

EVDE YAŐAM İPUÇLARI

Son zamanlarda etrafımızda ücretsiz konserlerden online müze turlarına, kurumların açtığı youtube kanallarından çeşitli canlı yayınlara çok fazla platform ve bilgi mevcut. İlk gördüğümüzde heyecanla mutlaka bakarım dediğimiz kanal veya web sitelerini iki gün geçmeden unutuyoruz. Bu kadar bilgi akışı hepimiz için çok fazla. Hadi itiraf edelim, aslında bazıları her zaman ücretsiz olan, daha önce varlığından bile haberdar olmadığımız site ve kanalları bu dönem sayesinde keşfediyoruz. Ne güzel!

Kendimize yatırım yapmak istersek internet bir derya deniz. Bu denizde kaybolmamak için sizlere birçok değerli kaynaktan faydalanarak 10 sayfalık bir dijital rehber hazırladım. Elbette ki eksikler kalmıştır, internet sonsuz bir kaynak. Rehberde farklı kategoriler altında, evden izlenebilecek konser, opera, bale ve etkinliklere; film ve kitap önerilerine; katılabileceğimiz müze turları ve online sergilere; uzaktan gezilebilecek tarihi mekanlara; eğitim platformları ve binlerce ücretsiz derse; portallara ve çeşitli youtube kanallarına; evde spor ve yemek önerilerine ulaşabilirsiniz. Rehberin en sonunda da faydalandığım kaynakları bulabilirsiniz.

Elbette internetteki kaynaklar dışında da evde yapılabilecek çok fazla şey var. Beraber oynayabileceğimiz aile ve kutu oyunları, kendimizin üretebileceği sanatsal/bilimsel proje ve fikirler gibi. Yaratıcılık size kalmış. Rehberden faydalanmanız dileğiyle,

Gökçe Bilici, Uzm. Psk.



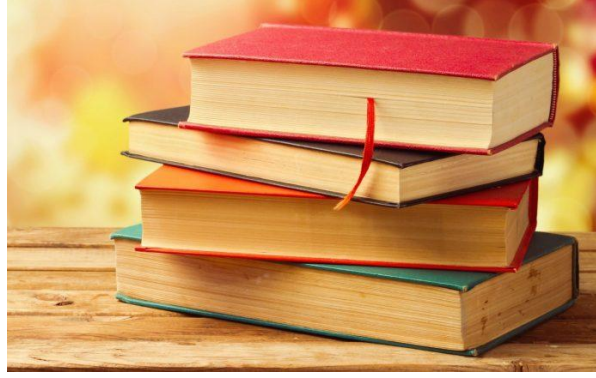


KONSER & OPERA & BALE & ETKİNLİKLER

Social Distancing Festival	https://www.socialdistancingfestival.com/
Kumbaracı 50 – Kapı Açık Kalmış	https://www.youtube.com/user/AltidanSonraTiyatro
Viyana Devlet Operası Konserleri	https://www.staatsoperlive.com/
Berlin Filarmoni Orkestrası Konserleri	https://www.digitalconcerthall.com/en/home
Metropolitan Operası Konserleri	https://www.metopera.org/
Budapest Festival Orchestra	https://bfz.hu/en/media/quarantine-soirees/
Live Music Archive	https://archive.org/details/etree
Vancouver Symphony / BeethovenFest Son Konser	https://www.vancouversymphony.ca/vso-livestream/
Vancouver Symphony / BeethovenFest Son Konser	https://www.facebook.com/VSOchestra/videos/2798750073578921/
Royal Opera House: London / Tüm gösteriler	https://www.youtube.com/user/royaloperahouse
Beckett by Brook	https://vimeo.com/398851333?fbclid=IwAR3PJTKJny7S-jnBeVF8mc7FS5qgBmW03eeN9k8paoOW0v5HcXzrfR0rpT8
48. İstanbul Müzik Festivali	https://open.spotify.com/playlist/5hINb0obnaOZKCAWzyiBLK
Canlı Klasik Müzik Konserleri	https://www.bostonglobe.com/2020/03/13/arts/all-classical-music-you-can-livestream-free/
Çeşitli Konserler	https://www.nytimes.com/2020/03/13/arts/music/coronavirus-pandemic-music-streaming.html

