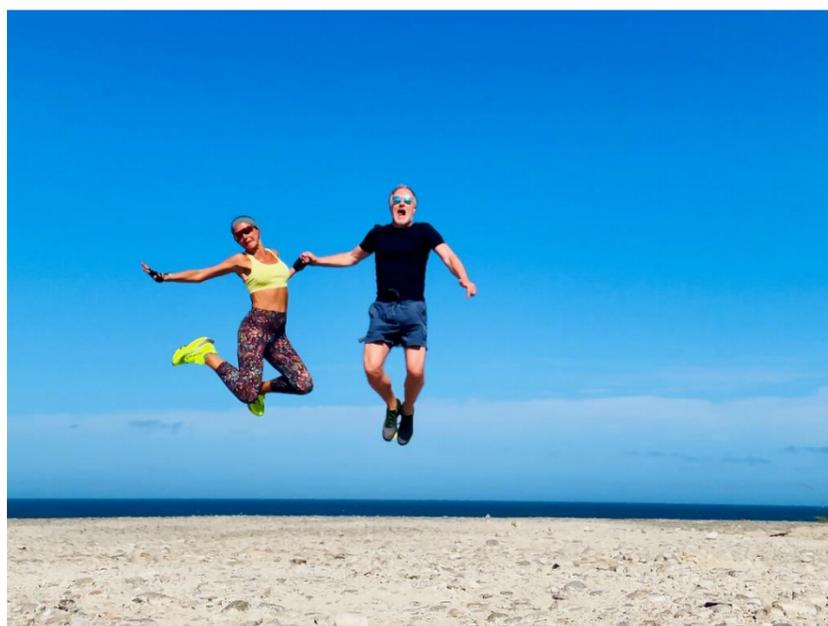
After visiting him at the start of the pandemic in 2020, Bragança returned to Macao just as the government implemented a two-week hotel quarantine policy. Bragança had to adapt quickly – both mentally and physically.

She later visited family in Central Europe over Christmas and had another stroke of bad luck. Right before she returned, the government extended quarantine from 14 to 21 days.

Not one to feel sorry for herself, Bragança decided to step up to the challenge, quite literally. She set out to effectively scale the world’s tallest mountains by taking the same number of steps on her portable stairmaster. Here, Bragança shares her quarantine story:

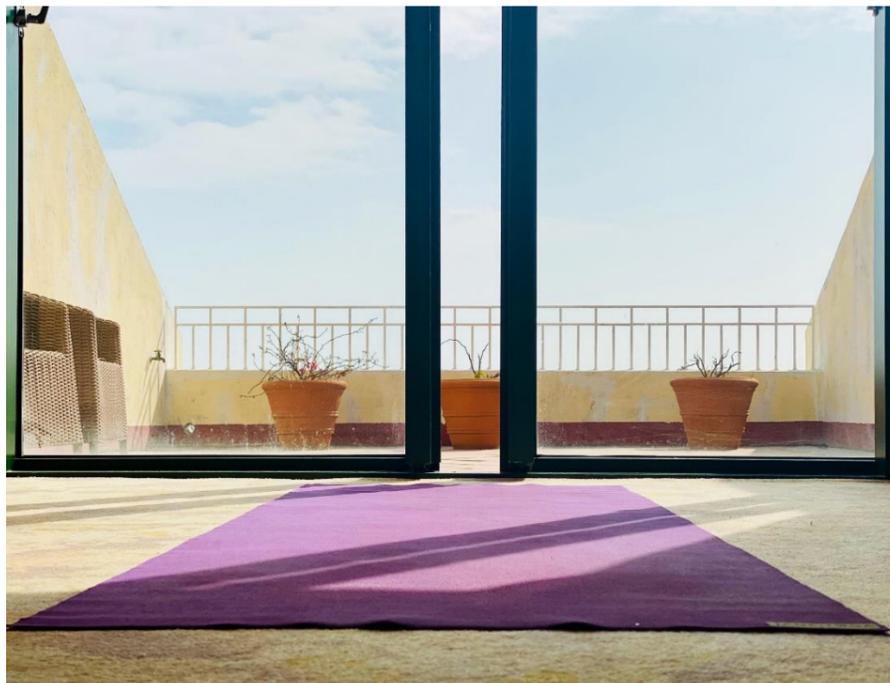
“I have done two quarantines and am currently doing my third. The first one was at the end of March in 2020 and it was a total surprise. When I was in the air on my way to Malaysia, the government changed the rules effective midnight that night.

“When I landed, I learned about the new rules [residents returning to Macao would need to quarantine for 14 days at home] but it was impossible to get back to Macao before the quarantine came into effect, so I carried on with my trip.



“After two weeks in Malaysia visiting my partner, I returned home to Macao. But my flight was cancelled, so I had to book a flight to Hong Kong. That flight was also cancelled a couple of times. Two days later, they changed the rules again, from home to hotel quarantine.

“The second time I travelled abroad I knew I would have to serve quarantine upon return. I went to Central Europe at the beginning of December to visit my family. At that time, Macao residents had to quarantine two weeks upon return. But when I was travelling, they changed the quarantine from two to three weeks.



