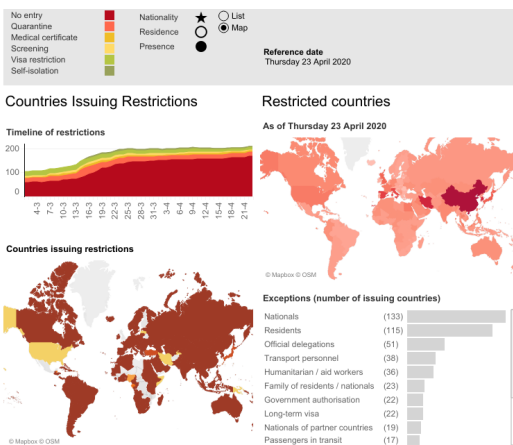


THE IMPACT OF COVID-19 ON CITIZENSHIPS

It is no secret that travel restrictions have affected the way normal procedures take place. Retrospectively, the concept of citizenship, as in the technical membership in a state, seems to be the most heavily impacted; from policies of urgent evacuations from affected areas to traveling restrictions and domestic confinement, the states' responsibilities for guaranteeing their citizens' physical well-being has become a priority. When it comes to states maintaining their responsibilities to their citizens abroad, the effectiveness of the technical support provided creates certain obstructions concerning nationality and citizenship.



<http://globalcit.eu/coronavirus-citizenship-infected/>

As of March, major complications for its population abroad have arisen in the United States, where the government announced the prohibition of entry to individuals from the Schengen Area unless evidence of permanent residence in the US or of their family members are provided and on condition they self-isolate for 2 weeks. This policy is quite common in pandemics and is shared by many other states in the world. Although this policy benefits foreign residents, holders of temporary resident permits do not enjoy this privilege affecting an increasing number of people. Though countries can justify this as a necessary measure to contain the epidemic, the restrictions which apply nationally are seemingly not that impartial, as individuals who have not been in the Hubei province or in the inflicted areas in the countries of South Korea, Japan, Spain, Italy, and Iran are physically healthy, but also excluded from traveling.

Simultaneously, other states have chosen a more targeted approach, which excludes individuals of Chinese, Iranian, Italian, and Spanish nationalities from entering a large number of countries, regardless of residence permit. This targeting illustrates the influenced approach chosen towards the countries affected by the epidemic. For that reason, many seek a way out of forced foreign confinement

by becoming eligible for multiple passports as a strategy to return back to their homelands. Such an example is Argentina, which has a large number of Italian nationals in possession of Argentinian nationalities. Consequently, they can opt for their Argentinian passports in order to leave the affected countries. This illustrates the rise to power of dual citizenship which subsequently increases the legal power of passports.

The outbreak of the coronavirus has brought to the surface many faults within many states' response mechanisms. Measures such as evacuation and mobility restrictions seem austere for the states' populations abroad which are forced to confinement in affected areas. Those policies that apply nationally jeopardize healthy individuals by confining them in the infected areas exposed to coronavirus. This increases the number of individuals looking for alternatives to overcome the mobility restrictions by utilizing the power of dual nationalities, underlining the fact that the concepts of citizenship and nationality have been altered by COVID-19.

EMMANUELA EVGENIOU

EDITOR'S NOTE

Dear readers,

Do you nowadays know a person who would not be aware of the latest news? Coronavirus is a journalistic blessing and a curse: on the one hand elevating the profession's relevance, but also pushing every other subject out of the public's eye. In an interconnected world, arguably every issue of newsworthiness will be affected.

We cover the pandemic not to exploit the seemingly exhausted theme, but to reinvigorate the interest of the individual by altering the context from which we consider news from other conventional journals. This single page is packed with intriguing perspectives and unique points of view which we encourage you to use as intellectual challenges to your outlook on our shared situation.

Circumstances forced the World News section to halve its size. Instead of dwelling, I applaud the pure enthusiasm which nevertheless drove us to publish this edition. Hopefully, all of us will soon be able to resume our normal lives. Before then, I wish you strong health and an inspirational read.

VIKTOR ŘÍHA

WHERE DID IT ALL START?

It might not be entirely clear where the Corona Virus Disease 2019 (Covid-19) originated, but undoubtedly many of us are trying to stay up to date with the newest information regarding the pandemic. A virus that none of the specialists have encountered before called the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) started to spread in the population of Wuhan, China, and later outside of Asia into the world. Even though Covid-19 is one of the most discussed topics, there is little to no certitude concerning the origin of the virus.

One of the theories suggests the virus originated in a lab in China where it was engineered to spread among humans. However, according to researchers at Ohio State University led by Shan-Lu Liu, there is "no credible evidence of genetic engineering." A high number of researchers all around the world whose opinions are published in magazines, such as *The New Scientist*, *Life Science*, *The Guardian* etc., agree.

