



## ***HOW CORONA CHANGED MY LIFE***

The ***Art Competition*** provides a valuable opportunity to share essential experiences gained through the unforeseen challenges witnessed during 2020.

My life has changed drastically since the beginning of the Covid-19 pandemic.

Even though our lives have been significantly restricted , it does not mean that we have to be reduced as well.

Whilst we have to adapt to ever changing rules, regulations and therefore new conditions, we constantly step out of our comfort zones making us clearly more flexible.

Due to these conditions, we develop a deeper sense of compassion for one another and our empathy grows.

Additionally, our appreciation levels expand for our fellow human beings .

My dance mentor accompanied me in creating, exploring and defining the power of my expression through dance.

This dance represents my personal journey since 2020 and portrays positive and negative aspects, which I have experienced and continue to experience during the pandemic.

Often I had the feeling of being overwhelmed and felt frightened, because our lives had changed so abruptly and dramatically. I especially felt the fear of losing loved ones and the possibility of getting infected. In this dance I tried to express this journey.

### ***OPENING SCENE :***

I am safely wrapped in my cocoon , which represents my natural comfort zone .

Yet I feel restricted and have the urge to break out and have to fight for my freedom, particularly since fact is - we have a "new normal" .

### ***THE JOURNEY :***

Even if I took one step forward, it felt like three steps back and I repeatedly had to fight for my freedom and security.

As time passed, I realised that there are many ways I can embrace the beauty and joy of life and now I feel more prepared to clasp the difficulties in life in different ways.

