



22.33 PODCAST DISCUSSION GUIDE

SEASON 02 EP 26 - CONNECTING THROUGH ISOLATION, PART 3

Note: This guide is designed to be used by American Space staff or volunteers to lead a discussion around ECA's 22.33 podcast. For ideas on how to run this virtually see our [virtual programming toolkit](#).



INTRO TO PODCAST

The "Connecting Through Isolation" 22.33 podcast series launched due to the COVID-19 global pandemic when many were forced to stay at home. These episodes are a compilation of people from all over the world submitting audio recordings of their experiences. This week is about balancing the joys of springtime with the realities of social isolation.

Key Term

Isolation- the state of being far away from everyone or everything else.

Play [22.33 Podcast, season 2 episode 27: Connecting through Isolation, Part 3](#). Stop the podcast at **17:05** and discuss the following questions.

DISCUSSION QUESTIONS

1. Let's think about that book quote Desiree shared. What are you doing to see the light in the darkness of COVID-19?
2. Are there any expectations of our lives that we should be letting go of? Think about the expectations we tend to take for granted.

Continue the podcast until 29:00, then ask the following question:

3. Appreciating the arts and the environment is a big theme in this podcast. How can we make sure that we appreciate them once this passes?

If time permits, continue listening to the podcast and ask the following questions:

4. Misinformation and xenophobia are unfortunately common throughout the world. What challenges does your community face with misinformation or xenophobia? How can we overcome them?
5. Our last two stories discussed the power of communities and service. What do you notice your community doing to help locally? How can we serve others?

Resources

<https://eca.state.gov/2233>

<https://elibraryusa.state.gov/>



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