



ISSO **Winter 2020-2021** **Activities Handbook**

IOWA STATE UNIVERSITY
International Students and Scholars Office

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≡ Hello, International Cyclones!

The International Students and Scholars Office (ISSO) wants to provide you the best student experience possible while you're at Iowa State University. We realize that a lot has changed, and this Winter Break is far from traditional. Socializing with others is an important part of being human, so we have created a packet with reduced-risk activities that you can do with friends and family. We have also included scheduled ISSO virtual events! We hope you find it useful over this extended Winter Break. Also, don't forget to check your email and our social media for events and activities that we put on throughout the break.

≡ Staying in Ames Over Winter Break?

Fill out this [survey](#) to let ISSO know you will be staying in Ames over Winter Break. We'll use it to help build community and create friendships with individuals still in Ames, while also alerting you of events, to go bags, and activities.

≡ ISSO Scheduled Virtual Events

ISSO will be holding virtual events throughout Winter Break. You will be able to register for the events on the ISSO [website](#) and through ISSO's social media.

■ Among Us Game Night


Log onto Zoom and play Among Us with ISSO staff members and other students on campus! ISSO will have private games set up for all who wish to play. Among Us can be played through the app or online for a \$5 purchase on [Steam](#). Among Us involves players either playing as a crew member or as an imposter. Crew members are tasked with completing assignments and figuring out who the imposter is in the group. The imposter is trying to kill off all of the crew members before being recognized.

■ Murder-Mystery Night

During Murder Mystery Night, players will be assigned characters. One of the characters will have committed a murder and everyone must work together to solve who it is.

≡ ISSO Social Media

International Students and Scholars Office

 **Instagram** @iowastateisso

 **Facebook** @iowastateisso

 **Twitter** @iowastateisso

NOTE: Virtual activities will require an internet connection and an internet-enabled device. Some activities may require additional payment.

ONLINE ENTERTAINMENT

■ Netflix

Binge a new t.v. show, watch a documentary, or just rewatch your favorite movie

■ Hulu

Get all caught up on your favorite t.v. show or watch a new movie.

■ YouTube

Learn how to cook a new recipe, master your makeup look, or just watch your favorite channel.

■ Video Games

Play your favorite video game and complete every level or play a new game! Play with friends on [Twitch](#) or [Discord](#).

■ Listen to a Podcast

Listen to fictional and non-fictional podcasts ranging from sports to cooking. You can listen free on apple podcasts, google play music, spotify, castro, or overcast.

■ Play Games On Jackbox

The Jack Box Party Pack lets you play fun and hilarious party games with your friends remotely. Games range from Trivia, Pictionary, to even having to vote your friends off of an alien spaceship. You can view the games and direction on how to play [here](#).

■ Create A Playlist

Create a playlist of your favorite songs on spotify, Itunes, Amazon music, google play music, YouTube, or Pandora.

■ Watch a Ted Talk

Head over to [TED Talks](#) to listen to people talk about everything from Covid-19 to how to be a better leader!

■ Netflix Watch Party

Netflix Party is chrome extension and desktop app that allows you to have virtual movie nights with your friends. Netflix Party syncs up your program and allows you to chat with your friends. You can get started [here](#).

■ Disney Watch Party

Disney Watch Party allows you to have a virtual movie night with your friends. You can chat and watch the movie with your friends. You can learn how [here](#).

GAME NIGHT OPTIONS

■ Virtual Pictionary

[Skribbl](#) is a free website that allows you to play pictionary with friends. You can also play with people around the world.

■ Play Charades using the app

Mix up your Zoom call with friends by playing [Charades](#). You'll need your phone to play Charades so make sure you use your laptop for the video call. Play with one friend or multiple friends.

■ Virtual Board Game Options

Play your favorite board game with or without your friends on [Board Game Arena](#), [Pogo](#), [Tabletopia](#), or [Pokia](#). These websites have hundreds of board games to choose from.

■ Virtual Card Games

If you are more of a [card game](#) person, head over to cardzmania for hundreds of virtual card games.

EXPLORE THE WORLD

■ Museums and National Monuments

- **Great Wall of China**
Take a tour of the [Great Wall China](#) from the comfort of your couch.
- **Pompei**
Discover the history of the world with a tour of the ancient city of [Pompei](#).
- **Mars**
Not only can you explore, but you can explore the solar system with a trip to [Mars](#).
- **Museums all over the world**
If you love art and history take a virtual tour of one of the many [museums](#) offered online.
- **More museums**
Check out more museum tours [here](#).

