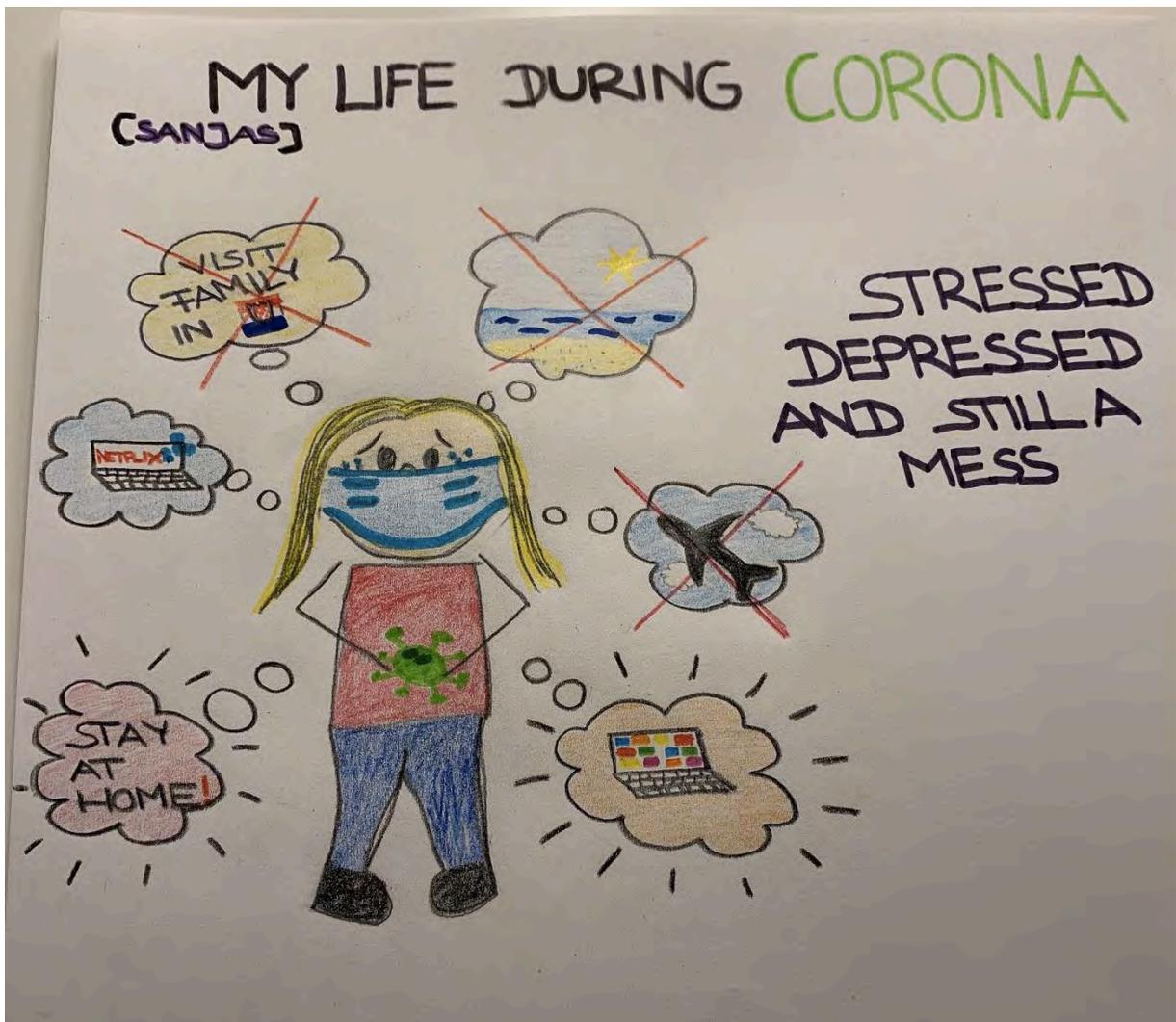


Our Corona Book

Almost a year into the pandemic we considered it to be the right time to look back but also forward. Can we meanwhile find the right words for what was/ is going on in the world? How has the presence of the Virus shaped us, for the better or worse? What will remain and what will we remember when, hopefully one day, all this will be over?

We came up with these and many more questions when sharing thoughts on our every day lives and coping strategies. The outcome is many creative works by students from both of our classes, EKa and EKb as you can see below. Enjoy reading and viewing, finding consolation in seemingly great similarities which at the very least are showing: We`re all in this together!



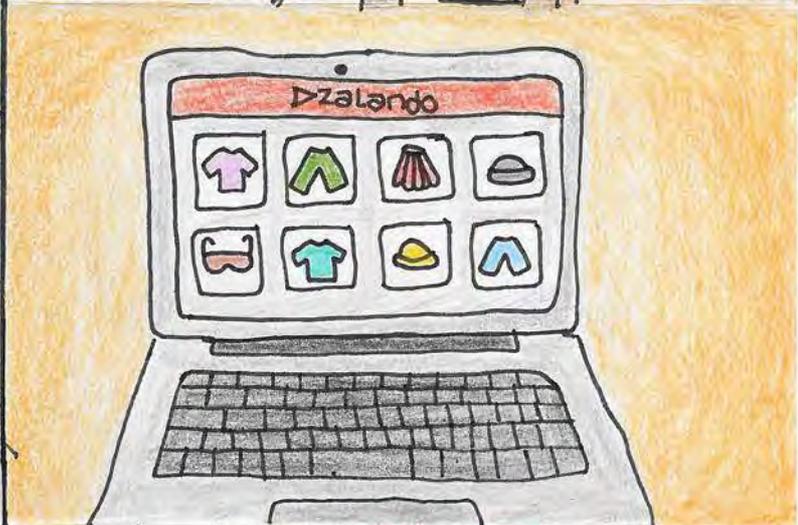
Questions on the Pandemic we asked each other

