

Staying sane in quarantaine

A NEWSLETTER FROM THE FACULTY OF MEDICAL SCIENCES

Nothing can replace physical presence and real face to face contact. We have all experienced this in the past few months. This newsletter is an initiative to compensate for that loss and to offer support during difficult times. We hope that for those who need it, it is that little bit of help that makes the difference. It will make you aware of opportunities if you have particular needs. Have fun and stay connected.

The curriculum directors of Human Movement Sciences,
Dentistry and Medicine:
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THEME

FRIENDSHIP

As the current lockdown continues, most people miss the normal ways of socializing. That's why we decided to make this newsletter about friendship. We will give you several tips for doing things with friends, but also how to find new friends.



HER

As the theme of this newsletter is 'friendship', we recommend to watch the movie Her. The film follows Theodore Twombly (Joaquin Phoenix), a man who develops a relationship with Samantha (Scarlett Johansson), an artificially intelligent virtual assistant personified through a female voice.

SMALL TIPS

WALKING A DOG

What about an animal friend? The website hondjeuitlaten.nl is a platform on which dog owners and people who seek a part time animal friend can find each other. Especially during the nice weather a great idea!

WHAT DO YOU THINK?

'Flexible deadlines, support & encouragement, knowing you're not the only one struggling'

We as teachers worry about your well-being. 63% of students report poor well-being. We want to support you the best we can, therefore we would like to know what we could do. What would help you, in these weird times?

'A short break, vacation, or after an exam 3 days without new study materials'



Click on the question to answer (anonymously)!

For next time, we want to ask you: 'What would be ways to keep in touch with your fellow students?'

WALK

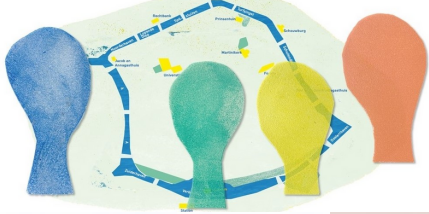
DIEPENRING WALK

IMPROVE YOUR SELF-KNOWLEDGE

The Diepenring Walk, which normally would take place with a coach or in a small group, is now transformed into a book. You walk along the canals of Groningen and read about inspiring stories of Groningers. The stories end with a philosophical or personal question that you can answer yourself or with a friend. For example:

'What do you think is completely normal, but others disagree?'

DIEPENRING KOMPAS
Zwerftocht langs het water



SPORT

ACLO COURSES

ONLINE OR OUTSIDE

The sport courses and lessons that the ACLO offers, start again. Now, it is possible to attend sport activities outside, while their online program is also still available. So call your friend, roommate or study buddy and get active!

ACLO)))

FRIENDS

NEW FRIENDS

HOW DO FIND THEM?

Making friends is more difficult now during corona. But it is not impossible! For example, [this website](#) (in Dutch) offers a platform to find new friends. There is also an app called Jodel, which is an easy way to hear what's going in the community, for example, where to get the best pizza. Do you like to cook? Then this [website](#) might be nice for you, as you can find local diner clubs. Lastly, most student and study associations in Groningen still organize online activities and ways to interact with each other, so take a look for your own study program [here](#).

