



The Art of
Survival

Uplifting & Inspiring
Ideas for 2020

Sotheby's EST. 1744

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CHAIRMAN'S RECOMMENDATIONS



Mark Poltimore's Top Picks

Read - 5 books about Russia

1. A Gentleman in Moscow by Amor Towles
2. Sashenka by Simon Sebag Montefiore
3. Red Notice by Bill Browder
4. From Russia with Blood by Heidi Blake
5. The House of Special Purpose by John Boyne

Listen - 5 entertaining and intriguing Podcasts

1. [Something rhymes with purple](#)
2. [Tunnel 29](#)
3. [Slow Burn](#)
4. [The drop out](#)
5. [The Missing Cryptoqueen](#)

Look after yourself - and your mental health

[Tomo](#) - download this app

GALLERIES & MUSEUMS



A number of Art Galleries & Institutions offer online tours. Examples include:

- The Louvre
- Musee d'Orsay
- The British Museum
- The Rijksmuseum
- The Guggenheim
- The Vatican & Sistine Chapel

[Google's Arts & Culture](#)

Content from more than 1200 museums and archives, including 500 virtual tours of galleries & exhibitions. Highlights include the Van Gogh Museum in Amsterdam, the Uffizi Gallery in Florence and the Frida Kahlo Museum in Mexico.

[MOMA](#)

#MuseumFromHome. Offering free online courses, education, and art-making activities for families at home.

[The Social Distancing Festival](#)

An online artist's community made to celebrate and showcase the work of the many artists around the world. Has already received 400 submissions worldwide.

CULTURAL INSTITUTIONS



The **Royal Opera House** is offering a free Programme of curated online broadcasts, musical master classes and cultural insights of both Ballet & Opera.

This includes the following productions offered on demand, for free, via the ROH's [Facebook](#) and [Youtube](#) channels:

- *Peter and the Wolf, The Royal Ballet, 2010 – 27 March, 7pm GMT*
- *Acis and Galatea, The Royal Opera, 2009 – 3 April, 7pm BST*
- *Così fan tutte, The Royal Opera, 2010 – 10 April, 7pm BST*
- *The Metamorphosis, The Royal Ballet, 2013 – 17 April, 7pm BST*

CULTURAL INSTITUTIONS (cont'd)



Met Opera will stream archival performances every day during its closure. [Schedule here.](#)

The Show Must Go Online, [YouTube channel](#), a group of professional and amateur actors presenting readings the complete works of Shakespeare.

It's True, It's True, It's True, a play about the life of Artemisia Gentileschi, was due to play at the Barbican Centre at the end of March. The Breach Theatre will now stream it online via their [YouTube channel](#) from March 31 for 30 days.

The Royal Shakespeare Company is offering [streaming](#) of up to 18 productions including Richard III starring David Tennant, and The Tempest starring Simon Russell Beale.

Subscribe to [Digital Theatre](#) for unlimited access to shows, from Hamlet by the Royal Shakespeare Company and Much Ado About Nothing, starring David Tennant and Catherine Tate, to The Crucible at The Old Vic.

CULTURAL INSTITUTIONS (cont'd)

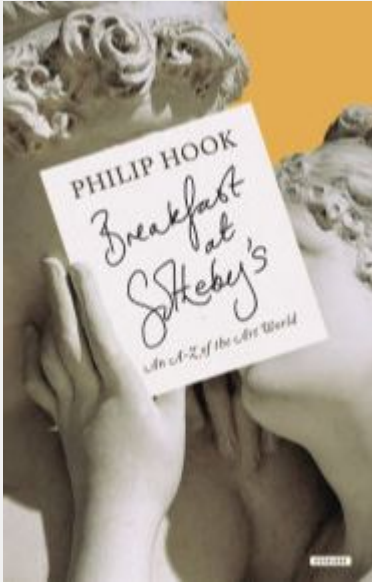
Popular storytelling app Audible has launched [Audible Theatre](#), streaming live productions as high-concept audio dramas, including True West starring Kit Harington and Johnny Flynn.

The **BBC** has announced a new programme titled [Culture in Quarantine](#) to help artists and audiences stay connected throughout the crisis, showing archived performances from comedians and musicians and exclusive interviews with writers and actors.

National Theatre of Scotland to introduce '[scenes for survival](#)', in association with the BBC's Culture in Quarantine. An online programme with contributions from the likes of Alan Cumming, Brian Cox and Ian Rankin.