- 1. What are the five most important things you learned about yourself during the pandemic?**
- 2. What positive changes have you experienced so far thanks to the pandemic?**
- 3. What will be the first thing you can't wait to do when all this is over?**
- 4. Whose body rhythm/ metabolism has changed, too?**
- 5. What do you think will the aftermath be like?**
- 6. What are the things that people took for granted before Corona, in your view?**
- 7. What is the most exciting thing you did since the beginning of the pandemic?**
- 8. What are the benefits in your view?**
- 9. How are you dealing/ coping/ getting along with it mentally?**
- 10. What are the five most important things you learned about others?**
- 11. Are you overly concerned about your health?**
- 12. Did you find new friends (online)?**
- 13. What has been the greatest change in your daily routine apart from the obvious things?**
- 14. Has the pandemic made you grow closer to your family?**
- 15. Is the lockdown more preferable in summer than in winter?**
- 16. What do you miss the most during this time?**
- 17. Can you deal with yourself alone?/ How do you get along with yourself alone?**
- 18. What makes your life special these days?**
- 19. Have you lost friends during this time?**
- 20. Has your image you had of yourself changed? Do you feel different now?**
- 21. In what way will the pandemic change our lives forever?**
- 22. What are your plans for the aftermath you didn't have before Corona?**

Before corona



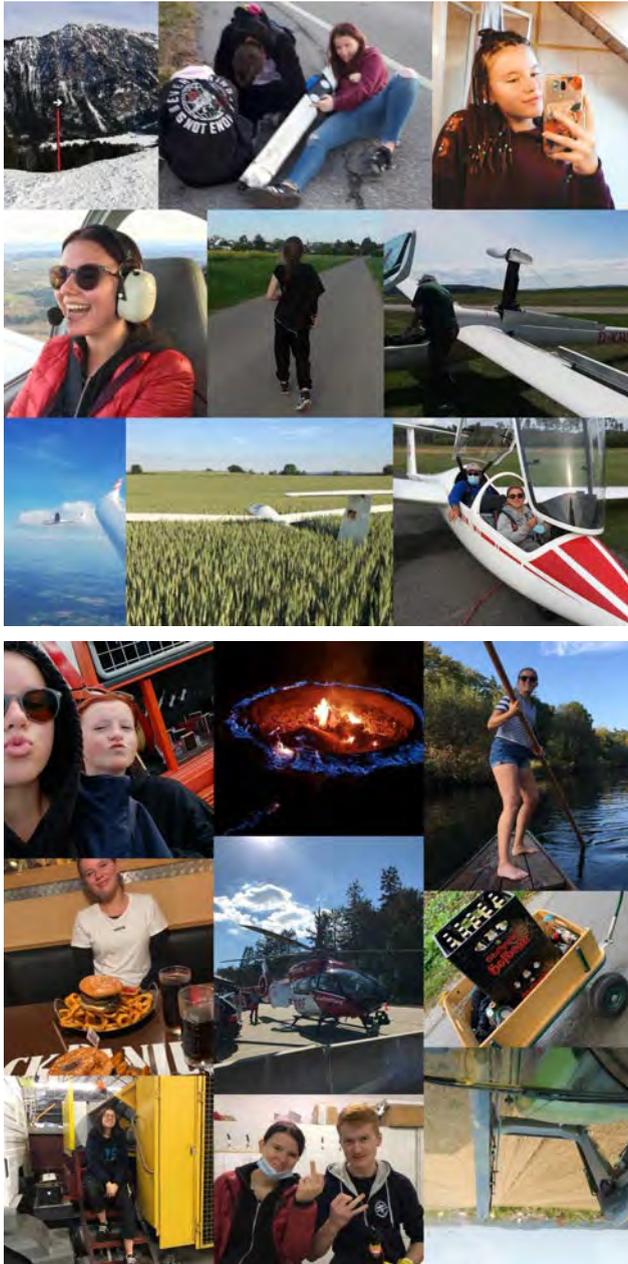
Now



Lockdown 1:

Corona gave me the best summer of my life, I think.

Because I was in 10th grade we had first no school then 3 times a week 4,5h. So I had a lot of free time. I always had no or less time to do non school things but this summer I did a lot of garden work, baked, looked at the sun rise and the sun set with my best friend Angie, put my hair into braids, was from morning until the evening outside and walked around and did a lot more things.



Lockdown 2:

Last year in January and February I went on ski trips and Fasnetsumzüge. This year I do none of this. I hate this second lockdown because you are not allowed to do anything. Usually my week would start every morning at 6am. Then I put clothes on, brush my teeth and take the bus and the subway to Böblingen. I'm at the school at 7:25am. Now I get up 20 minutes later at 7:45am and start my laptop. 2:45h more sleep, that's everything good at this lockdown. Because I have so much time and I am always at home. Before the lockdown I

came home to sleep. Now I am always home and do exactly nothing besides waiting until the day ends.



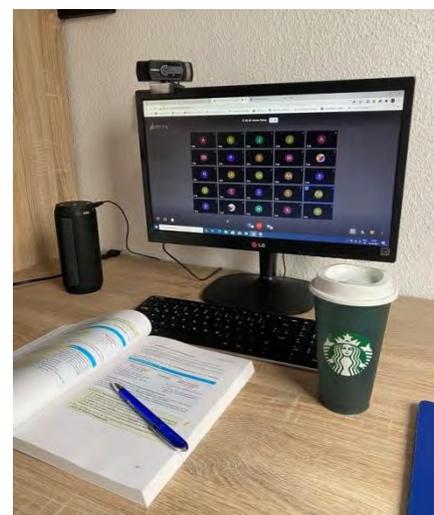
Amelie Steinhorst

How the lockdown has affected lives of many students

My typical Monday before Corona vs now

BEFORE	NOW
6:20 ->waking up and getting ready for school	asleep
6:50->on my way to school	asleep
7:50->school	7:20-> waking up, making a coffee, turning on my computer
9:20 -> breakfast during a break	7:50 -> breakfast during my first lesson ->school
13:45 -> on my way home	13:45 -> nap time
14:30 -> lunch, resting	15:00-> lunch, resting
17:00 -> studying, doing homework ->dinner	19:30->doing homework ->dinner
19:30-> handball practice	21:00-> walking my dog, showering
21:30-> walking my dog, showering	22:30->going to bed
23:30-> going to bed	asleep

My classroom before and after Corona :



What has Corona taught me?

