



YFU SOUTH AFRICA
Intercultural Exchange Student Programs

Online Resources to get you through the COVID-19 Lockdown

Dear YFU Family,

The global COVID-19 pandemic is impacting the lives of all of us and many of us will be confined to their homes in the upcoming weeks or even months. YFU volunteers from across the world have therefore compiled a list of free online resources which will help you stay informed, entertained and healthy during this challenging period.

The websites, portals and resources listed below cover a variety of topics and interests, including schoolwork, skills training, online fitness classes and more. We encourage you to make use of these resources and to share any additional portals, courses or resources you may come across with us!

For your daily dose of YFU exchange spirit, follow us on social media @YFUSouthAfrica



Education and Skills

Khan Academy: Free online courses, including new offerings for high school learners. Based on the US curriculum but also useful for learners from other countries, as well as university students and professionals. Link: <https://www.khanacademy.org/>

GraduateShips: A collection of free online courses offered by Ivy League Universities. Could be very useful for students to choose career/education paths, or for university students and young professionals. Link: <https://graduateships.com/450-free-online-courses-from-ivey-league-universities/>

FutureLearn: Online courses offered by universities all over the world on many different topics. Useful for students and young professionals, as well as for high school students interested in preparing for university. Link: <https://futurelearn.com/>





EdX: Online courses offered by universities all over the world on many different topics. Useful for students and young professionals, as well as for high school students interested in preparing for university. Link: <https://edx.org/>

Coursera: Online courses offered by universities all over the world on many different topics. Useful for students and young professionals, as well as for high school students interested in preparing for university. Most courses are free, unless students want to get an official certificate. Link: <https://www.coursera.org/>

LinkedIn Learning: Career-related online courses for professionals and students. Could also be interesting for high school students who are preparing for the job market. Link: <https://www.linkedin.com/learning/>

Cambridge University Press: Textbooks in various areas including but not limited to: language, medicine, philosophy, history, engineering, science. Free access is offered during the COVID-19 pandemic. Link: <https://www.cambridge.org/core/what-we-publish/textbooks>

Google Digital Garage: Learn online marketing with Google Tools. Interesting for university students and professionals, as well as for high school students interested in marketing. Link: <https://learndigital.withgoogle.com/digitalgarage>

Free Code Camp: Free intensive courses in coding and other IT skills. Students can learn how to code or take courses on web development etc. Link: <https://www.freecodecamp.org/news/coronavirus-academy/>

DuoLingo: Free language learning app for many different language combinations. Interactive, includes written and spoken exercises, vocabulary training etc. Link: <https://www.duolingo.com/>

Smithsonian: Lots of apps and games for high school students, based on the American curriculum but also interesting and useful for pretty much anyone. Link: http://ssec.si.edu/game-center?mi_u=1672500

Fitness and Health

Down Dog: Yoga classes, HIIT training and other fitness courses, available via the app or a browser application. Free for students and teachers until 01 July. Link: <https://www.downdogapp.com/>

Darebee: Loads of free workouts, including exercises that can be done at home without any equipment. Full workouts and programmes, as well as print exercise sheets. Link: <https://darebee.com/>

Yoga with Adriene: Free yoga class for beginners, as well as other yoga tutorials available online. Link: <https://www.youtube.com/user/yogawithadriene>





Yoga South Africa: List of online classes, tutorials and other yoga resources compiled by Yoga South Africa. Link: <https://www.yogasouthafrica.co.za/blog/your-online-yoga-resource-guide>

Ballet Workouts: Facebook page with different ballet-inspired workouts. Link: <https://www.facebook.com/balletworkoutbelgium/>

L.A. Jitterbug Swing Dance Academy: Dance studio offering video lessons on different dance styles – something different! Link: <https://www.facebook.com/LAJitterbug/>

Entertainment and Culture

Spotify: In addition to music, Spotify also has loads of podcasts, news and even entire audiobooks available. Link: <https://www.spotify.com/>

TED Talks: Videos with inspiring talks by famous (and less well-known but still brilliant) speakers on various subjects. Link: <https://www.ted.com/talks>

Google Arts and Culture: Huge variety of museums and art collections around the world that can be visited online. Link: <https://artsandculture.google.com/partner?hl=en>

Vienna State Opera: Since the Opera in Vienna is closed, they've started a free 30-day-trial for one opera every night and 3 other operas one can choose from their library. Subtitles are available in various languages. There are also commentary sequences available. Link: <https://www.staatsoperlive.com/>

About YFU South Africa

YFU advances intercultural understanding, mutual respect, and social responsibility through educational exchanges for youth, families, and communities.

YFU is a worldwide exchange organization operating in more than 50 countries and it is one of the largest and oldest organizations of its kind. Youth for Understanding South Africa was founded in 1995 and is a member of the international umbrella organization. YFU, consistent with its commitment to international understanding, does not discriminate on the basis of race, colour, national origin, religion or gender.

For more information about our exchange programmes, or to become a YFU host family or volunteer, visit our website: <http://yfu.org.za/> and follow us on social media: @YFUSouthAfrica

Questions, suggestions or comments? Drop us an email to Lena@yfu.org.za!

