# Coping with Confinement!

A COLLECTION OF IES TAVERNES BLANQUES STUDENTS' ESSAYS

YOUR ARTISTIC SIDE

KEEPING HEALTHY
CORONA-MENU
PHYSICAL ACTIVITI

ENTERTAINMENT
TV & INTERNET FAVOURITES
LEISURE TIME ACTIVITIES

WHAT'S NEXT?

CORONAVIRUS ON THE MEDIA
LIFE AFTER CONFINEMENT
2ND BATX STUDENTS' FAREWELL

NAOMI'S CORNER

MODEL ESSAYS

ANZAC DAY

SAYINGS & EXPRESSIONS

N. 1 / MARCH - JUNE 2020

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### Presentation of our project:

The Department of English takes pleasure in giving you the opportunity of having a nice time reading through the different projects that our students of 3rd ESO, 4th ESO, Batxillerat and even 1st ESO, have been doing during this time of confinement.

The idea of a magazine elaboration was inspired by the need of continuing our teaching activity in this online-learning period, relating it someway to the baffling reality we have recently lived and still are living at present. Our students have been working with delight on topics that were very much connected to how we have tried our best to adapt to it.

Of course, all of this has had some foundations. We want to warmly thank our language assistant Naomi Lean Nguyen, who has continued working hard in this period by preparing all the resources we have asked her to create: From written texts (model essays with their comprehension questions and vocabulary activities) to recorded material to help our students with their pronunciation.

She has talked to us about how to make delicious dishes, how to keep fit with a professional workout plan, her tastes regarding series and films, how Aussies have coped with confinement, she has given us interesting ideas related to spare time activities to do at home, we have learnt about her plans for the Summer and many more things...

We find that the final product that has resulted from all this is a lovely collection of writings that will undoubtedly be curious to be read, not only by present students, parents and teachers, but also by those from the future.

We hope that you take the same delight in reading it as we took in the elaboration of it.

Take care and enjoy your summer holidays!!

Sílvía Mª Borrull Ibáñez

Head of the English Department

This project wouldn't have turned into a reality without the valuable help of:

- Anna Moreno Moya & Nando Ramíro Calderín (1st & 2nd Batx. Students who made the effort of collaborating with the different covers designs, finally a back cover).
- Pablo Senent del Caño (Teacher of Art who has promoted the project among his students and has helped with the cover design).
- \* Esther Viadé Molla. (Teacher of CCOA 3rd ESO Students & magazine collaborators).
- Paquí Vicent Climent. (Teacher of 2nd Batx. Students & magazine collaborators).
- ♣ Beatriz Pascual Benlliure. (Teacher of the 1st ESO student who has also participated).
- A Majesús Peñalver Pérez. (Teacher of a 4th ESO student who has participated too).
- A Paco Ceres Montes. (Expert on programmes who has helped us with the interactive index).
- Carlos López Baeza. (Our hígh school web manager who will upload the project).

### **CORONA-TAPA by Naomi Lean**

In English we call this a starter, an entrée, or an appetizer. These potatoes could also be a side dish for your main meal. In Australia, we tend to just have one meal and supper a bit later, more like a late-night snack. This is usually something sweet. 3 courses is very formal.

### Lemon, garlic and herb potatoes

### Ingredients

- 6-8 Potatoes
- Lemon juice
- 1 ½ tbsp total of mixed herbs (thyme, rosemary and oregano are nice)
- 4 tbsp Olive oil
- ½ tbsp salt
- ½ tbsp pepper
- Garlic (minced or finely chopped)
  - 1. Peel and cut potatoes into small chunks/cubes
  - 2. Turn oven to around 200 degrees and put your tin in there to heat up
  - 3. Parboil potatoes in water for 3-4 mins (NO LONGER)
  - 4. Drain potatoes and leave for 5 mins
  - 5. Toss potatoes in lemon juice so they soak it in
  - 6. Add other ingredients salt, pepper, herbs, oil, garlic
  - 7. Mix well
  - 8. Put these in hot tin and back into the oven
  - 9. Leave for 60-75 minutes turning every 15-20 minutes



### Questions

- 1. Translate, or find the equivalent of, these words/terms in Spanish:
- Thyme Chop
- Tbsp (tablespoon) Soak
- Minced Drain
  - 2. During which step do we introduce the lemon juice to the recipe?

### **MAIN COURSE by Naomi Lean**

### **Beef Stroganoff**

This is a dish we eat with pasta or sometimes rice. It is creamy and a brown/grey colour. In Australia, we don't usually mix the pasta and sauce together before serving them, instead, we will serve our own pasta onto our plates and then put the sauce on top. Also, I have noticed that sour cream does not seem to be available in Spain (not that I have found). I have tried making this dish with sour cream dip and it has worked out okay. I have also seen online that mixing Greek yoghurt and lemon juice can be similar, however I'm yet to try this.

### **Ingredients:**

- 400-500g beef (in strips)
- 300g mushrooms
- Tomato sauce
- 3 tbsp sour cream
- Onior
- 1 cube of beef stock (this cube is smaller in Australia; it would be about ½ a cube in Spain)
- 1 tsp Flour

### Method

- 1. Sauté beef, onions and mushrooms in olive oil till brown
- 2. Add beef stock and some tomato sauce (up to your discretion)
- 3. Simmer for 15 mins
- 4. Add about 3 tablespoons of sour cream mixed with 1 teaspoon of flour
- 5. Simmer for 10 more mins
- 6. Check for taste

### **Questions:**

- 1. Translate these words into Spanish:
- Sauté
- Simmer
- Strips (referring to the beef)
- Discretion
  - 2. Which ingredient (s) do we add last?
  - 3. What is this dish typically served with?



### **DESSERT by Naomi Lean**

### **Peanut butter blondies**

Usually, we don't have dessert in Australia. We have a snack at 8/9pm because we eat dinner at 6/7pm. This snack is usually something sweet so it could be considered as dessert, however, having a proper dessert served would usually only happen during a more formal occasion. Having guests for dinner may constitute this.

This recipe is for peanut butter blondies – like brownies but no chocolate. Blondie is slang for someone with blonde hair.

### **Ingredients**

- ½ cup unsalted butter, melted
- 1 cup light brown sugar
- 1 large egg
- 1 tsp vanilla extract
- ½ cup peanut butter
- ¼ teaspoon salt
- 1 cup all-purpose flour



### Method

- 1. Preheat oven to 200 degrees
- 2. Set aside a baking dish lightly oiled/buttered
- 3. Combine the melted butter and light brown sugar in a bowl, mix thoroughly
- 4. Add egg and vanilla extract
- 5. Mix in the peanut butter and ensure all ingredients are thoroughly combined
- 6. Add the salt and flour, and combine well
- 7. Spread the mixture in the baking dish evenly
- 8. Bake for 20-25 minutes

Suggestion: make sure they are cooled off before cutting them

### Questions

- 1. Translate these words/phrases into Spanish
- Constitute
- Vanilla extract Ensure
- Oiled/buttered Suggestion
  - 2. What must happen to the butter prior (before) it is added to the bowl in step 3? (hint: it is an adjective used to describe the butter in the ingredients)

Thoroughly

3. At what time would Australians generally eat dinner?

### PHYSICAL ACTIVITY AT HOME by Naomi Lean

### Part 1: Why is this important?

As someone who is quite "sporty", I have strived to keep exercise as a part of my daily routine. For me, I usually train minimum 5 times a week, so there is no way I would sit still for weeks on end. For the average person, there are 2 main reasons physical activity is important, especially during quarantine.

Firstly, and most obviously, for your physical wellbeing. Usually, your muscles are worked in one way or another throughout the day; walking upstairs, lifting bags, getting up and down from chairs. Without being continually and consistently used, your muscles can lose their strength and begin to atrophy (a difficult word that you can look up, but it means get smaller). For example, when I broke my arm when I was 9 and had my elbow in a cast for 6-8 weeks, when the cast was removed, my arm muscles were no longer strong enough to hold up my wrist. I had to train myself for weeks just to be strong enough to raise my arm. This is obviously exaggerated, but you get the point.

Exercise is also important for your mental wellbeing. For me, it's routine and keeps me feeling somewhat normal. But for everyone, exercise releases endorphins. Essentially, these make you feel happy and positive.

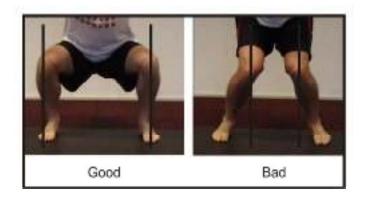
Overall, we should all strive to continue to exercise as best as we can while we are at home. Walking around the house, stretching, home exercises that will be included later, walking up and down the stairs, these are all good ways to try incorporate exercise into our quarantined lives. Plus, I'm baking so much food that I need to work it off somehow!

### (a) Questions about the introduction:

1.	Which are the main reasons why physical activities are important?  What happens if we stop using our muscles?				
2.					
3.	How long did it take Naomi to recover from her injury?				
4.	Translate the following words into Spanish:				
	- Sporty:	-	Atrophy:		
	- To strive:	-	Cast:		
	- Wellbeing:	-	To release:		
	- Strength:	_	To stretch:		

### Part 2: A mini workout!

For all these exercises it is important to ensure your form is correct. Use YouTube and a mirror to make sure. If your back isn't straight, your hips are tilting, your core isn't activated, you can injure yourself or not work the correct muscle. All movements should be slow and controlled. If it is too difficult, stop. Many of the leg exercises (and gym exercises when gyms finally open!) must be executed with your knees bending outwards and not inwards. This is a **very** common mistake and is a big contributor to injury.



Exercise	Explanation	Reps/Sets/Duration
Push-ups (on knees for easier version)	Push ups are simple and work various parts of our bodies including our arms, back, chest and core muscles. It is important to do them in a controlled, slow movement. Your back should remain straight and your chest should come very close to the floor if you are doing them correctly.	12 reps x 4 sets
Tricep dips	These are a simple movement which focus on your triceps as well as very briefly work some back muscles. It is important to go low into the movement but do not hit your bottom on the floor.	12 reps x 4 set
Jump squats	Your feet should be around shoulder width apart. When you squat down ensure that your back remains straight and that your knees bend outward and not inward (this is very important to avoid injury). The jump should be landed softly.	12 reps x 4 sets
Step ups	Like the squats, it is important to make sure your knees are bending outwards. You should not be pushing off your back leg, but rather the stress should be on your bent knee to pull your bodyweight upwards. You should land softly.	20 reps (alternating legs) x 4 sets

Lunges	These can be done on the spot stepping backwards or forwards. Knees should be bending outwards. When you lunge down, your leg should be at a 90-degree angle and your back should remain straight.	20 reps (alternating legs) x 4 sets
Glute Bridges	Your weight should drive through your heels. You should be squeezing your glutes at the top of the bridge to feel your muscles activate. When you go down, do not put all your weight on the floor, to ensure your muscles are continuing to work.	15 reps x 4 sets
Core bicycle	You need to focus on turning on and activating your core muscles. These movements should be slow and controlled. Your legs should move back and forward but not up and down.	20 reps x 4 sets
Heel touches	This also works your core muscles. Your back should remain on the ground, including shoulder blades, and you should be moving side to side and not up and down.	30 reps x 4 sets

### Questions about part 2:

In which exercises mentioned above it's important to bend your knees outwards?  Which exercises above need to be controlled and with a slow movement?			
Translate the following words into Spanish	<b>):</b>		
	ı: - Glute bridges:		
- Push-ups:	- Glute bridges:		
- Push-ups: Tricep dips:	- Glute bridges:		

### Part 3: A cool down/some stretches:

When stretching always stop if it hurts too much. You can tear your muscles if you stretch them further than they are able to.

Exercise	Explanation	Reps/Sets/Duration
Quads	This stretch focuses on your quads, the main muscle at the front of your legs. Your back should remain straight and your hips forward. Your leg should be pulled towards your bottom.	30 seconds per leg x 2
Hamstrings	This focuses on your main muscle at the back of your legs. As you can read, you bend forward from your waist and reach towards your toe. It is important to stop when you can feel the stretch.	30 seconds per leg x 2
Calf pump	This should be felt in the back of the bottom of your legs. The pump should be slow and controlled, alternating legs.	20 reps (alternating legs) x 3 sets
Shoulders	Your straight arm should extend over the opposite shoulder. The bent arm should pull the straight arm towards your body.	30 seconds per arm x 2
Back extension	You should relax at the bottom of this stretch and stretch right up until you feel this in your lower back. You should look somewhat like a seal.	30 second hold at the top x 3
Lower back	You should keep your upper body neutral and straight. Bring your legs across your body and feel this in your lower back. Keep both shoulders on the ground.	30 seconds each side x 2

### Questions about part 3:

1. What might happen if you don't stop when it hurts while stretching?

2.	What's the animal Naomi refers to	, to illustrate the	back extension exercise?	
3.	Translate the following words into Spanish:			
-	Further:	-	Straight:	
-	Quads:	-	To pull:	
-	Hips:	-	Calf pump:	
-	To remain:	-	Lower back:	

### **ENTERTAINMENT ON TV AND THE INTERNET by Naomi Lean**

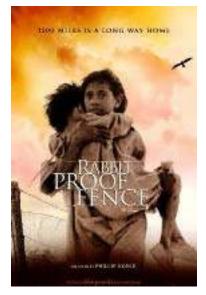
### Part 1: Talk about a show you are watching at the moment:



A show I just finished binge-watching is called "The Good Place". I started it by accident, and it is a really quirky, funny, easy watch. It centres around the idea of the afterlife, and heaven and hell, in this instance they are either the good or bad place. The whole plot is random and simple, it is really easy to follow and takes a lot of unexpected turns. It is not particularly educational, nor does it have complex, underlying themes. The message is clear, do good and be good and you shall be rewarded for eternity. I would highly recommend it although it is quite strange and unusual, the light-hearted nature is good for unwinding.

	Answer the following questions related to the text:
1.	What is the message of the series?
2.	Why did I start watching the show?
3.	What is the central idea of the show?
/oc	abulary:
Γrar	nslate these words/phrases into Spanish:
1.	Binge-watching:
2.	Quirky:
3.	Underlying:
	Eternity:
	Light-hearted:
	Unwinding:

### Part 2: A review of a film you enjoyed watching recently.



"Rabbit-Proof Fence" is an Australian movie that tells the history of Australian colonisation through the eyes of young Aboriginal siblings. It is a film we all watch at school as it outlines our past but also informs us of the atrocities that occurred specifically towards Aboriginal Australians. It is heartfelt and gut-wrenching, full of hope and loss. It portrays Aboriginal culture, through language and traditions, as well as through their nomadic lifestyles and their connection to the earth (the environment). It also shows the harsh reality of what the British did in Australia, taking land and stealing Aboriginal children with little regard for the natives. It shows their methods of cleansing Aboriginal heritage and culture, and how they aspired to re-educate them in a British manner. I would highly recommend watching this movie to better understand both Aboriginal Australians, and Australian history. It also has amazing cinematography of our beautiful country.

1.	What different nationalities/ethnicities do I mention in the text?				
2.	What parts of Aboriginal Australian culture are shown in the movie?				
3.	3. What "atrocities" do I mention in my explanation?				
Vocabi	Vocabulary:				
Transla	te these words/phrases into Spanish:				
-	Colonisation:				
-	Siblings:				
-	Heartfelt:				
	Gut-wrenching:				
-	Loss:				
-	To portray:				
-	Nomadic:				
-	Heritage:				

Part 3: The plot of a TV or Internet series



"Puberty Blues" is one of my favourite Australian high school series. It is so typically Australian (it can be quite crude but that's Aussie humour) and it portrays our high school experience well. They use a lot of slang words which may make it a bit hard to follow or understand. In saying that, it isn't a series which requires careful concentration, rather it is just a nostalgic representation of high school drama told through an Australian lens. They spend a lot of spare time at the beach, eat chiko rolls, and some of the parents even attend swingers' parties. It is not modern-day Australia, but set in the 70s, although it is still so relevant to how we live. Upon googling it, I have learnt that it is actually set in the area I went to school, which is probably why it is so relatable. Take note of the hairstyles (especially the boys!), the school uniforms, and the casual nature of the people; this is Aussie.

1. Which bits of the show do I refer to as "Aussie"?

2.	What time period is the show set in?		
3.			
Vocabı	ulary:		
Transla	ate these words/phrases int	o Spanish:	
-	Puberty:	- Lens:	
-	Crude:	- Spare time:	
-	Slang:	- Swingers' parties:	
-	Nostalgic:	- Relatable:	

### **LEISURE TIME ACTIVITIES by Naomi Lean**

### Part 1 – 4 challenges to do during confinement

In Australia, we go to school camp in year 5, year 6, year 7, year 9 and year 11 (it differs between each school). We often have games or challenge nights where each team competes in fun activities to score points. I've chosen 4 activities I can remember that we used to do.

Challenge 1 - Do this outside or somewhere you don't mind getting wet! Lie on your back on the floor. Have someone fill a cup (not a glass!) half-full of water and place it carefully on your forehead. The challenge is to keep steady and stand up without spilling the water/dropping the cup. However, you can't touch the cup with your hands! You have to use your balance only! Good luck.

Challenge 2 – Plank. This is easy, it is an exercise that uses your core muscles (abs). You can google it if you're unsure. Pay close attention to where your stomach sits! Your spine should remain neutral, so your butt should not be too low or too high; you'll feel your abs engage when your form is correct. Have a competition with your family or friends to see who can hold their plank the longest!

Challenge 3 — Table climb. This is fun and essentially tests your strength in relation to your bodyweight. Make sure someone heavy is sitting on top of the table or holding it down so it doesn't flip! This also assumes your have a table with minimum 4 legs, in the shape of a square or rectangle. The aim is to climb from one side of the table to the other, underneath the table, without touching the floor. Imagine it like upside down rock climbing in a sense.

Challenge 4 – Arm wrestle. This is simple and something I'm sure everyone has done before. Challenge whoever you live with! Make sure your elbow is constantly on the table, so you aren't cheating, and that you are sitting straight and not leaning forward for extra strength too! Try your non-dominant hand as well, for a challenge.







1.	Where did I learn/participate in	these activities?
2.	How much water should be in t	he glass in activity 1?
3.	What should you pay attention	to in activity 2?
4.	How do you make sure the table	e doesn't flip in activity 3?
5. Which two ways can you cheat in activity 4?		in activity 4?
/OCAE	BULARY - Translate these words/	phrases into Spanish:
-	Steady:	- Flip:
-	Forehead:	
-	Neutral:	- Non-dominant:

### Part 2 – 3 handicrafts

### Sewing, painting, colouring

In the first weeks I coloured in quite a few adult mandalas. After the first couple, they became easier and I found my concentration span to be improving rapidly. I also found that they were more aesthetically appealing too, I believe this to be because I had found colour schemes that worked well with each other.

I also tried to use water-colours to paint these mandalas. I selected ones with larger empty spaces so the brush could easily paint inside them. I found the painting to be the most relaxing way of doing these, although quite frustrating because the paint to water ratio was often hard to determine.

I also tried (emphasis on tried) to do some basic hand sewing. I used tutorials on YouTube to learn a basic stitch and button and fixed a few of my clothes. I would like to try more sewing activities, like a basic hem and dart, however I've run out of clothes to fix and don't have any other material.









### Answer the following questions related to the text:

1.	What improved due to my colouring in?
2.	Which mandalas did I select when using the paint? Why?
3.	What types of sewing did I try to learn?
4.	Why can I no longer practice sewing?

### **VOCABULARY**

### Translate these words/phrases into Spanish:

-	Concentration span:	-	Emphasis:
-	Aesthetically:	-	Hem:
-	Ratio:	-	Dart:

### Part 3 - Personal talents you are developing

### Online courses, writing, self-awareness

The most educational thing I've been doing is some free online courses. I've completed two, one on European cultural identity, and one on the future of globalisation. I've found that although sometimes these are boring and make me feel as if I'm studying, they also make me feel accomplished and like I'm doing something somewhat productive. They also make for great conversation when there isn't anything else to talk about on phone calls.

One of my favourite past-times is writing, so I have been avidly writing in the last few weeks. In fact, I have written everyday since we have been in quarantine because I have so much spare time. Some days it is a simple recount of a few words as, of course, there is often little to write about. Other days I have found myself able to write pages about how I am feeling or what is going on around me.

Through writing, and a lot of thinking, I have also found that I am developing a great self-awareness. This encompasses many facets, from self-understanding and self-critique, to the understanding of reactions, emotions and values. This has been a goal of mine for a while, because it harnesses growth and improvement constantly.