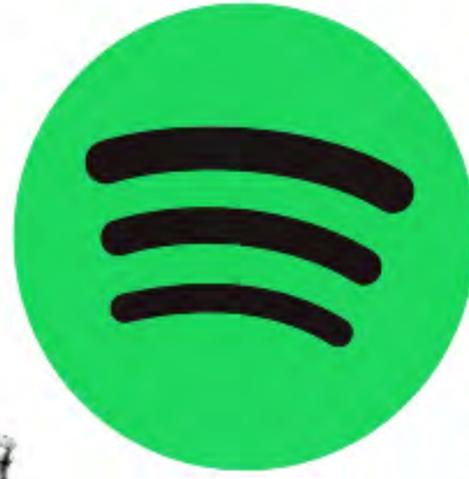
The whole world is connected and we weren't aware of it before Covid 19 showed up-> The virus spread to almost every nation within a few months of the virus first being detected and a global pandemic was declared. Despite the differences and distance between locations, we are fighting the same virus and experiencing the same struggles. It is a reminder of just how our global economy and culture, including supply chains, communications, technology and travel, are connected at several levels.

Humans are social beings -> we need social interaction and human touch. In almost every area of our lives, including schooling, jobs and entertainment the COVID-19 pandemic has highlighted the importance of social interaction and human touch. Social isolation and loneliness have been caused by attempts to minimize the spread of the virus, including physical distancing, quarantine and stay-at-home orders.

The pandemic taught us to take nothing for granted, including each other!



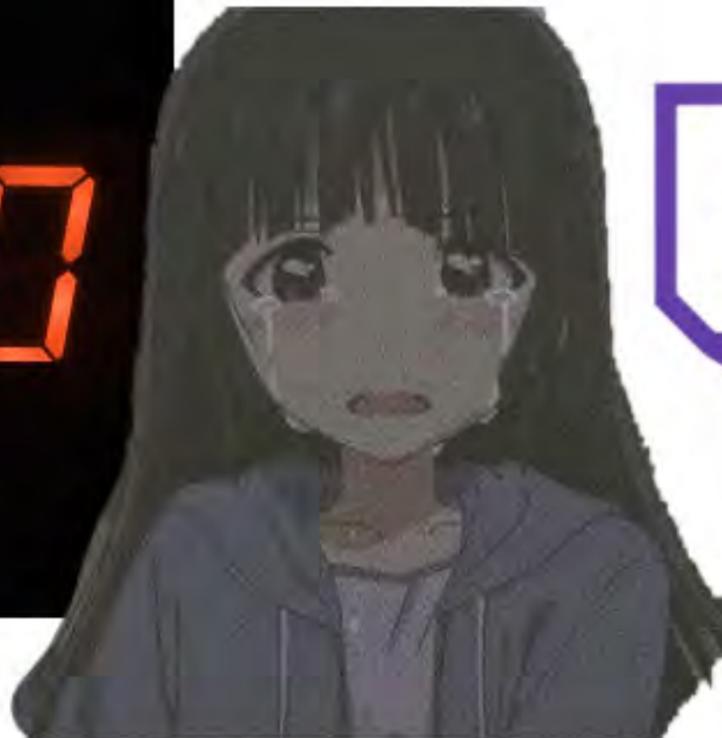
NETFLIX



TikTok



I'm stuck in quarantine and I'm losing my mind



twitch

It'S cOrOnA tImE



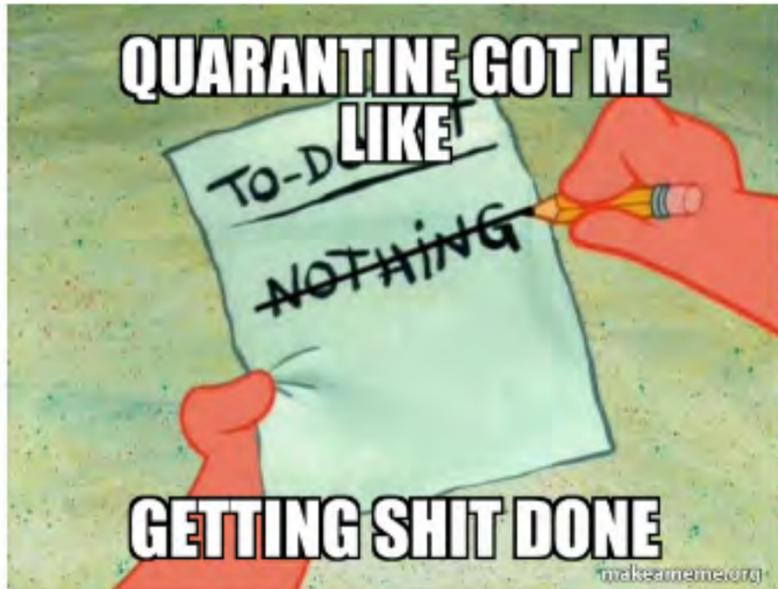
When you try to hold in a cough so people don't think you have the Coronavirus



