

# 445

## TIPS ON

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

## ACTIVE & SOCIAL



CHALMERS  
STUDENTKÅR

2021  
edition

**If you are tired of  
your daily routines  
and need inspiration  
on how to stay active,  
social and become  
inspired, we have  
gathered some ideas  
for you.**

**These ideas should only be used so long as they do not conflict with current recommendations from health authorities.**

The most effective measure:

Physical distancing is always the most effective way to slow down spread of infection and keep safe.

# BEING SOCIAL OUTDOORS

- 1.** Long walks with limited crowd in spacious environment
- 2.** Outdoor fikas and lunch with thermos and home baked goods
- 3.** Celebrations with fika or picnic outdoors
- 4.** Geocaching: [geocaching.com/play](https://www.geocaching.com/play)
- 5.** Circuit training: [trueworkout.se/trana-ute/](https://www.trueworkout.se/trana-ute/)
- 6.** Running intervals: [annalissjanis.sporthalsa.se/2019/04/03/lopintervaller-utomhus-6-roliga-variant-er](https://www.annalissjanis.sporthalsa.se/2019/04/03/lopintervaller-utomhus-6-roliga-variant-er)
- 7.** Barbeque at designated public fireplaces around Göteborg : [bit.ly/grillplatsergbg](https://bit.ly/grillplatsergbg)
- 8.** Outdoor OCR (hinderbana): [bit.ly/hinderbanagbg](https://bit.ly/hinderbanagbg)

- 9.** DIY OCR: [stoten.se/blogg/hin-derbana-barn-ute](http://stoten.se/blogg/hin-derbana-barn-ute)
- 10.** Photowalk. Use your mobile phone to capture a new block and get creative. Share results with your fellow photographers who are also on the same mission.
- 11.** Play turf!  
[turfgame.com](http://turfgame.com)
- 12.** Long walk while talking to a friend or family on the phone

## BEING SOCIAL INDOORS - DIGITAL

- 13.** Music trivia: [quiza.nu](https://www.quiza.nu)
- 14.** Organize a quiz with friends, via i.e. Kahoot, [kahoot.com/home](https://kahoot.com/home)
- 15.** Organize a Cook Along with your favorite dish. Take turns with your friends.
- 16.** Work out for 7 minutes, take turns to be the coach: [greatist.com/move/7-minute-work-out-that-science-says-works#exercises](https://www.greatist.com/move/7-minute-work-out-that-science-says-works#exercises)
- 17.** Play stressful but fun games online during a break: Achtung – die kurve: [achtungdiekurve.net](https://achtungdiekurve.net)
- 18.** Be tourists together: [Artsandculture.google.com](https://artsandculture.google.com)
- 19.** Watch each other eat. Mukbang: [sv.wikipedia.org/wiki/Muk-bang](https://sv.wikipedia.org/wiki/Muk-bang)
- 20.** Charades

- 21.** Drawing game skribbl.io
- 22.** Word explanation game

## **ALONE TIME OUTDOORS**

- 23.** Take a long walk, in silence or with quality podcasts.
- 24.** Go feed the ducks in your nearest pond.
- 25.** 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.
- 26.** Take a photo walk. Mobile phone will do as camera. Create a digital exhibition and become famous. Theme: What the Swedish pandemic looks like.



## QUALITY TIME INDOORS

- 27.** Go all zen. Get rid of all things that are not necessary in your life. Less clutter, less stress.
- 28.** Watch the old classic movies - now's the time!
- 29.** Practice your instrument or singing
- 30.** Practice your meditation skills
- 31.** Find a new favorite radio show/podcast
- 32.** Treat yourself to a really nice meal once in a while, even when you don't feel like it.
- 33.** Redecorate. Start by moving something and see what comes next.
- 34.** Bake cakes for your outdoor fikas and freeze them
- 35.** Learn something new and useful on Youtube.



- 36.** Never clean again after these seven Mari Kondo tips: [expressen.se/leva-och-bo/med-kon-mari-metoden-behover-du-aldrig-stada-igen](https://www.expressen.se/leva-och-bo/med-kon-mari-metoden-behover-du-aldrig-stada-igen)
- 37.** Go to the museum: [digitaltmuseum.se](https://digitaltmuseum.se)
- 38.** Learn how to cook Indian cuisine with this brilliant and pedagogic chef: [youtube.com/user/chefkunal3005](https://www.youtube.com/user/chefkunal3005)
- 39.** Become awesome at geography with this app: [online.seterra.com/sv](https://online.seterra.com/sv)

## **STAYING ALIVE (AND ACTIVE)**

- 40.** Try yoga on Youtube
- 41.** Go for short walks before school or work in the morning, just around the block
- 42.** Worried about sitting too much? Get a cheap activity wrist band. It can help remind you to move.
- 43.** Don't neglect sleep. Try get up at the same time, even when tired.
- 44.** Daylight help regulate your circadian rhythm - make sure you get out once a day, preferable early.
- 45.** Try a follow-along video on Youtube if you don't know what to do for exercise

