

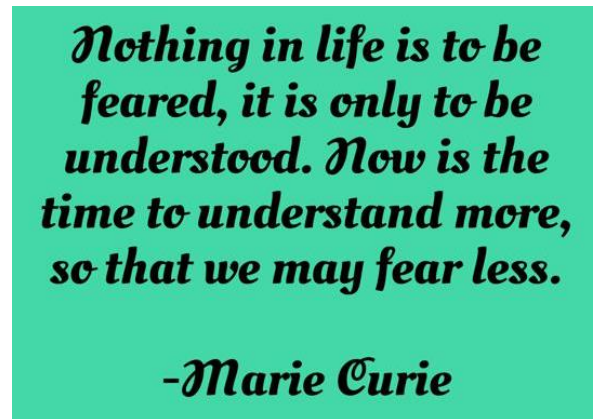
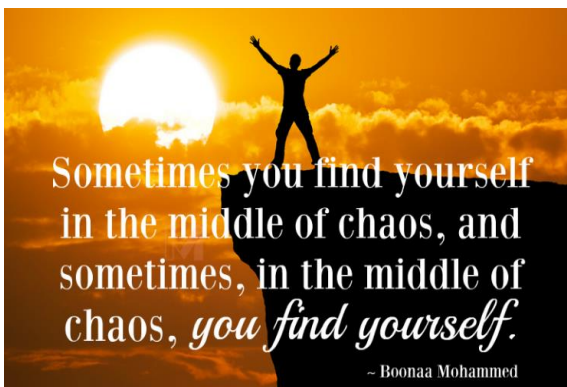
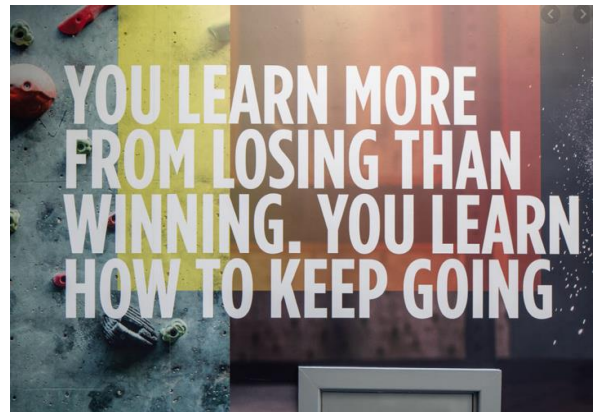
FLAM(M)ES

...of a pandemic

...de la pandémie

Bilingual School Magazine, “Emil Racoviță”
High School, Baia Mare, no. 15, June 2021

Revue Bilingue du Lycée Théorique “Emil
Racoviță”, Baia Mare, nr. 15, Juin 2021



Memoires of a Pandemic

March 2020! There it was...the beginning of the unknown. First, the world just stopped; for some this meant a welcomed pause but for the others, the end. Time and people started to change, some for the better, others for the worse.

The unimaginable and the unforgettable were followed by never-ending days of mourning. We were all subjects to a global panic and all the repercussions triggered by this and we were nowhere near the end. Irrational and selfish mentalities would lead to a degradation of humanity and dehumanization on a large scale.



But is there any good in this after all or the worst of humanity is yet to come? Well, for me this pandemic was a reminder that we need to be more kind-hearted, more pious and humble and to learn again to appreciate more what we have because things can become history in a matter of seconds.

Needless to say that procrastinating things now is out of the question. Living your best life, being grateful for everything life has offered you will scatter away all your fears and abundance will be welcomed to be embraced.

Take time to heal your physical and psychical wounds and scars, to forget and forgive, to cherish the priceless moments, to adapt to all the new things and to appreciate all the people who do all the things you take for granted.

Be grateful for your life! Not everyone made it so far!

Prof. Carmen Maria Rasco

Flames of the Pandemic

2019 what a year!

Everything was nice and clear,
Happy people, smiling faces,
Traveling to all places!

2020 when you came,
Everything went into flame,
Because of a little virus,
The whole world was into chaos!

Lockdown came on people's lives
Shut down in houses with the „loved” ones
Socialising from the windows
Or, worse, posting TikTok videos!

Education face-to-face,
Became online with NO FACE.
Google had a breakdown too,
Teachers knew not what to do!

Theatres and restaurants,
Little shops and playgrounds too
All were closed almost for good,
While the virus was no fool!

Easter came, nobody grooved!
Parties were off, we just stayed cool,
Police started again to rule
Giving fines to every move!

2020 you passed slowly,
Showing us that life is worth it!

'21 we're expecting you
Will you bring us something new?

Prof. Ancuta Smiedt



L'école en ligne en pleine pandémie

En tant que professeur de français, pendant cette longue période de confinement qui a bouleversé l'entier système éducatif, je me suis posée des questions que, probablement, chaque enseignant se pose: comment convaincre les élèves que l'apprentissage de la langue étrangère, en special par l'intermediaire des TICE, ne soit pas pas tellement difficile? comment faire pour maintenir leur attention plus élevée et comment les motiver à apprendre le français d'une manière naturelle, efficace et captivante à la fois, si on est obligé à le faire en ligne ?

A mon avis, il n'y a pas de routine dans ce métier, car on a toujours la possibilité de se réinventer, de dépasser ses limites, de chercher mille façons d'enseigner la même leçon en fonction du niveau de connaissance des élèves, de créer, de mettre son empreinte personnelle dans l'activité didactique, d'être en permanence à la recherche d'améliorer ses connaissances, d'être ouvert au changement , d'essayer sans cesse se connecter aux besoins des apprenants.

En reprendre l'idée d'être ouvert au changement... ça veut dire être prêt à tout moment d'accepter l'évolution et de l'intégrer même dans son activité en classe, pour embellir et faciliter le processus d'apprentissage des élèves. L' apprentissage d'une langue étrangère est pleine de surprises et d'inattendu et, si l'on a la chance, comme prof, de capter l'attention de l'élève dès la première classe de français, on a déjà gagné son intérêt pour apprendre la langue. Mais que le travail soit permanent, c'est une question obligatoire pour maintenir l'amour de l'élève pour le françaiset jamais abandonner.



A part les méthodes traditionnelles qui continuent à rester très efficaces à travers le temps, il y a aussi les méthodes modernes qui ont comme but de montrer aux enfants la beauté du français, langue étrangère. Grâce à la nouvelle technologie, on peut choisir , pour n'importe quelle leçon, de travailler avec des supports média (les TICE), ayant mille possibilités de les employer, en fonction des buts de nos séances didactiques.

On a eu cette possibilité de dépasser nos limites professionnelles et de changer d'optique, grace a cette pandémie. On a garde une relation plus étroite avec les élèves, plus confortable devant nos écrans, ce qui , a mon avis, constitue un avantage de l'école en ligne.

Pour un bon déroulement des cours en ligne, je me suis rendue compte de quelques aspects que je veux partager avec vous: il y a certains points à prendre en compte pour améliorer le confort des apprenants et rendre l'enseignement plus professionnel. Voici une liste de conseils utiles, en parlant de mon expérience personnelle , pris en considération d'une source trouvée par hasard, pour un enseignement en ligne plus favorable :

1.Souriez, vous êtes filmé!

Cela semble évident, mais un élève a envie de voir un professeur dynamique et souriant. Si vous êtes fatigué ou stressé, il le remarquera très vite. Faites pour que vos leçons se fassent dans la bonne humeur. Et pendant qu'on y est, pensez à bien vous centrer dans le cadre de la vidéo.

2. Soyez bien habillé!

Ce n'est pas parce que que vous travaillez à la maison qu'il faut se négliger. Habillez-vous convenablement en portant une chemise (ou un chemisier) et soyez présentable. Bien entendu, rien ne vous oblige à porter des chaussures de ville.

3. Regardez la caméra!

Il semble logique de regarder l'écran quand on fait une visioconférence, mais en réalité, vous devez regarder l'objectif de votre webcam et non l'écran. Cela donnera à votre interlocuteur l'impression que vous le regardez dans les yeux. Pensez également à bien vous cadrer au centre de l'image.

4. Ne restez pas le noir!

Que ce soit le jour ou le soir, ayez un bon éclairage. Installez une lampe de bureau à LED pour illuminer votre visage en tout temps. Les lampes à ampoules donnent un côté jaunâtre, en plus elles dégagent de la chaleur.

5. Faites attention à votre environnement!

Quand on est chez soi, on ne prête pas particulièrement attention à sa décoration, mais les personnes que vous avez en face de vous seront très observatrices. Assurez-vous que tout soit bien rangé et nettoyé. Si vous le pouvez, mettez vous dos au mur, c'est encore mieux. Pour les plus pressés (ou les plus malins), un paravent d'intérieur sera une solution idéale.

6. Utilisez un logiciel à jour!

Les logiciels de visioconférence sont régulièrement mis à jour. Vérifiez que vos possédez bien la dernière version de votre programme.

7. Améliorez la connexion Internet!

Une connexion Internet sera toujours plus rapide et plus stable en filière plutôt qu'en wifi. Connectez votre ordinateur à votre box à l'aide d'un câble (et prenez un adaptateur si vous êtes équipé d'un Mac). Si votre connexion est encore trop lente, fermez le maximum d'applications et stoppez tous les téléchargements. Enfin, pour les ordinateurs portables (ou tablettes), branchez-les sur le secteur. Cela vous évitera de devoir courir après un chargeur en plein milieu d'un cours !

8. Attention à la qualité de l'image!

Si votre ordinateur ne dispose pas d'une bonne qualité vidéo (ce qui est souvent le cas), vous pouvez opter pour une webcam de qualité HD.

