



Virtual Museum Tours

Google Arts & Culture teamed up with over <u>2500 museums and galleries</u> around the world to bring you virtual tours and online exhibits of some of the most famous museums around the world.

Below, we have linked you directly to 12 virtual tours and exhibits that were reviewed in an <u>article</u> from Travel and Leisure.

British Museum, London Guggenheim Museum, New York National Gallery of Art, Washington, D.C. Minnesota Historical Society – House of Memories Musée d'Orsay, Paris National Museum of Modern and Contemporary Art, Seoul Pergamon Museum, Berlin Rijksmuseum, Amsterdam Van Gogh Museum, Amsterdam The J. Paul Getty Museum, Los Angeles Uffizi Gallery, Florence MASP, São Paulo National Museum of Anthropology, Mexico City





Tour World-Famous Monuments



If outdoor heritage sites are more your thing, Google has that covered, too. First, the search engine has a wide variety of landmarks you can visit through their street view, including <u>Stonehenge, Machu Picchu</u>, the <u>Roman Colosseum</u> and the <u>Egyptian Pyramids</u>. The platform also recently launched the <u>Heritage on the Edge</u> initiative, which features five Unesco World Heritage sites under threat from climate change. The project includes 3D maps, augmented reality features, and expert opinions on how we can protect these treasured landmarks.

Connect with Nature



Explore.org offers free live streaming of exotic locations and wildlife around the world; including oceans, African plains, animal sanctuaries and more.

Click here to begin your exploration!





Music & Theater

6SQFT.com has published an article offering links to recordings of NYC based operas, theaters, concerts, and other live virtual performances. Some theatres are also offering classes or workshops. We have linked several resources below. <u>Click here</u> to check out 6SQFT's full list of performances and classes.

Metropolitan Opera New York Philharmonic Chamber Music Society of Lincoln Center The Apollo Theater New York Theatre Workshop NPR's Daily List of Online Concerts Broadway World Living Room Concerts YouTube Series: Stars in the House Caveat Comedy Shows Bake w/ Milk Bar's Christina Tosi



CLASSES & WORKSHOPS



Free Online Classes with Coursea

Free online college courses are also available with <u>Coursea</u>. Once you sign up, Coursea asks for your employment and education history so they can provide relevant course recommendations. <u>Click here</u> to join for free!

HEARTS - Holocaust Educational Art

Holocaust Educational Arts is a virtual art gallery featuring the artworks of 17 Holocaust survivors. The artwork not only teaches us about the crucial history of the Holocaust, it also offers lessons on human resilience. The gallery has been cultivated by Selfhelp Community Services, and they invite you to share this with your friends, family, and community. It is free of charge and can be accessed on your laptop or smart phone. You can view the virtual viewing room <u>here</u>.

An interview with Fred Terna, a Holocaust survivor whose art is featured in the HEARTS virtual gallery, is also available on <u>Selfhelp's Holocaust Education</u> website. His piece "Late Cloud" is a powerful reflection on Fred's memory of Auschwitz chimney flames. Over video chat, Fred discusses everything from his personal history to what COVID-19 feels like for survivors.

Cooking with Holocaust Survivors Series

Cooking with Holocaust Survivors is a video series that follows Holocaust survivors as they cook recipes that carry food memories from their lives before the war. <u>Click here</u> and scroll down to watch two free episodes online.

MENTAL WELLNESS



Mindfulness & Meditation



<u>Headspace</u> is providing a free series of mindfulness exercises, meditations, and sleep experiences designed for people that are trying to cope in this uniquely stressful time. The company's new landing page reads, "from Buffalo to Long Island, Albany to the Lower East Side, this special NY collection of meditation, sleep, and movement exercises are here to support you through stressful and challenging times. Helping you — and your fellow New Yorkers — stay strong and be kind to yourselves, with a New York state of mind." Headspace says the free offerings are the result of a partnership with New York Gov. Andrew Cuomo. To get started with headspace and begin accessing these helpful resources, <u>click</u> <u>here</u>.

COVID Care



Mental Health Minnesota has partnered with the Minnesota Psychological Association and the Minnesota Psychiatric Society to provide free, anonymous, confidential mental health support to those working on the frontlines of COVID-19, including nursing home and assisted living staff. The service, which is staffed by volunteer mental health professionals, is available 7 days a week from 9 a.m. to 9 p.m. Post <u>this Flyer</u> in your setting. Visit <u>www.</u> <u>fasttrackermn.org</u>.