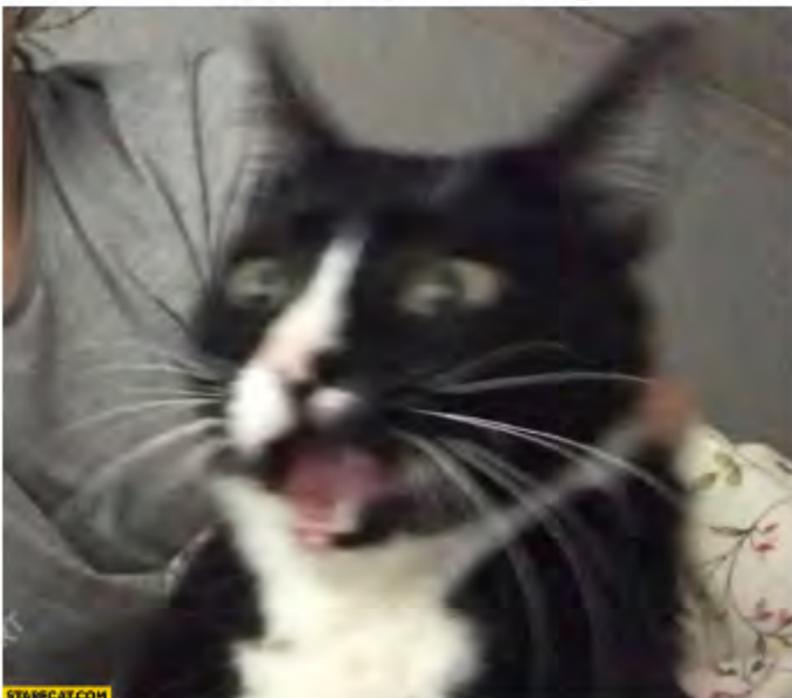
Week 2 of quarantine



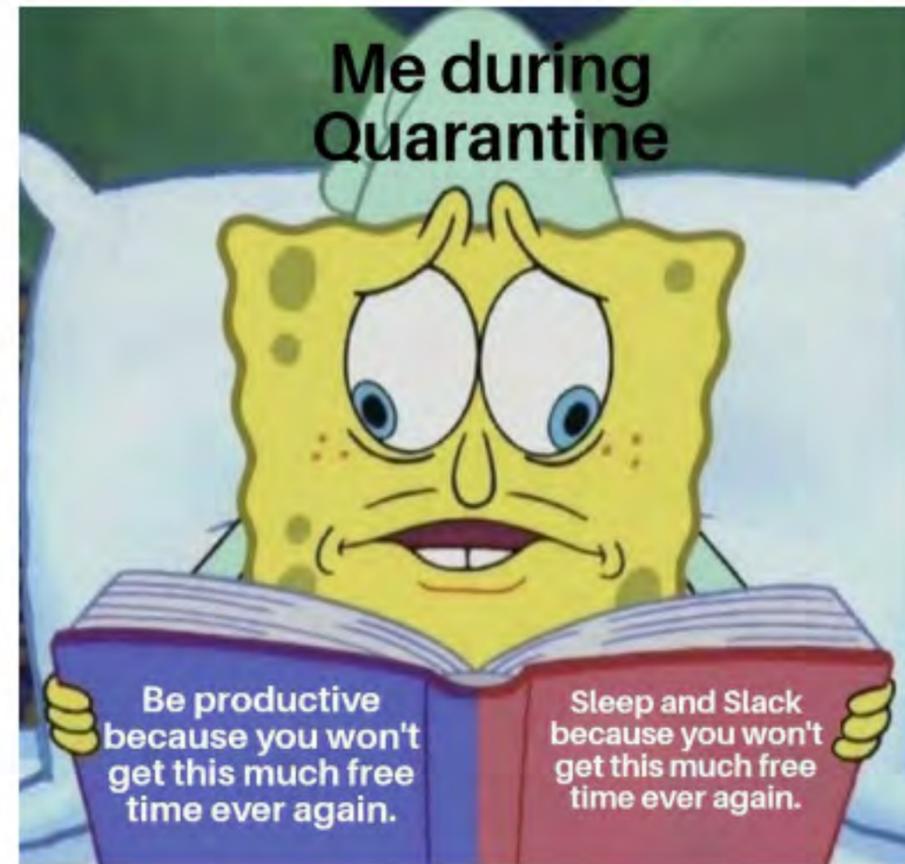
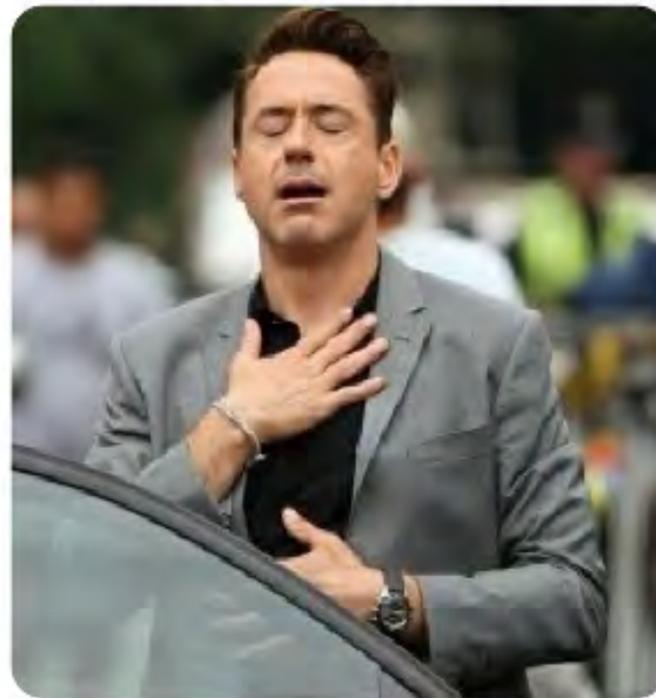
Quarantine got me like



when ur laughing at coronavirus memes but then your laughter turns into a cough



Corona Virus: *Can be killed by alcohol*
14 year old germans:



My life during Corona



Good things about it:

- more time to read or watch anime



- spend more time with the family



- more sleep!





Bad things about it:

- homeschooling (it's relaxed but you learn less than you would in a face-to-face class)



- you don't see your friends that often anymore

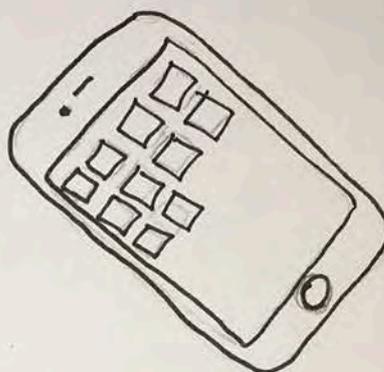
- there is too much talk about it (gets on your nerves because you don't hear anything else)



my day in a school week week ♥



normally I would get up at
6 a.m.
now I get up at 7:35
a.m..



normally I would talk to my friends
during the breaks but now I'm
on my phone.



normally I would go to gymnastics
after school or to my hobbies
but now I watch netflix or go to
my best friend.



normally I am very
organized but at some
point you lose track
of things.

hobbies during corona

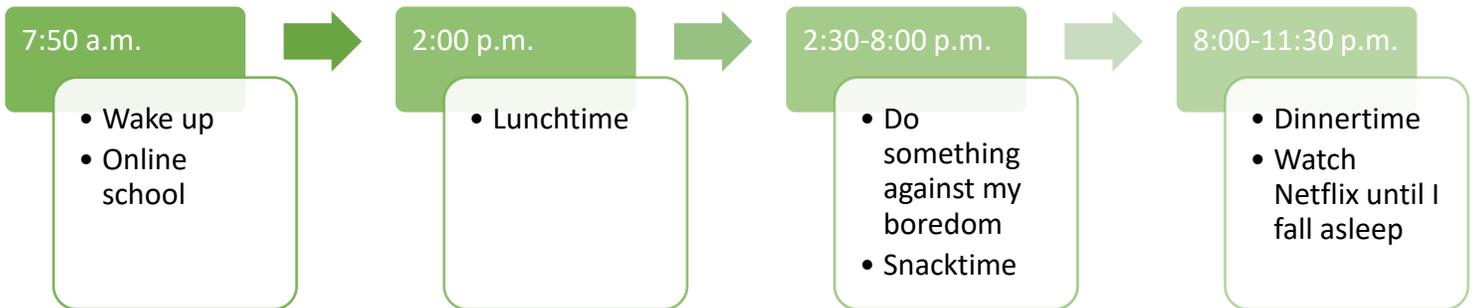
- I do a lot of online shopping
- Sometimes I redecorate my room
- my new hobby is painting with acrylik.
- Sometimes I do Home workouts (but I usually give up after a few days)
- I go skating
- I go to my best friend



Keeping up with my corona life

Everyone's life changed because of corona and so did mine. I hope my two pages won't be as boring as my corona lifestyle.

