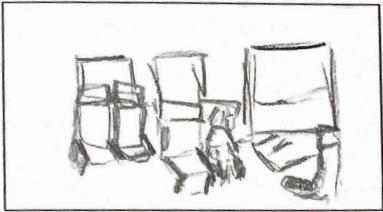


# slowdown

**/relax more/**

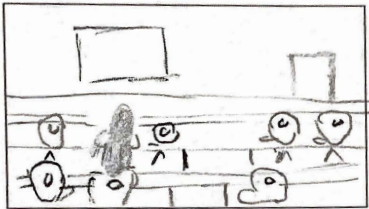
Slowing down is a conscious choice, and not always an easy one, but it leads to a greater appreciation for life and a greater level of happiness..

# slowdown – exposé



## PRE CORONA: PICTURE 1 – THE TRAIN RIDE

I spend a lot of time on the train from Zurich to Chur, because I live in Zurich. Often I work there while I eat my breakfast, sometimes I sleep and sometimes there is a little make-up makeover. The IC at 06:37 is very pleasant, actually I always have a compartment for four people for myself and can spread out carefree.



## PRE CORONA: PICTURE 2 – THE UNIVERSITY OF APPLIED SCIENCES

Most of the time I am the first in class and look for my place in the back row. I often use this time to plan the next days and to write back to my friends on WhatsApp. The conversations revolve around planning rides, joint gym sessions or the next visit to the club. I am always very busy. I also think that I can't be spontaneous. Then I am overstrained and everything becomes too much for me.



## WHILE CORONA: PICTURE 1 – WORKING AT HOME

The lockdown came. The schools had to close, while the switch to online teaching was rapid. Now all students no longer attend classroom instruction but work individually at home. In order to be able to work at 08:00 am on time, I no longer had to get up at 06:00 am. The hours of driving the train were gone for me. I got more sleep than ever. There were no more rides, gym sessions or club nights to plan.

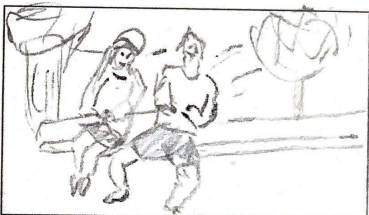


## WHILE CORONA: PICTURE 2 – HORSEBACK RIDING? HORSEBACK RIDING!

The sports freak in me couldn't keep his feet still and the horses had to be moved too. Riding lessons or group rides were not possible, but I had a lot of time to spend alone time with my horse. And all this very flexible. And SPONTANEOUS?! My personal peace of mind.

## WHILE CORONA: PICTURE 3 – OFF TO NEW HOBBIES

I missed my gym very much. But the weather was too nice to mope! But the persuasion of my boyfriend was successful and so the inevitable came: I went hiking. And had fun! During the hiking I was not on the iPhone, nor was another hiking day planned, because ...: We would go again when we felt like it and the weather was nice. Quite spontaneously.



