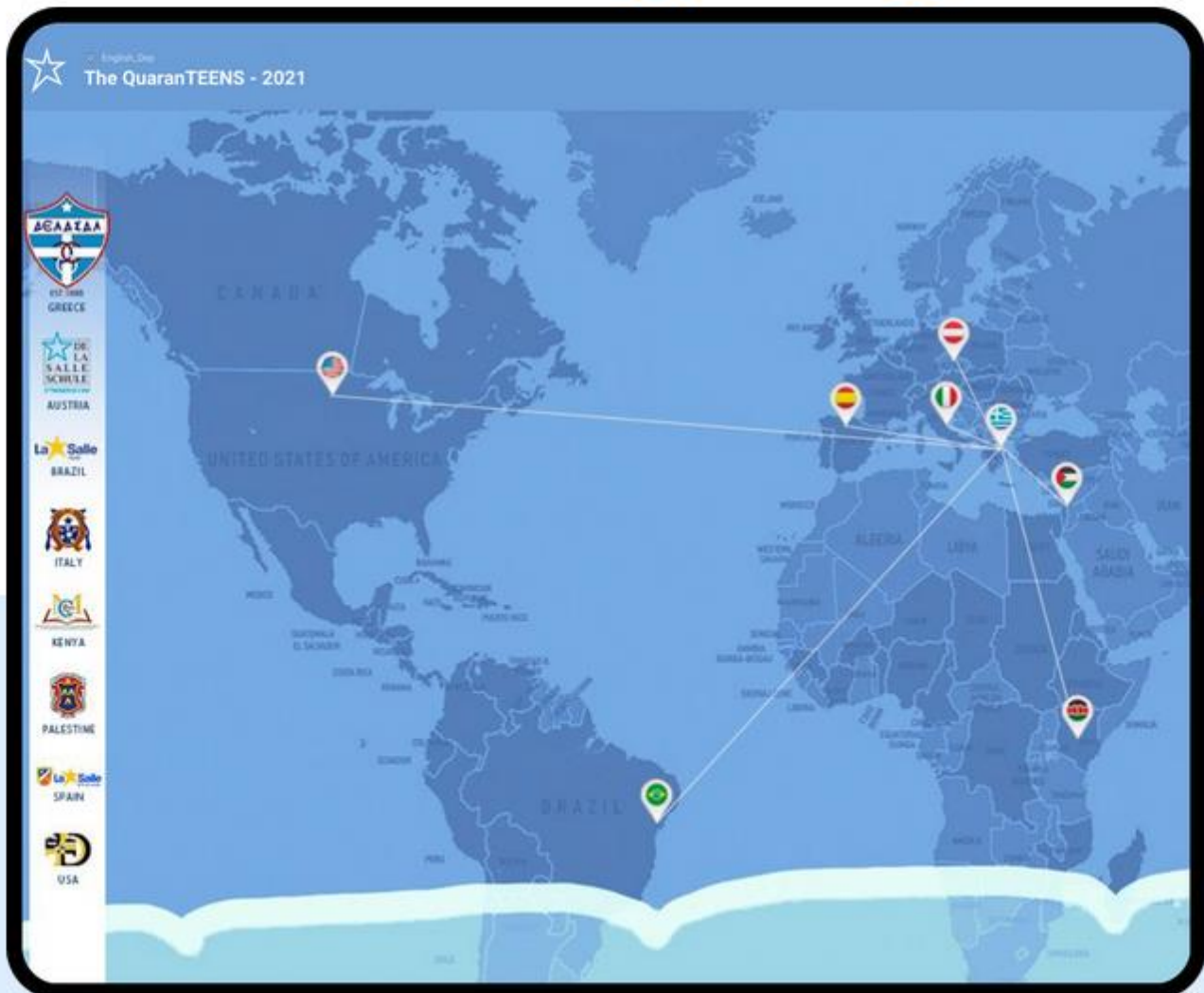


# The QuaranTEENS Highlights



8 countries

8 schools

97 students

12 weeks

1 common goal

Joining perspectives  
while staying connected

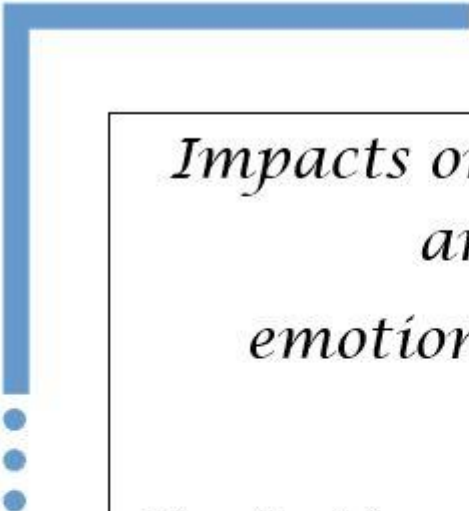
## **Welcome to the first issue of “The Quaranteens”**

*It all began when our students felt the need to connect with their peers all over the globe and voice their thoughts on the numerous changes brought upon by the pandemic at multiple levels.*

*Responding to this call, **De La Salle College (Greece)** designed “The Quaranteens” project aiming to facilitate communication among Lasallian high school students. Selecting a digital tool to enable effortless interaction among the participants in addition to finding willing collaborators was all it took to set this project in motion.*

*Seven schools of the international La Salle network immediately joined us with enthusiasm, namely: **Strebersdorf (Austria), Minneapolis (USA), Valladolid (Spain), Bethlehem (Palestine), Rome (Italy), Niteroi, Rio de Janeiro (Brazil), Nakuru (Kenya)**. Thanks to this warm response, “The Quaranteens” can take pride in presenting a variety of perspectives on the topics that were assigned to the project members.*

*With the first stage of the project completed, which focuses on the current situation in each country, it is time to share some highlights of this unique collaborative experience.*



*Impacts on affective  
and  
emotional state*

*Limitations on freedom*

*Week 1*



Lucia de Prado Gomez 6 μέρες

## WORKERS' MENTAL HEALTH

Hi everyone! I hope you had a great Wednesday!

I'm attaching this article of a Spanish newspaper that talks about how the pandemic has deteriorated the mental health in workers.

We all know that COVID-19 has had a really big impact on youth and elderly, but do we really know how this pandemic has affected medium age range people?? This article describes the influence on these people as a silent and painful one, look this quote:

Deaths from heart attack and stroke have risen 11% in 2020, "it is a very striking increase in a year in which activity has decreased and in which deaths have occurred during the working day"

