

Lockdown NEWS 2

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AHA – OHO – SOSO

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Let's tackle this never-ending story!

OPINION

Hard Times

OPINION

As you know, corona has been with us for more than a year now. In this one year, we humans endure, go through, and suffer a lot. As a result, corona feels like it is about to take over everything, all the media coverage and even people's feelings have almost been lost. But nobody talks about the basic needs of mankind.

How do people feel during the corona pandemic? People have lost family members to corona and a lot more sad things have happened. But why is COVID-19 being paid so much attention - but not us? For a whole year now, we have been required to adapt to the new "rules". To keep distance to everybody, not to meet other people in person, to refrain from visiting others, not to be allowed to go to school - all these are activities that we have had throughout our lifetimes. So why do politics and administrations think that it's easy (not) to do all this?

I know that many people think we are being treated unfairly. I basically agree with this opinion, as it seems that we are not given what we demand – and what we need. Which is why we have to stick together! We can only end these hard times together! Let us try out some ideas – together!

By YE



Photo: © AT

Friendship in coronavirus-times

Lockdown has disrupted our social behaviour and networks. Our world has shifted online, and sometimes you can feel lonely. Many people indicated that they have begun to shrink their social networks. They would socialise with not as many people as before. People who have connections to draw on and are able to leverage their existing friendships online are doing pretty well. In many instances, they are closer to the friends they had.

When social interactions moved online, only certain kinds of relationships seemed to survive. Once the community context of a relationship was taken away, it was relationships where those in it had something in common besides shared work and hobby interests, where everyone felt comfortable with digital technology, that managed to hold together or become stronger. Many wanted to share their pandemic stress with those to whom they felt closest: old friends from hometowns and very close local friends. It meant that socializing with people who live locally was just as easy as socializing with people who live on the other side of the world.

This meant that people could socialize and reconnect with people who they were closer with. You're not necessarily close to those who you share a neighbourhood with - COVID is really showing this up.

By LO

Sporty ways to motivate ourselves

In this time during corona it is very difficult to motivate yourself and to find some motivation. But if you have the motivation to do something

different from home schooling, sleeping and eating, you should do some physical activities (not only) for your health. Many people have different hobbies, but these cannot be pursued at the moment and so many people are forced to sit at home the whole day long. So here we have some tips to motivate yourself to do some sports at home and do something different.

- One tip is to *Facetime* with your friends from the Sportclub and do a workout together. So you can talk with other people and it is a good opportunity to see your friends and it is not so boring. And you can try different workouts together, can't you?.

- If you have a pet you can go outside for a walk or jog in the fresh air, thus you can also clear your head off after a stressful day.

- Another tip is to buy new sport clothes. Maybe you wear the same clothes every day, so you can buy colorful stuff for the motivation. If you have new stuff, this makes practicing and exercising sport more fun because you want to wear your new clothes.

- Another tip is instead of lying lazily on the sofa, you can also turn on some of your favorite songs and dance to their rhythms, this is fun and is not as strenuous as other sports.

- A good point to find some motivation is to buy new stuff like different ropes or a Hula Hoop to do something different and get out from the comfort zone.

At the moment you have a lot of time, so you can try this.

- You can also watch some home workouts on YouTube and thus get the motivation to be as sporty as the YouTubers themselves. Home workouts with your own weight also help you to build up muscles and stimulates your endurance.

By CE/PB

Everybody is getting tedious from this virus called SARS-19 these days because you can't hear anything positive about what's going on in our country. Just only corona, corona, corona... all day long. And in many people's contemplation this is just vexatious. This is of course understandable because Germans hope for quicker vaccination although politicians seem to be very negligent to their own people in in this respect. They rather do things again that haven't proved helpful and protective so far.

Furthermore students are getting tired because they sometimes sit working with their Ipad or PC for many hours and do home-schooling. No miracle when students are often confronted with cycle problems or a lack of vitamin D just because they carry out sedentary work most of their time.

But a perfect antidote for these tiresome issues of students is definitely reminding one's beautiful moments which were captured by a camera before the global pandemic broke out.

