



# My CAS from home Activity

Because of the quarantine we could choose from a few suggestions provided for CAS from home and I felt like service would be very important given the situation.

# Contact with family

---

With the quarantine in place, a lot of people have been isolated from their friends and family. This can be particularly agitating because it is not certain for how long we will have to live under these measures. I know that not everyone has the same view of the situation as me and that some people have it much worse than I could ever imagine. The ones that must have been affected the most are older people who might not have the means to communicate with friends and acquaintances that easily and who overall might be feeling lonelier, compared to students for example.



# My family

---

That is why I chose to communicate daily with my aunt who lives with my grandparents, and has to take care of them. Not only that but she still has to go to work during quarantine.

We would talk almost every day for two weeks at around 7 o'clock in the afternoon. Instead of talking on the phone I suggested we use videocalls so that it can be a bit more fun and interactive instead of just listening to each other's voice.

There wasn't anything in specific that we talked about, usually small talk and how our day had been.

Because she didn't want to expose my grandparents to a possible virus, she usually stayed in a different room than them but a few times they would come and greet me too.







# The experience

---

I may not always be in the “mood” to talk with my family but it was not difficult to have that in my schedule. The only real difficulty we had was when one of us could not be available on the set time that we had and when one of us was too tired to talk for long. But that was pretty easy to resolve. It was an opportunity for me to get closer to her since we live in different cities and my family can only visit on holidays.

# Conclusion

---

I would say that this experience has helped me as much as I hope I helped my aunt during this difficult time. Being able to talk with someone at the end of the day and vent out my frustrations has not been something that I ever thought I'd be able to do regularly. It definitely was something that I needed to be committed to and it also wasn't as straightforward as doing homework but it really helped me in the first weeks of quarantine in order to get used to this way of living. It also taught me to be more compassionate which is something that we can all be but it is more difficult to put in practice than it seems.