Here's the article if someone is interested.

<https://elpais.com/economia/2021-02-25/la-pandemia-silenciosa-la-salud-mental-de-los-trabajadores-empeora-a-gran-velocidad.html>

riccardograziani102 14 μέρες

Hi I am Riccardo from Rome, and I am very interested in knowing what your idea is on freedom. For me personally, freedom is that sense of relaxation that you find maybe in a precise place. I have a personal place where I can find my freedom, it's in Liguria (Italy). A place where you are all on your own, without cars or people running around you, a place where I can be myself and pass some quality time with my family.

Kalliopi Sakisloglou 6 ώρες

## Weather Conditions and Quarantine measures

One of the most difficult measures to cope with, in the long list of coronavirus measures taken in Greece, is the fact that I have to stay at home as the weather is getting warmer and warmer, while under normal circumstances I would be strolling around with my friends. In addition to this, the general spring spirit which is spread everywhere makes it more difficult for me to stay isolated without being able to enjoy it at any time.

Added to the fact that we are all very tired, we can not cope with the situation easily and things are getting harder when the weather is so good that you feel everything "calls you out".

Spring in Greece is the ideal season to be reorganized and to feel the real renaissance. Instead of this, all I get is prohibitions, measures and restrictions while only a bouquet of flowers on my desk, reminds me that beauty and life will finally win. Yes, I am sure :

"VENCEREMOS" !



Emma Sellner 14 μέρες

## How the pandemic and social isolation are challenging the mental health of teens

This video gives insight on the affects the pandemic and social isolation are having on the mental health of teens. The many different experiences in this video show that students are facing different challenges and are having to cope in different ways. I hope you can relate to some of the experiences that the students share in this video and remember that you are not alone in the many challenges that we are currently facing.



