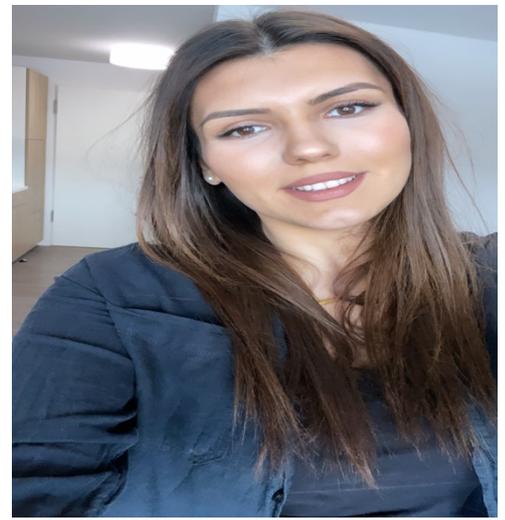




Getting to know Albina!



Hello girls,

I hope you are all keeping well, I most definitely am so excited to share this blog with you as you get to know me better. As expected, my typical daily routine has drastically changed ever since I moved to Germany in September. The greatest aspect of moving to Germany has been the freedom and experience I have gained. Regarding freedom, I feel as now I am my own boss and I get to do whatever I wish. Apart from obviously the concrete and serious work that I carry out in the school as a language assistant, every other decision regarding my experience here in Germany is being made by me. As I am not attending university this year, I just feel as though I have so much time to explore the city, try new foods, make new friends, and really dive into the German language. My year abroad affords me great freedom. However, even though freedom is great, it is sometimes difficult being responsible for every aspect of your life -- with great power and freedom comes even greater responsibility! Since being here, I've been learning to take care of myself and be open but also aware of my surroundings, reflect on the consequences of my actions, and pay attention to my spending. I really feel that I have developed a lot as a linguist, but also as a person since I have arrived here – I wholeheartedly recommend this experience to all young people!

So, my daily routine has completely changed since I arrived in Germany. As a university student, I felt that every day was very structured: I woke up in the morning, got dressed, and (during the semester where we had distance learning) went online for the day to attend

lectures and complete the work which needed to be done. Of course, I am extremely grateful that I can go University and learn but moving to Germany has been a great step in my life as it brought about a change that I did not even know I really needed! Now that I am in charge of planning my day and I don't have as many obligations, I feel I have a bit more time to rest and recharge so that I once again feel more ready to return to full-time study.

I have inserted an example of the kind of planner I generally use here in Germany. Speaking from personal experience, keeping a diary or some sort of planner has become very important as it keeps me accountable and reminds me of all my daily tasks. You probably do something similar too, I imagine, not least as you are trying to get through a lot of the preparatory work for the Leaving Cert in 5th year. I think when you are planning, it is worth paying attention to micro tasks and creating a detailed routine which is realistic.

Daily Routine

FOR THE WEEK OF

Albina's Daily Routine

07.02.2022

13.02.2022

Weekly

Daily

Schedule

S

- ✓ Do Laundry
- ✓ Prepare work load
- ✓ clean apartment
- ✓ Go for long walk

Wake up at 8am

Prepare outfit

Make over-night oats

Hit atleast 10,000 steps

Prepare for class

Charge Ipad + Macbook

Revise German

Make dinner

Water plants

Make sure to eat fruit

Manifest positively

Relax and watch netflix

Skincare + Haircare

S

- Fold + Dry Laundry!
- Make Shopping list
- Relax, recharge for the week
- Sunday roast dinner

No work

M

- ✓ Do food Shopping
- ✓ Create quiz for 9.Klasse
- ✓ Do German revision
- ✓ Prepare for tutoring

Prepare for class

Charge Ipad + Macbook

Revise German

Make dinner

Water plants

Make sure to eat fruit

Manifest positively

Relax and watch netflix

Skincare + Haircare

M

- Food Shopping!
- 94m

T

Spaghetti bolognese

T

- ✓ Go to the Studio - tutoring
- ✓ Record 9.Klasse interviews
- ✓ Meet friends for coffee
- ✓ Revision for German

Prepare for class

Charge Ipad + Macbook

Revise German

Make dinner

Water plants

Make sure to eat fruit

Manifest positively

Relax and watch netflix

Skincare + Haircare

T

- Correct tutoring work
- Study German 6-7m
- Beef Stew

W

- ✓ Bring bottles to the plant station
- ✓ Buy fresh bread for the week
- ✓ Finished work at 11:05 → go GYM!
- ✓ Facetime group with friends in Ireland.

NOTES

* Take Vitamins + Supplements

* Facetime family

* Keep ontop of emails

* Take a deep breath and Seize the day!

W

- Collect bread from bakery!
- weekly facetime with girls ☺

T

Chicken broth soup and fresh bread

T

- ✓ Online tutoring for two Students
- ✓ Language Cafe for Oberstufe Students
- ✓ German Revision
- ✓ Long walk → 15,000 steps >

Prepare for class

Charge Ipad + Macbook

Revise German

Make dinner

Water plants

Make sure to eat fruit

Manifest positively

Relax and watch netflix

Skincare + Haircare

T

- Go for long walk!
- Relax!

F

Potatoes and Veg

No work

F

- ✓ Get manicure done
- ✓ Full cleanse of Apartment
- ✓ Shopping day!
- ✓ Sort weeks work into folders.

* Do small bit of Study!

TEXT WEEK

Prepare for tutoring!

prepare for Class

Book dentist appointment!

F

- No work
- Treat myself 12pm → nails

S

Takeaway treat

S

- Meet for games and drink with friends in apartment's community room.

S

Salmon + Cream-cheese toast + Salad!



- go to the marktplatz and get fresh fruit + veg
- Meet friends in the Gemeinschaftsraum.

*Disconnect
to
Reconnect*

@therandomvibez

Break your routine



The last aspect I want to mention in today's blog is breaking your routine. So obviously having a routine is amazing and it has honestly helped me to stay focussed! However, I do feel as though it is also necessary to break your routine the odd time. What does breaking your routine mean? So basically, you just do something you wouldn't usually do or that you find yourself never having time for, this in my opinion gives your system a shock and just makes you appreciate the normal everyday again. When I break my daily routine, I normally meet my friends on a school / work night or go to the cinema or a new café... or I give myself a new task like orchestrating a conversation with someone new in German!

You may be wondering why I am mentioning this? Well, I know you will be doing the Leaving Cert next year and it is really easy to get lost in studying, homework, and essays. I remember this really well and my advice is to set up a good and balanced routine... but also to break it sometimes! I find that after I "break my everyday routine", I am itching to get back to my normal self and I feel even more motivated because I've had fun and now, I just want to get back to work. I really hope you enjoyed my blog this month and getting to know me better and I can't wait to write to you again.

Speak to you soon,

Albina Haliti

**"LIFE BEGINS AT
THE END OF YOUR
COMFORT ZONE . "**

-Neale Donald Walsch

*break out of
your routine*