

- **Tues 1st Dec:** World AIDS Day Show support by attending <u>The Terrence</u> <u>Higgin's Trust event</u> around the stigma of AIDS, where our current PhD student Nicola will be speaking, or educate yourself via the UN Women's <u>toolkit</u>.
- **Wed 2nd Dec:** Sign up for HCRI's '<u>Huckathon'</u> team, a UoM wide initiative to map Uganda's conflict zones, taking place on the 10th Dec. More info to follow.
- **Thu 3rd Dec:** UN's International Day of Persons with Disabilities: wear purple to show support, and keep an eye on our social media for relevant articles and events.
- **Fri 4th Dec:** Sign up for an exclusive short-term volunteering opportunity (starting Jan 2021) with India's Kaputhli Colony in Delhi, creating an online festival of the arts. More info to follow.
- **Sat 5th Dec:** National Tree week: Check out the Tree Council's <u>Music in</u>

 <u>Nature event</u>, be inspired by their leaf art... or is it too early to decorate your own tree?
- Sun 6th Dec: Give some time to yourself! Do what makes you happy: exercise, bake, facetime friends/family, or stay on the couch all day in your pjs.