How Zoom and social isolatio...  
How are the pandemic, social i...  
pbs newshour

Matheus Oliveira Biermann 14 μέρες

## The story "The Chinese farmer"

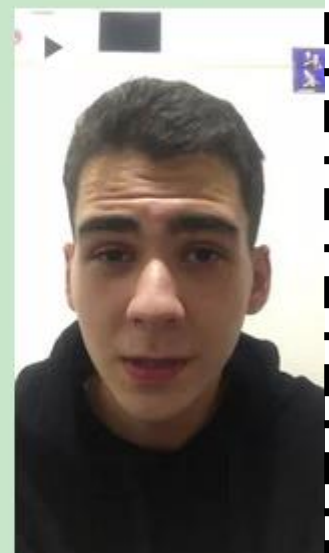
This is probably my favorite story, Alan watts was a British philosopher that used to teach a lot about eastern philosophy. That's probably the reason I got a bit excited and got deeper into the reflection (that's why the video is 7 minutes long), but it communicates a way of life that can be very useful to us in our current situation.

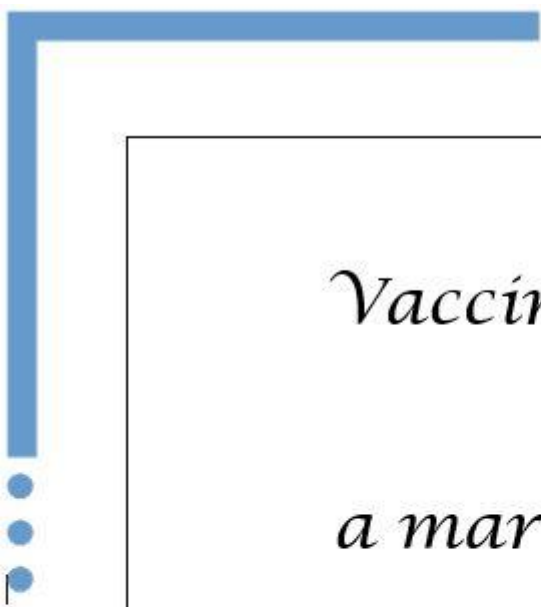
I really hope you enjoy, and I would love to know your thoughts about it.

[https://drive.google.com/file/d/1BnQY5g2\\_zdz6KJh4scsNrERCQUXITRay/view?usp=drivesdk](https://drive.google.com/file/d/1BnQY5g2_zdz6KJh4scsNrERCQUXITRay/view?usp=drivesdk)

English\_Dep 14 μέρες

## Matheus' comments on "The Chinese farmer" story





*Vaccination:*

*a marathon,  
not a sprint*

*Week 2*





Yeamlak Getenet 7 μέρες

## Minnesota

Hello everyone! I hope all is well!

Alrighty so let's talk about the vaccinations in Minnesota. We are grateful because there are vaccinations available. I hope the countries that don't have the vaccines yet have access to it really soon. Minnesota first got access to the vaccines on December 15th, 2020.

Here is some current news about the vaccinations in Minnesota: Our Governor Tim Walz will eligibility be increasing the amount of vaccines given to 1.8 million more Minnesota's today (Wednesday March 10th, 2021). Walz clearly indicates that people 65 and older are the "top priority" and should get the vaccines first. After the elderly get vaccinated, then health care workers & teachers will be vaccinated. For example, at DeLaSalle high school (aka my school), some of my teachers have already been vaccinated. I hope all schools will have access to the vaccinations really soon.

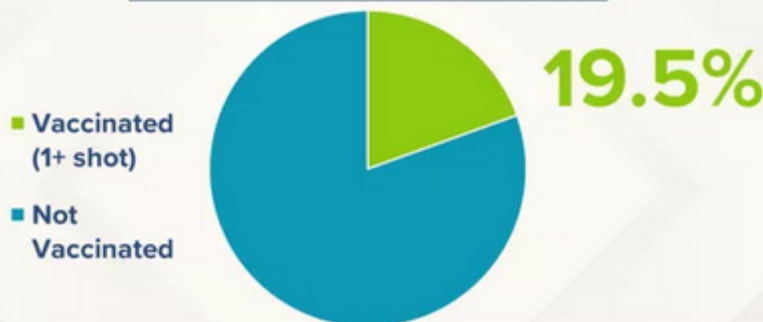
Current updates on case numbers: Wednesday's total cases are 731 confirmed cases & around 191 probable cases. The total amount of cases has been decreasing so far, which is good news.

