

# News miles



Project Erasmus+/eTwinning 2019 - 21

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## Living through a Pandemic

The theme of this Newsletter 2 is the Covid-19 Pandemic. Students were asked to report their personal experience through a long period of lockdowns, quarantine, isolation, online teaching, infection, death. This was and still is a traumatic period, both physically and psychologically and it has become the core of everyone's concerns and reflection.



## 2nd Edition

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## Tábor

## Czech Republic

"Remote learning in the time of Covid-19"

"I used to devote school more of my time, I enjoyed Eva learning and I didn't mind so much.

from home has given me a little more free time, which I use for myself. I also realized that going to school is much better. As a better option, I would choose to go to school because I see my friends there, I focus more on learning and I enjoy it more. An online school is a worse option.

My online school day is like this I have online classes in the morning, then I do my homework and get ready for the next day. After that, I have time to myself and go out for a walk and watch movies. Online lessons are useful, I understand a lot of things there, I learn them. Online tasks are well explained and I am not confused about them.

I miss human contact with the teacher, I spend two hours a day in sports activities. When the pandemic is over, I would change school teaching by teaching really only important information and leaving out all unimportant information, and I would teach more slowly.

We need to get used to what it was like before."

Kristýna



This situation is new for all the people around the World. Learning at home started in March 2020 and it was to the end of the school year. In September 2020 we normally came to the school, but from October we have closed schools again. First, I thought that it would be fine that I'd have more time and I wouldn't be stressed because of school and it was as I thought from the start. Then I realised that it's not that fine and, in some subjects, it worked better than in school, but in



other ones, it was more difficult and I knew that it's important to going to school and not only have online classes. Now I hope that we'll go back to school soon, because I really need to study some subjects in the school, and I miss my friends from school. My online school day is like I wake up every day about 8 am and I eat breakfast, then I'm on online classes or doing homework. I have a temp job, so I do everything about school in the morning to be able to work in the afternoon. I go there only for one or two days a week, which means I have still a lot of time, so I go out for a walk or ride a bike. I don't really want something to change, but maybe we can focus more on more important subjects, which we'll graduate from. As I said, I hope that we'll be back at school soon and we won't have online school again."

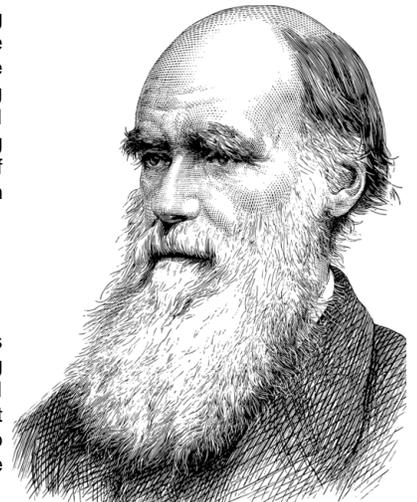


One of the drawings I create during that time

# Rybnik Poland

## Finding myself during the pandemic

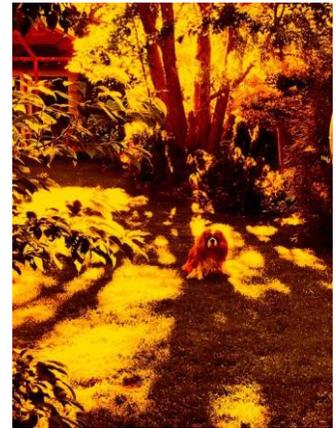
The global lockdown got all of us scared at first, most of **Julia Żabka** us were definitely not prepared for something like this to take place, and we had to adapt to the situation happening in the whole world. Staying at home is for sure the safest thing to do in case of Covid-19 spreading around, but it can get boring extremely fast. That is why I had to find something to make the isolation process a life-changing experience. I decided that the best way to spend lots of free time would be to spend it doing something I had not had time for before, or I told myself that I had no time for. These were things like, for example, exercising or painting. I also started planning my days, and because of that now I am way more productive and motivated than ever. I am absolutely not wasting any of the free time I have.



Another drawing

Since schools are closed I cannot really meet all my friends and online conversations are not really the same as speaking to each other in person. On the other hand, thanks to that I started talking with my parents more frequently about everything and because of that I think they started to understand me better. Since we are all stuck in one home together I would rather spend this time in a friendly atmosphere. This lockdown "**A man who dares to waste one hour of time has not discovered** but when I put all my effort into changing it, it was not **the value of life.**" so bad at all. Adapting to the new way of living was **Charles Darwin** definitely the hardest challenge but once I did that, everything else followed.

