

4. Recommendation of virtual contests

Before writing about recommendation of virtual contests, I think that there are two types of virtual contests as follows:

- Virtual Participation: Choose the contests and solve problems as if it is a real contest. As same as Codeforces Virtual Participation system.
- Virtual Contest: Use <https://vjudge.net/> or some other judges. Choose some problems which fit your rating from Codeforces, and upsolve within 2-3 hours.

At first, I will recommend both types of virtual contests.

For virtual participation, I think that you can learn about strategy, mental, and some other kinds of contest skills. For virtual contest, I think that you can concentrate more than solving single problem, so the efficiency of solving/reviewing will increase.

That's why when I upsolve some difficult problems in Codeforces, I always use <https://vjudge.net/> and make virtual contests.

If you want to do virtual contests in AtCoder, use <https://not-522.appspot.com/> (sadly it is Japanese, use google translate if you are not Japanese sorry...)