

Reflect on the past few months of your lives. What has changed in your day-to-day life, what challenges have you been facing since the lock down?

- My normal routines have been strongly affected. Normally I would have had a full schedule everyday including physical activities, social interactions and practicing of other hobbies. After the lockdown, none of these things were possible to do in the normal way.
- During the past few months, I have felt the change in my everyday life, as far as social interactions. I can truly feel the change, in how we as humans interact with others. I am missing the interactions with other people where we didn't have to worry about infecting those around us. That has been a big change for me during these months.
- During the quarantine, my day hasn't been any different, I'm working, seeing a couple of friends and going to virtual school. The only thing that affects me is that I can't be social in bigger groups, I can't go see a movie. It's really hard for my mental health that I can't see my friends.
- It has been sad not to see my friends and family – I missed out on things.
- I have felt both confident and insecure for unknown reasons and I feel angry, irritated, bored and demotivated most of the time.
- One of the biggest changes that came from the quarantine has been isolation from other people. I didn't realize how essential seeing others is, and not just seeing people one by one, but actually be in a bigger group of people. It drains you to only have your own company to enjoy.
- Transitioning from being very busy to only having to go to school has been difficult. Usually I work and hang out with people and participate in activities at school, but during this time, all of that isn't possible. At some points you start to miss simple interaction with people, which I never thought I would.
- School has been tough since we have the same amounts of classes every day, but it's all online and more complicated. I sometimes feel like I sit in front of my computer all day, and nothing else is expected from me.
- Generally, I miss not having to live a life in between. Right now, it feels like we are in between everything, and it scares us, I think. We need structure and predictability to not be constantly overwhelmed. We need to know when this end and how things are afterwards, but no one can tell us.
- It also deeply affects the mind that we can't have ambition or plans for the foreseeable future.
- At the moment everything is just different and unpredictable and sometimes scary.
- It has been difficult to keep in touch with people from my life because I don't have an opportunity to meet with anyone other than my family. It has also been hard to keep up with my love for reading because I enjoy reading in a physical book than on my phone, but I try to continue and read books I have at home.

- It's been a tough time being away from the people that you have been used to be around every day for nearly a whole year,
- I personally think this is getting pretty hard now. I haven't seen my friends in a really long time and I slowly getting more and more insane. Otherwise I am afraid that it would have a big impact, on the way we behave and meet with strangers. I feel a massive change in my daily routine and the fact that I don't really have a routine anymore is making me feel remainder less. I miss school and being social.
- From the other side, while spending the time on the way I was active and my physiological condition was much better than now. I get everyday online classes, but it is not as good as if I got my classes, cause it's much easier to understand teachers and people generally if you have the opportunity to see the nonverbal connotations while speaking.
- It has been really difficult to keep the concentration, so I just want to come back to go to school.
- My mental health was turbulent before and it has certainly not been easy without the stability of a normal day-to-day routine.
- I have next to no way of finding a stable way of "going" to school. It is definitely what I miss most: the stable environment of school.
- Going from doing something every day to only having my school have been quite the change. Not being able to see my friends as much as I would've liked is hard.
- My day has no structure, and I am often bored. It is not because I don't have enough to do, but when you haven't got appointments when friends and other kind of social activities to look forward to, the only thing that is filling up your day is school and social medias.
- Savner druk!!! JA VI SAVNER DRUK
- I have not made as much sport as usual.
- Staying up later and waking up later.
- Not being together with any of your friends.
- I am not as motivated as I would normally be. Just not being able to talk as well to my teachers really made me lose a lot of motivation.
- I'm being easier distracted. It is very easy to go on social medias without anyone knowing.
- Having a hard time getting used to sleeping alone all the time.
- Feeling empty, being at home without others than your family, has made me feel like there was no purpose of getting out of bed in the morning, eating etc.
- We miss social interactions and having fun with our friends
- It is very easy to misunderstand others since I can't see them directly face to face. So, there are persons (especially teachers) I feel less trustful of now than earlier.
- At the start it was quite hard to get a hold of, because I couldn't separate school and free time. But after creating sort of a daily routine and keeping up with what I had to do every day it became easier.
- Less diverse type of education, which is very demotivating.

