



ŠTOLNÍ LISTY

STUDENTSKÉ NOVINY GYMNÁZIA NAD ŠTOLOU

Úvodní slovo

Tato pandemie nás všechny nějak ovlivnila. Přesun výuky online, karanténa, zavřené hranice, roušky. Pro nás úplná novinka, ale museli jsme se s tím poprat, jak studenti, tak učitelé. A po celém světě to bylo podobné. V tomto speciálním čísle si můžete přečíst různé úhly pohledu na celou situaci od studentů z různých koutů světa i od nás, z České republiky.

Já jsem během karantény zjistil, že je velmi jednoduché si zkazit náladu. Ne však návalem zpráv o počtu mrtvých, ale hlavně komentáři pod podobnými zprávami. „Pandemie neexistuje a jestli budete nemocní, tak je to z těch roušek“. Jako diskutér kampaně Českého červeného kříže #zvladnemeto jsem se dokonce dostal do debat s autory takových komentářů. Je až moc jednoduché se naštvat, ale v této situaci jsem jako reprezentant ČČK musel zachovat chladnou hlavu. A to bych poradil i vám všem, jinak se z toho rychle zblázníte. Nebo alternativně se do diskuzí s těmito lidmi vůbec nepouštějte.

Ale vše nebylo tak špatné. Z první linie ve stanovém městečku před Novou radnicí jsem byl svědkem návalu dobrovolníků, kteří se hlásili na pomoc seniorům během této krize. S podobnou vlnou solidarity jsem se setkal v Ústřední vojenské nemocnici, kam jsem se konečně odvážil jít darovat krev a musel jsem přitom stát pěknou frontu. Lze najít spoustu pozitivních věcí, které lidi spojují i během pandemie.

Na závěr bych rád všem popřál hodně sil, pevné zdraví, a hlavně hodně štěstí maturantům, kteří to tento rok opravdu nemají jednoduché.

Theodor Brož, šéfredaktor

On Thursday 18th March 2020, I stood in my kitchen listening to the Prime Ministers daily briefings on the pandemic. As expected, it was announced that all schools would be closed to prevent further spread of this virus. But then, he announced something else, and time stopped for a moment. "All A-Level and GCSE exams in May and June are to be cancelled." I felt my throat burning and began to tighten as I repeated the words which had just been uttered by England's Prime Minister. After standing in shock for 15 minutes, unblinking, I walked into my room, exhaled and sat on my bed as I felt a panic attack rush over me. And 20 minutes later, two more.

Since that day, I have been at home studying, trying to avoid the stress of the news, except for the occasional notification of Johnson in and out of the hospital, after proudly shaking hands with corona patients. It's been difficult stuck at home, struggling to structure my days without the constant screech of the school bell every hour and experiencing increasing anxiety about the fact that black Britons are four times more likely to catch and die from COVID-19. But I'm grateful because I know it could be worse. I am grateful for the roof over my head, a family who loves me and access to clean water and soap daily.

It's better now, just over a month on and I have settled into a new routine. Waking up early, home workouts, online courses, learning new languages, zoom call after zoom call, filming and editing YouTube videos, scrolling for hours on TikTok or bingeing the latest Netflix series. Most of the time my eyes are stuck to a screen, desperate to speak to people outside my household and to create a veneer of normality. As for the rest, we'll have to wait and see how that goes, maybe I'll emerge from quarantine with a cookbook, satirical novella, photography collection and short film under my belt. Or maybe I'll just be the same person I always was. Whichever, I am sending my best wishes to everyone around the globe, stay indoors and stay safe!

Kefeshe, Anglie, 18, @koalakefeshe

SLUNCE NAD MRAKY

Každý den při zapnutí televize jen slyším, kolik lidí se stalo obětí koronaviru, jak obrovský dopad má pandemie na ekonomiku atd. Zkrátka samé obavy a strach. Nikde se však nepíše o pozitivních účincích, které na nás karanténa hodila. A u kterých bych se ráda pozastavila.

