



KHARKOV NATIONAL MEDICAL UNIVERSITY

HYGIENIC ASPECTS OF ACCLIMATIZATION OF STUDENTS FROM TROPICAL COUNTRIES TO UKRAINE WEATHER

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18 November 2021, Kharkiv



ACTUALITY OF SURVEY

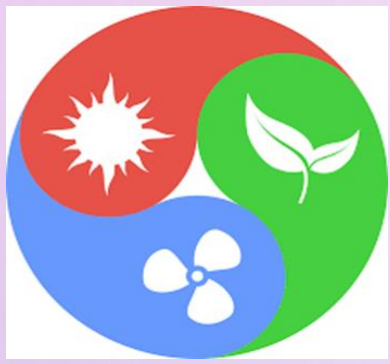
THE NUMBER OF INTERNATIONAL STUDENTS IN UKRAINE HAS CONTINUALLY INCREASED OVER THE YEARS. ACCORDING TO RESEARCH CONDUCTED BY THE MINISTRY OF EDUCATION AND SCIENCE UKRAINE, THERE IS AN ESTIMATED 80,000 INTERNATIONAL STUDENTS IN UKRAINE FROM DIFFERENT COUNTRIES LIKE NIGERIA, INDIA, BOTSWANA, ZIMBABWE, ANGOLA, JAMAICA, GHANA, MOROCCO ETC. THIS RESEARCH IS CONDUCTED TO EXPLAIN HOW THESE STUDENTS ACCLIMATIZE TO THE CHANGE OF WEATHER IN UKRAINE, PROBLEMS THEY FACED AS WELL AS THEIR ADAPTATION TO IT.





WHAT IS MICROCLIMATE?

- A **MICROCLIMATE** IS A LOCAL SET OF ATMOSPHERIC CONDITIONS THAT DIFFER FROM THOSE IN THE SURROUNDING AREAS, OFTEN WITH A SLIGHT DIFFERENCE BUT SOMETIMES WITH A SUBSTANTIAL ONE. THE TERM MAY REFER TO AREAS AS SMALL AS A FEW SQUARE METERS OR SQUARE FEET (FOR EXAMPLE A GARDEN BED OR A CAVE) OR AS LARGE AS MANY SQUARE KILOMETERS OR SQUARE MILES.
- MICROCLIMATES EXIST, FOR EXAMPLE, NEAR BODIES OF WATER WHICH MAY COOL THE LOCAL ATMOSPHERE, OR IN HEAVY URBAN AREAS WHERE BRICK, CONCRETE AND ASPHALT ABSORB THE SUN'S ENERGY, HEAT UP, AND RE-RADIATE THAT HEAT TO THE AMBIENT AIR: THE RESULTING URBAN HEAT ISLAND IS A KIND OF MICROCLIMATE.