- At the start it was quite a detrimental that I couldn't see my friends as much as before, therefore causing me to put a lot of time into writing with people.
- I also spend in my opinion way too much time in front of my pc because there is literally nothing else to do.
- It has been a little tough because my parents are working very much, and they seem very occupied most of the time.
- It was quite a challenge, to get used to a whole new different way of going to school
- It is hard to discipline yourself, into doing things, now that you're mostly, all by yourself.
- Not being able to see your friends from another place in the country and that is tough
- Missing the opportunity to go where ever I won't.
- In the quarantine-time I have spent the most of my time alone, or with my family. This was not that hard at first, because I had no idea how long I would have to be separated from my friends. After a month it started to get really hard, and it still is.
- I haven't seen my friends as much as I have been used to.
- At first it seemed simple, but still challenging. The teachers assigned way more homework than we could manage, while also assigning tons of assignments. They later started going easier on us though.
- The second thing that comes to mind, has to be my own job. Slowly but steadily they implemented more safety measurements, which changed up the entire workplace. We had to wash our hands often, wear gloves, be careful that we didn't get too close to customers and etc.
- The third thing I think of, is my own social life. Before the lockdown I would be out with my friends often, at least twice a week. This all changed after the lockdown, since everyone were extremely paranoid. This later changed though, and I now occasionally get to hang out with my friends.
- A lot more school than usual.
- Feeling powerless and waiting for politicians to decide what you can and can't do.
- Your overall enthusiasm is low and you aren't really getting anything done.
- I have much more free time on my hands, but the activities are few, since I can't train or meet up with anyone.
- Ineffective teaching approaches. Being stuck inside results in moodiness and headache.
- I have learned that I like a busy lifestyle and this way of living is shit and boring.
- I miss my friends.
- Increased social tension in family caused by quarantine.
- Some of the local business suffer and tries to do everything for the citizens buy their product (a lot of sale or competition to back other).
- There has been less social contact.
- I have been less active than usual.

- You are more isolated at home due to the closing off restaurants.
- The problems have been that the explaining part from the teachers have been bad in comparison to a usual school day.
- The lack of time with my friends has been unexpectedly annoying. I miss being with my friends and attending parties.
- There has been more schoolwork than usual.
- It has been difficult dealing with the frustration that occurs when not knowing what will happen in maybe a week or even just tomorrow.
- Missing normal interaction with my friends
- I haven't had a fear of missing out being with my friends – but rather a fear of missing out in form of personal development.
- My family has been more spread apart. One part is spending their time in our summer/vacation house while the other part is at home.
- Difficulty separating work from play, as all activities happen in the same space.
- Significant lack of motivation, possibly due to homologous structure of the school-day.
- After school activities have been cancelled, which I miss quite a lot.
- The most challenging aspect of the lock down has been the amount of time you're forced to spend alone. Not being in a classroom environment has resulted in a loss of motivation regarding school.
- More stress.
- Missing my friends.
- Felling trapped, wanting freedom.
- It has been a bit depressing that the only social interactions, I've had, has been with my closest family and at work. Not going to school and interacting with friends can be pretty boring.
- To me, it has been a very big challenge not experiencing the close physical contact with my friends and family - I am surprised how big an effect it has on how we communicate and take care of each other.
- The no physical contact thing/social distancing has been the hardest part for me.
- Sport has always been a big part of my life, so not being able to continue with that is quite boring.
- For me it has been, the social distancing and not being able to see my friends. Mentally that's really hard, and you don't get to express the same levels of emotion, you would normally.
- I think it has been hard to form a daily routine, when all the things I am used to doing are closed down and every day feels the same. Not seeing my friends and family has also been quite hard.
- One of the biggest challenges for me has been, that I have not been able to see my friends.
- For me it has been hard, to be as productive as before. It has also been very difficult not seeing all of my friends every day.
- It has for me been very hard not to see my friends all the time. It has also been hard to stay home, and when a lot of people including myself have been out to

parties anyways, with no more than ten attendants of course. It doesn't make sense for young people like us to stay at home. School is also very boring now, and it is hard to concentrate because you are mostly working alone.

