

Staying sane in quarantaine

A NEWSLETTER FROM THE FACULTY OF MEDICAL SCIENCES

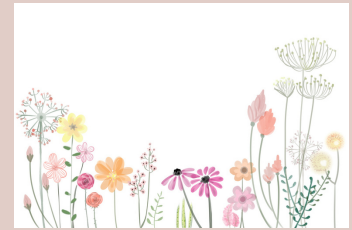
Nothing can replace physical presence and real face to face contact. We have all experienced this in the past few months. This newsletter is an initiative to compensate for that loss and to offer support during difficult times. We hope that for those who need it, it is that little bit of help that makes 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:
Yvo Kamsma, Berdien Kooistra-Akse, Anne van Lammeren, and Friso Muntinghe

THEME

SPRING

We finally got some beautiful weather, we see flowers in the Noorderplantsoen, and the last months of this academic year have started. Because of that, we decided to make the theme of this newsletter 'Spring'!



AH MOESTUINTJES

At the Albert Heijn, you could collect 'moestuintjes' to make your own garden with vegetables and flowers. Unfortunately, they finished it last week, but it might be that friends or family still have some leftovers for you. Grow your own plants!

SMALL TIPS

STEKJES / CUTTINGS

Another way to grow your own plants is to start with small parts of an adult plant. In Groningen, a few Facebookgroups offer [free](#) 'stekjes' or a [swap](#). There might not be a more creative and cheaper way to start your own plant jungle. Or go looking for a '[Plantenbieb!](#)'

WHAT TO WATCH OR READ?

HELP WITH CHOOSING

Do you recognize the struggle? You want to start a new Netflix show, or read a nice book, but the options are unlimited? This [website](#) helps you with a recommendation for a new book to read, using personal questions. On [Buzzfeed](#), you can find an easy tool to find your next favorite Netflix show. Or use the [website](#) 'What the hell should I watch on Netflix?'. When you don't feel like watching or reading anything, you can also just use this [website](#) to find out what to do. Good luck!

NETFLIX



WALK

WALK IN THE PROVINCE

ENJOY THE NATURE

Groningen as city already has a lot to offer, but the province also got some beautiful places to go to. On this [website](#), you can find routes to walk with thereby mentioned how far from the city the place is. This makes it easier to for example bike there and then start the walk. All routes are in nature, so you can enjoy all the flowers and animals on the go. To add something to your walk, you can also listen to these [podcasts](#) from Natuurmonumenten (*Puur Natuur*).



FOOD

GO FOR A PICNIC

AND GRAP YOUR FOOD AT LOCAL PLACES

Although the terraces are opening again, the nice weather allows for a picnic in the park as well. Go to the Noorderplantsoen, Kardingebult, Pioenpark or Hoornse Plas. Get your favorite coffee and cookie on the go and celebrate spring by sitting in the grass.



ACTIVITY

E-CHOPPER RIDE

TRY OUT A NEW WAY OF RIDING

Have you ever been on a e-chopper? These electric bikes have quite big wheels and ride more like a motorbike than a normal bike. You can rent them [here](#) and [here](#) for example, and go for a fun route with your friends in Groningen.

