



Е-Билтен 3

како се чувствувам после 3 недели?

After 3 weeks in Macedonia, I noticed a remarkable improvement in my level of English. I am sure he will continue to improve and I am sure I will be fluent in English after these 2 months. This is when I notice that all these years in English lessons have not served me much. I signed up for the gym 2 weeks ago and have a good routine that makes me feel great. Of course, I miss my family a little bit, that's normal, but I'm having a great experience that is worth it.

In this newsletter, in all honesty, I'm not sure what to tell you ... So! I'll tell you about a typical day with my daily habits :)

My typical day

8h

9h

9h30

15h30

16h

17h

19h

22h

I start by getting up first. Then I have my breakfast and I get ready.

Then I take the bus to go to work.

I go to the SEGA association and I get to work. We do workshops, newsletters and I prepare an event for high school students.

I finished my day of work and I go to the bus stop to go home.

I go home and prepare a good snack (often I taste a toast of grilled nutella and a kiwi) then I chill for an hour..

I pack my bag, put on some weight training gloves, a bottle of water, a towel, deodorant and my airpods and hit the gym.

I walk home, cook myself, take the shower and then chill a lot on Youtube and on my phone

After a good day, it's the best time to go to sleep