# slowdown – the reportage

## 06:37 AM: THE IC FROM ZURICH TO CHUR

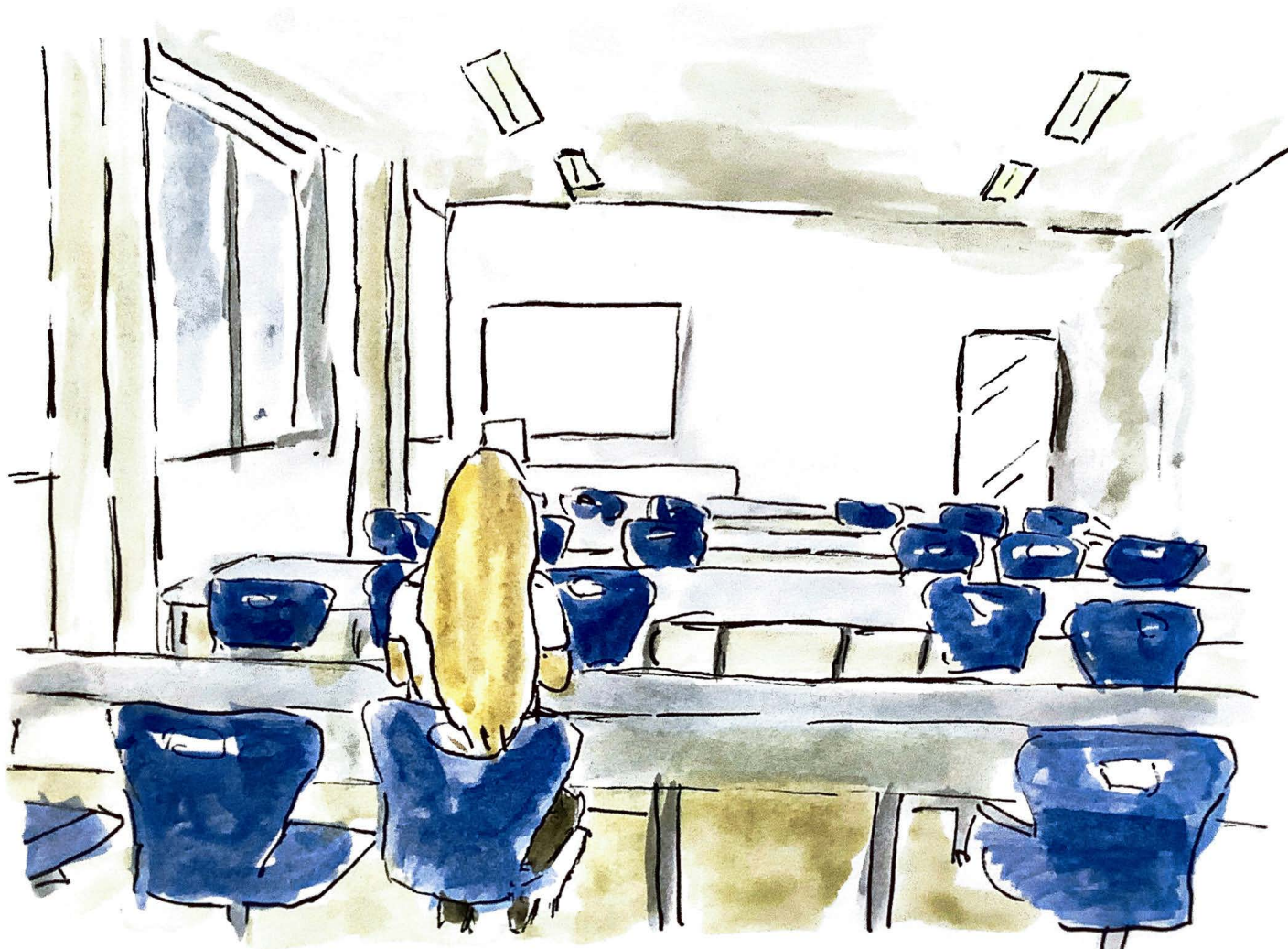
This is my favourite place on the train: all alone in the four-person compartment by the window. I use the 75-minute ride to work. Yesterday I was at a friend's birthday party until late. I am tired and a bit exhausted. Today I will also only be home late again. In my head I go through the schedule of the day. I repress the pressure. I continue working.





## 08:05 AM: UNIVERSITY OF APPLIED SCIENCES GRAUBÜNDEN

I'm always the first in the classroom. I need this time to check my Whats'app and write back to my friends. It's all about planning rides, joint gym sessions and the next visit to the club. The week gets more and more planned and the news no less. Sometimes it all overwhelms me a lot.





### **08:00 AM: WORKING FROM HOME**

Corona has reached Switzerland. The country is in lockdown. The school is closed, lessons are online. The daily, hours-long train journey is no longer necessary. In order to work on time at 08:00, I no longer have to get up at 06:00. I get more sleep than ever. There was nothing more to plan. Everything was quiet. I was calm.





## **HORSEBACK RIDING**

The sports freak in me couldn't keep his feet still. I had to move and the horses had to be moved too. Although neither riding lessons nor group rides were possible, I had a lot of time alone with my horse. And all this very flexible. And spontaneously?! My new personal peace of mind.