“The first time I stayed in a hotel assigned by the government – I was assigned the Sheraton, which was quite good. The second time, I stayed at the [Grand Coloane Resort](#). I found the second quarantine easier, even though it was longer; my room was facing the sea with a lot of direct sunlight and I had a little 12 centimetres window opening that let in fresh air, which made all the difference. Plus, mentally I was more prepared.

“During both quarantines, I was working online during the week. So I was busy as usual from early in the morning to late in the afternoon or evening. Then on weekends, I cleaned my sheets, washed clothes and organised my room. I also stuck to my exercise routine; normally, I run at least 10 kilometres every day. Quarantine was a struggle because I love running outdoors. I don’t run in the gym.



“But I had this portable step machine, which I bought after my experience in Malaysia. While I was visiting my boyfriend, the government announced a military lockdown and I could only run up and down the stairs of the very tall building where he lives.

“When I run outside, I can go on trails or the waterfront. It’s open-air, and I can clear my mind. But being in a confined space and having to repeat the same track over and over again is more challenging. So I needed to set a goal.

“My boyfriend came up with the idea of climbing towers, so every day I would pick a tower. I started with the Eiffel Tower, and then I did the 10 tallest towers in the world. These included the 830-metre-tall Burj Khalifa in Dubai, and one that is still being built in Saudi Arabia, which is supposed to be 1 kilometre tall. I climbed one per day.

“Back in Macao, I needed a new challenge, so I decided to climb mountains. I started with the 5,895-metre-high Mount Kilimanjaro, which took me about 11 days. According to my calculations, one hour of stepping was approximately 600 metres. My boyfriend and I tracked my distance each day on an Excel spreadsheet.

“Next, I climbed Everest, which is 8,849-metres-high. I like having goals, I like training for something to keep my mind busy. I listened to playlists I found on Soundcloud that had a heavy beat.

“It really made me want to climb the mountains in real life. And actually, one of my best friends in Portugal is climbing Kilimanjaro now and I wish I could join her.



“It was a good distraction from missing my kids, dog and friends. I’m very good at being on my own – I usually manage it well. But I missed talking with people. I would try to spark up a conversation with the people who took my temperature every morning and night, even though they’re not supposed to talk with anyone.

“Before the pandemic, I would normally fly to and from Kuala Lumpur once or twice a month to visit my boyfriend. Sometimes two, three, four times a month or every weekend. Sometimes with my kids, sometimes without.

“I saw him in the summer. Before that, it was January 2021, then March 2020. It’s a long-distance relationship that was not planned. But he cannot enter Macao and I cannot enter Malaysia at the moment.

“We are both European, so we can meet in Europe for a reunion. But we don’t want to move there right now. The world is in a difficult place. All other countries have restrictions for foreigners and work permits because they are protecting local jobs. Even if we want to plan a move to be able to live together, it’s not easy to execute. It’s more dreaming than planning.”

“I am currently in quarantine for the third time and I decided to climb down instead of up. My goal was to reach the Mariana Trench, which is 11,034 metres deep in the Pacific Ocean – the lowest point on the earth’s surface. I achieved this on the 11th day. It took me 66,765 steps and 15 hours and 59 minutes.”



'The Godfather' Marathon

Hold your very own film marathon with the star-studded mafia trilogy *The Godfather*. Watching Francis Ford Coppola's masterpiece on Netflix is surely "an offer you can't refuse".



Mamma mia! Here we go again

Sing (and dance!) like no one's watching while streaming this heart-warming ABBA musical film on Netflix.



Ossan's Love HK

Adapted from the Japanese TV series of the same name, this 15-episode gay love story stars Canto-pop stars from Hong Kong's hottest boy band, Mirror.

Put pen to paper

Sign up for this [free Coursera course from Michigan State University to finally get your first full-length novel on paper, chapter by chapter](#). Good riddance, writer's block!



Talk art with London's National Gallery

The National Gallery is a treasure trove of classical and contemporary Western art. [Join one of the many online talks](#) to learn more about masters like Raphael, Cézanne, Van Gogh, and more.



Learn la língua Portuguesa

When travelling to Macao, why not pick up a few Portuguese phrases? This vibrant [YouTube](#) channel by PortuguesePod101 sets you up with essential vocabulary and common phrases.



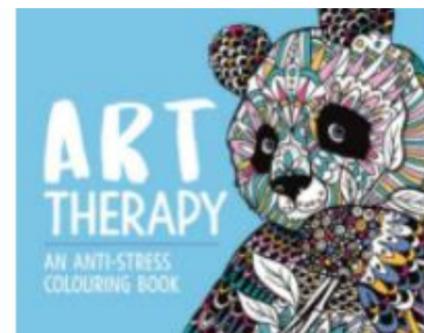
Better rest

Not every quarantine hotel comes with blackout curtains. Order a sleeping mask so you can get some shut-eye any time of the day. Pull on a Slip silk mask, which is ultra-soft, comfortable and lightweight.



