

## **Activity I – “Normal life”**

**What is a normal life?**

**Was life normal before the lockdown?**

What people usually consider “normal” is a life with work, study and some leisure time. I don’t consider “normal” an appropriate word, because each person, individually, has an idea of “normal” life. For example, from the city where I come from, the normal is the sequence: studying, finding a stable job, finding a partner, getting married, having children and dying.

Before the quarantine, people used to go to their jobs normally, do their shopping or exercises, walk around some crowded places, such as malls or parks. That was normal. Now it’s not recommended to have agglomerations anywhere, although people don’t respect it.

After the lockdown is over, we could keep the habit of using masks, mainly in jobs that require physical contact or contact with food. We should do more exercises and use more public transportation. The employers could consider more work from home, with less need of people being at the company every day.