9. Un bon son, c'est primordial

Avoir une bonne qualité vidéo c'est bien, mais le son reste votre principal outil de travail. Celui-ci doit être au coeur de votre équipement puisque l'intérêt est double : votre interlocuteur pourra mieux vous entendre, et vous serez plus adepte à repérer les défauts de prononciation. Un bon casque-micro est donc indispensable ! Il y a en à tous les prix. Ne prenez pas le moins cher.

10. L'ardoise magique!

On n'y pense pas assez, mais parfois un petit dessin vaut mieux qu'un long discours. Très utile également pour travailler la phonétique, ayez toujours à portée de main une ardoise blanche et quelques marqueurs de couleurs.

Beaucoup de ces conseils peuvent sembler simples et flagrants, mais quand on a pas l'habitude d'enseigner en ligne, ces petits gestes peuvent faire une grande différence .

Conseils du professeur: attention aux reflets !

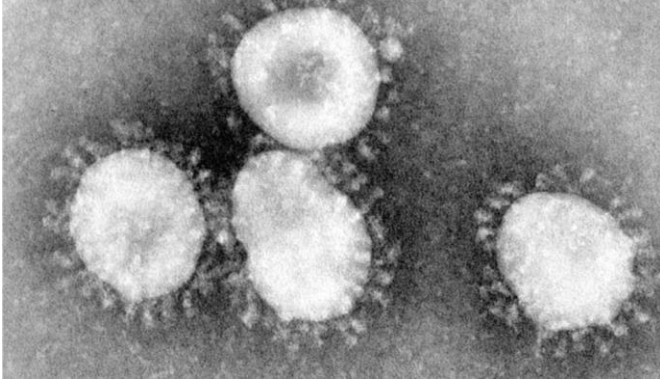
On n'y prête pas toujours attention, mais si vous portez des lunettes, si vous avez une fenêtre ou un miroir derrière vous, votre interlocuteur pourra distinguer plus ou moins ce que vous affichez sur votre écran. Attention donc à ne pas aller sur Facebook (ou autre) pendant vos cours, cela ruinerait tous vos efforts!

Source:
(<https://www.francepodcasts.com/2020/03/11/10-conseils-pour-bien-enseigner-en-ligne/>)

A part tout acela, mes passe-temps pendant la pandémie ont été le cinéma chez moi, la lecture et essayer toute sorte de recette de cuisine. Ce fut une période assez difficile pour tout le monde, mais d'où on a pu apprendre beaucoup de nouvelle choses , de réfléchir sur soi-même et de devenir meilleurs, si on est ouverts au changement.

Prof. Alina Soreanu

2020 - The year everything changed



This tiny thing caused huge problems

Covid-19 might not be the deadliest or the most dangerous virus to ever exist, but it was able to bring society to its knees in a matter of a few months, and it effectively changed the way we live and interact. Scientists had long predicted that the next pandemic was long overdue, and we weren't prepared for it. Unfortunately, most people didn't listen, and this is how we got to the point of millions dying and many more getting infected.

Even though deaths are the absolute worst part of the pandemic, they aren't the only consequence of living through it. People have to work from home, others are unemployed, some fell into poverty and children and students waste valuable time by not going to school. Everyone's lives are affected to some extent and we all have to sacrifice some of our personal freedoms in order to contain the virus. Weddings, parties, going to the cinema with friends and other things that we took for granted in our pre-pandemic lives were suddenly no longer possible, thus changing the way we interact completely: via the internet. This change was too sudden for some people, and combined with instability and uncertainty in our lives, it led to a soar in depression, anxiety and introversion.

But if we can't even contain a virus, how are we going to deal with environmental problems such as climate change? Every cloud has a silver

lining, and if the pandemic taught us anything, it's that we should take the scientific community much more seriously. They are the ones that warned us about the danger and they are also the ones saving us from it by making vaccines. They are now warning us that climate change is real and dangerous, and this time we'd better listen.

Contiu Mario, XI F

Pandemic thoughts

It is clearly known that this COVID-19 pandemic with all of its restrictions and new rules took all of us by surprise and I don't really think that any of us were prepared for it. Our lives changed completely and we had to adapt to all of these new things too fast.

At first, I couldn't even imagine what I was going to do with all that free time, it felt like heaven... something that every child wanted to happen at least for once. When I heard that we would have to attend online classes, my first thoughts were like 'that means no school', and it didn't even cross my mind to take these online classes seriously, but I didn't realize that there would be a negative outcome in the long term, such as falling behind and not being able to remember anything. Moreover, not being able to see your friends for such a long period of time can really mess up your mental health if you don't know how to manage it, and for me, it was something that I had to learn. At least, this pandemic can be considered quality time spent with my family, more than necessary in my opinion, but there was nothing else I could do.

Overall, this pandemic made me more grateful for anything and taught me how everything can suddenly change, I've learned to prioritize self-care, and it also taught me that as people, we generally know how to adapt to any situation well.

Sabou Cristian, XI A

The Good, the Bad and the Ugly

This past year has been a special one to say the least. It has had a big impact on everybody in many different ways. The question is what exactly are the consequences of this pandemic? What good can come out of such a bad situation?

The Covid-19 pandemic caught us off-guard and underprepared from a healthcare perspective but also economically. Countries struggled to keep up with the number of ill patients which resulted in the loss of many lives. People lost their jobs due to the lack of funds and many businesses had to be shut down. This has made us more aware of the weaknesses that we, as a society have and we now know what to strengthen in order to be prepared for anything that might come.

The education system was also affected by this because students had to stay in their homes and learn online. This came with a plethora of realisations. We saw that many schools were not well prepared when it comes to technology but the good part is that they managed to adapt rapidly to the situation and we got to a point where it became normal for us, students, to learn from home. After all this, the schools have gotten used to using online platforms and now that we're back to school in a physical form it's helpful to mix the online with the good old learning ways.

Even though the pandemic itself was an unfortunate event, it helped humans exit their routine lives and learn how to adapt to the ever-changing world.



Borota Bogdan, XI F

Flames of a pandemic

It is common knowledge that since the beginning of 2020, the world has come to a halt for us, humans. Even though everyone has suffered tremendously in different ways as a consequence of the COVID virus, I believe these critical times have awoken something in each and everyone of us.

If we continue to succumb to the negative effects the pandemic has brought on us, many good achievements and unexpected benefits that have come to life like sparks, during that time, will be underrated.

For instance the cessation of industrial and chemical procedures have led to an improvement in disinfecting the vital rise in carbon dioxide from the atmosphere, which is fantastic news.

Another example as to why the epidemic hasn't been as awful as one may think, is that it has brought humanity together and tied it with a ribbon so it can work in harmony to defeat the situation. Given the hostile state areas around the globe have been in, this break from vicious and malicious relationships was highly appreciated by many.

Moral of the story is that if we try hard enough to search for the shadow of a flame in the vast darkness, faith will cleanse our damaged soul.

Chereches Dana, XI F

Life during lockdown

2020 was a year full of trials and emotional load, with new feelings and events. A year more special than the other years I have experienced so far, more exactly with the emergence of a new virus, which has disrupted our plans this year.

Coronavirus disease is an infectious disease caused by a newly discovered coronavirus, which spread all over the globe and came out of nowhere in our lives, all of a sudden. The new virus that was discovered in China has somehow affected all the people around the world, and ravaged countries and people alike, economically and mentally. I believe that it was shocking for most of us. Lack of socialization and outdoor activities, changes of our basic everyday routine were hard to accept and adapt to most people.

At first, I thought that it wasn't something very problematic, and a two-week break was a breath of fresh air for me. But those two weeks became three, then one month, two, three... it seemed endless. Students had to adapt to online schooling, which in my view had both advantages and disadvantages. For me, the main disadvantages were the long hours spent in front of the computer, unexpected or potential technological troubles, and the lack of interaction with my friends. On the other hand, I had more free time for the important classes, I didn't have to wake up very early and walk all the way to school and finally, the most important

thing: spending more time with my family members.

All things considered, everybody had something to learn from this challenge; undoubtedly, health should be seen as a priority.

Bledea Cristina, XI A

Five lessons

The pandemic has taught me that patience is the key. I have taken the time to look at myself and get to know all my flaws and also my strong points. I have started loving myself a bit more once I began discovering myself. Enjoying the little things is really important in times like these. When someone takes away something no matter how small it was, it hits you in different aspects. When we were put in the first

quarantine I realized how privileged we were when we had our freedom. One of the wisest things I have learnt was that no matter how hard it gets, it will always get better. Better things are yet to come: slowly, but surely. Another thing I have learnt taught me that we shouldn't waste the time we have with our loved ones. It's really important to appreciate even 5 minutes with them. Last but not least I have learnt that living in the present is the best. I stopped thinking about the future and stopped living in the past. I am now a better version of myself.

Overall, 2020 was probably the worst year of my life yet it has taught me some very important lessons.

Erdelyi Carola, XI F



See the best in things

Flames of a pandemic... or time of change

2020 was a very different year full of ups and downs which allowed us to understand many things about ourselves and about life.

I personally have tried to look at this situation as an opportunity to understand what things that really matter are. We understood how important it is to be close to our loved ones because at any moment everything could go upside down. We have all realized how important the collaboration of all of us is and how a simple stay at home and respect some common rules have saved so many lives.

Thanks to quarantine I have learned that I don't necessarily need physical contacts to feel close to someone, sometimes hearing a person on the phone is worth more than the presence of a hundred. It was initially difficult to get used to this new lifestyle but now it has almost become a habit. And I can admit that these little returns to "normal" make me feel very strange almost like that is not "normal". Among all the positive parts of pandemic there are also negative ones. Many have taken this situation as a chance to withdraw into themselves, far from reality, developing various social anxieties. However, I hope that this 2021 will be even more full of possibilities and new experiences.



