ARDC Online Learning Guide

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

\- Malcolm X

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What is included in this Guide?

Introduction

During this period, many of us are in our homes, either alone or with children, adjusting to a new lived-reality. All of our lives have changed, and some of us have more time on our hands.

Although this time is uncertain and scary for many of us, it also represents a chance to pivot away from the routine of our everyday life, do something different, and pick up some new skills.

Our mission at ARDC is to work together with the African asylum seeker and refugee community in Israel, and provide support, and opportunities for empowerment, and development.

The goal of this guide is to set out some great resources for learning online. Learning and keeping the mind busy is a very important step in keeping healthy and feeling positive.

You can use many of these websites to learn on your computer or on a smartphone!

If you wish to add more courses, ideas or information to this guide, or ask any questions, please get in touch with us - leah@ardc-israel.org or whatsapp to ARDC at 054 929 8892.

We wish to say a very **big thank you** to the volunteers of ARDC for your help in putting this guide together - Courtney, Zev, Susana, Julia - thank you for your continued support!

Section 1: English

If you want to test your English Level first to decide what to learn, you can click Here.

The sources listed below help people learn *from beginners to more advanced.*

Link	Description
https://usahello.org/resources/english-conversation/	All Levels
https://www.usalearns.org/1st-free-online-english-course	All Levels
https://perfectlyspoken.com	Free courses from A levels to C levels
https://www.bbc.co.uk/bitesize/learn	Skills practice for conversational English
https://learnenglishteens.britishcouncil.org/study-break/graded-reading	Contains versions of the same text at different difficulty levels, good reading practice
https://learnenglish.britishcouncil.org/english-grammar-reference	Grammar lessons organized by topic
https://www.english-grammar.at	Online grammar exercises
https://www.futurelearn.com/courses/basic-english-elementary	Course in basic English
https://www.futurelearn.com/courses/basic-english-pre-intermediate	Course in intermediate English

Online English Books

PDFs for classic novels written in basic English (great for those trying to perfect their English!). **You can also read these online books together with a friend or tutor:**

Link	Name of Book
https://english4callcenters.com/web/wp-content/uploads/2016/12/l3-Fantastic-Mr-Fox.pdf	*Fantastic Mr Fox* by Roald Dahl
https://bxscience.edu/ourpages/auto/2019/2/28/69275970/The%20Stranger%20-%20Albert%20Camus.pdf	*The Stranger* by Albert Camus
https://www.uzickagimnazija.edu.rs/files/Catcher%20in%20the%20Rye.pdf	*The Catcher in the Rye* by J.D. Salinger
http://kieferorigins.weebly.com/uploads/1/3/7/6/13762989/collins_-_the_hunger_games_trilogy.pdf	*The Hunger Games Trilogy* by Suzanne Collins
http://www.hayatschool.com/kuwait/articles/Holes_by_Louis_Sachar1.pdf	*Holes* by Louis Sachar
http://englishonlineclub.com/pdf/Joanne%20K.%20Rowling%20(Harry%20Potter,%20Book%201)%20-%20Harry%20Potter%20and%20the%20Philosophers%20Stone%20[EnglishOnlineClub.com].pdf	*Harry Potter and the Philosopher's Stone* by J.K. Rowling
http://www.kkoworld.com/kitablar/harper_li_masqarachini_oldurmek-eng.pdf	*To Kill a Mockingbird* by Harper Lee
	Uncle Tom's Cabin by Harriet Beecher Stowe
	Narrative of the Life of Frederick Douglass, an American Slave By Frederick Douglas

Section 2: Hebrew

Name and Link	Details
Duolingo **https://www.duolingo.com/course/he/en/Learn-Hebrew** **Application:** **https://play.google.com/store/apps/details?id=com.duolingo&hl=en**	Learn Hebrew from Beginners to Advanced.
Learning Hebrew **http://learninghebrew.net/alphabet/**	Learn the Hebrew Alef Bet
Ulpan Bayit **https://ulpan.co.il/**	The Ulpan, one of the best private ulpans in israel, is putting some great resources on their website. It is better for higher students.

Section 3: Best websites and platforms with 100s of courses!

Name	Details and Instructions
Coursera https://www.coursera.org/ Phone Application: https://www.coursera.org/about/mobile	**What?** Online platform that allows you to choose to study hundreds of different courses. Some of the courses are from the best schools in the world! This helps you to improve your skills and you can use it in your resume. The courses are given by scholars and professionals of recognized universities. Enjoy looking around this great site and be inspired by the opportunities. The enrollment is for free. If you enroll through ARDC, you can also **receive a professional certificate** for completing the course, free of charge. If you do not register through ARDC, you have the option to get a certificate at the end of your course for a small fee → For more info click here. Please call ARDC at 054 929 8892 or email at info@ardc-israel.org if you wish to receive a certificate at the end of the course. **How?** Steps to open your account in Coursera: 1. Go to coursera.org or open the application. 2. At the top of the page, click **Sign up** 3. Choose whether you want to provide a name, email, and password or link your Coursera account to your Facebook profile. **To enroll in a course:** 4. Open the course information page by clicking on the course title from the Coursera catalog. 5. Click Enroll. 6. Follow the instructions to enroll in the course. You have the option for a free trial. One example is the Successful Negotiation: Essential Strategies and Skills - By University of Michigan:

	○ How Long? 17 hrs (divided in 7 weeks with 2-3 hrs per week) ○ In the course, you'll learn about and practice the four steps to a successful negotiation: (1) Prepare: Plan Your Negotiation Strategy (2) Negotiate: Use Key Tactics for Success (3) Close: Create a Contract (4) Perform and Evaluate: The End Game
Khan Academy Website: https://www.khanacademy.org/ Application: https://www.khanacademy.org/downloads	Kahn Academy is an amazing free platform that has many courses on it, including: 1. Maths 2. Coding 3. Grammar 4. Science 5. History 6. Economics and Finance. It is a great way to learn content for the GED. To register, make an online profile using an email and password. After that, you can sign up for classes that are interesting for you!
Udemy **https://www.udemy.com/**	Choose from over 100,000 online video courses with new additions published every month. Some of these courses charge a fee.
450 'Ivy League' courses - free from best universities in the world Link: https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/	This website has a list of all the courses, by subject. You can choose them by looking here! These courses are not usually free - the schools have made them free because of corona
EDX https://www.edx.org/	More than 2500 online courses, from top schools. Many are free.

Section 4: Online University

There are some great options to study at an online university. There are also many scholarships available.

Name of University	Details
University of the People https://www.uopeople.edu/	University of the People offers 4 undergraduate degrees, and one graduate degree. See the website for more details.
Open University https://www.openu.ac.il/	There are many courses in Hebrew to learn from. See the website for more details

If you would like to discuss further, please call ARDC on 054 929 8892

Section 5: Maths

Name & Link	Description
Kahn Academy https://www.khanacademy.org/math Application: https://www.khanacademy.org/downloads	Math lessons all the way from beginners. Plus and minus to algebra; great for both beginners and advanced. You entrer Kahn Academy, and make a profile using an email address and password. You should register as a 'Learner'. You can choose which maths topic you want to study!
Math Planet https://www.mathplanet.com	Pre-algebra, Algebra I, Algebra II, Geometry, SAT, ACT
Maths GED https://ged.com/practice-test/en/math/	Free GED math practice
WolframAlpha https://www.wolframalpha.com/examples/mathematics/	step-by-step solutions for any kind of problem
Academic Earth https://academicearth.org/mathematics/	Free online courses and lectures; for both basic and advanced students, but more opportunities for advanced; no registration required

Section 6: Popular Online Courses

Title of Course	Links
Digital Marketing	**https://www.coursera.org/specializations/digital-marketing**
Graphic Design	**Coursera** **https://www.coursera.org/specializations/graphic-design**
Learn how to Build a Website	**https://www.codecademy.com/learn/make-a-website** Using Wix
Justice By Harvard University	**http://justiceharvard.org/** The course focuses on one important question: How can we tell right and wrong in politics? It is an online course from Harvard University (the best university in the world). The lecturer is Michael Sandell, maybe the most important political philosophers alive Every lecture is about 50 minutes long, it is in English and has subtitles in English.

Section 7: Coding

Links to online courses - the best way to start learning coding from beginner level

In order to start using the site, follow these simple steps: https://www.codecademy.com/

- Sign up with your email account and create a password
- Then click on "continue with basic account".
- Go to catalog
- You can either choose a course you want to study or choose from the courses below:

All courses below are free by CodeAcademy

1. Learn HTML (https://www.codecademy.com/learn/learn-html)
2. Learn CSS (https://www.codecademy.com/learn/learn-css)
3. Learn JavaScript (https://www.codecademy.com/learn/introduction-to-javascript)
4. Build a website (https://www.codecademy.com/learn/make-a-website)
5. Learn Python: (https://www.codecademy.com/learn/learn-python)
6. When you ready you can publish your website: Deploy a website (https://www.codecademy.com/learn/deploy-a-website)

Free Coursera courses:

1. Web Design for Everybody: Basics of Web Development & Coding Specialization, University of Michigan https://www.coursera.org/specializations/web-design?
2. Programming Foundations with JavaScript, HTML and CSS, Duke University https://www.coursera.org/learn/duke-programming-web
3. An Introduction to Programming the Internet of Things (IOT) Specialization, University of California https://www.coursera.org/specializations/iot

A great article

An article which sets out how to learn to code on your own, complete with links to recommended online educational resources for learning a variety of coding skills: https://www.freecodecamp.org/news/coronavirus-academy/

Section 8: Mental Health & Exercise

Title	Links

Yoga Challenge	Yoga 6 Day Challenge
	https://youtu.be/nt9Ek06hkss
	    ● Day 1 - Yoga for complete beginners
	https://www.youtube.com/watch?v=SNDuVHWJu8w
	    ● Day 2 - Energizing yoga
	https://www.youtube.com/watch?v=7tR0GNimE0k
	    ● Day 3 - Yoga for inner thighs and glutes
	https://www.youtube.com/watch?v=y7lQTjG_lAo
	    ● Day 4 - Yoga for confidence and balance
	https://www.youtube.com/watch?v=knd6Z6hXuXQ
	    ● Day 5 - Yoga for flexibility
	https://www.youtube.com/watch?v=0VmbK4dM38o
	    ● Day 6 - Confident yoga

