

Programme „Digi Games“

(+ Many open activities in Gather.Town like games, sustainability house, Ruhr Games livestreams, ...)

SPORTJUGEND
LANDESSPORTBUND
NORDRHEIN-WESTFALEN



10:00 - 10:15	Welcome, Gather.Town Explanation							
10:15 - 10:30	Welcome, Gather.Town Explanation							
10:30 - 10:45	Workout							
10:45 - 11:00		Speed Dating						
11:00 - 11:15	Mind Games	Find your int. Partner	Workout	Dream Team				
11:15 - 11:30								
11:30 - 11:45								
11:45 - 12:00								
12:00 - 12:15			Sport Challenges	Digi World Journey	Escape Room			
12:15 - 12:30								
12:30 - 12:45	UN Youth Delegation	Exchange about Corona	Aikido					
12:45 - 13:00								
13:00 - 13:15								
13:15 - 13:30								Dream Journey (DE)
13:30 - 13:45								
13:45 - 14:00								
14:00 - 14:15	Workout							
14:15 - 14:30	The EU and You	General Education Quiz	Sport Challenges	Digi World Journey	Dream Team			
14:30 - 14:45								
14:45 - 15:00								
15:00 - 15:15								
15:15 - 15:30			Yoga					
15:30 - 15:45								
15:45 - 16:00	Time Management	Polish Culture		Escape Room	Speed Dating			
16:00 - 16:15								
16:15 - 16:30								
16:30 - 16:45								
16:45 - 17:00						Dream Journey (ENG)		
17:00 - 17:15								
17:15 - 17:30			Sport Challenges					
17:30 - 17:45	Sustainability	Cooking						
17:45 - 18:00								
18:00 - 18:15			Zumba					
18:15 - 18:30								
18:30 - 18:45			Award Ceremony					
18:45 - 19:00								
19:00 - 19:15	Workout							
19:15 - 19:30				Pub Quiz	Poker Tournament	Distance Disco		
19:30 - 19:45								
19:45 - 20:00								
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20:45 - 21:00								
21:00 - 21:15								
21:15 - 21:30								
21:30 - 21:45								
21:45 - 22:00								

Content | Intercultural | Sport | Fun

Programme and Zoom-links

Digi Games 05.06.2021

SPORTJUGEND
LANDESSPORTBUND
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Time (CEST)	Content
10:00-10:30 am	Welcome and introduction to Gather.town Zoom room 6
10:30-10:45 am	Workout with Jana Quick workout to activate and mobilize your body Zoom room 3
10:45-11:15 am	Speed Dating with Alina and Saskia In this entertaining and playful format, you'll make new (international) friends and learn new things about the represented countries. Gather.Town (Café)
11:00-12:30 am	Mind Games with Ibrahim You will start with short warm-ups and team work activities. In the beginning, the games will be easy, then they will become more and more difficult. Afterwards, you will get some tips to improve your mathematical skills and links, where you can find more games. At the very end the whole team will rehearse a choregraphie. Zoom room 1
11:00-12:00 am	Workout with Jana You want a full-body workout that will make you sweat? Great, then you are exactly right here. Zoom room 3
11:00-12:00 am	Dream Team with Pauline, Henrike, Paul, Antonia, Judith and Lisa As a team you have 45 minutes to complete 45 tasks. This will only work if you work together! Let's go. Zoom room 4
11:15- 12:00 am	Find your international partner with Nuri and Ömer Exchange ideas with delegation leaders from other countries on international partnership and exchange programs Zoom room 2
12:15-1:45 pm	Digital journey around the world with Alex and Sarah With the help of Google Maps and internet research, you have to find clues and solve tricky riddles to complete your journey successfully. Zoom room 4