Once the school was over, we were supposed to enjoy a vacation which should have meant free time, fun, time for us, family and friends but more important: freedom. But things don't always happen the way we want them to. It all started back then, once upon a time like never before... it was... a pandemic, named COVID-19.

"A slightly more severe cold" as some people said, which seemed to have turned our lives upside down. We had time to reevaluate ourselves as human beings, realizing how ephemeral we are in this life. Unfortunately, I could see a lot of uncertainty, pain and helplessness. It was the time

when we all learned how to make peace with the uncomfortable. As a teenager, I was outraged by the inability of science to manage a disease, a "simple cold" that was spreading way too rapidly all over the world taking over planet



Earth and subjugating humanity, turning it into a sharp scream that changed the whole order. It was extremely painful to see all those images on TV and all the lives that were taken. I have also learned about "social distancing" and its effect on humanity.

I was extremely marked by the attitude, the courage, the responsibility, the dedication that the doctors showed but at the same time I was horrified by the

fact that so many scientists, researchers, virologists couldn't stop the attack of COVID-19.

Oltean Alexandra, X A

Demeter Andrei, X F

Just do it

If I decided to write about the negative effects of the pandemic, it would be too ordinary, so why not think positively and write about the good things that have happened since 2020?

If a door closes, open a window; if schools close, open a book; if gyms close, use your room. This pandemic has made me mentally stronger, but has also made others weaker – it’s sunset for some people, sunrise for others. It’s all about the way you look at a situation and you need to take advantage of it. I’m not saying that I’ve studied hard for almost a year... instead, I learned a lot about me. I’ve also realized that what school teaches us is not helping the large majority of students, even though we still have to study in order to be successful ... the question is what? Let’s face it, there are lots of students who graduated from a college with a high degree, but still end up working in a totally different field and sometimes they can hardly get a decent job. Also the number of depressed people has drastically increased in the past 50 years, including the number of depressed students... the question is why?

Sir Ken Robinson said that schools kill creativity. I would also add parents who have high, sometimes unrealistic expectations, teachers who are always asking what university we would like to attend, or simply close people telling us what to do – these are all ingredients for a recipe called “an unhappy life”. Oh, wait... there are a couple more ingredients: always waiting for the weekends to come, longing for a highly paid salary, and hating Mondays.

I could write hundreds of words about what has changed in my perception and made me feel more confident. Finally, I’ll give you some food for thought. We all have something we want in life, we have dreams and aspirations... what if you learned more about your dream(s) instead of wasting your precious time on your phone all day? Find out more



about your life goals and take the first step. Building a big house starts with small bricks.

Kölcsey Istvan, XI F

The new normal

This pandemic goes far beyond masks, hand sanitizers or lockdowns.

The change we need won't come overnight. But the sooner we understand, the sooner we can start dealing with it, and the sooner we may realize that even though we don't yet believe it, the world has changed before our eyes. And when the world changes, you need to change too. So "going back" to the way we have been before COVID-19 is not an option. The real challenge is now; we have to start the process of thinking about a "new normal". Some people may find themselves in survival mode gathering information and resources to function at school or at work, as a person, and

in the relationships with others. Many people may be attempting to settle into their new routines. For many it may mean learning how to live again with friends, family which is not that easy anymore after staying at home for so long. A lot of my friends struggle to be productive and effective. I think that now it takes twice as much effort and energy to do a simple task. Others, myself included, may be struggling with frustration, sadness, anger, grief, anxiety and many other emotions.

I hope that there are a lot of people who have already adapted themselves to the new changes and find comfort in our new normal.

Criste Lorena, X A



Staying United, Together

The COVID-19 pandemic has fundamentally changed many things in our lives, leaving many of us in distraught. The lockdown made us realize the importance of actually appreciating the things and people we take for granted, as well as the spirit of our togetherness in difficult situations.

Not all aspects of this pandemic were bad, however. During the first lockdown, I had made the biggest accomplishment of my life. I found out that I was accepted in the Future Leaders Exchange Program (FLEX) after 6 months of waiting. I had just won a 10-month scholarship in the United States, entirely paid by the U.S. Government. I was so excited, even though the preparation process was held online because of COVID.

After about three weeks, we were notified that the program was cancelled, and the future of it was uncertain. Nobody knew what was going to happen with the program. I felt devastated.

Thankfully, I met other FLEX finalists through online Zoom meetings from all around the country. I felt so lucky and grateful that I could share this amazing opportunity with people just like me. We spent hours and hours talking just about anything, and it did not take a long time for us to become best friends. After the disappointing news, we decided to take matters into our own hands. We reached out to over 450 FLEX finalists, alumni and American host families from 16 countries in 2 days through social media and wrote an open letter to the American Councils expressing our opinion about their decision of cancelling the program. We included messages from other exchange students expressing their feelings, and surely our message was heard. The program was postponed to this year, and



in a few months we will be departing to the United States.

I will be forever grateful for my friends at FLEX, it felt good knowing that none of us were alone during those difficult times. Since then, we have met two times, in Sibiu and Bucharest, and our friendship is as strong as it was in the first day.

Poliac-Seres Alexandru, XI F

The sun after the storm

We all remember the moments we spent together at the beginning of 2020. At that time everything was good, we saw each other in high school every day, we socialized, we were happy and did not know how to appreciate the moment. But then, on a Tuesday, we received the news that we would have a two-week vacation. Not understanding the gravity of the situation, at the moment we were all happy.

Those 2 weeks turned into months, a couple of months later, life as we knew it fundamentally changed. With our eyes on the screens, we became more anxious, more fearful, sadder and all we wanted was to see each other again. Then there were more and more restrictions, we couldn't see our families, we couldn't go out with friends like we used to. We lost ourselves more and more every day and we couldn't do anything. All we had to do was get used to it and accept the situation.

Last year felt like a decade, but what matters now is that we are more united than ever, with or without masks, with or without social distance, now we can see each other and regain confidence in ourselves and our future. Now we care much more about a memory and we know how to enjoy the moments spent together because we do not know when and if we will have them again. You've made it so far so be proud of yourself and live your day as if it were your last!

Mesaros Denisa, XI F

la pandémie

Je m'appelle Andreea Leonte et je peux dire que je passe par une expérience due à cette pandémie. Depuis le début de 2020, quand cette pandémie est apparue tout me semblait très étrange, parce que nous devions porter des masques de protection, garder nos distances avec les autres, désinfecter les choses autour de nous pour nous protéger et je ne pouvais pas accepter cette chose. Au fil du temps, je m'y suis habitué et j'ai aimé passer du temps à la maison, parce que je ne faisais pas ça si souvent et surtout j'étais beaucoup avec ma famille. J'ai commencé à m'habituer à l'école en ligne, j'ai gardé ce désir de faire mes devoirs et d'apprendre, tout comme je le faisais quand je fréquentais les classes physiquement.

Il y avait aussi des aspects négatifs dans cette pandémie. Je ne pouvais pas voir mes parents ou mes amis, je ne socialisais avec eux qu'en ligne, mais j'ai toujours regardé le bon côté de ces choses. Je ne pouvais pas partir en vacances, car cela aurait été trop dangereux, mais j'ai passé mon temps dans des endroits de ma ville.

Mon opinion est que j'ai appris de nouvelles choses grâce à la pandémie et j'espère que cela se terminera le plus tôt possible.



Leonte Andreea, X C

Le nouveau chapitre de nos vies

La pandémie a bouleversé le monde. Elle est venue comme une nébuleuse dans nos vies, celle de tout le monde, et a apporté le chaos avec elle. Si j'y pense, malgré toutes les épreuves auxquelles le monde est confronté, je peux dire que cette pandémie était un mal nécessaire. Oui, la pandémie causée par le nouveau virus Sars Cov 2 a kidnappé trop d'êtres chers autour de nous, cela a provoqué une panique indescriptible dans l'âme des gens, cela nous a fait vivre des expériences ou des souffrances que nous ne pensions pas vivre, mais cela nous a aussi fait réfléchir attentivement à nos vies. Ce virus nous a appris à revoir nos priorités et à aborder chaque situation.



Tout au long de cette quarantaine, alors que le monde semblait s'arrêter, le temps passé dans le confort de notre maison avec nos proches était inestimable. Chaque moment avec les personnes chères à notre âme est un moment spécial. En raison de cette pause, pendant laquelle nous avons eu le temps de réfléchir à la situation existante, je considère que la plupart des gens ont réalisé à quel point nous étions chanceux et heureux, mais nous ne l'avons pas réalisé. À cause de la routine ou de l'agitation quotidienne autour de nous, nous avons oublié de profiter des petites joies de la vie.

Je pense que cette période était le meilleur moment pour réaliser à quel point les relations interpersonnelles sont importantes pour nous.

Les gens ont besoin d'amour!

Soyons heureux, sereins, forts!

Ayez de la lumière dans vos âmes et beaucoup d'amour!

Pop Alexandra, X C

Pandémie vs Les Adolescents

Le 11 mars 2020 c'était le début de la pandémie en Roumanie. De nombreux adolescents, tout comme moi, ont abandonné leur vie sociale, leur lycée et les sorties avec des amis pour se protéger. La vie dans une pandémie c'était une aventure, avec des hauts et des bas.

L'école en ligne était le premier changement majeur de notre vie. Chacun d'entre nous s'est battu avec l'internet, le micro ou le son. Tous, étudiants ou enseignants, nous avons expérimenté la communication



virtuelle, avec ses difficultés. Souvent, nous ne nous sommes pas entendus ou nous avons inventé des excuses pour ne pas participer aux tests. Chacun de nous a utilisé des excuses comme « Je ne t'ai pas entendu », « Tu peux répéter ce que tu as dit ? » ou l'éternelle excuse « Je n'ai pas d'internet ». Aussi, nous nous sommes réveillés quand nous voulions, nous avons mangé comment et où nous voulions. Notre vie est devenue plus confortable.

