

WHAT TO DO DURING QUARANTINE

You will have lots of time on your hands during your isolation period, so be sure to use it to the fullest! The topics included below can be great time fillers, but can also be used later on in your program as conversations starters or spark inspiration for your time abroad.



1. LEARN ABOUT YOUR HOST COUNTRY'S HISTORY & CULTURE THROUGH LITERATURE

- Find books, novels, short stories, poetry, and other literary media to read; also consider exploring native authors from that country
- Read non-fiction books on history, politics, etc.
- Find travel blogs that speak about the culture
- Read local newspapers for recent news and culture from the area

2. EXPLORE YOUR HOST COUNTRY'S CULTURE THROUGH MEDIA

- CIA World Factbook
- National Geographic
- Lonely Planet
- Students Abroad
- Use Kanopy, a streaming service provided by UW-Madison
- Explore your host country's culture through streaming services, or a public library for culturally relevant movies or tv
- Listen to or stream sporting events, especially a sport that is culturally significant in your host country (e.g. soccer, rugby, or cricket)



3. EXERCISE

- Easy At-Home Workout
- Yoga
- Learn Tai Chi
- Meditation
- Search for workouts on YouTube

4. LEARN THE NATIVE LANGUAGE

Use online resources:

- Duolingo
- Memrise
- Busuu
- Beelinguapp



5. RESEARCH PLACES TO SEE AND THINGS TO DO IN YOUR HOST COUNTRY

Use online resources:

- Expert Vagabond
- The Planet D
- Good Nature Travel
- Go Overseas
- Wikitravel
- Fodor's Travel
- Atlas Obscura
- Find your host country's official travel website
- Go on a virtual tour of a museum

6. JOURNAL OR BLOG

Use this time to record your thoughts, feelings, and experiences so far! Here are some prompts to help you start:

- Jot down ideas about what you want to do, see, and eat in your host country
- Try dream journaling
- Write your personal goals for your time abroad
- If you like drawing, try an art journal
- Write letters to your friends and family



7. PLAY GAMES

- Logic Puzzles
- L.A. Times Crossword
- Online Games
- Arkadium
- Coloring Online

8. ORGANIZE YOUR PHOTOS

Make sure you have enough storage space for all of your new memories you're going to be making!

- Google Photos
- Flickr
- Dropbox



9. LEARN ABOUT YOUR HOST COUNTRY'S WELL-KNOWN ARTISTS, POLITICIANS, ATHLETES, ETCETERA

Consider reading, watching, or somehow experiencing things that famous native citizens have created; this will help you get more in touch with your host country's culture!

10. CONNECT WITH OTHER STUDENTS, FAMILY, AND FRIENDS

- Call, text, or video chat with people back home using WhatsApp, Zoom, or Skype
- Use social media to share memories or share what you're experiencing during your day
- Get together for a long-distance watch party using Teleparty, a free browser extension that works with a variety of streaming services

