

This pandemic of the contemporary generation which I would like to name, this corona virus is like a war but without guns.

People are fighting this invisible enemy that has threatened the whole world. So many people were victims of this virus so far. Yet the war is not over.

But we must not forget that many of the infected recovered as well.

We must have the memory of the lost loved one`s in heart for ever.

Oh, my mind now! A storm of thoughts, various feelings and questions all coming to me in this time of home quarantine. Was it really easy to stay at home all this time?

Before this epidemic, I hoped I had time to do this and that..

But what now? What happened to me? This situation is completely different. Of course this is different, these are exceptional circumstances. And now I must stay at home because it is an obligation.

I feel like it is a forced vacation, don`t you all? Other people think so much about this period. The majority talks and thinks about death, food, future, money, work, school and distant learning. I can`t deny that these are important things, but should they think negatively?

I know that we are all tense, afraid. This is normal I guess, we just don`t have to complicate the situation furthermore.

Then, what about me? Am I different? Do I think about the same things the same way as all the others ?

Maybe... I can say that the slight difference lays in the way I try to avoid stress.

The question now is, have I succeeded in that?

The answer is yes, mostly.

I try putting my thought into words, thus I change the way my brain deals with stressful information and ideas, this way I make room for more positive thoughts.

I am keeping a record of this period of my life. My future self will be interested in my quarantine diary, and how I have dealt with the situation. This is definitely an extra ordinary experience.

I should be optimistic and positive.

Not many people that staying hopeful during these times of global crisis is how we would eventually overcome these unfortunate events.

I made the best of this self-quarantine phase, I have taken the opportunity to learn many new things, to improve my relation with God. I did not forget about school and studies, even

though this feels like a holiday. I had problems organizing this time and just know where and when to do things as what and how to do it.

Also I am eager to take advantage of this opportunity to have online conversations with family members and dear friends because staying at home gave me time I did not have before to keep in touch with them all. This quarantine does not mean I have to cut off my social life, just stop going outside

I should not underestimate this virus, but that does not mean I should stress out because no matter how bad the situation is..... every thing will be fine again. The crisis will soon be over

Fatima

A month into the quarantine.

The history will witness a unique cooperation among humans despite differences, wars and conflicts. Let us say that the coronavirus will correct some or a lot of our ideas, and teach us lessons about how to live in peace and respect each other.

Every day in these thirty days in which we were in the lockdown. I start my day with a positive idea away from the storm of the bad news about the epidemic in order to maintain my mental health.

In addition, we are having the national exam in June, as are millions of other students. So I have to look after myself, my studies and my health to avoid doubled pressure.

So I organized my time well, and I gave every subject we have in the exam its sufficient amount of interest, time and effort.

In my free time: I chat with friends and call members of my big family. Sometimes I watch movies or just have a good time with my family.

No one denies the difficulty of staying at home for a long time, but we have to because no one wants to kill his family. It is just a period of time, and it will pass. The most important thing is prevention; because it is the best we could do now.

Stay at home,

be safe and be positive.

Amine

We are in quarantine like everyone else in this country and in the world. We want to protect ourselves and the people we love. We are doing our best to study hard and think positively about the future. We are also doing our best to stay hopeful and believe that this will end soon insha allah..

As a person, every experience I go through teaches me lessons. This painful experience of hearing hundreds of people dying every day and others losing their loved ones taught me a lot of lessons.

One of the biggest lessons I learnt is that we humans have to consider more what we have in common. We are different, yes and differences make the world full of colors and beauty.

However, differences should never be the reason for wars and hatred! We have to fight the threats that put the lives of humans at risk. This is what we should fight for! Corona virus didn't consider the differences we have!

So, we should all collaborate and help and love each other. We have other problems that threatens humanity like the effects of global warming and climate change.

Humans stop fighting because of the differences among you! And start to think to fight your common threats (viruses, global warming....)

Rachid

Since the outbreak of the Corona virus. Governments ordered people to stay at home. Schools were closed due to this new situation everyone remained in their house. I stayed inside too, it is not a fear of the virus, but for the common good. I do not want to be a reason for the spread of the virus.

Every day, I wake up at a certain time, depending on when I slept the night before. I eat breakfast, then browse the social media to find out the latest news regarding the virus. After that, I communicate with my teachers and chat with friends. Then I summarize and revise my lessons and do all my duties. Of course, there is a huge difference between studying at home and studying at school, where you are close to teachers and friends, but we are doing our best to cope.

Like all my friends, I hope that this virus will disappear soon, finish this semester, meet my friends again and have a normal life. I hope we can all get our baccalaureate diploma that we have been waiting for for 12 years since our first enrollment in school.

Besides studying, revising and watching films, I am learning the basics of electronic commerce. When I feel bored from studying, I watch a movie or an episode of my favorite series. When I get tired of that, I go to learn about something new, and when I feel bored again, I return to my review, so I am stuck in a daily routine like the rest of people in this period.

