



Resources for everyone

Movies

ACMI – Virtual Cinémathèque – a weekly movie night every Wednesday

<https://www.acmi.net.au/events/melbourne-cinematheque/>

Beamafilm and Kanopy can be accessed free through a public library membership

www.beamafilm.com
www.kanopy.com

SBS On Demand has over 650 movies

<https://www.sbs.com.au/ondemand/>

Theatre

The UK National Theatre is live streaming a range of plays via Youtube in April and May including One Man Two Guvnors, Janey Eyre, Treasure Island and Twelfth Night

<https://www.youtube.com/channel/UCUDq1XzCYONIOYVJvEMQjqw>

The Globe is streaming a Shakespeare play every fortnight

www.globeplayer.tv

TimeOut New York provides a daily list of the best live theatre to stream online

<https://www.timeout.com/newyork/theater/the-best-live-theater-to-watch-online-april-8>

Hampstead Theatre at home

<https://www.youtube.com/user/HampsteadTheatre>

Dance

The Australian Ballet 2020 Digital Season

<https://australianballet.com.au/tv>

<https://www.youtube.com/user/bolshoi>

Paris Opera is streaming ballets and operas

<https://www.operadeparis.fr/>

Royal New Zealand Ballet

<https://www.facebook.com/pg/nzballet/posts/>

The Bolshoi ballet is streaming its ballets on its YouTube channel. Each performance remains on YouTube for 24 hours

Sadler Wells is streaming dance performances and is offering online dance classes.

<https://www.facebook.com/SadlersWells>

Opera, musicals, music and comedy

ABC is steaming Opera Australia's Attila

<https://www.abc.net.au/classic/programs/sunday-opera/sunday-opera-verdi-attila/12083484>

MET Opera streaming

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

Melbourne Symphony Orchestra streams a new performance very Thursday night at 7.30pm

<https://www.youtube.com/playlist?list=PLGUc1mZt9dIIEDCO1pqGNdp-Wzv0x-rj>

Australian Chamber Orchestra digital season – new content updated every Monday

<https://www.aco.com.au/ACOHomeCasts>

The Guardian has listed a range of classical music and opera to livestream

<https://www.theguardian.com/music/2020/mar/16/classical-music-opera-livestream-at-home-coronavirus#maincontent>

London Symphony Orchestra – The LSO is live-streaming a concert on YouTube every Sunday (BST). Recordings are available after the livestream for a limited time.

<https://lso.co.uk/whats-on/2019-20-season/alwaysplaying.html>

Classical MPR – A comprehensive mash up of all of your classical music needs in the coming week with links to all livestream content and other resources.

<https://www.classicalmpr.org/story/2020/03/16/free-online-classical-concerts>

DJ sets

<https://en.unitedwestream.berlin/>

Woodfordian artists live stream – 30 minute concerts Tuesday to Sunday

<https://www.facebook.com/pg/woodfordfolkfestival/posts/>

Freegal Music - a free music service that is provided to you by your participating public library

<https://www.freegalmusic.com/home>

ABC's Comedy TV channel

https://www.youtube.com/channel/UCOeVhGZOGV_s0mOcVeGpatQ

See also ABC iView

Art and museums

Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum

<https://artsandculture.google.com/partner?hl=en>.

The Louvre, based in Paris, is also offering its own virtual tour online for free

<https://www.louvre.fr/en/visites-en-ligne>

Sydney Biennale

<https://www.biennaleofsydney.art/>

NGV virtual tours

<https://www.ngv.vic.gov.au/virtual-tours/>

Bendigo Art Gallery - Bessie Davidson and Sally Smart: Two artists and the Parisian avant-garde exhibition

<https://www.bendigoregion.com.au/bendigo-art-gallery/panoramic-views-of-exhibition-bessie-davidson-sally-smart-two-artists-and-the-parisian-avant-garde>

MONA – live stream performance art

<https://mona.net.au/tim?fbclid=IwAR1IExc5EE6q2EfMC8gQl1qD8jFPZkHcAeZlvM1m05x6JIMOPoaj2l3BRDs>

Explore the surface of Mars on the Curiosity Rover

<https://accessmars.withgoogle.com/>

The British Museum- located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies

<https://britishmuseum.withgoogle.com/>

Melbourne Museum at Home

<https://museums victoria.com.au/melbournemuseum/at-home/>

A range of short master classes – including writing classes with Margaret Atwood or Acting classes with Natalie Portman!

https://www.masterclass.com/buy-one-share-one?utm_source=Paid&utm_medium=AdWords&utm_campaign=MC&utm_content=Brand-{keyword}-G1_EM&utm_term=Aq-Prospecting&gclid=CjwKCAjw7LX0BRBiEiwA__gNw9Dquj9SnD81De5uDCHiseEHCBZj3Y3CLtIajMhSCZ_MfmiryyOseBoCuj0QAvD_BwE

Science Museum at Home

<https://www.sciencemuseumgroup.org.uk/explore-our-museums-at-home/>

Together In Art, Art Gallery of New South Wales

<https://www.artgallery.nsw.gov.au/artboards/together-in-art/>

Public talks

Wheeler Centre – live streaming of events and broadcasts of archived events

<https://www.wheelercentre.com/events/venues/wheelercentre-com>

<https://www.wheelercentre.com/broadcasts>

Sydney Opera House - archival footage, live broadcasts and premieres.

<https://www.sydneyoperahouse.com/digital.html>

Zoo cams

The San Diego Zoo has a live webcam for animals

<https://zoo.sandiegozoo.org/live-cams>

Melbourne Zoo also has live webcams

<https://www.zoo.org.au/animal-house>

Food

Massimo Bottura – Cooking at home with a Michelin-starred chef.