Shortly after the epidemic began, Chinese scientists sequenced the genome of the virus to make the data available to researchers worldwide. Kristian Andersen, an associate at Scripps Research, and

his colleagues conducted research looking at one of the features of the virus - the spike proteins protruding from the surface. They showed that the way the virus operates is so effective that it cannot be a laboratory construct but a result of natural selection. Another quite frequent opinion is that the virus escaped from a lab by accident. Even though this is not an impossible event, according to a researcher at Columbia University Simon Anthony, it seems highly unlikely. Although most viruses cannot infect humans, researchers still take extraordinary precautions when working in the field. Samples are immediately plunged into nitrogen to freeze and even though in the lab they are not infectious anymore, scientists work in biosafety cabinets.

Another possibility, most favoured among the majority of scientists, is the emergence of the virus either straight from a certain animal

or the virus passing through an intermediate host animal before jumping onto humans. Even in the case of two other major outbreaks, SARS in 2003 and MERS 9 years later, the viruses were believed to come from animals with intermediate hosts being civet cats and camels respectively.

The overall molecular structure is distinct from the known virus and instead most closely resembles viruses found in bats and pangolins. This was the result of both Andersen's research at Scripps and research conducted by a team of virologists at the Wuhan Institute for Virology.

Research suggests the animal reservoir was a bat, but as a spokesman for the World Health Organization emphasized to *Medical News Today* (MNT), "We don't yet know [what the specific source of SARS-CoV-2 was]. Researchers in China are studying this, but have not yet identified a source."

This possibility does not necessarily mean the primary origin is at the Wuhan market, a wet market where both dead and live animals are sold with little to no space and hygienic standards allowing diseases to spread from species to species. A heightened risk of viruses jumping from animals to humans then arises at such a market. Later assessments have suggested, according to the MNT, that it is unlikely that the Wuhan market was the single source of the outbreak. *The Guardian* supports this further by stating that out of the first 41 Covid-19 patients, only 27 had direct exposure to the Wuhan market. After the outbreak of Covid-19, Chinese authorities closed the market. China also placed a temporary ban on farming and consumption of wildlife, but many are afraid this solution is insufficient.



<https://fortune.com/2020/02/06/coronavirus-disease-outbreak-china-why/>

KATEŘINA ROUŠAROVÁ

MACHIAVELLI, KARL MARX, COVID-19 AND HUMAN NATURE

From the dawn of human existence, philosophers and scholars have been arguing about people's true nature. The diversity of thought caused the spectrum of opinion to be extremely wide, from



Collage by Jasmina

viewing man as inherently evil to blaming society for corrupting the pure nature of an individual. The coronavirus crisis provided me with an opportunity to look into two works that are not primarily focused on human nature - The Prince by Niccolo Machiavelli and The Communist Manifesto by Karl Marx. But the manner in which they are written and the way the author perceives the world reveal three human features that, in my opinion, we all share and even more, we have demonstrated them in this crisis.

1. We are natural fighters

Who is responsible for the suffering of the proletariat? The bourgeoisie, as Mr

Marx said. And who is responsible for the coronavirus? The Chinese according to Donald Trump, but that is not the point. Humans always have to find something or someone to blame for their misery and to battle against. Even Andrej Babiš expressed his opinion about how we are now in a fight with the coronavirus. To fight means to have an enemy and based on real-life examples of people opposing injustice, regimes or only their own parents we are strongly and it seems inherently determined to stand up and fight. The only task is to identify the enemy.

2. All you need is... love or fear?

Maybe we are fighters, but on the other hand, we are very prone to be milksops. It is the fear that drives many of our actions which stems from our natural reflexes to survive. Niccolo Machiavelli, a renaissance man who wrote the famous tract about how to be the best regent,



history.howstuffworks.com/historical-figures/karl-marx.htm

knew very well the nature of humans. He claimed that a regent must be feared rather than beloved because fear is stronger and undying unlike the emotion of affection. The question is whether we now stay home for the health of our loved ones or for the fear of losing them.

3. "Working Men of All Countries, Unite!"

The fear we feel and the enemy we have identified cause us to unite. Naturally, not for the purpose of the communist revolution, but to evoke the feeling of belonging as unity strengthens our position and brings certainty of solidarity and support. People have united for each other in the time of coronavirus - to sew face masks, to do grocery shopping for the elderly, to invent alternatives for unavailable medical aids, mainly respirators. Basically, we tend to rely on other human beings.

Human nature is changeable, but these characteristics expressly excel above the others in these hard times. Maybe other events and other literary works will convince you about different and more significant human features. However, this is the lesson that the coronavirus crisis has taught me and that I will carry in my mind.

JASMINA ŠVARCROVÁ

EDITOR'S NOTE

Dear readers,

As the world we know is changing and the past is but a memory, the writers of the social commentary section nonetheless swore to uphold their oaths and seated themselves whilst letting their minds wander afar. All came up with novel things they learned from the current situation and decided to share them with you.

Ád'a and Julie reflect on how both social contact and contentment with oneself are important, twice so in days like these. Calista takes the time to critically evaluate some current news and what we should learn for the future. On the other hand, Jasmina goes through The Communist Manifesto and The Prince and what they, along with the coronavirus, tell us about human nature. Lastly, Nick shares how a greener cityscape may be to the benefit of all of us.