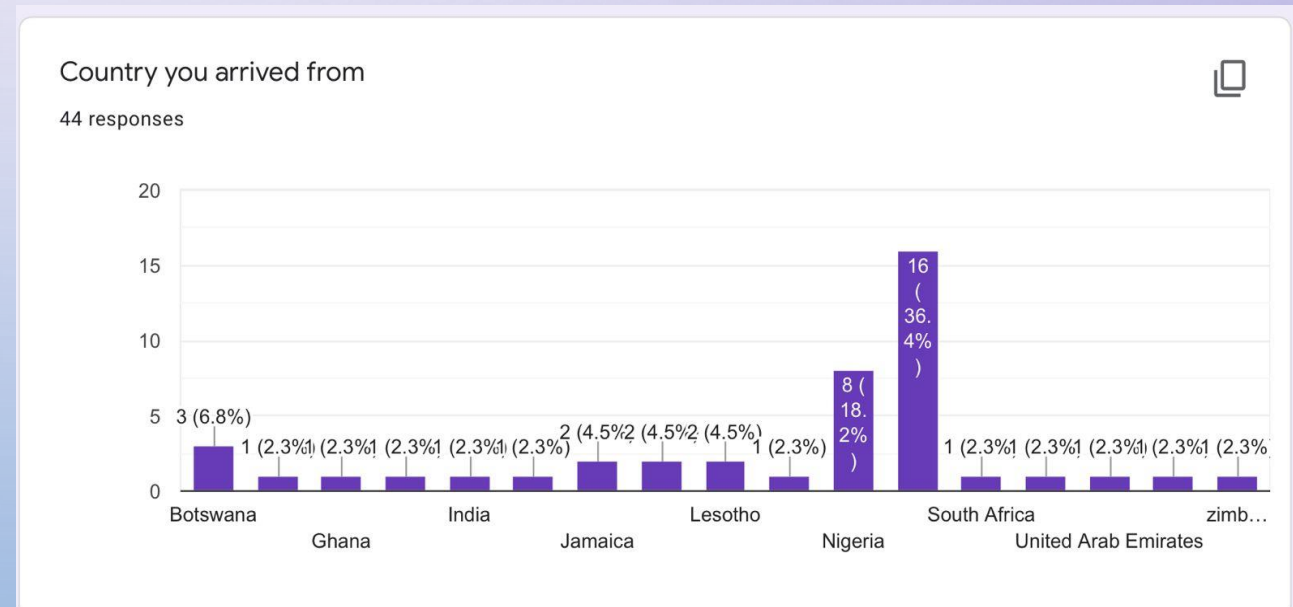
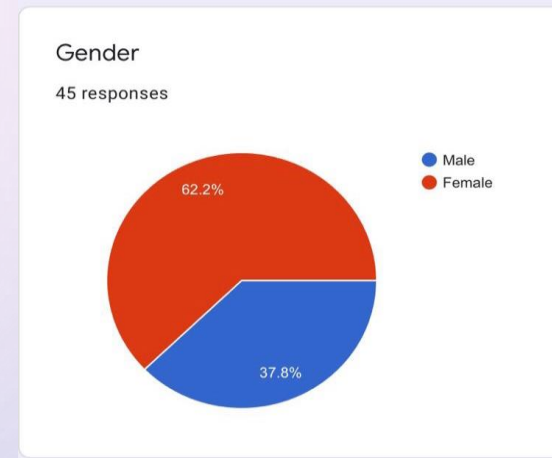
MICROCLIMATE

- MICROCLIMATIC CONDITIONS DEPEND ON SUCH FACTORS AS TEMPERATURE, HUMIDITY, WIND AND TURBULENCE, DEW, FROST, HEAT BALANCE, AND EVAPORATION, WITH THE TWO MAIN PARAMETERS BEING **TEMPERATURE AND HUMIDITY**. THE EFFECT OF SOIL TYPE ON MICROCLIMATES IS ALSO CONSIDERABLE.
- MICROCLIMATES EXIST BECAUSE OF LOCAL VARYING FEATURES SUCH AS HILLS, MOUNTAINS AND BODIES OF WATER. MAN-MADE FEATURES, SUCH AS ROADS AND BUILDINGS, CAN ALSO CAUSE MICROCLIMATES.
- EXAMPLES INCLUDE **SNOW AT HIGHER ELEVATIONS ON HILLS WITHIN A CITY** AND **TEMPERATE CONDITIONS ALONG THE COAST**.



METHODS AND AIM

- THE CLIMATE IN UKRAINE IS TEMPERATE CONTINENTAL, WITH COLD, SNOWY WINTERS AND PLEASANT SUMMERS.
- A SURVEY WAS CARRIED OUT AMONG FOURTY FIVE (45) FOREIGNER FROM FROM COUNTRIES LIKE NIGERIA, JAMAICA, GHANA, BOTSWANA, INDIA, LESOTHO, ZIMBABWE AND THE UNITED ARAB EMIRATES WITH AGE RANGING FROM 15 TO 22 AND ABOVE ASKING THEM QUESTIONS LIKE THE COUNTRIES WHICH THEY ARRIVED FROM, CHALLENGES OR ILLNESSES THEY FACED WITH CHANGE IN WEATHER, THEIR AGE, SEASON WHICH THEY ARRIVED IN UKRAINE AND HOW THEY ADAPTED TO THE CHANGE IN CLIMATE IN UKRAINE.