## OFF TO NEW HOBBIES

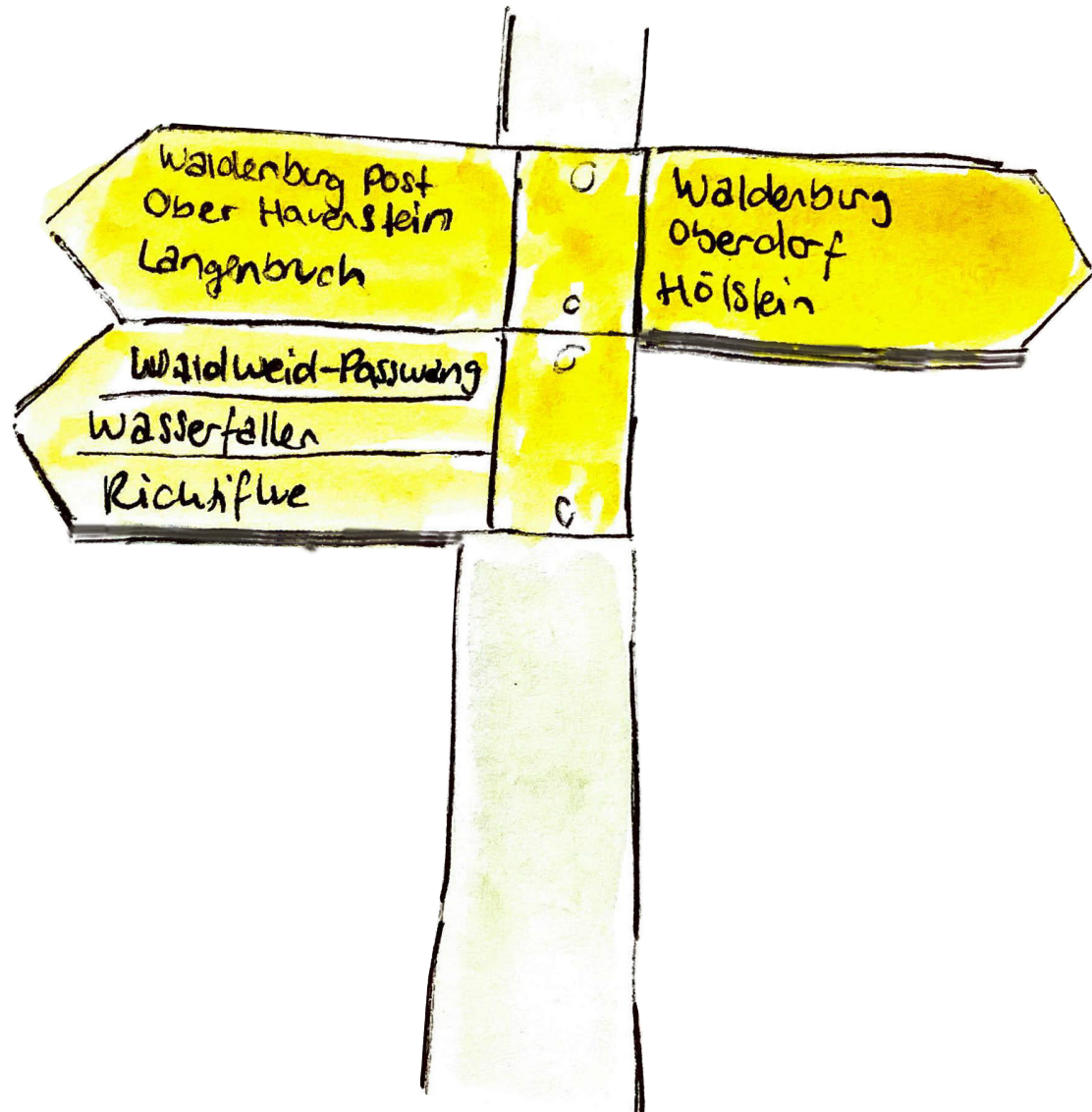
Necessity is the mother of invention. And since my beloved gym was closed, I needed an alternative. Actually, I was never a hiking fan, as a child I always hated it. But my boyfriend managed to do what seemed impossible: he persuaded me to go hiking. And I had fun! After a four hour hike I was so tired, so I didn't miss my gym as much. We have not planned a new hiking day because... we would like to go spontaneously!