LITERATURE



Art-Related:

Funny Weather: Art in an Emergency by Olivia Laing (out 16 April)

Breakfast with Lucian by Geordie Greig

Breakfast at Sotheby's by Philip Hook

This is not a Pipe by Michel Foucault

Ways of Seeing by John Berger

Walk through Walls by Marina Abramovic

The Supermodel and the Brillo Box by Don Thompson

The Auctioneer by Simon de Pury

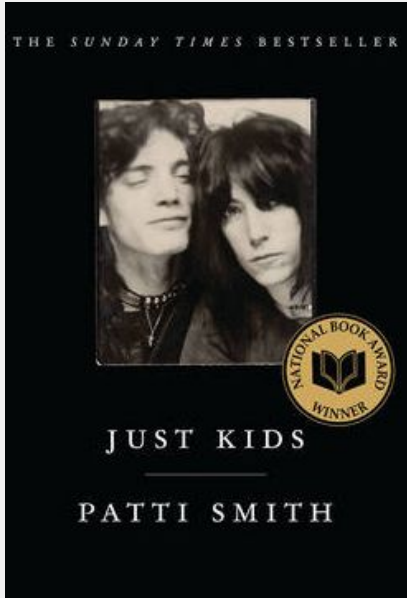
Big Bucks by Georgina Adam

Lives of the Artists, Lives of the Architects by H. U. Obrist

The Passion of Artemisia by Susan Vreeland

Widow Basquiat, A Memoir by Jennifer Clement

LITERATURE (cont'd)



Classics:

The Picture of Dorian Gray by Oscar Wilde

A Room with a View by E.M Forster

Bleak House by Charles Dickens

One Hundred Years of Solitude by Gabriel Garcia Marquez

Any Human Heart by William Boyd

Brave New World by Aldous Huxley

The Elegance of the Hedgehog, Muriel Barbery

Just Kids by Patti Smith

The Truth about the Harry Quebert Case by Joel Dicker

The Examined Mind by Stephen Grosz

Jane Eyre by Charlotte Brontë

New Reads:

Yoshitomo Nara, Published by Phaidon

The Glossy Years by Nicholas Coleridge

The Mirror & The Light by Hilary Mantel

This Too Shall Pass by Julia Samuel

MUSIC



Popular:

The most talked-about virtual music event has been **Global Citizen's series** in conjunction with **World Health Organisation (WHO)**, [Together, At Home](#). It began with Coldplay frontman Chris Martin followed by John Legend, and Miguel and Charlie Puth.

[Gigs and Tours](#) - Gigs without going out.

Classic:

LSO - Every Thursday and Sunday, a different performance will be streamed through the [LSO Youtube channel](#).

American cellist [@Yoyoma](#) is posting his favourite pieces using the hashtag **#SongsofComfort**

French cellist [Gautier Capuçon](#) is filming daily videos of himself playing Bach on his Twitter page.

Piano lovers should follow [Igor Levit](#) for nightly 'house concerts'.

PODCASTS



Intelligence Squared - the world's leading forum for debate and intelligent discussion.

Recommended episode: Simon Sebag Montefiore - [Letters that Changed the World](#).

The Great Women Artists - with art historian and curator, Katy Hessel.

Recommended episode: [Joanna Moorhead on Leonora Carrington](#).

Talk Art - with Russell Tovey and Robert Diament.

Ted Talks Art - Artists, designers and curators share their work, their process and their vision.

The Art Newspaper Podcast - picking apart the art world's big stories.

Meet me at the Museum - The Art Fund podcast features well-known faces taking someone they love to a favourite museum or gallery.

Heni Talks- Stories of Art from the world's leading experts.

Moving Pictures - Zooming in on art - BBC Radio 4 series, examines fascinatingly intricate details of 3 artworks.

The Moth - Live storytelling.

Modern Love - Essays from NY Times readers read aloud by actors.

The Daily - New York Times podcast.

Dior Talks - the first series focuses on feminist art. Hosted by Katy Hessel.

FILM & DOCUMENTARIES



Vogue's 'Cinematic Security Blankets' - available on Netflix

<https://www.vogue.co.uk/arts-and-lifestyle/gallery/comforting-films-netflix>

Rolling Stone's 50 best Movies of the 2010s

<https://www.rollingstone.com/movies/movie-lists/best-movies-decade-2010s-910770/>

Art Related

Exit Through the Giftshop
Jean-Michel Basquiat: The Radiant Child
Pollock
Mrs Lowry & Son
Mr Turner
Woman in Gold
At Eternity's Gate
Monuments Men
The Thomas Crown Affair
The Goldfinch
Girl with the Pearl Earring
McQueen
The Great Offer
Big Eyes
Art Mysteries on BBC4 with Waldemar Januszczak

Binge-Worthy

Sour Grapes
The Stranger
When They See Us
Fleabag
Chernobyl
The Crown
The Kominsky Method

COOKING & RECIPES



[@massimobottura](#) #kitchenquarantine daily lessons on Instagram teaching the basics of cooking.

