

LETTER OF VULNERABILITY AND RESILIENCE

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



In this corona time i actually have experienced a lot.

The first thing i really noticed is the different people you have in such a crisis.

You have the type of persons who are empathic, but you also have a couple of really selfish people.

You can notice the selfish people in the stores, like

the ones who buy all the toiletpaper of all the food. This is one of the times u can notice how people deal with such a crisis.

A thing i did this whole quarantine is thinking. I thought the whole time about a lot of stuff. One of that stuff was my eat habit. I realized how bad it actually is to eat so much animal products and how much it affects the world so i decided to eat vegan. Now i am already a month vegan and i love it. I feel better about myself and i don't feel guilty about what i eat. But it is sometimes difficult because almost everything i ate had meat and now i couldn't even drink milk. But i am willing to do that, so this world gets a little bit better.

Another thing that corona has give me as present is that it gaved me a lot of time with my family and i think this quarantine made my family much closer. And i am thankful for that.

I've only said positive things about this corona crisis but i know it is a terrible virus and its killing people and its destroying the economy of the world but even the virus is that dangerous. I think that this is an eye opener for the whole world. By that i mean that i think everybody is thinking about how bad we are treating this world, how important it actually is to be together and that we have to be more careful with our actions!

16 year old girl, Amsterdam, The Netherlands