I will put a link to an article down below for you guys to read if you are interested. I hope the graph is helpful and give you guys a good visual of how the vaccinations are going in Minnesota. Feel free to share your opinions and how your country's vaccinations are going in the comments. Thank you for taking your time to read this, have a wonderful day! Stay on the lookout for more interesting posts!

<https://www.kare11.com/article/news/health/coronavirus/live-updates-covid-19-developments-in-minnesota/89-eca43863-661c-46fa-bf2e-2ea09f4f361d>

Source: MN Dept of Health  
as of 3/7

### MINNESOTA POPULATION VACCINATED



Julianna Oliveira Anselmo Da Silva 3 μέρες

## Vaccination as a marathon

As we all can tell, our week's topic is about vaccination all over the world against Covid-19 and it sets a comparison between it, marathon and sprint. So, I thought it would be good if we clear things up: why is vaccination a "marathon"?

A marathon involves a lot of people running a long distance to finish the route as soon as possible, demanding a big amount of time, effort and persistence to complete the path.

Even though there is a person who gets at the end first, there isn't a "winner" in a marathon; the aim of a marathon is that everyone who is participating gets to the end, trying their best until the final mile.

Vaccination is exactly like that: it demands effort to invest in researches, to produce the vaccines, to export all over the world; it demands persistence to vaccinate every single person in every single place; it demands time to the immunization takes effect on people.

Now, we are all running a marathon together to combat coronavirus (the health care workers are running even faster) and we need to be hopeful and patient because, sometime, it will be great again!!



Mohammad Awwad 7 μέρες

## sketches

2 fast sketches about vaccination



alisakosilova 7 μέρες

## CARTOON Topic: "Vaccination: a marathon not a Sprint!"

By Alisa Kosilova





Chrysa 7 μέρες

## Greece

As COVID-19 infections began to be reported around the world, many countries responded by shutting down public places like schools, workplaces and international borders in order to contain the spread of the virus. That's what also happened in my country, Greece. The lockdown has been going on for months and it actually feels like ages to me. But I feel really lucky to say that in my country the vaccination has already started, so it's nice to say that hopefully this lockdown will soon come to an end.

Greece has completed over 290,000 vaccinations since the start of the inoculation program. The first phase of the government's vaccination plan included the inoculation of high priority groups including frontline health care staff, as well as elderly and residents at nursing homes. The second phase included individuals over 85.

Now, 18 islands throughout Greece are considered COVID-19 free, with some of them having done both doses of the vaccine to their residents.

If you ever decide to come to Greece after this whole pandemic thing, I'll be glad to show you around. But for now, STAY SAFE PEOPLE!! :))



The List Of 18 COVID-19 Free Greek Islands - Greek City Times  
There are not one or two, but 18 islands throughout Greece which are COVI...  
greek city times

Mohammad Awwad 5 μέρες

## Types of vaccines

The linked video explains to us the types of vaccines generally and basically as simple as possible, the types are :

- 1-Whole virus vaccines as BCG vaccine for tuberculosis.
- 2-Protein subunit vaccines and it's the only type that is being developed against the virus that causes COVID-19.
- 3-Viral vector vaccines as rVSV-ZEBOV vaccine against Ebola.
- 4-Nucleic acid vaccines, so far this type hasn't been approved for human use yet.

you can read more about it if you're interested

[:https://www.gavi.org/vaccineswork/there-are-four-types-covid-19-vaccines-heres-how-they-work](https://www.gavi.org/vaccineswork/there-are-four-types-covid-19-vaccines-heres-how-they-work)

ALESSIA CESARACCIO 7 μέρες

## AIFA prohibits the use of an AstraZeneca lot.

AIFA, following the reporting of some serious adverse events in temporal concomitance with the administration of doses belonging to a batch of the AstraZeneca anti covid 19 vaccine has decided as a precaution to ban the use of this batch throughout the national Italian territory today (11.02.2021). At present, no casual link has been established between the administration of the vaccine and these events. AIFA is carrying out all the necessary checks and will communicate any new information that becomes available. The samples of this lot will also be analysed by the National Institute of Health.