### Answer the following questions related to the text:

1. What are the two online courses I've completed?

2.	How does completing these co	ourses make me feel? _		
3.	What do I generally write abou	ut during quarantine? _		
4.	What are the facets of self-aw	areness that I mention	?	
5.	Why has self-awareness been	a goal of mine?		
VOCAL	BULARY			
Transla	ate these words/phrases into S <sub> </sub>	panish:		
-	Identity:	-	Recount:	
-	Globalisation:		Self-awareness:	
-	Accomplished:		Facets:	
-	Avidly:		Self-critique:	

### CORONAVIRUS ON THE MEDIA by Naomi Lean

### Part 1 – Positives

Australia has obviously had a very hard past year, with the bushfires that ravaged the country, followed by the Coronavirus pandemic. One thing we are good at, is banding together to get through things. There have been big initiatives taken by people to care for each other, as well as more comical, fun approaches to keep spirits up.

One approach is the "Adopt a healthcare worker" idea, which pairs volunteers with those on the frontline. They do what they can to help these workers, mentally (like checking on their wellbeing), or in more tangible ways, such as making them meals or washing their scrubs for them.

A similar initiative was the "Adopt a nan or pop" initiative, which looks at helping the elderly. These volunteers ensured that the most vulnerable were still able to have their groceries and necessities delivered to them.

Another more fun initiative saw people dressing up to put their bins out, mostly to keep spirits up. This may be foreign to Spaniards, but you can see in the photo in Australia we have to wheel our household bins outside to be collected weekly or fortnightly. People decided to make it a bit of fun and dress up in all kinds of costumes to carry out this chore.





People have also been leaving teddy bears, and other toys, inside their windows for children to see as they walk the streets. This was inspired by the children's book, "We're going on a bear hunt."

A few other things that have been done include: free accommodation being offered near some hospitals so medical staff don't have to travel home, special ANZAC day services at home to still commemorate our soldiers, the "Homefront" free concert, and stories and artworks made by children being sent to those in isolation/quarantine on Manus Island.

1.	How are volunteers helping health	care workers on the frontline?
2.	How often are hins taken out in Au-	stralia?
3.		in Australia?
4.	•	peing quarantined/isolated off Australia
VOCA	<b>BULARY</b> - translate these words/phras	ses into Spanish
- B	ushfires:	- Wellbeing:
	avaged:	- Chore:
	pproaches:	- Fortnightly:
	rontline:	- Isolation:
Part 2	– Negatives	
panic		ar as strict a lockdown as Spain, there has still been a lot of vill focus on Sydney, my city, and New South Wales (NSW), ctions.
people people the Ea	e disregarded these and two famous e. This caused the police to have to	a while, with distancing and capacity limitations. However, beaches, Coogee and Bondi, were repeatedly packed with close the beaches. It also meant that that area of Sydney, centration of Coronavirus cases and a pop-up testing tent
Specif been	ically, and funnily enough, toilet pap	adlines is the fighting over supplies at grocery stores. per seems to be the most sought-after item. There have except stealing it out of each other's baskets and trolleys, rs.
🔌 Ar	nswer the following questions relate	d to the text:
1.	Why am I only focusing on Sydney	and NSW in this part?
2.	What beaches in Sydney were very	busy?
3.	What were people doing when figh	ting over toilet paper?
VOCA	BULARY - Translate these words/phras	ses into Spanish:
- R	emain:	- Issue:
- D	isregard:	- Supplies:
- Pa	acked with (this is slang):	
- Te	ent:	- Hauled:

### Part 3 - Current situation near me

Valencia is currently in Phase 1 of the Coronavirus de-escalation plan. We can gather in groups of 10, go to restaurants or bars which have outdoor terraces, shop at other small businesses which are open, visit some cultural places and places of worship. All these facilities have distancing measures, sanitation measures, and limited capacity at the moment. We can exercise at certain times of the day. Wearing a mask is now compulsory when you are in public areas in which you are unable to maintain a 2m distance from other people.

Within the next month, these measures should hopefully loosen more, with inside spaces of bars and restaurants opening, bigger businesses opening, higher capacities allowed for gatherings of people, swimming pools and gyms opening, and possibly domestic and international borders opening. These measures can all be executed safely if we continue to be vigilant and take responsibility for what we can individually do.

It is like a chain, we all connect to one another, but it only takes one person to break the chain and the whole process falls apart. It is important that we remember that we are part of something bigger, and that our cooperation is essential to getting back to normal as soon as we can.

Ø.	Ans	nswer the following questions related to the text:			
	1.	What places do I mention are currently open?			
	_				
	2.	What places/things do I mention will open in the	next month?		
3. What do I compare the individual cooperation to?					
	4. What do I say is important to remember in regard to individual cooperation?				
VOC	CAB	BULARY - Translate these words/phrases into Spanis	n:		
-	Pla	laces of worship:	Gatherings:		
-	Со	ompulsory:	International borders:		
			Executed:		
		oosen:	Chain:		

### **LIFE AFTER CONFINEMENT** by Naomi Lean

### Part 1 – How have you managed this situation?

Confinement could be described as nothing less than a rollercoaster. I'm sure everyone has gone through a wide array of emotions, I know I have felt such extreme happiness, sadness, anger, helplessness, fear and loss. The first few weeks I was very anxious, being so far away from home and my support network made me feel very alone, as did the idea that I could not return home if I wanted to. In those weeks, I learnt very quickly that if I could not better control my emotions and thoughts, they would consume me, so I wrote about a lot of them to try to understand and unravel them. I also tried hard to ensure I used my time productively, so I felt like even though I was doing nothing, I was doing something; exercising, reading, cooking, sewing. But what really got me through was speaking to my family and friends, and knowing that even though we all felt lonely, we weren't really alone.