- Even so, it is hard to sit on your computer all day without seeing anyone face to face. Even though you can talk to all your friends online, it's not the same as being social with them.
- The hardest part for me, has been to stay at home with only a minimal amount of contact with other people.
- Being cooped inside for so long with no other excuse to go out than having to go to work, has been really claustrophobic.
- The day gets a lot lonelier when you can't be with your friends all the time.
- It gets harder to stay focused. Sometimes you wonder "Why am I making homework when the teacher won't notice if I didn't".
- For me it's the social that's the hardest, because you normally would see your friends at the school and after. But now you have to stay home and have contact over the internet. And it not just the same even though you can see each other.
- And of course, not seeing my friends, but that is manageable.
- My daily life was already very routine based, but now during the lockdown, the days are very similar, and starting to "mush" together.
- Some of my teachers are very good at coming up with fun or at least interesting activities, but some just use the same "format". For example, having us read a couple of pages from an article or book, and then answering questions.
- Virtual education has in a way put more stress on me, because I now have to be the one to motivate and "discipline" myself. I also don't know what the teachers expect of me, and some of my teachers put out a very long and time consuming program that I have a very hard time completing in time, and they don't mention how much they expect us to complete, or if we get more time to complete it or just if it is okay that we didn't finish it.
- There are pros and cons with not having to ride the bus. I don't get to see the people I ride bus with, or get that 15 minutes of peace before the day starts.
- Well everything has changed, everything from going outside, to shop, to go to the grocery store, and now I must have virtual education and I can't see my friends or part of my family and I feel a small amount of depression and stress. I really need to see my friends and family again.
- I think school have been a bit challenging in one way because of more assignments to do.
- It's easier to get distracted at home, when you don't get the interactions you get at school. I've been looking at my phone a lot, writing to people.
- Especially the lack of social interaction with friend. I haven't seen many friends in person and I haven't done bigger events like gathering or party's in the months. It has also been harder for me to concentrate in classes when they are online.
- I have more time to exercise, but since I can't exercise with people, so I lose a lot of motivation

- Snack time is always a challenge.
- I'm having problems with keeping the concentration when I'm having virtual education, and in not using 2 hours a day on public transport. The biggest challenges are not having to see my friends in the school or going to parties.
- The main thing that had changed in my life the past few months, was the home schooling, and that I couldn't go out as much as I used to before the coronavirus situation. Other than that, the schooling has been the same, although the pressure has been doubled. And that's my biggest challenge that I had to face yet. Other than that, there are a lot of distractions around the house, and there are in school.
- I think it's harder to do your school work at home and keeping your motivation for school. It's easier to get distracted at home and I really hope that everything soon gets back to normal. Even though I think my teachers is doing great under these circumstances, I don't learn far as much as when we went to school as normal. Not only because of the motivation, but also because of the things as it's harder to do group work, presentations or ask your teachers for advises. At the same time, I really miss social events as parties.
- It is hard to keep concentrated while having virtual classes.
- It's hard to stay motivated to do school work since being at home all the time makes me feel like I don't ever get free time.
- My school has been good at teaching virtually, but it is harder when you sit at home all-day doing schoolwork, homework and assignments without the social aspect. I do still have a lot of contact with my friends, but it is not the same to text/facetime with them as to meet them in real life.
- I think that it's hard to stay focused during school time.
- The fact that social gatherings has been prohibited for a significant period of time has meant that keeping contact with friends (those who live far away). While this has been beneficial for contact with friends who live within a close proximity, it still seems as though you've lost more contact (and close relationship) than you've gained.
- It has messed up my sleeping schedule to a degree where I doubt it'll be easy to adjust to everyday life afterwards.
- What I've started to dislike since quarantine started is excess/out of schooltime schoolwork. Since you spend so much of the days stuck in bed/at your desk, still having homework/assignments to do after class is a real downer.
- During this quarantine it has been harder to maintain good habits. It's easier to eat unhealthy food and lay in bed than it is to get up and get something out of this time, where we in reality have more time than before.
- For some projects in school, it can be a bit frustrating with our current system of information (its learning) as it is extremely disorganized. This causes confusion and miscommunications almost daily, so you spend an annoying amount of time just figuring out when and what things you need to do.
- I think that the biggest of all downsides to this quarantine, is the social distancing. After a certain amount of days, I just wanted to go to school again, normally. The fact that I can't meet with all my friends and family really hit me.