My (boring) corona day:

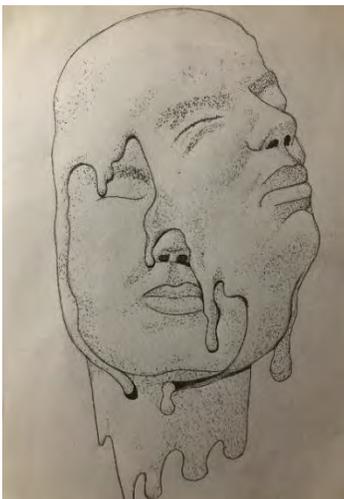


That's a good point to realize that I don't know what to write but as Dory once said:



The following points are some of the things that changed/happened because of corona (nothing bad, I don't want to spread negativity):

- I can sleep an hour longer than usual
- I can no longer go out to eat so I started to cook (with a friend)
- Watched old series and movies that I used to watch (for example "Glee", "Skins", "Vorstadtkrokodile" and "Mamma Mia")
 - Listened to the songs from "Glee" and "Mamma Mia" way too many times
 - (I'm listening to the Mamma Mia soundtrack while I'm writing this)
- I had more time to be creative:



I know I wrote I won't write anything bad but there are three things I NEED to add to my pages:

1. I'm sad because I miss going to parties. Everything is amazing about partying:
 - Getting ready with your friends
 - The way to the party
 - The party
 - Listening to music
 - Dancing
 - Meeting new people
 - The way home
2. I'm afraid that I won't be able to live out my youth properly because of corona. (If that happens you will find me at 35 in the club)
3. During corona you have nothing to look forward to and that's why I got a little addicted to online shopping. You can always check where your package is and get more excited about it with every update. It's great.

I don't want to end my two pages with negative things so here are some of the cakes (plus the rest of a brownie) I've made and eaten during corona.

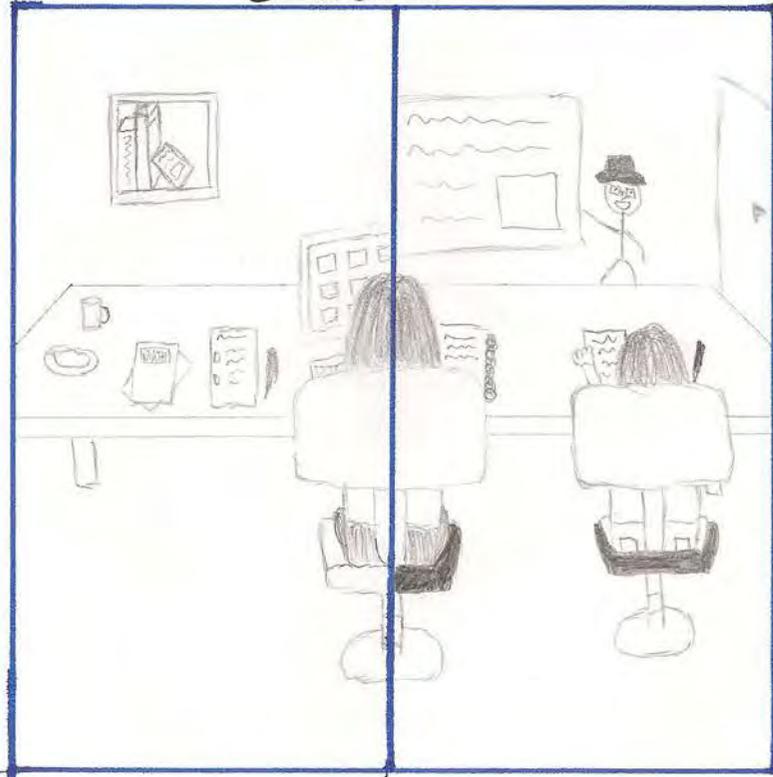


Roses are red, violets are blue, corona makes me sad but how do you do?

Made by Amelie, January 2021

- (by the way I'm still listening to the Mamma Mia Soundtrack)