This edition's articles are truly filled with spirit, which in the times we live in is more than one can ask for. I am certain that just like me, these articles will make you think, chuckle and wonder, so I shall keep you no longer and wish you a great read!

NICOLAS WICHERT

HIDDEN IMPORTANCE OF SMALL TALK

By the law of nature every human being is to some extent social. Since pre-historic times the human race lives in societies with just rare exceptions of individuals living in isolation. There is a reason for that, which we now more than ever discover during quarantine as almost half of the world's population experiences self-isolation. Some people aren't affected by that, but there is a big percentage of people, including myself, who feel the consequences of the lack of social interaction already. A discussion or even everyday small talk helps our mental as well as physical health even though we often may not realize it. But how come that a few words a day can improve our lives?

During my first two weeks in quarantine, I thought how great it was that I finally had time to do my own stuff and focus on myself. Therefore, I hadn't talked to my friends, with whom I normally am in contact every day. After the two weeks, I was desperate. I didn't know what the reason was behind me feeling down until my mother shared an interesting opinion with me. Since I was used to interacting with people daily, I didn't know how to keep my mind healthy, when I lost the opportunity to share my thoughts and feelings. I hid in my shell and thought that social contact was not something of life significance, yet I was completely wrong. The next day, I talked to my best friend and others and did that everyday ever since. After a few days I realized that my mother was right, I felt much better

both mentally and physically.

Now what can you take from my experience? Don't ever underestimate the power of a good gossip talk! I know it probably sounds stupid to the majority but think about it. Even scientists have proven that people who regularly get a healthy amount of social contact, then have a higher chance of a longer life. Moreover,



https://www.dreamstime.com/small-talk-smalltalk-small-talk-smalltalk-information-communication-talking-two-people-socialization-persons-image117321173

relationships are the key to keeping our mental health and stability and we all know how long-distance relationships usually don't work out.

The saying that sums up the need for social contact is: "Shared joy is a double joy; shared sorrow is half a sorrow." We shouldn't forget that not only taking care of our body is enough to thrive because we all need more than that. And although you may be a part of the group that isn't yet affected by the self-isolation, still remember your friends and relatives, who may long for any available social contact.

ADELA ARCHALOUSOVÁ

WHAT'S BEHIND CORONAVIRUS?

Everyone has heard of COVID-19 by now. We all saw it evolve from an epidemic to a pandemic. We were all told this and that, however, what is right? We may think that everything the government tells us is right, but what if I told you it could be wrong?

Lately, much misinformation has been spread. Some lead up to death. Yes, death. It may not be in our country, but it is still a huge deal. Multiple journalists from China have gone missing, and they had been accused of spreading "false statements." One of the reporters was Chen Qishi. Chen visited the local hospitals to report on the treatment, which was terrible, and to spread some awareness. He was trapped by the Chinese government and was last seen on February 6th when he was coming home from his hospital visits. His disappearance followed the death of Dr. Li Wenliang, who was arrested for spreading the news about COVID-19. He died because of it. Also, many people think that injecting bleach or drinking bleach is a great idea. Then we do not have the exact amount of infected people or deaths. For example, in China, they bring the bodies in a crematorium before they could be evidenced.

Why aren't we told the truth? Is the government behind all of this? Some theories state that the government invented this disease to control

the population, but someone got infected by it, and then he infected everybody else. However, what if it just mutated? Well, at least that is what viruses do. Some people say it is a combination between SARS Cov-2. Some say it is a weapon, and some say it was made in the lab. I think it just mutated. It is a common thing, so I do not see a reason to think that it is a weapon. The chances of it being a weapon are minimal.

What is the big issue? We are provided with much misinformation, which can make people do crazy things. I think that the government should provide us with true statements, and they should inform us about the development of the cure and much else. It would also be a good idea to cool down for a bit, do our research and then start debating what is wrong and right. This is a rough time, but we can make it just by thinking a bit. Stay safe.

CALISTA MAŘÍKOVÁ



https://www.livescience.com/coronavirus-doctors-at-risk-face-mask-shortages.html

REFLECTION

Empty streets, covered faces, social distancing - these are all results of the ongoing coronavirus pandemic to which, be it voluntary or not, I am somehow used to by now. As the pandemic is global, it is natural that the news is also informing us about the worldwide consequences of the spread. As of now though, I am going to jump all the way to the other side of the spectrum and I will focus on the opposite - the individual - you.

To be completely honest, I would never have imagined that in the globalized, fast-living world we are living in today, one would be able to feel such intense emotions of isolation, leaving us to wonder why time suddenly seems to be



<http://yourdost.com/blog/2016/03/why-looking-at-yourself-in-the-mirror-is-important.html>

running so slow. "Lockdown" is the last word that would have come to my mind a couple of months ago to characterize the present world, yet now it has become a reality.

Each and every one of us is handling the situation differently, but one thing is certain for us all - we have to spend a lot of time with ourselves (as scary as it may sound). And this is where mental health starts to play an incredibly important role. All of a sudden, we cannot get to know other people, and we realize we are stuck with the person we see every morning in the reflection of the mirror. As we keep on gazing, we start to wonder who that person is, what they like to do, what their goal in life is, or what secret talent they have...