12:00-1:30pm	<p>Digital Escape Room with Judith and Lisa</p> <p>The world is in chaos! There is a highly contagious virus causing an epidemic and much of the population is under quarantine. Nevertheless, you've risked coming to our detective agency to try and crack our newest case: the disappearance of Professor Marks. The world renowned microbiologist has been missing since this morning and along with him, the newly developed formula to the vaccine to fight the virus. He announced his scientific advancement yesterday and began acting strangely after receiving a mysterious telephone call. Why was he acting so strangely and who was he talking to? Don't waste any time. Make your way to his apartment, get inside and search through everything! Time is of the essence!</p> <p>Zoom room 5</p>
12:30-2:00 pm	<p>United Nations Youth Delegate Program with Franka and Ruszlan</p> <p>Almost half of the world's population is under the age of 24 - a figure that shows how important it is for the international community to pay special attention to the concerns of children and young people. For this reason, Germany has been participating in the United Nations Youth Delegate Program (UNYDP) since 2005 to enable young people in Germany to participate in international exchange. The two UN Youth Delegates Franka and Ruszlan have prepared a workshop for you to report about their work and to get into exchange with you. It's about the United Nations, youth in the global context and what positions you want to see represented at the United Nations. Franka and Ruszlan will collect your demands and take them to the United Nations.</p> <p>Zoom room 1</p>
12:45-1:45 pm	<p>Exchange about Corona experiences with Maria</p> <p>What experiences have you had in the last few months during the ongoing Corona pandemic? Let's talk about it.</p> <p>Zoom room 2</p>
1:00-2:00 pm	<p>Aikido with Magdalena and Tosia</p> <p>Aikido is a modern Japanese martial art. A kind of self-defense for everyone</p> <p>Zoom room 3</p>
2:00-2:15 pm	<p>Workout with Josephine</p> <p>Quick workout to activate and mobilize your body</p> <p>Zoom room 3</p>
2:15-3:15 pm	<p>General Education Quiz with Josephine</p> <p>How good is your general education? Test it!</p> <p>Zoom room 2</p>



2:15-3:45 pm	The EU and You with Paulina How does the European Union work? What are the chances and challenges it brings? And most importantly, how can we young people participate in making changes in this big community? In the workshop, we'll be working together to answer these questions - and most importantly - inspire each other to take our part in changing the EU to the better! Zoom room 1
2:15-3:15 pm	Dream Team with Pauline, Henrike, Paul, Michelle, Anna and Judith As a team you have 45 minutes to complete 45 tasks. This will only work if you work together! Let's go. Zoom room 5
2:15-3:45 pm	Digital journey around the world with Alex and Sarah With the help of Google Maps and Internet research you have to find clues and solve tricky riddles to complete your journey successfully. Zoom room 4
3:00-4:00 pm	Yoga with Jana Yoga is one of the oldest system in the world that unites body, mind and spirit and promotes personal development. These methods are invaluable for relieving stress and keeping your body healthy. Zoom room 3
3:45-5:15 pm	Too Many Tasks and Appointments? - Manage Your Time! With Marian Is it difficult for you to manage your time efficiently? You want to become familiar with techniques that will help you to focus on the main tasks, organize your time better and minimize stress? Then don't loose your time and join this interactive workshop. Zoom room 1
3:45-5:15 pm	Polish Culture with Paulina Get to know the Polish Culture Zoom room 2
4:00-5:30 pm	Digital Escape Room with Anna and Judith The world is in chaos! There is a highly contagious virus causing an epidemic and much of the population is under quarantine. Nevertheless, you've risked coming to our detective agency to try and crack our newest case: the disappearance of Professor Marks. The world renowned microbiologist has been missing since this morning and along with him, the newly developed formula to the vaccine to fight the virus. He announced his scientific advancement yesterday and began acting strangely after receiving a mysterious telephone call. Why was he acting so strangely and who was he talking to? Don't waste any time. Make your way to his apartment, get inside and search through everything! Time is of the essence! Zoom room 4



4:00-5:00 pm Speed Dating with Alina, Saskia

In this entertaining and playful format, you'll make new (international) friends and learn new things about the represented countries.

[Gather.Town](#) (Café)

5:30-7:00 pm Sustainability - Zero Waste with Anna

Nobody is perfect - that's also the same with sustainability!

But it helps if many people make an effort to live a little more sustainably. Do you want to exchange ideas about sustainability in everyday life in an international context?