FİLM ÖNERİLERİ

Open Culture - Ücretsiz Filmler	http://www.openculture.com/freemoviesonline
Çağdaş Gösteri Sanatları Filmleri Arşivi	https://www.ontheboards.tv/?fbclid=IwAR211qloUpYXuGbA_rZ618LGfcsq3JO9ni7GyNQ3mqxcHhOUPi9HKg8gxdc
IDFA The International Documentary Film Festival Amsterdam – 300 Film	https://www.idfa.nl/en/info/watch-films-online
En iyi 100 IMDB Filmi	https://www.imdb.com/list/ls055592025/
Yolculuk Terapisi'nden Film Önerileri	http://www.yolculukterapisi.com/filmlistesi/



KİTAP ÖNERİLERİ

Open Culture – 800 Ücretsiz E-kitap	http://www.openculture.com/free_ebooks
Open Culture – 700 Ücretsiz Sesli Kitap	http://www.openculture.com/freeaudiobooks
Open Culture – 200 Ücretsiz Ders Kitabı	http://www.openculture.com/free_textbooks
Can Yayınları - Trendeki Yabancı Uygulaması	https://canyayinlari.com/yazidetay/10532/evinde-kalanlar-icin-kalpten-kucuk-bir-hediye/
JSTOR – Ücretsiz e-kitap ve makaleler	https://www.jstor.org/?refreqid=search%3A729806f00c3f821a79211d77562e4d31
Onedio Kitap Önerileri	https://onedio.com/haber/olmeden-once-okumaniz-gereken-bir-doneme-damgasini-vurmus-100-kitap-888952
Kitap Önerileri	https://betulvargun.tumblr.com/post/174189139100/kitap-%C3%B6nerileri-dostoyevskiyeral%C4%B1ndan-notlar
Storytel – İlk 30 Gün Ücretsiz	https://www.storytel.com/tr/tr/
Audioteka - Türkçe Sesli Kitaplar	https://audioteka.com/tr/

MÜZELER

Metropolitan Museum - New York	https://www.metmuseum.org/art/collection/
Louvre - Paris	https://www.louvre.fr/en/visites-en-ligne
Pinacoteca di Brera - Milano	https://pinacotecabrera.org/
Galleria degli Uffizi - Floransa	https://www.uffizi.it/mostre-virtuali
Museo Archeologico - Atina	https://www.namuseum.gr/en/collections/
Prado - Madrid	https://www.museodelprado.es/en/the-collection/art-works
British Museum - Londra	https://www.britishmuseum.org/collection
Musei Vaticani - Roma	http://www.museivaticani.va/content/museivaticani/it/collezioni/catalogo-online.html
National Gallery of art - Washington	https://www.nga.gov/index.html
Canadian Museum of History	https://www.historymuseum.ca/collections/
South West Collections	https://swcollectionexplorer.org.uk/
Brooklands Museum	https://www.brooklandsmuseum.com/explore/our-collection
Open Access at the Met	https://www.metmuseum.org/about-the-met/policies-and-documents/open-access
New York Archaeological Repository	http://archaeology.cityofnewyork.us/
Cooper Hewitt	https://collection.cooperhewitt.org/
Cleveland Museum of Art	https://www.clevelandart.org/art/collection/search

