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Elian Monov
Handbook against boredom
opportunities ONLINE and OFFline



Handbook against boredom

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Handbook against boredom opportunities ONLINE and OFFline

Hello, everybody!

My name is Elian Monov, I am 18 years old and I live in Harlets – a small village close to the nuclear power plant capital of Bulgaria – Kozloduy city. In the beginning of September 2019 I decided to become a participant in The Duke of Edinburgh's International Award – Bulgaria and a Bronze Award holder, which is the first of the three levels in that program for personal development. I planned my wish for a long time because I wanted to extract the maximum of the Award sections and the goals I set. I chose Stanislava Rashkova – Titi for my Leader, who is, in my opinion, the best Leader. She helped me when I wanted to be part of the Award. To be the Assessor for my main activity I invited Angel Hristov. He has been a supporting person from the moment of my moving in the new school in the city and he accepted this challenge. I collected all the declarations with the signatures of my Assessors in the other sections and I started the Award in December 2019. My main goal after 6 months was to organize interactive meeting with a minimum of 6 participants on the topic “Summary of the 19th National Meeting of Youth Parliaments”. That definitely was a challenge for me. My personal goal is to learn how to lead in interesting ways the meetings of Municipal Children's and Youth Parliament, which is a freely formed group of young people in Kozloduy Municipality. Together with Titi and Angel kept frequent communication ONLINE and planned the interactive meeting, but after 13th of March we realized that it could not be carried out physically because of the epidemic situation in the country. We were considering options and we had the idea – to organize a video chat on a topic “Opportunities from home – #WeWillManageTogether”, in which to present “Handbook against boredom – opportunities ONLINE and OFFline” for the youths, who have free time after the ONLINE school and want to invest it in something useful about themselves, but they have no idea what. I want to say thank you to the participants in the video chat, who gave new ideas for this handbook: Teodora Petkova, Magdalena Ilieva, Nikolay Kachev and Denis Georgiev.



Thanks to all of you and the Award, enjoy reading!



TIME FOR NEW OPPORTUNITIES

Time for yourself:

- Make or check your goal list for 2020;
- Watch the new season of your favorite TV series;
- Listen to the radio, podcast or create playlist with your favorite music;
- Remember your childhood while you play the ONLINE game [Lady Popular](#) or create [My free farm](#);
- Review, sort or delete the unnecessary files from your computer folders, do the same with your bedroom;
- Review every piece of clothing in your wardrobe and decide to keep it or donate it (for example to give it to a friend or sell it ONLINE), sort your clothes by color;
- Give your toys to the kids of your neighbours or put them ONLINE for donating (or sell), disinfecting them first;
- Start writing a diary or a book on your favorite topic;
- Read ONLINE, electronically or review your library for interesting readings, donate or sell the unnecessary books;
- Draw (digitally) or complete your old drawings, which inspire you;
- Make a recipe book with healthy recipes;
- Dare yourself to cook something favorite by yourself and surprise your family;
- Do you feel ready for OFFline yoga for beginners?
One tip, set a silent mode on your phone and use a mat;
- Do OFFline exercises at home or in the garden/park, you don't need to go to the gym and have a monthly subscription for that;
- Go for a walk OFFline in the garden/park alone or with a friend, without touching, with masks and by 2 meters away from each other. With these actions we protect ourselves and our loved ones. If you are not allowed to visit parks and public places, stay home;
- Pamper yourself with homemade OFFline SPA with products from the kitchen;
- Make plan what to do after the quarantine.



Time for your professional development and skills:

- Invest time in free/paid courses/trainings **ONline**;
- Now you have time for English course, for the purpose take 1 hour daily;
- What do you want to become when you grow up? If you don't know, you can take a career counseling test for free **ONline**;
- What would you like to pursue as a higher education?
Do a research on universities (or applying **ONline** and etc.);
- If you can write texts, support social media and create content become a freelancer and offer your help;
- Refresh your social media profiles and [LinkedIn](#), by that way you will attract new like-minded people and employers;
- Create your own portfolio or [CV](#);
- Turn on your entrepreneurship, after the epidemic of [COVID-19](#) the world will need new services;
- Start blog/vlog channel, to succeed invent creative plan;
- Organize video chat with like-minded people;
- [Become volunteer](#) **ONline** during the holidays, this will build your communication skills;
- Help the elderly in your area buy food and medicine, you must wear a mask, gloves and try not to touch your face.

Time with friends **ONline**:

- Call a loved one you haven't heard from a long time;
- Organize **ONline** video chat party with your best friends or classmates;
- Go live in [Instagram](#) or [Facebook](#) and talk about important topics;
- Comment on favorite songs and movies, get to know each other better;
- Play **ONline** games together, compete with them;
- Send text messages backwards and watch their reactions.



Time with family:

- Cook something with the products from the kitchen, make cake with compote, ask grandma for an old favorite recipe from her childhood;
- Organize meeting of the family, ask everybody to tell a story, call your grandparents if they are far away;
- Review the family photo albums and videos;
- Make plan for spring cleaning the house and involve the whole family, see what's hiding under the heavy furnitures and cabinets;
- Make a garden from old pots on the balcony or the garden. Plant herbs, it is important to replace the old manure with soil;
- Give new life in old things and clothes – [DIY](#), for example a bag from ripped jeans, a jacket from long denim skirt or rag from old t-shirt;
- Decorate your home by the season, for example with flowers in pots;
- Ask grandma if she can give you unnecessary necklace ring which you would like, can grandpa give you his book, which you wanted to read?;
- Organize homemade camping in the backyard, make a campfire and roast hot dogs or marshmallow the American way;
- Organize karaoke night;
- Watch your favorite film together and make popcorn.

Time for art **ON**line:

- Museums;
- Theatres;
- Musical concerts;
- Audio and e-books.

Time for automobiles:

- Download [GTA](#), search for the hidden codes **ON**line and play;
- Review/repair your car or search new **ON**line;
- Sell your unnecessary automobile parts **ON**line.



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Sometimes events happen that change our plans and we need to make a change for them to stay valid, as my main goal in the Award. This challenge motivated me to change and adapt myself to successful realization according to the conditions I am in, with the support of my Assessor and Leader. Let's look on the good side of the situation – nature gives us a chance to redirect to the right way, now we have time for everything, which we delayed – for the family, yourself, for the dog and home. What we are required to do is to maintain social distance and personal hygiene, to give ourselves time to think and act for a better me, we, today and tomorrow. Now is the time to invest our free time in our favor. Challenges are part of life.

Thanks to the Award and the people connected with it, which help me to achieve my goals!

Be healthy, don't give up, there is always a way!

Be **ONline** and **OFFline**! Be!

Oh! I remembered something! I have a special challenge for you! Choose one activity from the handbook you want to implement and then upload photo from the process or result in [Facebook](#) or [Instagram](#) with #HandbookAgainstBoredom! I can't wait to see your post!

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