This is obviously shocking news to hear from anyone who just received the AstraZeneca vaccine, and I really hope everything will soon get sort out after all the right investigations are done.

I attached the article which further explains the matter and is written in Italian.



alessiapugliese 4 μέρες

## I'd like to call this post: "Our Bridge"

Despite everything that is happening right now in the world, we are still here.

We are still texting.

We are still breathing.

We are still laughing.

We are still loving.

We are still Living.

I do think something has changed from 2020. I heard lots of people talking about this 2021 which looks like exactly 2020, well I do not agree. I don't know if I am the only one, probably I am but I can't think as I did before. I think in a different way. I care in a different way. I love in a different way. I laugh for different matters. COVID-19 took many families apart, that's obvious and true, but brought also many together. Today, knowing how easy a life can be taken away I think two times before I do something, I think two times before I hang out with my friends where there are lots of people, I think two times before I fight with someone. COVID-19 brought fear, the bad one, but also some of the good one.



*Challenges in the  
travel industry:*

*The new normal?*

*Week 3*





**Polina STARTSEVA** πια ώρα

### Information about travelling in pandemic

Because half of all COVID cases are spread by people without symptoms, experts continue to caution that one negative COVID test provides no guarantee that you're COVID-free and not contagious. Those who choose to travel need to ensure they are not further contributing to the spread of the disease, difficult to do given limitations in the accuracy of testing and how easily the virus is transmitted. Until the pandemic is over (and it's far from over), keep asking: Yes, you CAN travel, but SHOULD you travel?

Many countries continue to recommend their citizens only travel if it's truly essential, internationally as well as outside their state or province.

Travel restrictions began in Wuhan in January and grew in almost every other country by March. Many still exist in early 2021. Some countries limited who could enter their borders by passport or COVID test status, some implemented outright travel bans, and others closed their borders to all nonessential travel. The UN World Tourism Organization reported May 31, 2020, that 100% of the world's destinations had travel restrictions in place and 75% had borders closed completely to international tourists.

Bans encourage people to lie about their symptoms, where they have been, and whether they've been exposed to illness. Many people are so desperate to get to their destination that they board flights knowing they have symptoms.

The UN World Tourism Organization announced on June 4, 2020, that "the time has come to restart tourism." Most countries reopened in 2020, but, as of March 2021, many are still only open to their own citizens and for essential travel.

The Secretary General reported that more than 120 million tourism jobs were at risk (plus 144 million related jobs in associated sectors like food service) and more than \$320 billion in exports were lost (three times the loss in 2009, the last global financial crisis).

Almost all countries screen arrivals for symptoms, many require proof of a negative COVID test prior to arrival, some require testing on arrival and/or several days after. Some countries require mandatory self-isolation/quarantine (occasionally within a resort's property) and some only require quarantine if a passenger tests positive.

Many airlines discontinued international flights, reduced domestic flights, and some temporarily shut their operations. As the pandemic progressed, some countries grounded international flights completely.

COVID has significantly affected the airline industry, and there's concern that air travel won't recover until 2024. In a November 2020 briefing, the International Air Transport Association (IATA) announced that airline revenues are down 60% for 2020 and estimated losses are \$118.5 billion, which threaten the industry's continued survival, particularly for smaller airlines and airports.

Despite the beginnings of vaccinations, the new normal for all travel—whether around the world or around the block—means masks, physical distancing, enhanced cleanliness, and vigilance in monitoring ourselves for the mildest of symptoms.

**Celina** πια ώρα

### How will COVID-19 transform travel ?

Hey there !