This continuous reminder that this person is, in fact, you can have at least two potential - very distinct - outcomes. The first one being an existential crisis that leaves one questioning their identity, realizing that they have no idea who they are, and the second one - a deep desire to get to know themselves.

When it comes to me, both of these scenarios eventually found their way to me.

If there is one thing that the coronavirus pandemic has taught me so far, it is that it is so hard, yet so important to accept yourself and realize who you are - as cliché as it may sound. I now have a better understanding of who the

person I see in the mirror is, and it's all thanks to the current situation we are facing today.

Therefore, just as Cuban-American singer Gloria Estefan said, "No hay mal que por bien no venga" - which could be compared to an English saying "Every cloud has a silver lining".

And that's why I ask you - What do you see when you look in the mirror?

JULIE SEDLÁKOVÁ



https://cdn.shopify.com/s/files/1/1467/2400/products/Self-love-hug_300x300.jpg?v=1530197514



https://amanispas.co.za/wp-content/uploads/2019/12/AdobeStock_241822083-Web-Crop-1360x680.jpg

OF TREES AND FOREST SQUIRELLS

In this day and age, many of us have come to settle in massive concrete labyrinths filled with gloom and misery, colloquially known as cities. I fear I am not the only one who dreads going to work one day, staring into my computer



Photo by Nicolas

or out of the window upon a landscape of towering grey buildings. Yet this is a reality for many of us. Step out of your home? Soulless grey pavement awaits. Go out into the city centre in search of life? Every remaining plant is plastered full with dirt, waste, or people who embody both. The only real place for a timely escape is the countryside, but that is both distant in a time of lockdown and rapidly

vanishing beneath a flood of housing projects. Yet with just a little more vegetation and a couple more cute creatures, all this could be so much more different.

Do you ever wonder where all the trees went? We cut them down, all of them. Well alright, that might be somewhat hyperbolic, but the fact is that trees are starting to become a rare sight in many urban areas. They simply take up too much space, space which could be used for shiny new apartment buildings. And whilst yes, both are certainly important, does it not seem a little foolish to so heavily favour one over the other? Especially in times when buildings invade the tree's natural habitat, the forest, shouldn't these towering green behemoths be given the same opportunity? Not only are they visually appealing, they also provide crucial oxygen, as well as a bit of shade during sweltering summers. We all can get behind at least one of these reasons, right?

Whilst trees form the spearhead of many green initiatives in towns across the world, small critters and animals form the very end of the shaft of this metaphorical spear. They have an annoying knack for eating our food, skewering our wires with their teeth and generally causing entropy where there once was order. Yet I doubt I am the only one for whom the streets near their home right now bring up images of the Walking Dead and The Day of the Triffids (sans zombies and man-slaying plants of course).

Sure, on sunny days, it may seem as if the whole neighbourhood is out to party, but once it is gone, there is not a soul in sight. How much more idyllic would it be if on your way to buy groceries, a squirrel would hurry across the road in front of you, or you were accompanied by the delighted chirping of the birds? Life is all about balance, and I think we can all tolerate a few more animals in our cities without immediately sliding into a rat-infested apocalypse (fingers crossed!).

I think in our dreams of that city upon a hill, all would be better if we included some room in it for a few more parks, a birch tree here and there, as well as the odd confused squirrel. And whilst you might not realise it, a little green may not only make our lives more colourful, but also happier.

NICOLAS WICHERT



Photo by Nicolas

A FEW WAYS OF LISTENING TO MUSIC

Everyone loves music. It doesn't matter whether you listen to pop or Avant-garde jazz blackened death metal (yes, this actually exists), but you just love it. The other thing which makes music so diverse is how you listen to music. When music was "invented" the only way how you could enjoy it was to hear it live, or play it by yourself. You did not have another choice until the invention of recording sound.

Today you have a lot of choices, and in this article I'm going to compare them. The tradition of live music has not died, and going to a concert is a great experience because you share your enjoyment with the others, and you see, if you have a good spot, your favourite interpreters in the flesh. On the other hand, the quality of the sound also depends on where you are standing, and some people don't like crowds. Listening to live music doesn't mean only concerts, but it can be just singing at the camp-fire, or listening to your friend performing at home, which is nice and calmer, then a concert. The problem with live music is that you can't take it everywhere with you, you can't listen to it every time you want, and in the case of concerts, they don't play whatever you want. Thankfully, we can record sound. It can be recorded on several devices, like a gramophone desk or a CD. People listened to music on the gramophone since the end of the 19th century. Listening to

music on the gramophone has its magic, and it seems they are on the rise again. They can outlive CD's, and they have



<https://aukro.cz/hi-fi-gramofon-tesla-nc-430-6967277847>

ni- covers, but they are quite expensive today. CDs are cheaper, you don't have to turn them to listen to the other half of the record, and they are more portable. However the quality of the sound, when listening to a Walkman, isn't that good when you are moving. Before CDs, you could listen to cassettes on a Walkman. Cassettes could be listened to from the same spot as you stopped listening, without doing anything with it. However, you had to twist the tape back to listen again, and when you were not careful, the tape could fall out. Fortunately, now we can listen to music di-

gitally. It is easy, it's portable, it's cheap or even free. However, when listening to music from MP3, PC or phone, I don't find the quality of the sound from the device speaker good, so you have to plug it to an external speaker, or into headphones for a better experience. Unfortunately, due to the rise of digital reproduction of music, music artists are losing a lot of income because people can download it somewhere for free, or they at least use music streaming devices as Spotify. However, as an artist, you get around four dollars for 1000 of streams of your music on Spotify.

