

DISTANCE LEARNING

Equipment

- laptop
- camera
- internet
- office programs

Computer skills

- how to install programs (Teams etc)
- how to connect equipment (camera, microphone)
- how to use meeting software

self discipline

- waking up in the morning
- paying attention to lessons
- managing your time

self care

- 5 minute break every hour
- stretches
- be in appropriate clothing for the meetings
- sleep at least 8h hours
- eat properly

cooperation

- don't be afraid to ask questions
- help others
- get used to the situation
- everybody does their part