**Video Transcript: Interview with Bidesh**

**What has lockdown meant for you?**

Well in terms of family, definitely brought everyone together. That’s what I think. As in because each of us, we will have to stay inside. Because normally everyone in my family works, and all going out, and then I'm usually always out and about. So now, we stay entire day together from morning to evening so it's just, it's good and bad I guess. I did want to start working this year, if I could. And then I was looking at jobs and they was just like, impossible to get.  
  
I'm in A-Level final year going to uni. A-Levels – we were meant to have exams to go uni but that got cancelled. And now our grades are being predicted, and that’s next month. And that's just like who knows what’ll happen, for everyone. Because they're judging you off, they said, off the previous mocks and tests but. It's not actual exams, but we still get predicted off it to go uni, so just a bit, who knows?

I think like, apart from a few certain individuals who really worked hard during the entire time during school, and had like good grades throughout the whole thing everyone else, like myself included, took it like kind of calm, because while we still got the main A-Levels left, and we still got time to revise. But then, because of the virus, and everything got cancelled, I think everyone's kind of shaking as in, who knows what's gonna happen? And I've had many friends told me about how they're gonna plan on taking gap year, and just not doing anything for one year and then redo the exams when they get the opportunity. But then, I don't know, it's just, everyone's got their own opinions but I think that I still want to go uni, but I just don't know which one at the moment because of the whole, who knows what grades you’re getting?

In terms of physical health, I think before because gyms and other sports facilities will open, so much better for everyone else and myself included, but now that we're stuck at home. I mean, I feel like people that had the mind to stay in shape stayed in shape and the people that just kind of drifted away, which I think was kind of the majority, just kind of started relaxing and just stopped working out and took a bit of a hit on their physical ability, I guess.  
  
Yeah apparently it’s opening tomorrow but I don't think I want to go straightaway, because I think, way too packed, everyone is going to be like at the gym, so I'm just gonna join soon.

**How has lockdown impacted your mental health?**   
  
My mental health, I'm not really even sure about that. Because I feel like I was doing good before, in terms of school and social life and physical, and through quarantine, I don't know, like, I think it's still the same, but I’m just more bored and just got not much to do left, like home and stuff. Yeah, like, all I do at home now just, use my phone, iPad, laptop, that’s it. And it's quite bad really. I think social media should be used less, by everyone. And then, people should go outdoors more.

**What priorities should the government set for young people moving forward?**  
  
For young people I think it's definitely more about, I think the most important thing is safety, is your own health, because that's what keeps us, that’s the most important thing about an individual, so as long as they're healthy and they can carry on with their tasks, jobs, education, whatever—I think that comes after your health.