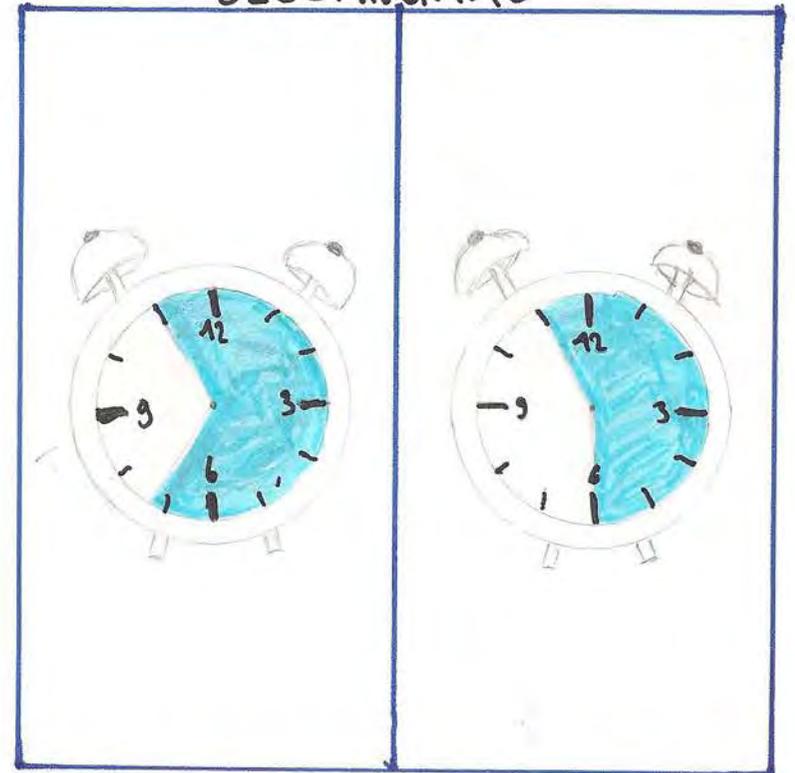
SCHOOL



during
Corona

before
Corona

SLEEPING TIME

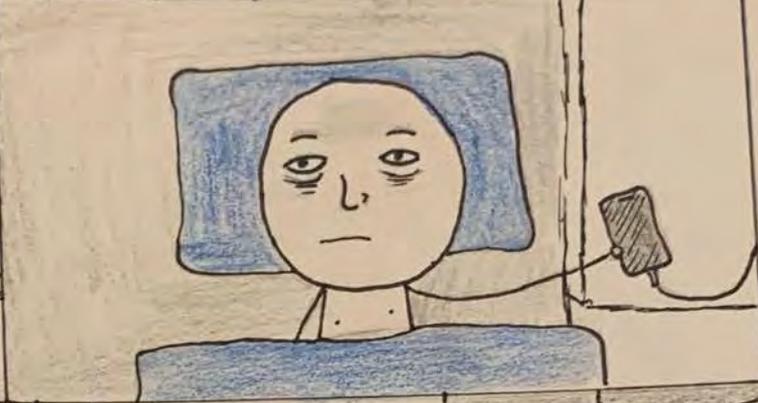
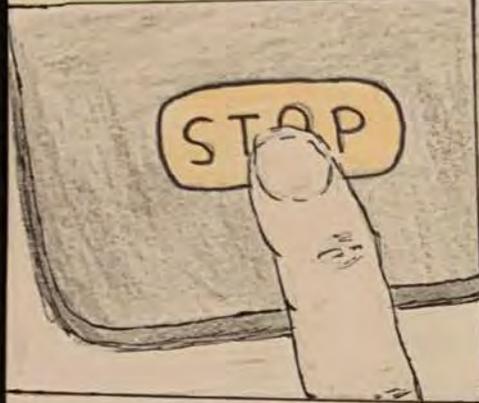
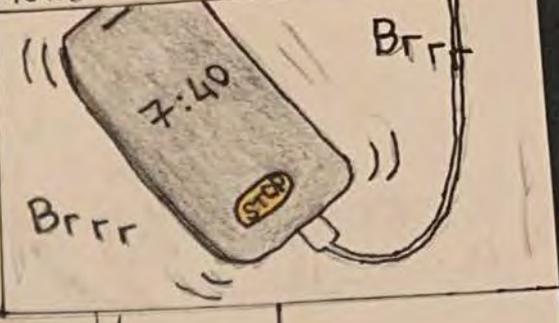


during
Corona

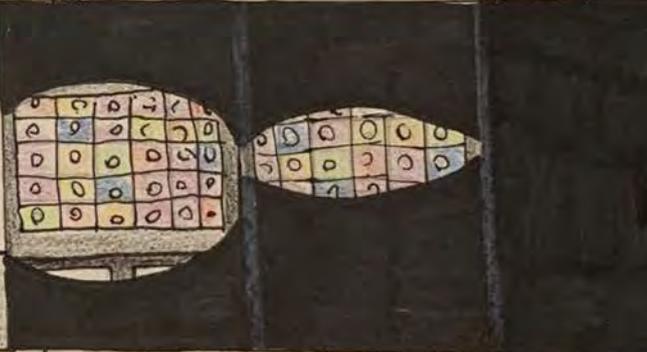
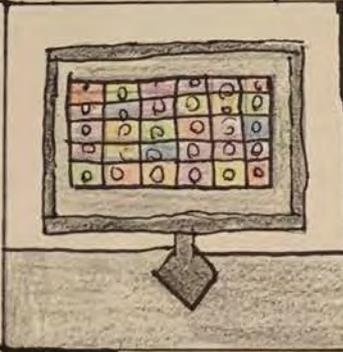
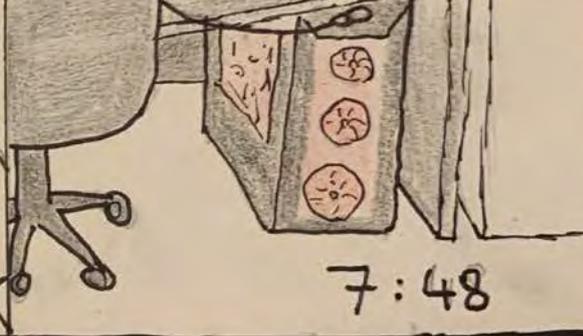
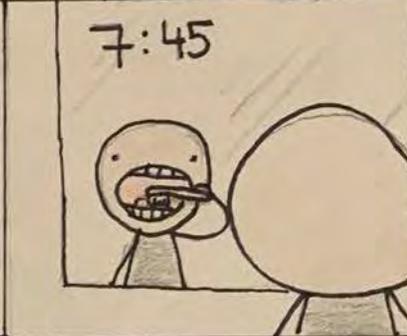
before
Corona

MY EVERYDAY LIFE (Corona-Edition)

- Bene



sigh



REPEAT.
END

Statement: For me, the Corona time is a difficult time, because in my opinion the school is much more elaborate and stressful. In addition, you are at home all the time and do not have many possibilities to make your everyday life a little more beautiful. But I decided even if it is very strenuous things I wouldn't do so intensively during a regular day-to-day life.

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A typical Corona Weekend looks like I'm going to our construction site on Saturdays because we are rebuilding a house in another city there we're going to move into in the summer. And on Sundays I go to the church in the morning and the rest of the day I do something with my family or do something for myself.