Are you interested in sustainability strategies in other countries?

Do you like to make sustainable DIY gifts?

Then come along, present your ideas and/or get to know new ideas.

P.S.: Bring the following things and have fun:

- Two small bowls, dried coffee ground, olive oil, salt, corn starch, water, essential oil and white vinegar (soy or chickpea flour - *optional*)

[Zoom room 1](#)

5:45-6:30 pm Zumba with Denis

Dance, sweat and feel the rhythm. The mix of dancing and an interval training is not just fun, it also gets your body in shape

[Zoom room 3](#)

5:30-7:00 pm Cooking with Pawel

You need following ingredients:

- half a kilogram of flour
- 5 eggs
- 1 spoon of baking powder
- 4 spoons of thick sour cream
- a bit of salt
- spoon of vinegar
- 1 liter of oil
- powdered sugar

[Zoom room 2](#)

7:00-7:15 pm Workout with Denis

Quick workout to activate and mobilize your body

[Zoom room 3](#)

7:15-9:45 pm Poker tournament with Fabrice

Are you ready for some poker? Join our poker tournament!

[Gather.Town](#) (Games)

7:15-9:45 pm Distance Disco with Michelle, Julie and Judith

Distance Disco brings the virtual dance floor to your home. You can safely dance with your new friends online. Have fun!

[Zoom room 3](#)

8:00-9:30 pm Pub Quiz with Maria and Fred

It's time to improve your general education, update your geography skills and learn new fun facts. Join our Pub Quiz!

[Gather.Town](#) (Café)



Specials:

10:00am-
9:00pm

Digital Ruhr Games 2021

Go and check out the Ruhr Games Live Stream:

<https://www.ruhrgames.de/live>

Several times
during the day

Sport challenges with little equipment with Antonia and Fred

We offer sport challenges with little equipment, which you already have at home. The best athletes can win prizes.

[Gather.Town](#) (Gym)

Several times
during the day

Dream journey with Fred

Through a dream journey you can dive deep into a fantasy world and relax.

[Zoom room 6](#)

Several times
during the day

SDGs (Sustainable Development Goals)

Check out our "sustainability house" to learn more about the SDGs and good practices.

[Gather.Town](#) (Sustainability)

Whole day

Games in the gaming area

Check out our gaming area and have fun playing some games. There you can find Tetris, Codewords, Drawbattle, Skribble and much more.

[Gather.Town](#) (Games)

Links:

Gather.Town:

<https://gather.town/i/DS8BJG3W>

Zoom rooms:

Zoom room 1:

<https://lsb-nrw.zoom.us/j/92464218736?pwd=K1Z3Nzl0VENhajlGZXU5OUtlc1pjZz09>

Meeting-ID: 924 6421 8736

Password: 726988

Zoom room 2:

<https://lsb-nrw.zoom.us/j/98622304823?pwd=cE9hYTJ3L3JtMDk3VG00dFJPQS9lUT09>

Meeting-ID: 986 2230 4823

Password: 989889

Zoom room 3:

<https://lsb-nrw.zoom.us/j/99920451069?pwd=LzNoQ2diZXRaQnF0THNiL3JOK2pNQ09>

Meeting-ID: 999 2045 1069

Password: 077782

Zoom room 4:

<https://lsb-nrw.zoom.us/j/91248911239?pwd=K1E3ZEU2bEpuZ25OVm12WmdHQ0N1Zz09>

Meeting-ID: 912 4891 1239

Password: 496013

Zoom room 5:

<https://lsb-nrw.zoom.us/j/97559701450?pwd=YzZwQ2JOZiJTMXo1NjVoZ2ZpVXNkQT09>

Meeting-ID: 975 5970 1450

Password: 281368

Zoom room 6:

<https://lsb-nrw.zoom.us/j/92736451378?pwd=bkjlQ1B2SjBYmNKVVbqdDZrS2VCZz09>

Meeting-ID: 927 3645 1378

Password: 956956

If you have any questions, please don't hesitate to contact us!

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