



-FREE -
**TOOLS &
SERVICES**

When bored, stressed or a little lonely

By

Alexis Holm & Irene Chambi
2020

Table of Contents

04

Communication

How to stay in touch

06

Remote Work

Tools and services for
remote work

09

Remote Education

Tools and services for
remote education

13

Entertainment

Tools and services for
pastime and amusement
alone or together with others

18

Health & Fitness

Tools and services to
exercise your mental and
physical health

20

Miscellaneous

Other things that might be
helpful

IN MOMENTS OF BOREDOM

It might seem like a great time to take a quick nap. But there are plenty of other more fun and/or productive things to do.

Here's a little something for when you feel bored, stressed, a little lonely or just in the need of a break. Free tips and tricks to connect and disconnect!



COMMUNICATION

- STAY IN TOUCH -

Tools and services to help you stay in touch with family and friends



Discord

Communicate over voice, video, and text, whether you're part of a school club, a gaming group, a worldwide art community, or just a handful of friends that want to hang out.

Link:
discordapp.com



Google Hangouts

Free video or voice calls, and hop on a conversation with one person or group. You can chat with up to 150 people on a variety of devices, or hold a video call with up to 25 participants in your organization.

Link:
hangouts.google.com



Potato

Instant messaging tool focused on security. Potato can create a large group of 200000 members send and receive messages and calls quickly and securely around the world.

Link:
potato.im

COMMUNICATION

- STAY IN TOUCH -

Tools and services to help you stay in touch with family and friends



Skype

Free online calls, messaging, affordable international calling to mobiles or landlines and Skype for Business for effective collaboration. Maximum video call user limit from 25 to 50.

Link: [skype.com](https://www.skype.com)



Slack

Collaboration hub and chat room for your whole company, designed to replace email as your primary method of communication and sharing.

Link: [slack.com](https://www.slack.com)



Whatsapp

Fast, simple, secure messaging and calling for free to nearly anyone on the planet, alone or in a group, and is especially nice for families and small collaborative workgroups.

Link: [whatsapp.com](https://www.whatsapp.com)



Zoom

The Basic plan has a 40 minutes time limit on meetings with three or more total participants. All plans allow up to 100 participants by default in every meeting.

Link: [zoom.us](https://www.zoom.us)

REMOTE WORK

- SHARING IS CARING -

Sometimes you need to get some big points across. Here are some services to help you with that.



MeeroDrop



Need to send a large file for work? They are unlocking advanced features you usually have to pay for, like the ability to send a file up to 10 gigabytes! Your link will good for 90 days. **Link: meerodrop.com**

WeTransfer



Simple way to send your files around the world. Share large files up to 2GB for free. **Link: wetransfer.com**

REMOTE WORK

- TEAMWORK TOOLS -



Jamm

Voice and video collaboration tools for remote workers. During the coronavirus pandemic, the company is offering the service for free for the next three months.

Link: jammhq.typeform.com



Miro

Intuitive visual collaboration and whiteboarding platform for cross-functional teams

Link: miro.com



Mural

Digital workspaces for visual collaboration, inspiration and innovation anytime, anywhere, on any device.

Link: mural.co



Are you a parent that's working from home?

Here's a list of things to help parents work from home

Link: hunted.com

“Is life not a thousand times
too short for us to bore
ourselves?”

— Friedrich Nietzsche



REMOTE EDUCATION

- FOR CHILDREN -

Courses, classes, activities and books to feed the brain



Caribu

Connect the kids on a virtual playdate with Caribu. Think FaceTime but with on screen activities like drawing pictures, playing games or reading a book together. The service is now free.

Link:
[caribu.com](https://www.caribu.com)



Chiquipedia

Gives educational resources for small children, this website is in spanish.

Link:
[chiquipedia.com](https://www.chiquipedia.com)



History for kids

History for kids is a website teaches history in a fun and easy way.

Link:
[historyforkids.net](https://www.historyforkids.net)



Scholastic

This learning platform provides tools and resources from pre-kinder to 9 grade.

Link:
[scholastic.com](https://www.scholastic.com)



The Past foundation

The past foundation: This website provides parents and educator science, technology, engineering and math resources for free during quarantine.

Link:
[pastinnovationlab.com](https://www.pastinnovationlab.com)

LOOKING FOR SOMETHING TO READ?