It's me Celina

I made this video for you guys to know more about the travel industry transformation due to COVID-19 pandemic 🦠💡❤️  
Hope you all like it 🤍🤍🤍



**Mel Serena** πια ώρα

### Hey Guys!! Power Point presentation

So, this is the power point I've made for you guys with some important info about the travel industry and how it was affected and how it has been!! I hope you guys like it! Bye!!! ❤️❤️❤️🌐



Celina για ώπα

## COMING SOON: VACCINE PASSPORT 🚀

As the New York Times magazine stated

COMING SOON:

The vaccine passport

What is a vaccine pass or passport?

A vaccination pass or passport is documentation proving that you have been vaccinated against Covid-19. Some versions will also allow people to show that they have tested negative for the virus, and therefore can more easily travel. The versions being worked on now by airlines, industry groups, nonprofits and technology companies will be something you can pull up on your mobile phone as an app or part of your digital wallet.

Among governments and those in the travel industry, a new term has entered the vocabulary: vaccine passport.

One of President Biden's executive orders aimed at curbing the pandemic asks government agencies to "assess the feasibility" of linking coronavirus vaccine certificates with other vaccination documents, and producing digital versions of them.

Denmark's government said on Wednesday that in the next three to four months, it will roll out a digital passport that will allow citizens to show they have been vaccinated.

It isn't just governments that are suggesting vaccine passports. In a few weeks, Etihad Airways and Emirates will start using a digital travel pass, developed by the International Air Transport Association, to help passengers manage their travel plans and provide airlines and governments documentation that they have been vaccinated or tested for Covid-19.

"It's about trying to digitize a process that happens now and make it into something that allows for more harmony and ease, making it easier for people to travel between countries without having to pull out different papers for different countries and different documents at different checkpoints," said Nick Careen, senior vice president for airport, passenger, cargo and security at I.A.T.A. Mr. Careen has been leading I.A.T.A.'s travel pass initiative.

Has this been done before?

Having to prove you've been vaccinated in order to participate in activities or enter certain countries is not a new concept. For decades, people traveling to some countries have had to prove that they have been vaccinated against diseases such as yellow fever, rubella and cholera. Often, after being vaccinated, travelers received a signed and stamped "yellow card," known as an International Certificate of Vaccination or Prophylaxis, which the Centers for Disease Control and Prevention still urge people to take on relevant trips. Vaccine passports don't have to be digital, but they would make the travel process smoother.

For those without smartphones, the industry says it will accept paper proof, but even that needs to be standardized.

In addition, there are concerns about privacy and data sharing.

The travel, tourism and hospitality industry has been decimated by the impact of the coronavirus COVID-19 outbreak.

Countries are still actively battling the deadly virus but societies and industries are now also looking to rebuild and reemerge from the crisis.

The recovery process for the travel industry will be complicated and lengthy.

Mel Serena για ώπα

Guys, take a look at this report talking about how the travel industry will win tourists in 2021!!



Five Ways The Travel Industry Will Win Back Tourist...  
Playing up the idea that trip anticipation is one of th...  
forbes

