

Boost your brain with online learning and quick quizzes

Now might be the perfect time to do those things that you have always thought you might like to do but haven't had the time to do. Learn a language, get into gardening, take up an instrument, learn some DIY moves or up your general knowledge. What are you waiting for?

- **Some of the best language learning travel apps** - so you can plan your next trip with a language to match! Everyone learns differently so the below suggestions give you a lot of choice to personalise your experience.
 - Duolingo – This fun, fast-paced, user-friendly app is a favourite among those wanting to learn a language. There are more than 23 languages on offer and it's free! <https://www.duolingo.com/>
 - Memrise – This app caters for both beginners and more advanced users and teaches new words and phrases by putting words into sentences with similar sounding words from English (or other native language) to help build connections for remembering the new words. Smart! This one's a freebie. <https://www.memrise.com/>
 - Babbel – A great tool for travellers to perfect their real-life conversation skills – ready for when international travel is back on the agenda! Now's the time to prepare for that moment with less in 14 different languages. This is a subscription service. <https://www.babbel.com/>
 - Drops – Not only is this app free, the lessons are only 5 minutes long! Drops offers 35 languages and the lessons feel more like games. Why not give it a go! <https://languagedrops.com/>
- **Get into gardening** – You don't have to have a massive back garden to get into gardening. Pot plants anyone! Take a look at these popular sites to get some inspiration around greening your home, your patio or deck, or doing a full garden makeover. And did we mention the wellbeing benefits of being in nature, getting your hands in the soil and indoor plants helping to filter the air?
 - Better Homes & Garden – Lots of great tips including, if you have the space, how to start a veggie patch. <https://www.bhg.com/gardening/>
 - Gardening Australian – From the home of the ABC< lots of tips, tools and techniques to get you going or help you take your garden to the next level. <https://www.abc.net.au/gardening/tips-tools-techniques/9451126>
 - The Garden Gurus – Watch all the episodes online. <https://www.thegardengurus.tv/>
- **Get your DIY moves sorted** – Everyone is spending LOTS of time at home and suddenly have all these ideas about what they could do to spruce up their space.
 - Bunnings DIY videos – These are the best! Just might be the inspiration you need to pick up the tools and give it a go. <https://www.bunnings.com.au/diy-advice>

- **Unleash your inner musician** – Here's a selection of sites that can help you learn an instrument. Just don't drive your neighbours crazy – maybe leave learning the bagpipes for another time! And if you think that playing an instrument is beyond your talents, then why not listen to some opera or other forms of music. After all, music can soothe a troubled mind.
 - YouTube – You can search for tutorials on guitar, piano, clarinet and even the harmonica. For example, one of the most popular guitar tutorials is Absolute Super Beginning Guitar Lesson. <https://www.youtube.com/watch?v=llNuwhZWxKA>
 - Yousician – This App has hundreds of different lessons and provides stepped tutorials with increasing levels of difficulty. Beginners can use for free but if you want to progress, there is a subscription fee. <https://yousician.com/>
 - Uberchord – Simple steps to success and real-time feedback. A much-loved App for those keen to get started with the guitar. <https://www.uberchord.com/>
 - Simply Piano – Maybe tickling the ivories is more your thing? This is a free App, which gives you the opportunity to learn lots of tunes. <https://www.joytunes.com/simply-piano>
- **Be a Mastermind** – Why not take some time to test out your general knowledge and have fun at the same time, using some of these online quiz sites. You can do the quiz on your own, get competitive with your friends and family, or bring a team or workmates together.
 - Triviaplaza – Improve your general knowledge around geography, music, literature, science and more. <https://www.triviaplaza.com/>
 - ABC News Quizzes – With quizzes about chocolate or stargazing, Eurovision or Star Wars fanatics, science or films, this site has a little something for everyone. <https://www.abc.net.au/news/quizzes/general/>
 - Games for the brain – These will get you thinking for sure! <https://www.gamesforthebrain.com/>
 - Popkwiz – Just how well do you know your music? <https://www.popkwiz.com/>
 - Film Trivia – Are you the ultimate film trivia buff? <https://www.filmsite.org/movie-trivia.html>