[#JackMonroesLockdownLarder](#) 5pm GMT everyday on Youtube or Twitter. Turning cupboard staples into meals.

[@Boroughmarket](#) is streaming online cookery classes. Chefs will appear on the market's Instagram Stories e.g. Hayden Groves has already hosted a live show, explaining how to make the most of store cupboard essentials.

[@breadaheadbakery](#), based in Borough Market, is holding baking tutorials daily at 2pm until 31 March on their Instagram. Examples include Hot Cross Buns (March 29) and Scones & Shortbread (31 March). Ingredients are listed ahead of time on their website.

[Quar Eye](#) - Cooking lessons in Quarantine with **Antoni Porowski**, featuring daily on Instagram.

CATERERS



[Simpkin & Roses](#)

Sotheby's trusted caterers have launched a home delivery service. Vouchers can also be purchased for loved ones and friends. Menus posted and updated via Instagram.

[Cellar Society](#)

Working with local suppliers to prepare healthy meals for local ambulance services, and also helping local food banks deliver to the elderly. DM if you have any ingredients you would like to donate.

[Patty & Bun x H.G Walter](#)

Delivering boxes of ingredients to make their signature burgers at home. Along with these kits, they will be posting Burger and Cocktail Tutorials on our instagram, and releasing weekly 'Lockdown Bangers' Spotify Playlists.

ONLINE CLASSES



Free Online Art History Classes:

[Modern Art & Ideas](#) with Lisa Mazzola of MoMA's Department of Education.

[Ways of Seeing](#) with art critic John Berger.

[Let This Be a Lesson: Heroes, Heroines and Narrative in Paintings](#) with John Walsh, Director Emeritus of J. Paul Getty Museum.

[European Paintings: From Leonardo to Rembrandt to Goya](#) with Alejandro Vergara and Jennifer Calles, both of Universidad Carlos III de Madrid.

[Seeing Through Photographs](#) with Sarah Meister of MoMA's Department of Photography.

[Sotheby's Institute Online Courses](#) (Paid service).

Providing in-depth knowledge, valuable insights, and critical thinking skills.

Offering a variety of 4, 6 and 8 week instructor-led courses.

ONLINE CLASSES (cont'd)



[Masterclass](#)

Learn from the world's best.

[@Simonlycett](#)

Offering gardening tips daily on Instagram for aspiring gardeners.

[Isolation Wine Tasting](#) from **Pull the Cork.**

Wine tasting from the comfort of your home. The next tasting is taking place on 28 March with three bottles to purchase online.

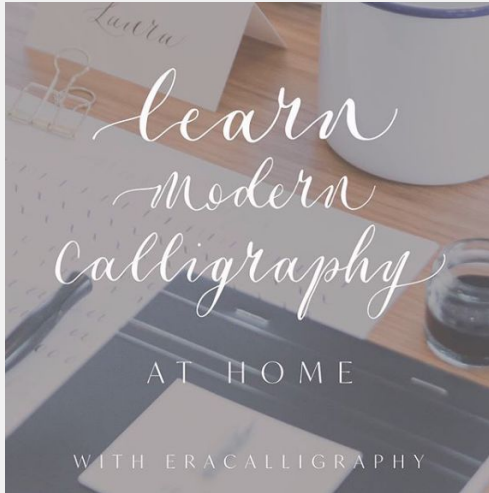
[@Themakeescape](#)

Offering online sewing tutorials. Will also be sharing craft techniques throughout the coming weeks on their Instagram.

[Duolingo](#)

Free Language learning app. More than 300 million users.

ARTS & CRAFTS



Calligraphy kits available to order from London-based Studios.

[Ellie Pryer](#)

Former Sotheby's employee, Ellie launched ERA Calligraphy and Stationery studio in 2018.

Modern Calligraphy kits available to order. Also comes with a link to watch a virtual Modern Calligraphy Workshop tutorial with Ellie.

ACTIVITIES FOR CHILDREN



[Art for Kids Hub](#) - new Art lessons posted Monday to Friday via YouTube channel (2.5M subscribers).

Rob Biddulph has launched **#DrawWithRob** on his Instagram ([@rbiddulph](#)), creating new drawing challenges every Tuesday & Thursday.

