



## WELLNESS

The previous newsletter mentioned the importance of physical wellness during these harsh times. We hope everyone is maintaining a healthy body and ensuring their emotional, intellectual and relational wellbeing. This outbreak is worth our attention but a body can only contain so much worry for so long. When you do come up for air, and find yourself needing distraction from boredom, you could always turn to this list.

**Read a book** | Find the time to read something [surrealist](#). Something [to feel better](#). Start the novel you meant to read last year. If you have difficulty focusing due to the news, turn to [poetry](#) to ease back into reading. [Here](#) you can find a list of the best books of 2020 so far.

**Listen to some music** | People singing from [balconies](#) during coronavirus lockdown are part of a long tradition of using music to fight fear, stretching back through the Black Death to the 7th century BC. Loosen up by listening to Spotify playlists like this [one](#).

**Let Hollywood take over** | Netflix has become an essential part of everyone's life during this pandemic. Get over boredom by watching some comforting TV shows and movies as recommended by the New York Times [here](#).

## EVENTS

### 06/02 Enscape: Webinar | Real-Time Visualization

Enscape, a real-time visualization software is providing an online webinar that focuses on how to improve the design process in Architecture. The webinar will be a tutorial style webinar with Enscape and SketchUp; exploring the benefits of visualization, how to leverage real-time visualizations throughout the architectural workflow, and the best ways to set up 3D models for rendering success.

Register [here](#).



### 06/01 Annual Exhibition | University of Montreal

The Faculty of Planning at the University of Montreal will present the annual exhibition of its graduates. About 300 students will exhibit their projects on the theme "CTRL-S" to save the memory of their learning.

The faculty invited everyone to discover the projects at <https://effa.umontreal.ca/>



## OPPORTUNITIES

### 06/01 Free Online Course | Use of Wood in Construction

A free online course offered by UQAC tackles the use of wood material in non-residential and multi-family construction. The use of wood material aims to lay the foundations and deepen, with a view to sustainable development. The course focuses on construction in Quebec focusing on commercial, industrial or institutional buildings along with residential buildings with several dwellings; multi-unit buildings.

End Date: July 19 2020  
Duration: 7 hours at your own pace.

Click [here](#) for registration.



### 06/01 Downtown Sudbury Vision Design Competition

Directed by Laurentian University, the competition offers participants the opportunity to develop a clear vision for downtown sudbury in 2050. The competition challenges participants to lead a creative reflection that encompasses the entire city center. Students have the possibility of winning upto \$10,000 in the students category and upto \$3,000 in the people's choice category.

Submission Deadline: August 28, 2020  
More Information [here](#).  
Register [here](#).



### 06/12 Re-stock London Housing Competition

The RE-Stock London Housing architecture competition is the Bartlett School of Architecture initiative in partnership with Bee Breeders Architecture Competition. The participants are asked to design either extensions to existing housing developments or to design new housing schemes which can be easily rolled out to increase capacity of housing stock. No minimum size or amount of the residential units per block is defined.

Registration Deadline: June 12, 2020  
Deadline: July 17, 2020

More Information [here](#).



## RECOMMENDED READINGS

[Designing for the Elements](#)

[COVID-19 and the Future of Architectural Education](#)

[Acoustics in Architecture](#)

