



WHAT IS ONLINE FOR YOUTH!

A LIST OF ONLINE RESOURCES & ACTIVITIES

SPECTRUM MIGRANT RESOURCE CENTRE
info@spectrumvic.org.au | (03) 9977 9000

ENGLISH LANGUAGE

Learn English Teens: Reading, writing and listening practice, tips for exams, grammar and vocabulary exercises, games and videos.

<https://learnenglishteens.britishcouncil.org/>

Fun English Games: Games, worksheets, puzzles and videos.

<https://www.funenglishgames.com/>

ABC Learn English: Articles, video and audio content for anyone learning English as a second language (ESL).

<https://www.abc.net.au/education/learn-english/>

Breaking News English: Listen and read along to real newspaper articles on various topics. Varying levels of difficulty.

<https://breakingnewsenglish.com/>

Learning Chocolate: Mainly for beginners and covers all topics e.g. weather, months, adjectives, daily routines etc.

<https://www.learningchocolate.com/>

English Grammar Secrets: Cover all grammar aspects with clear explanations, both written and video, and fun exercises.

<https://englishgrammarsecrets.com/>

Learn English BBC: All age groups and all topics. Provides written and verbal explanations and activities.

<https://www.bbc.co.uk/learningenglish/english/>

Listen a Minute: Listen and read along to 1-minute presentations on various topics. Varying levels of difficulty.

<https://www.listenaminute.com/>

English for Everyone: Covers all aspects of English. All levels covered from beginners to advanced.

<https://www.englishforeveryone.org/>

English on the Go: 90 second lessons about commonly misused and misspelt words in everyday life.

<https://iview.abc.net.au/collection/2421>

HEALTH AND WELLBEING

eheadspace: eheadspace provides free online support and counselling to young people aged 12-25 and their families and friends.

<https://learnenglishteens.britishcouncil.org/>

Head to Health: Head to Health provides links to trusted Australian online and phone support, resources and treatment options.

<https://headtohealth.gov.au/>

Nurse-On-Call: Nurse on Call provides immediate expert health advice from a registered nurse, 25 hours, 7 days a week. [1300 60 60 24](tel:1300606024)

Free Being Me: Free Being Me is a program designed to empower girls through improving body confidence

<https://www.girlguides.org.au/australian-learning-qualification-program/free-being-me-resources/>

Ways to Relax: Watch some of the most relaxing videos on the internet, to wind down and get your mind off everything.

<https://au.reachout.com/collections/ways-to-relax>

Meditation: Here are 70 free guided meditations for you to choose from, to enjoy and mediation whenever.

<https://www.purposefairy.com/78001/relax-and-unwind-70-free-guided-meditations-for-you-to-enjoy/>

EDUCATION

State Library of Victoria: Senior Secondary online tutorial series. <https://www.slv.vic.gov.au/senior-secondary-online-tutorial-series>

ABC TV Education: Covers all key learning areas such as Maths, Science, History, Geography, Art, Technology and Indigenous studies. <https://www.abc.net.au/tveducation/>
<https://www.abc.net.au/tveducation/programs/secondary/>

Behind the News: BTN helps students understand the issues and events outside their own lives.
<https://www.abc.net.au/btn/>

IVIEW Secondary Classes: Watch classes in your own time. Subjects include English, Maths, Science, Geography, History and Technology.
<https://iview.abc.net.au/category/education>

Google Arts and Culture: Explore art, music, cultures, architecture, museums and travel around the world online.
<https://artsandculture.google.com/>

Storyline Online: Videos of celebrities reading children and teen books aloud. <https://www.storylineonline.net/>

NASA Live: Watch Earth from space.
<https://www.youtube.com/watch?v=21X5IGIDOfg>

Nekton Submarine STEM: Live classes about the Deep Ocean and life around it, while exploring the physics of submersible exploration. <https://encounteredu.com/live-lessons/nekton-submarine-stem-2020>
(The live classes have passed but if you click the 'event broadcast', you can watch the recording)

Brain Fun: Brain Fun offers hundreds of games, books, comics and videos that develop math, reading, problem solving and literacy. <https://www.funbrain.com/>

The Happy Scientist: Explore many science topics including minerals, food production, microscopic life, and rock cycles. <https://thehappyscientist.com/>

National Geographic: Curated collections of learning activities to implement at home.
<https://www.abc.net.au/btn/>

National Geographic Kids: Uncover curious creatures from both land and sea, ancient mysteries and civilisations, and natural wonders. <https://www.natgeokids.com/au/>



