

Stay Safe, Remain Engaged



Volunteer & Donate:



Opportunities to volunteer:

Local:

- [**Food Delivery and Packaging Volunteer**](#)
- [**Shelbourne Community Kitchen Delivery**](#)
- [**Volunteer Victoria Recommendations**](#)
- [**Purposely.ca \(Offer & Request Support\)**](#)
- [**Coming Together App \(Offer & Request Support\)**](#)
- [**Oak Bay Emergency Response Team**](#)
- [**Oaklands Senior Phone Call Sign Up**](#)
- [**Oaklands Community Support Sign-Up**](#)
- Share encouraging notes [**with seniors in need**](#).
- [**YYJLocalsForLocals Business Assistance**](#)
- Become a [**Volunteer Crisis Responder**](#)
- Build a [**DIY Handwashing Station**](#)
- [**Neighbours Helping Neighbours**](#)
- Other ways to foster [**neighbourhood resilience**](#).

Global:

- Creative? [**Design COVID-19 visuals for the UN**](#)
- Try to solve [**coronavirus puzzles**](#) for science with [**FoldIt**](#).
- [**COVID Accelerator**](#)
- [**Crowdfight COVID-19**](#)
- [**Helpful Engineering**](#)
- [**MakersAgainstCorona**](#)
- [**HospitalHero**](#)
- [**HOT COVID-19 Mapping**](#)
- [**And many more**](#)



Ways to donate:

Financially:

- [**Rapid Relief Fund**](#)
- [**Indigenous Harm Reduction**](#)
- [**Boxes of Hope**](#)
- [**COVID-19 Urgent Food Support Fund**](#)
- [**The Mustard Seed**](#)
- [**Our Place**](#)
- [**Pacific Peoples' Partnership**](#)
- [**Kids Help Phone**](#)
- [**Unison Canadian Music Fund**](#)
- [**And many more**](#)

More ways to help:

- Contribute camping gear to [Our Place](#) 📞
- Drop off bottled water to [GVCEH](#) 📞
- [Community Connects: Asks / Offers](#)
- [Share the goods.](#)
- [Register to Donate Blood](#)

Global considerations:

- [The best places to donate for COVID-19](#)



Cheer on our health-care workers:

- [Make noise](#) every night at 7pm from your window, balcony, or porch.
- [String up Christmas lights](#) to illuminate dark days ahead.



Support Local Orgs, Shops, & Makers:



[Things That Are Open in Victoria](#) ↗



[What's open? Who is delivering? Map](#) ↗



Order food & drinks online:

- Try [V-Unit's](#) drive-thru or delivery for yourself or a nurse.
- Order coffee from [The Mustard Seed](#) for a good cause.
- Buy [Big Wheel](#) burgers and contribute to local relief efforts.
- Get on-demand delivery with [Magic](#).
- Delivery apps: [Tutti](#), [DoorDash](#), [SkipTheDishes](#), [Uber Eats](#)
- [Tasting Victoria Operating Restaurants List](#)
- [EAT Magazine's Takeout/Delivery List](#)
- [The Capital: Businesses That Are Delivering](#)
- [The Capital: What's Still Open?](#)
- [Central Saanich Delivery Options](#)
- [Local Urban Bites](#)
- [BC Farmers' Market Online](#) (coming soon)
- [Moss Street Market Vendor Delivery Info](#)
- [Esquimalt Farmer's Market Pick-Up/Delivery Info](#)
- [Vancouver/Victoria Beer Delivery List](#)



Buy books, music, movies, and more:



Support local bookstores:

- [Russell Books](#) (pick-up window & shipping)
- [Bolen Books](#) (pick-up & shipping)
- [Munros' Books](#) (pick up & shipping)
- [Bastion Books](#) (pick-up & delivery)
- [Camas Books](#) (delivery)
- [Ivy's Bookshop](#) (pick-up & delivery)
- [UVic Bookstore](#) (pick-up window)
- [Tanner's Books](#) (shipping)



Buy albums from local musicians:

- On [Bandcamp](#) or [CD Baby](#) (and **reconsider Spotify**)
- Feed your [Victoria Spotify playlist](#) into [Merch Table](#).



Order movies and more:

- Order books, records, and movies from [Cavity](#).
- Keep [local independent cinema](#) reels rolling.