Jedno je jasné, to jediné, co nám dala, je zejména mnoho času. Ach, to krásné a přitom často stresující slovo, čas. To nejcennější, co vůbec je. A hlavně je tím nejkrásnějším dárkem, který můžeme druhým i sami sobě dopřát. Kus našeho života. Je zcela na nás, jak s ním naložíme a jak ho (ne)promrháme. Pomyšlení na realitu, že každým dnem umíráme, mě vždy nakopne a je mým hnacím motorem. Nalepila jsem si na dveře citát: „The thing I did today was important to me because I dedicated one day of my life to it.” A věřte, že kdykoliv, když kolem něj projdu, mnou proletí taková dávka energie, že si rozmyslím, zda jít prokrastinovat či být efektivní, produktivní.

V této době je těžké přijít na kloub něčemu, co nám dává smysl. Ale právě v této době získáváme vnitřní motivaci. Zatímco za „běžného“ režimu nás ovlivňují vnější, explicitní jevy, teď musíme hledat a najít pouze uvnitř sebe. Je to zkouška velké sebekázně, sebedisciplíny a sebedůvěry. Ale právě to nás může nesmírně obohatit. Člověk si čím dál víc začne vážit maličkostí, jež nejsou samozřejmostí. Třeba jen to, že máme co jíst a kde spát. Myslím si, že je extrémně důležité nastolit si denní řád. Zapojit do něj vše, co nás baví, co nám přináší potěšení a co nám zprostředkovává nové poznatky. Vlastně je úplně jedno, co přesně budeme dělat, jde o to, abychom posbírali rovnováhu a nestrávili třeba celý den na sociálních sítích či u miliontého filmu, ale spojili se například s přírodou, sportem, knihou..

Vím, že se v mnoha domácnostech zažívají ponorky. Avšak nepřestávejme býti vděční a pokorní k těm, kteří nám darovali život. Naším rodičům. Najděme si své světlo uprostřed tmy, šířme lásku, nepřestávejme věřit a navzájem se podporujme.

Now a story from The Netherlands, where I as a 19 year old graduate student had already been dreaming of the most amazing graduation parties I could think of. But things turned much different, the moment we asked our headmaster if he expected the school to close any time soon a surprised chuckle would come out followed up by a “Pff of course not”. Everyone had mixed opinions. That Friday I left the school, jokingly but with a little hint of fear telling my friends I’ll miss them if we won’t see each other any time soon.

That Sunday the news was announced that the schools will close, after many people complained it finally went through. It did make me feel safer, I was fine with being inside anyway, in the beginning at least. After a few weeks passing by my daily routine became as simple as waking up, eating, sleeping and repeating, it became kind of dreadful since my introverted battery was overcharging.

Meanwhile our school was doing their best to find alternatives for our final exams and trying to pick up online classes which didn’t go as well or as frequent as we wish they would have. This created a whole new level of anxiety and stress towards our final exams on top of all the other things going on worldwide.

Another thing that was difficult to process was the fact that I was planning to move to Austria and start working as a Freelancer after I’d graduate, but with the economy being upside down it will be a difficult start in this crisis, and I will have to figure out how I will support myself financially once I open the further chapters in my life.

However, I did learn that during a global pandemic it is understandable that you won’t always be at your most productive. With my creative mindset being low, I picked things on my own pace, playing games here and there, finding alternatives to hang out with my friends online, and being creative again.

I hope to get through this pandemic while keeping myself and other people safe, not only from the virus but also from the dreadful thoughts and struggles we will face during and after these times. Check in with your friends a bit more frequently to ask how they’re doing, everyone has their own struggles they’re discovering right now and it helps to have a friend on your side to help you go through them.

Zowy, Nizozemsko, 19

The pandemic had quite the negative impact on me and my family. When it first popped up in Europe we already concerns about it reaching us soon and what that might have in store for us.

As the first restrictions were put in place I was visiting my family in Hungary and more or less got stuck in the country, which was nice in the sense that I got to see my family for a long time and I could continue my studies online, but there were already downsides as well.

Since I was not using my room in Austria, once the university closed, I wanted to move out so that I don't have to pay rent for all these months that I spend not being there.

Unfortunately, the company was so uncooperative that I could not even get a discount off the monthly fee, let alone cross the border to move out.

This also meant that my source of income from Austria got closed off and my presence at home only made my parents' bills higher. To top it all off, my father had to transfer to a new company because he got fired from his workplace leading to a lower wage, but at least my mother can continue to work from home thankfully.

The situation put us in quite a tough situation financially and emotionally but we are definitely not the only ones, we just have to stay strong and get through this.

Victor, Mađarsko, 22