

## Lessons from the pandemic

### Pre-listening/reading questions:

1. How has the coronavirus pandemic impacted your everyday life?
2. Did you expect the pandemic to last so long when it first started?
3. What have you missed the most throughout the pandemic restrictions?

### Dialogue: Living amid the pandemic

**Justin:** I wonder when we'll go back to in-person classes. I miss my classmates so much!

**Brian:** I know just how you feel, I'm also tired of online classes. Gosh, I sometimes find it hard to believe we are going through a pandemic. I wish I could forget about it for a while. But how can we? We're constantly reminded of it every time we turn the TV on.

**Justin:** Do you remember when it all started?

**Brian:** I do. When I heard about the first few cases I thought it would soon **blow over**.

**Justin:** Yeah, very few people took it seriously. I think nobody expected it to turn out so bad and become a global issue, and worst of all, last so long!

**Brian:** True. It's been almost two years now! Fortunately, the vaccine **rollout** has been successful so far and the number of daily deaths has been going down steadily. We owe so much to our **health care providers!**

**Justin:** We do. They are truly heroes. I'll never forget what we've been through and how dedicated and helpful they have been, I mean, there were so many critical moments. Sometimes it felt as if there was no light at the end of the tunnel. Remember when hospitals were **overwhelmed** for days and there were no **ICU** beds available for all **COVID** patients?

**Brian:** Yeah, but it's a memory I'd rather forget. Do you think the worst is behind us?

**Justin:** I do hope so, but let's not forget that many countries are still **struggling** to deal with this virus.

**Brian:** Gee! I wonder when this will all come to an end. It's crazy how everybody's routine has been affected. Having to wear a mask everywhere we go is a **bummer**.

**Justin:** Yes, my friend. The pandemic has **disrupted** the world as we know it and **brought about** many changes to our lives. Hanging out with my buddies is the one thing I miss the most. You know, I sometimes whine about the burdens that this virus has imposed on us, but deep inside I can't help feeling we can consider ourselves lucky.

**Brian:** Lucky? How do you mean?

**Justin:** Well, just look at everything that's happening around us. The pandemic has taken a much worse toll on other countries and many people have lost loved ones to this disease.

**Brian:** True, some of my relatives and friends have gotten infected with the corona virus, but fortunately they've only had **mild** symptoms. I guess you are right. We should actually be grateful that we have been so fortunate after all. Do you think there's a bright side to all that's happening to us?

**Justin:** You know me. I've always been an optimist and try to see the glass half full whatever the situation. I think the pandemic has brought out the best in people and made us more compassionate. I've seen many kind gestures in the past few months. A lot of people have gone out of their way to help those in need

**Brian:** I agree. I feel like people have become less selfish and more sympathetic towards fellow human beings. I think the pandemic has also instilled in people the need to come together to overcome obstacles.

**Justin:** That's right. The pandemic is a cross-border threat. We can definitely be more effective if we work as a team.

**Brian:** Oh, well! Let's just keep our fingers crossed and hope we can all go back to the **old normal** sometime soon.

**Justin:** Sure. The past few months have been pretty challenging, but hang on in there, pal. Good times are coming!

### Living amid the pandemic - True, False or I don't know?

1. Brian didn't expect the pandemic to last so long. True \_\_\_ False \_\_\_ I don't know \_\_\_
2. Most countries around the world have dealt with the pandemic in similar ways. True \_\_\_ False \_\_\_ I don't know \_\_\_
3. Justin believes there's a bright side to the pandemic. True \_\_\_ False \_\_\_ I don't know \_\_\_
4. According to the dialogue most people who get infected with the virus get over it easily and bounce back in no time. True \_\_\_ False \_\_\_ I don't know \_\_\_
5. It's unlikely that we will ever have to cope with another pandemic in the future. True \_\_\_ False \_\_\_ I don't know \_\_\_

### Living amid the pandemic - Focus on Words & Expressions

Match the words and expressions in the left column with their definitions in the right column.

- |                               |   |
|-------------------------------|---|
| 1. Blow over _____            | a. Something unpleasant, disappointing or annoying    |
| 2. Rollout _____              | b. Trying hard to do or deal with something difficult |
| 3. Health care provider _____ | c. Intensive Care Unit                                |
| 4. Overwhelmed _____          | d. Not serious; moderate                              |
| 5. ICU _____                  | e. Interrupted the normal course of                   |
| 6. COVID _____                | f. A person or organization that provides health care |
| 7. Struggling _____           | g. Overloaded; inundated; swamped                     |
| 8. Bummer _____               | h. Made something happen or occur                     |
| 9. Disrupted _____            | i. Gradual implementation of a new product or service |
| 10. Brought about _____       | j. The way things used to be                          |
| 11. Mild _____                | k. Disappear gradually without serious consequences   |
| 12. Old normal _____          | l. <b>Coronavirus Disease</b>                         |

Fill in the blanks below with a word or expression highlighted in the dialogue:

1. COVID-19 has \_\_\_\_\_ many aspects of our personal and professional lives.
2. Nurses, doctors and other \_\_\_\_\_ working in intensive care are required to wear both a mask and a face shield.
3. "The pandemic has \_\_\_\_\_ so many changes that I wonder if we will ever go back to the \_\_\_\_\_." said Darcy to a friend.
4. "Hopefully this crisis will \_\_\_\_\_ soon and things will go back to how they used to be." Stephany told a friend.
5. Field hospitals were set up to support \_\_\_\_\_ hospitals in many regions as the number of \_\_\_\_\_ patients continued to soar.