Students could put up those photos above their homeschooling desk to remember that corona and all its adverses are not the only thing in life that happen. And that can make students feel good again so that they have a better attitude towards homeschooling or even corona. And if you want to know how to fight boredom in lockdown, then just take a look at the next article below.

Text by CR

P.S.: I forgot to mention above that a very vivid example was myself during homeschooling as I've put up photos from the last vacation and felt immediately good afterwards during my online lessons. 😊



Photo: © TA

How to fight boredom in lockdown

The lockdown comes with many restrictions, whereby the choices are very limited. As a result, many people become bored and do not know what to do alone. People generally prefer doing something actively to doing nothing. During lockdown everyone is at home most of the time and it's easy to fall bored when you're not allowed to go outside. Since you can't be around in big groups right now, the activities most people like aren't available. That's why we are now listing a few things for you that you can do against boredom during lockdown:

- ▶ start doing yoga daily
- you can watch new interesting series or rewatch/rerun your favourite ones ◀
- ▶ you can start meditating
- start planting a vegetable garden ◀
- ▶ read more books
- you can meet a good friend more often for your mental health ◀
- ▶ you can start painting
- sign up for online classes ◀
- ▶ you can start learning a new language or improve the languages you know
- learn a new Instrument ◀
- ▶ you could clean your apartment/house
- you can work on your glow up (do some sport exercises, skin care, improve your style etc.) ◀
- ▶ build up a camping tent in your garden or local camping area
- take a big walk for example in the forest or in the park ◀
- ▶ you can throw a virtual party with your friends (Skype, Zoom, etc)
- you can learn or improve your cooking skills ◀
- ▶ you can start baking
- you can go skateboarding or inline-skating ◀
- ▶ you can do a car trip with a friend and visit another city
- you can find a nice view of the city or the nature and enjoy it by yourself or with a friend ◀

By TA/KL/ME

BOOST YOUR MOOD, BOOST YOUR IMMUNE SYSTEM with HEALTHY FOOD

#stayhealthyathome

Especially in times of corona, your physical and mental health is of essential importance. We should all focus on pushing our mood as well as our health positively. There are many ways to boost our overall well-being!

SPORTS. HOBBIES. GAMES. FRIENDS. FAMILY

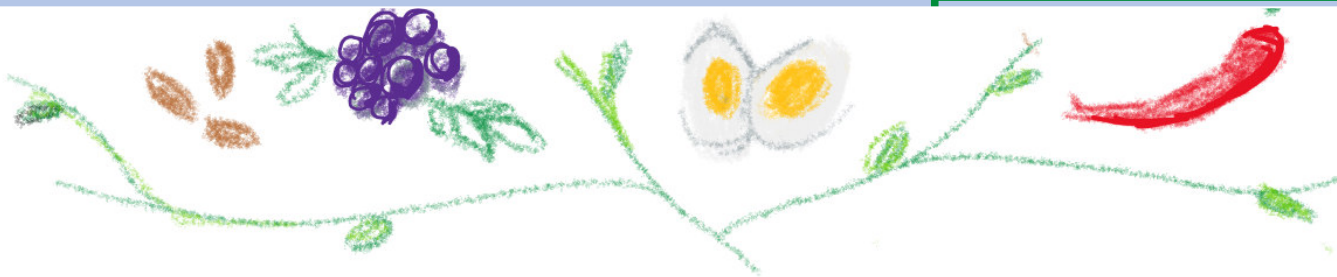
You're not having any of these at the moment? Don't worry there is still one magical method that will definitely boost your whole well-being throughout these hard days!

It's true. *You are what you eat.* Healthy food plays a key role in maintaining your health. Moreover it affects every aspect of your being: mood, sleeping habits, energy level, thinking capacity etc.

Keep in mind: Healthy food → healthier body → healthier mind → happier you :)

Eating a healthier diet doesn't have to be complicated. Don't be too much concerned with counting calories, but rather think of small, manageable steps when it comes to a balanced diet. Like adding a plate of fruits or a small salad to your diet once a day. Also important: Focus on avoiding packaged food and go for more fresh ingredients whenever possible. There are many foods that are considered superfoods due to their beneficial effects on health and disease prevention.

