

# We invite you to take a virtual escape...

(A Resource Guide to get a break from Covid-19 News Coverage)

## Museums and Culture

Virtual Tours! There are many free tours being offered so you can visit world-renown museums and centers and sites from wherever you are.

- **Google Arts and Culture:** <https://artsandculture.google.com/>  
Google Arts and Culture brings you to explore sites, museums, historical events, historical figures, and artistic mediums. Google teamed up with over 2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums and sites around the world.

### Museums include:

- British Museum, London:
- Guggenheim Museum, New York
- National Museum of Modern and Contemporary Art, Seoul
- Pergamon Museum, Berlin

### Sites Include:

- The Eiffel Tower
- The White House
- The Edinburgh Castle
- The National Pantheon

### Historical Events Include:

- World War II
- Woodstock
- Civil Rights Movement

### Historical Figures Include:

- John F. Kennedy
- Nelson Mandela
- Michelle Obama
- Mahatma Gandhi

- **Air Pano:** <http://www.airpano.com/>  
Air Pano is a collection of around 3,000 panoramas of more than 300 places of the Earth. Every week Air Pano publishes a new virtual tour on the website and the site offers hundreds of panorama photos and videos.

### 360 Photos Include:

- Underwater Cave, Komodo, Indonesia
- Dead Sea, Israel
- Mykonos Island, Greece

### 360 Videos Include:

- Sahara Desert, Algeria

- Greenland, Island of Icebergs
- Holland, the Country of Tulips
- The Golden Ring of Russia Air Balloon Festival
- **Louvre Museum:** <https://www.youvisit.com/tour/louvremuseum>
- **Vatican Museums:**  
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- **The National Aeronautics and Space Administration (NASA):**  
<https://www.nasa.gov/content/nasa-glenn-virtual-tours/>
- **Acropolis Monuments, Greece:** <https://www.acropolisvirtualtour.gr/>
- **Virtual Field Trip to Ellis Island:**  
<http://teacher.scholastic.com/activities/immigration/webcast.htm>
- **The Great Wall of China:** <https://www.thechinaguide.com/destination/great-wall-of-china>
- **Virtual Library Tours:** <http://www.ilovelibraries.org/article/take-virtual-tours-these-stunning-libraries>

Virtual tours of:

- Library of Parliament, Ottawa Canada
- Mansueto Library, University of Chicago
- New York Public Library, NYC
- Library of Congress, Washington DC
- Bodleian Library, University of Oxford
- Seattle Public Library
- **Virtual Visit Tours:** <https://www.virtualvisittours.com/about-us/>  
Virtual Visit Tours takes you on a journey across Ireland with 360 degree tours across Ireland and Northern Ireland. Sites include:
  - Blarney Castle
  - Titanic Experience Cobh
  - Jameson Experience Midleton
- **Virtual Historic Home Tours**
  - **Buckingham Palace, London:** <https://www.royal.uk/virtual-tours-buckingham-palace>
  - **Vizcaya Museum and Gardens, Miami:** <https://vizcaya.org/virtualtour/>
  - **The Frick Collection, New York:** [https://www.frick.org/visit/virtual\\_tour](https://www.frick.org/visit/virtual_tour)
  - **Monticello, Charlottesville:** <https://www.monticello.org/house-gardens/virtual-tours-of-monticello/>
  - **Freida Kahlo Museum, Mexico City:**  
<https://www.museofridakahlo.org.mx/en/the-blue-house/multimedia/>
  - **Isabella Stewart Gardner Museum, Boston:**  
[https://artsandculture.google.com/streetview/isabella-stewart-gardner-museum/WgGwvp4sRb4yrw?sv\\_lng=-71.09891535715373&sv\\_lat=42.33861945635496&sv\\_h=287.5169056870](https://artsandculture.google.com/streetview/isabella-stewart-gardner-museum/WgGwvp4sRb4yrw?sv_lng=-71.09891535715373&sv_lat=42.33861945635496&sv_h=287.5169056870)

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- **Lyndhurst Mansion, Tarryton NY:** <https://www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour/>
- **Mt Vernon, Virginia:** <https://virtualtour.mountvernon.org>
- **The Mark Twain House, Hartford CT:**  
<https://marktwainhouse.org/about/the-house/virtual-tour/>
- **Blenheim Palace, Oxfordshire, England:**  
<https://www.blenheimpalace.com/360-hidden/SecondStateRm/index.html>
- **Google Earth:** <https://www.google.com/earth/>  
Explore in the world's most detailed and interactive globe. You can search any city, exploring a specific location you have in mind, or 'flying' to different points of interest and seeing and learning about these now not-so-far-away places

