



World Food Programme

SAVING
LIVES
CHANGING
LIVES

HOME AND IN THE ZONE

virtual ways to stay active and inspired



Produced by the Corporate Finance Division (FIN) (WFP Internal Document)

Need to burn those self-isolation snacks?

Links to stay active & entertained in 10 minutes or less!



[Easy Yoga for Beginners](#)



[Yoga for & with Kids](#)



[Cardio at Home](#)



[Interval Training Routine](#)



Feeling disconnected?

Play these mobile games and virtually connect with family & friends!

(iPhone App Store)



Words with Friends



PSYCH by Ellen



House Party



YAHTZEE With Buddies



QuizUp



8 Ball Pool

WFP



Feeling disconnected?

Play these mobile games and virtually connect with family & friends!

(Android Play Store)



Words with Friends



PSYCH by Ellen



HouseParty



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QuizUp



8 Ball Pool

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Wanderlust restrictions got you down?

Virtually travel the world and visit these 6 locations. Hey, why not bring your families along with you?



- [Visit Pompei](#)
- [Visit the Great Wall of China](#)
- [Visit Yellowstone National Park](#)



- [Visit England](#)
- [Visit Colonial Williamsburg](#)
- [Visit Ellis Island](#)



Too much time with humans? Visit the zoo & aquarium



Grab the kids and visit our animal friends at these famous Zoos across the world

Visit the Zoo!



- [San Diego Zoo](#)
- [Zoo Atlanta – Panda Cam](#)
- [Reid Park Zoo](#)
- [Ouwehand Park Polar Bear Cam](#)

Visit the Aquarium!



- [Monterey Bay Aquarium](#)
- [National Aquarium](#)
- [Seattle Aquarium](#)



Missing the Museums?

Virtually tour these 12 world famous museums. Hey, why not bring your families along with you?

- [British Museum, London](#)
- [Guggenheim Museum, New York](#)
- [National Gallery of Art, Washington, D.C.](#)
- [Musée d'Orsay, Paris](#)
- [National Museum of Modern and Contemporary Art, Seoul](#)
- [Pergamon Museum, Berlin](#)
- [Rijksmuseum, Amsterdam](#)
- [Van Gogh Museum, Amsterdam](#)
- [The J. Paul Getty Museum, Los Angeles](#)
- [Uffizi Gallery, Florence](#)
- [MASP, São Paulo](#)
- [National Museum of Anthropology, Mexico City](#)

Need some inspiration in the kitchen?

Let these recipes inspire and even transport you!



- [One-pot Vegetarian Meals](#)
- [High Raw Vegan Family Friendly Food](#)
- [3 Breakfasts your kids can cook!](#)
- [Carbonara](#)



- [Taglierini & Fresh Tomato Sauce](#)
- [6 Chinese Inspires Dinners](#)
- [Tacos 10 Ways](#)
- [Simple Middle Eastern Salad](#)

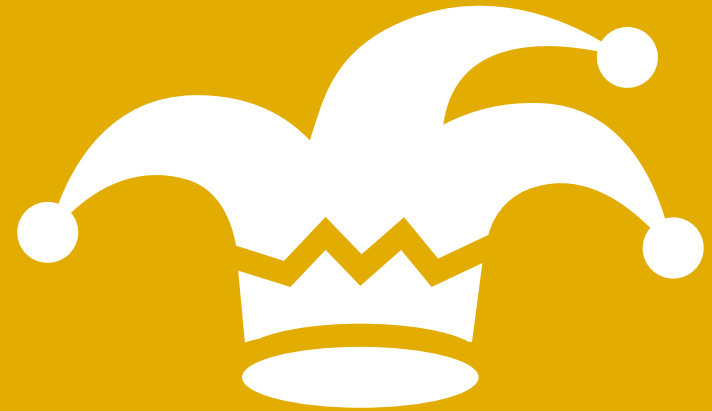


Need to smile?

Check out these funny videos!



[Pets](#)



[Cute & Funny Baby Videos](#)



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FIN'S GOT TALENT!

the divisional challenge

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FIN'S GOT TALENT!

the divisional challenge



Have you heard about the initiative that asks people in Italy to go to their balconies or windows at 18:00 and unite in song?

As a result of the global pandemic, this movement serves to give the people living in Italy and in self-isolation a chance to come together, lift spirits and cultivate a sense of community.

The FIN Challenge

Now, we know in FIN we've got some great singers, outgoing personalities and a team of people who really know how to lift each other!

Send a short fun video of you supporting the movement (*and, if you'd like, with your family*) singing, dancing, banging pots/pans or just making noise out of your window or balcony in your community.

Showing that although we are in isolation – we are a WFP family.

Send your video via WhatsApp to:

Mobile: +393450087137 (FIN Communications)

- Send with your Branch Acronym & First and Last Name
- 20 seconds maximum 🎵