

VISUAL SUMMARY ABOUT MY LOCKDOWN
EXPERIENCE



THE CONFINEMENT HAS MEANT...

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Feelings

I've been feeling sad lately, but not only because I'm isolated, mainly because I have been thinking a lot about the people that suffers due to the virus or other problems.

If the world is so complicated in normal situations, imagine if you add injustice, Covid-19, wars, climate change...

I feel so lucky because I don't live with the most intense consequences of these issues, but I also feel responsible about what is happening. In the near future, I would like to contribute more than just making donations. If I have the opportunity, I would like to volunteer to help refugees or people in need and in some way make the world a better place.





**“The cosmos is within us.
We are made of star-stuff.
We are a way for the
universe to know
itself.”— Carl Sagan**

My best support

My best support at the moment has been mostly my family and my friends, who connect online with me every day to ask how I am along with my parents and my brother who reminds me every day what love is.

Furthermore, I love physics. I have the opportunity to learn through online courses about topics that I am too intrigued to discover that I cannot wait till university, and this arouses my curiosity and appreciation for how complicated the simple idea of existing and reality is.

Moments

Best moments

During the quarantine, definitely the best moments that I have lived are those that I spend with my family, like when we watch a film together, laugh about funny memories or make video calls with our distant relatives. But also, those in which I dedicate to myself by doing activities that I like, such as reading, drawing, learning, cooking ...

Hard moments

I am a positive person, but the worst moments have been those that I think about my relatives who are suffering with the current situation in Venezuela, sick people and those in need, and of course, when I think about the opportunities I have missed because of the confinement, like getting to know more the island and my friends.

"Collect moments, not things"

Favourites

My favourites book/film/TV series during the quarantine has been...

I love reading, so I have many favourites books, but the ones I read during the lockdown were: "Black Holes and Curved Time" by Kip Thorne and "Astrophysics for People in a Hurry" by Neil deGrasse Tyson (they are two of the books in the photo).

My favourites series during the last months were: "Gilmore Girls", "Friends" and "Cosmos".

Last but not least, my favorite films were: "Before the fall" 2004, "Dead Poets Society" 1989 and "The children's act" 2017.

Favourite lockdown meals

My favourites recipes have been oatmeal and banana bread. I really enjoy the cooking and eating part.

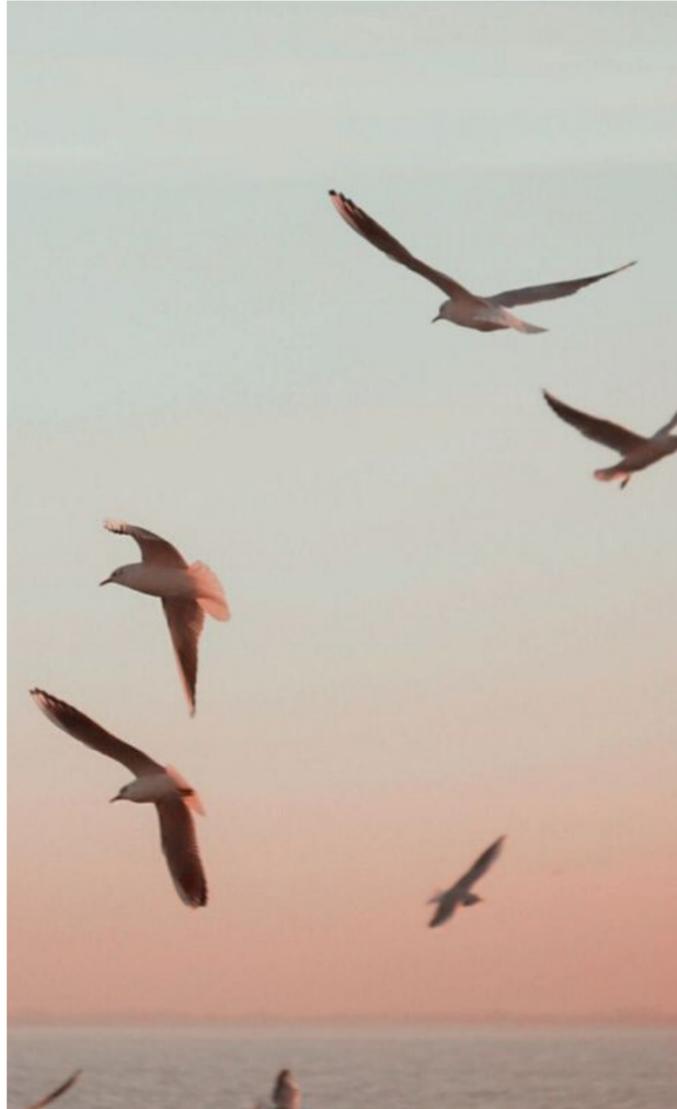


“If you don't like to read, you haven't found the right book.” – J.K. Rowling

Positive learning

I have learned to be more productive, organised, and autonomous with my schoolwork and home responsibilities.

