

The Pros and Cons of Catching Up in Confinement

23rd April 2020

'Catching up' is the new craze for people whose habits have been changed by the lockdown. But what are the different meanings of this phrasal verb? ECP coach Rob investigates.

Although I'm **pretty much** doing the same amount of classes as before the Spanish government decreed the lockdown, being unable to leave home meant that I was in danger of just **twiddling my thumbs** for long periods of time. I needed a plan to keep me busy (and sane) and this enforced confinement was a great opportunity to **catch up on** some things that I had been **putting off** for far too long.

So I've been working on the time-consuming task of adding captions to the documentary film I made in 2019 and I've also been deleting a *huge* amount of photos from my phone and computer. I still need to upload and tag nearly a thousand photos to my page on Flickr, but, for the moment, that can wait. I asked ECP coaches Ali and Darren if they had been **catching up on** anything.

Ali said she was happy with the way she had been using her time. She has tidied up and reorganised her office at home, which is where she has been doing her online classes. In fact, working online has shown her how easy it is to get in touch with people, so she has been **catching up with** family and friends back home. She's also taken the chance to **catch up on** her studies. She's used her time to read in Basque—making copious vocabulary notes—and do a typing course, because she believes her typing skills aren't **up to scratch**.

Before you read the article, find this vocabulary in the text:

pros and cons: advantages and disadvantages

to catch up on something: to do something you haven't had time to do recently
to catch up with somebody: to speak to someone you haven't spoken to for a long time

pretty much: more or less
twiddle your thumbs: rotate your thumbs round each other with your fingers linked
to put off: to postpone an action or decision
to be up to scratch: to be of the required standard
unlike before: in contrast to previously
to keep something up: to maintain the same level
to furlough: to make a worker temporarily unemployed
leave: permitted time off work (paid or unpaid)

Darren explained that with his wife still working and with their two kids at home, he hadn't had much free time to **catch up on** anything at all! However, exercise has been of vital importance for him both physically and, perhaps more importantly, mentally. **Unlike before**, he now has a regular, daily routine of exercises (such as lunges, jumping jacks, squats and high knees) which is allowing him to **keep his fitness up** and clear his head. You always feel better after doing exercise!

But there is a downside to 'catching up' too.

If you are **furloughed** you will probably have a lot of work to **catch up on** when you start back.

If you have been put on paid **leave**, will you have to **catch up** (or make up) the hours you have been paid for but not worked? This will depend on your employer.

When children go back to school they will have to **catch up** on course work and do the exams they have missed. Will their academic record be affected?

If people can't pay their rent, mortgages and bills because they have been **furloughed** or lost their jobs, will they lose their homes or will they be able **catch up on** those payments later?

And what about businesses that have been forced to close during the lockdown? Will they be able to recuperate?

Anyway, don't forget that you can **catch up on** the last six years of the Weekly English Practice on our [website](#). If you're not sure how, just ask your ECP coach!



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FRIENDSHIP IS



...catching up over good food and something nice to drink.

Let's chat about that!

Write your opinions in an email and send them to your ECP coach!

Have you caught up on anything during lockdown?

Have you caught up with anyone during lockdown?

Or have you been too busy? With work, family etc?

If you have kids, will they have to catch up any course work?

How have local businesses in your area been affected?

Social Events In English

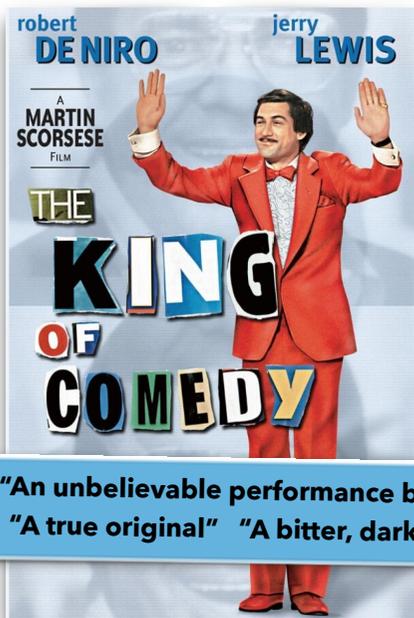
Real-Life English in Vitoria-Gasteiz



English
Coaching
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Practical English Stuff

Real Language to Express Yourself Better



"An unbelievable performance by De Niro"
"A true original" "A bitter, dark comedy"

This Friday, 24th April @19.00

FIRST, watch the film on PRIME (other platforms are available) and **then join John** to chat about the film over drinks and snacks **at 19'00**

Dates for your diary!

CINEMA NIGHTS!

Come and socialise in English!

Keep your English active!

The link will be sent out via ECP WhatsApp groups 👍

Alternatively, you can email John at john@englishcoachingcoachingprojects.net

Catch up on the Weekly English Practice

<https://englishcoachingprojects.net/weekly-english-practice/>



Don't forget to enter...

ECP's Flash Fiction competition!

What are the prizes?

As we will all want to celebrate and go out to our favourite bars and restaurants when confinement is over, we have decided that **vouchers for pintxos** will motivate you to write!

Winner: A voucher for 20€ of pintxos and drinks at Bar Erkiaga (or one in your town)

Runner-up: A voucher for 10€ of pintxos and drinks at Bar Erkiaga (or one in your town)

So, what are you waiting for? **Let's get cracking!**

That the kids were running around, shouting and screaming, actually made him chuckle a bit. Not having kids was a boon in times like these. And he'd begun to enjoy listening to Pilar, trying to fill in the other quarter of the conversation, imagining what her relations were with the regular stream of callers. He'd come to accept the constant presence of others around him by incorporating them into his routine, but the tightness inside accompanied him too.

