Virtual Carepack

Resources for circuit breaker with hope & blessings,
@elineggg | #AIKcitingfuture

ESSENTIALS

Fresh Produce

www.songfish.com.sg
www.tankfullyfresh.com
www.marketfresh.com.sg
www.purelyfresh.com.sg
www.apollomarine.com.sg
www.quanfaorganic.com.sg
www.organicdelivery.sg

Groceries

www.fairprice.com.sg
www.coldstorage.com.sg
www.shengsiong.com.sg
www.giant.sg
www.amazon.sg
www.redmart.lazada.sg
www.eamart.com
www.qoo10.sg

www.shopee.sg
www.opentaste.sg

Halal Groceries

www.mynikmart.sg
www.adamhalal.sg
www.csfoods.sg
www.haomart.com.sg

Premium or Specialised Groceries

www.ryansgrocery.com
www.thefarmersmarket.com.sg
www.sashasfinefoods.com
www.bestorganicfood.sg
www.thefishwives.com
www.hubers.com.sg
www.natures-glory.com
www.phdeli.sg
www.sgorganic.sg
www.littlefarms.com
www.greencircle.com.sg
www.yayapapaya.com.sg
www.sgdeliandgrocer.com.sg
www.chenfuji.com.sg

WORKOUT @ HOME

Apps

- Nike Training Club (free and with equipment free workout programs)
- Adidas #HomeTeam (free premium access to training and running apps for 90 days. Both apps available in 15 languages and provide home-specific workouts and nutrition plans)
- ASICS Studio (free access for this difficult time)

Youtube Channels/Online Resources

- Blogilates
- BeachBody 10 Minute Abs
- Popsugartvfit
- ShapeMagazine
- Crossfit HQ
- MaryHelenBowers (Ballet Beautiful)

- ChloesAddiction (Chloe Ting)
- Kayla Itsines BBG workout (https://www.kaylaitsines.com/blogs/exercises/bbg-workout)
- Insanity

HOMESCHOOLING

Online Resources

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

YouTube Channels

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geeek Gurl Diaries

- Mike Likes Science
- Science Max
- SoulPancake

Fun and Interesting stuff
(board games, books, tinkering/upcycling with household junk, etc.)

- Amazon's Audible is currently providing free audio stories for children and students everywhere of all ages as long as schools are closed.
  https://stories.audible.com/start-listen

- Scholastic has created a free learn-from-home site with 20+ days of learning and activities.
  https://classroommagazines.scholastic.com/support/learnathome.html

- Pretend to travel the world. Go on a virtual tour of these 12 famous museums.
  https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

- This is an awesome free curriculum. Everything from preschool activities to 12th grade is here!
  https://allinonehomeschool.com/

- List of thinking games by grade
  https://allinonehomeschool.com/thinking/

Free learning websites

https://www.starfall.com/h/
https://www.abcya.com/
https://www.funbrain.com/
https://www.splashlearn.com/
https://www.storylineonline.net/
https://pbskids.org/
https://www.highlightskids.com/
https://kids.nationalgeographic.com/
https://www.coolmath4kids.com/
http://www.mathgametime.com/
https://www.uniteforliteracy.com/
http://www.literactive.com/Home/index.asp
http://www.sciencekids.co.nz/
https://www.switchzoo.com/
https://www.seussville.com/
https://www.turtlediary.com/
https://www.e-learningforkids.org/

MORE

Financial Support

Resilience Budget (Infographic)
https://www.singaporebudget.gov.sg/docs/default-source/budget_2020/download/pdf/fy2020_supplementary_audience_centric_Infographic.pdf

Jobs

- Virtual Career Fair for SGUnited jobs
  https://vcf.mycareersfuture.sg/vcf/sgunited_jobs_mar20

- Resources/Platforms for job search
  https://blog.seedly.sg/resources-platform-find-job-covid-19-coronavirus?utm

<u>Possible job opportunities</u>

- Drivers/riders (Transport/Food)
- Teachers/tutors
- Temperature screening staff
- Dealers

Resources for job/support

- ilostmygig.sg (mainly for media, art, design and entertainment industry)
- Summer 2020 internship opportunities (spreadsheet available)
- Support Singapore through COVID19 FB page (job vacancies)
- NTUC Job Placement Program (for ntuc members)

Additional job portals

- LinkedIn
- Jobstreet
- Jobcentral
- Glassdoor and many more...

Helpful Telegram channels (jobs, deals, promos etc.)

https://t.me/sgCareers
https://t.me/sgInternship
https://t.me/sgQuickJobs
https://t.me/singaporeparttimejobs
https://t.me/sgparttimers
https://t.me/parttimers
https://web.telegram.org/#/im?p=@kiasu_bot
https://t.me/westsidekakis

Home Physio
Rehab & Beyond Pte Ltd
www.gobeyondrehab.sf

Home Nursing
Caring Hearts Nursing
www.caringheartsnursing.com