Tech touches

Tired of fighting over one power socket on the opposite side of the room? Order a portable extension cord and USB wireless adaptor to take back the power. We recommend Native Union's chic tech accessories, which range from AirPods covers to portable chargers and more.



Creative pursuits

Colouring books – for adults and children alike – can go a long way when it comes to brightening your day, sparking creativity and easing frayed nerves. Get your hands on a copy of *Art Therapy: An Anti-Stress Colouring Book* to relax and unwind.



Cuppa Coffee

For some delicious, locally brewed coffee and pastries, look no further than Cuppa Coffee's [quarantine delivery menu](#).

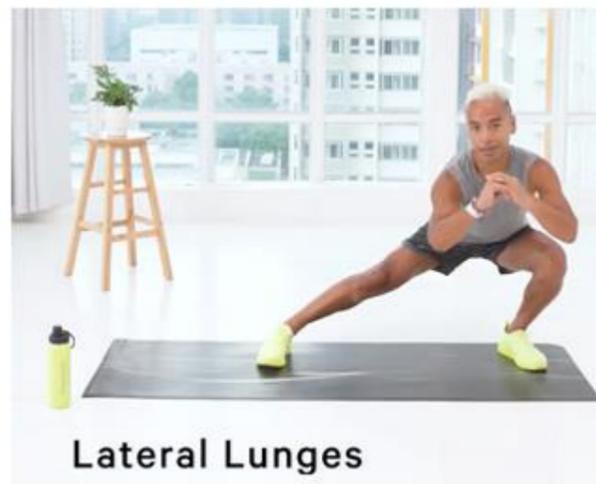
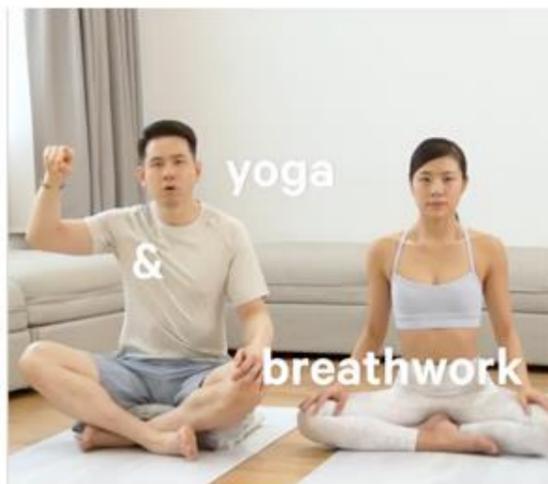


The Blissful Carrot

While quarantining, why not start healthier dining habits with The Blissful Carrot's [juicing detox programme](#)? Enjoy pressed juices prepped fresh every day of the week, plus supplements and detox teas.

Get Moving

A little movement goes a long way when it comes to mental health and mobility. Try [one of lululemon's 15-minute workouts](#):



Gifts of Wellbeing from lululemon

Quarantine is your time to invest in self-care and establish healthy new habits. To support your journey, lululemon is delighted to offer 3 different types of gifts and experiences* for up to 10 lucky readers.



1. MOTIVATE: Hit the Mat

Kick off your yoga and meditation journey with lululemon's wellness starter pack, comprising one yoga block and one mat. We're pleased to offer 5 complimentary sets to our readers.

For a chance to win:

1. Follow Macao News ([@macaonews](#)) on Instagram
2. Follow lululemon ([@lululemonhk](#)) on Instagram
3. Tag three friends on [our social media post](#).

Winners will be chosen at random and informed via social media.

2. INSPIRE: Let's Get Personal

Taking it one step further, 2 lucky readers will have a chance to sweat with a lululemon ambassador. Winners will get to invest in their strength, balance and agility during a complimentary, hour-long personal training session via Zoom.

For a chance to win, reply to this newsletter with:

1. Your name and how you're investing in your wellbeing during quarantine.
2. A photo of yourself exercising during quarantine.

Winners will be notified via email and have a chance to be featured on Macao News.

Meet the lululemon Ambassadors

Lou Lou

Lou Lou is an Amazon best-selling author, yoga teacher, healing sound instructor and meditation guide. Drawing power from spirituality and stillness, she strives to support your personal wellness journey with a combination of yoga, meditation and singing bowls.



Clark Cheung

A hustler who loves trying new things, Clark believes that failure is the ultimate form of growth. Let this health and fitness maven guide you in new directions with an invigorating Animal Flow workout, which builds strength and mobility via bodyweight movements.



3. ENCOURAGE: Win a lululemon "Fit Session" Experience

And when quarantine comes to an end? Two lucky readers will get to continue their wellness journeys with a private fit session with a lululemon educator at either the Venetian or Cotai store.

During each private experience, winners will have a chance to learn all about the brand's different fabrics, collections, functions and features, plus take home a complimentary lululemon top and leggings of their choice!

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[Click here to forward this email to a friend](#)

Anything you'd like to see more of? Let us know your thoughts by sending us an email: contact@macaonews.org



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