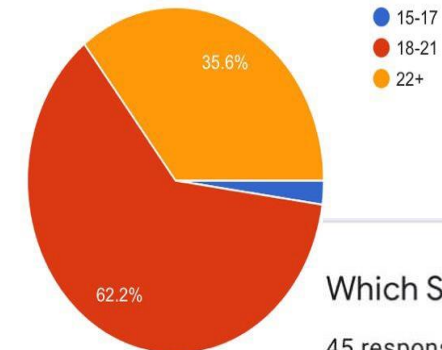


RESULTS AND DISCUSSION

- PEOPLE WHO CAME FROM COUNTRIES LIKE NIGERIA, GHANA ETC WITHOUT THE SEASON WINTER STRUGGLED WITH ADAPTATION BECAUSE THEY WERE COMING FROM HOT CLIMATE INTO A COLD CLIMATE.
- MOST OF ILLNESS FACED BY THE FOREIGNERS WERE FLU, COLD, RUNNY NOSE AND HEADACHE WHICH WAS TREATED WITH MEDICATION FROM THE PHARMACY WHILE A FEW HAD TO VISIT THE HOSPITAL.
- PEOPLE WHO HAVE BEEN IN THE COUNTRY LONGER HAVE OBVIOUSLY ADAPTED MORE TO THE WEATHER CLIMATE CHANGE, EVEN THE SLIGHT WEATHER CHANGES THAT CAN OCCUR THROUGHOUT THE YEAR.