Ø	<b>Answer</b>	the	following	questions	related	to the	text:
~~~	,	••••		90000.0			

1.	Why was I so anxious in the first few weeks?
2.	How did I learn to control and understand my emotions?
3.	What 4 activities did I mention doing to keep myself busy?

### **Vocabulary** – Translate the following words/phrases into Spanish:

-	Rollercoaster:	-	Unravel:
-	Array:	-	Ensure:
-	Support network:	-	Productively :



### Part 2 – Summer plans

My rent ends at the end of June, so likely I'll be "forced" to travel come July. Currently, I'm trying to stay up to date with travel restrictions, with which countries will let people from Spain in, without quarantining them. Spain have just announced the abolishment of the 2-week quarantine upon arrival, which I have been awaiting to ensure I can re-enter the country in September for the new school year. I'm hoping to backpack through one or two countries, right now it looks like it will likely be either Spain and Italy, or Spain and Portugal. By mid-August I hope the United Kingdom will have stopped quarantining arrivals, so I can visit various friends I have that live there. Summer and travel plans are very touch and go right now and will likely have to be made at the very last minute and be very flexible.

### Answer the following questions related to the text:

1.	What countries am I	considering going to?	

- 2. What will determine which countries I will go to?
- 3. Why will I travel and not stay in Valencia? \_\_\_\_\_\_

\_\_\_\_\_

### **Vocabulary** – Translate the following words/phrases into Spanish:

-	Forced:	-	"Touch and go" (an expression)
-	Abolishment:		

Backpack (verb not noun): \_\_\_\_\_ - Flexible: \_\_\_\_\_ Awaiting: \_\_\_\_\_



### Part 3 – The "new normality" and the next school year

The term "new normality" scares me as is. It makes me wonder exactly what restrictions we will be left with, and moreover for how long. I think that in regard to schooling the government will have more time to assess how to address education through this time (summer), and I hope this results in a more calculated and structured outline of what will happen moving forward. With the current situation, I cannot imagine schooling not going back to normal, as people seem to have relaxed a lot with distancing measures. I, personally, have not observed many people distancing in various situations, eating at cafes, whilst exercising and shopping in retail stores, and at this rate I feel like the floodgates have opened. Maybe tables will be more spread apart in classrooms, or classes will have slightly less students (which is actually more effective for teaching), but as other facets of life begin to open up, I can only hope that schools will give us a skerrick of hope for a real, normal future.

Answer the following questions related to the tex	Ø	Answer	the	following	questions	related	to the	tex
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1.	Why does the new normality scare me?:
2.	Do I think schooling will go back to normal? Why or why not?
3.	In what scenarios have I observed people not practising social distancing?

### **Vocabulary** – Translate the following words/phrases into Spanish:

-	Moreover:	-	"the floodgates have opened" (an
-	Regard:		expression):
-	Calculated:	-	Apart:
		-	Skerrick:



# ANZAG DAY WANTED

ANZAC stands for Australia and New Zealand Army Corps, it's like our joint military alliance or force. Basically the point of ANZAC Day is to thank all our soldiers past and present especially those who died for our freedom. The battlefields they often refer to, are those in which we died in France where red poppies grew after the war. These red poppies are a very well-known symbol of the ANZACs. One of the most famous battles was one in Gallipoli in Turkey, where our soldiers docked at a cliff face and all got killed very quickly, they landed on the wrong shores and it was practically a suicide mission. Another famous story to look up is Simpson's Donkey.

All around Australia we have pubs called "Returned Serviceman's Leagues" clubs, which are a bit more formal than a pub and give tribute to our servicemen and women (soldiers, nurses, pilots, anyone who has served for our country). All these RSLs throughout the country hold a dawn service on ANZAC day. There are also large ones in the capital cities, in Martin Place in Sydney, and another one at the ANZAC memorial in Melbourne. These services happen at dawn and almost every Australian gets up to attend these. Generally, they have a few people speak, but every single one has similar elements. They all include:

- A speech from a soldier, either past or present
- A famous poem we read called the "Ode to Remembrance". In the last line of the poem everyone repeats: "We will remember them. Lest we forget".
- This is followed by someone playing the bugle (kind of like a trumpet) as that's what they played at the beginning and end of the day at war. On the bugle, they play "The Last Post".
- Then, everyone has a minute of silence to remember our soldiers.
- At the end of the minute of silence, they play the bugle again. This time, it's a tune called "Reveille".
- They also do a laying of the wreaths. This is where many local associations pay their respects by laying a wreath at a statue or monument at the RSL. This includes local schools, sports clubs and churches.

These are generally what make up each dawn service.

Usually at around 11 a.m., in the major cities, there is an ANZAC day march where past soldiers or their family members march through the streets wearing their war medals (if they have died it is an honour for a family member to march with their medals). My godfather wears his dad's medals and marches every year at the parade in Sydney. Everyone that attends the march, claps and cheers for these people. It is very honourable.

That's generally the solemn part of ANZAC day. Some places do other things like having a soldier talk to people or planting poppies but these aren't common.

The other thing we do is play a game called "two up". This is a game the soldiers used to play in the trenches to get through the war. It's, basically, "heads or tails" where you throw the coins in the air using a paddle of wood. It's gambling but it is very Australian and a lot of fun. This game is played at RSLs and pubs throughout the country on ANZAC Day and is actually illegal on all other days of the year!

For Aussies, we don't heavily support war or sending soldiers to fight, mostly we only participate due to being allies. It is not something we support or participate in largely, like the United States or France. The only wars we have really participated in are WW1 and WW2 and the Vietnam War. ANZAC day is our way of remembering the brave young men and women who sacrificed their lives for us to be able to lead our free lives today.

What we say on ANZAC Day is "lest we forget". This is old English and basically means "we will never forget".



### Widely Used Sayings & Expressions by Naomi Lean

• <u>"Better late than never"</u>: This one is obvious. It's better to arrive or complete something late than not at all.

e.g. You're waiting for dinner and it was meant to be at 6.30pm. It's 7pm when the dinner is served. "Oh well, better late than never."

• <u>"Don't count your chickens before they hatch":</u> This one means not to take anything as guaranteed until it actually occurs.

e.g. "I'm working 20 hours a week and should be able to save \$1000 by the end of the month, then I can buy my flights to Bali." "Oh, I don't know, don't count your chickens before they hatch."

• <u>"It's not over till the fat lady sings."</u> (other variations are common too, such as "the fat lady is singing"): There's still a chance, it's not quite over.

e.g. Your footy (remember this is for rugby league) team is losing 36-10 and there's only 10 minutes left of the game. "Mum, I think this one is done for." "It's not over till the fat lady sings."

• To "let the cat out of the bag": To accidently (usually) tell a secret.

e.g. Your sister is getting a new car for her birthday, but she doesn't know yet. You accidently told her you can't wait to ride in her new car. "Dad, I'm really sorry, I let the cat out of the bag about Jess's birthday present."

- "The best thing since sliced bread": This means something is really good.
- e.g. Wow check out that new scooter! It's the best thing since sliced bread.
- "It's not rocket science": It's not hard.

e.g. You're trying to learn how to sew but you can't thread the needle. "Look, it's not rocket science."

• <u>"No news is good news"</u>: This is pretty straight forward. If you don't hear from someone assume the best (which is not always the case).

e.g. Your mum flies to Greece and she should have landed 8 hours ago, yet she hasn't messaged you. Your friend tries to calm you down, "no news is good news."

• "To beat around the bush": To not directly say what you are wanting to say or are implying.

e.g. You are trying to ask your boss for a pay rise but keep saying other things instead. "Bob, my kids are about to start college, I've been working here for a long time and you know how much money I help this business generate." "Mate, stop beating around the bush, what do you want?"

• <u>"When in Rome, do as the Romans."</u> (often shortened to just "when in Rome"): This basically means fit in with what others are doing, especially if it isn't your domain.

e.g. You arrive at a Japanese restaurant and notice everyone is bowing to each other before sitting down to eat. You bow as well, and mutter, "when in Rome."

• <u>"Where there's a will, there's a way"</u> (or "if there's a will there's a way"): Basically, if you really want to or believe you can, then you can.

e.g. It's half time and your team are losing the soccer game 3-0. People are being negative saying that you can't win the game. The coach says, "listen, where there's a will there's a way."

• <u>"You can't have your cake and eat it too"</u>: You can't have both good sides of a deal.

- e.g. You and your boyfriend break up because you want to see someone else. You ask him if you can still use his Netflix account. "Sorry, you can't have your cake and eat it too."
- <u>"The apple doesn't fall far from the tree"</u>: This usually relates to relatives, meaning they are similar in an attribute or characteristic.
- e.g. Someone's mum is a really good chef. The daughter enters a cooking competition and wins. "Well, the apple doesn't fall far from the tree."
- "There's no use crying over spilt milk": It's not a big deal, get over it.
- e.g. You try to buy Ariana Grande tickets, but they sell out before you can get them. "Oh well, no use crying over spilt milk."
- <u>"To kill two birds with one stone."</u> (Often told in various tenses): To do an action that accomplishes two end goals.
- e.g. "I've always wanted to visit Egypt and now my brothers studying there. I promised I'd visit, so now I can kill two birds with one stone."
- "You can't teach an old dog new tricks": That sometimes people can't learn new things.
- e.g. Your mum refuses to learn shortcuts to use on the computer, she wants to keep doing it her slow way, because she knows how to do it. "You can't teach an old dog new tricks."
- <u>"When it rains, it pours"</u>: When something bad (can be good but usually bad) happens, it all goes wrong.
- e.g. Your dog just got sick and you have vet bills, and then your car breaks down and you need to take it to the mechanic, and then your children's school fees are due. "When it rains it pours."

### **AUSSIE EXPRESSIONS (GOOD LUCK)**

- <u>"What do you think this is, bush week?"</u>: This is sort of just something you say when you don't agree with what someone is doing, saying or proposing to do.
- e.g. "Mum, I know its Wednesday, but can I go to a party?" "Well no, what do you think this is, bush week?"
- <u>"Standing there like a stunned mullet"</u>: A mullet is a type of fish in Australia and they're a pest, so usually you stun them with a stun gun. In this saying, it means someone standing there speechless or shocked.
- e.g. "Yesterday I told my boyfriend I'm pregnant, and he just stood there like a stunned mullet."
- "Having a drink with the flies": This means drinking by yourself.
- e.g. Last night we all went to bed, but John stayed up having a drink with the flies.
- <u>"Spitting the dummy"</u>: In Australia a dummy is what American's call a pacifier. This means to
  have a "sook" (a complain/cry) or to be upset about something. Often it is when someone is
  being dramatic.
- e.g. "Mum, you promised me you'd buy me ice cream" "Sorry, we don't have time so stop spitting the dummy."
- "A fair crack of the whip": To give things a fair go/try/attempt.
- e.g. Someone is learning how to kick a soccer ball. "Go on, give it a fair crack of the whip."

- <u>"Hold your horses"</u>: This means to wait or slow down.
- e.g. Your mum is rushing to the car and you aren't even dressed yet. "Mum, hold your horses."
- <u>"A frog in your throat"</u>: To be sick or have a croaky throat.
- e.g. Dad, coughing at the dinner table. "Damn, I think I've got a frog in my throat."
- "Put a sock in it": To tell someone to shut up, to put a sock in their mouth.
- e.g. Your brother can't stop complaining about how you got a better Christmas present than him. "James, put a sock in it."
- <u>"Have a good one"</u>: A way of saying goodbye.
- e.g. "Alright, I'll see you round, bye." "See you, have a good one."
- <u>"Flat out like a lizard drinking."</u> (Usually we just say "flat out"): This just means really busy, but no one uses the full expression anymore.
- e.g. "I didn't have time to go to the bank today, I've been flat out running errands."
- <u>"She'll be apples."</u> (Also, "she'll be right"): This just means it's all good, everything will be okay, no worries.
- e.g. Your friend owes you \$5 but he just told you he doesn't get paid till Sunday. "No worries mate, she'll be apples."
- "Can't be bothered": It means you don't have the energy to do something or don't want to.
- e.g. Your mate wants you to drive to their house to hang out. "Sorry Rachel, I can't be bothered."
- <u>"Sus it out"</u>: This means to check something out or look into it.
- e.g. "Flights to Philippines are so cheap right now." "Oh, no way! I'll have to sus it out."
- "You've lost the plot": To go crazy or wild.
- e.g. Your friend is really drunk and dancing on a table. "Oh my God, she's lost the plot."
- <u>"(Not) within cooee"</u>: Cooee is a sound Aussie make that echoes, often into caves, off viewpoints, etc. Within cooee means close, not within cooee means far.
- e.g. "Have you been to the new skate park? It's sick." "Nah mate, is it close?" "Yeah, it's within cooee."
- <u>"Mates' rates"</u>: This just means getting a discount when buying something of a friend or family member.
- e.g. Your friend is selling their converses online and there \$40. You message them asking if you can buy them. They reply, "Yeah no worries, \$30 mates' rates, is that alright?"
- "Carrying on like a pork chop": Carrying on like an idiot. Being stupid.
- e.g. Your brother is mimicking everything you say. "Michael, can you stop? You're carrying on like a pork chop."
- <u>To have "tickets on yourself"</u>: To be overly confident in something about yourself or your abilities.
- e.g. "I'm so hot, I could get any guy I want." "Damn, you've got some tickets on yourself."

## LIFE FROM A WINDOW

Our students Elena Perelló (1st ESO B), Elia García (3rd ESO D), María Ortega and Silvia Mora (both 3rd ESO C) have contributed to the magazine with their fantastic art projects encouraged by the Art Department. Just as professional illustrators have been doing while they were confined at home, our students have transformed their windows into Art spaces too... It is through art that we can escape from our reality and fly!

### Elena Perelló's vivid view transformation 1:



Elena Perelló shows us a fantastic being in her view transformation 2:



This is Elia García's creative interpretation of her view:



And this is Silvia Mora's imaginary world through her window:





# CORONA MENU BY LIDIA CAMPOS

### **HAMBURGER WITH BEETROOT**

### **INGREDIENTS**

- 1 garlic clove
- 1 beetroot
- 1 carrot
- Half a tablespoon of oregano
- A pinch of salt
- 100 grams of breadcrumbs



### **PREPARATION**

- Crush the beets and carrots, add the spices and breadcrumbs (better add little by little).
- 2. The dough does not have to stick your hands.
- 3. Give form to the hamburgers.
- 4. Grill them or fry them with a little oil in a pan.

### **KANGAROO ON THE GRILL**

### **INGREDIENTS**

- A pinch of salt
- Cumin
- 1 garlic clove
- 1 onion
- 1 tablespoon of tea spinach
- Lemon juice
- Kangaroo steak

### **PREPARATION**

- 1. Mix salt with cumin and garlic. Put on the top of the steak.
- 2. Fry the garlic cloves and the onion.
- 3. Remove from the heat, cool slightly and then add 100gr of raw spinach.
- 4. Season with lemon juice and salt.
- 5. Roast the kangaroo steak; 3 minutes round and round.
- 6. Place the sauce on the top of the spinach and the top of the kangaroo steak.
- 7. Add a splash of olive oil.

### **PAVLOVA CAKE**

### **INGREDIENTS**

- 6 egg whites
- 1 pinch of salt
- 230 grams of refined sugar
- 1 teaspoon of white vinegar
- 1/2 teaspoon of vanilla essence
- 2 teaspoons of corn starch



- 1. Preheat the oven 200°C.
- 2. Grease a cake pan and cover with baking paper.
- 3. Beat the egg whites with a pinch of salt until they are frothy.
- 4. Begin to prepare the homemade meringue. Add the sugar, the vinegar and vanilla essence. Mixture with a thick consistency. Add the flour and keep moving.
- 5. Pour the Pavlova mixture into a baking tray lined with baking paper. Give it a circular shape and leave a hole in the centre. Bake the Pavlova cake for one hour. (130°C)
- 6. Turn off the oven but do not remove the Australian Pavlova. Let it cool inside without opening it. Once cold, fill the cake with whipped cream and fresh fruit like strawberries.



### CORONA-MENU BY NATALIA GARCÍA-ABADILLO

### **PATATAS BRAVAS**

### **INGREDIENTS**

- Potatoes
- Paprika
- Garlic
- Oil
- Mayonnaise



### **PREPARATION**

- 1. Heat the oil in a pan
- 2. Cut the potatoes as squares
- 3. When the oil is hot, put the potatoes.
- 4. Leave the potatoes in the pan for 15-17 minutes.
- 5. When they are done, put them on a plate
- 6. Add paprika and mayonnaise.

### **BROCCOLI, CARROT AND WALNUT SALAD**

### **INGREDIENTS**

- Broccoli
- Carrot
- Walnut
- Herbs
- Vinegar
- Lime
- Oil
- Salt



### **PREPARATION**

- 1. Cut the broccoli in small pieces.
- 2. Cook the broccoli for 5 minutes with oil and salt
- 3. Peel the carrots
- **4.** Scratch the carrots and put them on the broccoli plate.
- 5. Put vinegar and lemon In a glass to make the 'vinagreta'.
- 6. Put the 'vinagreta' on the broccoli and carrot plate.
- 7. Grind the walnut and put them on the plate.

### WHITE CHOCOLATE COOKIES

### **INGREDIENTS**

- 200 grams of flour
- 200 grams of sugar
- 100 grams of butter
- 1 egg
- ½ spoon of vanilla spoon
- Chocolate to taste
- ½ spoon of yeast

### **PREPARATION**

- 1. Mix the sugar and the butter.
- 2. Add the egg and vanilla, mix them.
- 3. Add the flour, yeast, and the white chocolate
- 4. Remove the mixture
- 5. Leave in the fridge for half an hour.
- 6. Make small balls with the mixture.
- 7. Put them on the oven tray.
- 8. Bake the cookies 10 minutes at 180 degrees.



# CORONA-MENU By Clara Palao 3rB

### Profiteroles with smoked salmon and cream cheese

### **Ingredients**

- water (125 ml.)
- butter (50 gr.)
- flour (75 gr.)
- eggs (2 pcs.)
- Salt
- Sesame seeds
- smoked salmon
- cream cheese
- dill



### **Steps**

- 1. Heat the water in a small saucepan along with the butter and salt.
- 2. As soon as it starts to boil, we add the flour in one fell swoop.
- 3. Stir with a wooden spoon, without stopping, until it detaches from the walls of the saucepan.
- 4. We remove from the fire and let it temper.
- 5. When it is warm, we add the eggs one by one until we get a smooth paste.
- 6. In a baking tray, on baking paper, we are placing small portions of dough with the help of a sleeve.
- 7. Add some sesame seeds on top and bake at 200°, for 30 minutes, until golden brown.
- 8. Open and fill them with cream cheese, dill and smoked salmon.

#### **Boletus and truffle risotto**

#### **Ingredients**

- round grain rice (300 gr., arborio type)
- boletus (2 pcs., medium)
- vegetable broth (1 liter)
- onion (one medium)
- garlic (2 cloves)
- virgin olive oil (150 ml)
- butter (1 tablespoon)
- aged cheese (100 gr., grated)
- black truffle (a pinch, grated)



#### **Steps**

- 1. In a deep-frying pan, put the olive oil to heat.
- 2. Add the onion and the finely chopped garlic.
- When it is poached, add the rolled boletus, and give it a few laps.
- 4. Next, toss the rice and fry it with the rest of the ingredients for about 3 minutes.
- 5. Add a pinch of grated truffle.
- 6. Stir everything, and add little by little, as it is consumed. A light vegetable broth that we have previously prepared hot (you can buy the broth in tetra-brick). We are adding broth, and stirring the rice continuously, for about 15 minutes.
- 7. When you have the sweet spot, neither too soupy nor too dry, add butter and grated Parmesan cheese, mix well, and you are ready to serve.

#### **Chestnut macarons**

#### **Ingredients**

- almond flour (150 gr)
- icing sugar (150 gr)
- water (40 ml)
- food colouring (to taste)
- water (500 ml)
- sugar (750 gr)
- chestnuts (1 kg)



#### **Steps**

- 1. Age the egg whites a few days before preparing your macarons. Crack the eggs and separate the whites and yolks. We are only going to use the whites. Put them in a bowl, out of the fridge and uncovered and let them spend the whole night with wine. In the morning cover them and put them in the fridge. Let them sit for at least 48 hours. And now you have 'aged whites'.
- 2. Mix in a large bowl the almond flour and the icing sugar, sifted, that is, passed through a sieve or a fine-mesh strainer ... so that they are aerated. After sifting the flour and icing sugar, is a much lighter and fluffier dessert. Add half of the whites to the almond flour and sugar mixture. Stir with a spatula to form a paste and reserve.
- Mix the sugar and water in a saucepan and put on the fire with a thermometer for the caramel.
- 4. Begin to mount the remaining egg whites to the point of snow in another bowl.
- 5. When the syrup reaches 118 degrees, remove from the heat and pour it slowly on the whites, while continuing to beat.
- 6. Keep beating on medium speed until the meringue is warm and when you lift the whisk peak forms.

- 7. Add the meringue to the previous almond mixture, mixing with the spatula and with enveloping movements, so that the meringue does not come down.
- 8. Add the colouring in pink paste and keep mixing until you get a liquid mixture but a little thick. Pour the mixture into a pastry bag and on a baking paper, go round.
- 9. For the macarons to be perfect and all the same, the ideal is to use some type of mold. In specialised confectionery stores they sell a kind of oven rugs in the shape of macarons.
- 10. Let the macarons rest until a crust forms (this is the key). It will depend a lot on the temperature of your kitchen but at least let it rest for a couple of hours.
  Bake at 140 ° with the oven preheated for 15 minutes. Let the chestnut macarons cool and prepare while the filling.
- 11. To prepare the filling, start by making a cut on the top of the chestnuts, place them in a saucepan, cover with cold water and boil for 10 minutes. After 10 minutes have passed, drain the water and peel the chestnuts.
  - To make it easier to puree the best thing is that you cook the peeled chestnuts again, until you can crush them easily, place the chestnuts in the mixer and crush until you obtain a fine and creamy puree.
- 12. Put a saucepan on the fire with the sugar and water, bring to a boil for 5 minutes over high heat. Now add the crushed chestnuts to the syrup and mix well until everything is well incorporated and leave to cook for about 15 minutes, always stirring very carefully so that it does not stick to the casserole. Pass the cream for a wide source so that it cools more easily.
- 13. Form the chestnut macarons by pouring a small circle of chestnut cream on a lid (if you use a fine nozzle pastry bag, the better).
  Press lightly with the other lid.

# CORONA MENU by Mayte Cerrada 4th

#### **CORONA TAPA**: Potato omelette.

#### THE INGREDIENTS ARE:

- 2 potatoes (or more)
- 1/2 onion (Optional)
- 500ml of sunflower oil
- 10ml of olive oil
- A pinch of salt
- 4 eggs (or more)

#### **UTENSILS**:

- -2 pans
- -Peeler or knife
- -A Kitchen palette

#### **METHOD:**

First, we peel the potatoes and cut them into small pieces.

To give it more flavour we add to the omelette small pieces of onion but this idea is optional.

The second step is to fill a pan with sunflower oil and pour the mixture. Now we need to wait for it to be cooked a little.

While the mixture is in the pan, we take a container and beat the eggs.

When all these steps are ready,we take the mixture out of the pan and pour it in the container with the beaten eggs.

After all this, we pour the mixture in a pan with olive oil, and we stir it until it becomes thick. Then, we have to wait for a short time, we grab a plate and we put it face down on top of the pan so that we can turn the omelette.

Finally, when we consider that the omelette is ready, we do the same procedure with the plate and we take it out of the cooker.



For the sausages, we only should cut them in two halves and cook them.

#### A HEALTHY MAIN COURSE: Rice with tomato sauce and turkey breast

#### **INGREDIENTS:**

- Salt
- Rice
- Water
- Tomato sauce
- -1/2 onion (Optional)
- Turkey breast
- 10ml of olive oil

#### UTENSILIS:

- -1 pon
- -A Kitchen palette
- -1 iron

#### **METHOD:**

Rice with tomato sauce and turkey breast

To start with this dish, we will fill a pot with water. When it has boiled, we add a pinch of salt and the rice into the pot.

While it is boiling, we will start to prepare the sauce and the turkey...

To cook the turkey breasts, we will spray a pan with olive oil. After that, we will put the turkey breasts in it.

While the turkey is cooking, we put the tomato sauce in a pan, with small pieces of onion.

Then, when everything is ready, we mix the rice with the sauce and plate it up.

Finally, to finish our dish, we put the turkey breasts in the plate with the rice, and ready to serve!

#### NOT-SO-HEALTHY RECIPE: Yogurt cake covered with chocolate

#### **INGREDIENTS:**

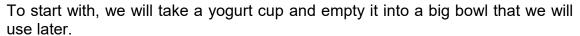
In this recipe we will use the measure of a yogurt cup for all the ingredients (except for the yeast).

- 1 yogurt cup
- Lemon zest (or other essence)
- 3 glasses of flour
- 1 glass of sunflower oil
- 2 glasses of sugar
- 4 eggs
- 1 envelope of yeast
- Chocolate (the type you want)

#### UTENSILS:

- Oven
- Yam mold
- A Kitchen palette
- 1 bowl
- 1 yogurt cup

#### **METHOD**



We will start by mixing the 4 eggs with the two glasses of sugar, to this mixture we will add the yogurt cup and the type of essence that we prefer, in this case, lemon zest. After mixing it, we will add the three glasses of flour and the yeast.

To finish the mixture, we will add a glass of sunflower oil.