## WHAT'S NEXT?

Even after Corona I would like to keep this newly won spontaneity. I don't want to be planned weeks in advance and put myself under pressure. I'll just take a break now. And slowdown.





# slowdown – treatment (1/2)

## **CHARACTER: LEA ZEHNDER (MYSELF)**

I am Lea, 23 years old, live with my boyfriend in Zurich and study in Chur. This reportage is about my personal feelings during the Corona period. I don't want to gloss over this terrible virus and its consequences. No, I want to show what is positive for me and to illustrate the changes I noticed in my life. I am a very fun-loving and enterprising person. There is always something going on in my life and I am always on the move. Sport is my great passion and fitness and riding is part of my everyday life.

## **PRE CORONA: PICTURE 1 – THE TRAIN RIDE (SOMEWHERE BETWEEN ZURICH AND LACHEN)**

Because I live in Zurich, I spend a lot of time on the train to Chur. Often I work there while I eat my breakfast, sometimes I sleep and sometimes there is a little make-up makeover. The IC at 06:38 is very pleasant, actually I always have a compartment for four people for myself and can spread out carefree. Also the route is beautiful, watching the sunrise along the lake of Zurich is always a great pleasure for me.

## **PRE CORONA: PICTURE 2 - THE UNIVERSITY OF APPLIED SCIENCES (BUILDING MEDIENHAUS)**

My standard table is in the back row. I'm usually the first in class. I enjoy this very much as it allows me to go through everything for the next day and to settle in in a relaxed manner. Until all students arrive, I use the time to plan the coming days and to write back to my friends on WhatsApp. The conversations revolve around planning rides, joint gym sessions or the next visit to the club. I am always very busy. I also believe that I can't be spontaneous. With my workload at school, hobbies and friends, I have always found good planning to be the deciding factor in matches. There are many days when I have too much to do to enjoy individual moments at all. Then I am overstrained and everything becomes too much for me. I would much rather be alone at home with a good book ...

# slowdown – treatment (1/2)

## **WHILE CORONA: PICTURE 1 – WORKING AT HOME (COZY IN MY WING CHAIR)**

Corona reached Switzerland. The lockdown followed. The schools had to close, while the switch to online teaching was fast. Now all students no longer attend classroom instruction but work individually at home. At the beginning it was really strange, but soon I started to miss the exchange with my fellow students. That's how we all became good friends who support each other in everyday school life. But soon the turn-around came: in order to be able to work at 08:00 am on time, I no longer had to get up at 06:00 am. The hours of driving the train were gone for me. I got more sleep than ever. There were no more rides, gym sessions or club nights to plan. Also I was now very often at home. I like that. It was quiet. I was calm.

## **WHILE CORONA: PICTURE 2 – HORSEBACK RIDING! (KORRODI HORSE STABLES, WÄDENSWIL)**

I love sports. As I was unfortunately not able to go to the gym any more, I am looking forward to riding, because while in one stable I was not allowed to participate in any riding events, in the other stable I could take care of my favourite horse for half a week. Riding lessons or group rides were not possible, but I had a lot of time to spend alone time with my horse. At a distance I was even able to chat with a stable friend. And all that very flexible. And spontaneously?! My personal peace of mind.

## **WHILE CORONA: PICTURE 3 – OFF TO NEW HOBBIES (HIKING IN THE DEPTHS OF THE AARGAU)**

I missed the exhausting in the fitness very much. But during Corona we really had the perfect weather. It would have been too bad just to stay inside. Actually I was never a hiking fan, as a child I even hated it. But the persuasion of my boyfriend was successful and so the inevitable happened: I went hiking. And I had fun! My inner sports freak also got his money's worth, because after a four-hour hike he was ready for pasta too. During the hiking I was not on the iPhone, nor was another hiking day planned, because we would go again when we felt like it and the weather was nice. Quite spontaneously!