Grow your own plants and veggies:

- [West Coast Seeds](#) (shipping)
- [Saanich Organics](#) (shipping)
- [Mason Street Farms](#) (shipping)
- [Russell Nursery](#) (pick-up)
- [GardenWorks To Go](#) (pick-up & shipping)
- Need a plot for your seedlings? Consider the [Grow Light Stand](#).
- Take a virtual gardening workshop with [The CEC](#).
- Or get 1-on-1 advice from [master gardeners at MGABC](#).
- And sharpen up your gardening skills with [Linda](#).
- Or strengthen community stewardship and food security by donating to [LifeCycles](#), [Shelbourne Community Kitchen](#), [Fernwood NRG](#), or [HCP](#).



Order games to play at/from home:

- From [Interactivity](#) and [Gauntlet](#) (pick-up or delivery)
- [Home alone? Play remotely with [BGA](#) or [Yucata](#).]



Shop for clothing:

- Thrift for a good cause at [WIN Online](#).
- [Adorn Clothing Boutique](#) (shipping)
- [Spank Clothing](#) (shipping)
- [Folk Apparel](#) (shipping)
- [Frances Grey](#) (shipping)

- **Four Horsemen** (shipping)
- **Outlooks** (by appointment, pick-up)



Peruse local art virtually:

- Such as at **Madrona**, **Bateman**, or **Fortune Gallery**.
- **Portraits of Women Leaders in Our Community**
- Check out issue 1 of **Victoria Arts Council's UNTIL...**
- Attend **this local online art exhibition about mortality**



Keep an eye out for virtual markets & festivals:

- Such as **this one** and **UNO Fest Online**.
- **BC Farmers' Market Online**
- Apply to or attend **The Social Distancing Festival**



Want company? Adopt or foster a pet:

- **BCSPCA**
- **Victoria Humane Society**.
- **Broken Promises Rescue**
- **Greater Victoria Animal Crusaders**
- **RainCoast Dog Rescue**
- Or sponsor a wild animal remotely **through Wild ARC**.



Tune In To Local Broadcasts:



Remote Events & Activities Calendar ↗



Arts & Culture:

- **Royal BC Museum Virtual Engagement**
- **Maritime Museum of BC**
- **The Craic with KWENCH**



For arts & culture livestreams across BC, [click here](#).



Civics:

- **City of Victoria**



Ecology, Farming, & Gardening:

- [Rocky Point Bird Observatory \(+ Bird Babble\)](#)
- [Compost Education Centre](#)
- [Cowichan Bring Back The Bluebirds Project](#)



Food & Drink:

- [The Craic with KWENCH](#)



Health & Wellness:

- [Victoria Disability Resource Centre](#)
- [Oaklands Online Programs](#)
- [The Craic with KWENCH](#)
- [The Existence Project Podcast](#)



Music & Performance:

- [CFUV Remote Production](#)
- [Intrepid Theatre](#)
- [UVIC School of Music](#)
- [Pacific Opera Online \(+ Listening Party\)](#)
- [The Craic with KWENCH](#)



Religion & Spirituality:

- [Congregation Emanu-El](#)
- [First Met United Church](#)
- [St. Luke's](#)



[Province-Wide Broadcasts](#) ↗



Have an event, activity, or host to add? [Email me here.](#)

Connect, Create, Play, & Learn:

? Not sure where to start? Try these [bored.solutions](#).

Conferencing & Livestreaming:

- **Zoom** ([Tutorials](#), [Abuse Info](#), [!\[\]\(065aacad479feea1b3f501fa02b79a7a_img.jpg\)](#), [!\[\]\(f90d8b6badff022f4fa9e71b17a20969_img.jpg\)](#))
- **Jitsi Meet** ([Guide](#), [!\[\]\(aedc732acbf023768f1c9cdaebdbc316_img.jpg\)](#))
- **Whereby**
- **BigBlueButton**
- **Jami**
- **Nextcloud Talk**
- **Discord**
- **Mumble** (audio conferencing)
- **Zangi** (low data usage)

For performers:

- **Floatplane**
- **Side Door**
- **Stageit**
- **StreamYard**

Visual Art & Crafts:

- Submit your COVID-19 art to **a digital exhibit** or **magazine**.
- Join a local virtual **Art Club** or **Sketch Club**.
- Draw together virtually with **AWW App** or **Scribble**.
- And brush up on your sketching skills with **Bateman**.
- Make your window a canvas to join the **Stay Art Home** project.
- Got crayons? Print out **a colouring book** or **these pages**.
- Send notes to neighbours **as paper airplanes** or **origami**.
- Or, take an **art field trip** across Canada.

