

Posts for 7 Day Challenge Quarantine Edition – LIVE

Day 1.

Join in a 7-day challenge – make the most of your time in quarantine! Challenge yourself and your friends to share creative ideas on how to spend your time at home. Every day, starting tomorrow, we'll post a new challenge related to things you can do during quarantine and we want you to share your solutions using the hashtag #7DayLiveChallenge. Let's inspire people in the same situation all over the world!

Day 2.

Challenge #1: Call the elderly. Call or have a video chat with an elderly relative or a friend who's unable to go out or receive visits.

#7DayLiveChallenge

[use this image:]

<https://imagebank.sweden.se/staying+in+touch///7603>

Day 3.

Challenge #2: Support the culture. Take a digital tour of a museum or enjoy a digital show or concert. If you need inspiration, several Swedish museums offer online tours of their exhibitions in English.

#7DayLiveChallenge

<https://izi.travel/sv/da44-robots/en#bd5f-articulated-manikin-italy-1582-1600/en>

Day 4.

Challenge #3: Have a *fika*. In Sweden we tend to have *fika* (having coffee or tea with friends) every day, quarantine or no quarantine. Why don't you grab a *fika* with a friend over video chat or meet a new friend through this initiative?

#7DayLiveChallenge

<https://sweden.se/culture-traditions/fika/>

Day 5.

Challenge #4: Fix something in your home. That light bulb that needs to be changed, that drawer that needs to be sorted or that tear in your favourite trousers – now's finally the time to fix it!

#7DayLiveChallenge

[use this image:]

<https://imagebank.sweden.se/recycling///4282>

Day 6

Challenge #5: Start a book club. Invite friends and colleagues to an online book club. Suggest a book that you want to read and set up a video chat in a week or so to discuss what you all thought of the book.

#7DayLiveChallenge

[Use this image:]

<https://imagebank.sweden.se/reading///3096>

Day 7

Challenge #6: Imitate art. Join the Getty Museum's initiative: use household items to imitate a work of art from your home country.

#7DayLiveChallenge

<https://twitter.com/GettyMuseum/status/1242845952974544896?s=20>

Day 8

Challenge #7: Reorganise and remake. Time to clean out your closet! While doing so, find a piece of clothing to make into something new.

#7DayLiveChallenge

[use this image:]

<https://imagebank.sweden.se/sustainable+fashion///6379>

Day 9

Thanks to everyone who participated in our #7DayLiveChallenge! We hope you've had fun and have been inspired. If you missed this challenge, we're sharing some of our favorite submissions here.

[repost some of the posts submitted during the challenge]