Sans vie sociale, beaucoup d'adolescents, ennuyés de la série proposée par Netflix, ils ont développé de différentes compétences. Musique, cuisine, sport, peinture, couture et lecture ce ne sont que quelques-unes des compétences acquises par les jeunes.

À titre d'exemple, j'ai appris la langue des signes pendant la pandémie et j'ai également appris à crocheter.

Même si ça a commencé comme un inconvenient, la pandémie a révélé des talents cachés que beaucoup d'entre nous ne savaient rien de leur existence.

Barbu Ana, X C

Surviving the pandemic

What did this pandemic mean for the world...what did it mean for me? Well, it led to a dramatic loss of human life worldwide and caused many economical problems. For instance, Romania became the first country in Europe to announce that schools, pre-schools, as well as universities will remain closed until the beginning of the new school year, in September.

Personally, during the lockdown, I wasn't affected very much, because my life hasn't changed dramatically. I didn't use to go out a lot anyway, so I wasn't too bothered by the new situation.

I was really just trying to stay safe for me and mostly for my family, as I didn't want anything bad happening to them, since they are more vulnerable to the virus.

During the lockdown I learnt my lesson about friendships; my best friend “abandoned” me after the first month of lockdown. This was the only thing that really affected me, because, thank God my family was safe and healthy.

I strongly believe this whole experience was a process of personal development, I grew up so much and I feel wiser now.

Also, I got much closer to my family, being stuck with them everyday. Me and my mother became closer than ever, grew stronger as we had so



much time to talk to each other. When lockdown was over, on the 15th of May, everything was almost back to normal. Summer was awesome because I had become more sociable and open to meeting new people and try new things. If it weren't for the pandemic I wouldn't have met a special person that made me feel safe, happy, more sociable and very loved. I had done so many good things in one year ...I see

life from a different perspective.

I'm really looking forward to the end of the pandemic, to finally feel safe with each other, travel and do all the things we can't do right now because of the restrictions.

Opoliciuc Clara, XI D

My life during the pandemic

The pandemic...this was a particularly difficult time to be young. It's hard to be a teenager in any context and the coronavirus pandemic made this period even more difficult. Teens were depressed, lonely and dissatisfied with their new life. Because schools were closed and events were canceled, we missed out on countless opportunities to develop and interact with others. The pandemic brought with it feelings of anxiety, isolation and disappointment. I had a hard time catching up with my friends and relatives because of lockdown and even after we had returned to school we were anxious because we were still afraid and tried to protect ourselves as much as we could. I felt that we could no longer communicate as we did before the pandemic. We've lost so many memories this year.

This horrible disease did not bypass my family, we were all infected three months ago, despite the fact that we had worked hard to be as responsible as we could and follow all the authority's guidelines. Although I had a mild form, I still feel the consequences, I have no taste and smell.

But the pandemic also had good parts: I spent a lot of time with my family and visited some of the most beautiful places in our country. Thanks to the pandemic we picked up a new, wonderful hobby – hiking, walking for pleasure. I'm so proud that I am able to walk considerable distances without becoming overtired. Also, hiking through the countryside gave me a feeling of independence, I felt at peace away from the noise of the city. I have learned to value more what I have and to enjoy the present.

In conclusion, this pandemic taught me some harsh but also important lessons that changed me. I understand now that I must be more responsible for both me and my loved ones. I understand that I must be strong and brave. It was not an easy year, but it was a year of great changes.

Hațegan Alexia-Raluca, XI D



How COVID-19 changed my life

We all know the general term for this phenomenon called "pandemic", an unpleasant phenomenon which has unimaginable consequences, harmful for us, both mentally and physically. Although it is hard to believe, the pandemic can also bring us positive things in our life, it can offer us important lessons, not only insecurity or lack of self-confidence.

At the beginning of 2020 we received the news that pleased all the students, at first, namely that we will have to interrupt classes for two weeks due to the epidemiological situation. Everything was fine, but after two weeks the quarantine continued and we started feeling desperate. The thing that stressed me out most was the uncertainty. I had the opportunity to notice the importance of socialization, the importance of other people's company, but also what the lack of interaction with them can bring. I started reading personal development books, books that helped me understand myself better. I found all that positive words and uplifting concepts really healing and inspiring. In addition to the moral development I acquired, I managed to get back in shape, practicing a lot of sports. I started to get to know myself, to put myself first and to focus a lot on what I like and what I want to do in the future.

If there is one thing this has all made me realize, it's that nothing is certain. Everything we take for granted- none of it is a given. Hold on to what you have while you have it, and take the time to appreciate the wonderful things in life, because you never know when it will be gone.

Moldovan Denisa, XII D

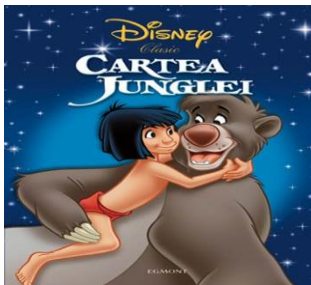
Mes passions...pendant la pandémie

Comment nous a fait ressentir la pandémie

- La pandémie a imposé des changements dans notre vie quotidienne nous a donné l'impression d'être anxieux, isolés et déçus, vous devez savoir que vous n'êtes pas seuls. Beaucoup d'entre nous ne savaient pas quoi faire, comment communiquer avec nos proches, quelles activités choisir, mais tous ces «rêves» se sont arrêtés au mot «pandémie» et à ses restrictions

Les solutions que nous avons trouvées pour faciliter cette pandémie

- En passant du temps avec diverses activités. En tant que moyens par lesquels nous pouvons nous détendre et créer un équilibre dans notre vie quotidienne, certaines activités seraient; faire les devoirs, regarder un film préféré ou lire un livre avant de se coucher.



Les choses pour vous-même

- Avez-vous déjà voulu apprendre quelque chose de nouveau, lire un livre ou étudier un instrument de musique?



Concentrez-vous sur vos passions. Par exemple, je me suis davantage consacré à la musique, pendant la pandémie, j'ai appris à cuisiner n'importe quel type de nourriture et j'ai même commencé à faire du sport.

Autres conseils

- Mangez sainement et aussi varié que possible. Les fruits et les légumes contiennent de nombreuses vitamines qui vous maintiennent en forme et vous rendent plus fort contre les maladies.
- Restez en contact avec les enseignants ou les camarades de la classe. Il vous sera plus facile de récupérer vos leçons à votre retour à l'école.



De mon point de vue Ce que la pandémie nous a appris

Cette pandémie nous a appris à mieux prendre soin de nous-mêmes, à nous donner plus de temps, à avoir une bonne hygiène et à passer plus de temps avec nos proches, en leur donnant de l'attention et de l'amour.



Cârlig Titiana, XI G

My pandemic experience

For the world, this pandemic is nothing new, the world has gone through many other viruses and similar situations. This current pandemic put the world on pause, a pause which gave me time to reflect a



lot. Stress has been governing our lives and quarantine has brought a wave of anxiety. However, the current situation we all now face has allowed us to gain a more personal insight. This period of time has created the opportunity to check up on and connect with my family and colleagues more often than we did before. Even though we were connected through a screen, we were not missing out on being socially connected. I have to recognize I had a hard time adapting to online learning, being difficult to study in a non-academic environment. It was really difficult to find motivation and I always felt a lack of energy.

But this pandemic taught me so many good things as well. It taught me to appreciate the moments lived near my loved ones. During this period I had been painting a lot. I also specialized in handcrafted decorations and found out that I really liked Russian music and maybe in the future I will study it, who knows?

After this period, I hope people will spend more time outdoors, do a lot of sports and visit many places in our country.

Maybe the world needed a time-out to remember how to appreciate what it had but forgot to experience.

Les Alexandra, X D

Pandemic feelings

A lot has happened since the birth of Earth
There have been wars and even great catastrophes,
But none like this battle we wanted to bring to an end,
A battle of the mind and body, a battle of trying to do what's right.

It may not seem a matter of life and death,
Especially for those who did not cross that path,
But some very vulnerable people did pass...
And the result was far worse than dry coughs and headaches.

I feel this was a lesson for all who did forget to care,
Appreciate and understand the others better.
We're all in this.... and I shall say,
We've always been together.

Pop Tudor, XI A



Le virus qui a effrayé le monde

La pandémie a été une période très difficile, en raison du stress et des règles imposées. Presque un an où nous étions contrôlés et nous avons peur de sortir dans la rue pour ne pas enfreindre les règles imposées par les autorités. Pour moi, honnêtement, c'était une période pleine de stress et d'émotions.

Dans le même temps, l'école en ligne était une chose utile pour les élèves et les étudiants. Même si j'ai étudié en ligne, il était assez difficile de passer six heures devant l'ordinateur ou devant le téléphone. Cela m'a fait comprendre que se n'est pas très bien de passer toute la journée devant l'écran et qu'il faut se promener et se détendre plus. Toute la pandémie a été un tourment pour moi, mais en même temps, elle m'a fait réaliser à quel point se trouvent les gens autour de moi. Tout d'abord, la pandémie m'a plus affecté en ce qui concerne l'école. Dans certaines matières je n'ai rien compris et le confort de la maison peut être considéré comme une mauvaise chose.