Then, we will put it in the oven, previously preheated to 180° and leave it for 30 minutes.

When it's done, we'll cover it with melted chocolate for a sweet touch.



RECIPE

# CROQUETTE S

#### **ADMIXTURES**

2 liters of whole milk, 130 g of butter, 160 g of wheat flour, 20 g of onion, 50 g of chicken breast, 80 g of lberian ham, 50 ml of meat stock, 2 fresh eggs, breadcrumbs

#### **ELABORATION**

Melt the butter over low heat and brown the finely chopped Iberian ham to sauté. Separately, fry the chicken breast cut into pieces with an onion so that it sweetens the chicken slightly. When the breast is done, remove the onion and grind the breast in a robot to leave it as sawdust. Add 50 g of that chicken to the butter with the ham and also add the flour, stirring until making a roux that will be thick at first. Toast the flour and add milk little by little while working the béchamel until smooth and light. Add a little meat stock to add flavor. Finally, the béchamel sauce is poured into a bowl and when it cools, the croquettes are formed, passing them successively through breadcrumbs, egg and again breadcrumbs, fried in batches of very hot oil.

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#### RECIPE

# **BIBIMBAP**



# **Ingredients**

- cup cooked short grained rice
- 2 eggs (fried, sunny side up)
- 1/2 cup dak bulgogi (Korean BBQ chicken)
- 1/2 cup seasoned spinach
- 1/2 cup carrot (julienned & blanched)
- 1/2 cup cucumber (sliced thinly)
- 1/2 cup brussels sprouts (quartered and blanched)
- 2 tablespoons gochujang dressing

# **ELABORATION**

- 1. Place the rice in a bowl topped with the fried egg and the other ingredients and serve.
- 2. Mix everything up and enjoy

**RECIPE** 

# LEMON BUTTER TARTS



# **ADMIXTURES**

- ½ cup butter
- 2 teaspoons lemon zest
- % cup lemon juice
- 1 ½ cups white sugar
- 3 eggs
- 2 egg yolks
- 12 (3 inch) tart shells, baked
- 3 egg whites
- ¼ cup white sugar

#### **PREPARATION**

Melt butter or margarine in a saucepan. Add rind, lemon juice, and 1 1/2 cups sugar. Beat eggs and egg yolks until thick, and add to lemon butter mixture. Cook over low heat, stirring constantly until thick. Chill.

# Step 2 Beat 3 egg whites until stiff. Gradually add 1/4 cup sugar, and continue beating until stiff and glossy. Fill baked tart shells with lemon custard, and top with meringue.

3. Step 3Bake at 350 degrees F (175 degreesC) just until tarts are a delicate brown color.

#### "MY RECIPES GLOSSARY" by Joan Lluch

#### • Starter: Croquettes

- Breadcrumbs:migas de pan

- Meat stock: caldo de carne

- Brown to sauté: dorar/ saltear

- Sweeten: endulzar

- Grind: moler

- Sawdust: serrín

- Stir: remover

- Flavor: sabor

- Batches of hot oil: freír en tandas de aceite muy caliente

#### • Main course: Bibimbap

- Julienned: en juliana

- Blanched: hervir

- Sunny side up: lado dorado hacia arriba

- Seasoned: sazonado

- Brussel's sprouts quartered: coles de Bruselas en cuartos

- Dressing: aderezo

#### Dessert: Lemon Butter Tarts

- Lemon zest: corteza de limón rallada

- Yolk: yema

- Tart shells: bases de tartaleta

- Baked: horneado

- Whites: claras

- Beat until stiff: batir hasta que esté firme

Glossy: brillanteCustard: crema

# CORONA-MENÚ BY LAURA MONDÉJAR 4th C

- 1. CORONA-TAPA: "Dates wrapped in bacon"
- 2. HEALTHY MAIN: "Avocado toast with cottage cheese and orange juice"
- 3. NOT-SO-HEALTHY DESSERT: "Pancakes with nutella"

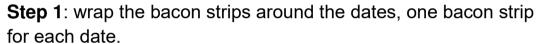
#### **RECIPES:**

#### 1. DATES WRAPPED IN BACON

#### **Ingredients**

- dates
- bacon
- olive oil
- tooth sticks

#### **Elaboration**



Step 2: to hold it all together, stick a toothstick in the middle.

**Step 3**: put some olive oil in one pan and fry the dates with the bacon, keep it there until the bacon gets a dark color.

And now you have your dates wrapped in bacon!!

# 2. AVOCADO TOAST WITH COTTAGE CHEESE AND ORANGE JUICE

#### **Ingredients**

- 1 slice of bread
- 1 avocado
- olive oil
- salt
- cottage cheese
- 2 oranges





#### **Elaboration**

**Step 1**: toast the slice of bread (you can do it with a toaster or a pan).

**Step 2**: While you wait to for the bread to get toasted, peel the avocado and cut it the way you like, you can slice it, mash it, whatever you prefer...

**Step 3**: Then, get the toast and put the avocado and the cottage cheese on it, and to finish, add a little bit of olive oil and salt.

**Step 4**: Then, you can make the oranges juice and add some sweetener like sugar or honey, if you want to.

# Get ready to enjoy!!

#### 3. PANCAKES WITH NUTELLA

#### **Ingredients**

- 2 eggs
- 2 cups of flour
- 2 cups of milk
- 4 teaspoons of sugar
- 1 teaspoon of baking powder
- butter
- nutella



#### Elaboration

**Step 1**: grab a bowl and mix the eggs, the milk and the sugar.

**Step 2**: mix the baking powder and the flour and add it to the latter mixture made.

You must have a mixture with a liquid consistency.

**Step 3**: put a little bit of butter in a heated pan, and add a bit of the mixture into the pan, making a circular shape. A few seconds later you have to flip it.

**Step 4**: For the final step you can put nutella on the pancakes to make it even a little less healthy...

# Mmm... Delicious!!

# CORONA-MENU & RECIPES: for one person

by Laura Navarro 4th PR

#### 1.CHOCOLATE CUP CAKE

#### **Ingredients:**

- √ 3 tablespoons of flour
- √ 2 tablespoons of sugar
- ✓ 2 or 1 tablespoons of Nesquik
- ✓ 1 egg
- √ 3 tablespoons olive oil
- √ 3 tablespoons of milk
- ✓ Optional: pieces of chocolate

#### **Preparation:**

**1st** Pour all the powder ingredients in a bowl and mix.

**2nd** Pour all the liquid ingredients and mix.

3rd Finally, add the chocolate chips

4th Microwave for 3 minutes

5.Ready to serve!



#### 2.MACARONI WITH TOMATO AND TUNA

#### **Ingredients:**

- √ 1 can of tuna
- √ 1 fried tomato brik
- ✓ 2 bay leaves
- ✓ Oregano
- ✓ Water
- ✓ Olive oil



#### **Preparation:**

**1st** Put the two bay leaves, the oregano and the olive oil in a pot with water and and let it cook.

**2nd** When the macaroni are already boiling, drain them with a strainer.

3rd Put the drained macaroni on a serving plate, add the fried tomato and the tuna and mix

4th Ready to serve!

#### 3. FISH AND CHIPS

#### **Ingredients:**

- √ 1 boneless and skinless fish fillet
- √ 1egg
- ✓ Bread crumbs
- ✓ Chips
- ✓ Olive oil
- ✓ Salt
- ✓ Pepper

#### **Preparation:**

1st We put the olive oil to heat in a pan

**2nd** Put beaten egg and bread crumbs in individual dishes.

**3rd** Take the fish fillet, dip it in the beaten egg, then roll it in the bread crumbs and direct to the pan.

4th Wait for the fillet to be done remove it and let it cool a little.

**5th** Put the fries in the fryer, wait until they are done and take them out.

**6th** Ready to serve!



# **CORONA-MENU**



This first week, we are going to make a menu and I am going to explain three recipes.

#### a) A CORONA-TAPA: BACON CHIPS

#### **INGREDIENTS**

- potatoes
- bacon
- cheese
- olive oil
- salt

#### **INSTRUCTIONS**



- 1. Put to heat oil in a deep fryer while you cut the potatoes.
- 2. When the oil is hot, you put the potatoes inside.
- 3. Cut some bacon and you cook it in a frying pan with a little of oil.
- 4. When the potatoes are fried you put them on a plate.
- 5. Add salt.
- 6. Put the bacon on top.
- 7. Finally, melt the cheese in the microwave and put it on top.

#### b) A HEALTHY MAIN COURSE: LENTILS

#### **INGREDIENTS**

- A glass of lentils per person
- 3-6 Cups of water
- 2 Chorizo sausages
- 2 blood sausages
- Pieces of ribs
- 1 Carrot
- 2 Potatoes
- 1 Onion
- 2 bay leaves
- Tomato
- Olive oil
- Salt



#### **INSTRUCTIONS**

- 1. Cut the potatoes, the carrot, the chorizos sausages, the pieces of ribs and the onion.
- 2. Cook the potatoes, the carrot, the chorizos sausages, the pieces of ribs and the onion in a large pot with oil and salt.
  - 3. When this is cooked, you pour some tomato.
  - 4. Put the lentils and add enough water to cover the lentils.
  - 5. Bring to a gentle boil and put the two blood sausages.
  - 6. Put the bay leaves in the broth to give flavor.

#### C) A DESSERT: CHOCOLATE CAKE

#### **INGREDIENTS**

- 1 envelope of 'Royal' yeast
- 3 eggs
- 1 lemon yogurt
- 3 cups flour
- 1 cup olive oil
- 2 cups sugar
- 2 cups chocolate



#### **INSTRUCTIONS**

- 1. Preheat the oven to 180°C.
- 2. Put all ingredients in a bowl.
- 3. Mix it with an electric mixer until you have a homogeneous mixture
- 4. Grease the mold with oil.
- 5. Pour the dough into a mold.
- 6. Put it in the oven and wait for 35 minutes.

# **CORONA-MENU** by Sandra Torrico

# ---- STARTER: CORONA-TAPA - Thai Salad-----

#### **INGREDIENTS**

- Minced chicken meat
- Chicken soup
- Medium red onion
- Chinese chive
- Chile
- Fresh coriander
- Fresh mint

- Toasted rice powder
- Salt
- Ground black pepper
- Asian fish sauce
- Lime juice
- Sugar
- Water

#### **COOKING**

**Step1:** Chop the red onion very fine and put it in cold water so that it loses strength.

The rice should be roasted slowly without burning. Once all the rice is brown, it should be finely chopped in a coffee grinder. For this recipe we only need two tablespoons.

**Step 2:** In a frying pan put the chicken stock and let it heat. Then add the minced meat and cook slowly. It has to be juicy, so it is better to cook it over low heat so that it does not caramelize. Salt and pepper to taste, remove it from the heat and let it temper.

**Step 3:** In a large bowl, mix the red onion, the chiles cut into fine rings, the chopped chili, and two good handfuls of chopped coriander and mint. Add the meat and the chili flakes.

**Step 4:** The dressing of this salad is the one that is used for all Thai salads. All you have to do is mix the fish sauce, lime juice, water and sugar, stirring well with a teaspoon.

**Step 5:** Incorporate the rice powder and mix all the ingredients with the dressing and let the salad rest a few minutes before serving.

### ----MAIN COURSE - Grilled chicken with zucchini-----

### **INGREDIENTS**

- 6 chicken thighs
- 1 onion
- 2 garlic cloves
- 1 green pepper
- 1 red pepper
- crushed tomato

- 1 o 2 bay leaves
- ground parsley
- 1/2 glass of white wine
- 1l. chicken stock
- olive oil
- salt and pepper

#### **COOKING**

**Step 1:** Remove the chicken breasts and thighs from the carcass and set aside. Now we season it. In a high pot, put a splash of olive oil to heat over high heat. Once hot, add the chicken and seal it.

**Step 2:** Once it is brown, we stir it and lower the heat. In the same oil that we have cooked the chicken we add the onion, the peppers and the garlic cloves, all finely chopped. Season with salt and pepper and cook for about 5 minutes over low heat, stirring frequently.

**Step 3:** After some time, add the crushed tomato and the bay leaves and mix with the rest of the ingredients. Cook for about 10 minutes more. When the tomato has reduced by more than a half, add the white wine and cook until all the liquid has almost evaporated. About 3 more minutes.

**Step 4:** We add the chicken again to all the preparation and mix well. Then, we cover with the chicken stock. Let cook over medium heat for about 25 more minutes, until the chicken is tender and all the flavors have intermixed.

#### ---- DESSERT - Lemon cream with strawberries-----

#### **INGREDIENTS**

- Whipping cream
- Greek yogurt or more cream
- White or brown sugar

- Grated lemon zest
- Lemon juice
  - Strawberries

#### **COOKING**

**Step 1:** Put the cream and yogurt in a saucepan, add the sugar and the washed lemon zest, only the yellow part. Mix and heat on medium power, until it is about to boil; lower the temperature and cook, stirring for about 5 minutes.

**Step 2:** Remove from the heat and add the lemon juice. Stir with the rod and let cool for about 20 minutes.

**Step 3:** Meanwhile prepare the strawberries, washing them and cutting them into pieces without the tail. Mix with the sugar and set aside.

**Step 4:** Pass the cream through a fine mesh strainer, pressing tightly with a tongue, to eliminate the scratch and possible lumps. Correct the sweetness point if necessary. Divide this mixture into four or six containers and take to the fridge. Let cool for at least two hours, better overnight.

**Step 5:** Cook the strawberries, which will have dissolved the sugar, over low heat, until they are very tender and release slightly caramelized juices. Let cool and take to the fridge to serve when taking the cream.

# Sports Routine Ainara Rodrigues Ruiz 3rd B

#### Why is it important?

Hi, I'm Ainara and now I'm going to talk about the importance of physical activities.

First, I would like to explain that in my daily life, I am a bit lazy (with regard to sports), that is, that I normally only do exercise in physical education classes (sometimes, I also went out on my bike), but now that we are in quarantine and we can't go out and do anything, I get bored a lot and, sometimes, I do sports (as I can).

In my opinion, doing physical activities is a way to hang out and, at the same time, improve your physical well-being and also your mental well-being. Apart from that, it has other benefits, such as: increases strength, increases energy, can help reduce stress, can help maintain a healthy body weight and reduce appetite, reduce the risk of heart disease, keep joints, tendons and ligaments flexible, reduce some of the effects of aging, improve sleep...

Down here I will put some of the exercises that I practice.

#### Some exercises that can be easily done at home

Name and photo	Explanation	Duration
Squats	You should be completely straight with your legs shoulderwidth apart and lower with your hips back. Remember that the knee cannot exceed the toes.	
Lunges	It is quite similar to the squat but this time you must go down by forwarding one leg or pulling back the other. You can hold a few bottles of water to add weight to the exercise and make it more effective for you.	
Leg lift	To do this, just place four legs on a mat or blanket and lift one leg up at a 90-degree angle. Make sure that your back is straight, without forcing it and that your arms are aligned with your shoulders. You can also do it with the straight leg. Both versions will come in great for strengthening your glutes.	3 sets of 6 repetitions.

Dumbbells	You can do the basic bicep exercise by doing weights with a bottle of water. Be sure to keep your back straight during all repetitions.	
Sit-Ups	Lie down with your back straight and your hands at the nape of your neck and raise the upper part of the body making force with the abdominals. Try not to strain your neck to avoid injury.	

# Some exercises to relax

Name and photo	Explanation	Duration
Bibs	Stretching the bibs is as easy as pulling your legs slightly apart and lifting a spleen by stretching it to the opposite side. Hold on for a few seconds and do the same to the other side.	30 seconds per arm x 2
Quads	Lean on one leg and grab the other by flexing it from behind, so that the heel of the foot touches the buttock. Do this without the pelvis moving forward or backward. After doing it with one leg, do it with the other.	30 seconds per leg x 2
Calves	Straighten the leg, supporting the heel, and with your hand take the tip of the foot. Force your heel, grab the toe and stretch. For it to be an active stretch, you must press hard on the heel against the floor. Hold with pressure and then the same with the other leg.	30 seconds per leg x 2
Back	To stretch your back well, get down on your knees on the floor, stretch your arms out well and your glutes out. Pass one hand over the other, stretching and making sure that the back is stretched well. The same on the other side.	30 seconds each side x2

# Physical activities

#### By Nayara Rodrigues Ruiz 3<sup>rd</sup>B

#### 1st Part:

Why should I do exercise?

Exercise is an important part of a healthy lifestyle. Exercise prevents health problems, increases strength, increases energy, etc. It can also help maintain a healthy body weight and reduce appetite.

The benefits of sport are not only physical, they also affect mental health, reduce the appearance of depression and stress, improve self-esteem and even social relationships, when playing team sports.

We understand by sport all those physical activities in which the body enters some type of exercise or movement, as opposed to the state of rest that one can have when typing on a computer. There are different types of sports such as group sports (football, basketball, ...), individual sports, etc.

#### 2<sup>nd</sup> Part:

These are five easy exercises to start your sport routine. It is important to know that if you are very tired or your muscles hurt you should stop.

Running	It's about running evenly and continuously, on site, slower than your normal pace.	Run 5 minutes and regain 30 seconds for 30 minutes.
Squats	As if you were going to sit in a chair, with the body placed slightly forward to preserve the lumbar curve.	4-5 sets of 10 repetitions.
Jumping jacks	Consist of opening and closing the legs and arms while jumping.	30 exercises with 20 seconds rest.

Mountain climber	Start in the plank position, with your hands flat on the floor, your arms stretched and keeping your back straight while squeezing your abdomen and glutes. Now begin to bend your legs bringing your knees to your chest, alternating left and right faster and faster.	3 series of 30 seconds each with about 20 seconds of rest between them and then increasing the time.
Upper abdominals	With your back to the floor, bend your knees and place your hands behind your head, lift your upper trunk and flex your body a little trying not to bend your neck much inward when getting up.	A quarter of an hour resting every 5 minutes for 30 seconds.

# 3<sup>rd</sup> Part:

Finally, here I put 4 exercises that you can do to relax, after having done the above exercises.

Leg stretch and biceps femoris	Sit on the floor and straighten your right leg. Bend the left leg so that the sole of the foot touches the inside of the right thigh.  Bring your torso forward by stretching your right arm. The idea is that you can touch the toe with your hand.	20 seconds each leg for 5 minutes.
Hamstring Stretch	Lie on the mat or the floor and stretch your legs. Then raise them at the same time until you make a 90-degree angle to your body. Place your hands behind your knees and apply some pressure, trying to keep your legs always straight.	For 10 minutes and alternating legs.
Hip stretches	Support your knees on the floor or mat. Step forward with your right leg and press down with your torso. The arms are at the sides of the body.	Do it for 3 or 4 minutes and after 20 seconds change sides.
Back stretch	Lie face down on the mat with your legs stretched out. Support the palms of the hands and stretch the arms bringing the torso upwards. Bring your head back slightly if you can.	5 repetitions for 30 seconds and rest 10 seconds.

# The importance of daily physical exercise

by JOAN LLUCH 4th A

Just as it is essential for our health to feed our body every day, it is very important to exercise daily. Sedentary lifestyle and the problems associated with it (physical, metabolic, obesity, etc.) has become a health problem that has already alarmed Public Administrations.

Performing physical activity daily brings a large number of benefits to our health. Scientific studies demonstrate this, from improving our physical form, going through avoiding diseases, maintaining a healthy weight (or losing weight if we are overweight), to improving our mental health and our social life.

#### It improves our physical shape.

Daily physical exercise improves our overall fitness. Depending on the type of training or physical activity you do, we will improve in: cardiovascular health, power, strength, flexibility, coordination ... With a specific work program and personalized routines, we can work and improve in all these aspects.

#### It decreases the risk of cardiovascular disease.

Regular practice of physical exercise not only prevents the appearance of cardiovascular problems but also helps to treat risk factors for cardiovascular disease when they are already present, such as diabetes, hypertension and lipid levels or lipid profile (cholesterol and HDL, LDL and triglycerides).

#### It allows us to stay at a healthy weight or lose weight if we are overweight.

To lose weight and lose weight, a combination of diet and daily physical activity is essential. Depending on the degree of overweight or obesity, we must carry out specific training in a progressive and constant manner.

#### It decreases injuries.

Exercising daily and maintaining good physical shape allows a reduction in injuries, both in sports activities and in the activities of our daily life (making bed, bending over, imbalances ...). Maintaining adequate muscle tone and good posture habits will avoid ailments and injuries. Likewise, working force and coordination will be essential to avoid injuries in our daily activities.

#### It gives us vitality and makes us be active.

By exercising, endorphins, the so-called "happiness hormones," are released. After physical activity, its levels increase in our body, producing a feeling of well-being and energy that helps us to better face our daily activities.

#### It protects us from other diseases.

More and more scientific studies correlate physical activity with better behavior of our immune system. From avoiding colds or colds to controlling the proliferation of cancer cells.

#### **Exercising daily should be part of our routine.**

Whether it is walking in a good way, doing a stationary bicycle, moving around the city on foot or by bicycle, climbing the stairs, any option is valid. There are no excuses, you have to move. To carry out more complete activities that allow us to improve our physical form in all aspects, we must carry out other more specific training sessions, designed and directed by professionals. These can be done both in group activities and in individual personal training or in small groups.

Obviously there are some types of exercise that we can't do while locked up at home, like running, swimming, going to the gym, riding a bike.

But we can do other things and make our own exercise routine at home.

#### **8 EXERCISES WORKOUT**

✓ HIGH GRIDDLE 1 MINUTE: Extend the arms and support the palms of you hands on the floor, the hands must be aligned with the shoulders. Place your feet on the floor. Your back must be straight





✓ **SQUATS 1 MINUTE**: Put yourself in a position that is comfortable for you: it helps some people to put their toes out, but it is

also okay to put them in parallel. If you do not know what is best for you, place your feet at the width of the shoulders, directing them 15 degrees towards the outside. Make force in the abdominal part, as if someone was going to hit you. Look ahead, head high.

✓ **CLIMBING 1 MINUTE:** Get into the high plank position and move your legs forward. You must not move your back and you must keep your torso steady.





✓ **MODIFIED PUSH-UPS 1 MINUTE:** Get into a flexed position but support your knees and put your feet up

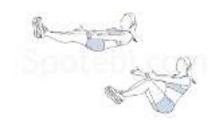
✓ FLUTTER KICKS 1 MINUTE: Lie on the floor or mat, then raise your legs a little to about 25 degrees and raise your lower back a little, then move your legs up and down and maintain the position.





✓ **BODY SAW 1 MINUTE**: Get into the low plank position and with your forearms and toes move forward and backward in a hacksaw motion.

✓ **MODIFIED V-SITS 1 MINUTE:** Get into low boat position and move forward to high boat position.



✓ WINDSHIELD WIPERS 1 MINUTE: Lie on the floor or a mat and raise your legs 90 degrees, then move your legs to one side and the other.

#### **COOL-DOWN EXERCISES**

1st LEGS ON THE WALL: Lie on your back with your legs bent, near a wall. Straighten your legs so they are parallel to the wall. Place your hands on your belly or at your sides. You can complement it with a cushion under the hip, to make the position more comfortable. Take a scarf and place it over your eyes and focus on your breathing to achieve a state of relaxation for 10 to 20 minutes. Slowly bend your knees toward your chest and roll to one side to get up.

**2nd HANDS UP:** Stand with your feet parallel and slightly apart. Inhale as you raise your arms out to the sides without flexing them, they have to be above your head. Exhale to lower your arms to shoulder height. Repeat nine times and on the last exhalation lower your arms completely.

**3rd OPEN HEART:** Inhale as you stretch your arms and open them sideways, as if you were going to give a big hug. Exhale as you close your arms and bring your hands together so that they are stretched at the height of your head, you can tilt your head a little to stretch your muscles. Do nine repetitions.

**4th STRETCH THE SPINE**: Stand up and interlock your fingers. Slowly raise your arms and let your hands rest on top of your head. Turn your hands inside out and inhale to stretch all the muscles. Open your hands and slowly lower your arms.

Inhale and clasp your hands behind your hip. Exhale as you raise your arms and bend your trunk forward as if you wanted to touch your forehead with your knees. Repeat nine times.

**6th HANDS ON THE BODY:** Stand up straight. Place your left hand at the level where your heart is and the right hand on the belly. Feel how your breath goes through your body.

# PHYSICAL ACTIVITIES by Sandra Torrico

I have never considered myself an athlete, but with the beginning of quarantine I have questioned my physical habits. The first few days I didn't do any exercise, and I was always tired, I also struggled much harder to do my homework. And one day, out of boredom, I decided to start a daily exercise routine. It's been two and a half weeks now, and you can tell the difference between doing exercise and not doing it. I feel less tired and clear-minded (it's also good to go out to the balcony to get some fresh air)

Thanks to the exercise the quarentine is more enjoyable and keeps my mind busy, so, I will describe the exercises that I do day by day (I sometimes vary them but, this is what I do most of the time) along with some activities to relax to finish, we do not want to injure ourselves.

#### 1. Jump

Exercise	Explanation	Duration
5	Jumping is very useful for losing weight and	20 jumps - 2
4	strengthening your legs. You have to duck and at	times
	the moment you jump, you have to stretch and	
- J	squeeze the glutes. It can also be done with a	
7 J	skipping rope.	
~ 1		

#### 2. Squats

Exercise	Explanation	Duration
	With your arms outstretched forward, bend the	15 squats - 3
	knees and keep your back straight, it is important that your back is straight, otherwise it will be	times
1 4	useless. The aim of squats is to strengthen the	
Mar de-	lower body muscles.	

#### 3. Sit-ups

Exercise	Explanation	Duration
	Sit-ups improve body posture. Place the lower	2 sit-ups - 2
120	back in contact with the ground, bent your knees	times
	and place your hands behind the ears. Push the	
	shoulders upwards, about seven centimeters	
	from the floor and then, lie down again.	

#### 4. Step back

Exercise	Explanation	Duration
5	Standing and arms outstretched forwards, move	25 steps - 3
<b>1</b> 2	one leg back while bending the front leg. Go	times
T L	back to the starting position and alternate with	
	the other leg.	

# 5. Frog jump

Exercise	Explanation	Duration