- The fact that vacation plans is screwed is a big downside. I was looking forward to a vacation where I could relax after a long year in school.
- On the other hand, it was also distancing from friends and family (beside the family at home). You easily get bored from doing “nothing” besides school and my mood has a way of changing drastically towards my family quicker.
- But my situation of work became more difficult since I work far away from where I live. The use of public transport suddenly became a nightmare since the presence of other people was suddenly scary at the same time as it was the most natural thing to do since it was something that I used to do every day.
- Some of the negative things are the class in school. In the start it was okay but now I really want to go back to normal conditions. Also, I can't play sports as before. I sometimes feel unmotivated about school or home training, and I feel like I'm becoming lazier. I'm not really worried about the coronavirus hitting me. I'm more worried about others and the economy situation. I think some people in Denmark should be better at social distancing, which I can see when I'm going for a walk or at the supermarket. Some of the things I miss during this lockdown, is going to sports, concerts or seeing friends physically.
- A big change is the overall restrictions put upon us. We can't go to school, do normal sports with other people like before, and our overall social life has decreased.
- The only downfall in the aspects of schooling is the science subjects, doing an experiment online is not that great.
- Another bad thing, is that I have not been moving a lot, so in terms of health it's not that great. However, I would admit, that if this continue on for 4 month and longer, it would be mentally tiering, but for now, it's quite okay. One actually bad thing, is that I use a lot of my time playing music, and that is quite a pain online, that's actually one thing which I'm a bit unhappy with.
- My sleeping schedule is also a lot more irregular, but again, it's been like that forever, so not a big difference.
- On the other hand, I know a lot of people who find it extremely difficult to be isolated and keep on having motivation for school and/or work. It can also be quite difficult to get acknowledgement in the classes.
- Living in the same room for hours each day, makes me dreadful. I lack interacting with people and that makes me feel disconnected. Motivation is hard to find when every day is the same, and I end up thinking, why not do it tomorrow. The sad news makes me anxious for the future because I do not know what will happen.
- The quarantine has really changed some things in my everyday lift. Especially the social life. You can't spend time with all of your friends. It's quite strange when you used to see them every day at school. For some people it's difficult to not spend time with people. They feel isolated.
- I feel very isolated.
- Social life, not being in school physically, but virtually, the feeling of being contained at home, the weather is unbearably good.
- Social life has been a major problem. Luckily my class/friends and I are very

good at keeping in touch, but it's still not the same.

