

Intermediate (B1-B2)

I cycled to school on Saturday the 14th March, shortly after the lockdown was announced, to pick up some teaching books and materials. We were quickly preparing to move all our classes online for the duration of the quarantine. We hurriedly gathered some resources and said goodbye to each other, but we had no idea that we wouldn't see our Small Talk classrooms for months!

At first, I found the quarantine very challenging. It was hard for me to stay indoors all day without seeing my friends or the city. I couldn't sleep very well during the first two weeks and I was irritable and anxious. I live with my boyfriend and two friends and the four of us had to learn how to share the space (and wifi!) and be respectful of each other.



However, after three or four weeks, I became more accustomed to my new routine and started to cope with the quarantine a bit more. I have learnt a lot about myself during this time, and one thing is that I *really* need structure.

My quarantine routine:

- I wake up at about 8.30am, make a cup of tea and get ready to exercise
 - From 8.45-9.30, I either do a workout video on our roof terrace or go for a run in Monjuïc (now that we are allowed!)
- I then shower, eat breakfast and get ready for my first class at 10.30am
- From 10.30-11.30 I teach a literature class (we're studying Shakespeare)
- At 11.30am, I start preparing my lessons for the afternoon, do any marking that needs to be done and check my students' homework
- At about 2pm we eat lunch together on the terrace. This is a nice opportunity for us all to step away from our computers and listen to some music or a podcast
- From 3pm-4pm I volunteer for an educational charity that supports refugees
- In the afternoon, I teach from 4pm to about 9pm, depending on the day
- In the evenings, I cook with my housemates, watch a film, or read a book.

Every day is almost exactly the same, except for the weekends when I can relax a bit more. At the weekend, I do some gardening (my new hobby!), sunbathe on the roof, and do video calls with my friends and family.



During the quarantine, I have been thinking a lot about how privileged I am. This experience has taught me to be more grateful for everything I have and pay more attention to the vast inequalities in our society. I hope that after the quarantine, we can work together to build a more fair and just society, which values essential workers more and protects the most vulnerable.



Gardening