

Isolation

Nations around the world are waking up to an unpleasant reality. Many countries are imposing curfews – rules that require people to stay at home except for essential journeys – and others are issuing recommendations that people “shelter in place”, which is effectively a voluntary curfew. Unsurprisingly, in cultures where freedom of movement is prized, these can be unpopular decisions, but these are not normal times.

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Being largely banned from going outdoors can make one’s home feel like a prison. However, there is a substantial difference between the life of a prisoner and the lives of the increasing numbers of us who are getting used to a “new normal”. Perhaps most evident is the freedom that we still enjoy, even in the smaller area in which we can move. There are no constraints on the entertainment we can enjoy, who we can communicate with, or when we have to go to sleep. We can still wear what we choose, eat what we want, and play our music too loud. Most essentially, we are not being treated differently from anyone else. We may be isolated, but we are not alone.

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What is “shelter in place”?

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What can you do during a curfew that you cannot do in prison?

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What would you do if you were unable to go outside?