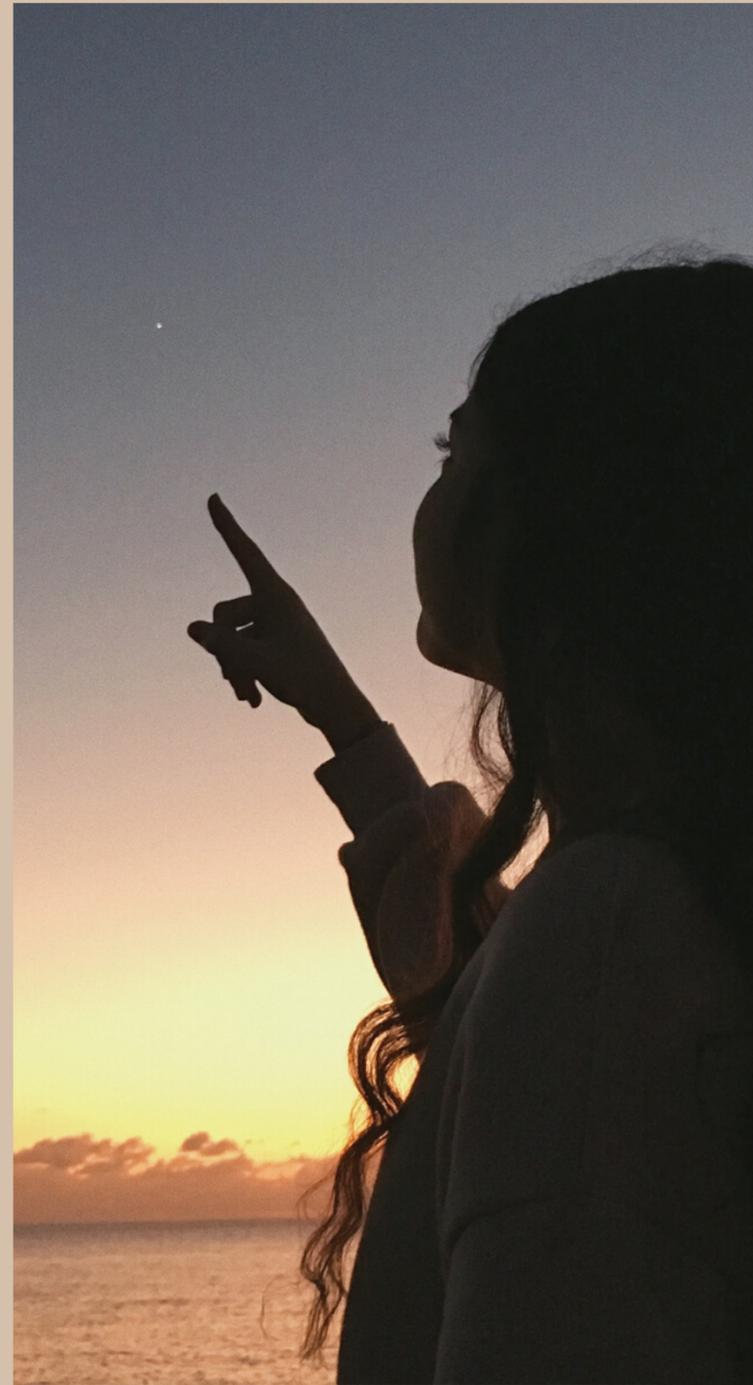
I have also been appreciating the importance of the little things, such as listening to the birds singing in the morning, seeing smiles on my parents and brother's faces, seeing stars shining at night, seeing how the colours change at the sunset and more details, because if you feel every sensation, even if it is in a short instant, you realise how beautiful life is.



What have I missed the most?

What I have missed the most is to share moments with my friends, either at school or going to watch films, shopping and eating out.

Another thing I really miss is exploring. Before the quarantine, my parents, my brother and I used to go hiking and have fun while we were getting to know the most beautiful places on the island (the photos are from one of those days we went to the lighthouses to see the sunset).



The worst of being confined?

I think the worst aspect about being confined is that your plans don't go the way you wanted, for example, my family and I planned to go to Portugal in Easter, just as I planned to get to know my friends better. But I have also learned to accept the problems that arise and adapt to the situation in which I am living.



