

## 10 things to learn at home during this period of self-isolation

One of the things that the NHS advocates (along with self-distancing and hand hygiene) is the '5 Ways to Wellbeing', which includes learning new things and challenging yourself. So here are a number of websites that allow you to learn totally new subjects or revisit old knowledge to keep your brain ticking along during the enforced lockdown. But this could also be something to carry on with once life starts getting back to normal – whatever that may look like. Have a browse!



### Open University Free Courses

[www.open.edu/openlearn/free-courses/full-catalogue#](http://www.open.edu/openlearn/free-courses/full-catalogue#)

Includes languages, history, nature, psychology, science, and politics – all at a beginners, intermediate or advanced level so you can pick what is exactly right for you. There really is so much to choose from. The number of hours for study vary from 1 to 55. All currently free.

### Herts Adult and Family Learning Service

[www.hertfordshire.gov.uk/microsites/adult-learning/find-a-course/event-booking?service=eventHAFLS](http://www.hertfordshire.gov.uk/microsites/adult-learning/find-a-course/event-booking?service=eventHAFLS)

Hertfordshire County Council's Adult and Family Learning Service is offering some of their courses online now – you have to book on for a particular date to join the course, but there are some interesting subjects that you might like to access from your home such as photography for beginners or getting blogging. All currently free.

[www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/newspapers-and-magazines/newspapers-and-magazines.aspx](http://www.hertfordshire.gov.uk/services/libraries-and-archives/books-and-reading/newspapers-and-magazines/newspapers-and-magazines.aspx)

And as an aside to learning online, this libraries link allows you to access a number of magazines and newspapers online, so that you can keep up to date with specialist and general current affairs.



### BBC Learning

[www.bbc.co.uk/learning/coursesearch/](http://www.bbc.co.uk/learning/coursesearch/)

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

## FutureLearn - [www.futurelearn.com](http://www.futurelearn.com)



Free to access 100s of courses, ranging from 'Become a better music teacher' to 'Engaging with Controversies in the Food System', via 'The British Army 1815-1945'. The breadth of subjects has to be explored to be understood – but all are short courses over a few weeks, and indicate the number of hours of study per week that would be expected to complete the course. Have a browse!

## Educational Videos

Two different sites to explore here:

TED-Ed <https://ed.ted.com>

Crash Course <https://thecrashcourse.com>

All sorts of engaging educational videos from Sigmund Freud to the Physics of Opera – have a browse and learn whilst being entertained. You will be absolutely amazed at the variety of subjects you can learn about here.

## Duolingo

[www.duolingo.com](http://www.duolingo.com)

Have you always wanted to brush up on your French or Spanish before travelling? Or to impress your grandchildren with your linguistic skills? Now is your chance to choose between 35 languages to learn to different levels (including Klingon!)



## Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location, when we are allowed to go there! This is a lovely site hosted by The Woodlands Trust to discover what is under your nose outside.

## Geography Games

<https://world-geography-games.com/world.html>

Geography gaming! Very easy to spend an hour or two playing 'educational' games such as naming flags, countries, rivers or any geographical feature around the world. Very useful if you are missing regular quizzes.



## Create your Family Tree

There are a few sites that can help you start researching your family tree – they start out free, but be aware that if you want to delve deeper, you may well have to subscribe. But these are worth a look to set you on your way.

[www.ancestry.co.uk/](http://www.ancestry.co.uk/)

[www.findmypast.co.uk/page/free-ancestry-records](http://www.findmypast.co.uk/page/free-ancestry-records)

[www.familysearch.org/en/](http://www.familysearch.org/en/)