

LETTER OF VULNERABILITY AND RESILIENCE

meaningful expressions and understandings from different cultures on
how to deal with the crisis



Hello, I live in Amsterdam in this is how I handled the Corona crisis. I'm now 2 months home because of quarantine. I personally enjoy being at home, but I know that for some people it's really hard. First, I thought that is was going to miss my friends, school, doing fulln things like going to the movies

and getting bored at home. But once I was home, I excitedly enjoy it, started working-out, eating healthier and doing more for school. I think that I didn't find it so hard because in the Netherlands that Corona crisis isn't that bad and it's threatened different than in other countries. Because in the Netherlands we could all the time go outside and play with other people. So I don't really miss my life before Corona because I still see some friends, I like online school much more than normal school, I'm eating healthier and I sport more than usual.

Girl, 15 years old, Netherlands, Amsterdam