En effet, ce virus existe, mais il est exagéré de mon point de vue, je pourrais dire que les gens ont peur de ce virus et à cause de cela ils ont peur de quitter la maison. Une bonne chose qui m'est arrivée a été d'être proche de ma famille. Avant la pandémie, je n'ai pas passé beaucoup de temps avec mes proches, mais pendant cette période, nous avons commencé à passer plus de temps ensemble. Je crois que la pandémie aurait pu être évitée si nous, les humains, étions plus prudents avec la nourriture, avec les choses liées à l'hygiène humaine. Ce manque d'attention conduit au fait d'être emprisonnés par les autorités, et en même temps manipulés comme ceux qui dirigent le pays veut!

Gurza Bianca Mădălina Lia, XI H

Mes pensées... pendant la pandémie

Que puis-je dire sur la pandémie? Je pourrais commencer par dire, comme toute autre personne, que c'était une période: dure, stressante, pleine de peurs et de nouvelles règles à suivre avec la plus grande rigueur dans laquelle pas serrer dans bras proches, dans laquelle l'anormal est devenu normal.

Pour moi, la principale source de stress était l'école car pendant cette période j'ai mené une guerre entre: le confort de la maison et les cours en ligne. Bien que les enseignants ne m'ont pas tant demandé en ce qui concerne les devoirs, je peux dire que c'était très difficile à trouver la motivation pour les faire ou les apprendre. Tout ce qui se trouvait dans ma chambre me déconcentrait ou je cherchais autre chose à faire. Je dois

avouer que c'est l'une des raisons pour lesquelles je n'ai pas compris certaines matières mais aussi le fait que les modalités de déroulement des cours en ligne sont limitées (sans tableau noir ni vidéoprojecteur). Elles ont rendu plus difficiles des matières comme les mathématiques, la physique ou la chimie au

sens. Un autre aspect stressant était la peur que des personnes importantes dans ma vie ne tombent pas malades; cette pensée m'a toujours amené à faire très attention aux mesures de protection. Pendant ce temps passé à la maison, j'ai appris à apprécier plus les choses qui me paraissaient insignifiantes avant la pandémie comme: les promenades à l'extérieur, les rencontres entre amis, les visites des parents, la chaleur du soleil, l'air frais et l'école physique. Le fait de rester à la maison m'a fait découvrir de nouvelles habitudes telles que: la peinture, la lecture de poèmes, la cuisine et le jardinage.

Maintenant, en conclusion, je ne peux pas dire que la pandémie était insupportable mais je ne peux pas dire que c'était amusant, c'était simplement DIFFICILE! Mais je tiens à remercier aux personnes qui espéraient et espèrent encore le meilleur, aux enseignants pour l'effort de trouver des solutions pour les cours en ligne et pour les «querelles» qui nous ont poussé à faire l'effort d'être présents, aux parents qui

ont essayé de maintenir l'atmosphère magique pour ne pas ressentir tant la pression d'une pandémie mondiale, aux créateurs de contenus divertissants qui nous ont fait quelques sourires et nous ont distraits un peu des problèmes mais surtout aux médecins. Merci pour tous les efforts que vous avez déployés pour vaincre ce virus, pour toutes les nuits blanches, les doubles tours, les pauses déjeuner manquées, les risques auxquels vous vous êtes exposés.

Merci, on est très fiers de vous!

Ferrise Maria Rosa, XI H

Adolescent en pandémie

Ma vie dans une pandémie

Les pandémies ont toujours existé, mais se sont propagées depuis très longtemps. Bien que je pensais que de tels moments avaient été racontés par des ancêtres, comme la grippe espagnole qui a frappé le monde il y a 100 ans, maintenant qu'aucune des générations n'a échappé à la nôtre. Touchée par un tel fléau, ma vie a changé tout ce temps, avec les restrictions imposées.

Je peux dire que je fais tout plus tranquillement, je me repose davantage et je profite de tout ce temps pour améliorer mes connaissances en résolvant divers tests de culture générale. J'aide mes parents dans diverses tâches ménagères et j'ai appris à tout prioriser pour me rendre la plus utile possible et réduire le stress familial.

L'interaction et la proximité au sein de la famille sont fondamentales et bénéfiques tout au long de cette période d'isolement et de distanciation sociale. J'ai gardé l'esprit le plus clair possible afin d'avoir l'esprit flexible et de m'adapter aux différents changements qui se produiront à l'avenir.

Ma vie est beaucoup plus équilibrée après la période de pandémie et cela me fait croire que

l'origine peut avoir un esprit sain dans un corps sain, peu importe ce que l'avenir nous réserve.

Cette période a-t-elle un impact sur les adolescents?

Nous devons d'abord réfléchir à ce que signifie normalement l'adolescence, dans une période normale, sans défis supplémentaires. L'adolescence elle-même est un défi.

C'est un défi pour les parents qui peuvent devenir nerveux, s'inquiéter de la situation matérielle de la famille et accentuer le conflit déjà existant entre les adolescents et ceux avec qui ils vivent. Les adolescents peuvent à leur tour traverser des moments supplémentaires d'anxiété, de dépression ou de démotivation en raison du fait qu'ils ne peuvent pas socialiser avec leurs pairs. Tout cela peut contribuer à un état continu d'absence de sens et de motivation.

En guise de conclusion, l'impact de cette période de pandémie et d'isolement pourrait être majeur sur ceux qui sont maintenant à l'adolescence et peut-être même sur les adultes plus tardifs.



Que peut faire un adolescent pour s'adapter émotionnellement?

L'adolescent a aussi sa part de contribution. Tout d'abord, il doit être honnête avec lui-même et reconnaître quand il a un problème de quelque nature que ce soit, surtout émotionnel, une condition particulière qu'il ne peut pas expliquer et faire appel à l'aide de ses parents, ne pas attendre.

Il est également nécessaire que l'adolescent maintienne une communication constante avec ses amis ou camarades de classe, professeurs, etc.

À mon avis, ce virus a changé nos vies.

Puț Aurelia Raluca, XI G

Aliens and the virus

A few days ago, two NASA scientists decided to make a trip to space so that they could take an interview about the corona virus of aliens, that's how it went.

Agent 1 NASA: „After a long journey from Earth to space I arrived well, and here I am with Lenuta and Costel, two of the most in love alien couple. Now that you know most of who they are, let us ask them a few questions.

I'd rather start with Lenuta: can you tell me what most disturbed you about the virus that hit Earth, and what you liked about it?”

Lenuta alien: „Let's start with the beginning ... I didn't like it from the beginning ... a first disadvantage was that people had to stay in their homes for too long, and we had no one to spy on at first. You know...we

watch humans on our TVs and now.... nothing happened! At first everyone was frightened, people were happy to spend time with their families, but then things took a complete turn... olla lalalala! Suddenly the atmosphere started getting heated! They were fighting all day long, out of nothing! It was pure comedy! This



is how I and Costel's even forgot that we planned to invade planet Earth in 2020..”

Agent 1 NASA: “Many things have been heard on Earth about you, and earthlings believe that you would be involved in creating this virus. What do you think about this?”

Lenuta alien: „Come on ... if we wanted to invade the Earth, it was clear that we needed people to be as free as possible so we can destroy them all not to play hide and seek. Wait a minute ... I'm going to see how the Maramures people are doing..... (surprised) My spy cam in Maramures shows me that they managed to get rid of the covid with their antidote called „palinca”! OMG!

Agent 1 Nasa: „Wait , Lenuta alien , let's go together in Maramures and check this antidote! I will contact my colleague who will interview your husband, Costel.”

Agent 2 Nasa: „Hi Costel! Can you tell me what upset you the most at this

difficult time?”

Costel: „Hi! Now that my wife is not around I would like to tell you that this period was terrible because every day I had to support my wife 24 hours a day. If our plan worked, think how free I would have been on Earth ... without her rules ... without screams. To be honest I felt

like the earthlings in a way, but I was controlled by Lenuta not by the corona virus.”

Agent 2 Nasa: „How did you feel about this period?”

Costel: „Apart from the fact that I had to spend a lot of time with my wife, I found it quite funny to watch on satellite how people panicked. I was most amused by the people of Maramures, I knew they were very slow, but at the beginning of the pandemic when I watched them on the satellite it was as if they had turned into ants. In the supermarket parking spaces, everyone was struggling to arrange in their cars the toilet paper boxes and the bags full of food. But I didn't understand why ... still it seems very funny”

Agent 2 Nasa: „Thank you very much, Costel!”

Costel: Agent 2, can you please give my wife something to work in Maramures, not much, just to keep her busy for 10 years or so? So I can be free?

Agent 2 Nasa: I am sorry Costel, my colleague just texted me that she is on her way home with lots and lots of boxes of Maramures’ antidote! (Lenuta’s voice can be heard far away!)

Lenuta: Costel! We have the antidote!

Agent 2 Nasa: Run, Costel! Run! Dear viewers, as you can see aliens or humans, we are the same! Good bye!

Filip Adina, IX F

Pandemic life

I’m going back to school today
After a year behind the doors
Cuz of an invisible enemy
That’s not in a hurry
A disease that speeds person to person
While looking to our television
The virus is crawling through the human files
Looking through our lives
Making us stay in our homes
Looking at our phones
I miss staying out after 10
I want to have fun again
But somehow it will stop
Not having to stay with the mask non-stop
I can’t wait for everything to be OK again.



Harangi David, IX F

Interview with the virus

In this interview our special guest is Covid-19, the virus that changed our lives completely.

Interviewer: In the beginning I want to ask you how did you appear?

Covid-19: That's a very good question. Many people think I appear because of a bat, other people think that I was made by the Chinese



people in a laboratory. This with the Chinese made thing really annoyed me! China made???? How did they dare? I simply appear, because people became too mean, too selfish, too intolerant and they needed a lesson!

Interviewer: How long did you expect this pandemic to last?

Covid-19: At first I wanted to show up, stay a few weeks, and disappear as quickly as I appeared, so the pandemic would have lasted only a few weeks, but because of some people the pandemic lasted longer than it should. I mean the people who said I was China made!

