



22.33 PODCAST DISCUSSION GUIDE

SEASON 02 EP 32 - CONNECTING THROUGH ISOLATION, PART 8

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 episode is all about the power of music--to connect people, to break down barriers, to inspire, and to evoke powerful emotions. Musical inspiration from all over the world and original songs by Giselle Felice & Erik Abernathy, Wordsmith, Seth Glier, Stela Botan, Tony Memmel, Just Wade Tam, and more. Turn this one up loud! You can access the full transcript [here](#).

Key Term

Community - a group of people who share something in common

DISCUSSION QUESTIONS

Play [22.33 Podcast, season 2 episode 32: Connecting through Isolation, Part 8](#). Stop the podcast at 23:20 and discuss the following questions.

1. How has music impacted you during this time? Does it change your mood?

2. Carla talks about how much she has learned during her time of isolation. What have you learned that you will continue with after the pandemic is over?

Continue the podcast until 31:50, then ask the following question:

3. Stela gives some advice on how to feel with our hearts. Have you felt closer to others during this time? If not, how has your experience been different?

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

4. In this episode, many musicians shared their work. Have you been working on something artistic during this time? Baking counts!

5. Are there any songs that give you hope or brighten your mood that you'd like to share?

Resources

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

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



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