Melbourne Museum: Go behind the scenes with our experts and delve deeper into our exhibitions and galleries. <https://museums victoria.com.au/melbournemuseum/at-home/>

World Geography Games: Challenging and entertaining quiz games to improve your geographical knowledge.
<https://world-geography-games.com/world.html>

Scienceworks: At Scienceworks, we're always asking questions. How does it work? Why does it do that? How is our world changing.
<https://museums victoria.com.au/scienceworks/at-home/>

Zoos Victoria: Watch live stream cameras from Melbourne Zoo, Healesville Sanctuary and Werribee Open Range Zoo.
<https://www.zoo.org.au/animals-at-home/>

ACCESS MARS: Explore the real surface of Mars. Recorded by NASA's curiosity rover.
<https://accessmars.withgoogle.com/>

FUSE: Visit the state government's homepage for secondary or primary students to get inspiration for research and homework.
<https://world-geography-games.com/world.html>

Gale Health: 24/7 access to full-text medical journals, magazines, reference works, multimedia, and much more. <https://www.gale.com/intl>

Animal Webcams: Watch animals in sanctuaries around the world. <https://explore.org/livcams>

ERGO: Improve your research, essay writing and study skills, and access original primary sources you can use in your assignments.
<http://ergo.slv.vic.gov.au/>

FREE TV SHOWS AND MOVIES



Kanopy: Kanopy is a free streaming service you can get if you have a library card. <https://www.kanopy.com/>

Tubi: Tubi offers more than 20,000 movies and TV shows for free. <https://tubitv.com/>

SBS on Demand: SBS on Demand features a suite of movies, tv series, news from Australia and internationally. <https://www.sbs.com.au/ondemand/>

ABC iview: Documentaries, comedies, news, children's shows and more. <https://iview.abc.net.au/>

Ten Play: Catch up on the drama. <https://10play.com.au/>

Nine Now: Get the latest news, sport, TV <https://www.9now.com.au/>

7 Plus: All your entertainment. <https://7plus.com.au/>

SPORT AND EXERCISE

Blogilates: Free exercise videos. No matter what kind of workout you like, you're bound to find something for you. <https://www.youtube.com/channel/UCIJwWYOfsCfz6PjxbONYXsg>

Bfit@Home: Gym, Basketball, Yoga, Soccer workouts. <https://bfitathome.com.au/>

Dance Workouts: This stellar dance-cardio party is one of NYC's most popular workout classes. <https://305fitness.com/videos/cardio>

Brimbank Leisure Centres: Workouts and training videos from Brimbank gyms and pools. <https://www.youtube.com/channel/UCWbliiJGIFQ7TT1uS78yh3g>

NIKE Training: It's time to go all-in by working out with NTC live in your living room. <https://www.nike.com/au/ntc-app>

The Body Coach: Free 30min PE sessions uploaded every day. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Australian Ballet: Free online ballet classes for beginner to advanced. <https://australianballet.com.au/event/studios>

University of Melbourne Sport: Online workout classes and running plans. <https://sport.unimelb.edu.au/staying-connected>

L2R Dance Classes: Daily free hip-hop dance class via the L2R Instagram page. <https://www.l2r.org.au/post/2-l2r-dance-live-on-insta>

Yoga with Adriene: Adriene hosts the YouTube channel with over 500 free yoga videos. <https://yogawithadriene.com/free-yoga-videos/>

SPECIAL INTEREST

Origami: Step by step origami diagrams. <https://origami.me/diagrams/>

Chrome Music Lab: Make music through fun experiments. <https://musiclab.chromeexperiments.com/Experiments>

Nomster Chef: Cook and eat health food. <https://www.nomsterchef.com/>

Gaming and Coding: Create your own stories, games and animations. <http://www.daveconservatoire.org/>

Dave Conservatoire: One-hour tutorials in 45 different languages. <https://scratch.mit.edu/>

Learn to Code: Create your own stories, games and animations. <https://code.org/learn>

Taste Recipes: Quick simple recipes for beginners. <https://www.taste.com.au/recipes/collections/easy-recipes>

Museum of Modern Art: Free online courses on art, fashion and photography. <https://www.smithsonianmag.com/smart-news/get-sophisticated-moma-now-offers-free-art-courses-online-180974671/>

Kline Drawing Classes: Beginner classes in drawing, painting, charcoal, pastels and printing making. <http://www.klinecreative.com/free-online-art-lessons.htm>

Touch Typing: Many lessons to practice, move on once you achieve 5 stars. <https://www.typingclub.com/>

Musicals: Andrew Lloyd Webber is streaming his musicals. <https://www.youtube.com/theshowsmustgoon>