Albright-Knox	https://www.albrightknox.org/search-collection
Corning Museum of Glass	https://www.cmog.org/collection/search
The Henry Ford	https://www.thehenryford.org/collections-and-research/digital-collections/
Akron Art Museum	https://akronartmuseum.org/collection/
Oakland Museum of California	http://collections.museumca.org/
Guggenheim - New York	https://artsandculture.google.com/streetview/solo-mon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ
Musee d'Orsay- Paris	https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en
Musée d'Orsay - Paris	https://artsandculture.google.com/streetview/museum/C3%A9e-d%E2%80%99orsay-paris/KQEnDge3UJkVmw?sv_h=272&sv_p=0&sv_pid=FjndSjvl55w81vbNYu5DfA&sv_lid=6004477680878644429&sv_lng=2.327089926444344&sv_lat=48.85968476784497&sv_z=1.000000000000002
Pergamon	https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en
Rijksmuseum - Amsterdam	https://artsandculture.google.com/streetview/rijksmuseum/iwH5aYGoPwSf7g?hl=en&sv_lng=4.885283712508563&sv_lat=52.35984312584405&sv_h=311.1699875145569&sv_p=-5.924133903625474&sv_pid=fOVcUXQW2wpRf33iUmxEfg&sv_z=1.0000000000000004
Van Gogh Museum- Amsterdam	https://artsandculture.google.com/partner/van-gogh-museum?hl=en
The J. Paul Getty Museum	https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en
Arkas Sanat Merkezi	http://www.arkasantmerkezi.com/article.aspx?pageID=18
Istanbul Modern	https://www.istanbulmodern.org/tr
15. İstanbul Bienali	https://artsandculture.google.com/partner/15th-istanbul-biennial
Pergamonmuseum - Berlin	https://artsandculture.google.com/streetview/pergamonmuseum-staatliche-museen-zu-berlin/0QEALap3qf0s1g?sv_lng=13.39664970000012&sv_lat=52.5206272&sv_h=57.01663791586235&sv_p=4.154513706404231&sv_pid=rTzIWY-F4hP2acX_uQhcFA&sv_z=0.5381992096877048&sv_lid=9073433258708332870
Fuji Art Museum - Tokyo	https://artsandculture.google.com/streetview/tokyo-fuji-art-museum/SQF48doDyU5J-g?sv_lng=139.3298309108167&sv_lat=35.68687206332551&sv_h=21&sv_p=0&sv_pid=mb3V4nET_bV6TtOB1J59uA&sv_z=1.0000000000000002
Museu de Arte - São Paulo	https://artsandculture.google.com/streetview/masp-museu-de-arte-de-s%C3%A3o-paulo-assis-chateaubriand/YgHyUAyv_g4cv?sv_lng=-46.65608128276551&sv_lat=-23.56142676429897&sv_h=0&sv_p=0&sv_pid=-7nij_UbSHfotdh5dcIn2g&sv_lid=15029704351325382912&sv_z=1
Dr. Bhau Daji Lad Museum - Mumbai	https://artsandculture.google.com/streetview/iQHT

	UIXluxuoGQ?sv_h=24&sv_p=0&sv_pid=27OFUbOPaxcUxXRJudclJw&sv_lid=18033790091006777634&sv_lng=72.83476251914539&sv_lat=18.97903341215466&sv_z=1.0000000000000002
Pitt Rivers Museum	https://my.matterport.com/show/?m=ns3yCKpUzSg&help=1
Dali Theatre museum	https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/
The Vatican	http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html
Hallwyl Museum	https://www.youtube.com/watch?v=iLVGWOtw2PM&feature=youtu.be
Byzantine and Christian Virtual Museum	http://www.ebyzantinemuseum.gr/?i=bxm.en.virtual-tour
The Hermitage	https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be
Westminster Abbey	https://www.westminster-abbey.org/learning/virtual-tours
The Science Museum	https://www.sciencemuseum.org.uk/what-was-on/shipping#virtual-tour
National Archaeological Museum	https://www.manvirtual.es/
The Frick	https://www.thefrickpittsburgh.org/virtual
Cranbrook Art Museum	https://cranbrookartmuseum.org/3d-virtual-exhibition-tours/
Yellowstone National Park	https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm?
Yosemite National Park	https://www.virtualyosemite.org/

SERGİLER

Radical Geometries - Boston	https://artsandculture.google.com/search?q=george%20peabody
Arkas Sanat Merkezi	http://www.arkassanatmerkezi.com/article.aspx?pageID=11
Virtual Migration Museum	https://virtuelles-migrationsmuseum.org/en/about-the-museum/
National Museum of Canada	https://www.historymuseum.ca/?fbclid=IwAR2jEIFloXC7IQ-KOICMBU-LHtR1tsPiK62yiScLJ_AabUpfTeskjdT5LY#online-exhibitions
12 Banksy Murals	https://artsandculture.google.com/theme/12-banksy-murals-you-can-see-on-street-view/NwLyuEgokJgAKQ
Yayoi Kusama: Infinity Mirrors	https://www.youtube.com/watch?v=8VwJMw_fLvl
İstanbul Modern - Sanatçı ve Zaman	https://www.istanbulmodern.org/tr/sergiler/sanatci-ve-zamani-sanal-tur_2249.html
İstanbul Modern - Yüzyıllık Aşk	https://www.istanbulmodern.org/tr/sergiler/gecmis-sergiler/yuzyillik-ask_1436.html
Evin Art Gallery	http://www.evin-art.com/
Art x-ist	https://www.artxist.com/
British Council - Duvarları Olmayan Müze	http://exhibitions.britishcouncil.org/main-en.html
Art Basel	https://www.artbasel.com/viewing-rooms
Master Art Vr	https://www.masterartvr.com/Tours
Royal Academy of Arts - London	https://linktr.ee/royalacademyarts