Listening to music is great, no matter what you are using. Someone will prefer the old way, to feel the history, and someone likes it simple. However the best way of listening to music is to listen to it with someone else, who will enjoy it as well.

VÁCLAV VOSTOUPAL



<https://elements.envato.com/group-of-people-enjoying-music-streaming-PUWA3YP>

COVID VS PLAGUE: VIRUSES IN CZECH HISTORY

Nowadays there is a panic situation all around the world because of the new coronavirus that has so far killed over 230,000 people. Several years before, people were scared by Ebola or SARS. These fears were relevant, many people died, but if we searched deeper into the history we will find that there were diseases that were more usual and even deadlier than the ones highlighted as pandemic from the last few decades.



<https://americanhistory.si.edu/blog/plague-hits-mouse-town>

If you lived in the Middle Ages, for example in the 14th century, you had a 33% chance that you would die because of the plague. This era was totally beneficial for the spread of such a disease: there were no proper medical facilities and the hygiene standards were very low. After its debut in the 14th century, plagues were returning back in cycles, so it became well known across the world. There was

not any protection possible, so, the disease was killing without mercy both rich and poor.. Signs of that illness were known very well, on the body appeared bigger bumps than the body blackened. Death came within three days, in some cases within hours. It was usual that people died right on the streets where they could lay for a longer time, decaying because gravediggers had no time to bury everyone. So the plague was spreading faster and faster and people's only hope was to stay isolated and pray for surviving this invisible apocalypse.

This deadly illness came also at the end of the 17th century. Based on the period documents we can spot a similar approach to the disease compared to the present situation. The plague in 1680 came also in the spring and huge celebrations of Easter were only helping the disease to spread. In order to stop this catastrophe, several precautions similar to the one that we use nowadays were established. For instance, there were checks on the borders that controlled whether the merchants or passersby were sick, they were disinfecting them or putting them into quarantine. Quickly, all the fairs were canceled and churches and pubs were closed. If someone was sick, they had to stay at home with their whole family. It was strictly prohibited to go outside, the doors were locked and marked, so everyone knew that he should not go there. Before each of these signed gates there stood a keeper, who received

the list from the residents on which they wrote all the things they wanted to eat.



<https://www.1.racgp.org.au/news/clinical/when-the-plague-came-to-australia-s-shores>

Even if the plague went off this house, the house had to stay in another 40-day quarantine, and then was disinfected. From these strict precautions, it can be seen that during these times the plague meant serious danger, so they were trying to stop it at all cost. Disobeying these rules was punished, normally by the death penalty, because people were realizing the imminent threat of this situation. Also thanks to these rules the illness disappeared within a year.

Today some people may think that only a small number of people compared to the whole population died because of COVID - 19, so they do not have to obey the government's rules which are limiting them. This sounds nice, however, this is not true, because no one knows, maybe there will come an event when the discipline and strict rules would decide whether 1/3 of people will die or not.

NATAN KRATOCHVÍLA

CONNECTING

Social distancing is something that almost all of us are going through for the first time ever and it's completely natural to feel lonely now. I personally am a very social and extroverted person, so it's been hard for me not to see my friends due to the situation we're in. Thankfully, there are many ways to connect with your friends and family even while in quarantine, and I would like to share them with you.

Perhaps for the first time, I'm very grateful for social media. It gives you the opportunity to call your friends, see them at least through a camera, text them whatever is on your mind and send them funny posts and memes. There are many platforms you can use to video chat your friends, some of those are Facetime, Messenger, Instagram or Zoom which allows you to call up to 100 people at the same time.

Another way to connect is to use Netflix party. Netflix party is an extension for Google Chrome which allows you to watch a movie or a show on Netflix at the same time as your friends. All you need to do is download the extension, then go to Netflix, choose a movie you would like to watch, click on an icon with 'NP' on it (which will appear in your tab after you downloaded the extension), then get a link, copy it and send it to anyone who you want to watch the movie with. They will click on the link and it will bring them to Netflix, they will see the movie you chose and you will have a chat next to it so you can talk about what is happening in the movie.

Another fun thing you can do with your friends while being safe at home is to play various games, for example Photo Roulette, Fight List or Psych.

Many of us like to show our emotions and feelings through music. That's why it's great to send your friends music you enjoy and create playlists together.