## Nature and Wildlife

- **San Diego Zoo:** <https://kids.sandiegozoo.org/videos>  
Live Cameras for many animal habitats
- **Georgia Aquarium:** <https://www.georgiaaquarium.org/webcam/ocean-voyager/>  
Live cameras for animal habitats
- **Monterey Bay Aquarium:** <https://www.montereybayaquarium.org/animals/live-cams>  
Live cameras for animal habitats
- **American Dairy Association Virtual Farm Tours:**  
[http://origin.americandairy.com/news-and-events/dairy-diary/dairy-farming/virtual-farm-tours-while-youre-stuck-at-home.stml?fbclid=IwAR0Vv1BW1fEiY\\_ljfNGA4qdYTiwJd0wgAB7a-qmb1ksJQD-IctHRwizT3z4](http://origin.americandairy.com/news-and-events/dairy-diary/dairy-farming/virtual-farm-tours-while-youre-stuck-at-home.stml?fbclid=IwAR0Vv1BW1fEiY_ljfNGA4qdYTiwJd0wgAB7a-qmb1ksJQD-IctHRwizT3z4)
- **Google Earth National Parks Virtual Tours:**  
<https://earth.google.com/web/@34.7325599,-94.20828245,312.21005962a,12000000d,35.00000001y,359.99999998h,0.00000375t,0r/data=Ci0SKxIgmZVhNjc1YmQ0NjVjMTFlOTg0Yjg1NTMyNWRjMDk2MzQiB3ZveV90b2M>  
Enjoy a virtual tour of 31 national parks, including:
  - Acadia National Park
  - Yellowstone National Park
  - Grand Canyon National Park
- **Google Arts and Culture National Parks:**  
<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>  
Explore 5 more national parks:
  - Kenai Fjords National Park, Alaska
  - Hawai'i Volcanoes National Park

- Carlsbad Cavern National Park, New Mexico
- Bryce Canyon National Park, Utah
- Dry Tortugas, Florida
- **Cliffs of Moher:** <https://www.cliffsofmoher.ie/virtual-visit-tour/>

## Education

- **SimplyE:** The New York Public Library’s app that allows anyone with a library card and a smart device to ‘borrow’ any of the 300,000 e-books in the collection
- **Catalog of Free Online Courses:** <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>  
This is a guide of free online courses from many prestigious schools including Yale, Harvard, Brown, and Columbia
- **HarvardX:** <https://www.edx.org/school/harvardx>  
Free online courses from Harvard University
- **Ted:** <https://www.ted.com>  
TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages

## The Arts

- **#TogetherAtHome:**  
[https://twitter.com/hashtag/TogetherAtHome?src=hashtag\\_click](https://twitter.com/hashtag/TogetherAtHome?src=hashtag_click)  
Started by Chris Martin to stream a live concert, many others have followed suit, posting their own performances and encouragement
- **Club Passim’s Keep Your Distance Festival:**  
[https://www.youtube.com/watch?v=OiC6F7M52SE&list=PLKnWydNslXRneqx6vIU\\_zn8CMN15Yc7YL&index=2](https://www.youtube.com/watch?v=OiC6F7M52SE&list=PLKnWydNslXRneqx6vIU_zn8CMN15Yc7YL&index=2)  
The Cambridge music venue hosted a Keep Your Distance Fest where local artists played songs about staying calm, hope, and sticking together while raising money for an artist relief fund. This page has the full playlist of performances
- **Dropkick Murphys Streaming up from Boston Concert:**  
[https://www.youtube.com/watch?v=5j06g0TE\\_Ao](https://www.youtube.com/watch?v=5j06g0TE_Ao)
- **Bruce Springsteen’s London Calling Live in Hyde Park Concert:**  
[https://www.youtube.com/watch?v=8RxT5CBHsJA&list=PLJ3gKh8Ty5pZMnACTqJThy\\_0Ge7B3hKft](https://www.youtube.com/watch?v=8RxT5CBHsJA&list=PLJ3gKh8Ty5pZMnACTqJThy_0Ge7B3hKft)
- **Berlin Philharmonic:** <https://www.berliner-philharmoniker.de/en/titelgeschichten/20192020/digital-concert-hall/>

The orchestra will play in the digital concert hall where all performances are free. “We already miss our public very much and hope in this way we can remain in contact.”

- **Living Room Concerts:** <https://www.broadwayworld.com/topic/LIVING-ROOM-CONCERTS>  
Daily concerts from Broadway’s stars
- **The Metropolitan Opera:** <https://www.metopera.org>  
Encore performances from the "Live in HD" series post each night at 7:30 p.m. Eastern.
- **Colorfy:** <https://www.colorfy.net>  
This free app (through apple or google play) allows you to color using your device (no pen needed) and explore all kinds of coloring therapy to help ease anxiety or just to have fun

