

NEWSREEL EASY

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Programmanus

av Carrie Morrison

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

- Teenagers mental health during lockdown

Adina: I think they were doing their best with what they had. My professors were really lovely. They were all going through similar things.

But first...

Talking to plants

Scientists in the UK have made a machine which could make it possible for humans to talk to plants.

Researchers at Cambridge University have found that plants react in a certain way when their machine shines light on them. The light woke the plant's defence systems against disease.

They hope that in the future they'll be able to warn plants when they're in danger of an infection.

Mental health during lockdown

The Covid pandemic has been a difficult time for everybody.

Across the world, businesses and schools were shut. And that had a big effect on many people's mental health.

Researchers in the UK have found that a huge number of children aged between 11 and 18 were badly hit by lockdown.

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.

First I spoke to Owen.

Owen: Hello. I'm Owen. I'm from the West Midlands, doing music and sound recording.

Carrie: So how long were you in lockdown in the UK?

Owen: I'd say six months' worth of teaching. That sounds about right.

possible
möjlig

to react
att reagera
defence systems
försvarssystem
disease
sjukdom
danger
fara

lockdown
nedstängning
pandemic
pandemi
effect
påverkan
mental health
psykisk hälsa
huge
jättestor

geese
gäss
to be impacted by
att påverkas av

Carrie: And how was your mental health during that period of time?

Owen: *Oh awful, cut off from... Well, my mates. I felt like I was getting half an education. I feel like that's no way to learn, especially since I was doing a music performance course. So it was just none of that at all. No shows going on. Nothing.*

Owen says that during the Covid lockdown, he was sad he could not see his friends and that he couldn't practice music at school. I also spoke with Adina.

Adina: *My name is Adina from Northern Ireland, and I'm studying public history. I think I was in lockdown for around a year. I was in lockdown in America, so I did my undergrad in America and that's when the lockdown happened, so...*

Carrie: And can you describe how your mental health was during that period of time?

Adina: *Um, I was very lucky. I had great roommates at the time. but I think it started to hit after, like, when our sports stopped having practice and it started to affect more like my physical health and that affected my mental health.*

Adina says that during lockdown in America, she had great people who lived with her, but over time she missed being able to exercise outside.

Carrie: So was your college doing anything to support you during lockdown?

Owen: *Nothing specifically for being at home in lockdown I didn't think there was any special effort.*

Adina: *I don't know much about the administration. I think they were doing their best with what they had. My professors were really lovely. They were all going through similar things.*

Owen says that his school did not support him during lockdown. Adina thinks that her teachers were doing their best.

Carrie: Lastly, if there was anything they could have maybe helped during that time, what would you think they could have done?

Adina: *I think the school could have maybe helped with, um, some like financial stuff just because obviously a lot of us didn't have jobs, so... but other than that, I don't think they could have done much more.*

Adina thinks having more money for students would have been helpful during lockdown.

Thank you, Adina and Owen.

BTS's Suga in the military

[Dynamite by BTS]

That's Dynamite by Korean pop band BTS.

Now one member of the band, Suga, has just started military service. This is because South Korea has a law that men must do military service before they are 28.

As a result the band are pausing their work together until 2025.

That's all for this week.

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

period of time

tidsperiod

education

utbildning

to practice

att öva

undergrad; undergraduate

grundutbildning

roommate

rumskompis

physical health

fysisk hälsa

to exercise

att träna

college

motsvarar svensk gymnasium

similar

liknande

support

stötta

obviously

uppenbarligen, förstås

military service

värnplikt, lumpen

as a result

på grund av detta