When I heard this, I wanted to show them I was not! Nothing made in China lasts so much, and is so perfectly created!

Interviewer: Did you expect to make so many victims?

Covid-19: No. I didn't really want to do victims, my intention was to make people realise how important is to stay together. But one thing led to another and....here we are!

Interviewer: How do you feel now that the pandemic is almost over?

Covid-19: Honestly, I feel a little sad because no one is afraid of me anymore and I feel useless. (starts laughing) Are you serious? It will never finish! Neveeeeeeeeeeeeeer! I will always be here from now on! I will always find ways to change my structure and you will never forget me! Just because you called me China made! (the virus runs away shouting never!)

Apati Maria, IX F

Love in Pandemic

Love is in the air
Like the virus itself

I would love to ask her out
But she's concerned about herself

I really want to see her,
Unfortunately I can't
I'm out of declarations, but on the other side
The problem is she don't want to go outside

It's 15th May, we're out of emergency state
To see her, I can't no longer wait
I asked her out, to go to The Log
But she refused me, she prefers her dog

She gave me fake hope
I thought love was dope
She kept getting into my soul, deeper
and deeper,
But I let her go, as she's not a
keeper.

I was a little heartbroken
When I did what I did
But I opened my 3rd eye
That's when I knew, my love will
never die.

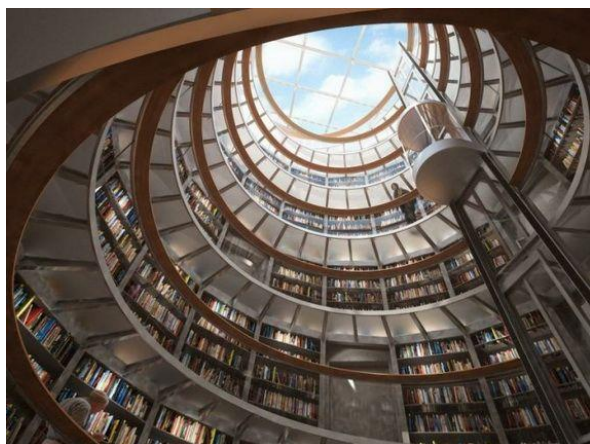
Miholca Ionut, IX F



Tales of the pandemic

The Flames of the Pandemic

Going back and seeing through
I knew what I had to do
Learning more than I had done
This was like my kind of fun
Everyday a newer way
Of getting knowledge on the tray
All the things I'm knowing now
Just feels like a newer you
Standards going back to back
Legislation had to crack



This was, like a dream for me
Staying home and being free
Had more time than ever wished
I now know of every fish
It was great having more time
I read every single sign
Knowing most of all from the Law
Knowing symptoms by jargo'

Agheorghiesei Rares, IX A

Coronavirus, the worst disease,
Hide in your homes, if you please.
A disease killing lives,
And spreading negative vibes,

Symptoms like fever making us weak,
Doctor's help, we need to seek.
Started in China, now, the world is sick,
Let us unite and find a cure, quick.

You will have fever as I told,
You will get headache and a cold.
Following up, then comes cough,
Getting rid of, is now quite tough.

You will get problems of respiration,
Now, we all need prevention.
Muscle pain can come too.
Let us build immunity, me and you.

Wash your hands with some soap,
We'll fight the virus, that's the hope.
Sneeze and cough into a tissue,
Let's take some steps to tackle this issue.

Don't go to crowded places,
Don't be one of those thousand cases,
Visit a doctor if you need care,
Now, just make others, all aware.

Fazecas Alex, IX A

Hoping for better times

There was a virus named Covid-19,
Who arose and took the world by storm,
Made us stay at home,
And roamed around the globe to make itself
known.

The roads become much calmer,
There was no more morning rush,
And more of scrubbing sounds,
And waxy plastic
crippling as we took
the masks out.

The days looked
different,
And school was not
the same,
As there was no more
playing together,
Cause we needed
more distance and
more space.

The four walls of our
house became our
friends,
And we learned a lot
about ourselves,
We started to grasp what is happening to the
people around us,
And empathize with the sick and those needed
help.

We learned a lot and changed as much,
And now we slowly start to go back to what it
was
And what we yearned so badly...
A little hug and holding hands,
Hoping and demanding that SARS-COV-2 will
vanish.

Sauca-Liber Denisa, XI A

Follow these lyrics to understand:

Long time spent at home

Although they promised us two weeks of
isolation

My room started to feel like a prison

Even the company of our families became
annoying

Still, there was something to learn out of
everything.

Over the years this will become memories of
Friends that we made in unusual
circumstances.

All was different, out of a sudden.

People have changed their lives completely
And we are now aware of how little we can
control, feeling the

Need to breathe fresh air, fighting

Depression in our own homes, surrounded
by our loved ones.

Everyday with a different mask, trying to

Match them to our useless outfits...

I'm sad, even though I

Choose to believe that everything is going to
be OK...eventually.

Tamas Anastasia, XI I



To find or not to find yourself

Hello! I am Maria and I've never thought I would go through such a thing as a pandemic. I am sure most of you don't enjoy this kind of “events”, but I've always thought that there is something good in every apparently bad situation and that everything happens for a reason – and this weird context makes no difference.

The fact that I went through the experience of being locked inside my own house helped me with one thing: I learned to love myself, and this is something I didn't know how to do before. Staying at home, being mostly with myself, created the perfect context to become conscious of the wonderful feeling of getting to know myself better. I realised that I was feeling strong and confident even if outside the walls of my home the world was a mess. It is a wonderful feeling to become aware of your own strength when you didn't believe there was any strength in you.



And this strength was not only a state of mind – it conquered my body, too, as another positive aspect of the lockdown was the fact that I started to workout more. We didn't have access to gyms, but in the comfort of my home, with millions of videos as inspiration, I started to cultivate my strength, both mentally and physically.

Working out, discovering that I am a strong person and keeping in touch with my loved ones via social networks were the things that kept me going when other people around me seemed like losing it. As I said in the beginning, I believe everything happens for a reason. I don't know the reason why this pandemic came upon us, but I know that because of it I am a stronger and more confident person. How about you?

Dale Maria, XI

Six things to do to keep you sane during a lockdown

There are a few words we have heard a lot recently: stress, anxiety, depression – all related to the difficult period we are living because of the pandemic. People say that they feel like they are losing their minds because of the isolation, but what if we could find ways to get the best out of this situation and not let ourselves be overwhelmed by negative feelings?

Here are 6 things that kept me sane during the lockdown – maybe they will help you, too.

1. TAKE BREAKS FROM NEWS

I made sure that the information I got was from well-known and reliable sources. You should do that, too. And evaluate how helpful it is for you to know all the details related to new cases, deaths and other negative aspects of this pandemic. Intentionally look for positive news, too.

2. TAKE CARE OF YOUR HEALTH

Breathing exercises helped a lot! You should try them: take long and deep breaths and focus on something positive. Meditation is also helpful. Be careful with your diet, eat balanced meals, get plenty of sleep and take long walks or runs. These things helped boost my immunity and my resilience.

3. DO A “WORRY DROP”

I wrote a list of all my fears and try to see which of them are rational and which are irrational. Then I created a list of things going well and this way the worry level dropped by half. It is always a good idea to become conscious of the good aspects of your life – you will be surprised to find out that there is a lot to be thankful for.

4. REDESIGN YOUR SCHEDULE

I tried to focus on what I could control and let go of all the other things. You should also try to stick to a routine as this will give you a sense of worth.

5. UNDERSTAND PERSONAL LIMITS

I noticed that it was easy for me to panic when I read a lot of information over a short period of time – my brain could not process it fast enough and that lead to fear and anxiety. I understood that I should stay away from too many new things at a time and that helped with controlling my feelings. Find out what your limits are and try not to cross them.

6. GET HELP

When I felt like losing it, I talked about the things that were bothering me with my parents. It wasn't necessary to get to a therapist, because just by talking to them I felt better. But if you feel like the worry and anxiety levels are too high for a simple discussion to be helpful, you should get professional help. Therapists help us become aware of the fact that there are tools that we have at hand and we can easily use to get through difficult times.

These times we are living are challenging for many of us – but if we stick together, we can make it through. Keep your friend close, and your family closer – they are an endless source of support and inspiration.

Dumitrescu Stefania, IX A



In a quiet world

I am not here to tell you what started this pandemic or if and when all of this will end. I am not here to make complaints; you've heard them all before. I am not here to make cliché statements about how much I came to value the freedom to go outside, because I don't. But now, I value myself.

I was a quiet boy in a loud world, who often stayed home when there was a party or something else going on because I was kind of anxious. I wasn't aware of this, but with the pandemic just around the corner, everything was about to change. My way of socializing was the phone call and guess what – it became everyone's way of keeping in touch with loved ones. For me this meant one thing – it was my chance to get to know more people and in one night only I met three other people while chatting with one of my friends.

After a lot of memories were made this way, school started...and the online period ended in the exact way it began: fast. But I am not the same person: I am not anxious anymore. I will go on meeting new people and going out and socializing as much as I can. Because here we are, hopefully at the end of the pandemic, with almost nothing new, except for the most valuable thing: self-trust.

Stan Bogdan, IX F



Lockdown Poem

Lockdown Poem

There are cobwebs in the corners of my messy gray walls,
A broken pipe spits droplets of water,
I'll never amount to anything, forgot when I forgot myself...
The excessive time I've spent here really got me parallel.

Who cares if people are dying if I get to stay home?
School made me look like I have a syndrome... a surplus of a chromosome.
Never really heard of a tie, some pants or a suit
I can learn about ancient Greece or how to play the flute.

