

Quarantined thoughts

To make the best of the lockdown, wildlife documentaries can be of great help

As part of an unusual study, researchers at the University of Plymouth, Exeter and of Derby, bored the participants before broadcasting wildlife documentaries. They noticed that watching nature on television helps putting people on a good mood.

Alright but how is it related to this newsletter you'll ask? Since we care deeply about your mental health during these troubled times, here are some recommendations of inspirational videos more or less in touch with nature:

Eternal garden:

Discovering Père-Lachaise cemetery

Get to know the unsuspected wildlife (almost) right next to 42 [on Arte](#)

Tomorrow

Portraits of pioneers who try to invent new ways of producing and consuming

Système K

K as in Kinshasa where artists use garbage to make art and question the chaos of the world

Nat Geo Wild or any [Arte](#) documentaries about Planet Earth

Wanna know everything about the [pangolin](#)?

DataGueule

[Web series](#) about topical issues

Homo Digitalis

[Arte miniseries](#) about augmented human-beings

Kurzgesagt – In a Nutshell

Explains science simply and with optimism [every month](#)

The skeptics

Cowspiracy

Investigates why the world's leading environmental organizations are too afraid to talk about the most destructive industry

L'effondrement

A show about the collapse of the society and the growing scarcity of the resources, available for free (but only in French) [here](#)

And so many others. Quick reminder! Since streaming video is about 60% of Internet traffic, so here are a few tips to help you



Reduce the environmental impact of video streaming

- Choose wifi over 4G. 4G technologies use about **23x** more energy than the wifi GreenIT.fr, 2016
- Lower the picture quality. HD data consumption is **3x** higher per hour than standard resolution like 720p. Check out “Netflix Control data usage” Netflix
- Disable “autoplay / autoplay controls” options on Youtube, Netflix (in Managing profiles), Facebook and Twitter
- When listening to music, choose web radios, podcasts and music streaming platforms over video streaming services to reduce the data usage