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## Inspired while self-isolating: Fredrik Jönsson

With Covid-19 lockdowns worldwide and health authorities urging people to self-isolate and practice social distancing on a massive scale as part of an enormous effort to #FlattenTheCurve of the global Coronavirus pandemic ... we are reaching out to industry friends, colleagues, associates, partners, etc., and asking them to share their #StayHome and #QuarantineAndChill activities with us during this extraordinary time.

Fredrik is a freelance lighting designer, mostly working in the broadcast, music television and events sectors, but generally in everything that involves lighting within our industry. Recently he was the LD for the 2020 Melodifestivalen tour ... to select the Swedish Eurovision entrant.

Robe: Where are you right now?

Fredrik: Stockholm, Sweden.

Robe: What are you doing to fill the time whilst isolating / on lockdown?

Fredrik: I am withing walking distance to my office / studio, and I have it all to my self, so I try to be there every weekday to organize stuff that there is never time for otherwise!

That includes updating software, cleaning out old hard drives, creating templates, cleaning up the CAD station and other tech stuff.

Robe: What's the most creative thing you're able to do in isolation?

Fredrik: Trying to learn new skills, particularly looking into new software for pre-production and drawings.

Robe: Are you looking after anyone else during the Covid-19 crisis?

Fredrik: No, all my family are safe so far.

Robe: Has anyone inspired you since this started?

Fredrik: All those people who are posting previz videos on YouTube are doing a good job, it is in times like this you really see and appreciate the creativity of others.

Robe: Favourite book / movie / Netflix series / viral video

Fredrik: Tiger King (a 2020 Netflix true-crime documentary mini-series about the life of zookeeper Joe Exotic) ... you simply can't make that shit up!!!

Robe: What's the first thing you'd like to do when we are through with this?

Fredrik: Get back to work! A good live show with a lot of music cues would be nice!

Robe: Own question / answer / message of solidarity or something you'd like to say?

Fredrik: This too shall pass ...