Mel Serena 3 ώρες

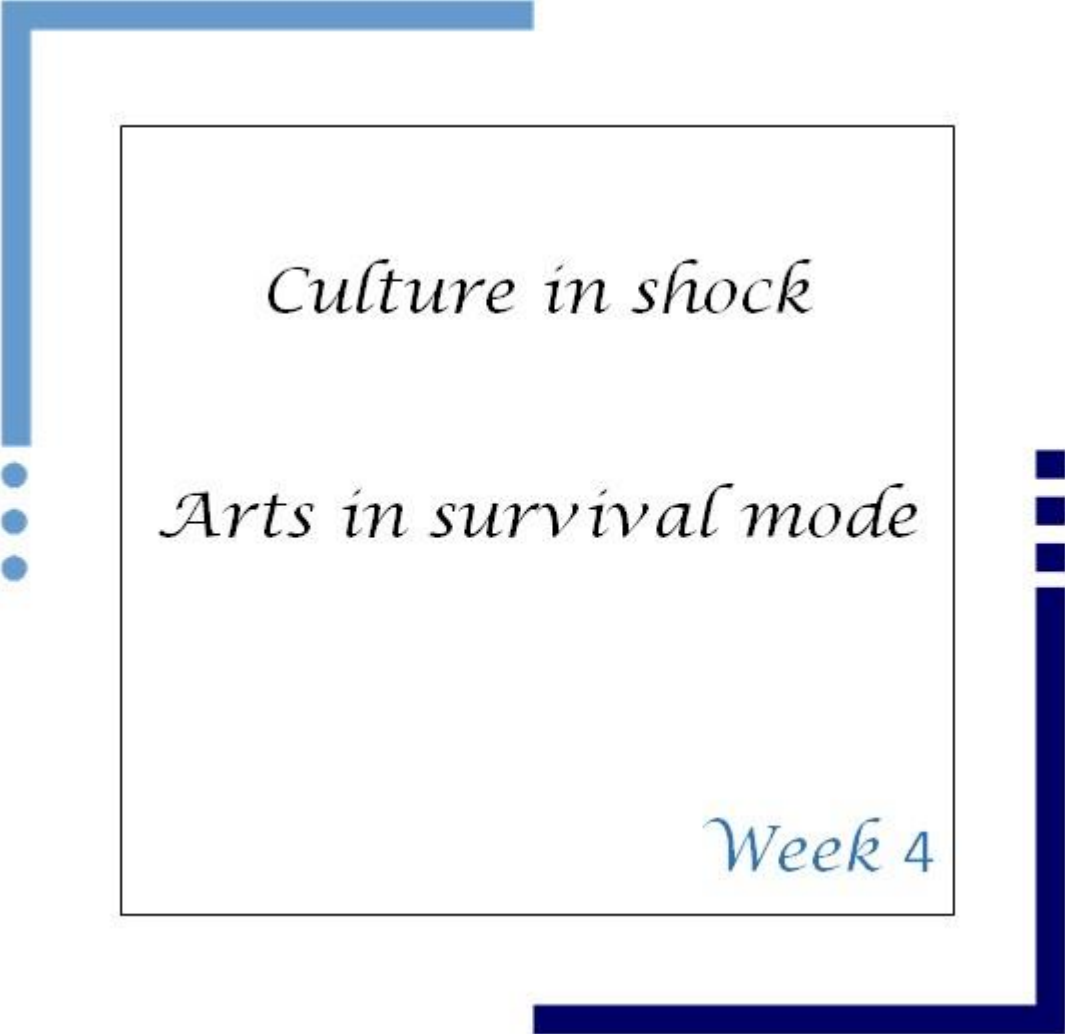
## The Receding Horizon of Travel's Return

Hello everyone and a good Saturday to all of you!! What do you guys think about this??

Let's talk in the comments!! ❤️ ❤️



The Receding Horizon of Travel's Return  
Every time it looks like recovery is close, a new surg...  
nytimes



*Culture in shock*

*Arts in survival mode*

*Week 4*



Elli Kailidou 3 μέρες

## Theaters in Survival Mode

In Greece we're going through the third lockdown, something that caused cinemas, music schools and theaters to close. So arts are fighting to stay alive, trying to maintain in **survival mode**.

So in order to not let art fade by the end of these series of lockdowns and to make a living so they can live with dignity, artists, especially **people related to theater decided to record their performances or perform live for their audiences so they can watch them paid online**.

There are many supporters of this idea, saying that this **the only way to save the art of drama**, that this is an emergency solution to the problem, and we can all agree that that's an easy way actors or dancers can provide a salary to themselves during the pandemic.

At the same time, there are other opinions saying that **this is not how theater works**, that watching a performance online and going at the theater to admire it live are no the same thing and they will never be, and that online theatre is not worthy of the money it costs.

**My opinion** is that surely live performances at theaters are miles away from online paid ones, because the place of the theater as a building offers a **different feeling**, a **different ambiance**, another level of interaction between **stage and parquet**, between **actors and audience**, to which online broadcast is not even close. However, online theater is the only option in this case, **the only way to keep in touch with art**, if we really love it. At the same time, and speaking as a person who will probably be found working in this field in the future, I would feel more safe if I knew that I have a somewhat guaranteed income, even during the lockdown.

### What are your thoughts on this issue?

This is an article for anyone interested in learning more about this, unfortunately it's in Greek :( but you can have it automatically translated from google.