## Discussion & Conversation 1

1. Did you take the coronavirus seriously when you first heard of it? How has it affected your personal and professional life?
2. Has your home town been under lockdown? If so, for how long?
3. What adjustments have you had to make in your life because of the pandemic?
4. Have people become more compassionate as a result of COVID-19 in your opinion?
5. Have you or anyone close to you had the coronavirus? If so, describe what happened.

## Lessons from the pandemic- Additional Vocabulary & Expressions

**Outbreak:** the sudden start of disease, war or something else dangerous or unpleasant.

Classes have moved online since the outbreak of the coronavirus pandemic.

**Hand sanitizer:** a liquid or gel used to disinfect the hands

Using hand sanitizer regularly is an effective way of preventing the spread of coronavirus.

**Gathering:** a group of people together in one place

Public gatherings have been forbidden in an attempt to stop the spread of the virus.

**Quarantine:** a period of isolation in order to prevent the spread of an infectious disease

(noun) Many countries have imposed a quarantine of fourteen days for all people arriving from abroad.

(verb) The foreign visitor was asked to quarantine after he tested positive for COVID-19.

**Social distancing:** a measure taken to prevent the spread of a pandemic disease by maintaining a physical distance between people

The practice of social distancing is crucial to curbing the spread of COVID-19.

**Death toll:** the number of deaths resulting from a disease, war, accident, natural disaster, etc.

Thanks to the lockdown imposed by the government to contain the surge in coronavirus cases, the death toll has been decreasing.

**New normal:** an unfamiliar situation that has now become standard or usual

Remote teaching has become the new normal for teachers across the country.

## Fill in the sentences or short dialogues below with words or expressions presented in Additional Vocabulary & Expressions:

1. A fourteen-day \_\_\_\_\_ is required for anyone who has had close contact with an infected person.
2. Mask wearing and \_\_\_\_\_ are required in all public spaces according to official guidelines.
3. We have all had to adjust to the \_\_\_\_\_, a new way of living and interacting with other people.

4. The \_\_\_\_\_ of coronavirus has impacted our lives in many different ways.
5. "My hands are dry and cracked from using \_\_\_\_\_ all the time." said Jeff to a friend.

## Discussion & Conversation 2

1. How have the local authorities in your country handled the pandemic? Have they done a good job?
2. How well has the WHO (World Health Organization) handled the COVID-19 pandemic in your opinion?
3. Which business segments have been more affected by the pandemic in your opinion?
4. Do you enjoy working from home? Why/Why not?
5. Have people become more resilient as a result of the pandemic in your opinion?

## Choose the alternative that best explains the meaning of the words in bold in the sentences below.

1. Many hospitals have **struggled** to deal with the huge number of **COVID** patients.
  - a. underestimated the critical situation - **Coronavirus Disease**
  - b. praised their health care providers - **Coronavirus Disease**
  - c. received financial help from the WHO - **Coronavirus Disease**
  - d. tried hard to deal with a difficult situation - **Coronavirus Disease**
2. "Most of the infected patients admitted this morning have only shown **mild** symptoms." Dr. Green told a fellow doctor.
  - a. harsh; severe
  - b. not serious; moderate
  - c. bleak; desolate
  - d. wicked; ferocious
3. Unfortunately the COVID-19 vaccine **rollout** has been sluggish in some countries.
  - a. intubation procedure
  - b. final outcome
  - c. gradual implementation
  - d. completion
4. **Gatherings** have been banned since the **outbreak** of the pandemic.
  - a. a group of people together in one place – beginning; onset.
  - b. celebrations – end; conclusion
  - c. a group of people under lockdown – beginning; onset
  - d. hospitalizations – end; conclusion
5. The **death toll** will only continue to rise if people don't follow the measures put in place such as the wearing of face masks, **social distancing** and lockdowns.
  - a. number of people saved from death - the practice of keeping a safe or appropriate physical distance from other people
  - b. number of overwhelmed hospitals – detailed protocol
  - c. number of deaths from a disease, war, etc. – the practice of keeping a safe or appropriate physical distance from other people
  - d. number of lives saved by measures of social isolation – social interaction

**Complete the sentences below with your own words.**

1. .... during lockdown.
2. Mask wearing and social distancing .....
3. .... is the new normal.
4. Health care providers .....
5. .... after he tested negative for COVID.

**Discussion & Conversation 3**

1. Is there a bright side to the pandemic in your opinion? If so, what is it?
2. Has the pandemic made you a better or worse person? Explain your answer.
3. Do you have any family or friends who are health care providers? If so, what have they told you about their experience with COVID patients?
4. Has the vaccine rollout in your country been steady? Have most people in your country been fully vaccinated yet?
5. Do you think life will ever go back to the old normal? Explain your answer.