For example: blue berries, goji berries, chia seeds, eggs, ginger, garlic, chili peppers, salmon avocado, nuts etc.



Ingredients:

- 3 tsp açaí powder
- ½ frozen strawberries
- 1 frozen banana
- ½ cup milk (oatmilk) or water

Toppings:

Choose your favorites!

- Fresh strawberries
- Fresh blueberries
- Fresh banana
- Kiwi
- Shredded coconut chips
- Chia seeds
- Dark chocolate chips
- Almonds

By LL, last update MON 22nd MAR 23:46

MY GOOD MORNING RECIPE FOR YOU ACAÍ SUPERFOOD BOWL

I love açaí bowls! It only takes 5 minutes to make it! Açaí berries are super healthy. They are rich in antioxidants, fiber and healthy fat.

You are now wondering what is a açaí bowl? It is essentially a thick frozen smoothie based on açaí powder.

Another factor, which made the açaí bowl become so popular lately, is its diversity when it comes to ingredients and toppings. There are dozens of ways of making it!

It only takes 2 steps!

Blend. Blend together the açaí powder, frozen fruits of choice (e.g. frozen banana) and your milk of choice.

Add toppings. Now it's up to you! There are so many ways to add toppings. On the right are some ideas for you.

Daily life of youngsters before Covid-19

Social isolation, strict hygiene concepts and takeaway food three times a week — this is the common lifestyle of most of us now. But it seems that the more the lockdown drags on, the more our previous lives fall into oblivion. So let's make a trip to the past and rewind all the things we are missing today.

Before Covid-19 we met our friends, had a good time, went to the cinema, organized a birthday party or visited a rock festival with over 60000 other fans. We sat side by side, close together, hugged each other, ate snacks from the same bowl and drank from the same bottle. Without worrying too much about it, we touched any surfaces in public transportation, such as busses, trains, taxis etc.. In summer we went to public pools, swam around in the same water like 50 other people. When we went shopping, we didn't have to disinfect our hands before entering the store. We didn't care about fruits touched before. Shopping was something enjoyable to do in your leisure time and not just a means to an end. Moreover you weren't stared at at the checkout only because you paid by cash.

Even school has changed a lot. Back then, you were allowed to share one desk with your classmate, you didn't have to wear a mask the whole day long and the windows were only opened when it was necessary. Additionally, it was also a harmless thing to spend the breaks with your classmates, all hanging out at the same place with no distance at all.

All in all, for me the most precious thing we had before the pandemic was the freedom to visit our relatives whenever we wanted without having a bad conscience.

Now there's the question whether we'll ever be able to return completely to our previous life. It surely won't be easy, but you have to take life as it comes.

By LU

The perks of being home-schooled

Our lives are now very different from our pre-COVID lives.

But the situation that has changed the most over the past few months is our school life. Our class in fact hasn't been at school for four months now, no tests are written and home-schooling is controlling our whole life right now.

We live in a constant bubble of ignorance whether we will go to school next week or not. We are also under constant pressure for school performance, there are always thousands of assignments waiting to be done, the teachers are also very exhausted from all the online lectures because nobody is able to always actively and quickly take part in it which is because we often simply don't understand what they talk about.

There are a lot of people who try to talk about home-schooling as a great solution, but in fact it's not.

We as students know that this whole situation is also not easy for the teachers.

Their teaching is mostly talking to a screen full of names and nobody else talks, it's pure silence most of the day.

They can't combat the problems of the students with for example a new topic that the teacher started, because a lot of communication goes hand in hand with facial expressions, the students usually don't turn on their cameras for online classes.

Another aspect which is very important is the fact that due to always staying at home a lot of teenagers suffer from mental health issues such as depression and anxiety disorders.

But in fact mental health is not the only problem that can come up with the home-schooling situation that we live in right now. Domestic violence and child abuse is also a tremendously important topic, a lot of children can at least flee from all those problems that they have at home when they simply can go to school, but now due to Covid they can't and nobody can help those poor kids.

By FK

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