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during the

-lockdown-

Maskenpflicht



Bitte tragen Sie einen Mund-Nasen-Schutz



anderen ebenfalls mit dem Ausbruch der Kreuzfahr-

In ihrer Studie untersuchten die Wissenschaftler auch, welche Maßnahmen angeordnet wurden, um die Ausbreitung in den Häfen einzudämmen. Das Ergebnis: In den meisten betroffenen Einrichtungen (71 Prozent) wurde eine Kollektivquarantäne angeleitet. Es werden also für alle Bewohner Kontakt- und Ausgangsbeschränkungen verhängt. Auch wenn sie nicht selbst positiv getestet oder in engen Kontakt zu Personen standen, die positiv getestet wurden. Einem positiven Effekt hatte dies im Vergleich zu einer Einzelquarantäne nicht. Der Politik und den Behörden raten die Autoren deshalb, bundesweite Empfehlungen zu entwickeln, um die Prävention und Eindämmung von

positiv getestet. Stattdessen Anzeichen von 17 Prozent für alle Bewohner dieser Untergruppen wie bei Kreuzfahrten. Ergebnisse ließen sich allerdings nicht auf alle Geflüchteten übertragen, da man nur Sammelinfektionen in Deutschland untersucht habe, in denen mindestens ein COVID-19-Fall aufgetreten sei, erklärten die Autoren der Studie. Sicher sei jedoch: Wenn sich in einer Semmelunterkunft eine SARS-CoV-2-Infektion bestätige, sei das Risiko



DER AUSBRUCH

Was die jetzt wissen müssen: Die wichtigsten Regeln, um sich vor dem Coronavirus zu schützen



Sorry! Wir haben

GESCHLOSSEN

Beschränkungen für viele Läden Restaurants, Spielplätze, Reisen

Wegen Lockdown

id 19

My life during the lockdown

At the beginning of 2020, the world and our life have completely changed. The reason was the virus called Corona which is a lung disease. Because of the Corona virus we have to experience many new things like quarantine, we aren't allowed to go out after 8pm, in the lockdowns the shops and schools are closed, we can only meet our friends in a limited way and plenty more. In addition to these things, we also have to see how many people die every day because of the Corona virus. We see the pictures in which the sick people are hanging on breathing equipment that keep them alive and we have to live with the fear that someone in our family become infected with Corona or we get it ourselves. Even if it's hard to deal with the situation, we have to learn to make the best of it. I've started to accept the situation because I know it won't change quickly in the near future. My way of life has completely changed in so many points and I'm honest I like this lifestyle in certain ways.

Since the schools have to close regularly I've started to do more sports. Before Corona changed our life, I never took the time to exercise regularly because I was always busy with school, studying and I was home late because I often have school until afternoon. Now during the lockdown, in which you can't do much anyway, I started doing more workouts.

I also love to cook during that time and try lots of new food combinations. In addition to cooking, I also enjoy baking and trying out lots of new recipes. The cooking and baking distracts me well from the whole situation.

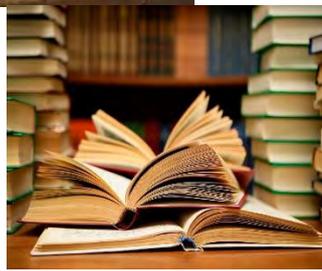
Getting out and smelling the fresh air also distracts me. Whether it's going out for a walk with my dog or walking in the woods. Walking in nature is a good way to think about life and I often think about myself. I have noticed that I've learned a lot more about myself because I have time to think about such things. And one thing I definitely noticed too that I'm much more out in nature and go for a walk as I did before Corona.

The worst part of the whole situation for me is actually the fact that I can't see my friends normally as I was used to before. At the beginning of the pandemic I found it worse than now and I couldn't really deal with it but meanwhile I started to see the positives in it, because I realized that I have a more intense relationship with some people. We talk on the phone often and meet them in facetime what I've hardly done before. During this time I also notice which friendships are strong enough and which connection to a friend breaks up just because you aren't allowed to meet each other. Even though I try to accept the situation completely, I still have the feeling that I miss a lot of my youth. My only hope is that I know it will be a bit more normal in the future and that I will be able to catch up on certain things even if it has to take place with different conditions. Besides the thing with friends I noticed that I got a closer relationship with my parents and that we spend much more time together. Before the pandemic, I was very often not at home on weekends and I seldom saw my parents but now I'm with them very often because we are all in the home office. We try to deal with each other and that makes our relationship even stronger.

Right now, for the first time since the beginning of Corona, you can see that the lockdown has made a difference, because the number of infected people every day is going down fast. Now the first vaccinations are given to protect against the virus and for this reason I still remain positive.

Family

NETFLIX



My Corona day

Corona has changes a lot in the life. It's a hard time for everything.

Everyday runs the same and we can never do what we want.

It's very boring to see always the same and have all day the same lifestyle. You can't go outside with your friends or meet your whole family.

I miss the time together with my friends so much. I hope the "old" life comes back and we can go shopping or go out to eat or just spend time and have fun together.

My day in the corona time is the same every day; the most part I call my friends and we talk together on the phone. Also I spend a lot of time to watch movies or series. Often I sleep or do exercises for school. Sometimes I do a workout to empulse my body.

Homeschooling is also a new thing and changed the day. We study at home and we don't have our friends around us like in school.

I hope corona will soon be over and we can life our normally day



To do sport



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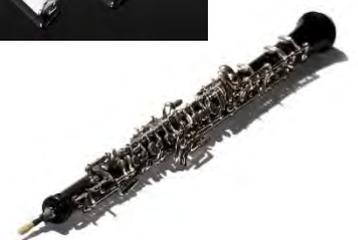
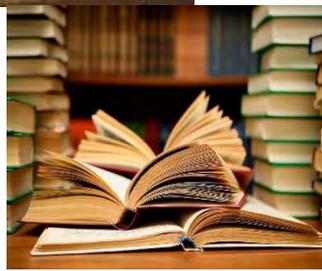


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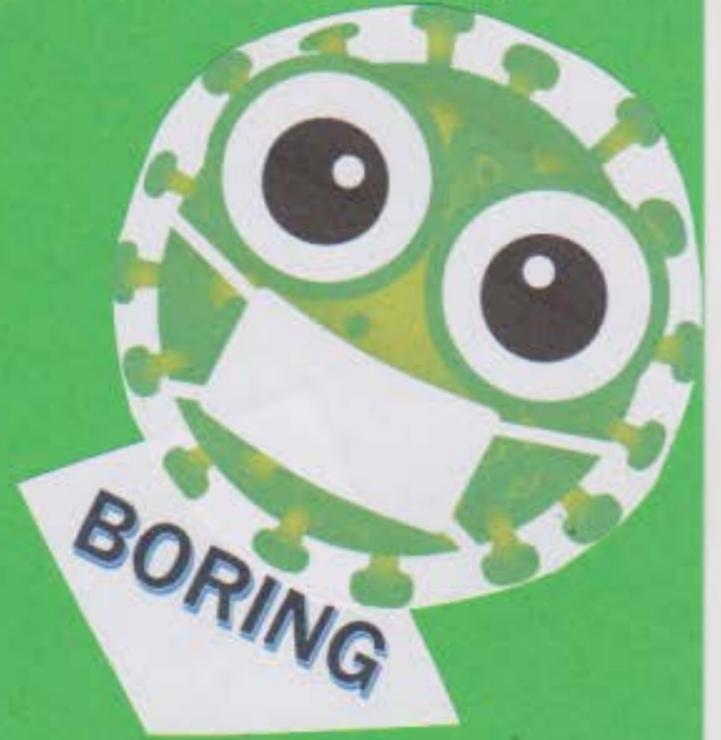
Family

