Twitter Thread by Klaus Bardenhagen



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Tales from the Taiwan quarantine hotel, day 6, thread 3.

Big changes in the food situation today.
More about that below.

This was my last

> Tales from the Taiwan quarantine hotel, day 2 thread.
>
> Not entirely unexpectedly, not a lot happened today.
>
> Except for the food.
>
> This is how it started the other day:https://t.co/akwi4oxskT
>
> — Klaus Bardenhagen (@taiwanreporter) January 10, 2021

There is one spot in my room where I can catch some sunlight, so that's what I saw from today's nice blue-sky winter weather in Taipei. (Hey look, I can see a tree.)



While the balcony looks nice, I'm not able to access it, probably to contain my aerosols. So these were taken through the window that can be opened just enough to stretch out my hand.

On the positive side, there is a window and it can be opened. Neither is a given in qu. hotels.



Let me share with you the 4 most useless items during quarantine.



Presenting the color scheme of my world right now.



So, the food. (3 meals provided by hotel)

Starting today, I switched to meatless.

The diet just was not really balanced...



So this was the selection on meatless day no. 1. Definitely more greens.

Though I am wondering if they need to stick to the "bowl of rice with vegetables" formula.



BTW, this is the schedule for where the hotel gets the meals from.

	週一 Monday	週二 Tuesday	週三 Wednesday	週四 Thursday	週五 Friday	週六 Saturday	週日 Sunday
早餐 Breakfast	烤司院/麥味登 Roast Toast/My Warm Day	麥味登 My Warm Day	Only Toast	麥味登 My Warm Day	永和豆漿 Yonhe Soy Milk	麥味登 My Warm Day	永和豆漿 Yonhe Soy Milk
午餐 Lunch	浩克 Hawk	八方雲集 Dumplings	四方刈包 W4 Taiwanese Burger	果腹健康水煮餐盒 Great Food	低GI廚房 Low-GI Bento Box	華南排骨/東一排骨 Chinese Bento Box	丼作筷燒肉丼飯 Japanese Bento Box
晚餐 Dinner	福華飯店 The Howard Plaza Hotel	Just Kitchen 虛擬廚房	三媽臭臭鍋 Mini Hot Pot	Just Kitchen 虛擬廚房	晶華 Regent Taipei Hotel	欣葉 Shin Yeh Japanese Cuisi	晶華 Regent Taipei Hotel

* 每日提供時令水果一份及優格一份。
Hotel provides two serving of seasonal fruit every day.

*菜單不定時調整新菜色，以此公告為主。
Orange Hotel have the right to change the meals. Please update from the front desk if there is any changes.

*現場送餐需要點時間，請耐心稍後。送餐時間介在以下時段之間：
早餐07:30-08:00 午餐12:00-12:30 晚餐18:00-18:30
Meal will be ready during bellowing time:
Breakfast 07:30-08:00 Lunch 12:00-12:30 Dinner 18:00-18:30

So, what else... As recommended by y'all, I started watching #Sense8.
Not bad. Five episodes in. Suppose that cannot really be called binging...

https://t.co/AwkysI5BBG

> Let's talk entertainment.
> Which of these shows that have been sitting on my Netflix queue since forever should I watch?

— Klaus Bardenhagen (@taiwanreporter) January 10, 2021

This is the daily check-up message by the authorities. They'll re-send it in 15 minutes intervals if you don't reply.

Did not get any more phone calls after the one on day 1, though.

This message is from CECC to learn about your health condition. If you feel normal, please reply 1. If you develop a fever, a runny/stuffy nose, a cough, breathing difficulties, loss of smell or taste, diarrhea, malaise or limb weakness, please reply 2. If you have other symptoms, please reply 3.

10:30

1

10:31

Thank you for your cooperation. Should you have any questions, please call the toll-free hotline 1922. The Central Epidemic Command Center cares about you.

10:31

While here's some more food... I recently came up with the term #SocialDetox to describe the quarantine experience. Was really proud of that, too, until I Googled it just now and found out it's been in use since before Covid.



What impressed me recently was the reaction to the doctor who got infected treating patients.
39 doctors and nurses from his hospital quarantined. 440 contacts tested.

https://t.co/gVtb1rJhAj

> Hier das volle Programm, wenn 1 Arzt in #Taiwan sich bei der Arbeit mit #Corona infiziert:
>
> Trotz milder Symptome auf Isolierstation
> >440 Kontakte getestet
> Aufnahme- und Besuchsstopp seiner Klink
> 39 Kollegen in Quarant\xe4ne
> Mind. 10.000 EUR Entsch\xe4digunghttps://t.co/Hyac4T1VN9
>
> — Klaus Bardenhagen (@taiwanreporter) January 13, 2021

Really nice touch on the cellphone stand provided by the hotel. Planning ahead for the time after the pandemic.


I SURVIVED QUARANTINE
Spend time with family
@Orange Hotel
桔子商旅