

# NEWSREEL

2023-10-07

## Programmanus

av Carrie Morrison

Hi, and welcome to Newsreel. I'm Carrie Morrison. Coming up:

- How Covid affected young people's mental health

**Polina:** I couldn't connect to my course mates whatsoever. So it was very lonely.

But first...

### Rishi Sunak's u-turn

The UK's prime minister, Rishi Sunak, has delayed a ban on new petrol and diesel cars. The ban was due to start in 2030, but has now been put back to 2035. This decision has been criticised by environmental campaigners.

But Rishi Sunak says the delay is needed to give people more time to switch to electric cars.

**Rishi Sunak:** *We need to strengthen our own auto industry. So we aren't reliant on heavily-subsidised carbon-intensive imports from countries like China.*

### Mental health during lockdown

Now, how difficult did you find life during the Covid lockdown?

A new report from Oxford University has found that the mental health of children, between the ages of 11 and 18, was badly affected during lockdown. The number of 11 to 13-year-olds with depression rose by 8.5% during the UK's lockdown. Girls were also more likely to find going back to full-time schooling difficult.

**Carrie:** So I've come to the University of York in the north of England. I'm currently surrounded by geese, and I'll be talking to some of the students here about how their mental health was impacted by lockdown.

I first spoke to Yash, and I asked him where he was during lockdown.

**Yash:** *Hi, my name is Yash. I am from India and I am studying audio and music technology, the MSC. So, when the lockdown struck, I had to come back to India and it was tough. I'm not going to lie. Initially I was able to cope with it. But I think with the fourth or the fifth month, that's where it started affecting me quite a lot. So... I have very supporting parents back home, so it was quite easy. But you always have this kind of pressure on yourself that you don't want to burden them.*

#### u-turn

*u-sväng, belomvändning*

#### to delay

*att senarelägga*

#### ban

*förbud*

#### decision

*beslut*

#### delay

*försening*

#### to strengthen

*att stärka, att förstärka*

#### to be reliant on something

*att vara beroende av något*

#### subsidised

*subventionering*

#### lockdown

*nedstängning*

#### mental health

*psyisk hälsa*

#### to be affected

*att påverkas*

#### to be impacted by something

*att påverkas av något*

#### to strike

*här: att starta, slå till*

#### initially

*till att börja med*

#### to cope

*att hantera något*

#### to burden

*att belasta*

I then spoke with Polina.

**Polina:** *I'm Polina, I'm from Ukraine. I'm studying economics, environment and ecology. But at the time I was studying business management.*

**Carrie:** So were you under any, like lockdown pressures in Ukraine or in the UK?

**Polina:** *Yes. When I was studying business management, I actually needed to return to Ukraine very urgently. Because it was planned that the lockdown would be too long to stay at the place that I was.*

**Carrie:** How long do you feel you were isolated for, during lockdown?

**Polina:** *Probably the harshest were three/four months. Especially, it was hard being a first year student because I couldn't connect to my classmates whatsoever. So it was very lonely, I feel like.*

**Carrie:** What do you feel like unis in general could have done better, or in your experience, how they could have done better in terms of mental health during the pandemic?

**Yash:** *Socially, I would say organise virtual meetings or virtual wellbeing sessions because while work is very, very important, it affects the mental health as, as we are discussing, right? So, I really feel something like a good mindfulness session is something where they can begin with.*

**Polina:** *I feel like there should have been a little bit more, efforts to connect the students. I heard people were complaining about paying the same rates and just in general having far less social life. And even when they have returned, it has been far harder for them to socialise.*

Thank you to Yash and Polina.

## **BTS's Suga in the military**

*[Dynamite by BTS]*

Are you a fan of K-pop music? That was Dynamite by the very popular K-pop band, BTS.

One of BTS's members, Suga, has just begun his military service in South Korea.

In South Korea, all able-bodied men must spend at least 18 months in the armed forces before they're 28.

BTS have now stopped performing until 2025 - by which time they will all have finished their military service.

That's all for this week.

I'll be back on the 20th of October. Goodbye!

**pressure**  
stress, press

**urgently**  
snabbt, brådskande

**harshest**  
hårdaste, obehagligaste  
**whatsoever**  
överhuvudtaget

**uni**  
förkortning universitet  
**in terms of**  
vad gäller

**wellbeing**  
välmående, välbefinnande  
**session**  
pass

**to complain**  
att klaga  
**rate**  
här: kostnad, pris  
**socialise**  
socialisera, umgås med  
varandra

**K-pop**  
koreansk pop

**military service**  
värnplikt, lumpen

**able-bodied**  
arbetsför  
**armed forces**  
försvarsmakt