NETFLIX





CALL WITH FRIENDS

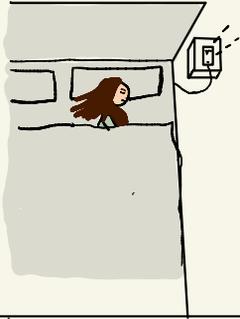


MISS THE TIME



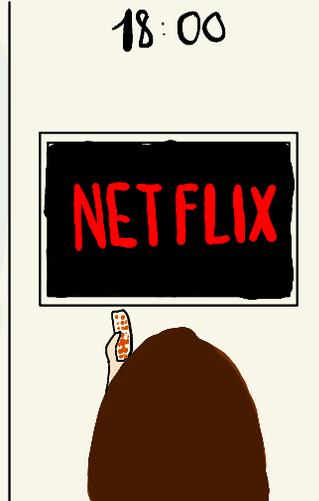
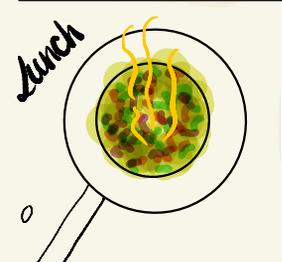
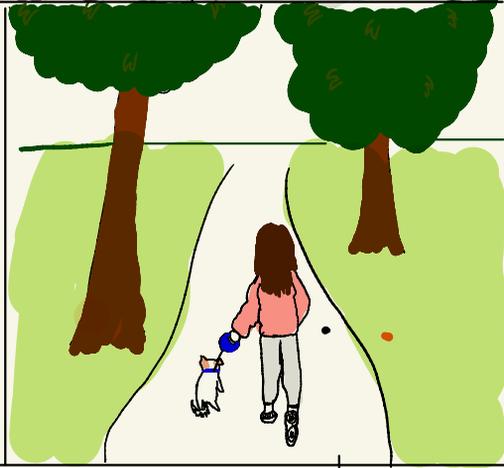
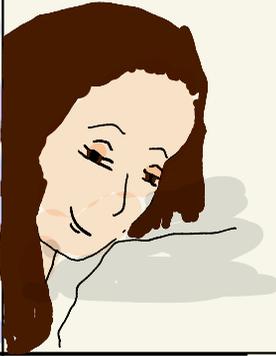
MY DAY - CORONA LIFE

My day



WAU!!!

14:30

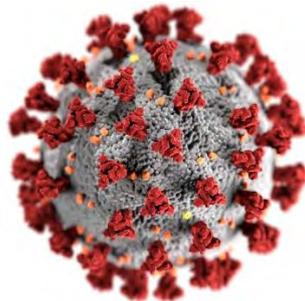


How Corona changed my everyday life

In the following text, I will present various aspects of how Corona has changed me or my everyday life:

free time

I think most of it has changed in my free time. Everything is suddenly completely different and you have to be much more careful and above all always pay attention to the Corona rules. For example, you have to make sure that you always have a mask with you. Before Corona, you could meet friends spontaneously. For example, you could go shopping or just hang out. Today you have to make sure that you are not more than two people, that you get home before 8 p.m. because of the exit lock and that you have a good reason why you are outside at all. I used to go to friends spontaneously in the evenings. Often it was already midnight. We drank a little and just had a good vibez. Because of Corona, that no longer works.



sports

As far as sports are concerned, everything is different. Now you can't do your sports or go to the gym during lockdown. Before the lockdown, I was in the gym twice a week, sometimes kickboxing with a friend ... now I just sit around at home and do sometimes workouts. I hope that the lockdown ends soon so that I can do real sport again real sport again.



A day in my life with corona

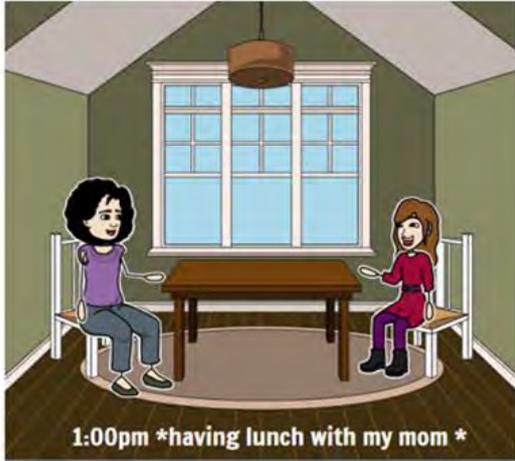




9:40am *not motivated. still hungry*



9:45am *asking Nana if she got kicked out of the conference too*



1:00pm *having lunch with my mom *



1:30pm *learning*



3:00pm *going out for a run *



7:00pm *having dinner with my mom *



8:15pm *watching netflix with my mom *



0:00am *going to bed*

shopping

All clothes shops are closed during the lockdown. It's been over a month now. In the meantime you have to order the clothes online. This is a bit annoying, because I always have to order three sizes per item to see what fits me. I have to send the rest back. In the store I could just try on different sizes and clothes and just leave them hanging in the locker room. My parents are really annoyed that I order clothes with their credit card all the time and then they have to return the clothes that don't fit to the post office.



school

So far, corona has only produced negative things in my everyday life. But as far as school is concerned, the lockdown resulted in something positive for me. I can sleep in longer because we have school from home. Normally I would have to get up at 5:50 a.m. now, thanks to the lockdown, I can stay in bed until 7:40 a.m. That means I can sleep 50 minutes longer and don't have to take the bus or train to school. I can also quickly make something to eat during the breaks.