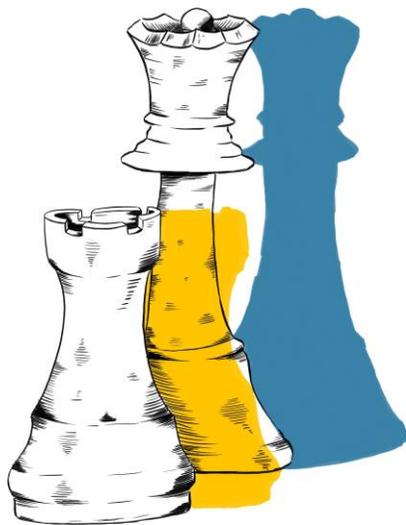
really difficult for me in the beginning, **hour of time has not discovered** but when I put all my effort into changing it, it was not **the value of life.**"



I spent a lot of my time in the garden with my parents and my dog

# Lisbon

# Portugal



## My experience through COVID 19 Pandemic Learning with the Covid-19 experiencec

In 2020, the world was struck with a new type of coronavirus, the so-called COVID 19. Its outbreak was in China, at the end of 2019, but it only became spoken about at the beginning of 2020, when the possibility of it spreading world-wide began to be regarded by the World Health Organization. Eventually, schools and shops closed, many people started to work from home, and every social activity got postponed, cancelled, or transformed into an online format. For me, online classes aren't as productive as presentational classes, the bigger problem being that our routines were broken and it became harder to force ourselves to do anything. But, at the same time, there are benefits. For instance, in online classes I can go at my own pace: I don't need to spend time in subjects I find easier, and I can focus more on the ones I have more difficulties with. Where I found that this pandemic is tougher is in the fact that there aren't extra-curricular activities or sports. I am lucky to play chess, because there were still online competitions and the pandemic brought opportunities that I wouldn't have otherwise. Nevertheless, I used to practice 10+ hours of other sports each week, so this was a huge change. Overall, the pandemic brought many bad things: people lost jobs, got depressed, and some died. There were also problems at schools, such as the grading method or even just the classes. But I think that there are many things we can learn from this. For example, maybe, in the future, schools will learn to incorporate technology in classes. Anyway, it is something that we are living with, and we have to try to get as much as we can out of this experience.

Camila Avelino



## The need to appreciate what we lost

Catarina Velosa

When it started, none of us thought it would get this big, but it happened and something changed. We changed. Through this experience we learned a lot as human beings, we realise that something so little we can't even see through our own eyes can have such an impact on our lives. We learned that the normal things we usually do were no longer possible. We started to appreciate the physical contact we had before this, like giving a hug to a friend, that was something that we never thought would become dangerous. We started to appreciate things that in our normal days we wouldn't

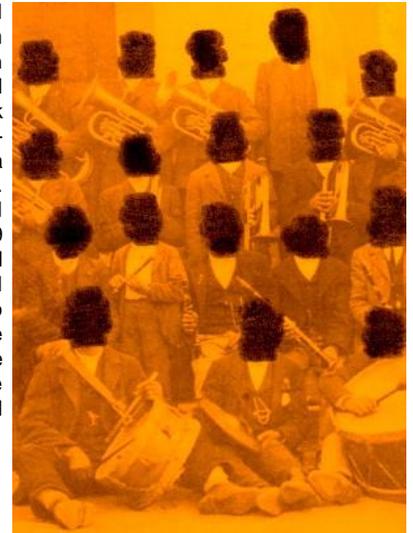


care about, like putting out the trash or walking our dog, but most important we became stronger as a community. Now talking about my experience as a teenager, in my junior year of high school in Portugal... this experience was very different because at first I thought I was going back to school a few weeks after quarantine, but I was wrong, I stayed home. I personally didn't like having online classes because the fact that we are at home, it's very hard to keep focusing in the class and not being distracted by the things around us. Also I felt bad for the teachers because I know that some of us, students, weren't even in the class. Another thing was some teachers sent a lot of work, and I understand that we had more free time but in my case I felt more exhausted in this period than when I was at school. After saying all this I hope that we leave this situation quickly, and in the next year I can go back to school and get back to my normal life.