Audible have announced that their [Children's Audio Books](#) will be free to listen to. They have hundreds of Audio Titles in six different languages.

[David Walliams](#) free audio story every day for the next month.

[Twinkl.co.uk](#) offers activity sheets created by teachers, designed to encourage and support children with writing skills.

[Captain Fantastic](#) are hosting online interactive children's entertainment via their YouTube channel.

Carol Vorderman has just made her [kids maths lessons](#) free online.

Art Out of the Box: Creativity games for artists of all ages. Available to purchase through [Amazon](#) for £14.99.

ACTIVITIES FOR CHILDREN (cont'd)



[Jamie Oliver's #KitchenBuddies](#). Jamie's teaming up with his son Buddy to help inspire more kids to get cooking. Recipes this week include pancakes and Bolognese.

[@Benfogle](#) is telling stories through his Instagram channel, including tales of Everest, swimming with Crocs and rowing the Atlantic. 4pm Everyday on IGTV.

Personal trainer and author [Joe Wicks](#) will be holding live free PE classes at 9am Monday to Friday via his YouTube channel for children of all ages.

[Cosmic Kids Yoga](#) free YouTube channel offers Yoga, mindfulness and relaxation for kids.

[@theballetcoach](#). Sarah Du-Feu, English National Ballet School trained dancer. Now bringing ballet based fun to Children via her social channels.

[The San Diego Zoo](#) live streams a number of animals on its site, including koalas, giraffes and polar bears. The zoo is also hosting special live streams on its Facebook page, most recently featuring "Breakfast with our Galápagos tortoises."

USEFUL APPS



Mindfulness:

Headspace App

Daily meditation exercises.

Calm App

Promoting better sleep, less stress, and reduced anxiety.
Recommended free audio: 'Blue Gold' read by Stephen Fry.

Happy Not Perfect App

Meditation and mindfulness.

Tomo App

Look after your mental health.

Staying Connected:

Houseparty

Includes online games you can play with friends.

Zoom

For calls & video conferencing.

Highfive

For calls & video conferencing.

MOVEMENT



[@barrysUK](#)

Offering free daily workouts from their IGTV.

Either stream live, or catch later than day on Insta Stories.

[Just Dance Now](#)

Interactive dance game, connect with mobile app and just copy the moves.

Multi-player supported.

[Yoga with Adriene](#)

Free yoga classes hosted via her YouTube channel. Over 4 million subscribers globally. Recommended: 'Yoga Revolution: 30 Day Challenge'.

[Barrecore](#)

Live streaming barre classes every day on Instagram.

[BXR](#)

Anthony Joshua's boxing gym is streaming Instagram live boxing sessions every other day at 10am.

[ClassPass virtual workouts](#)

2021 BUCKET LIST



World Monuments Fund - Recommendations

Tusheti in the Great Caucasus in Georgia. The land that time forgot – only accessible for 5 months of the year, it's filled with medieval villages dominated by towers (think Sienna but on a village scale), amazing food (cross-roads for one of the Silk Routes) and excellent wine. Also a WMF Watch site 2020.

Kurdistan, in Iraq. Predicted to be the new Georgia when things calm down in the world. No visa required, and a country with a very ancient (Assyrian) heritage between the Tigris and its tributaries, yezidi temples, Christian churches and Muslim mosques, medieval citadels. Plus a friendly, welcoming population. One for the more adventurous... WMF is working in Erbil, Amedi and various other locations.

Oaxaca in Mexico. Not exactly unknown, but a million miles away from the tourist hotspots of the Yucatan. The home of the mole – there are 7 different types of this chocolate based chile sauce – fabulous food markets, pottery, art. And heritage to die for – Monte Alban, the greatest Zapotec site in the country – empty compared with Teotihuacan – but many more Mitla, Yagul etc. Monte Alban is a WMF Watch site.

The Lebanon – but try Tripoli, rather than Beirut. Great food culture, great culture full stop. And Oscar Neimeyer's International Fair – eerily deserted, after it was abandoned during the Civil War. Niemeyer's designs for the Tripoli fair were modelled on his work on Brasília (on the Watch).

2021 BUCKET LIST (cont'd)



Conde Nast Traveller

Their travel editors are collating an 'alternative' bucket list, including secret travel tips and personal recommendations. Keep an eye on their Instagram page for updates.

E.g. ['137 Beautiful Hotel Rooms to inspire your future travels'](#).

Mr & Mrs Smith

Over the coming weeks the company will be sharing tips on how you can help your favourite hotels and plan that much-needed next escape. Also hosting live Q&A's on their Insta Stories.