Θέατρο Online: διεθνείς και εγχώριες παραστάσεις σε live streaming και on demand | LIFO  
Θέατρο Online: διεθνείς και εγχώριες παραστάσεις σε live streaming και on demand  
lifo.gr

diana lessa costa 3 μέρες

## MASP - virtual tour

Hi, guys! I'm here to show you a Google's website designed in 2011 (**but no one did not really know about it before the pandemic**) that is about art!

This link will show you **MASP - Museu de Arte de São Paulo** (São Paulo Arts Museum), and you can take a virtual reality tour and see everything there! **It is an amazing experience**. While exploring the website, I was fascinated with all of those paintings, sculptures, photographs, historic information, and so many other artworks! **I really recommend taking some time to take this tour because it is so worth it!**

**Museums virtual tours are becoming more and more visible since the beginning of the pandemic, and that is because people miss the joy and entertainment that only arts and culture can give them (even if they can not admit it).**

**I deeply hope you enjoy it :)**



MASP - Museu de Arte de São Paulo Assis Chateaub...  
The Museu de Arte de São Paulo is a private, nonprof...  
google arts & culture

ENRICO DENTINI 3 μέρες

Art in Italy: the country where culture is permeated by Ancient Greece and evolved into the Roman Empire!



trim.D24030FA-7B7F-4006-B723-3D77D5...  
00:59 video  
padlet drive



**Martin** 2 μέρες

### Maha Saca Interview

A brief video about the  
Palestinian Culture & History  
I hope you will like it and learn  
more about my country

Greetings to all



**CHRISTIAN  
MEDIA CENTER**  
المركز المسيحي للإعلام  
CHRISTIAN MEDIA CENTER

Maha Saca Interview  
03:13 video  
padlet drive


**stephen mbere** 3 μέρες

My video about life  
after covid-19



20210319\_185735\_576x2...  
03:08 video  
padlet drive

**GÖKBULUT Deniz** 2 μέρες



**VIENNAS  
CULTURE  
AND ART  
AFTER  
COVID-19**  
BY STELLA & DENIZ

**AUSTRIA AFTER COVID**  
Powerpoint presentation  
padlet drive

**GÖKBULUT Deniz** 3 μέρες

Hi guys,  
this is a presentation about how the art and  
culture was in austria before the pandemic!  
hope you enjoy:)




**VIENNAS CULTURE AND  
ART BEFORE COVID-19**  
BY STELLA & DENIZ

**AUSTRIA BEFORE COVID**  
Powerpoint presentation  
padlet drive

**Elli Kailidou** 2 μέρες

### Isolation Waltz

This is Stelios, a boy from Greece, he is a 7 year-old pianist and  
during the pandemic he wrote this piece called "Isolation Waltz". He  
got a quite big fame abroad for being a composer at such a young  
age! In this video, he is performing at the Temple of Olympian  
Zeus. Listen to how talented he is!



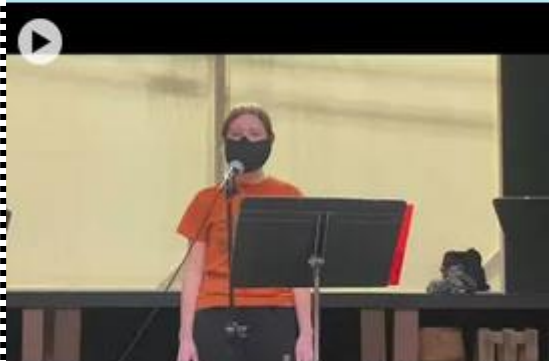
Stelios Kerasidis  
"Isolation Waltz"  
Live @ the temple of Zeus, Athens

**Stelios Kerasidis - Isolation Waltz live @ the temple of Olympian Zeus Athens**  
by Stelios Kerasidis  
YouTube

**Fiona Mundy** 4 μέρες

### Hi my name is Fiona

This is a video of one of our Covid safe rehearsals  
last week :) I am the one in the black sweatshirt!



**I love you song Spelling Bee**  
by Farrah Buffington  
YouTube

-----▼ to be continued...