

**“Be well,
be healthy,
be courageous.
We will succeed.”**

A MESSAGE FROM THE PRESIDENT & CEO — OREN SAPIR

“We are entering this period as a solid company. We have the ability to face this crisis and we will take all measures and make all the efforts that should, and ultimately will, enable us to overcome this challenge successfully.

We will face this challenge as a company and as individuals with focus, determination, common sense and responsibility. We will reach the other side, with the crisis behind us, and with opportunities and prosperity ahead of us.

We are determined, equipped, and able to overcome this crisis, and we will, with you and for you.

If I may, allow me a short recommendation. No matter how critical the situation may appear, no matter how tough the challenge is, always find yourselves a moment to find a positive note, a ray of light and a sign for hope. It’s always there, and it’s there for you to find.”



INTERVIEW WITH GENERAL MANAGER, ICTS ITALY — PAOLO FRANCESCHINI

How are you?

Never as in this period, is this question actually aimed at knowing the real state of health of a person, and not just a polite way of starting a conversation. Fortunately, I am ok both from a health and a morale point of view.

What message do you want to send to your employees and the wider ICTS Europe Group?

The most important message to convey at this stage is to follow Government guidelines for the protection of your health and that of your family members. In this regard, I thank all those who continue to do their work every day in the operational sites with an admirable sense of responsibility. I couldn’t be more proud and grateful of the remarkable work they are carrying on. To those who work in sites heavily impacted by the crisis, I would like to ask you to maintain trust and collaboration: trust in the possibility of returning to full operation soon and resume the path of growth that has characterized us so far; collaboration in pursuing this result in compliance with Company regulations. It is necessary to become aware that the most urgent problem at the moment is the protection of jobs, even at the cost of sacrifices for all. And that's what we and the wider ICTS Group are committed to.



“ICTS Italia is a healthy company within an equally healthy Group. We will start again after this crisis, stronger than before.”

On a personal note, what have you learnt to appreciate during this forced change of routine?

I am already a "glass half full" kind of person, but, in this particular case the fact that the sense of belonging is growing, at all levels, family, professional and also in terms of national identity, makes me even more positive and proud; unity is strength. And the idea of staying at home, of being able to carry out only essential operations must not be frightening and I see it as an opportunity to rediscover forgotten or set aside things.

Tip of the week

Quarantine is an uncharted territory and we are here to help!

Every week we will be looking to tackle a different challenge by sharing your *survival* tips.

This week's topic: HOW TO KEEP ACTIVE



Basketballers - Ben, Guy and Daniel trying to keep up their fitness.

Roberta Puccinelli Sher, Communications Manager, ICTS UK & Ireland “Joe Wicks otherwise known as "The Body Coach" is an English fitness coach, TV presenter and author who is holding live P.E sessions Monday to Friday, 9:00-9:30am (UK time) on his YOUTUBE channel. A great way to start the day, keep fit, and practice some English for those who are learning the language!”

<https://www.youtube.com/watch?v=Rz0go1pTda8>



YOUTUBE provides plenty of workout videos to help us all keep fit.

Efrat Thomas, Group Marketing Manager at ICTS Europe, is desperately trying to keep the furniture intact, whilst Naome Thomas is releasing some steam with the UK's favourite Joe Wicks and another highly recommend: POPSUGAR Fitness.



Jason Spencer, Product Manager, ICTS Europe Systems -

“Lucia was in the middle of her swimming work out so allowed a quick snap before telling me to disappear so she could continue!!!”



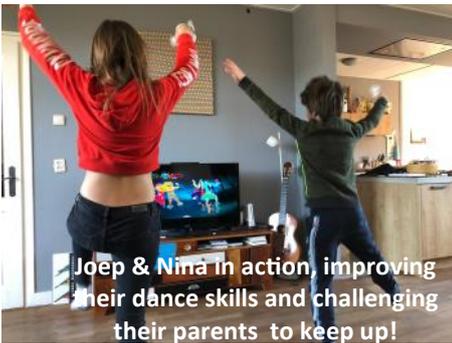
Itai is practicing the #stayathomechallenge

Sacha Miettinen, Project Assistant at ICTS Europe/CTSN Group and her son Itai joined in the global social media craze in which people juggle a roll of toilet paper. A great way to stay active and improve juggling skills!