But God will help us, and we will return to our normal life soon.

Hassan

The coronavirus COVID19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since the World War two. It is a small virus that has been discovered in China late last year and it has spread to every continent.

Tragically, more than a million persons are infected and thousands of people died because of it. Seeing hundreds people dying every day and not being able to do anything is really hard, especially for doctors who are always in contact with patients. And as we all know every single day a lot of people are getting sick. And in some countries such as Italy, they can no longer provide the necessary medical care to all the infected people. So in order to face the virus, many governments declared a lockdown on their people.

Speaking of the period of quarantine, the first days were okay for me and they easily went by, because I used to stay at home even in normal days. But after one week I started missing going out and seeing my friends and my teachers. So to distract myself, I started exercising every day, something that I did not use to do often. Also I spent a lot of time with my family; they were actually the reason why I have never been bored at home because we can always talk to each other, this gave me hope about my personal relations. I thought that this is a good chance to start learning new things and revising, even if it is become boring and hard after a few days. But I tried to fix that and trust in myself. At that time I discovered that I am stronger than I ever thought.

Yes, it was frightening to hear about the progress of that pandemic and how many people are dying every day because of this virus. However, I thought to myself, let us start thinking in a positive way, we have advanced technology, we have scientists in the whole world trying their best to find a cure. We have doctors and nurses working day and night to provide care for the infected. Also luckily, many people have recovered from the disease. Furthermore, people are following instructions of the quarantine, which is the best solution we have to stop the progress of the disease.

I hope that the virus will eventually disappear and we will resume our normal lives. That period of quarantine thought me many things, the most important is that not to take things for granted. It was only sometime ago, we were free to go wherever we wanted and whenever we wanted but today that changed. I hope that our behaviors will change too. All those bad things we did to each other, to our planet and sometimes ourselves must change. In addition, we have to take care of our lives more seriously; we must take care of the really important things in life. Because today we are alive but tomorrow who knows?

Let's be positive 😊

Hanan

While the number of people infected with the corona virus continues to rise, in the world generally and in Morocco specifically. I am, like many Moroccans, in quarantine. We stayed inside the house with our families.

This crisis has spread panic and terror around the world, but it was totally different for me. I seem more calm and optimistic than I probably should be. Yes I can not deny that this virus will bring about severe loss. But at the same time, I feel that COVID19 will put some order in our lives. And I do believe that the action humans did not fulfill so far, this virus will help them do it now. This action would be “ To be the change we wished to see in the world” As Mahatma Ghandy said. This epidemic will help us put our thought straight. We will be thinking more about stopping wars with each other, we would appreciate our doctors, nurses, teachers, police officers more now. We would stop all the terrible behaviors of the past.

What made me this optimistic, is that my government and its people showed great responsibility towards the events. In addition the citizens showed their solidarity towards each other, and the ones' in need.

For me ,I have taken this quarantine as a chance to have trainings about things I did not know. I learnt calligraphy, which I always wanted to. I also take care of my health better now.

To sum this up, this quarantine experience may change our life if we took this opportunity to reflect on our actions. Have a better management of our time, take more care of our health, ourselves as well as our family, and people around us. In addition, we would take this chance to do useful things for the other.

We must keep in mind that we can always save the world by our actions.

Fatima Sahib

It is pretty clear that the whole world experiences a big mess nowadays because of the corona virus. We all have to stay at home to avoid going out so we won't get infected with the virus. Generally, I tried to fill my time with activities like revising for the national exam, reading novels. Undoubtedly, I watch films and play video games too.

But regardless of all that, I still feel a little frustrated and sad. I can't see my friends and visit anyone. Actually I don't have the ability to do a lot of things in these difficult times. But the most important thing is we are still alive. We are still breathing, and I have to thank God for that. Because a lot of people lost their lives to this disease.

This virus made the world confused yet has given us chance to think about the way we use our time. So I really do not need to waste my time complaining about the situation. What I need is to use every second doing useful things like reading, learning new things and skills. In my case improving my English and start learning Japanese.

All I have learnt in this crisis is that I must not waste my time in nonsense and try as I possibly can to benefit from this extra time given.

Achibane

It had been a long time since I stayed at home like this. It feels like I am still a fetus in its mother's womb waiting to be given a new life, a new start. It looks so awkward to others but this is how it feels to me.

During this period, some think it is time to stay at home and do nothing, I mean time to rest. I also thought so at first, when they told us that we are going to study at home, I said what? Are they kidding? it's impossible, it can't be real! how am I going to study without a teacher. Three days later, I started to realize something I didn't believe in the past. It's that there's nothing called impossible, everything is possible. I realized that this period of quarantine because of Corona virus isn't a vacation so I told myself "Hey you, what are you doing? You're still a student, you're still going to have a final exam, so wake up and start working». Yes I started doing what I have told myself, but that doesn't mean burying myself in books, I sometimes help my cute little sister with her lessons or playing with her, or just enjoy my time by myself.

