

Life under lockdown as an apprentice

Ben Tucker shares his experience so far...

Making the decision to work from home

After the government advised against all non-essential travel, I knew it was time for me to start working from home full time. My department had been testing our business continuity plans prior to going into lockdown, so I was as prepared as I could have been. I had already been bringing all my equipment home with me each day just in case this happened.

Daily tasks

Working in IT means that I can complete the bulk of my day to day tasks remotely. Therefore, working from home hasn't been much of an issue for me and being in a key industry means I still have plenty to do.

Staying connected

When working on your own you can easily become isolated and not have much interaction with your colleagues. To overcome this, me and my team have been having video calls daily so that we can check in on each other and ensure that we all have plenty of work to do.

Supportive employer

Last year I was diagnosed with inflammatory bowel disease, which puts me at a higher risk than the general population if I were to catch the coronavirus. Due to this it is especially important for me to follow government advice as strictly as possible. Thankfully I have the full support of my employer and they always ensure that my health comes first.

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Getting used to lockdown

Although at first it was slightly depressing knowing that I wouldn't be moving much for the next 12 weeks. I quickly began to take a more positive approach as it is easy to forget that many people are at this time are not as fortunate as me.



Keeping healthy and happy

Luckily, I have a reasonably sized garden which I am able to use for exercise every day. I personally find that exercising each day is the best way for me to keep myself in a healthy state, both physically and mentally.

Keeping in touch

It is especially important in these times to keep up regular contact with friends and family. Thankfully we are in a world where we are spoilt for choice on different technologies to use to communicate. I have been making the effort to speak to my friends and family regularly, whether they are in the same town or a different part of the world.