<https://www.instagram.com/massimobottura/>
IG: massimobottura

Maggie Beer – Maggie continues to bring the best of the Barossa to you through accessible cooking classes.

https://www.instagram.com/maggie_beer
IG: maggie_beer

Gordon Ramsay – A series of quick, 20 minute culinary lessons with one of TV's most irascible chefs. So far, no outbursts.

<https://www.youtube.com/playlist?list=PLTzMGnJrsSyDJU9XCizZtuJ6GAlsVrk7>

Sport, fitness & wellbeing

Workouts

<https://www.youtube.com/watch?v=DcqMYj715sA&feature=youtu.be>

<https://www.youtube.com/watch?v=JvxIzITy7zk&feature=youtu.be>

<https://www.youtube.com/watch?v=Z5a5BkPIL0&feature=youtu.be>

<https://www.youtube.com/watch?v=6AT3d3sfgGQ&feature=youtu.be>

<https://www.youtube.com/watch?v=qV2rdg9FTFU&feature=youtu.be>

<https://www.youtube.com/watch?v=bRuw1gXrnlQ&feature=youtu.be>

<https://www.youtube.com/watch?v=295fFRx9Q6Y&feature=youtu.be>

<https://www.youtube.com/watch?v=nbVNsP6kFOA&feature=youtu.be>

<https://www.youtube.com/watch?v=tFD3DYmGG98&feature=youtu.be>

<https://www.youtube.com/watch?v=W1dvo7DhAYI&feature=youtu.be>

<https://www.youtube.com/watch?v=jN12TNYwjg4&feature=youtu.be>

<https://youtu.be/popQCmDDG7o>

<https://www.youtube.com/watch?v=AeURhEvKbLM&feature=youtu.be>

<https://youtu.be/G4B6JN7q530>

<https://www.youtube.com/watch?v=ayXVLKLTJXc>

<https://www.youtube.com/watch?v=ZIVwLe3HO7E&feature=youtu.be>

<https://www.youtube.com/watch?v=Uila6Y2KffU&feature=youtu.be>

Corona Virus and wellbeing. This page covers practical advice and checklists for staying at home, and ideas for taking care of your mental health and wellbeing.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Pilates

<https://www.youtube.com/channel/UCIfUrFyAWGeB6kMaEVRqR5Q>

Yoga

<https://practice.stralayoga.com/courses/category/Free>

<https://www.duncanyoga.com/online-classes>

<https://goodvibesyoga.com.au/virtual-studio>

<https://www.jennaleamcinnnes.com/yoga>

Cycology – Move with Feels – Daily Spotify playlists from a fab Sydney spin studio. Bound to be great for any beat based workout, or to add some spark to your quarantine cleaning.

Launching 09.04.20. Search “move with feels” in the playlist section of Spotify.

Stylerunner health club – A broad range of free offerings such as HIIT workouts, playlists, spin classes and nutrition sessions. The schedule is updated weekly and most classes are 30 minutes.

<https://www.stylerunner.com/health-club>

Tai Chi 5 minutes a day modules

https://www.youtube.com/watch?v=cEOS2zoyQw4&list=RDCMUCxkLLizyaKhpeeZjK27Leqw&start_radio=1&t=71

A-Space – School of Deep Feelings – Daily free online mindfulness and meditation. A different guide leads a 30 minute session at 8am each morning. Recommend making a cup of tea, finding a quiet spot and using headphones to make the most of the blissful experience.

https://www.instagram.com/_aspace/?hl=en

Yale is offering for free its online course on the Science of Well-Being

https://www.coursera.org/learn/the-science-of-well-being?ranMID=40328&ranEAID=EHFxW6yx8Uo&ranSiteID=EHFxW6yx8Uo-f9vk5sToCljv3JnlUzxrA&siteID=EHFxW6yx8Uo-f9vk5sToCljv3JnlUzxrA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=EHFxW6yx8Uo

Roger Federer's stay at home practice

<https://www.instagram.com/rogerfederer/>

Online dances classes – links from the Guardian

<https://www.theguardian.com/stage/2020/mar/24/tendu-with-tamara-rojo-online-ballet-classes-to-try>

Boogie at Home – Free live online dance class

<https://www.facebook.com/events/644929852719356/>

Lady Gaga's former backup dancer, Mark Kanemura, is hosting virtual dance sessions on his Instagram page

<https://instagram.com/mkik808?igshid=xp9gywx8gc02>

F1 Virtual E Sports Series

<https://www.formula1.com/en/latest/tags.esports.NOCpHwC3MAUK4iwAEYi6e.html>

Real Footy Podcast – a review, preview and analysis of AFL

www.omny.fm

NAB AFL Auskick at Home with Nick Riewoldt – weekly videos

<https://www.facebook.com/watch/?v=572490493626171>

BBC Football Daily about Premier League, EFL, European football and more

<https://www.bbc.co.uk/programmes/p02nrsln/episodes/downloads>

Sources:

B Law with D Jefferson, As Australian arts moves online, here is where to check out comedy, theatre, music, drag, visual art and more, ABC online, 7 April 2020 <https://www.abc.net.au/news/2020-04-08/virtual-tour-art-cinema-theatre-dance-exhibition-gallery-comedy/12115510>

S Convery and S Rawson, Livestreaming schedule: music, art, literature and events from Australia and beyond, Guardian, 3 April 2020 <<https://www.theguardian.com/lifeandstyle/2020/mar/20/livestreaming-schedule-music-art-literature-and-events-from-australia-and-beyond>