Because of the quarantine, I had time to set down and think about all what is happening in the world. Corona virus taught me a lesson which is "only together we can become stronger, safer and more human. Being an isolated individual, community or nation and trying to gain more power sometimes at the expense of others does not guarantee happiness and safety! The virus disregarded all the boundaries and differences that differentiate humans and nations. Being isolated and selfish does not make you safe and happy.

Zineb

In recent time, our world has known an exceptional situation, which forced a lot of people to stay inside their home. Governments declared a state of emergency in all parts of the world. The reason behind this is caused by an invisible enemy called CORONAVIRUS (covid19), this virus is an infectious disease caused by a newly discovered coronavirus. It appeared for the first time in China. However, this virus is not new, it just evolved to become an Imminent danger to all humanity. And to prevent it from spreading and infecting everyone on the planet, a quarantine was advised in all parts of the world. As a result, we have so many people on the lockdown. All of them are in their homes, and I am one of them.

For me, I believe that this quarantine is a great opportunity for self-review and self-development. So I used it well, first in my lessons and learning. Then, in being creative around my room, changing the design and reordering staff. The most important thing is helping my mother around the house, something new to me. I took her work in the house for granted and now I know how much she does for me. Now I have time to think about the broken relationship between my family members, so I decided to make connections with them.

Sometimes I have mixed thoughts and feelings at the same time, such as am I going to die or get through this? will I succeed this year? Can I stand what is happening any more. In contrast to what I thought before this crisis. I'm going to overcome this and everything will be okay. I will get my degree. And this nightmare will end soon.

The last thing I will talk about is my feelings during this period of quarantine. There are times I felt like I am lost because of the world I know changed, other times I felt fear when I saw the number of deaths. It is really awful and I do not want that for any one. Some other times I feel hope because I think that scientists will find a cure.

I long for the normal life we used to have in the past. I strongly believe that we will survive this disturbing, devastating nightmare with the god's will. I just hope we learn the lesson from it. Which I think is we are vulnerable and we can only survive helping and depending on each other.

Ayoub

In this present world, we live without knowing what is our destiny and our future. I say this because of our situation now. We are suffering from a dangerous epidemic whose name is COVID 19. When I heard this news for the first time, I was really shocked and scared. The virus is very contagious. But the news that had me thinking negatively is that this virus has reached Morocco too. As a result, the Moroccan government has declared a quarantine period to prevent the spread of the virus. So we must stay at home! Oh my God !! How can I organize my time without getting bored or stressed? After sometime thinking, I decided to divide my time into many activities.

As it is clear, I am not studying outside the house anymore. I normally wake up late, but I decided to wake up early in this specific phase. I go to the roof of our house to read. I try to study harder because this year is very important. But unfortunately I can't, my mind keeps thinking about Corona. I ask a lot of questions, will we live or die? Will this end soon? When will the world recover?

This catastrophe really annoyed me; it made me feel depressed, frustrated and afraid. That is why I tried to convince myself that this ordeal will pass, and my learning will continue.

When I get tired of studying, I watch TV though most of them show news about the virus continuously. Hearing all these news affects my emotions a lot. That's why I talk to my friends or siblings. We exchange funny joke or videos in order to forget this situation.

In fact, this extra time I have, I exploit it to practice my hobbies I did not have time for before this. I learned to cook new dishes. I tried to paint even though I am not very good at it. Now I have more time to read my favorite novels especially in Arabic.

Corona virus has damaged a lot but it has also some benefits at the same time. It gave us enough time to do what we want.

This is very difficult stage but I just need to be optimistic and everything will be okay.

Id Taleb

This difficult period of corona virus taught me who the real heroes are.

Everybody is at home! Everyone is hidden from the virus! Everyone is safe! Who is facing the enemy? Who is putting their lives at risk to save others? Who left their loved ones at home and went to fight without guarantees that they will be back safe? These are the doctors, nurses and police officers! They are battling to save lives by risking their own.

Everyone thinks about watching films, playing video games, sleeping during this quarantine time to get rid of boredom except teachers. They are working hard to give lessons, teach us and most importantly giving us hope that this will end soon.

These people though they are not the most rewarded in our society are our real heroes.

I hope we all learn from our mistakes!

Tomorrow will be a good day! Let's be hopeful

Ahmed

Before this virus appeared, I used to live my life normally, go to school, revise my lessons, do my homework all as usual. Preparing for the national exam. Sometimes I would go out for fresh air and to exercise.

But everything changed. The government decided to close schools and I had to continue my studies remotely, I am no longer the same as before. Now, corona virus has changed my life, how I work and play, how I learn and spend time.

Everything has changed. I started feeling uncomfortable and suffocated at home, regardless of the activities I do. My routine has changed, now I revise my lessons to prepare for the exam. I watch films, especially horror films. I play sports and I read books. I do not go outside as we are in quarantine.

I try my best to survive this period by minimizing my contact with people and avoiding negative thoughts. I will try to do my best in the day of the exam.

Brahim