So far all of these ideas and suggestions require an electronic device and access to the internet, but you can disconnect from all of this and send your friends or family a letter or a postcard! I'm sure it will make them happy to find something unexpected in their mailbox.

I understand none of this advice can ever make up for being next to your favorite people, but remember that this time will pass, and we all will be able to see each other again and do all the fun things we did before. Hopefully this situation will teach us to appreciate our loved ones more.

JULIE SCHOLZOVÁ



https://img.minutoneuquen.com/u/fotografias/m/2020/3/17/f608x342-225806_255529_0.jpg



OUR CORONAVIRUS EXPERIENCE

We're all in this together is a popular commercial slogan during this unusual period of our lives. For once in my life, I believe in these media statements, because overall, this situation is truly completely new for all of us and brings along many complications for everyone. Even if some people hide in the countryside and some struggle in cities, we all share the common fear for our loved ones and their well-being. From my point of view, the spreading is unpreventable and the question of getting infected is rather "When?" then "If..?". However, continuously commenting on the virus is not the point of my article. I rather decided to share and perhaps calm you on the development of the disease once you are the ones getting infected. Therefore, I interviewed my brother who was the first one from our family to be tested positive on COVID-19 and questioned him on his experience.

Dear Matěj, tell us what were your first symptoms of the coronavirus that made you decide to take the positivity tests? Where do you suppose you could have alternatively got infected?

To be honest, the reason why I got tested was mostly due to my sister (in other words you) rather than me, because she had high temperatures above 38 degrees for several days, whereas, I only had fever for few hours. I also had a cough,

however, I was already quite ill before our ski trip to the Italian Dolomites, therefore, I suppose that is where I got infected. Other symptoms included fatigue, headache, and a sore throat. However, I must say that all the symptoms were not worse than a regular cold.

How did the infection develop? Did your relatives get infected too and if yes, how?

Well, the first symptoms outlined above, were the most serious part of the infection and after about three days I was already feeling okay. Within a week the cough was gone as well. As already stated, my sister got infected too supposedly in Italy, however, she was tested too early and her tests resulted in negative. I also believe my parents had coronavirus as well, because they were in close contact with us the whole time, however, their symptoms were probably just fatigue and headache.

What were the biggest complications it brought you?

The biggest struggle was that I was stuck at home for five weeks because of the incompetence of the Czech health care system to properly perform tests. The regulations require two negative tests to be declared cured of COVID 19, nevertheless, when performing these final tests, the nurses managed to do three

incorrect tests in a row, which "had unclear results" and could not be used for the declaration. This has prolonged my obligatory quarantine by at least two and a half weeks and I am not even mentioning the additional costs this brings to the government.

How was the test taken and how did you feel about the hygiene service personnel taking care of your health state?

The tests were taken by swabs at first both from the throat and nose, but all the incorrect ones were taken solely from the throat. Notwithstanding, I do not want it to seem that I received bad care only. The manager from the hygienic station who took care of us was really attentive and caring and did an excellent job keeping us informed. However, a side note is that most of the time, I was the only patient she was taking care of because we live in quite a remote area and as I was in the first 100 infected in Czechia I was the only infected in our region.

What are your overall thoughts on being positively tested as one of the first 100 ones in the Czech republic and overcoming the virus?

My final thoughts are that I cannot complain about having coronavirus. I like to be first at everything I do and stand out of the crowd, therefore, this infection most certainly gave me that :-). Yet, the only

reason I can say these words calmly is that I did not come into contact with anybody in Czech republic after returning from Italy and I did not pose a risk for anybody.

Do you have any advice for the rest of the population fearful of getting infected?

I would say that for most of us, there is no reason to fear getting infected by coronavirus ourselves. It's those who are elderly or have health issues who we should think of and protect during these days. Every page has two sides, and we should always try to gain the most even in difficult times and there certainly is a lot of things to learn throughout this unprecedented era.

I am very grateful for Matěj's opinion. It is very refreshing to hear a different point of view, then those we see each night in the news and I feel that it is important to remember to look forward, stay calm and bring joy to our lives as well as spreading it across our community. Thanks, bro!

MICHAELA RENDLOVÁ



Photo by Míša

WHAT TO WATCH IN LOCKDOWN

Because we are all now stuck at home, waiting for the next Zoom meeting and making our whipped Dalgona coffee (although that might just be me), you might need some new recommendations for your next Netflix session.

If we start with movies, the one that I cannot recommend enough is Dazed and Confused. It is one of Quentin Tarantino's favorite movies, and has become mine as well. It was filmed in 1993, but the plot takes place during the seventies in the city of Austin, Texas. The entire story takes place during the last day of school, where we have a chance to glance upon a few different friend groups, all with a different view on life and what it means to be young. There is not that much action or any big plot twist, but instead just the portrayal of the excitement on the first day of summer, filled with love, drugs, and friendship. To some, this may not be an enjoyable movie due to the lack of action or major plot development, but if you just want to enjoy the beautiful cinematography and character development, this might be for you. It is available to watch on Netflix.