TARİHİ MEKANLAR

Pompeii	https://artsandculture.google.com/streetview/pompeii/DQHczKZUoHnwiQ?sv_lng=14.48418191683751&sv_lat=40.75066521659861&sv_h=56.14927890003092&sv_p=8.471776713440619&sv_pid=Wd1TNLs3B0y1eYw3fqsPQQ&sv_z=1.0000000000000002
Versailles Sarayı	https://artsandculture.google.com/streetview/palace-of-versailles/cwE5CwK49O0y5Q?sv_lng=2.1204786000000695&sv_lat=48.8051117&sv_h=197&sv_p=0&sv_pid=hNvuL7DMigMQkjP6BRku1A&sv_z=1
Colosseum	https://artsandculture.google.com/streetview/colosseum-outdoor-rome/KgEJeSGoJrgR3w
Bolşoy Tiyatrosu	https://artsandculture.google.com/streetview/the-bolshoi-theatre/uQEIUd0jgV2jeg?sv_lng=37.61877500669186&sv_lat=55.76002287132002&sv_h=345&sv_p=0&sv_pid=ct3HG2PEX5LE2nlG7cDlwQ&sv_z=0.9999999999999997
Paris Ulusal Opera Binası	https://artsandculture.google.com/streetview/op%C3%A9ra-national-de-paris/MwFixmW5o_f5jw?sv_lng=2.33164307268342&sv_lat=48.87215089180122&sv_h=164.93&sv_p=0&sv_pid=yhSFWB9ONtft29xwyB2BTw&sv_z=1.0000000000000002
Prambanan / Endonezya	https://artsandculture.google.com/exhibit/prambanan-architectural-magnificence/eQlyCjd9u0u8Lg

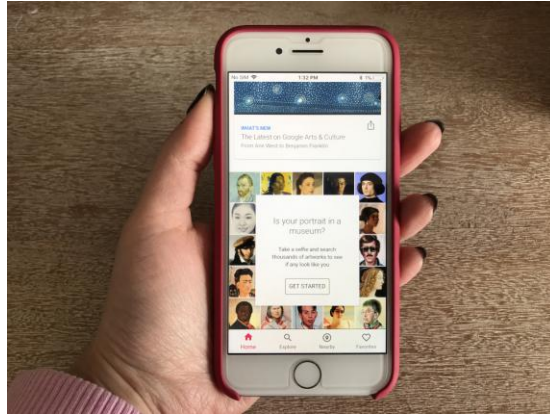


EĞİTİM PLATFORMLARI

Udemy	https://www.udemy.com/
Coursera	https://www.coursera.org/
Edx	https://www.edx.org/
Udacity	https://www.udacity.com/
Google Dijital Garaj	https://learndigital.withgoogle.com/digitalgarage
Khan Academy	https://www.khanacademy.org/
Bilgeiş	https://bilgeis.net/
Curious	https://curious.com/
OpenCulture	http://www.openculture.com/
Elements Sofia	https://course.elementsofai.com/
FutureLearn	https://www.futurelearn.com/
İstanbul İşletme Enstitüsü	https://www.iienstitu.com/
Creative Bug – El işi Eğitimleri	https://www.creativebug.com

ÜCRETSİZ DERSLER

Open Culture – Üniversitelerden 1500 Ücretsiz Online Ders	http://www.openculture.com/freeonlinecourses
Open Culture – Üniversitelerden 1000 Ücretsiz Online Sertifikalı Ders	http://www.openculture.com/free_certificate_courses
Open Culture – Yabancı Dil Dersleri	http://www.openculture.com/freelanguagelessons
Ücretsiz Sanat Dersleri	https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online?fbclid=IwAR08XtpOEegZ6DheaYF4KAVGTtodAxziZ8jkFvjGqGhBwsZNQO3d5a3l_sl
Çizim Kanalları	https://www.creativebloq.com/features/the-10-best-youtube-art-channels
Ücretsiz Üniversite Ders Önerileri	https://www.ogusto.com/blog/detay/2937/ivy-league-universitelerinden-online-alabileceginiz-kurslar.html
Bilim Kanalları	https://mediakix.com/blog/best-science-youtube-channels/



