



E-Enrichment Guide

NOTE: Click on the 'Explore' buttons under each activity description and remember to select 'Allow' in the dialogue box when opening links.

Creative Manchester Poetry

What does climate mean to you? What do you mean to your climate? Maybe you are interested in the weather, climate change, the environment, or possibly the political climate? Express your thoughts in 280 characters and tweet it with the hashtag #micropoem20.

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Royal Shakesphere

Arts lovers can now sign up for a 30-day free trial on Marquee TV, the performing arts streaming service with a catalogue of more than 400 dance, opera and theatre productions.

[Explore](#)

Google Arts & Culture

The Google Arts and Culture app has virtual tours and online exhibitions from some of the globe's leading art galleries, including the Musee d'Orsay in Paris, the Metropolitan Museum of Art in New York, and The National Gallery in London.

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Filmed on Stage

During these unprecedented times, the theater community has come together to provide viewers from around the world the opportunity to stream select theater productions for free. Check out this updating list of musicals, plays, and operas that are now streaming!

[Explore](#)

National Theatre at home

Free full length plays every Thursday via YouTube plus a range of behind the scenes videos

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HOME Makers

Manchester arts centre HOME is launching a new online theatre programme bringing together artists and audiences in isolation. Artists commissioned for the Homemakers series so far include Bryony Kimmings, Javaad Alipoor, Ad Infinitum and Plaster Cast Theatre. Due to air in early April, their work could include live-streamed performances, video, audio, text, games, and will be available on HOME's website on a pay-as-you-feel basis.

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HomeCourt

Home based basketball training using AI. To help our athletes and communities stay active in a safe and healthy way during the COVID-19 pandemic, we are unlocking all HomeCourt features for free through the end of April.

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Headspace

There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime. These are part of a larger collection in the Headspace app — free for everyone — called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.

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Dog Down App

The Down Dog app has online yoga, barre, and HIIT classes and have made their app free to use by all students currently affected by the lockdown. Please follow the instructions on the link and make sure you use your @asfc.ac.uk email address

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BodyCoach TV

Body Coach TV offers free home workouts to everyone, no matter what their fitness levels. Has over 250+ free workouts and reaches millions of people all over the world and is now the home of PE WITH JOE 9am daily fun workouts

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Fitness Blender

500+ free full length workout videos

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Feel Good Club

Looking after your mental health is going to be just as important as looking after your physical health over the coming months. That's why Feel Good Club is hosting Self Care Sunday with experts from across the city, all broadcast for free on IGTV. The day will begin with a positive news bulletin from hosts Aimie and Keira, before yogi Claudia Mirallegro leads a mindfulness workshop. For the rest of the day, 9am until 8pm, there'll be dance sessions, yin yoga, meditation and workouts.

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Hero Training Club

Hero Training Club is a new gym in Manchester city centre. They've got a full schedule of Instagram Live workouts, currently being streamed from inside the gym and lead by their instructors. High intensity, yoga, and sculpting classes are all on the timetable.

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Health
Wellness

Start Careers

Here you'll find a series of activities to help you to continue your career learning at home. They'll help you to stay focused on what's important when thinking about your future, including what opportunities are out there, how to get there and how you'll need to prepare yourself for the journey.

Explore

Kickstart your careers in Games

Follow the journeys of four people who recently applied, interviewed and started their careers in the competitive industry of games development. On this course, you'll learn about the different skills used in games development teams. You'll learn how to assess skills listed in job applications and discover strategies for demonstrating these skills when you apply. You will practise sample interview questions and hear from industry experts on ways to stand out from the crowd. By the end of the course, you'll be equipped with tools and techniques to help you start your career in games development.

Explore

Classroom to Boardroom

Classroom to Boardroom is a new episodic chat show series from Springpod that explores the world of apprenticeships, through real-life success stories of apprentices working at leading organisations such as Nestle, Jaguar Land Rover, EY, Capgemini, Accenture, Pret and more.

Explore

iCould

Real stories to inspire your career. From accountants to zookeepers, get a first-hand view of jobs and ideas for your future.

Explore

UCAS Virtual Tours

Here's a list of virtual tours and videos from universities and colleges, so you can see what it's like on campus and what facilities are available.

Explore

How to Succeed at: Interviews

Being offered an interview is exciting but can be quite daunting. On this course, our experts from The Careers Service here at The University of Sheffield will make sure you are prepared for the big day. If you're still at the stage of writing your CV and submitting applications for a job or course, join our course How to Succeed at: Writing Applications.

Explore

Barclays Life Skills

Giving millions of people the skills, knowledge and confidence they need to succeed in work. Tools, tips and learning resources for you to help yourself or to support you in the development of others

Explore

Prepare For Skill Success

Choosing the right degree and university may feel daunting enough, without worrying about what you're going to do after graduation. But with the graduate job market becoming increasingly competitive, it's vital to start thinking about your long-term career and employability now. This free online course will show you how to make the most of the time you'll spend in higher education, with the ultimate aim of improving your prospects when you graduate.

Explore

Careers

Fun



Zoo Live Feeds

Zoos around the world are spoiling us with some of the very best live animal cams. We can finally see what the animals get up to when they think nobody is watching.

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Audible

Free Audiobooks for young people

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Free Sign Language

Learning British Sign Language with us is fun, easy, & flexible. Our unique online signing course is a comprehensive introduction for anybody who is interested in learning BSL. You can now learn wherever and whenever you like.

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Open Learn

Open Learn is the Open University's catalogue of free short courses covering a wide range of areas such as Sport, Psychology, Education, History, Languages, STEM, Politics and Law

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St John's Ambulance Free App

Available for Android™, BlackBerry® and iPhone® mobile device users, our first aid advice app provides easy to follow advice on a range of first aid scenarios, including CPR, diabetic emergencies, choking and allergic reactions.

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Babbel Languages

Across the globe, students from schools to universities are affected by school closures due to the COVID-19 pandemic. At Babbel, we want to play a small part in helping this difficult situation by providing a free month of language learning to all these students. Because self-isolation doesn't have to mean the end of learning, growing and using language to connect with people all over the world.

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FutureLearn

Short online courses. Choose from hundreds of online courses from top universities and specialist organisations.

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Delia Online Cookery School

Anyone who wants to learn to cook can. Delia leads you by the hand step by step. Learn to cook in your own time at your own pace.

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Beginners French

Register for free beginner's French class. We'll be back in touch with details on how to join the video call. The class will be conducted via Zoom. You can download Zoom and register for free at zoom.us We recommend you are sat at a desk with your PC for this class. The class will last approx. 30 minutes. This is a free class put on by Denton Town Twinning. Numbers are capped at 12 - if we exceed numbers, further classes on the same evening may be added. For those with some French, please stay tuned for a Conversational French class.

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SkillShare

Get 2 months free access to this library of courses in Animation, Design, Photography, Film & Business

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Courses