45	Frog jumping is an exercise that measures cardiovascular stamina, in addition to activating different muscle groups. Squat with your hands on the ground. Extend your legs back and return to the starting position. Then jump up with your hands outstretched in front of you.	20 steps - 2 times

#### 6. Pushups

Exercise	Explanation	Duration
	This exercise is ideal for strengthening and developing your arms. Place your hands on the ground, on both sides, in line with your shoulders. Stretch your legs completely back to form a straight line with your back. Extend your arms and then bend your elbows to lower your body, you can also rest your knees to make it easier.	15 push-ups - 3 times

# 7. Biceps

Exercise	Explanation	Duration
	Standing upright and with semi-flexed legs,	25 lift - 3
	keep your arms attached to your body while	times
	working out with 2 weights of 1 kilogram	
77	each. You can replace them with two water	
11 11	bottles of the same size.	

# 8. Room rowing

Exercise	Explanation	Duration
	Take a water-filled jug and stand with your	10 lifts - 4
	legs apart. Hold the container with the back	times
	of your hands out and lean it against your	
	thighs. Keep your back straight inhale. Inhale	
	and lift the tick to chin level. Exhale while	
4	you lower it.	

When you finish exercising you have to stretch to avoid injury. So you can use this chart to do them.

#### 1. Soft side stretch

Exercise	Explanation	Duration
	Intertwine your fingers with your palms facing up, and extend your arms above your head.	2 minutes

# 2. Inclined side swing

Exercise	Explanation	Duration
1	Sit in the middle of the mat with your legs crossed. Without raising your glutes from the mat and drag your hands upwards in line with your shoulders.	3 minutes

# 3. Hipt Lift

Exercise	Explanation	Duration
	Rest both hands on the mat behind you	2 minutes
	and as you rest your weight on your hands,	
	let your head fall backwards as you carry	
	your chest and hip towards the ceiling	
	lifting your glutes from the mat.	

# 4. Side extension of foot and opposite arm

Exercise	Explanation	Duration
	Lower your body to the right by resting your right forearm on the mat and try to reach your toes with your left hand (or ankle if it's more comfortable for you this way).  Once you have grabbed firmly your toes (or the ankles if you don't reach your toes), turn your toes toward the center of the mat and let your left shoulder fall.	1 minutes

# 5. Hip lift with feet on the ground

Exercise	Explanation	Duration
32	Sit on the side of the mat with your feet on the ground. Rest both palms on the mat, a foot away from the glutes, with your fingers pointing forward.	3 minutes

# 6. Trapeze stretching

Exercise	Explanation	Duration
AA	With our left hand we tilt our heads to the left so that we stretch the right trapeze. We perform the same exercise by switching sides. With this exercise we stretch both trapezoids and improve neck mobility.	30 seconds

#### What type of entertainment on TV or the Internet do you like watching?

#### 1. The TV programmes I most enjoy watching these days

One of the series that I have seen the most in this quarantine and that I also enjoyed watching it before is Modern family. Narrated from the perspective of a documentary, the series offers an honest and fun vision of the life of several families, where the relationships between parents and children, generational and cultural differences are presented.

I like this series because it shows the family life in a comical way, but also the problems that can appear due to cultural or age differences. It also shows the problems that we can have with our family (parents and children, ...) and being for almost all ages you can see it with your family comfortably.



One of the series that I have always loved is The Big Bang theory.

The series begins with the arrival of Penny, aspiring actress, to the

neighboring apartment shared by Sheldon and Leonard, two physicists. Leonard falls in love with Penny from the first moment. Leonard and Sheldon are friends of Howard and Raj, who are presented as complete geeks, away from the concerns and problems of ordinary people. In the course of the series the difficulty of the male protagonists to relate to people from outside their environment, mainly female, is shown, leading to comic situations.

I like the series as it helps you learn about authentic physical theories in a way that is understandable to those with no studies in physics or mathematics. References to video games and television series also appear. It shows the problems of social life, it teaches you things in a fun and also a bit exaggerated way.



A series that has made me very hooked on this quarantine is The name of the Rose. In 1327, Fray Guillermo of Baskerville and his pupil Adso of Melk go to an abbey in northern Italy that hides a terrible secret. They immerse themselves in an investigation in the middle ages around a series of crimes that attacked the tranquility of a monastery.

At first I did not like this series but my mother began to watch it and from the days I got hooked as it shows a lot of intrigue and you never expect what will happen. It also teaches you a little about what they were like at that time and some religion.



#### 2. Review of a film I've loved watching during the quarantine

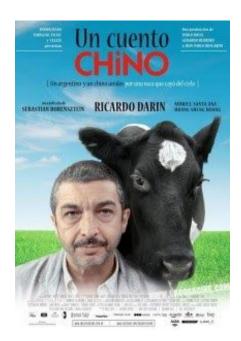
#### A Chinese story (un cuento chino)

Based on real events, this Sebastián Borensztein film develops an original plot in a simple and fun way, without overlooking good feelings. Based on a typically Hispanic expression - the title of the work (un cuento chino) - tells the incredible story of Jun, a Chinese man who, even knowing not a word of Spanish, is forced to travel to Argentina because a series of misfortunes. There, Roberto, an unmarried and unfriendly Argentine who leads an extremely routine solitary life, will welcome him into his home and help him find his uncle, the only remaining relative in his life.

While stepping on foreign soil, Jun will have to face the problems of lack of communication and cultural differences, but his spirit of adaptation will allow him to overcome the obstacles encountered along the way. In addition, thanks to his kindness of mind, in the end he will be able to build a friendship with Roberto, who is not used to carrying out any kind of inter-personal relationship and throws him out of his house several times in the attempt to free himself.

Both main characters have had a difficult life but have different thoughts about it. Roberto believes that "Life is a great nonsense, an absurdity"; instead Jun believes that everything has a meaning. The final scene focuses precisely on the message of the young Chinese and his positivity towards the future.

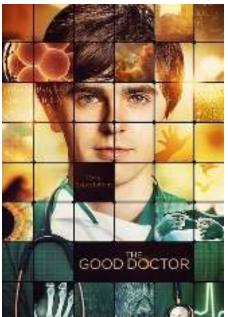
Throughout the film, gestures and glances stand out, as well as the embarrassing moments of silence: key elements that the director uses to teach the public the difficulties due to different speech. The plans are also very interesting, in particular a scene with a 360 degree turn two minutes from the start of the work. In short, I loved this movie. I found it simple but not banal, fun but not superficial at all; In my opinion, the director struck a perfect balance between sobriety and seriousness in dealing with deep issues without trivializing them.



#### 3. The plot of a TV series that keeps you completely hooked

#### The good doctor

The Good Doctor revolves around Shaun Murphy (Freddie Highmore), a young resident surgeon who suffers from autism and Savant syndrome, also known as the "sage syndrome", a disease that causes problems in relating to others, but which in turn has allowed him to develop prodigious mental abilities, such as his extraordinary memory. Despite the fact that Shaun has had a very complicated childhood, he has become a very talented doctor and has been recruited by Dr. Aaron Glassman (Richard Schiffy) in the pediatric surgery unit of the prestigious San José St. Bonaventure Hospital. However, not the entire hospital board agrees with the decision to add an autistic surgeon to the team. It doesn't take long for Shaun to clear his doubts and prove himself, but while he may have found his way in the operating room, there are still many challenges and biases he must face to fulfill his life-saving dream.



# What type of entertainment do you like?

by Ainara Rodrigues Ruiz 3rd B

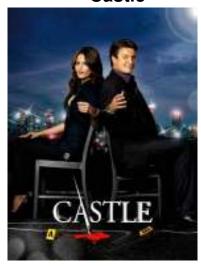
1st part: TV programmes I most enjoy watching these days and why I like them.



"Mentes criminales"/Criminal minds:

This program is about an FBI team that studies the behaviour of criminals. In all chapters, crimes are discussed and the work of these people is to study crime (in general) and then the behaviour of the kidnapper, murderer ... and after knowing how he behaves, they have to try to arrest him. Apart from the main plot of the series, which is what I have already explained, the personal affairs of the characters come together and, in the end, in one way or another, everything ends up connecting and having a logical sense in common.

I love this program because everything related to solving mysteries interests me.



"Castle"

This is another program related to cases and mysteries, but this time the story is about a group of inspectors and police investigating crimes along with Richard Castle, who is a mystery novel writer who ends up working as a police assistant, to document himself and do his job better as a writer. This program is very interesting and it is also very funny, because Castle is a very scary man with a great imagination who, at times, makes him invent quite curious theories about the cases that Katherine Becket and him.

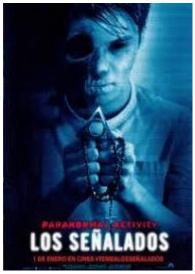
The FBI has a new trick us its sleeve. EW SERIES SUNDAY MARCH IT 10/90 000 436GHz

"El Ilusionista"/ Deception

The Illusionist (Deception) tells the story of Cameron Black, a world-famous magician. The protagonist sees his chances of success disappear before his eyes. The only solution he sees to continue practicing his magic is to join the FBI to become the team's first magician, assistant. Its mission is to help the government solve crimes that defy all logic and coherent explanation. In each chapter a crime is solved thanks to the magic that Cameron uses with the help of his team of magicians and, honestly, since I am a person who loves magic and crime series, this series I loved to see it.

2nd part: Make a review of a film you've loved watching.

• Paranormal activity "LOS SEÑALADOS":



The film is about two teenagers named Jesse and Héctor, who enter the apartment of a neighbour who has been murdered. The house is full of objects related to the occult and, soon after, Jesse begins to behave strangely, as if he were possessed.

Very strange things happen related to the paranormal, but the truth is that this movie, personally, I was not very scared, what's more, I was quite laughing at the reactions of the characters and that's why I liked watching it so much.

3rd part: Talk about the plot of series that keeps you completely hooked...

Riverdale:



The series follows the life of a group of teenagers in the small town of Riverdale. Very strange events occur in Riverdale, for example, murders, unsolved mysteries ... Among all the protagonists, they solve mysteries as the series progresses and, furthermore, the affairs of the main characters mix with each other and the affairs of the main characters and their families too.

Well, I do not know if I explain myself very well but the truth is that it is a series that has me very hooked because, as I said before, I like mysteries and that is why I love this series, although sometimes quite sad things happen. It makes you cry.

# TV & INTERNET ENTERTAINMENT by Mar Belver

**PART 1:** A show finished is called "Joven's concert". I went to see it in November with my friends and my mum. I went to Alcoy by car. We arrived in Alcoy in the afternoon. I had dinner in the square in front of theatre. We met another friend and went to other places because we hadn't seen each other for 4 months.

The music group consisted of eight members: two boys who sang and the rest of them who played instruments.

It was the last concert of this group. They decided to leave the group because it was a hobby for them. The concert was incredible. The group made a wonderful farewell and we really liked it. We had a great time.

**PART 2:** "Tú a Londres y yo a California" is an American film. This film tells the story of two girls who are twins and do not know each other because their parents got separated when they were little and agreed that the father stayed

with one of them and the mother with the other one.

One summer, they were sent to the same camp by chance and that's when they realized that they were very similar, and decided to show a broken photo of their parents to see if it matched, and of course it did.

When the camp finished, they decided to exchange to meet the relative they didn't know. Later, the parents had to get together to change the girls again and in the end, the parents fall in love again and they all stay together.



**PART 3:** "Elite" is a Spanish series which is about a high school where many things happen that would not normally happen in a high school like ours, in the first season the protagonist is a 16-year-old girl who has HIV and her parents do not accept it, then she falls in love with a guy who has many debts and decides to steal from her best friend in childhood. On graduation day she was going to



run away with her boyfriend, but her best friend's boyfriend killed her for stealing from his girlfriend.

In the second season, the protagonist is Samuel, who disappears without knowing why.

The third season is about the death of Polo, who was the one who killed Marina in the first season, and Polo dies at one of the parties where everyone is upset by everything that has happened to them lately.

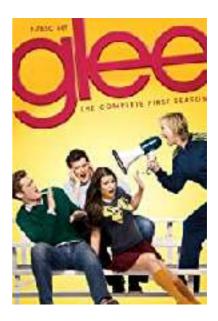
# **SHOW I'M WATCHING: Glee**

The show I'm watching at the moment is *Glee*, an American musical comedy-drama series.

I've decided to watch it because some friends had recommended it to me.

I think, at least the young people have to watch it, because it is about a lot of things we live in the teenage. Also, during the series, they sing a lot of songs that you know for sure. It's so entretaining and when you start, you want to keep whatching it.





# **REVIEW: Money Heist**

Money Heist is a Spanish series that has been translated into a lot of languages. I've already finished it and I loved it.

This series created by Álex Pina, is about how a group of robbers enter the Royal Mint of Spain and the Bank of Spain.

Úrsula Corberó, Itziar Ituño and Álvaro



Morte star in the series. I think they are very good actors and without good actors and actresses you can't make a really good film or series.

It's incredible how the viewers can end the first episode loving the robbers and not the police. I think that this series tries to make you think about this, I mean, the "good" people are not the best people and the "bad" people are not the worst people. This is because you know the life of the character and you identify with each one in each moment.

I also liked it because the events are so unexpected and you don't know what is going to happen. This is what makes me feel involved in the series and makes me continue watching.

To conclude, I'm going to recommend to all the people who like this type of series to watch the Money Heist. Because you'll enjoy it a lot.

# **PLOT: Anne with an e**

Everything starts in 1876, when two siblings –Matthew and Marilla Cuthbert– who live in Green Gables, decide to adopt a boy who could help Matthew with his farm. But when the adopted child arrives, is a ginger girl, not the boy who they expected. This girl is called Anne, and she is very smart and imaginative.

Matthew decides to keep her, but Marilla doesn't agree. Finally they keep her because she is so lovely and they can't leave her go, because she has lived a lot of bad things in her life and they can help her.

In Avonlea, she pass the most of her life, living a lot of adventures and stories with her friends and her new family.



At the end of the series, she find the love of her life, a boy who she met one of the firsts days in the town.

# To All the Boys. P.S. I Still Love You Review By Mayte Cerrada 4D

This film is about the second part of the movie 'To All the Boys I've Loved Before'.

The first part is about a girl that when she was eleven years old, she wrote a letter to five boys that she loved. Five years later, her sister decided to send the letters to the boys that she had fallen in love in the past, but, she still loves Peter Kavinsky and after several events that occur in the film, they end up being boyfriend and grilfriend.

In the second part, the situation gets complicated because Lara Jean receives the answer to the letter that went to John Ambrose and in this, he says that he would love to see her again and be able to talk about it. Lara is Peter's girlfriend, so she decides not to talk to John and forget about this. But life is not easy and she matches with him in an internship of their high school. Lara begins to have doubts about her love for Peter and after learning that he was still seeing her ex-girlfriend, she decides to end their relationship. But she decided to go and talk to Peter's ex-girlfriend to find out if anything else had happened between them, but she tells her that she was only helping him with some family problems. A few hours later, Lara was at a dance that she had organized with John for her practices and she realizes that who she really loves is Peter and decides to go for him and continue their relationship.



## GOOD GIRLS - The series that got me hooked...

#### By Mayte Cerrada 4D

This is a netflix series about the lives of three women: Beth Boland, a housewife and mother of three children; Annie Marks, Beth's sister, mother of one children and cashier of a supermarket and Ruby Hill, mother of two children, waitress at a fast food stand and a police officer's wife.

These three women decide to rob the supermarket where Annie works because of their lack of money, but what they did not expect is that behind the supermarket company, a mafia worked, which blackmailed them by laundering false money in exchange for their life and that of their families.

I love this series because it's a mix of comedy, suspense and love and that makes it so much more interesting. In addition, it breaks the barriers of current movies and puts three women with children as organisers of a robbery plan, something which today is not very visible in the movies...



# Internet Entertainment by Mayte Cerrada 4D

These days what I'm watching most of the time is Youtube videos and some of my favourite channels and series are the following:

#### **VERDELISS**

She's mother from a family of seven children and she records about their lives, customs, routines and hobbies and uploads it to Youtube.



#### THE WALKING DEAD



This program is about the world, a virus has spread turning people who carry it into zombies. Rick (the main character) is one of the few survivors that is alive. They must fight againist the life and zombies to survive. This program is from Netflix platform and it has ten seasons.

#### **VIS A VIS**

This program is an other Netflix series, but it is from Spain. This series is about women's lives in a prison of Spain. The main character is Macarena Ferreiro, a woman who has just entered prison and does not know what awaits her. There is a lot of violence in the series, but I think it is more realistic and shows how things are really going in jails.



#### ENTERTAINMENT ON TV OR THE INTERNET

#### Part 1: TV programmes

#### First – Operación Triunfo

The TV program that I have seen the most is Operación Triunfo. I really enjoy this program because I love music and it's a musical program. I really like this format.

Operación Triunfo is a reality show where there are sixteen people coexisting in an academy of music. Every week, they have to



prepare one song (the one imposed on them). That song can be alone or a duet and they also have to prepare a group song. They receive lessons of a vocal coach, performance coach, dance coach and more.

Twice a week, they have to show their teachers what they have learned and every Wednesday, they sing on a television set their songs. When everybody has sung, there's a jury that decides who has to stay one more week and who has to leave the academy. They have to choose at least four contestants, the teachers save one of them and the other contestants, can save another.

Now, there are two nominees to leave the academy and during next week, the audience decide who <u>stays</u> and who <u>leaves</u>. In that week, the nominees choose their song. Every week, one contestant <u>leaves</u> the academy until they're only five and the final of the program is celebrated, where the winer is chosen.

#### Second – The Simpsons

I have seen this programme a lot during this quarantine too. I like it because it is entertaining and fun. It's about a family and their life. They're a marriage and three children (two girls and one boy). They also have a dog.



Their names are:

- Husband: Homer

- Wife: Marge

- Son: Bart

- Daughter: Lisa

- Little daughter: Maggie

Homer and Marge are a traditional marriage: He works and she's a housewife. Homer works in a nuclear power plant. He loves go to the Moe's bar and he's really silly. Bart is a 10-year-old boy who is very rebellious and loves to play pranks, expecially on Skinner (the school principal). Lisa is 8 years old and she's the smartest one in the family. She gets very good grades and plays the sax. And Maggie is 1 year old and loves her pacifier. Althought she never speaks, she's very clever.

#### Third – La que se avecina



I always really enjoy this program because it makes me laugh a lot and it's so fun.

It's about a community of neighbours in *Mirador de Montepinar*. There are 10 houses: two low with a garden, two

penthouses and six small flats. In that community, there are all types of people and, basically, all of them are crazy. They live a lot of adventures and a lot of things happen. That program has many seasons.

The characters are so different from one another: there are the blessed, the concilor, the crazy old woman, the fishmonger (fascist), the transsexual, the silly, the crazy pianist, the "cuquis" (an ex couple with four children), the tank woman, Xusa, Fermín Trujillo, the bug, the barbie, the psychologist, Yoli, the town hick, the cushion man, the chihuahua, pelocho, the lesbian mystical... and more.

### Part 2: Review of a film

The film that I've chosen is Bohemian Rhapsody.

It's one of my favorite movies. It's about Freddie Mercury's life, the rock legend and member of *Queen*. The movie starts when Freddie meets Roger and Brian (drummer and guitarist of Queen). They two, played music

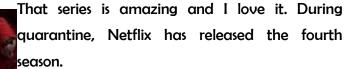


in bars to young people with Smile, their band. When Freddie met them, Smile had

lost their singer and he offered himself to sing with them. Then, they hired John, the bassist of the band. From then on, they had a lot of fame for the four members' talent writing songs and Freddie's voice and personality. They recorded records and tourned the world. After a few years, Freddie decided to make music solo. Later, he found out that he had HIV. He decided to fire his manager and come back with *Queen* to play in the best concert ever: *Live Aid*.

#### Part 3: The plot of a Internet series

The series that I've chosen is Money Heist.



The series is about a holdup to the coin and stamp factory (the first and second season). The characters (robbers) have city name's, like Rio, Tokio, Nairobi, Denver, Moscú, Berlín... And "El Profesor", who directs the plan. It's a perfect plan to jump the queue in the coin and stamp factory and print millions of euros for about ten days. They have hostages and everyone inside is dressed the same red bow. The whole country is watching them, but finally, the police can't catch them and they leave with millions and millions of

euros. Finally, Berlín and Moscú die, "El Profesor" falls in love with the police inspector and Denver falls in love too, with a hostage.

The third and fourth seasons are about a second holdup to the Spanish Bank. This holdup is caused by the arrest of Rio and the objective is to rescue him. The exinspector (El Profesor's girlfriend) and the ex-hostage (Denver's girlfriend) are now members of the gang: Lisboa and Estocolmo.

Alba Conejero Solé 4C

# TV & Internet Entertainment

by Joan Lluch 4A

Internet & TV series that I loved watching duiring quarantine:



The Town: It is a comedy series, about hippies who want to make an ecovillage and find a perfect abandoned town for this purpose. But it turns out that the 5 inhabitants that were still in the town were at mass and did not see them, so they create a website for people to sign up for the project and a series of characters join the ecovillage project, each one with their internal problems. When they reach the town they meet the inhabitants and in the end they let them stay and that's when the problems begin.

The Witcher: Although it only has one season because it has just been released, I absolutely loved this series and I'm waiting for the second season to be released. The series is about a monster hunter named Geralt, who inadvertently gets caught up in a story. I like the series a lot even if I finished it in three days because of the few chapters it has, but it helped me a lot on the first days of quarantine.



AQNHQV: In the series the life of a series of peculiar characters is narrated, it is located in a building with 3 floors and 6 flats. The plot revolves around all the characters and their lives and the building. Each chapter has a different plot but at the end everything ends up connecting. All the characters have daily lives but there is always something that comes out of the peculiar. This series has marked me a lot all my life because I watched it since I was a child, it is part of my childhood and no matter how much I see it and see it, I don't get tired of it, it helps me a lot to escape and especially now that we are in this situation.