I've been staring in the mirror all day long
I'm caged with this person I hate, but we tend to get along.

Daily talk with my imaginary friends became really boring
Rain never stops pouring, so we can't go exploring.

The planet's doing better, there aren't as many cars
And I think we could all agree that we needed a pause.

Lastly, if you think getting used to being alone was hard
Jokes on you,
Because I already was.

What about we stay vigilant, it's been a long drive
We've made it through the year,
We're finally alive!
The parties that we'll throw
Will be the best we've ever had.
You don't joke with smart monkeys,
You Covid little brat!

Dan Catalin, XI A

Funniest Quarantine Jokes

1. Why did the chicken cross the road? Because the chicken behind it didn't know how to socially distance properly.
2. How did the health experts lie? They said a mask and gloves were enough to go to the grocery store. When I got there, everyone else had clothes on.
3. Nothing like relaxing on the couch after a long day of being tense on the couch.
4. Day 121 at home and the dog is looking at me like, “See? This is why I chew the furniture!”
5. If you bought 144 rolls of toilet paper in preparation for a 14-day quarantine, you probably should have been seeing a doctor long before coronavirus.
6. Two grandmothers were bragging about their precious darlings. One of them says to the other, “Mine are so good at social distancing, they won't even call me.”
7. Whose idea was it to sing “Happy Birthday” while washing your hands? Now every time I go to the bathroom, my kids expect me to walk out with a cake.
8. My husband purchased a world map and then gave me a dart and said, “Throw this and wherever it lands—that's where I'm taking you when this pandemic ends.” Turns out, we're spending two weeks behind the fridge.
9. Ran out of toilet paper and started using lettuce leaves. Today was just the tip of the iceberg, tomorrow *romaines* to be seen.
10. My mom always told me I wouldn't accomplish anything by lying in bed all day. But look at me now, ma! I'm saving the world!
11. After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.

Q: If 2020 was a drink, what would it be?
A: Colonoscopy prep

12. If I keep stress-eating at this level, the buttons on my shirt will start socially distancing from each other.
13. Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
14. Being quarantined with a talkative child is like having an insane parrot glued to your shoulder.
15. The World Health Organization announced that dogs cannot contract COVID-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.
16. This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog – we laughed a lot.
17. Quarantine has really put a damper on comedy. For months nobody has walked into a bar.
18. What's the difference between COVID-19 and Romeo and Juliet? One's the coronavirus and the other is a Verona crisis.
19. Nail salons, hair salons, waxing center and tanning places are closed. It's about to get ugly out there.
20. I'll tell you a coronavirus joke now, but you'll have to wait two weeks to see if you got it.
21. If there's a baby boom nine months from now, what will happen in 2033? There will be a whole bunch of quaranteens.
22. So many coronavirus jokes out there, it's a pandemic.
23. During the pandemic, it's important to take after NASA. Give people space.
24. Why hasn't anyone in Antarctica contracted COVID-19? They're so ice-o-lated.
25. I would make a COVID-19 joke, but it would be tasteless.

Questionnaire sur la pandémie

L’objectif de cette enquête – l’impact de la pandémie sur l’état de bien-être des élèves de notre lycée suite à l’isolation et aux changements de comportements.

La méthode de l’enquête : questionnaire à remplir en ligne sur Google docs, retrouvable au lien

<https://docs.google.com/forms/d/1Tf5yRMskrHshQ4JuvbDQGPNFWmg95DJ5JFokRjavGVM/edit>

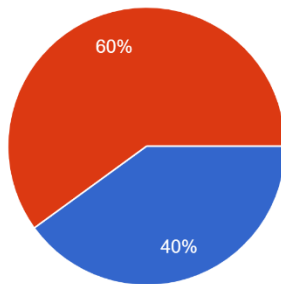
Echantillon : 160 élèves de 14 à 18 ans de 11 classes du Lycée Théorique « Emil Racoviță »

Participation : volontaire et anonyme

Période : Le questionnaire a été appliqué en mai 2021.

Nombre de questions : 16

Durée de la passation du questionnaire : de 10 à 15 minutes.

Interprétation des résultats par questions :**1. De quel sexe es-tu ?**

• Masculin

• Féminin

La plupart des répondants sont du genre masculin (60%) et les filles sont représentées par un pourcentage de 40%.

2. Quel âge as-tu ?

L’âge prédominant des répondants varie entre 14 et 18 ans. 14 ans (1,88%), 15 ans (12,50%), 16 ans (30,00%), 17 ans (39,38%) et 18 ans (16,25%).

3. Quels sentiments/états émotionnels as-tu ressentis plus fortement que d’habitude pendant la pandémie ?

- soulagement (21,9%)
- impuissance (18,1%)
- peur (28,7%)
- désespoir (26,3%)
- déprime (20%)
- incertitude, insécurité personnelle (33,8%)
- anxiété, inquiétude (48,1%)
- frustration (30%)
- mauvaise humeur (48,8 %)
- panique (11,9%)
- colère (25%)
- insomnie, troubles du sommeil (30,6%)
- solitude (41,3%)
- désintérêt/plaisir à faire quelque chose (38,1%)
- problèmes de concentration (44,4%)
- fatigue, manque d’énergie (50,6%)
- nervosité, irritation (30%)
- manque d’appétit (20,6%)
- augmentation de l’appétit, malbouffe (25,6%)

Comme l’approuvent les réponses, les états émotionnels les mieux sentis par les élèves sont

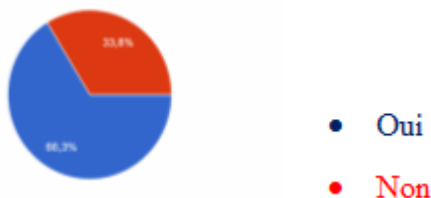
de facture physique : fatigue, manque d'énergie et les problèmes de concentration qui s'ensuivent ayant une répercussion sur leur situation scolaire, des états d'anxiété et d'inquiétude qui génèrent aussi la mauvaise humeur et le désintérêt. Ces bouleversements sont, d'ailleurs, ressentis aussi à l'échelle globale.

4. Quelle a été ta plus grande peur pendant tout ce temps ?

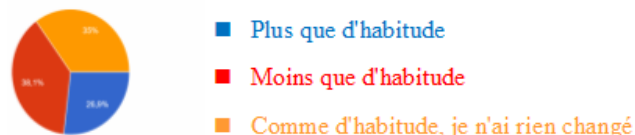
Cette question vise à faire témoigner les répondants sur leurs craintes intérieures face à une situation de vie imprévue. Au cap de la liste se situe la peur de mort et l'anxiété pour leur santé et pour la vie de leurs proches. Il y en a qui se sont en insécurité pour l'avenir ou qui se soucient pour leur l'apprentissage à l'école. Les réponses mettent en évidence aussi le désir fondamental des élèves pour le retour à la normalité, à la période antérieure de la pandémie. Certains affirment d'être devenus anti sociaux. A cause de la distance sociale. Il y en a qui s'inquiètent pour leur avenir professionnel, le baccalauréat, les études supérieures.

5. Ton comportement alimentaire a-t-il changé pendant la pandémie ?

66,3% répondent affirmativement, contre 33,8% qui soutiennent que leurs habitudes alimentaires n'ont pas été influencées par cette période.



6. Tu as pratiqué une activité sportive (jogging, gym, musculation, jeux sportifs, etc.).



On constate une détérioration de leur activité sportive, car 38,1% déclarent ralentir le rythme de leur vie sportive.

7. Combien de temps as-tu passé, en moyenne, assis/assise par jour ?

50% des répondants soutiennent avoir passé dans une position assise entre 8 heures et 12 heures et 13,04% entre 6 et 7 heures par jour. Ce qui est soucieux est le fait qu'il y a un pourcentage de 19,57% qui déclarent rester dans cette position plus de 14 heures.

8. Combien de temps as-tu passé, en moyenne, devant un écran ? (ordinateur, smartphone, TV, tablette...) Précise combien de temps pour l'école et combien de temps en dehors de l'école/pour le plaisir !

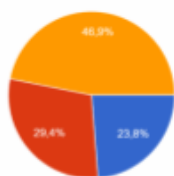
Les réponses à cette question relèvent le nombre d'heures passées pour l'école par rapport à d'autres activités. Ce fait démontre le sérieux des élèves de notre lycée à l'égard de leur participation à l'enseignement en ligne et leur préoccupation pour leur formation professionnelle.

- pour l'école : environ 10 heures, hors école : environ 5 heures (74,3%)
- environ 8 heures strictement pour l'école et probablement 2 de plus sur les réseaux sociaux (12,36%)
- pour l'école 7-8 heures, hors école 5-6 heures (6,82%)
- pour l'école environ 3-4 heures et pour le plaisir environ 6 heures (6,52%)

9. Quelles activités as-tu faites pendant la pandémie ?

La majorité des répondeurs ont développé des activités comme : promenade (58,8%), cyclisme (30%) bricolage (16,7%), cuisine (56,9%), ménage (22,5%), jardinage (23,8%), musique (48,1 %), natation (1,3%), activités artistiques : dessin, peinture, poésie, lecture (3,13%) et danse (2,5%). Comme on observe, le passe-temps préféré des jeunes de notre établissement sont la marche à pied, faire la cuisine et écouter de la musique, selon leur centre d'intérêt.

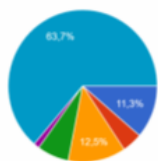
10. Depuis le début de la pandémie...



- tu as perdu du poids
- tu as pris du poids
- ton poids n'a pas changé

Les réponses des élèves à cette question relèvent l'équilibre entre les activités physiques et celles assises en fonction de leur comportement alimentaire, ce qui est bien, de notre point de vue.

