

Fun Technology Choices During COVID-19

During this time, you may find that you're using technology more frequently than usual as you're leaving your house less than you typically would. Why not change up your standard scrolling pattern by trying out some different apps and websites? There are plenty of different options which can be useful, supportive, and most importantly- fun!

1. Houseparty

This app allows you to call you interact with your friends through appropriately socially distanced means! It's differentiates itself from other video conferencing apps by offering integrated games, trivia, quick draw (like Pictionary), Chips and Guac (word association), and Heads Up! (charades).

2. Wordfeud

Another app which enables getting competitive remotely. Wordfeud is a multiplayer scrabble-like game where you can challenge friends and random opponents. An open chat allows you to communicate with your online opponents. There are options for which language and dictionary you'd like to use and there are a number of different languages to choose from.

3. BBC Good Food

This website (also available as an app) is great for getting creative in the kitchen and improving cooking skills as it provides access to an extensive database of recipes. What kind of challenges might you set yourself? For example, you could try vegetarian cuisine, make a new meal every second day or try cooking for your family/housemates once a week.

4. Heads Up!

This app is great for having fun with those isolating in the same location as you. In this charades-like game you pick a category, then hold the device up to your head which displays a word. Your family/friends give you clues to guess what this is!

5. Duolingo

A fun educational website and app which helps users to learn a second language. You set up a profile, choose your target language, set your weekly goals and off you go! Each module is made up of a range of translations and tests, which you must pass in order to progress to the next module. There's no shortcuts when it comes to learning a language and this is reflected by a need for a certain level of competency to facilitate progression through the app.

6. Draw Something

A fun way to get creative, competitive and social remotely. Build points through guessing your online friends' drawings and letting them guess yours. Whoever has the most points wins!

7. UL Counselling

Our website provides online resources for managing your mental health during the pandemic. We have also started a "Thought of the Day" section, which will consist of a daily message to support you through the COVID-19 pandemic. We will also be posting these each day on our Facebook. We encourage you to respond and get conversations flowing on these forums!

Remember, UL Éist is fully operational via phone or email throughout this uncertain period. Just like you can, we have found a way to be with the present moment, coping as best we can with the situation we find ourselves in. We are taking it day by day. You can too!

Wishing you good mental wellbeing.

The UL Éist team.

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