PORTALLAR

Google Arts and Culture	https://artsandculture.google.com/partner?hl=en
Google Arts & Culture	https://artsandculture.google.com/
Heritage on the Edge	https://artsandculture.google.com/project/heritage-on-the-edge
Europeana	https://www.europeana.eu/portal/en
Smithsonian Open Access	https://www.si.edu/openaccess
ArtUK	https://artuk.org/
Mexican Ministry of Culture	https://mexicana.cultura.gob.mx/
Memorica	https://memoricamexico.gob.mx/
OpenGLAM	https://open-collections.okfn.org/items/browse?search=&type=18
DPLA	https://dp.la/
MIMO	https://mimo-international.com/MIMO/
Archaeological Open Access Collections	https://www.archaeological-analytics.com/us-and-canadian-archaeology-open-access-collections
Digital Agnes	https://agnes.queensu.ca/digital-agnes/
English Heritage	https://www.english-heritage.org.uk/
Creative Commons	https://search.creativecommons.org/collections
Wikimedia Commons	https://commons.wikimedia.org/wiki/Main_Page
Wikidata	https://m.wikidata.org/wiki/Wikidata:WikiProject_sum_of_all_paintings
OpenCulture	http://www.openculture.com/
ArteTV	https://www.arte.tv/en/
TED Talks	https://www.ted.com/
Wikiart	https://www.wikiart.org/
Daily Art	https://www.getdailyart.com/



YOUTUBE KANALLARI

Google Arts & Culture	https://www.youtube.com/user/GoogleArtProject
The Art Assignment	https://www.youtube.com/user/theartassignment/videos
Smarthistory	https://www.youtube.com/user/smarthistoryvideos/videos
VernissageTV	https://www.youtube.com/user/henrichy0205yt/videos
Getty Museum	https://www.youtube.com/user/gettymuseum/videos
Christie's	https://www.youtube.com/user/christiesauctions/videos
İstanbul Modern	https://www.youtube.com/channel/UCFjzHp2Qf6QmvY1Zqrix4cg
Mekan Artı	https://www.youtube.com/channel/UCnOy2JqUTZldsak_wBbb9Rw
Zorlu Performans Sanatları Merkezi	https://www.youtube.com/channel/UC8882ICs-Exdx6lelfOUclg
Devlet Opera ve Balesi Arşivi	https://www.youtube.com/user/KulturTurizmBak/videos



EVDE SPOR VE MEDITASYON

Cihangir Yoga	https://www.youtube.com/channel/UCuhwFG_WWUVXI2D5CtOXHLQ/videos
MacFit Official	https://www.instagram.com/macfitofficial/?hl=tr
Ücretsiz Yoga Kanalları	https://www.elitedaily.com/p/10-yoga-youtube-channels-thatll-take-your-practice-to-the-next-level-8681031
Meditopia – Meditasyon (Website + App)	https://meditopia.com/tr/
Evde Egzersiz Kanalları	https://www.pastemagazine.com/health/fitness/the-10-best-fitness-youtube-channels/
Pilates Videoları	https://www.cosmopolitan.com/health-fitness/g28765236/best-pilates-youtube-channels-videos/
Yolculuk Terapisi'nin Evde Spor ve Meditasyon Önerileri	http://www.yolculukterapi.com/evde-spor-ve-meditasyon/



DİĞER

İlham veren TED Konuşmaları	https://oggusto.com/blog/detay/2952/basarili-is-insanlari-oneriyor-en-ilham-veren-ted-konusmalari.html
Pratik Yemek Kanalları	https://oggusto.com/blog/detay/2946/pratik-tarifler-bulabileceginiz-en-iyi-youtube-yemek-kanallari.html

KAYNAKÇA

- Bilgi Üniversitesi Kültür Politikaları ve Yönetimi Araştırma Merkezi: <https://kpy.bilgi.edu.tr/tr/haber/tum-dijital-platformlar/1252>
- Yolculuk Terapisi: <http://www.yolculukterapisi.com/>
- Oggusto Blog: <http://oggusto.com/>