The other movie which I highly suggest you check out is also on Netflix, and it is called The Social Network. It has received three Oscars and is regarded by some to be one of the best early 2000's films. It follows the story of young Mark Zuckerberg during his college days at Harvard and how Facebook was created,

with Jesse Eisenberg in the lead role portraying Zuckerberg perfectly. It gave me more insight into the making of Facebook and how the industry works. Overall it is a very well made and personal story. I myself love films that are about people's lives, which this one obviously is.

When we pass over to TV shows, Netflix has been creating new reality series almost every other week it seems. The one I urge you to check out the most is Tiger King. Some people tend to speak negatively about this show, which seems fair as it really is a very shocking and often unsettling show. I'm pretty sure everyone already knows what it's about, but if you don't, it's about the life and eventual imprisonment of an Oklahoma wild animal zoo owner, Joe Exotic. Everyone and everything constantly surprises you, and you'll be wondering whose side you are on. It is an extremely entertaining show which I think anyone can enjoy. There isn't much to add except that if you haven't watched it yet, you definitely should.

Those were some of my current favorites, which I hope you choose next time you want something new, as all of these are definitely a great pick. Stay healthy!

SOFIA JELIČIČ

SPORTSMEN IN QUARANTINE

Since the COVID-19 disease erupted to a pandemic level, every sporting event in all countries, except Belarus and other authoritarian regimes, was cancelled, every athlete had to find a thing to do in the quarantine. This article will list the most popular activities that athletes do at home.

Spend time with family

The biggest problem almost every parent has is not spending enough time with their family. It is twice as true for professional athletes. Now when they are all at home, they can enjoy time with their husbands/wives and kids.

Training and working out

Although training is mostly prohibited, sportsmen still keep themselves in shape at home, since nobody knows when they will start playing again. Although most athletes do this normally, there were a lot of athletes who weren't prepared to train at home, so they had to buy equipment for

working out at home.

Watching TV shows and movies

Perfect for family evenings or all-day marathons, movies and TV shows are essentials for quarantine. Networks such as Netflix are earning millions of dollars this time around. Sportsmen are watching movie after movie and show after show just as we do. Doesn't matter if it is about Joe Exotic or Michael Jordan.

Playing video games

Young male players especially enjoy playing all types of video games. Many leagues transferred their sport into the virtual world. Simulations of a race on bicycles or in formula cars featuring professional athletes are very popular. The future came quicker than we thought it would.

People asked themselves when leagues were cancelled what will the athletes do at home. We should not forget that they are people like us and are doing the same things as we do at home: enjoying time with our families, work and having fun.

ADAM CHÁRA



<https://latinamericanpost.com/32594-this-is-what-elite-athletes-are-doing-during-quarantine>, <https://www.cnn.com/2020/04/25/how-steph-curry-and-other-athletes-stay-busy-in-quarantine.html>

THE REVIVAL OF RESTAURANTS IN A DIFFERENT WAY

The Coronavirus outbreak was and still is a threat to the Czech population and economy. People are struggling to maintain their jobs and seem to be unable to provide for their families. Restaurant owners are doing their best to keep their restaurants even in such difficult times. Clearly everyone is searching for a way to gain at least some money in order to keep their businesses working. I have the chance to experience this situation from a family point of view, because we run a family restaurant in the heart of Šumava, and we are facing this issue as well. We are actually trying to keep our restaurant alive by looking for a way to make it work as simply as possible.



Photo by Káťa

After looking for appropriate ways to keep our restaurant work, we found one, which had a huge success. Have you ever heard about the 'hungry window'? That is exactly what we did. We prepared a table outside and we arranged every kind of cake that we had for people to see them and start craving for it. We also printed out a big poster saying 'our restaurant is open', so people passing by in a car could see it. It all took us a lot of time, because

we had to unfreeze food that we had to use, for example, French fries with fried cheese. Moreover, everything was full of dust and nothing was organized as the restaurant was closed for almost two months, so we had to clean everything thoroughly. Once we had come up with the menu, we could start arranging everything outside. According to the rules, we arranged tables with seats ten meters from the restaurant with two meters of space between each one of them, and we had a ring to a bell, so people could hear when their food was ready. After these details, we ran our Instagram at full speed, and we were waiting for our first guests.

At first, we had a lot of questions, such as: 'Is it all worth it? Will we have enough people?' It is true that there were not many people initially, because the idea was new, and people were scared. However, we believed in our great food and our excellent reputation, so we didn't let ourselves give up. After a few days, our dream came true, because people were waiting in lines to get our food, which was amazing. What surprised us was that most of the people came from Prague. It is true that people in Šumava do not really think about the current situation, because they have the chance to escape into nature, where they don't need to wear masks. People here are jogging, walking, exercising or riding a bike, and they feel free, because they don't have to think about the situation when they are

in the middle of forests. These are the reasons why our *hungry window* became so profitable. People from bigger towns like Prague started to escape big towns in order to escape elsewhere, where the situation was more peaceful.