11. As-tu consommé du tabac et de l'alcool pendant la pandémie ?



- Plus que d'habitude (63,7%)
- Moins que d'habitude (4,4%)
- Comme d'habitude (12,5%)
- Je ne fume pas (6,9%)
- Je ne bois pas d'alcool (1,3%)
- Je ne fume pas et ne bois pas d'alcool (11,3%)

Dans le cadre de ce sondage, on voit une augmentation de la consommation du tabac et d'alcool. L'adoption de ce type de consommation s'explique par le fait que le stress, l'anxiété, l'isolement social et le changement de routine de vie sont des facteurs

psychologiques marquants qui favorisent le recours à ces substances.

12. Qu'est-ce qui a changé dans ta famille ?

- a) Dégradation de la situation économique (ressources financières) (13,1%)
- b) Séparation/divorce des parents (0,6%)
- c) Querelles, conflits, incompréhensions (23,8%)
- d) On a perdu quelqu'un de cher (membre de famille) (12,5%)
- e) Nous nous sommes rapprochés (66,9%)

La pandémie de Covid-19 et les mesures sanitaires entreprises ont eu des effets sur le bien-être mental de la population ce qui entraîne des changements dans les foyers. La plupart des élèves (66,9%) ont profité de cette période pour s'approcher des personnes chères à eux, de consolider le lien familial. Par contre, 23,8% n'ont pas géré très bien les conflits familiaux et les disputes causatrices des malentendus. Psychologiquement, cela s'explique par le fait que leur capacité d'adaptation à une nouvelle situation de vie sous l'effet du stress a diminué et la communication était plus rigide et parfois difficile. 12% des répondeurs ont été gravement affectés sous le plan émotionnel, car ils ont perdu des personnes chères, y compris un membre de famille.

13. Les cours en ligne ont-ils influencé ton niveau de scolarité ? De quelle manière ?

76,35% répondent « oui » à cette question, en expliquant par un manque d'intérêt (intérêt diminué), la méthode d'enseignement n'a pas été bénéfique, la concentration a complètement disparu, beaucoup de matière a été perdue, l'indifférence a augmenté de plus en plus, une diminution de l'attention et de l'esprit de compétitivité. Il y en a qui reprochent même la façon répétitive et monotone de l'acte de l'apprentissage et d'ici leur perte de motivation pour quelques disciplines.

Le reste de 23,65% répondent négativement, soutenant que « je suis toujours paresseux », « j'ai appris comme d'habitude », « mon intérêt était le même », « j'ai pu copier », « je ne comprenais ni avant, ni pendant les cours en ligne », etc.

14. Que changerais-tu dans ta façon d'apprendre ?

A cette question, les réponses oscillent entre : l'organisation, la concentration, le sérieux, le besoin de lire plusieurs livres, le rattrapage scolaire, l'apprentissage plus logique et/ou schématique au lieu de celui mécanique.

15. Mentionne les aspects positifs de la pandémie dans ta vie.

En voici quelques sélections de certaines réponses :

« Je me suis rapproché de ma famille, je suis devenu plus responsable en termes de santé et sécurité personnelle ».

« Je suis devenu plus prudent avec tout ce qui était autour de moi, j'ai essayé d'être plus patient et de me donner un peu de temps, j'ai lu beaucoup de livres ».

« J'ai eu plus de facilités, par exemple, j'ai appris à faire du sport à la maison ».

« J'ai appris à profiter de la vie et de la liberté que nous pouvions perdre ».

« Je me connais mieux, j'ai eu plus de temps à penser à moi-même, à ma vie ».

« J'ai réalisé en quelle mesure nous étions heureux et nous ne le savions pas ».

« J'ai pu dormir / me détendre davantage, j'ai étudié tranquillement ».

« Je me sens beaucoup mieux émotionnellement et mentalement ».

« Je suis devenu renfermé et peu disposé à faire certaines choses que j'avais l'habitude de faire ».

« Je suis devenue plus mature et responsable ».

« J'ai réalisé l'importance de l'amitié et de l'humanité, en général ».

« J'ai passé plus de temps avec mes proches et on s'est mieux connus et compris ».

« Aucun aspect positif ».

16. Dans quelle mesure tes relations avec les autres ont-elles été affectées ?

	Dans une mesure majeure	Dans une mesure mineure	Pas du tout
Avec le partenaire	17,88%	11,88%	72,5%
Avec la mère	8,75%	25,62%	65,63%
Avec le père	16,88%	15,63%	67,50%
Avec d'autres membres de la famille	6,88%	31,25%	62,50%
Avec les professeurs	18,75%	37,50%	44,38%
Avec les amis	23,75%	37,50%	40%
Avec les collègues	29,38%	31,25%	40%
Avec les voisins, d'autres connaissances	6,88%	23,13%	70,63%

Par la technologie, les relations entre les répondants et les catégories mentionnées ci-dessus ont été relativement bien maintenues, car la majorité des élèves affirment que la pandémie n'a pas changé les relations interhumaines. Pour une petite partie de ce sondage, l'isolement a restreint, quand même, les liens sociaux, amicaux ou amoureux. Le confinement a engendré le repli sur le domicile et a renforcé la résistance des élèves contre ce qui pourrait être perçu négativement par cette catégorie d'âge.

CONCLUSIONS

Heureusement, pendant la pandémie les élèves se sont développés des activités

compensatrices qui les avaient fait continuer leur vie et n'étaient pas tombés dans le désespoir et la toute solitude. Ils ne se sont pas déstabilisés, surtout dans une petite mesure, concernant leur apprentissage à l'école et sont devenus plus attentifs à leur propre sécurité personnelle et à celle de leurs proches.

De l'autre côté, ils ont ressenti un plus de besoin d'autoréflexion sur leur vie, d'introversión et ont eu plus de temps de méditer sur les choses fondamentales de la vie. Même si les échanges sont restés en ligne, ils n'ont pas été gravement affectés, ce virus devenant une sorte de liant pour montrer leur résistance et leur capacité de s'adapter à de nouvelles situations existentielles. Pour cela, les adolescents ont été moins perturbés, grâce au syntagme « *Prenez soin de vous* » qui a été appliqué à tous les niveaux, entre les parents, les amis, les professeurs, etc. Pour eux, la distanciation sociale réduite au maximum n'a pas affecté majoritairement les relations interhumaines et les interactions avec autrui. Le bien-être et la qualité de vie ne se sont pas altérés que dans une petite mesure.

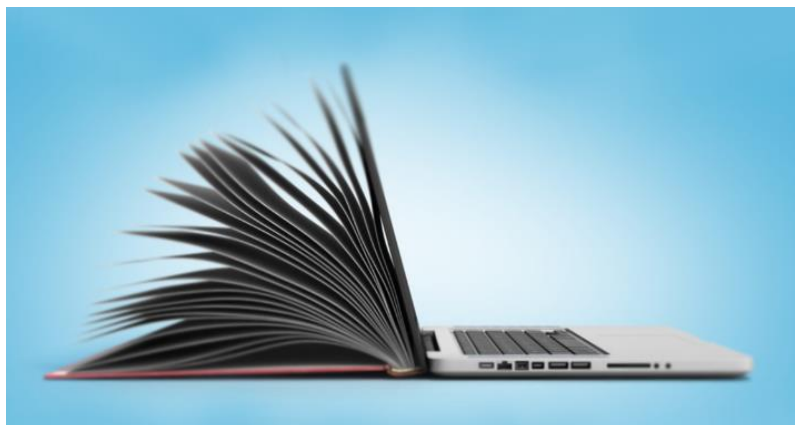
Chez les adolescents, les relations familiales, amicales, les loisirs et l'environnement scolaire sont ressenties comme essentiels. L'isolement, le moindre contact avec les amis, le bas niveau de loisirs auraient pu les déséquilibrer et perturber leur connectivité avec le monde d'autour d'eux. En plus, cette



panémie a appris quelques-uns d'être autonomes et de travailler indépendamment pour l'école. Pour d'autres, les mesures imposées par cette crise sanitaire n'ont pas eu un effet majeur n'affectant pas leur état émotionnel et leur qualité de vie grâce aux outils

numériques qui ont réduit le sentiment de solitude, on peut supposer.

L'augmentation du temps passé devant un écran et le recours de plus en plus accru aux réseaux sociaux et messageries ont renforcé, pour les adolescents de cette étude, le sentiment d'appartenance et de convivialité, ce besoin fondamental de maintenir les liens sociaux et amicaux. Ces connexions virtuelles ont remplacé les interactions physiques pour quelques-uns des jeunes qui ont répondu à ce questionnaire.



Un grand merci aux élèves de la IXème A, B, C, F, la Xème B, E, F, I la XIème A, B, D (11 classes).

Cseterki Melisa, la Xème E, Stanca Andreea-Simina, la IXème C et Codrea Ștefania, la Xème E

Professeur coordinateur: Florian Adriana

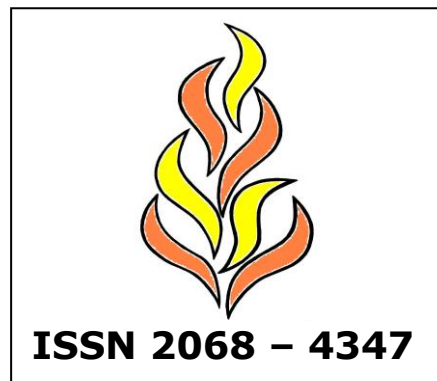
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Director adjunct, prof. Valeria MIC**

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REVISTĂ ȘCOLARĂ BILINGVĂ

Nr. 15 - iunie 2021



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Profesor FLORIAN ADRIANA – limba franceză

Profesor PETREAN CARMEN – limba engleză (tehnoredactare si editare)

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