Visit the following 2 links to see both Lionel Messi (FC Barcelona) and Matthijs de Ligt (Juventus) doing their best to keep rolls of toilet paper aloft!

<https://www.youtube.com/watch?v=oymvSsCz6ek>

https://www.youtube.com/watch?v=la9ZxnsR_8Y



Joep & Nina in action, improving their dance skills and challenging their parents to keep up!

Marijke Tuninga, HR Manager—CTSN Group and her family are making the most of their self-isolation and staying active by trying out their best dance moves.

Learn some slick and smooth dance moves and choreography here:

[Click here to learn a dance choreography](#)

&

[Click here for the Just dance marathon](#)

NEXT WEEK'S TOPIC WILL BE: HOW TO KEEP OUR CHILDREN GOING IN A LOCKDOWN? SCREEN-FREE SUGGESTIONS ARE MOST WELCOMED!

Panagiotis Fistedis, Managing Director, SE Europe & Cyprus, has already raised to the challenge with some ideas of his own:



Giving a great effort to play with Melina, but George-Maximus has different plans...

"So this period is useful above all for self introspection, family attention and meditation on society, nature and human values. What we do in our home quarantine, besides intensive teleworking through the day is spending time with the kids:

- *entertainment (table games, listening to music, dancing, watching movies and cartoons, and other kinds of activities e.g. my daughter's idea to open a neighbourhood take-away café)
- * teaching my older daughter to play the piano,
- * spending lots of time with our 17-month-old son,
- * home fitness,
- * studying with our daughter (in addition to her revision, the Greek Government opened an educational ePlatform and all school pupils of all grades will log in and follow daily release-sessions with their teacher)
- * listening to music (movie themes). Music is very important.
<https://youtu.be/yDmEf8knIKQ> & <https://youtu.be/RMbC47GNfpQ>
 & <https://youtu.be/WFUkJTIQiT8>
- * Netflix is also a good solution. I'm sure everyone is watching the PANDEMIC this period ... but there are many more....



Teaching Melina to play music with my synthesizer....we didn't consider all the influencing factors.

Any more tips? We would love to hear from you!

Send us your tips together with a photo and we'll be sure to spread the gospel!



Email: connect@ictseurope.com

Quote of the week

Every week we will be looking to feature a quote of HOPE, RESILIENCE, and SOLIDARITY



THIS WEEK'S QUOTE TAKES US BACK TO THE 1940S.

Keep Calm and Carry On was a motivational poster produced by the British government in 1939 in preparation for World War II. The poster was intended to raise the morale of the British public, threatened with widely predicted mass air attacks on major cities. Although 2.45 million copies were printed, and although the Blitz did in fact take place, the poster was only rarely publicly displayed and was little known until a copy was rediscovered in 2000 at Barter Books, a bookshop in Alnwick, Northumberland.

The poster has since become an evocation of British stoicism: the "stiff upper lip", self-discipline, fortitude and remaining calm in adversity. It is now seen not only as a distillation of a crucial moment in world's history, but also as an inspiring message from the past to the present in a time of crisis.

NOTE FROM THE EDITORS:

We have created this bulletin because we care. In these uncertain times it is important more than ever before, that we stand united and reach out to one another. This is our weekly bulletin. Any thoughts, suggestions, contributions and feedback will be most welcome.

Look after yourselves, be kind to others and remember that you are not alone in this crisis.



Roberta Puccinelli Sher—
Communications Manager,
ICTS UK & Ireland



Sacha Miettinen—
Project Assistant,
ICTS Europe/CTSN Group



Efrat Thomas—
Group Marketing Manager,
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