

# 42

## TIPS ON

## HOW <sup>TO</sup> STAY

## ACTIVE & SOCIAL



CHALMERS  
STUDENTKÅR

**Public health authorities do not currently discourage physical activities - on the contrary. We've gathered 42 ideas on how to stay both social and maximize your alone time, all Corona friendly (as of 6<sup>th</sup> April 2020).**

## 3 main things to consider

- ➔ Small groups, avoid physical contact between group members.
- ➔ Do not share water bottles, coffee cups etc and avoid common plates or serving trays.
- ➔ Find places and times that do not require long journeys on public transport or during rush hour.

**Public health authorities regarding exercise:**  
[folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/information-till-idrotts--och-traningsanlaggningar/](https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/information-till-idrotts--och-traningsanlaggningar/)

# BEING SOCIAL OUTDOORS

- 1.** Kubb tournament
- 2.** Discgolf in Slottsskogen: [slottsskogendiscgolf.se](http://slottsskogendiscgolf.se)
- 3.** Easter egg/treasure hunt, stations with different missions
- 4.** Orientation/quiz walk
- 5.** Geocaching: [geocaching.com/play](http://geocaching.com/play)
- 6.** Circuit training: [trueworkout.se/trana-ute/](http://trueworkout.se/trana-ute/)
- 7.** Running intervals: [annalissjanis.sporthalsa.se/2019/04/03/lopintervaller-utomhus-6-roliga-variant-er](http://annalissjanis.sporthalsa.se/2019/04/03/lopintervaller-utomhus-6-roliga-variant-er)
- 8.** Choir practice in a large circle
- 9.** Picnic with a distance (bring your own blanket!)
- 10.** Outdoor cinema

- 11.** Barbeque at designated public fireplaces around Göteborg :  
[bit.ly/grillplatsergbg](http://bit.ly/grillplatsergbg)
- 12.** Outdoor OCR (hinderbana):  
[bit.ly/hinderbanagbg](http://bit.ly/hinderbanagbg)
- 13.** DIY OCR: [stoten.se/blogg/hinderbana-barn-ute](http://stoten.se/blogg/hinderbana-barn-ute)
- 14.** Photowalk: choose a theme and get creative
- 15.** Landscape painting
- 16.** Play turf!  
[turfgame.com](http://turfgame.com)
- 17.** Long walk while talking to a friend on the phone

## BEING SOCIAL INDOORS

- 18.** Music trivia:  
[quiza.nu](http://quiza.nu)
- 19.** Easter egg painting: [pinterest.se/housingaforest/easter-eggs](https://www.pinterest.se/housingaforest/easter-eggs)
- 20.** Organize a Cook Along with your favorite dish. Take turns with your friends.
- 21.** Netflixparty:  
[netflixparty.com](http://netflixparty.com)
- 22.** Work out for 7 minutes, take turns to be the coach: [greatist.com/move/7-minute-work-out-that-science-says-works#exercises](http://greatist.com/move/7-minute-work-out-that-science-says-works#exercises)
- 23.** “Fredagsmys” with tacos
- 24.** Game shows via Kahoot:  
[kahoot.com/home](http://kahoot.com/home)
- 25.** Achtung – die kurve:  
[achtungdiekurve.net](http://achtungdiekurve.net)
- 26.** Be tourists together:  
[Artsandculture.google.com](http://Artsandculture.google.com)

**27.** Mukbang: [sv.wikipedia.org/wiki/Muk-bang](https://sv.wikipedia.org/wiki/Muk-bang)

**28.** Charades

**29.** Word explanation game

## ALONE TIME OUTDOORS

- 30.** Take a long walk with a quality podcast. Tip: P3 dokumentär (Swedish) at SR Play: [sverigesradio.se/p3dokumentar](https://sverigesradio.se/p3dokumentar). Other popular podcasts: [poddtoppen.se](https://poddtoppen.se)
- 31.** Go feed the ducks in your nearest pond. Very sociable when fed.
- 32.** Explore your neighbourhood, but go places you've never been before. Make it a local adventure. Bring hot beverage in a thermos. Combine with below tip.
- 33.** Take a photo walk. Mobile phone will do as camera. Create a digital exhibition called "Göteborg during crisis" while taking pictures of people sunbathing outside restaurants.



## ALONE TIME INDOORS

- 34.** Rewrite a famous song into a handwashing song, then go viral on social media, like this one:  
[facebook.com/photo.php?fbid=10157032295167393&set=a.487442382392&type=3&theater](https://facebook.com/photo.php?fbid=10157032295167393&set=a.487442382392&type=3&theater)
- 35.** Learn something new and unnecessary on Youtube.
- 36.** Learn something new and useful on Youtube.
- 37.** Never clean again after these seven Mari Kondo tips:  
[expressen.se/leva-och-bo/med-kon-mari-metoden-behover-du-aldrig-stada-igen](https://expressen.se/leva-och-bo/med-kon-mari-metoden-behover-du-aldrig-stada-igen)
- 38.** Go to the musem:  
[digitaltmuseum.se](https://digitaltmuseum.se)
- 39.** Learn how to cook Indian cuisine with this brilliant and pedagogic chef: [youtube.com/user/chefkunal3005](https://youtube.com/user/chefkunal3005)

- 40.** Become awesome at geography with this app: [online.seterra.com/sv](https://online.seterra.com/sv)
- 41.** Share these tips with your friends. Come up with your own and tag **#coronachalmers** to inspire others on social media.
- 42.** Remember, this is a temporary situation. Make the most of it. Create new, better habits, get rid of bad ones.