#### **A chance of personal growth**

I can see my experience through the COVID-19 pandemic, especially during the time in lockdown, as a major stepping stone in my development. It was a chance for personal growth. Marked by a continuous

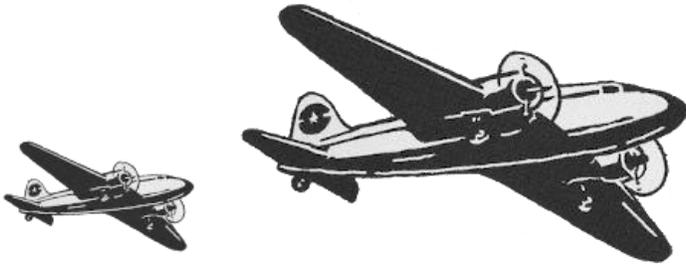
journey of self-knowledge, the deep change and drastic **Laura Lemos** slowing of life's rhythm put a pause on the constant need for an escape. I had to learn to just sit with myself, in all my uncertainty and indefiniteness. It's easy to get caught up in everyday life, in those that surround us and, without even realizing it, become strangers to ourselves, but this disregard for introspection doesn't come lightly. The reluctance to look within takes its toll. Although the urge to run from self-awareness was still very much there, the quarantine broke a cycle of internalizing and ignoring certain thoughts or feelings. A sense of inner peace came from my time of emotional exploration and communication, through the COVID-19 pandemic, which is not to say I didn't miss the freedom and spontaneous flow of things before it. The people, the hugs and the kisses are, in a way, what makes everything else fall into place, but, whilst feeling their absence, I acknowledged the scars, the inner barriers, the emotional mechanisms, the questions left unanswered. I felt the pain, the sadness and the solitude, without letting them consume me. I healed and found the way back to myself.



#### **The Unstable Lives We Live**

The Covid 19 pandemic caught everyone by surprise. **Maria Carolina e Francisca Syder** No one would expect their lives to change in such a drastic way so suddenly. While understanding that it was the best way found, in such short notice, to finish the school year, we believe that the online learning experience did not create the best results possible. Even though we dedicated most of our time to classes and tasks assigned, it felt as if we were not actually learning and assimilating the information. Maybe it was the type of task assigned, which didn't always spark our interest, or maybe it was the fact that in most subjects we were simply repeating what we had previously done, what matters is that classes weren't nearly as enjoyable as they might have been beforehand. Aside from the unsatisfying teaching experience, we still felt that this situation taught us a lot. It revealed how truly unstable everything in our lives and in our society is, it showed how a tiny little organism that we can't even see through our naked eye can destroy so much, bringing attention to the fact that even though all of us live very different lives, we all suffer in the same way. Simultaneously, it is much easier to see now how our society is built in such wrong

ways and how it is extremely necessary to try and help with all we can. It feels as if no matter what the area of studies and interests we pursue, we should always try to help in any way we possibly can and we need to cooperate as best as possible. We need to do the best we can and be there for each other.



Hope is the only feeling left after more than a year of hardship and fear. We hope for brighter days, we hope for a sunnier Summer, for hugs and kisses, we hope to be with all those we love... and we hope to travel... to meet again, here and there, with you and you and you... with our family, our friends, our mates... Let's hope we can meet again very soon, in October, in Reykjavik, Iceland. See you soon! Hopefully!...



# Reykjavík

# Iceland

In the late 19th and early 20th century, Reykjavík was nothing more than just a cluster of a few houses. They were mainly situated near the harbour where Danish and Icelandic merchants or “kaupmenn” sold dried fish to British, Spanish, French and German ships which then sailed away to distant countries most Icelanders didn't even know existed. Today the city is the capital and the largest city in Iceland, and has become one of the most visited cities in the world compared to the population of the country's inhabitants. Every year, Reykjavik welcomes more than 2 million tourists. Due to this fact, the town centre or “miðbærinn” has many restaurants and coffee shops and a collection of vibrant and laid back second-hand stores where the Icelandic youth tends to shop for clothes, such as Wasteland and the multiple Red Cross stores. During the “summer” (what the rest of continental Europe would probably mistake for spring if they didn't know what month it was) the city hosts many festivals celebrating





everything from the Summer Solstice and the annual Culture Night to the LGBTQ+ march celebrating LGBTQ+ people's rights. Reykjavik has also been designed a UNESCO City of Literature and is the first non-native English speaking city to receive this prestigious title. Yet, this is not what I think is most captivating about the city itself. Rather I would say that the nights are what I think gives the city its character. During the winter, Northern Lights dance in the sky and the moon lights up the city. Although the Northern Lights are mesmerising, the light summer nights (when it's day light around the clock) in the capital are some of the most magical nights that you can possibly imagine. Spending the night looking at the almost constant transformation between night and day is one of the most captivating sights there are. The sun disappears into the sea slowly and starts to rise again about an hour later, meanwhile the sky stays orange, pink and blue as if it was on fire from within.