## Fun

- **The Coaster Views (Virtual Roller Coasters):**  
<https://www.youtube.com/channel/UCgQRLYCo3ddB7hE6neK053A>  
Hop on rides from all around the country by watching these videos. This channel features rides from many theme parks, including:
  - Magic Kingdom
  - Six Flags
  - Island of Adventure
- **Center for Puppetry Arts:** <https://puppet.org/center-for-puppetry-arts-home/>  
Explore the museum, watch puppet shows, or participate in workshops while connecting with others across the globe
- **Virtual Games:**
  - **Settlers of Catan:** <https://catanuniverse.com/en/>
  - **Dominion:** <https://dominion.games>
  - **Pogo:** <https://earlyaccess.pogo.com>  
Database of free, online games, including:
    - Monopoly
    - Scrabble
    - Bingo
    - Solitaire
  - **Words with Friends:**  
<https://apps.apple.com/us/app/words-with-friends-classic/id321916506>  
(free app)  
<https://www.facebook.com/WordsWithFriends/> (Facebook)  
Free, interactive scrabble game to play and chat with friends
  - **Cardz Mania:** <https://www.cardzmania.com/games/>  
Play traditional card games with friends and strangers

## Spirituality/Religion

- **Catholic Mass:** <https://mass-online.org/daily-holy-mass-live-online/>  
This website offers a schedule of live streamed Masses around the world, with links to the live streaming
- **Unitarian Universalist Worship:** <https://www.youtube.com/user/ASCBoston>  
This YouTube Channel has all previously video recorded UU sermons and special services from Arlington Street Church. There is also a Live Stream option where the full weekly worship service is live streamed at 11:00EST on Sundays
- **Muslim Jumuah and Taleem:** <https://www.atlantamasjid.com/jumah-live>  
Live streaming for Jumuah Khutbah every Friday at 2pm EST, and Taleem every Sunday at 1pm EST
- **Baha'i**
  - **Radio:** <https://www.radiobahai.us/on-air/streaming/>  
Radio Baha'i is a non-commercial educational radion station out of the Louis G. Gregory Baha'i institute
  - **Choral Music Festival Devotional Concert:**  
<https://www.youtube.com/watch?v=GjopcWpsDKU>
- **Buddhism Teachings: Sravasti Abbey:** <https://sravastiabbey.org/learn-meditation/learn-online/livestream-teachings/>  
Live Stream Teachings Fridays at 9:15pm EST, Videos of all past teachings
- **Harry Potter and the Sacred Text:** <https://www.harrypottersacredtext.com>  
Free video and podcast series that takes Harry Potter readers on a close read and exegesis of the Harry Potter books, chapter by chapter, focusing on spiritual themes
- **Jewish Shabat Services (Reform):** <https://reformjudaism.org/attend-shabbat-services-online>  
Reform Judaism lists many reform congregations with the streaming services provided and links to the streams
- **Jewish Services (Conservative):** <https://templealiyah.org/livestream>  
Temple Aliyah lists multiple online meetings and streaming services and links to access

## Meditation/Stress Reduction Practices/Fitness

- **Free Online Workouts:**
  - **Orange Theory:** <https://www.youtube.com/watch?v=HHo-FFkYuDU&list=PLeSKM0GTcnfE1c-yI8y-x5O2rdM3X9mZD>  
Series of at-home-workout videos to watch through YouTube
  - **Peloton:** <https://www.onepeloton.com/digital/checkout/digital-90d>  
Peloton has offered its app free of charge for the next 90 days. The app offers guidance beyond the bike, connecting to yoga, meditation, strength, stretching, cardio and strength training.

- **Gold's Gym:** <https://www.goldsgym.com/anywhere/?fbclid=IwAR3MNCgHmDH4EFzNIeK6TKdq3IhwtXAepVceSqTqNtVaZjbtul92P3DheY>  
The gym is offering a variety of digital audio and video workouts for free through the end of may
- **Planet Fitness:** <https://www.facebook.com/planetfitness/>  
PF is live streaming “work-ins” at 7pm EST every day on facebook. These are 20 min workouts led by trainers and surprise celebrity guests
- **305 Fitness:** <https://www.youtube.com/user/305Fitness>  
Offering cardio dance live streams hosted by the studio’s founder twice a day on YouTube, 12pm and 6pm EST
- **CorePower Yoga:** <https://www.corepoweryogaondemand.com/keep-up-your-practice?fbclid=IwAR3-T4eGvS1B7S2RKGv6tLoglWAobw3n6S4mYxPAq750ppu32BPxlzAZfuA>  
Offering free access to collection of online yoga and mediation classes while studios are closed
- **UCLA Mindfulness Awareness Research Center:** <https://www.uclahealth.org/marc/mindful-meditations>  
Free guided meditations in English and Spanish
- **Tara Brach:** <https://www.tarabrach.com>  
Buddhist Meditation teacher and psychotherapist Tara Brach offers audio and video meditations, dharma talks, and live stream sessions, all free
- **Breathe2Relax:** <https://apps.apple.com/us/app/breathe2relax/id425720246>  
a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill diaphragmatic breathing
- **Fragrant Heart:** <https://www.fragrantheart.com>  
Community of meditation guidance and free meditations with or without background information separated into theme categories
- **Headspace:** <https://www.headspace.com/covid-19>  
Weathering the Storm makes parts of Headspace content free to all. Headspace includes meditations and sleep and movement exercises to help you however you’re feeling.