**LQSA**: It is a comedy TV series, which deals with a building of 4 floors and 10 flats where a series of characters who have very peculiar lives coexist. This series is helping me a lot to spend the days at home and to be able to get some sense of humor out of this situation.

#### • A film that I loved watching:



**ANNA** is a French action-suspense film written, produced and directed by Luc Besson. The movie stars Sasha Luss as the murderer of the same name, Anna, a young Russian beauty who has been the victim of domestic abuse, will do anything to escape the life she is trapped in. In a twist of fate, she reluctantly accepts an offer from KGB officer Alex. After a year of training, she must work as a KGB assassin for five years under a guide named Olga, after which she will be able to carry on with her life as she pleases. KGB chief Vassiliev is unwilling to honor this agreement, which implies that the only way out of the KGB is death. She is undercover as a model and is hired to work in Paris. At the same time, she completes various quests and

assassinations. When the CIA discovers her, she agrees to work for them as a double agent with Agent Miller as her manager, in exchange for the promise of an immediate retirement and a protected life in Hawaii. Later, Miller assigns him the task of assassinating Vassiliev, and the CIA hopes that his absence will lead to smoother relations with the KGB. Anna kills Vassiliev and struggles to get out of the KGB. She later arranges a meeting with Alex and Miller, exchanging information she stole from the two agencies in exchange for a six-month delay. When she leaves, Olga ambushes her and she is fatally shot for her treason. However, she uses a double body to fake her death and escape. It is revealed that Olga had previously discovered Anna's association with the CIA and Vassiliev's planned murder. Both women conspired to follow the CIA plan so that Olga could succeed Vassiliev and then faked Anna's execution to deceive both agencies and free her. Olga sees a recorded message that Anna left for her, who expresses her gratitude to Olga, but reveals that she kept evidence of Olga's involvement in Vassiliev's murder in case Olga betrayed her.

# What type of entertainment on TV or the Internet do you like watching?

By Rocío Romero Varo - 4C - CCOA project

1st part: I am going to talk about the three entertainment programmes I like to watch. One of these, is *First Dates*. It is a dating programme. Women and men who want to meet each other go to the programme's restaurant for dinner. Sometimes they do very funny things like taking photos or dancing. This programme is presented by Carlos Sobera. It is entertaining because until the end of it, you don't know if they will go home alone or with a partner.





Another TV programme I like is "Supervivientes". As the name implies, it is a survival programme. Sixteen people go to an island. This was in Honduras. The participants have to get their own food. To achieve this, they have to fish and they have to pick fruits. Also, they learn to make fire. Weekly they do different activities to earn rewards. The final objective of the contest is to win €200,000.

Last but not least, I am going to talk about "Sálvame". They tell about current news and they usually speak about the life of celebrities. For example, in the last programme, they were investigating and talking about Alfonso Merlos because he had been unfaithful to Marta López.





**2nd part:** The film that I am going to talk about is titled The boy in the striped pyjamas. The film reflects well the time of the Holocaust. This happened during the Second World War, when there was the Nazi movement of Adolf Hitler. The protagonist is called Bruno. He is an 8-year-old boy and he is the son of a Nazi officer. He shows the innocence of children because they make him believe that the concentration camp next to his new home is a farm.

One day Bruno approached a long wire fence that he saw from the window from his room, where he met Shmuel. He is a Jewish child of his same age. Bruno didn't understand what he was doing on that side and he asked him many questions. They became great friends and Bruno wanted to help him.

On the other hand, Pavel was a Jew and his father treated him very badly as he suffered several beatings for no reason.

There were many injustices because they considered that the Jews had no value and therefore they had to be exterminated. In my opinion, I think it is very accurate film and I totally recommend it because it tries to show us how they were before and the inequalities that existed. But I also felt very sad to see the conditions in which they lived because they were treated differently simply because they were born into a different group.

<u>3rd part</u>: Currently, I am hooked on a series. Specifically, I can't stop seeing the "Los Serranos". It is about a family. At first, it was formed by four people but later they are seven. Two of the brothers fall in love with two of the sisters. The eldest brother's name is Marcos and he goes to live to Barcelona with his girlfriend and they have a baby girl. My favourite character is Marcos because he sings very nice songs with the guitar. The father is very funny and he doesn't understand his children. I like it because it deals with the issues of adolescence and love. The series has got 147 episodes.



# TV & INTERNET ENTERTAINMENT

by Cristina Ros Lita 4C

#### **MY FAVORITE SERIES**

These days I have seen a series that I really liked, although it was released a long time ago, in 2007. I still like it a lot and it is called "El Internado".

It is set in a large school where the students are interned either for studies or because they have no family. It is a Spanish series that has seven seasons, in total it has 71 episodes. The main character is Marcos and he has a sister named Paula and several companions, Alfonso, Vicky, Carol... It is a suspense series.

Marcos and Paula are Galician and their parents disappeared at the sea so they entered the boarding school so that the director could take care of them. When they are in the boarding school, a series of mysteries and deaths take place.





#### MY FAVORITE FILM

My favorite film is called *Ghost.* The film is romantic and fantasy. It was released in 1990. The main actor and actresses are Patrick Swayze, Demi Moore and Whoopi Goldberg.

The film is about a couple who are very much in love, his work colleague and a woman who is a medium. He (Sam) gets killed by a hit man sent by his work

colleague to get an amount of money. When he dies, he leaves his body and through the medium, he tries that nobody harms his girlfriend and that they do not take that money away from him. Sam contacts the medium and manages to see his partner for the last time, there is a lot of love that bonds them. He has to do several things to make her realize that he really is by her side even though she doesn't see him. At the end of the film, Sam gets to see his beloved and a white light takes him forever.



#### **MADRES; AMOR Y VIDA**

This series is recent from Amazon Prime, it has only come out the first season. This is set in a hospital where a group of five mothers have their children admitted for different reasons. A girl who is anorexic and there is no way for her to eat, every time she looks in a mirror, she looks fatter. Another character is a boy who has a motorcycle accident and is in a coma for a year. He has to do rehabilitation from scratch. Another girl has bone cancer, she is very rich and her mother believes that this hospital is not appropriate for her and she wants to take her to Houston. There is also an older lady whose grandson is autistic, and another boy who has an inoperable head tumor...



# ENTERTAINMENT ON TV by Sandra Torrico

Quarantine has made me watch TV a lot more, from shows to movies, and I'd like to comment and recommend two shows that I've really liked. The first program I'd comment on is:

#### The Circle USA

The Circle USA is an American program that is based on meeting people through social media. They choose a few people who do not know each other in rooms and through messages have to know each other. There are some contestants who pretend to be other people, but there are also sincere people. Everyday they eliminate a contestant by means of an alert. They also make games, for example, the trivial, true or false, who paints best, who makes the best cake. The five finalists have the privilege of seeing each other in person, some are surprised as there are impostors. The day is still in the final (also the contestants expelled) and it is decided who wins, the winner takes a hundred thousand dollars.

This programme is on Netflix and I recommend it because there are unexpected situations that take a hundred and eighty degrees turn. It's a bit stressful to watch but something great to hang out, there are twelve episodes of one hour each.



#### BOOM!

Boom! is a Spanish program broadcast by Antena 3 on answering questions of general culture. Two groups made up of four people face each other, they have to unlock the bombs in order to win. They are unlocked by a series of coloured cables, and only one of the cables is the

correct one. So if they cut the wrong one, the bomb will explode and the game will end. They start by unlocking two bombs with 4 wires each, then another two with 6 wires (increasingly difficult to hit).

If they manage to pass those bombs and reach the silver bomb, it is time



answer the questions in the shortest possible time, since there is a countdown, if you are wrong many times they eliminate you.

And finally the most difficult bomb, the golden one. Only one of the two teams can achieve it and it is very difficult, most do not get it. It's twenty questions, and if you fail only one, you're eliminated. And if you win, you get a lot of money.

This program has been on TV for several years but it is very interesting, since you learn a lot of things, and it is very funny when the bomb goes off in their faces.

With quarantine I think I've seen all the existing movies, so I'm going to talk about one that has fascinated me and it's Charlie's Angels (2019).

#### **CHARLIE'S ANGELS**

The truth is, the movie was a Hollywood flop and I don't understand why, it was pretty good, I'll make a little summary to put you in position.

Charlie's Angels have always provided security and research services to private clients, and now the Townsend Agency has expanded internationally with the smartest, bravest and best trained women across the globe — several Angel teams guided by so many other Bosleys performing the toughest jobs around the world. When a young systems engineer draws attention to a dangerous technology, angels are called to action, risking their lives to protect us all.

it's a movie that has everything. On the one hand the action scenes are fascinating, as the angels fight, as they do car races, they shoot all kinds of weapons, they infiltrate industries, houses, etc... And on the other hand, it has it's comedy touch as the protagonist (Elena Houghlin) is a very pathetic person and they almost got caught for her. There is a moment of tension and anytimeness as a character is torn between life and death.

And finally, I love the way the actors perform, especially Kristen Stewart, she is one of my favourite actresses and proves it every day because of how well she performs. If you're bored and don't know what to see, I



recommend this movie of women who are unstoppable.

I will finally talk about a very controversial plot that is still being discussed today. And it's the end of Game of Thrones.

#### **GAME OF THRONES**

Game of Thrones is one of the best series that has ever existed in the history of fantasy, but there was a lot of controversy with the ending that today is still being broadcast, so I want to comment on the plot of this series. It is impossible to sum up Game of Thrones in a few words, so I will only tell you the important thing to understand the ending.



We will focus on one of the main character of the series, Daenerys Targaryen. She is a woman who seeks peace in the world, does not like to shed blood or war, she wants to free the slaves, hence her name Chain Breaker and her dragon sons accompany her on her adventure, hence also to be called Mother of Dragons (she has too many names).

On the other hand, we have the Starks, but I'll focus it only on John Snow, he doesn't have the name Stark since he's a bastard, but he's family. Throughout the series he has no relationship with Daenerys but in the end he and she end up together. At that time Daenerys is the most powerful of the Seven



Kingdoms, power rose to his head and swept through hundreds of villages. They agreed to kill her and the only one who could do it was John, as he only trusted him.

Many were proud of Daenerys' death as he swore to be a person that could not have been, and many others said he did not deserve it and it was a very surreal death, as being the strongest she could have defended. I have to say that I agree with several plots, since from the beginning of the series I loved



Daenerys, but in the end it became a dark character. After a year, I still don't know what to think, but I'll never forget the great Targaryen.

# IV & Internet Entertainment

### First part:







The TV show I chose was Masterchef, a show about different connoisseurship tests and where you compete to see who's better. Then I'll talk about the Ministry of Time and finally Polònia.

The program is presented by three famous chefs from Spain as my favourite chef, Jordi Cruz, who has 3 Michelin stars and was also on the cover of Men's Health magazine. The program is based on three tests, the first one to see which two candidates were the best, then the team test which is done in different places and at the end the elimination test where the worst team of the previous test competes to not be the candidate eliminating. Other programs that I watch which are very interesting are the Ministry of Time, which is about government agents working to prevent the history of Spain from changing so as not to worsen the situation of history.

Finally, I'll talk about the program called Polonia, a program that deals with comic parodies in Catalan about the situation in Spain.

These are my favorite programs on TV because they deal with different topics that I love.

### Second part:



The film I have chosen is the film of The Devil Wears Prada, a 2006 film about how difficult the life of fashion is.

The film is about a young journalist who goes to work for Ranway, the most important fashion magazine in the USA, where the strict and dictatorial Miranda Prisley is the editor-in-chief and the series describes her as a devil and with a level of exigency impossible to reach. Throughout the film we see an evolution of the protagonist in the magazine and we see the weak points that Miranda has, the one we would put as an antagonist.

I love this film because it shows that the life of fashion is not as easy or simple as people think it is and it shows how that world is as hard as it really is and it also shows the importance of the figure and the appearance and above all that we see that beauty is on the outside. So, Miranda Prisley is my favorite character, because she is always in fashion, she is bad and twisted and very demanding, just as I want to be in the future.

#### Third Part:



The series I have chosen for this essay is The Good Place, a series that talks about what we will find after death but it has something special since it is a series of ethics.

This series has 5 seasons in which the protagonists change their personalities. The first season we see the architect of the neighbourhood posing as an angel and being a demon to make four humans believe that they are in heaven and torture themselves. The four characters are: Eleanor Shelstrop, an egoist who never helps people and ends up being the best person in the universe, Chidi Anagonie, a philosophy professor who causes people pain with his indecision and ends up designing a new paradise for good people, then Jason Mendonza who is always guided by impulses and finally learns to meditate on how to do things and finally, my favourite character, Tahanni Aljamil is a little narcissist, a millionaire who says that she helps people but in herself she only wants to gain fame and prestige to be better than everyone around her and in the end she ends up understanding that the important thing to help is not to gain fame but to help those who need it.

I love this series because it shows that people with higher scores for their good deeds on earth reach paradise but I do not agree with this idea because I think like Tahanni at the beginning of the series, the most important thing in life is the fame and prestige as well as accumulate wealth and show that you are superior to people around you.

# **TV & Internet Entertainment**

# My favorite series

The series that I have seen these days and most liked are "La casa de papel", this is my favorite series. It is about a great robbery to the National Factory of Currency and Stamps. It is a Spanish series of great world success that currently has 4 seasons. Another series that I really like is "Elite" a youth series where three lower class teenagers enter the most prestigious school in the country. It is also a Spanish series and has 3 seasons, although they are already filming the fourth.





# My favorite films

My favorite movies are romantic movies or those set at Christmas. Although I also like humor and police. Some of the movies that I like the most are "Five Feet Apart", an American movie of drama and romance. A movie starring two young people who cannot touch or be more than two meters away due to illness. These end up falling in love. "Isi & Ossi" is a 2020 German romantic comedy film and many others. Finally, "The princess switch" is an example of the Christmas movies that I love.



# "Madres. Amor y vida"

A series I recently finished watching is "Madres. Amor y vida" by amazon prime. It is a Spanish series that I highly recommend to everyone. It consists of two seasons with 13 episodes each, although so far only the first has been released. The series has different protagonists, almost all of them are mothers and it is about how they combine their life with the hospital since they all have a sick child in the hospital or work there. The series is very good and I think it is for all audiences. It makes you realize how things are and the luck of the little things we have that are very important.



By: Lorena Morales 1°BACH B

# Leisure activities

By Hugo Cano





Three challenges I've tried to do during this confinement are: try not to sleep in all a day, build a 3D puzzle and eat only white in one day. The first challenge was so difficult and to do it I had to sleep a lot the day before. The second one I'm already doing it and it is a 3D puzzle about the Eiffel Tower that was given to me by my uncle. Finally the third one I was unable to do it because we didn't have anything white to eat at the dinner and my mum wanted me to eat.

### **Handcrafts**

Some handcrafts that I want to do are a drawing about what I'm seeing from my window and a design about my house in house by me an online page about designing houses. The first one I want to do it because it is my arts homework. And the second one I want to do it because last year I designed the house of my dreams with a friend and it was so amazing. These two handcrafts I'm going to deliver them this week.





### **Personal Talents**

When everything was normal I used to act and I was preparing a performance with a company called "Peloki" but with all this chaos it isn't going to be performed but I'm trying to continue acting in my house and with the help of my sister we prepared a little performance for my mum's birthday and it was so cool.

Another talent I'm losing during this confinement is to take beautiful photos. Here the only photos I can take are photos from my window and I'm tired of this type of photos. Now that we can go outdoors I'm trying to get beautiful photos of my town and now I see it more beautiful than ever.

Finally a talent I have developed during confinement is the talent of cooking sponge cakes. This morning I've done one that have disappeared in only one day.

### Leisure activities By Nayara Rodrigues Ruiz 3B

#### 3 challenges

The first challenge is to take any remote control, electrical appliance, etc. and if it is a remote control, remove the batteries and if it is an electrical appliance, unplug it, then you just have to wait for someone from, for example, your family (if you don't live alone, of course) and very record the reaction you have, to remember that moment that is sure to be funny.

The second challenge is to call a stranger or a known person. When the other person picks up the phone, you have to put a strange voice (but credible of a normal person), so that they don't recognize you (if it is someone known) and say things like: "We already killed him. What will we do with him? We're getting to (say here the address where the phone number you called corresponds to). " If you want you can record yourself, to remember that moment that surely is also funny.



The third challenge is to get a bottle of water or whatever you want (which is full). Then you have to try to drink the content but contrary to how you would normally, I mean, instead of taking it normal (with the mouthpiece first and the body of the bottle later) take it upside down (the body of the bottle first and the mouthpiece later). And once again you can record yourself to enjoy that moment more than once.

#### 2 handicrafts

One of the handicrafts I have done in this quarantine, has been an arts job that consisted of having to choose between: taking a picture of what you see through your window and using photoshop to draw dolls or anything you want or directly draw what you see through your window (the window frame too). I drew what I see through my window and although it didn't go very well, I liked doing it. The first thing I did was draw it, with a pencil and ruler and the second thing was to paint it with watercolor.

The other handicraft that I have already done has been another arts work, that consisted of watching the film by the famous painter Vincent Van Gogh and drawing one of his works. We could do it as we wanted, if we didn't want to paint, it wasn't necessary for us to do it, etc. I like to draw and I think it works well, but painting is not good for me, so I opted for: first draw Van Gogh's sunflowers and then I put shadows and left it in black and white. And that's how it turned out:



### My artistic talents

In my opinion, I do not think I have any artistic talent, but I like to do different things such as drawing. I think drawing is a way to relax, it is true that it does not always turn out as you want, but you can always throw it away and do it again or do another one.

Another thing I like to do is read stories and stories. I think (if you like to read) it is a form of entertainment in which you let your mind imagine the how, when and where of the story that the book tells and that is what makes it unique and interesting.



And finally, another thing I like to do is sing. Regardless of whether I sing well or badly, (as I said before I don't think I have any talent) I like to sing (only at home) because I can sing differently with my sister and that helps me, for example, to concentrate when I'm doing homework. And when I'm not doing anything, I like to listen

to the voice combinations, that's why, I also like to listen to music and covers.

# Leisure Time Activities by Mayte Cerrada

# 4 challenges

#### First challenge:

Kick ten times a roll of toilet paper. In this challenge you have to do ten kickups with a roll of toilet paper, famous athletes have been doing this challenge but with many more kicks.

#### Second challenge:

There is a challenge that many friends of mine did and that is to do a hundred push-ups a day, it is very complicated and you have to train a lot to achieve it.

#### Third challenge:

There is a challenge that I really liked to do and that was to make a cake of 7 different colors. To make this cake it is necessary to make a lot of crepe dough and paint it in different colors. Finally, to assemble the cake you just have to paste the crepes with cream or ice cream of the flavor you prefer and it is delicious!



#### Fourth challenge:

This last challenge is another of my favorites since it consists of doing a dance with your family and uploading it to the Tik Tok platform. I did this dance with my mother and it is a dance that has gone viral this last month. It was very fun!

### Three different handicrafts

#### First handicraft:

In this quarantine, I've painted my sneakers with a SpongeBob design. What I did was take advantage of the fact that I had just cleaned them to draw a few SpongeBob characters on the sole of each shoe as if I had stepped on them, and I accompanied it with some flowers. These drawings have been great as a result!



#### Second handicraft:

With the idea of the sneakers, I decided to paint some parts of my balcony with the characters of Sponge Bob. For my parents, the result was very funny, they liked it.

#### Third handicraft:

The last handicraft that I will do, is to create a cup with clay. Since I was a child, I've always made little pieces of clay at home or with my friends and this is something that I would like to do again.

#### **Artistic talents**

Since I was a child I've loved to dance, some years ago I went to a dance academy and there I made some performances in my village. I started in this academy by surprise, because some friends told me that a girl who gave free dance classes, and since my friends went to these classes, I cheered up and joined them.

In this academy everything went very well and I repeated with that teacher for several years until something happened, they changed my teacher and I stopped going to dance since I didn't like the new type of dance that they taught me.

But every now and then I make up new choreographies and someday I wish I could put it into practice with children, that is, I would like to work as a dance team choreographer.



# Leisure Time Activities by Viviana Galván 4D

#### **1ST PART:**

**First challenge:** We can make funny videos at home, doing anything funny or weird. We can upload our videos to our social media like Facebook, Instagram and Twitter, and then, we can challenge our friends to do the same and they can challenge their friends too. We can make videos playing with a ball, cooking something weird, playing with dogs, etc.

**Second challenge:** We can upload to our social media pictures about your childhood, very old and funny pictures. Then, we can challenge our friends to do the same.

**Third challenge:** We can make selfies each day of the confinement. It would be like a diary about our expressions and mood. We can share our selfies in our Whatsapp states everyday.

**Fourth challenge:** We can teach some especial tricks to our dogs. I have a dog and I will teach you to sit and stand up when I order him to do it. Also, I've been thinking to teach him to look for a ball after I throw it up.

# 2ND PART:

- 1. I have missed my friends lately, I've been feeling lonely and I have been thinking about my friends lately. I decided to make some little chains with my friends' names on them. I'm going to make three little chains with the names of Amparo, Graciela and Mitzy.
- 2. In addition to that, I'm planning to make a collage using the pictures of my friends. I have so many pictures in my Instagram, so I have to choose the pictures I'm going to show



3. Also, I'm not such a good drawer but I love drawing. So, I would like to draw a good picture of my friends about the last time we saw each other. Last time we saw each other in the mall when we went to the movies, it was a good day.

4. Besides that, I love listening to music, so I'm planning to make a list of songs we like. My friends and I listen to different kinds of music, such as reggaeton, rock, pop among others. This list I'm going to make would be awesome.