"A smile is a curve that sets everything straight." — Phyllis Diller



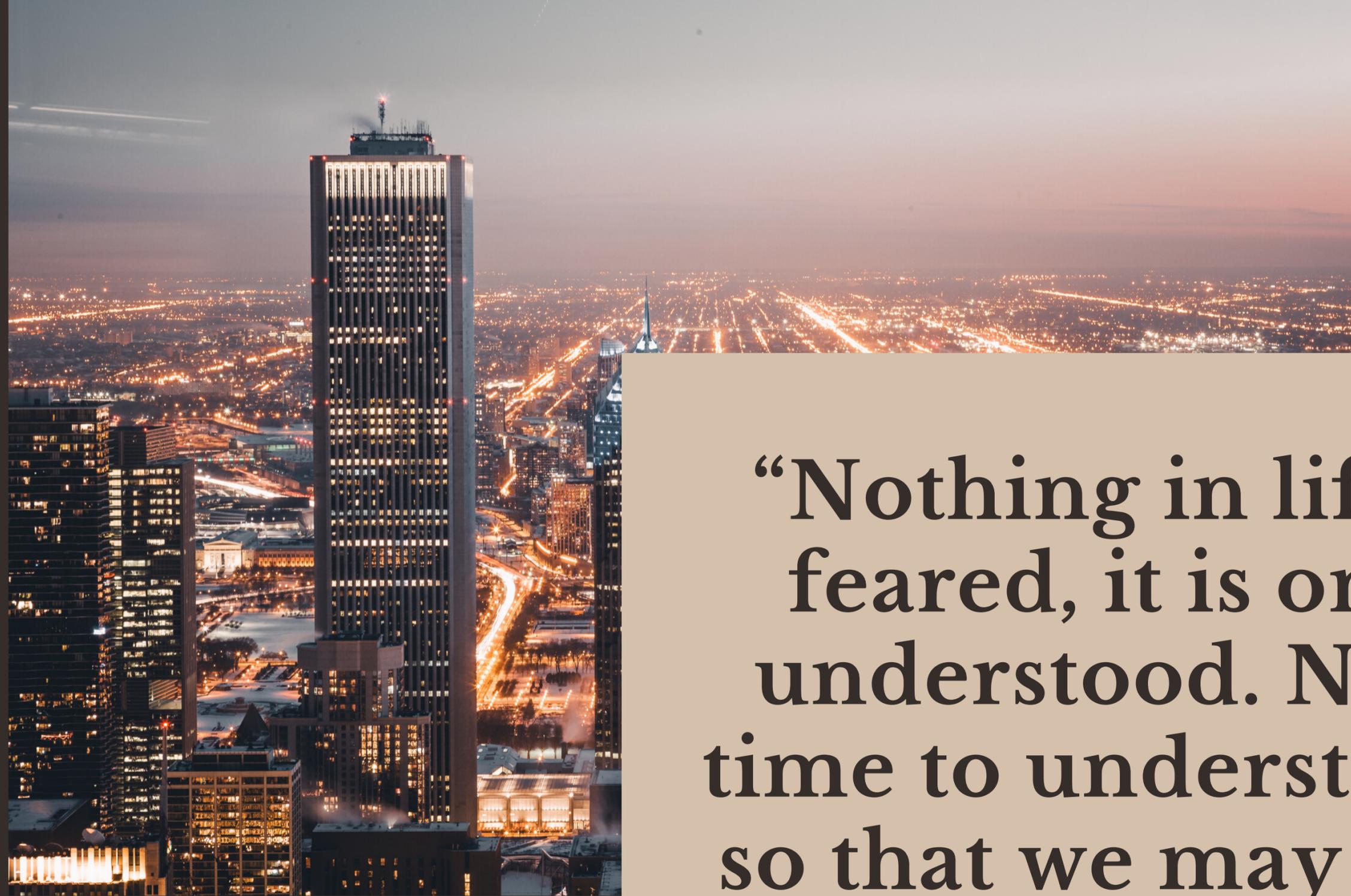
Funny anecdotes/situations

It is always good to laugh and in our house we laugh most of the time.

When we were able to meet with few people at home, we met with my father's friends who have a 3-year-old daughter.

She started pretending to be a nurse and tested us for the coronavirus. I ended up not having it but my brother did and she kept him isolated in a toy house doing his homework.

It was so funny because it was an effective way to get my brother to do his homework, and she is the only one who has succeeded!



**“Nothing in life is to be
feared, it is only to be
understood. Now is the
time to understand more,
so that we may fear less”
Marie Curie**