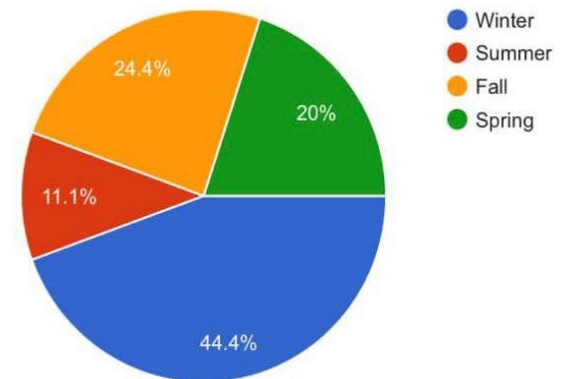
Age

45 responses



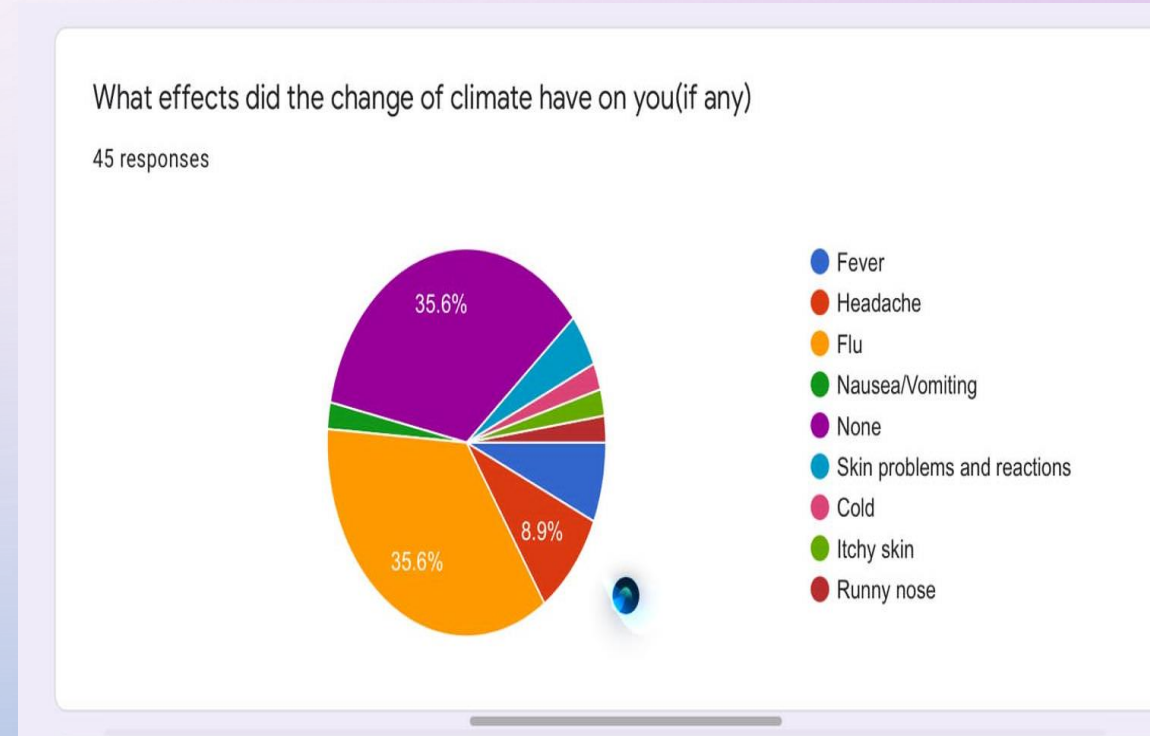
Which Season did you arrive in Ukraine

45 responses

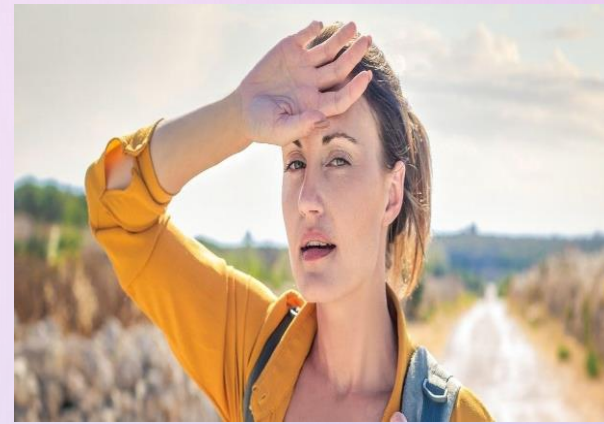


CONCLUSION

- ACCORDING TO OUR SURVEY, WE FOUND OUT THAT YOUNGER STUDENTS AND STUDENTS THAT ARRIVED IN SUMMER HAD AN EASIER TIME ACCLIMATIZING TO CHANGE IN WEATHER IN UKRAINE THAN STUDENTS OLDER IN AGE OR THOSE THAT ARRIVED IN WINTER DUE TO THE FACT THAT THEY ARE NOT ABLE TO THERMOREGULATE AS WELL AS YOUNG PEOPLE.
- WE ALSO FOUND OUT THAT MOST STUDENTS THAT ARRIVED IN WINTER FELL SICK WITH THE FLU AND COLD WHICH THEY TREATED WITH MEDICATION FROM THE PHARMACY WHILE A FEW HAD TO GO TO THE HOSPITAL FOR



WAYS TO ADAPT TO CHANGE IN WEATHER



ALTHOUGH OUR BODY ADAPTS TO CHANGE IN CLIMATE NATURALLY, THERE ARE A COUPLE OF THINGS THAT COULD BE DONE TO MAKE THE PROCESS MORE COMFORTABLE.

- THE MOST IMPORTANT WAY TO ADAPT TO CHANGE IN CLIMATE IS BY GIVING YOURSELF TIME. IN HOT WEATHER, TRY AS MUCH AS POSSIBLE TO STAY INDOORS WHILE IN COLD SEASONS KEEP YOURSELF AS WARM AS POSSIBLE.
- KEEP YOURSELF BUSY. IN SUMMER, YOU CAN TAKE A TRIP TO THE BEACH BECAUSE THE TEMPERATURE IS COOLER BY THE WATER.
- STAY HYDRATED: IT IS VERY IMPORTANT TO DRINK ENOUGH WATER AND HAVE ENOUGH FLUID IN THE BODY.
- INVEST IN THINGS THAT HELP TO MAKE YOUR TRANSITION COMFORTABLE(HEATER OR HEATING SYSTEM IN WINTER AND A FAN/AIR CONDITIONER IN SUMMER)