These websites have uploaded free ebooks



English

Paulo Coelho:
paulocoelhoblog.com

Scribd:
www.scribd.com/

Verso:
versobooks.com/



Spanish

Errata Naturae:
erratanaturae.com

Keep Reading En Casa:
keepreadingencasa.planetadelibros.com



Children

Free Childrens Stories:

freechildrenstories.com

storylineonline.net

magicblox.com



REMOTE EDUCATION

- FOR ADULTS -

Courses, classes, activities and books to feed the brain



Ivy league courses

Sign up, 500 free online courses offered by Ivy League universities online.

Link:

www.classcentral.com



Google Digital Garage

Online courses, designed for you to grow your career or business. Select individual modules, or dive right in and take an entire course end-to-end.

Link:

learndigital.withgoogle.com




Future Learn

Digital education platform. Choose from hundreds of online courses from top universities and specialist organisations.

Link:

www.futurelearn.com

*Psst... don't forget to check out TED Talks too, 3000+ talks to stir your curiosity. **Link: ted.com/talks***



“Even though
you’re growing up,
you should never
stop having fun.”

This is the subtitle that
makes it comprehensible

ENTERTAINMENT

-TOGETHER WITH OTHERS-



Netflix Party

Link up with friends and host long distance movie nights. Plug in is free, Netflix account is needed.

Link: www.netflixparty.com

VidAngel:

Watch premium content from different browsers if you agree to social distancing.

Link: www.vidangel.com

Watch2Gether

Create a room, share a link, watch videos, listen to music or go shopping together.

Link: www.watch2gether.com

If you don't want to make any subscription here are some other options

01

TBA Studios: This production company has put together a Youtube playlist of its full-length films.

Link: www.youtube.com

02

Cinema One: Made a Youtube playlist of full-length movies and documentaries.

Link: www.youtube.com

03

Retinta Latina: Movies and documentaries from Latin America.

Link: www.retinalatina.org

GAMES



Drawasaurus

Is a drawing & guessing game for your phone and computer. Do your best to draw the word you are given while players from around the world try to guess it!

Link: www.drawasaurus.org



Steam Remote Play

Instantly share your Steam local multi-player games with friends over the internet, for free. Launch a game, invite a friend and play.

Link: store.steampowered.com



Cube Slam

Create a new game, and share the link, see and talk to each other, slam a cube.

Link: www.cubeslam.com

PASTIME & AMUSEMENT

- 01 101 planners:** Bucket list maker to create your own bucket list online.
Link: www.101planners.com
- 02 The Useless Web:** A useless website for every click.
Link: www.theuselessweb.com
- 03 Find the invisible cow:** Try to find a cow.
Link: www.findtheinvisiblecow.com
- 04 BuzzFeed Quiz:** Quizzes to binge! Come on in and hunker down for the long haul. Link: www.buzzfeed.com
- 05 Geo Guessr:** Geography game which takes you on a journey around the world and challenges your ability to recognize your surroundings.
Link: www.geoguessr.com
- 06 Playback.Fm:** Find the #1 Song on the Day You Were Born.
Link: playback.fm/birthday-song



“Keep your vitality. A life without health is like a river without water.”

— Maxime Lagacé

MENTAL HEALTH



Head Space

Launched a free collection to overcome anxiety due to Corona Virus.

Link: www.headspace.com/es/covid-19



Ten percent happier:

Provide resources as podcast, meditations, talks to help people cope with stress and anxiety.

Link: www.tenpercent.com/coronavirussanityguide



Core Power Yoga:

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes.

Link: www.corepoweryogaondemand.com

FITNESS

Hey btw! Don't forget to check your social media. Your favourite artist, fitness instructor or artisan might be live streaming activities, sessions or tips right now.



Nike Training Club

185 free workouts—from strength and endurance-based routines to mobility and yoga sessions.

Link: <https://www.nike.com/se/en/ntc-app>



FitOn:

This app is free to download and the workouts, which vary from cardio to weight training to Pilates, are free to access and use at any time.



P.volve:

This functional movement fitness program just announced it will be offering 30 days of free streaming to all new members, which gives you access to hundreds of workouts. Use the code **ONEPVOLVE** to start your free trial.

Link: my.pvolve.com

MISCELLANEOUS

THE SMALL THINGS IN LIFE -

Other things that might be useful

01

Super Cook:

Add your ingredients and Supercook instantly finds matching recipes. When you don't know what to cook.

Link: www.supercook.com

02

Zencastr

Ever want to start your own podcast? Zencastr is lifting the limits on its basic "Hobbyist" podcasting plan through July 1. Their web based software lets you interview guests remotely, add sounds and post your show all from your computer.

Link: zencastr.com

03

Domestika:

A creative community that shares 10 free courses to learn arts and crafts. This website is in Spanish.

Link: www.domestika.org





ENJOY

-Stay safe and have fun-