■ National Parks

- **Acadia National Park**
Explore this beautiful National Park [here](#).
- **Gettysburg National Military Park**
Explore the history of the United States Civil War [here](#).
- **Grand Canyon National Park**
If you have ever wanted to explore the [Grand Canyon](#) now is your chance.
- **Redwood National Park**
With beautiful Giant Redwood trees, you will definitely not want to miss the chance to tour [Redwood National Park](#).
- **Yellowstone National Park**
Located in Montana, [Yellowstone National Park](#) has beautiful sites like Old Faithful that you can see from your couch.
- **Other National Parks**
Check out more National Parks [here](#).

■ Zoos and Aquariums

- **Monterey Bay Aquarium**
From Sea Otters to Sharks watch all kinds of aquarium animals [here](#).
- **Atlanta Zoo Panda Cam**
For all our Panda lovers who cannot make it to the zoo right now, check out the Atlanta Zoo [Panda Cam](#).
- **Other animal and nature cams**
For more animal cams go [here](#).

FOR THE ARTISTS

■ NPR Tiny Desk concert

With hundreds of concerts, [NPR Tiny Desk](#) is perfect for watching your favorite artists perform.

■ Musicals

Stream any of these 16 broadway [musicals](#).

■ Virtual Cooking Class

If you have your own kitchen now is the time to improve your cooking skills. Checkout Gucci Osteria's virtual cooking classes [here](#).

■ Doodle Class

If you are someone who likes to draw, check out Mo Willem's [lunch doodle classes](#).

■ Operas

For all our opera lovers out there, check-out free operas [here](#).

RELAXING ACTIVITIES

■ Guided Meditation

Try some [guided meditations](#) to destress after this unusual semester.

■ Meditation Programs

Headspace also provides great [meditation](#) options.

■ Meditation and Breathing Exercises

For breathing and meditation, oak meditation is a great [source](#).

■ Journaling Prompts

For those of you who find writing relaxing, try journaling. This [website](#) provides you with great prompts to get you started.

■ More Journaling Prompts

With 119 [journal prompts](#), this site is a great source to keep you writing.

■ Do a Crossword Puzzle

With hundreds of [crossword puzzles](#), this is a great site to keep your mind running while also relaxing

■ Play Sudoku

Another way to keep your mind running while also relaxing is to play Sudoku. Play on paper or use an [app](#).

■ Do a Word Search

Crosswords are also a fun way to relax and keep the mind going. [Razzle Puzzles](#) provides hundreds of word searches with different difficulty levels.

LET'S WORKOUT

■ Iowa State

Join Iowa State's Fitness on Demand [classes](#).

■ ISU Instagram TV Free Classes

Go to the ISU Rec Services instagram page, then click on IGTV and check-out their free [classes](#).

■ Iowa State Yoga Classes

If you are a yogi, check-out one of Iowa State's free virtual yoga [classes](#).

■ Live Workout Classes

If you're someone who likes to workout with others, check-out Planet Fitness' live workout [classes](#).

■ Yoga Classes

Yoga with Adriene are great classes for beginners of yoga and those who are experienced. She has hundreds of free [videos](#) here.

■ Workout Videos

Fitness blender is a great website that provides workouts that target different areas of the body and different kinds of workouts. You can find their workouts [here](#).

■ Track Your Runs/walks

If you are into running or walking, check out the [Nike Run app](#). The app can track your run or provide you with guided workouts.

■ Exercises To Do At Your Desk

For those of you who want a simple workout, try one of these [desk workouts](#).

ACTIVITIES IN AMES AND IOWA STATE

■ Check The Student Activities Calendar For Events

The Student Activities has a [calendar](#) for events. Check it regularly to see what they have going on over winter break

■ Look Into Renting Equipment From Outdoor Rec

Outdoor Rec. has various equipment to rent. If you want to get outside check-out what equipment they have to offer [here](#).

■ Participate In One Of Reiman Gardens' Events

Reiman Garden has multiple events over the break. You can find the events they are hosting [here](#).

■ Rent A Book From A Library

For the book and movie lovers, look into checking out a book or movie from the [Iowa State library](#) or the [Ames Public library](#).