#### **3RD PART:**

I don't consider myself like a girl with many talents but I admit I enjoy doing some stuffs related to that. I have a guitar and I'm taking some classes via online. I'm learning some new chords and very useful techniques to play the guitar. I'm really excited because, my guitar teacher is going to teach me the first song using the chords I'm learning so I have to practice harder in order to play the song properly.



On the other hand, I think I'm a good singer, my teacher always tells me that I have a great voice, and I have to admit I love singing. That's why I decided to take guitar lessons, in order to sing and play the guitar at the same time. My teacher told me that If I want to play an instrument and singing at the same time I have to make an extra effort.

In addition to that, I have a dream, I want to be a composer, and in fact I have composed many songs by myself, of course, I haven't shown to anyone yet, I think I'm not ready. I would like to have more experience and know more stuffs before showing my songs to people. Obviously, the first people in hearing my songs will be my friends and family. Meanwhile, I have to keep practicing with my guitar, I'm sure I'm going to see good results in the near future.

# LEISURE TIME ACTIVITIES By Joan Lluch 4A

#### **1ST PART**

✓ FLIP BOTTLE: in this challenge we are going to need a bottle half full of water or less, and it consists of throwing the bottle on a straight surface to leave it standing, we can use any piece of furniture to make it much more complicated.



✓ **BROOMCHALLENGE:** In this challenge you are going to need a broom, the challenge is to try to keep the broom standing for about 10 s.



✓ YES/NO: In this challenge you must not say yes / no in response for a whole day, you can substitute it for what you want and every time you make a mistake and say yes / no they will hit you.



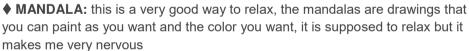
✓ HANDCUFFED: In this challenge you have to be handcuffed to a relative of yours
or friend for a whole day now that you can, and you must do everything with him, it
seems very easy but it is not at all.



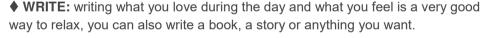
#### **2ND PART**

During the guarantine I have planned to do different crafts like:

♦ ORIGAMI: This craft consists of making paper figures of animals, objects or people ... You can follow the steps for a figure or if you already have an advanced level you can create your own figures with your own steps.



makes me very nervous





#### **3RD PART**

During this quarantine I have taken up a project that I had started for a long time, writing a book. The book is my most personal project of all, it already has two hundred pages.

I have all kinds of notes on the world I have created: Cities, countries, continents, cultures, races, myths and legends, and even some languages.

This project is not intended to be published or anything like that, but writing is one thing that I really like, because I can create a whole new universe with my rules. The book is obviously fantasy, because it is the genre that I like the most, because you can create it all over again and without anyone stopping you.



### LEISURE TIME ACTIVITIES

#### by Ariadna Lorente Úbeda 40

#### My four challenges:

**Challenge 1**: During confinement you can play to tell jokes with your family. Each member of the family has to tell one, but with a different theme, the challenge is you can't laugh.





**Challenge 2**: You can try to make a castle with cards. First, you choose the number of cards you want to use. If you get it, you can take more cards.

**Challenge 3**: Have you got a cat? Perfect, then you can teach him to open the kitchen faucet and drink water from it. But remember, after that you should teach him to close it. It will be fun!





**Challenge 4**: You can give kisses to your family these days. Take a photo with a smiling mouth and write who this kiss is for. It is a way of showing how much you love them.

### **My three handicarfts:**

Handicraft 1: Do you know what a squishy is? You can do one at home. You need paper, plastic, adhesive tape and colours to paint. First, you paint a flower for example, trim it and leave a piece uncut. After, you put adhesive tape and fill it with plastic, it has to be soft.





**Handicraft 2**: You can make a diary about quarantine. You need white paper, pens and potos. You can start writing about yourself, and every day you put a photo doing something interesting. When quarantie finishes, you will have a memory.

**Handicraft 3**: You can do bookmarks. They are very fun and you can use them afterwards. You need color cardboard, scissors and glue. First, paint the model and cut it, after that you can decorate it as you want.



#### My artistic talent:



I have always loved skating. I practice figure skating. This sport is very difficult because you have to do many jumps. I started when I was eleven years old. My trainer taught me very good.

To practise this sport, you need four-wheel skates, comfortable clothes and be eager to learn. It's very important to listen to the trainer, you shouldn't be afraid because that won't help you. I train three times a week for an hour and a half.

During the year, there are some competitions and exams. This is the way to pass to the following level. Currently, I'm in level three, but I can't train now due to quarantine. I am looking forward to training again.

# Leisure time activities

by Rocío Romero 4th C

#### - 1st part: Four challenges.

During confinement, I have done different activities. One of these has been to learn to do hairstyles and make up. I practice this with my mother. We watch Youtube tutorials and after that, I prepare the necessary things. When I have it ready, I start making her pretty.

Also, I have tried to do the toilet roll challenge. This consists of kicking a toilet roll, but it cannot fall to the ground. To win the challenge, you have to give ten kicks with the roll. To show it, you should record yourself with the mobile.





When I was bored, I watched Tik Tok videos. It is an application where people upload different choreographies. I have learned to imitate five of them. It is very funny because you can compete with your friends.

For a last challenge, my mother and I had a race but it wasn't a normal race. We put an egg on a spoon and we had to carry it with our mouths. The eggs couldn't fall. The first to arrive to the kitchen won to choose dinner.

#### - 2nd part. THREE DIFFERENT HANDICRAFTS:

In my house, I had a box full of elastic bands. First, I took two forks and I joined them with an elastic band. I had to look for instructions but it was very easy to do. I made a dog shaped key chain. For this, I had to put the elastic bands on the forks and turned them. Also, I made bracelets for the time when I'll be able to see my friends.

On Instagram, I saw famous people who explained how to customize clothes. I did the tie dye technique on one of my t-shirts. You need a dark t-shirt, a bowl, bleach and elastic bands. You have to roll the t- shirt and you have to tie it with the elastic bands. After, you have to introduce it in a bowl with bleach and leave it for a few minutes. Finally, you have to wash the t-shirt.

My mother and I made masks for the covid-19. First, we took old clothes and pharmacy face masks. Also, we needed needle and white thread. We had to put the clothing and put it on top of the mask. After we set it.

#### - 3rd part. ARTISTIC TALENTS:

In this quarantine, I am developing my cooking talent. Everyday, I cook a different dish.

I have cooked starters, main courses and desserts. For example as a starter, I have cooked dumplings. I bought the pre-cooked dough, tuna and tomato. They also had peas. I shaped the dumplings and I put them in the oven.



My favorite my course has been the zucchini puree. I shredded zucchini, cheese, potato, onion and carrot. I put some oil and salt. It is delicious. But I prefer to make desserts.

My specialty is the strawberry milkshake. I used strawberries, milk and sugar. I crushed it with a brender. After, I put in on the glasses with a straw.

Finally, when I cooked a dish, I took a photo and I uploaded it to instagram to gain followers. It is something very fun and entertaining. I love to cook and photograph it.





# Leisure Time Activities

By Eduardo Sánchez Fernández 4B

#### 1. Four challenges to do on confinement:

-Make a big puzzle: Puzzles are very funny, but they can be also VERY DIFFICULT! My dad and I are doing a TRIPLE PUZZLE of the city of New York, but there are also very tricky puzles with more than 1000 pieces! That's crazy!



-Learn a song: As a violinist, I played a lot during this quarantine. Maybe the violin is too difficult... But there are lots of instruments that you can play! You can learn a song with an instrument (or even sing it), record it and share it with your family and friends.

-Get fit: Do you feel that during the year you don't have time to do sports? This is your opportunity to get fit!! There are lots of options to do it without leaving home. You can create your own challenges to overcome yourself!

-Turn off the phone for a week: Maybe this is a very difficult challenge for some people, but, who knows? Maybe you end up discovering a new hobby!

#### 2. Handicrafts:

-Build an electrical circuit: This is an amazing activity full of possibilities! You can light a light bulb or create your own alarm system, doesn't it sound spectacular? The necessary objects are cheap and easy to get and you can unleash your wits.

-Scale Models: Is there anything more rewarding than seeing finished a scale model on which you have worked with such patience? You can build famous buildings, ships, tanks... If you are perfectionist and patient, you should try to build your own scale model!! Look at this lego caravan that I've built with my father.



-Paint: Maybe drawing is not your best skill, as it happens to me, but you're free to unfold your imagination! Surprise yourself with the scope of creativity!

#### 3. My artistic skills: The violin

Playing an instrument is one of the most wonderful activities in the world, which multiple benefits to the mind are proven by science. It is also an activity full of possibilities that can be carried out by people of all ages. In my case, I've been playing the violin since I was two years old, following the world-famous Suzuki Method, with which millions of people around the world have learned to play various instruments.

The violin is one of the most difficult instruments for various reasons. One of its main difficulties is the fact that the mast has no frets or any kind of delimitation between the notes, so it's very hard to place the fingers in the right place. It is also an instrument which technique has evolved a lot throughout history, and there are lots of different techniques to practise (some of them extremely difficult), some of them for the right hand, like 3 and 4 octave scales and arpegios, double stops (thirds, fourths, fifths, sixths, octaves, tenths...!!), r. hand pizzicato, vibrato, position changes, etc. And others for the left hand: detaché, staccato, martelé, spiccato, sautillé, flying staccato and spiccato, ricochet, etc.

The most wonderful thing about the violin is that with a lot of effort you get very rewarding results. It's also an instrument which traditional repertoire is very extensive and exciting, but it's also very versatile and you can play various genres with it.

## **LEISURE ACTIVITIES by Sandra Torrico**

#### 1. Challenges:

When the confinement started, people could only go shopping and walk the dog, so many challenges started to be created, both funny and extreme, so I have made a compilation of 4 challenges that I liked and want to do.

- Cardi B Coronavirus Challenge: This challenge is from a few weeks ago but I would like to comment on it. Cardi B uploaded a video that said: "Coronavirus, Coronavirus, that shit is gonna real", this video went viral and someone edited the video adding music to it, and since then people have been making a lot of videos with this "song" where they dance. There are very original dances and also very funny, I would like to do some.
- Imitating Works of Art Challenge: Several artists are imitating ancient works, there are some that imitate them very well, I'd like to do the same, I thought I could imitate a Dutch singer "Mike Vass".

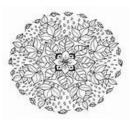


- Toilet Paper Roll Challenge: This challenge is very common but it is also very funny and above all, competitive if you have siblings. I challenged my sister to do this challenge, to see who of us got the most kick-ups, and she beat me:(
- Videogame Challenge: I was eager to take this last challenge, it was about getting all the trophies from various video games, I got all of the: Life is Strange: Before the storm, Life is Strange 2 and The Witcher: Wild Hunt.

#### 2. Handicrafts:

The truth is that I have never liked to draw and I am also very bad at it, but now I have started to take the pencil and start grating.

- Mandala: When I was going to primary school in Visual Arts Education we made many mandalas, although mine were horrible, but some of my companions' were very skilled, and I found this image and reminded me a lot of those moments.



- Anime Drawing: I really like anime, as drawings and animations too. It seems to me a work of art, and I have tried many times to draw but I get really bad, maybe in another life it will happen...



- Art Attack: When my sister and I were children we loved to see "Art Attack", and our favourite part was when they created great drawings with accessories. So when we do closet cleaning, we'll try to create some, haha...



#### 3. Artistic Talents:

The truth is that I don't have much artistic talent, but I really like to write, especially short stories, I think the fact that I like to read has to do with it. The truth is, I'd like to write a book, it would be fantasy, but I don't think I would publish it, here I leave some writing of mine:

"When she left the room
he was electric,
Her wings tense of agony,
While his dagger spills words and dripping black ink."

#### Media related to Coronavirus by Hugo Cano 3D



I usually see news about Coronavirus on TV, and they are always about the number of victims and about people that help somebody else. I have seen that some textile companies are manufacturing medical items like masks or protections for the doctors. I have also seen that there are volunteers that help elderly people shopping for them or helping them with the help of new technologies.



There is also some impacting news about people who don't respect the laws and that are making meeting outside. This type of people is so disrespectful with the laws that I cannot understand why they are putting in risk. The most impacting piece of new I have seen was that a man with two swords started fighting with the police in the street.

In my area this isn't affecting my family a lot but it is true that we miss my grandparents a lot. I think we all must push together against this illness to stop the Coronavirus. And if we respect rules this situation will end in some months. This is the reason because personal involvement is so important. We only can stop this virus together.



STAY AT HOME

#### **Media related to Coronavirus**

#### by Rubén Del Coso 3E

I'm going to talk about news related to people helping other people. Doctors help people infected by the covid-19. They encouragement patients, keep them quiet and put them in a room locked up so that the virus doesn't spread. Many football players help by giving money to buy sanitary supplies so people can get their masks and gloves.





News that have shocked me during this confinement are two. The first, people who skip the rules of the confinement. Another new that shocked me is in United States where people are shooting up and they kill people.





In my town there are people who do what they want but most people follow the rules of the confinement. In my town there were 5 infected people, but they were healed.

#### Media related to Coronavirus

#### 1st part:

This pandemic, is causing many misfortunes, this situation is very sad and hard for those infected and their families. The good part is that there are large companies that do their bit to help in this situation, for example:

- Viñas Laboratories, which has made a donation of € 10,000 for the purchase of respirators at the Hospital Clínic in Barcelona and has provided 22,000 gloves to hospital centers for professionals and patients.
- Siemens Gamesa, which is processing a donation of medical supplies, specifically, Personal Protective Equipment (PPE).
- Banco Santander, for its part, has created a fund of 25 million euros for the purchase of medical equipment for hospitals and health authorities. The bank itself has donated 4 million euros to the Community of Madrid to enable 2,000 new beds in the Ifema field hospital and the purchase of respirators for the ICUs.

And as these there are many more, which are contributing what they can to help the health team to fight against this virus.

#### 2nd part:

Just as there are people who contribute to the cause, there are others who don't, such as:

• "On Sunday a group of young people gathered in front of a house that had music playing at full volume, an incident that led to 12 people being identified and punished for breaching the royal decree of alarm. As a result of this, throughout the week dozens of people have gathered in this area located in the heart of the Salamanca neighborhood to protest against the government of Pedro Sánchez despite the statement of the state of alarm prohibiting the agglomeration of people."

#### 3rd part:

This quarantine, from my point of view, is being a bit overwhelming because you get very bored and you don't know what to do (when you have free time) and I say free time because I am in the third evaluation, and as a student I have to continue already working although some teachers put the necessary work, there are others who exceed. So, if it is not overwhelming having to be at home without being able to go out, it is even more overwhelming when you see the tasks that you have to do. Which is difficult because you have to study more subject matter, so the conclusion is that you have to do a lot of homework,

some of which you don't know what they are about and you have to study the subject on your own. I, my sister, my mother and my father (who are the people with whom I live) haven't skipped confinement, because in addition to not wanting to get infected, my grandparents and my uncles live on the same building, and I don't want them to nothing happened to him. However, I have seen people who live in my town and people I know who have skipped it. This, I think is unfair, because I stay at home in addition to not being infected (because I have a respiratory disease and I am afraid of being infected) so as not to infect. And I consider that if I have a respect for them (staying at home), I would like them to have it for me. And also, I think, they would have respect for all the people, who risk them lives to safe others.



**Nayara Rodrigues Ruiz** 

## CORONAVIRUS



I am going to talk about the "Coronavirus" (covid-19), about the context and about how I am acting during these days.

#### Part 1 - Positives



First of all talk about the many companies that have been created solely for this cause, for this pandemic that we are experiencing, or on the other hand the companies that have put aside their own work and have dedicated themselves to making masks for hospitals and for those people who need them most, because they are exposing themselves directly to the public, to

#### Part 2 - Negatives

Speaking about the people who have skipped confinement during all this period of time, I think that

many people who with the people who whether to work or whatever else they already have. They would like to be confined at home and in the meantime they are that they can be at home breaking



the laws, because in the end they are the laws. And we all would have liked to go for a walk or go to the beach and we could not, we have stayed at home for the good of all.

#### Part 3 - Conclusion

And finally, things are improving little by little, we can white that from day to the next everything will return to normal, but it will return, everything will return to how it was before, meanwhile we have to be cautious and be very careful, to comply with the straw measures that we have been told, the more people \*\* Think he law, the sooner we will return to normality. Although I think it will take a while, because in reality we are still a little afraid to do some things that we used to do.

MARIA CASTELLANOS PERIS

# Information from the media related to Coronavirus by Mayte Cerrada 4D

In this quarantine, many young neighbors have gone shopping for their former neighbors, or for their grandparents, as these people fall into the highest risk group if they become infected with the coronavirus. To my grandmother, her doctor, took the medications home and my uncle together with my father, they brought her food every week.



The news that has shocked me the most these days was seeing people on the beaches during the state of alarm, demonstrations of more than two thousand people, people who did not care in the least about the pandemic... In short, people who were doing wrong, but above all it hurt me that they did not respect the doctors who had been fighting for us, or the people who respected the measures that the government implemented for our good.



Around me things are not so bad, here in Valencia, despite the fact that some people have been doing it wrong, the vast majority of people have been helping and respecting all the rules imposed by the government. It is very important that we all collaborate so that, as soon as possible, this will be over and we will be able to go back to living as before.



#### **CORONAVIRUS. THE MEDIA & MY PERSPECTIVE**

by Mar Punzano 4thB

#### 1st part: People helping other people, the positive side of the confinement

Of this hard confinement period not only negative things have been brought out, but also positive things. We have seen in the news many people offering their help. A few examples:

- ✓ People have been seen making food and handing it out.
- ✓ People have been making masks for others.
- ✓ Although the doctors have had a lack of material, they have helped at all times and have risked their own lives for us.
- ✓ Famous people have raised money with videos and have been able to donate their profits.
- ✓ There have been police officers who have taken the shopping to the elderly.
- ✓ The NGOs Cruz Roja, Médicos sin Fronteras and Cáritas have also shown their support.
- ✓ Researchers have done an incredible job studying the virus and trying to get the vaccine as soon as possible.

You can see that there have been many people involved in helping so that as many people as possible get healthy and can get rid of the virus faster.





2nd part: People's bad behavior, the negative side of the confinement

On the other hand, as a negative part of this confinement period we could say that it has been those affected directly by it and their families, the economy and employment, and the people who have taken it as something that is not important or serious.

Many people haven't completed correctly this confinement period. People have gone out to the street at a time when it was not allowed, they have been meeting people an have been going to their friends' houses. And all these things have been done when they were forbidden. I have seen many people who weren't keeping the safety distance or weren't wearing the mask.

Not only have all these acts endangered these people's health, but above all other people's health who are not to blame for these bad behaviors.

We all have seen people who haven't empathy and don't care about it at all.



#### 3rd part: How has the situation developed around me?

For me, it started a bit complicated, the fact of not being able to go out or do my sport was tough, adding to that the duty of having to do homework. At first, it was a bit stressful, sometimes I went shopping. But little by little it has become less of a burden and now even less because they have reduced the confinement level.

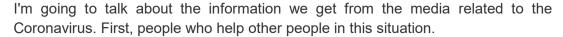
It has taken us 2 months, but in the end we have managed to control and stabilize the virus thanks to everyone who has complied with this confinement, the doctors and the people who have helped.

The individual participation has been very important because if all of us had done as the irresponsible people who have not done the confinement, everything would have been a disaster and it would also have taken much longer to control the virus.

I think that from this virus we have learned to live together and be more supportive of others.

#### CORONAVIRUS ON THE MEDIA by Rocío Romero Varó 4C

#### 1st part:



For example, there are people who are making homemade masks with clothes they don't wear or rags, and then they give them to people who don't have. In addition, the young people who offer to do the shopping for those at risk, the elderly, because they have a higher chance of contagion and can't go shopping.

Another way to help these families with children in their care in a situation of special vulnerability is to make a timely donation to the Coronavirus Emergency Fund. These donations will go to the programme to assist families at risk of social exclusion so that they can cope with the coVID-19 emergency. These funds will transform into food vouchers for single-parent families or families with low-income workers, online school reinforcement for the period when children are unable to attend class and psycho-social support for the youngest.

#### 2nd part:

I'm going to talk about the breaking news on masks being to be worn obligatorily. If you weren't wearing the mask, you could be penalised with a pretty big fine. There are people who don't follow that law by not wearing a mask and they're wrong because that way, we can get more people infected and the dead numbers will rise. There are also people who wear a mask and then, throw it to the ground. I find it wrong that they do that because when they throw it they can get infected and they pollute the planet as well, and so there is no positive side to it.

#### 3rd part:

I am aware that this has been an unexpected situation for all of us that is affecting globally.

Luckily my family isn't infected because they've followed the laws. I get saddened by the lack of solidarity of many people, who do not respect the rules. We must be responsible because we are the ones who can stop this pandemic. The moratlity rate has been very high not to mention the number of people who are or have been infected. However, if I had to point out something positive about this event, it is that I believe that this situation has made most of us a little better. At least, I've changed the perspective of many things, now I value them a little more. I miss walking quietly down the street, hugging and kissing the people I love. I've been unable to be around for two months. When there's no risk and I can enjoy them, I'll do it twice as much. I have been able to enjoy a lot of the free time, which I have spent to develop new skills such as my passion for cooking (which I am not very good at but I like it), I have even practised sport...