Writing & Brainstorming:

- Brainstorm together visually with **Kinopio** or **Coggle**.
- Organize your personal thoughts offline with **TiddlyWiki**.
- Write together in real-time with **Etherpad** or **Riseup**.
- Send a **Letter**-in-a-Bottle to someone locally or abroad.
- Keep a private, offline digital diary with **JournalBook**.
- Share ideas remotely as a team using **Coda**, **Miro** or **Notion**.
- Or for a full package of collaboration tools, try **CHATONS**.



Music, Performance, & Video:

- Play live music together with [JamKazam](#) or [JamTaba](#).
- Take online [locally-based African drumming lessons](#).
- Send musical notes/drawings with [Typatone](#) or [turtle](#).
- Learn to create [audio stories](#) to share your experiences.
- [GVPL](#) has numerous free movie and music streaming services.
- Watch online videos & listen to music together with [Metastream](#), [&chill](#), or [watch2gether](#).



Creative Coding & Games:

- Code creative projects and games together with [Glitch](#).
- Try to solve [coronavirus puzzles](#) for science with [FoldIt](#).
- Make the web fun again by creating a [Neocities site](#).
- Or build and explore the p2p web with [Beaker](#).
- Embark on a [Super Pixel Quest](#) to inspire [your own pixel art](#).
- Design and build 3D games for free with [Godot](#) (.
- Make collaborative live-coded music with [Fragment](#).
- Play board games together via [BGA](#), [Happy Meeple](#), or [Tabletopia](#) (+).
- [Start your own small social network](#) with your friends.
- Become [Ambassador of the Internet](#) for two weeks.
- Or, try [Top 10 Games You Can Play in Your Head, By Yourself](#)



Ecology, Farming, & Gardening:

- Stuck inside? You can still [explore nature](#).
- Learn how to [become an indoor birder](#).
- And download [a free bird ID app](#) to help with identification.
- Have a lonely plant? Find a companion for it with [PlantBuddies](#).
- Design your own dream garden virtually with [Gardena](#).
- Comfortable with coding? Explore [this global plants API](#).
- You may also find [drag-and-drop farming](#) interesting.



Cooking:

- Inexperienced or intimidated by cooking? Learn [the basics](#).
- Not sure what to make with an ingredient? Try [these pairings](#).
- For more recipe ideas, take a look at this [Open Source Cookbook](#) (pdf).
- Or, learn how to truly make food from scratch using [Recursive Recipes](#).



Digital Learning:

- Explore GVPL's incredible [Digital Collections](#).
- Engage with the [Royal BC Museum](#) from home.

- Browse a huge list of remote learning solutions [here](#).
- By the way, [how are you reading this page?](#)



For Kids & Parents:



Movement and offline learning:

- Try these home activity ideas [from the YMCA](#).
- Or [Physical Literacy Games for Ages 5 & Under](#) (pdf).
- [200 learning@home Offline Activities](#) (pdf)



Reading and language:

- Take learning offline with [Kolibri](#) & [Worldreader](#).
- [Global Digital Library](#) (picture books)
- [Storyweaver](#) (read-along, learning for kids)
- [Akelius](#) (playful language learning for kids)
- [Authors & Illustrators Share Resources for Learning Anywhere](#)



Local engagement:

- Engage with the [Royal BC Museum](#) from home.
- And other institutions [across BC](#).
- Enroll your kids in local virtual painting classes at [Paint Box](#).
- Or an e-reading book club with [Victoria Literacy Connection](#).
- Join or organize [a driving parade](#).



Nature awareness:

- Teach kids about the birds in their backyard with [Audubon](#).
- Or learn about nature and make art with [Bateman](#).
- Explore [Power To Be](#)'s digital programs, activities, and resources.



Computers & STEM:

- Create stories, animation, & games together with [Scratch](#).
- Teach kids computing offline with [CS Unplugged](#).
- Try these [space-themed STEM activities](#) from NASA.
- Have big questions? Why not [Skype a Scientist](#)?

And [much more](#) ↗



But Be Mindful of Your Wellness:



Physically:

- Consider [these WHO recommendations](#).
- Try [free daily YMCA workouts](#) from home.
- And [this yoga set](#) for tired computer bodies.
- Or this [Quarantine Routine](#) and [these workouts](#).
- Sign up for local virtual [fitness & dance lessons](#).
- Follow [Annex](#) and [Forge](#) for other home workouts.
- Follow [Bloom](#), [Thrive](#), and [Fernwood Yoga](#) for tips & videos.