- Even when talking to someone face to face. I sometimes have a hard time telling if they're being sarcastic or what they mean, so being apart makes it even more difficult which causes a lot of misunderstandings that could've been avoided.
- I find myself not wanting to go outside, which means my physical health is somewhat declining, because I'm not moving as much as I did.
- It is more difficult understanding what needs to be learned in school, since I don't have a teacher available all the time.
- The concentration-level at home is surprisingly smaller than the one at school.
- Less social life, less contact with my friends and social activities like parties are all cancelled.
- Education quality has decreased, since communication with teachers are worse than it used to be.
- My ability to concentrate is decreasing together with my motivation.
- I am constantly bored.
- It is becoming harder and harder to differentiate between school and free time. I am working with school all day, and when that ends, I begin making my assignments. That means that my free time is almost nonexistent.
- Any and all social life has nearly ceased to exist.
- The overall quality of classes has gone down by transitioning to virtual education.
- I have been sitting noticeably more in front of a computer.
- I have a hard time scheduling myself and keeping tabs on what I have to do.
- I'm not as often outside anymore. I usually stay at home except when I have work.
- Difficult to go from school to homework
- Less physical exercise
- Easier to find myself being drawn to computer games in class
- Less social life
- Less concentration
- Less physical exercise
- Almost no social life
- More homework
- Less social life
- I use my phone and computer more
- Restricted social life is hard on mental health
- Online school make it harder to keep up, and I don't get as much out of the class.
- Less exercise because the fitness is closed.
- Mental health has been hit pretty hard – feeling more down, tiredness, anxiety attacks (not due to anxiety about coronavirus, but other things)
- School online can be pretty demanding and it is hard to motivate yourself (also relating to exercise)
- Not being able to hang out with friends or go to work (movie theater)
- Seems small, but my trip to visit my friends from my exchange year got

cancelled and I miss them

- I lost 40% on a stock.
- My education is worse.
- I can't work out
- I am really need to interact more in order to not get sad
- I can't host parties
- I can't stand when the teacher talks too much.
- Only school really, if you are an introvert quarantine really isn't so bad.
- I can't see my friends as much as I want to. I have missed out on parties. I don't have the freedom I used to have, which isn't great. I able to see my friends once a while, but I can't go to the gym and watch sports. It is also hard for me to find a job, because of the Coronavirus.
- For me it has been really different, because normally I'm really close with my family. I do not meet them the same amount as I'm used to, and that have a big effect on my overall mood and motivation.
- With my school work and friends I do not think it is that bad, but I would rather go to school then have online classes.
- As I said earlier, I do still think quite often about how much I miss my normal routines. My daily life (and weekend life), has become more or less me sitting in front of my desk, in my spare time playing computer games, and in school doing worksheets, which as it turns out I am also doing at the moment.
- Of course, it is very difficult not to be able to see your friends and I miss them a lot, but they aren't dead, which to me is more important
- Now I just think it is kind of lonely. The days just blend together. You wake up turn on your computer, and have classes, but you don't really learn that much. I can't see my friends very often, so I would rather just go back to school.
- I haven't seen anyone since Denmark shut down. In December I thought it would be nice to have online school – I wish I never said that.
- Our WIFI has been absolute shit in these days because everyone uses it, which can be a challenge when school is online.
- So, it was hard for me especially because I am a very social person and was used to see people every day. The days are the same and it is boring.
- I do see my friends now but not many. Corona has costed me some great friendships because I was not able to see them and had to prioritize. It is also getting closer and closer to summer where I really hope to see all my friends and go out. Besides that, my economic is really hurt. I have 2-3 jobs and all of them are closed or with only a few men on job, which means that I do not earn any money. Whenever I am stressed or sad it is always nice for me to relax by shopping and that is not an option right now.
- I was a bit annoyed at first, because I didn't want to go on lockdown – I had a really good time in school. The first week was very tough and long.
- I've become very lazy during the quarantine – more than I already am. I only wake up about 10 minutes before my first class starts. I also don't do anything out of myself most of the time.
- Soon after I realized that it would affect a lot more than just that. My handball

team and I were in the middle of the season and it ended very abruptly, I was so sad because I have never experienced the closeness and team spirit on a team as this one.

- I am now feeling like I have a harder time learning. It's definitely become more bland for me to sit down with little to no variation in my education. It's a tough feeling to process when you feel like learning and kind of being a smart person is a part of your identity, and have been for a long time, is kind of being taken from you. Another thing is that I miss having access to a gym, I very much enjoy strength training, but luckily our family have a simple set of equipment for strength exercise, so I can do most of what I was doing before the lockdown.