

10 THINGS YOU CAN DO



DISCOVER WORLD CULTURE!

As we all adjust to following COVID safety protocols, there are still things we can do to make each day a little bit brighter. Here are some ideas for activities you can enjoy, online and in-person, while keeping yourself and your family safe.

- 1 TRY A NEW DISH**
The best way to experience a culture is through its food! Lucky for us, there are lots of really amazing restaurants in Cochrane featuring food from around the globe.
- 2 EXPLORE PHOTOGRAPHY AND ART**
Search for country hashtags on Instagram, scroll websites like National Geographic or search for photographers and artists from around the world.
- 3 LISTEN TO MUSIC**
One of the easiest ways to experience different cultures is to listen to the music. With a music subscription service you can easily throw on a playlist from anywhere in the world.
- 4 MAKE NEW FRIENDS IN YOUR COMMUNITY**
Reach out to newcomers and people in your community from work, school, or other local organizations. It's a great way to meet your neighbours, gain compassion and understanding, and even a valuable friendship.
- 5 READ A NOVEL SET IN A DIFFERENT COUNTRY**
Fiction is a great way to learn about another culture. You'll feel like you actually travelled — without ever leaving your favourite chair.
- 6 WATCH A DOCUMENTARY, TV SERIES OR MOVIE SET IN ANOTHER COUNTRY**
Expand your knowledge and learn more about the beautiful places and people in the world.
- 7 LEARN A NEW LANGUAGE**
Even if you don't become fluent, understanding the basics of a language will teach you a lot about the people who speak it.
- 8 TAKE A TRIP ONLINE!**
Tour another city, country or museum virtually. Google Arts & Culture is featuring online tours and virtual exhibitions from 2,000 galleries and museums around the world.
- 9 TRY NEW CUISINE AT HOME**
The world is an endless cookbook — and every country offers a different recipe. Find recipes online, enroll in an online cooking class or try a themed dinner for a family food adventure!
- 10 GET A PEN OR EMAIL PAL**
Search online for legit pen pal programs and share information and experiences with a new friend. It's even better if you both want to involve your families in the exchange!