This was a way of how our restaurant managed to stay 'open'. We believe that it is not only beneficial for owners, but it is also beneficial for our guests. They appreciate the fact that they do not have to cook every day for two months. Also, it is always nice to get away for some time and make yourself a cheat day from exercising and order a big piece of fried cheese with French fries. We are happy that people are not scared to live an ordinary life even with a mask on their face.

KATEŘINA VAŇKOVÁ



Photo by Káťa

IB STUDENTS SURVEY

Imagine you have spent a year and a half preparing for the final IB exams. Spending so much time studying, writing essays, or doing practice papers. Dreading May, when all your work will be tested, and suddenly you receive an email that there will be no final exams and that your grade will be based on the internal assessments and that's it. IB is over. Such an unexpected ending evoked plenty of different attitudes, emotions, and reactions. A lively discussion was triggered among all IB students, and our class was no exception:

"I actually hoped I would surprise during the exams and do better than the teachers predicted."

"It is scary that the final grades are based on just one thing. Writing one report doesn't show how anyone can perform in math!"

"May is going to be a lot less stressful and I'll have more time to prepare for the Czech Maturita, which I need more to get into a university."

"I want some closure. I sacrificed so many hours of sleep and had almost no social life that now feels to be in vain."

"There is simply nothing else I can do about the grades. Let the game begin."

KAROLÍNA HRABALOVÁ

A FAIRY TALE GONE VIRAL

Has it occurred to you that our current situation is like that one of a princess, who is locked in her tower, dreaming about the world outside and just waiting for her prince to come and rescue her, with whom she would have a charming wedding afterward? Well, I guess that we partially experience this enchanting story, at least the being locked part, but with one small difference - it is not magical at all.

The key character of that fairytale is someone, who locked the princess in the tower, usually for his or her own profit which was needed to defeat him for the princess to be set free. In our situation, we have two options for who the villain, who mercilessly enclosed us, might be. The first candidate to blame might be the virus itself. However, even if it has a fancy or even a royal name, it cannot be defeated otherwise than by staying inside. We all would like to witness some marvellous deliverance, where the prince would beat up the overpowered fiend and then he would run up the stairs, kick down the door and fold us into his arms by the time he was already avidly kissing us. Unfortunately, we are stuck in a situation, where we have to save us and even all the other people by ourselves. Since I assume that passionate kissing is also pretty unappealing with a facemask, I guess that we will have to get along without that one as well.

Our second option for the bad guy in

the story might be the government, who loads us with all those restrictions and decrees and forces us to avoid all places, where we usually tend to enjoy spending time. The problem with this accusation is the fact that, at the same time, the government is also 'our saviour on a white horse.' Although we might not like it, it is more than true, because those people are in charge of eventually opening the world to us again.

On the other hand, there might actually be some storytelling potential in the whole situation. Though we cannot say that we experienced a fairytale in our real life, no one can stop us from describing the whole situation as a scene from the movie *I am Legend*, when our grandchildren will ask us how is it possible that we survived the deadly pandemic.

ELIŠKA STRÁNSKÁ



<https://twitter.com/AvithaNigam/status/1239691347319074816/photo/1>

NETFLIX BINGE-WATCHING TIPS

With many activities being cancelled due to Covid-19, we suddenly have a lot of free time on our hands. One of the ways to spend it can be to watch some movies or series. Here are three Netflix series you can binge-watch during the quarantine.

Never Have I Ever

A new dramedy series that has come out just recently that features the life of a first-generation Indian-American teenager named Devi. After a horrible year that inc-



<https://www.rogerebert.com/streaming/mindy-kalings-netflix-series-never-have-i-ever-is-thoughtful-and-terrific>

luded her father passing away and becoming temporarily paralyzed from the waist down, Devi starts her sophomore year with a goal to change her social status and get a boyfriend. However, she struggles to sort out her feelings, gets in constant arguments with both her friends and family and finds herself in the middle of a romantic triangle.

The episodes last roughly 20 minutes, so you can either binge-watch all ten in

one day or just use them as procrastination in between schoolwork. As of 30th April, the series currently ranks second on Netflix's "Top 10 in the Czech Republic Today" list. Personally, I really enjoyed them and look forward to the next season.

Money Heist

Spanish heist crime drama television series that is about two huge long-prepared heists led by a criminal mastermind known as "The Professor". To help him carry out his plan to print 2.4 billion euros in the Royal Mint of Spain he recruits eight other skilled thieves who have nothing to lose. Their rules are clear: no personal information is given out, no attachments, and no violence during the heist. However, as the heist goes sideways, not only do the rules go out of the window, but the robbers prepare for a showdown with the police.

This show is personally not my type, but a lot of my friends love it and maybe you will too. In fact, this Spanish thriller is Netflix's most popular foreign show, and according to NME, it is the best one from the heist genre so far. If you prefer longer episodes, Money Heist is perfect for you as the episode's length can go up to one hour. The series has 4 seasons and the fifth is on its way.

ŠÁRKA NEUMANNOVÁ



WORDS HAVE THE POWER TO CHANGE THE WORLD, SO WE'VE BEEN CHOOSING THEM CAREFULLY FOR FOURTEEN YEARS.

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