



## How to overcome the corona crises as a team

(last updated on 27.03.2020)

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### 1. KEEP THE TEAM SPIRIT HIGH AND FOSTER INTERACTIONS!

#### Online team games and social apps:

[Houseparty](#): A playful app with a variety of group games (for free, last updated on 24.03.2020)

[QuizDuel](#): The all-time classic social quiz game to challenge your team members. (for free, last updated on 24.03.2020)

[Keep talking nobody explodes](#): A Co-op-game where "experts" and "defusers" need to defuse a bomb together. (approx. 15\$, last updated on 24.03.2020)

[Minecraft](#): One of the most popular sandbox video games where players co-create their own 3D world together.

#### Other options for fun interactions:

[Netflix Party](#): A new way to watch Netflix together for social distancing movie nights.

[Mystery Coffee](#): A virtual coffee break while working from home.

## 2. USE YOUR SPARE TIME WISELY AND START LEARNING NEW SKILLS!

### Stay fit – physically and mentally:

[COREPOWER YOGA](#): Website offers free online yoga and meditation classes on demand. (last updated on 23.03.2020)

[PELTON](#): App which focuses on yoga, meditation, cardio and strength training exercises. (for free for the next 90 days, last updated on 23.03.2020)

[LIFE TIME](#): Website offers cardio, strength and yoga classes. (for free for now, last updated on 23.03.2020)

[Gold'sGym](#): Gold's Gym offers 600 audio and video home workouts. (for free through the end of mai, last updated on 23.03.2020)

[THE STUDIO](#): Based in Munich THE STUDIO offers online yoga courses. (not for free, last updated on 23.03.2020)

[Sahaja Yoga](#): Based in Munich Sahaja Yoga offers online yoga and meditation courses via Zoom during Corona-times. (for free, last updated on 23.03.2020)

### Invest in yourself and start learning new skills:

[Facebook Blueprint](#): Online learning platform which focuses on digital marketing. (for free and with certificates, last updated on 23.03.2020)

[Elements of AI](#): Courses focus on Artificial Intelligence. (for free and with certificates, last updated on 23.03.2020)

[Google Digital Garage](#): Website includes courses in Data & Tech, Digital Marketing or Personal Development. (majority of courses are free, with certificates, last updated on 23.03.2020)

[Duolingo](#): Website offers many different online language courses. (for free, last updated on 23.03.2020)

[Digital Learning for Sustainable Development](#): Courses focus on Climate Change, Social Responsibility, Digital Learning, E-Mobility (mainly for free, last updated on 23.03.2020)

[Coursera](#): Website offers courses developed by the world's leading institutions and universities. (free and fee-based, last updated on 23.03.2020)

### 3. ENGAGE YOURSELF FOR THE SOCIETY!

Engage yourself:

[Nebenan.de](#): Sign up and check the current needs of your neighbours!

[Tafel Deutschland](#): Support your local food bank – even without being physically present!

[Deutsches rotes Kreuz](#): If you're healthy donate your blood especially in these times!

Engage yourself (particularly in Munich):

[Wir Helfen e.V.](#): Help with picking up prescriptions and groceries for people at higher risk!

[München Klinik](#): There are not just people with medical background needed!

[München hilft sich gegenseitig](#): Facebook group which coordinates voluntary help during Corona times.

[Corona Hilfe München](#): Facebook group which coordinates voluntary help during Corona times.

[Hilfe bei Corona - Quarantäne in München](#): Facebook group which helps people in quarantine.

### 4. KEEP CALM AND #STAYTHEFUCKHOME!

[Calmmoment](#): Website includes articles and podcasts on mindfulness, well-being and living.

[Calm for businesses](#): Blog posts on topics such as health, mindfulness, happiness and sleep. They also have an app (7-day free trial).