Mentally & Emotionally:

- Overwhelmed by the news? Keep it [brief](#), [legible](#), or [positive](#).
- Or [filter out coronavirus topics on Tildes](#) to read about other things.
- Follow the web on your own terms with [Feedbro](#) or [Fraidycat](#).
- Break unhealthy online cycles [cold turkey](#) with [SelfControl](#).
- Be wary of [Dark Patterns](#) (↗) and [infinite scroll](#).
- Learn to strike a balance between [productivity & health](#) (pdf).
- Try [Mindshift](#), [Smiling Mind](#), or [these wellness apps](#).
- Or print [these resources](#) for offline reference.
- Struggling to keep track of time? [This essay](#) may help. (🕒)
- Discuss mortality by hosting or attending a virtual [Death Cafe](#).



And [Disconnect](#) When You Need To.

In Other News...

Non-pandemic news & posts from near and far

April:

- [The Computer Scientist Who Can't Stop Telling Stories](#)
- [Signs of Modern Human Cognition Were Found in an Indonesian Cave](#)
- [Sony World Photography Awards 2020: the architecture category winner revealed](#)
- [Extraordinarily Intricate Cardboard Robots by Greg Olijnyk Feature Embedded Lights and Moveable Limbs](#)
- [How a Pudgy Porpoise May Save Other Animals From Extinction](#)
- [A New Era for Alzheimer's](#)
- [On Vanishing](#)
- [Hundreds of Rainbow Glass Panels Emit a Rotating Kaleidoscope in a Playful Kindergarten](#)
- [Why are we losing the wayfinding skills of our ancestors?](#)
- [yuri suzuki's easy record maker lets you cut your own vinyls](#)
- [The emotional lives of mice](#)
- [The Alaska Native Teacher Upending the Legacy of Colonial Education](#)
- [Does Time Really Flow? New Clues Come From a Century-Old Approach to Math.](#)
- [Oli Hillyer-Riley documents a close knit, and under-threat, surfing community in Nigeria](#)
- [The wondrous life and mysterious death of Golden Eagle 1703](#)

March:

- [Spring Bird Migration and the Indigenous Stewardship That Sustains It](#)
- [In a New Stop-Motion Film, Swoon Explores Trauma, Memory, and the Body](#)
- [The Ocean's Largest Shark Has a Little Something to Say](#)
- [Billion-Year-Old Algae and Newer Genes Hint at Land Plants' Origin](#)
- [How to See the World's Reflection From a Bag of Chips](#)
- [Fungi networking boosts recovery from bushfires](#)
- [Neanderthals Feasted on Seafood, Seabirds, Perhaps Even Dolphins](#)
- [Canada mourns Takaya – the lone sea wolf whose spirit captured the world](#)
- [Farming Insects to Save Lemurs](#)
- [Real Cooking by Mayukh Sen](#)
- [The secret resistance behind the world's most dangerous cheese](#)
- [The Rich Meals That Keep Wild Animals on the Menu](#)
- [Is your dog anxious? Genes common to its breed could play a role](#)
- [An integration loop](#)
- [Disco inferno](#)
- [Diary: Where water used to be](#)
- [How Games Marketing Invented Toxic Gamer Culture](#)
- [Steffen Ullman's digital illustrations mess with reality](#)

- [Why Preserving Cultural and Language Diversity is Vital to Protecting Biodiversity: An Interview with Galina Angarova](#)
- [For 32 Years, This Japanese Chef Has Been Making a Painting of Every Single Meal He Eats. See His Mouth-Watering Work Here](#)
- [New promise for universal blood transfusions](#)
- [Meet nine scientists taking charge—feeding the world, leading academies, and inspiring social reform](#)

Call for Submissions

Envisioning *The Future*

- What are your hopes & fears for our communities and the world beyond COVID-19?
- How might our societies look after we move past the current pandemic? In what ways will our cities and neighbourhoods change?
- How will we behave differently? And how might our relationships with our institutions & technologies, travel & the environment, each other, and ourselves transform?
- How do we get there, and where will we be headed then?

In these tumultuous times, it's important to collectively take a step back to reflect upon how we ended up here, and to envision what opportunities and challenges might lie ahead. Sharing forward-thinking ideas and stories can also help make our journeys through foreboding circumstances less isolating and arduous.

You're invited to submit a piece of writing or art imagining a world where the current pandemic is a shared memory.

This can be somber or lighthearted, and anyone is welcome to share their vision. A select number of submissions will be featured on *The Future* blog (and eventually as a free digital book), while most others will be posted in a public archive.

Want to join *The Future*? Sign-up for updates and read the submission guidelines [here](#).

In the meantime:

Stay home, [if you can](#).

Stay safe, and [look out for others](#).

Stay connected, but be wary of [news overload](#).



Made with care by a community member in self-isolation.

Please feel free to distribute this document.