Headspace	Learn Meditation for Free: https://www.headspace.com/
Calm	Free app with resources to help with meditation, sleep, anxiety, and more https://www.calm.com/ (Don't do the 7 day free trial that requires a credit card, just use the free tools available on the app)
Insight Timer: Meditation App	Free app that has hundreds of free courses focused on coping with anxiety, improving sleep, learning to meditate, and boosting self-esteem https://insighttimer.com/
Stop, Breathe, & Think	Free meditation and mindfulness app. Lots of free guided breathing activities. https://www.stopbreathethink.com/

Section 9: Inspiring TED Talks

The Habits of Happiness - Matthieu Ricard	https://www.youtube.com/watch?v=vbLEf4HR74E&feature=emb_title
The Most Important Lessons from 83,000 Brain Scans - Daniel Amen	https://www.youtube.com/watch?v=esPRsT-lmw8
The Power of Vulnerability - Brene Brown	https://www.youtube.com/watch?v=iCvmsMzlF7o
How to Make Stress Your Friend - Kelly McGonigal	https://www.youtube.com/watch?v=RcGyVTAoXEU&feature=emb_title
Love Letters to Strangers - Hannah Brencher	https://www.youtube.com/watch?v=LVFVaWCV1TE&feature=emb_title
Nature. Beauty. Gratitude - Louie Schwartzberg	https://www.youtube.com/watch?v=8IXYZ6s3Dfk&feature=emb_title
Where Good Ideas Come From - Steven Johnson	https://www.youtube.com/watch?v=0af00UcTO-c
Grit: The Power of Passion and Perseverance - Angela Lee Duckworth	https://www.youtube.com/watch?v=H14bBuluwB8
Why We All Need to Practice Emotional Aid - Guy Winch	https://www.youtube.com/watch?v=F2hc2FLOdhI
The Secrets of Learning a New Language - Lydia Machova	https://www.youtube.com/watch?v=o_XVt5rdpFY
How the worst moments in our lives make us who we are - Andrew Solomon	https://www.youtube.com/watch?v=RiM5a-vaNkg
Getting Stuck in the negatives (and how to get unstuck) - Alison Ledgerwood	https://www.youtube.com/watch?v=7XFLTDQ4JMk

Appendix 1: How to Use Zoom - Smartphone

What is Zoom?

Zoom is a great technology that allows us to speak to our friends or family online, or to join online classes. You can also use Zoom to learn with other people.

Step 1: Download the Application

It is very easy to use Zoom!

This website has all the links to download the Zoom application - https://zoom.us/download
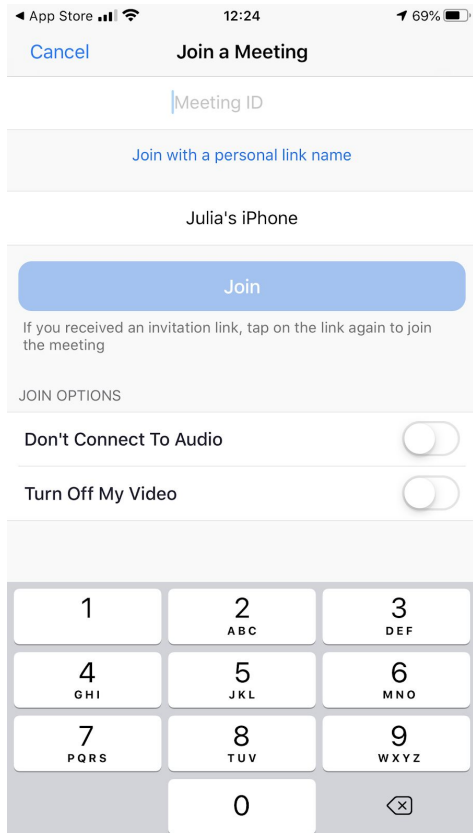

Step 2: JOIN A CLASS

Open the app.

You can sign up for free (using an email address and password)

If you are joining a class, click on "Join a Meeting." You don't need an account to join a class.

Step 3: <u>ENTER THE MEETING ID</u>

The Meeting ID is a number we will send to you via whatsapp.

Enter the Meeting ID and then click 'Join Meeting'.

<u>**Don't**</u> **change** the setting that says "Don't Connect to Audio" or "Turn off My Video"

Step 4: Camera
When asked if Zoom can access your camera, tap "OK"

Step 5: Tap "Join with Video"

Step 6: A menu will pop up stating "To hear others please join audio".
Click "Call using Internet Audio".

Step 7: Congratulations! You are now in the Zoom call!

As shown on the bottom of the screen, you have a few options:

- "Mute," - so no one will hear you,
- "Start Video" (or "Stop Video"),
- "Share Content