As a final conclusion, I would say that, despite having been a tragedy, we have to keep the positive things as they are the ones that make us grow personally and move forward. We're getting closer and closer to getting to the end of all this, and yes, we'll get to it together.

#### COVID-19

TODOS JUNTOS PODREMOS VENCES



















# POST-CONFINEMENT BEST PLAN!

**JUNE 2020** 

# DISCOVERING VALENCIA WITH LUZ



## PROGRAM

#### MONDAY Day 1

#### MORNING FIRST TIME AT THE CITY

We'll visit the most important monuments in the city center (North Railway Station, The Cathedral at Plaza de la Virgen, Serrano Towers, Central Market and many others).



#### LUNCH TAPAS AT "EL CARMEN"

Patatas bravas (sauted potatoes served with tomato sauce), cuttlefish, clochinas or croquets are some of the most known.

#### AFTERNOON TURIA'S GARDENS AND GULLIVERT PARK

We'll finish our day going for a walk and playing in a slides park, "El Gullivert"

#### MORNING CITY OF ARTS AND SCIENCE AND OCEANOGRAFIC

This buildings have become icons in the city. The City of Arts and Cience is a scientific and cultural leisure complex and Oceanogràfic it's Europe's biggest aquarium.

#### AFTERNOON PROJECTION AT THE HEMISFÈRIC

The Hemisfèric is a digital 3D cinema, with a huge 900 metre concave screen, where we'll enjoy the projection "Secrets of the Universe".



#### DAY AT ALBUFERA NATURAL PARK

SATURDA.

We'll start the day with a bike route around the Albufera. We'll have a picnic in the nature for lunch and finish our journey enjoying a boat ride at sunset.

#### **BEACH DAY!**

MORNING We'll enjoy the sun, the sand, and the waves at Valencia's beach "Las Arenas".

LUNCH We'll taste an exquisit "Fideuà" at the restaurant El Bobo located at the promenade.

AFTERNOON It's impossible to leave the city without trying "Horchata" (Tiger THURSD nut milkshake) and "Fartons" at Daniel's in Alboraia.



#### **CABECERA'S PARK AND BIOPARC**

Located in the historical bed of the Turia River, it recreates the original landscape of the Turia, making water its most important feature.

The Bioparc is the biggest zoological park in the city and a visit is a must. Barriers are practically invisible as the animals roam free. It's an impressive experience.

#### MORNING PILOTA VALENCIANA

Pilota is a traditional handball sport, which dates back to the times of the Greeks and the Romans. It's played in a "trinquet" and we'll learn how to play.

#### LUNCH PAELLA

We'll go back to "L'Albufera" to enjoy a deliciuos paella at "El palmar"

#### AFTERNOON FALLA'S MUSEUM

Although we're not in Fallas we'll live a piece of this traditional event walking through the exhibition of figures that have been saved from the cremà, the night in which all the fallas burn.



#### **LAST DAY: DAY TRIP AND PARTY**

MORNING We'll visit Calpe, a lovely town near the city of Valencia.

**LUNCH** For our last lunch together we'll have the best and freshest seafood next to the beach.

**NIGHT** Goodbye party! Get ready to have fun.



## Life after Confinement



By Hugo Cano

I have managed very well this situation because I watched news everyday and I had a lot of information. I have also been with my family and that has helped me a lot with this situation. I have learned that I am stronger than I thought because I spent the first weeks without any problem. To feel better I've spent a lot of time playing and talking with my family. A game we play a lot of times is the monopoly, a game that we like a lot.



Talking about summer I do not know if I will be abroad in July or in August, but I have already known that if we arrive to the third stage, I'll go to my apartment in Almenara. I do not know how the summer is going to be there because I do not know if I will be able to go to the swimming pool or to the beach. Also if the entire situation begins to be safer I will go camping to the north as I use to do every summer.



I think life after summer will be as it was before this entire situation. I believe that the coronavirus will be a normal illness and we will be talking and playing as we have always done. I think the course will start before to teach all the things we haven't studied and we should know. Talking about the situation I think in the first days it will be so uncomfortable because we will be thinking if our partners have the virus or not. But I think at the second week it will be normalized and everything will be normal. Due to that reason, I think the new normality is the situation we are living now and not the situation we will live.

## How I coped with this situation in general terms and life after confinement

#### Conclusion on how I have managed the whole situation

All this confinement I have been living with my family: my mother, my father, my sister and my dog. Not all of the confinement has been bad, I have been able to discover things about my family and share more time with them. Although we have continued doing work: my mother sewing, my father working and my sister and I doing homework, we have spent more time together.

I have discovered that my father likes to juggle and that he is very good at it, also that my mother is a very sociable person, since she was talking on the phone at all times and that my sister is the opposite, since she locked herself up in his room and did not come down until lunch and dinner.

I think the hardest thing for me was having to work on some kind of difficult homework like maths, since the teacher was not explaining it, it was not easy to understand. My father used to help me understand and know how to do it.

If I think about it this confinement has not affected me as much since I am not a very sociable person and I prefer to be at home comfortable. I thought that not being able to see my friends would affect me, but thanks to social networks I have been able to talk to them, although most of the time it was homework.

I believe that confinement is something necessary and although for many it is difficult, it must be carried out.



#### My possible plans for the Summer

I don't think I'm going to travel this summer because otherwise I didn't travel when we weren't in confinement, now less. My family is very strict in these cases and they don't really like to travel.

Also having a big dog we have to look carefully where we want to travel, normally by decision of my father he stays at home with the dog and my mother, my sister and I travel with my cousins and my aunt.

I know and I am sure that this year I am not going to travel in the summer so it doesn't worry me much, I will surely go to the beach or the pool with my uncles, my cousin and my sister.



#### What do I think life will be like after the Summer holidays?

I believe and hope that after the summer the cases of contagion will not rise again.

From my point of view, and it is usually a bit negative even though I like to call it proactive, I think that if people start to relax about the virus and go out in the summer the cases will go up, which will make back to school or to work more impossible.

There are many rumors about what it will be like to go back to school and what the new school year will be like, the truth is that I have not heard many, and the only ones that I unos are those that my mother tells me. For example, that at first they would divide us between morning and afternoon and that it would depend on the last name, recently she told me that there will only be 20 students per class.

I only hope that one of my friends is in my class because I am not a very into making new friends, it is very difficult for me, and I am not very lucky.

#### Life after confinement by Ainara Rodrigues Ruiz 3rd B

#### 1<sup>st</sup> part: A conclusion on how you have managed the whole situation

During all this quarantine I haven't left my house and I have been confined with my parents and my sister (in my house), apart from that I also live in the same building as my grandparents and my uncles.

Honestly, I think I'm a person who, under normal circumstances, does 't like going out and meeting friends very much ... What I want to explain is that I like being with my friends, but I don't like the fact of being every day meeting with them, because I also like to rest and be at home. However, during this quarantine, many times I would have liked to go out and go to the beach, the pool, with my friends, with my family, to go on excursions... because there have been days when I really got to stress a lot (for the amounts of duties and homework, for the fact of being locked up...).

I also have to say that, although homework hasn't left me as long as I would have liked, confinement has helped me enjoy my family a little more (although sometimes they call me heavy for asking them a lot that they will play a board game...).

#### 2<sup>nd</sup> part: Tell us about your possible plans for the Summer!!

This summer my parents, my sister and I are going to try to go to Portugal, because we would like to go there to visit my grandmother who is going through quarantine alone (well, a lady who helps her a lot is with her), also, she is very old and since we don't see her all year round (although I can't speak to her because I don't know how to speak Portuguese) I like her reaction when she sees us there because she is very happy and when she is happy she makes me happy too.

On the other hand, we have also thought about going to a house that we recently bought (that is in Toras) or going to spend a few days in a house that my grandparents have in Villar del Arzobispo and that I really like being there because it is a house that is totally away from the town, what I mean is that it is in the middle of the mountains and it is all nature. One of the reasons I want to go to my grandparents' house is because simply looking at nature or going for a walk surrounded by nature is very relaxing.

These are some photos of my parents' house in Toras:





And this is another photo that my sister took while I was looking the nature:



#### 3rd part: What do you think life will be like after the Summer holidays?

I believe that life after summer will be very different, for example with respect to schools or high schools, etc. I think that (in the case of our institute) we aren't going to be able to be 30 students in one class (as we were) and we will have to keep the distances a lot, I think that everyone who goes will have to wear their mask and its disinfectant gel, I think that it won't be possible to generate the adolescent crowds that were created in the corridors and, above all, I think that many of us are going to be quite behind with respect to some subjects.

#### I think it will be like this:



#### LIFE AFTER CONFINEMENT

By Nayara Rodrígues

#### **FIRST PART**

From my point of view, it has been overwhelming, but not for being at home, for doing homework, seeing people who are not respectful and people who skip the confinement.

I live with my mother, my father, and my sister in a flat in a building where my grandparents and uncles live too, I am not so alone in this quarantine. Although many people think that having one part of your family in the same building, is an incredibly lucky situation (and I am not saying no). However, I also think it is an added concern because you do not want to go out as much as you want because you are afraid of transmitting the Covid-19 to your family.

Things I have done to feel better (when I had free time) were watching TV and doing handicrafts.

#### **SECOND PART**

This summer my plans (if nothing goes wrong) are going to be: stay at my grandparents' house on a mountain where underneath there is a town for the people

who live nearby. Although the house needs some changes, I love being there, basically, because I am surrounded by trees and mountains. Therefore, I would like to go there for a long time. However, if we cannot go there, my parents have a little house in a place that is also close to the mountains. This is one of the views from my grandparents' house:



#### THIRD PART

I think the "new normality" will be a bit strange because distances will have to be respected, gel and masks will have to be used.

Two things can happen. That everything normalizes and continue like this for a long time or that there are people who don't want to respect the rules and (as has

happened in the confinement) they skip the rules.

Besides, I think the school year will be very difficult because it has to have a distance that wasn't there before, and we aren't going to fit 30 people in a class with 1 or 2 meters distance between each student and teacher. It will be a little unsustainable.



#### How I have managed the whole situation...

By Mayte Cerrada 4D

This quarantine I have been confined with my parents and my brother, and I have learned that all acts have consequences and you have to think carefully before acting, and another thing I have learned is that you have to respect everyone. The hardest thing for me has been not being able to see my friends and family. One of the things I was thinking about the most was what is going to happen to the neediest countries, such as Africa, as they are saying in the news that they will suffer many deaths since they have no resources to live normally, and it is very it is difficult for them to get what they need in short time and also in the situation in which other countries find themselves.





This summer, I had planned to visit my family in Barcelona with my mother and spend a few weeks there. I do not know if we will finally dare to travel given the global consequences. Another of the trips we wanted to do with my family was a gathering in Amposta with all my mother's family, but we also don't know if it will be possible to travel somewhere else this Summer. I wanted to devote this Summer to have a good time with my family and my friends, go to the village festivals, travel, visit my relatives, stay with all my friends... But I think it will not be possible given the circumstances in which we find ourselves,...





In the academic year 2020-2021, imagine that the students are going to be alternating classes, that is, one week teaching online and another week giving face-to-face classes, that is, in high school. For me, this teaching method is quite complicated. I need a lot of help and I'm already having trouble adjusting to this course... In any case, I think we could adapt the teaching methods and make video calls to explain the syllabus and solve any doubts more easily and comfortably.





#### LIFE AFTER CONFINEMENT by Rocío Romero Varo 4C

#### - 1st part:

I'm going to talk to you about how I've handled this situation.

The truth is that it's been pretty hard to be locked up at home for so many days, just my mother and I, and the only one who left home was my mother and just to buy. You couldn't go to work and actually many families haven't been able to work, somehting which has affected us quite a lot and then, pay for water and electricity bills, etc. I have discovered my passion for cooking, almost every day my mother and I did some biscuit, dumplings etc. I have missed my family so much, especially my grandmother and my friends.



#### - 2nd part:

I have several plans in mind but there are many that can't be made because of this situation. One of my plans that, if it is possible I will do later, is to go to Cañete (a village of Córdoba where my family is) and I would spend almost all the Summer there because here in my village, they have cancelled all the festivities. Another of my plans that I want to fulfill is to rent some cottage with all my family for a week and be all together because the truth is that we all need to get together. It's been like two months since we all have seen each other and I've missed them a lot, so I wanted to make that plan for this Summer.



#### - 3rd part:

Honestly, I think we will not return to normal or if it comes back it will be in quite some time because there have been and too many victims and too many contagions, on the way to healing but it really is something quite serious. After the Summer, I think we're going to be locked up at home again because there are too many people who don't follow the rules and that's how more and more contagions are going to happen. I imagine the next academic year just like these last two months online. I hope everything I'm saying is wrong and it doesn't happen, but it's what I think is going to happen if we keep going like this. I hope everything comes back to normal forever so that we don't go out on the street scared any more and covered up so nothing happens to us.

Back to Normal Routing

#### Life After Confinement

#### First part:

Hi, today I'm going to explain how I handled this Coronavirus situation.

The first days were normal as it coincided with the end of the second evaluation and then, I took those days of relaxation and dedicated myself to putting on creams and masks to highlight my beauty. Then, in the second month, I got over it, but not because I couldn't go out, but because I had to do all the homework and work that the teachers had sent us. And now, these days you can go out but I still don't go out much because my friends are doing retake

exams, because I'm tired of being at home and I want to go out and go shopping especially.

This is my current situation and the truth is that I want to go out even if it means going to a shopping mall, to see if my friends can finish their retake exams



#### Second part:

Well, as you read in the other essay, I'm tired of being at home, right? Well, in this essay I'm going to talk about what I have planned when I leave home.

First, I want to go shopping in the morning and leave the stores empty of clothes and jewellery, then I want to go to eat with my friends and laugh together again and most importantly, come home at night and order a pizza and have dinner on my balcony with my family and then put on a show. I'll tell you about the series "Valeria", a Spanish series by Netflix that talks about the

sexual and emotional life, but above all the sexual life of 4 friends. I identified myself above all with the character of Lola, an independent woman who has sex with all the guys she knows.

Well, and this I want to be my day to day when I go out and the plans that I will do, that can be summarized in enjoying.



#### Third part:

Hello, this is my last essay in which I'm going to talk about what life will be like after the summer holidays.

I think that in the end we will have to live a normal life but with a mask, which although I hate it, it has become an obligatory accessory in my wardrobe. I think that, as far as can be expected, it is not possible to stop people's lives by a virus because otherwise, people won't die because of the virus but by lack of food or primary necessities for not having money. In regards of the trips I believe that to the people who like to travel, a virus will not prevent them from travelling, but I believe that they will increase the trips around Spain since many people are afraid of travelling abroad.

In conclusion, our life will continue although in a strange way, but we will have to adapt to the situation.



#### MY EXPERIENCE AT HIGH SCHOOL

by África Bellés Martí 2<sup>nd</sup> Bach. B

My experience at high school started when I was 11 years old, in September 2013. Throughout these years I have been able to grow and learn many things.

In general, my experience at high school has been very beautiful, intense and above all very pleasant. I have been able to grow as a person thanks to the values that all my teachers and friends have taught me throughout these 7 years. I am going to highlight something very important, meeting many people and making many friends has made all these years wonderful.

Although, not everything was positive, because when I reached 1<sup>st</sup> Bachillerato in 2017, I had a few months of confusion. (I did not feel like studying, and because of this, I had to repeat that year of school). At first, it was bad news, but over the upcoming months I began to realize that this decision was the best one that the teachers had made for me.

Right now, I think about the past and I realize that thanks to repeating a year I was able to meet more people and make more friends, and I finally realized what I wanted to study and how I wanted my future to be.

Regarding today, May 31<sup>st</sup> 2020, two weeks after finishing my education at high school and one month before taking the tests to enter University, I can only thank all the teachers who have helped me to achieve my goals, and especially thanks to all my friends, because without them this experience wouldn't have been so pleasant. And something very important, I will be starting my next chapter/stage of life with great enthusiasm.



#### My life in high school - Daniel Herrero Romero 2nd Bach H

I started high school when I was 12 years old, like every teenager. I don't remember too much but I remember that I was quite nervous the first day because I only knew one person. The rest of my classmates from primary school went to another high school. I remember being lost the first day and I didn't know how to get to my class because my high school was so much bigger than my primary school. I remember my first year very fondly, it was so great. I enjoyed it a lot because I met a lot of new people and I didn't have any fight with them. I passed all the exams without studying a lot and I liked all my teachers.

The second year was more complicated. I had some troubles with my classmates but nothing important. On the first term, I didn't pass four subjects but in the last one I passed all the exams. Some teachers didn't help me, so I started to dislike some subjects. On the other hand, I loved subjects like History and IT.

The following year I started 3<sup>rd</sup> ESO. I remember this year like as both the worst and the best one I know (it doesn't make sense, but I will explain it). On one hand, I remember it as the best year because I was in a class with my best friends. In addition, I didn't have any fight and I enjoyed every single day. On the other hand, I remember it as the worst because I failed seven subjects and I had to retake the exams. The good news was that I passed all the subjects in the end. This was because I studied a lot during the 3 weeks before I retook them.

Then, the final year came... To be honest, it is the year that I barely remember. I know that I had some troubles in History with my teacher which was very weird because I liked history a lot and I had problems with the subject. I didn't have any trouble with my classmates. Finally, I passed the course, I graduated and it was a very funny year.

After this, I finished the ESO and I thought that I wanted to become a computer technician, but I didn't like maths, so I decided to go to a middle grade. I almost finished it but in the last year (with only one subject to do) I decided that I didn't want to become a computer technician. I wanted to be something related to history. This is the reason why I started Bachillerato when I was 19.

Now I am in the last year and, like everybody else, I am having problems because of the COVID-19 pandemic situation. However, I want to do everything that I can because I want to pass this course and get the final grade to study a History degree at University.



### My time at High School

If I had to define it in one word, I'd say it was "phenomenal".

In 2011 my parents decided to emigrate to Valencia, where I finished primary school and started studying ESO. The first year was quite easy, I met a drawing teacher who always encouraged me to work more, since he considered that I was talented in Art, and since I was a child I liked Art and this subject became my favourite elective until third grade.

In third grade my parents decided to travel to the United States (at the end of 2014), it was a hard decision for me to leave my friends here, however it encouraged me to talk to them every day thanks to social networks. I remember that the first day at Hialeah Gardens High School was a disaster, they gave me a map and it was so big that I ended up missing more than one lesson. However, I consider that it was a nice experience to have been there. I met people of all nationalities: Spanish, Cuban, Venezuelan... And I also met my best friend, with whom I still keep in touch and I hope to see her soon.

At the end of 2016, my parents decided to return to Spain. I was happy to meet my friends again, however I felt that I was leaving another piece of me in Miami: My grandfather, my uncles, my cousins and the new people I had met.

I remember that when I arrived at my school in Valencia my classmates were very happy to see me after almost a year. I also remember that every day I would sit with one of them and tell them about my experience. After having spent fifteen days in the fourth grade of ESO due to a bureaucratic error of the school they decided to change me to a new class. It was very sad for me to accept that I had to adapt again to another class, but my parents were very supportive. The teachers considered that since I was away for a year I did not have enough knowledge to pass this final course, however this is something I still do not understand, but it gave me the strength to continue studying.

I remember that the fact that I failed, gave me a lot of desire to show them that I could succeed, and I studied hard and finally, finished high school with fairly high marks.

After finishing high school, I didn't know what to study and was completely disoriented, but my father helped me decide to take an artistic degree. At first, I remember it being easy but later it was a bit overwhelming.

In these two years I met people who shared my same artistic tastes, and great teachers that I will never forget. I have also made friendships that I hope will last for many years, and soon I hope to study something related to the wide world of Arts. Without a doubt, these have been very beautiful years that have taught me a lot.

Francis Pérez García 2<sup>nd</sup> Bach A



by Nerea Ruiz García 2<sup>nd</sup> Bach H

In September 2014 I began my experience at the IES Tavernes Blanques.

When I arrived, I was very nervous because it was something new for me. Nevertheless, my adaptation to the high school was very easy, I made many friends and I had a great time.

The rest of years have been good, I have learnt a lot of things and I have decided what I want to become thanks to many of my teachers.

In my opinion this last year, 2<sup>nd</sup> Bachillerato, has been the most difficult due to this situation; studying for the PAU is more expensive, more than normal. Some teachers send things daily and it is very difficult to be capable of doing so much because our timetable is not the same as when we went to high school. Even though it's difficult for me, the best years have been 1<sup>st</sup> and 2<sup>nd</sup> Bachillerato because these years I am older and I have learnt many things that will serve me for the future. My class makes going to high school fun and although we complain a lot, next year we will miss it.

To conclude, I think that high school is an unforgettable experience in which we learn values and make friends forever.









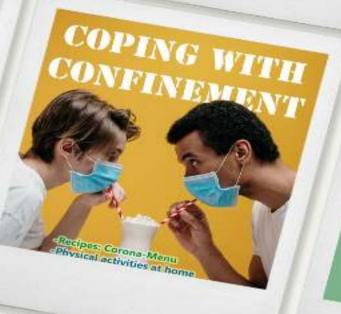
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