

THAT'S A FIRST

50 things worth trying for the first time in your life

Print it, stick it on the fridge, and tick off what you've already done. Our rule: one new thing on the last Wednesday of every month. That's twelve a year — in four years, you'll have nearly the whole list.

FOOD & DRINK

☐ **1. Thai cooking class**

In one evening you learn to cook pad thai and curry, discovering along the way just how much can go wrong in a wok. At the end, you eat what you made.

☐ **2. Sourdough bread baking**

Raising a sourdough starter is like keeping a pet, only slower. But you'll never forget the smell of your first own loaf.

☐ **3. Blind wine tasting**

Without the label, every wine is a different wine. You find out whether you actually like red — or just the idea of it.

☐ **4. Cheesemaking**

Milk turns into cheese before your eyes, and you take home what you kneaded. Your first mozzarella will be shapeless and perfect.

☐ **5. Starting a kombucha**

One jar, one culture, two weeks of waiting. Your kitchen counter becomes a lab, and from then on it's all you talk about.

☐ **6. Insect tasting**

Roasted crickets, mealworm snacks. The first bite is the hardest, after that you're just crunching — and you've got the story for life.

☐ **7. Dinner in the dark**

The menu is served in total darkness, often by visually impaired waiters. Flavors sharpen, conversation slows down.

☐ **8. Dining alone at a good restaurant**

A table for one, phone in your bag. Awkward at first — then it turns out your own company is pretty good company.

CRAFT

☐ **9. Pottery wheel throwing**

The clay does exactly what it wants, not what you want. Your first mug will be crooked, and that's exactly why you'll love it most.

- ☐ **10. Glassblowing**
You blow air into glowing matter at 1,200 degrees and it becomes a sphere. One of the most spectacular things you can start learning in an afternoon.
- ☐ **11. Linocut printing**
You carve, ink, print — and every impression comes out slightly different. Everyone gets tangled up in mirror writing the first time.
- ☐ **12. Blacksmithing**
You hammer glowing iron on a real anvil and take home a hook or a knife you shaped yourself. Surprisingly meditative, when it isn't loud.
- ☐ **13. Candle making**
Wax, essential oil, a wick — half a day and you've got the technique. Right before Christmas, everyone's gift is suddenly sorted.
- ☐ **14. Bookbinding**
You sew your own notebook from paper sheets with needle and thread. Then use it, say, to list everything else you want to do for the first time.
- ☐ **15. Urban sketching**
You sit down on a square with a notebook and a few pencils and draw what you see. The point isn't to make it pretty — it's that you were there and truly looked.

MOVEMENT

- ☐ **16. Ice bath**
Two minutes in icy water with guided breathing. Your body protests, then switches into an entirely different mode — you glow for the rest of the day.
- ☐ **17. Indoor climbing**
From the ground, every route looks easy. Four meters up you learn that climbing is decided in your head — and that the harness really does hold.
- ☐ **18. SUP tour**
You paddle standing on the water, and after ten minutes you stop watching your balance and start watching the landscape. Best at sunset.
- ☐ **19. Open water swimming**
A lake instead of a pool: no tiles, no walls, just water and horizon. Safe with a buoy and a buddy — and nothing like any swimming pool.
- ☐ **20. Rollerblading**
Relearning how to fall as an adult is an art in itself. An empty parking lot, some pads, and half an hour later you're rolling — laughing, carefully.
- ☐ **21. Pole fitness class**
The first class reveals this isn't a show — it's one of the hardest strength workouts there is. The next day, muscles you didn't know you had are sore.
- ☐ **22. Capoeira training**
Martial art, dance and music at once, in the middle of a circle. Even as a beginner you're welcomed into the roda right away — the rhythm carries your feet.

☐ **23. Argentine tango class**

In the first class you mostly learn to walk — in an embrace, to music. No partner needed, and nobody expects you to know how to dance.

☐ **24. Trampoline park**

An hour of bouncing, foam pits, dodgeball. Walking in as an adult feels a bit silly; walking out only happens with 'when are we coming back?'

ADRENALINE

☐ **25. Tandem skydive**

Four thousand meters, an open door, and a decision your body refuses to make. The freefall lasts a minute; the feeling lasts weeks.

☐ **26. Via ferrata**

Ladders and steel cables built into the rock face — mountaineering for people who've never climbed a mountain. You're clipped in the whole way, and it's still an adventure.

☐ **27. Glider flight**

Circling above the landscape with no engine, riding thermals. The silence up there is one you never hear on the ground.

☐ **28. Go-karting**

Ten centimeters off the asphalt, every corner feels twice as fast. Your first lap time will be bad; your last one is born of pure racing spirit.

☐ **29. Canyoning**

You descend a gorge: sliding, jumping, swimming, hanging off ropes. In one day you meet more elements than you usually do in a year.

☐ **30. Alpine coaster**

You let go of the brake exactly where you always used to pull it. It's two minutes, and you will scream — in the good way.

NATURE

☐ **31. Night hike with a headlamp**

The same forest you know by day is another planet at night. Beyond the circle of your headlamp, every sound is twice as loud.

☐ **32. Birdwatching at dawn**

Half past four, binoculars, a thermos. When the dawn chorus starts, you understand why people get up for this voluntarily.

☐ **33. Wild camping**

No reception desk, no bathroom — just a tent, stars and morning dew. One night is enough to change how you see both your own bed and the forest.

☐ **34. Caving**

Overalls, helmet, mud, and crawling to places tourists never reach. Underground, you learn what a luxury daylight is.

☐ **35. Horseback riding**

The first lesson is mostly introductions: to the horse's mood, your own balance, the height. Half an hour later, you're moving together.

- ☐ **36. A day with a beekeeper**
Opening a hive of fifty thousand working bees in a protective suit. Within half an hour the buzzing turns from terrifying to soothing.
- ☐ **37. Stargazing with a telescope**
Seeing Saturn's rings with your own eyes — no photo prepares you for it. Best far from light pollution, with an astronomer.
- ☐ **38. Mushroom foraging with an expert**
The forest is full of caviar; you just never saw it. Walking the leaf litter with a mushroom expert is a treasure hunt — with dinner at the end.

SOCIAL

- ☐ **39. Donating blood**
Forty minutes of your life that is literally someone else's life. The first time comes with nerves — the biscuit and the hero feeling come free.
- ☐ **40. Volunteering at an animal shelter**
You walk a dog that has been waiting weeks for that half hour. You leave with a heavy heart, already knowing when you'll be back.
- ☐ **41. Dinner with strangers**
Six people who don't know each other, one table, one evening. After ten awkward minutes come the kinds of conversations old friends rarely have anymore.
- ☐ **42. Language exchange night**
Half an hour speaking the language you're learning, half an hour helping someone with yours. Making mistakes isn't just allowed here — it's the whole point.
- ☐ **43. Busking**
Standing in an underpass or a pedestrian street with three chords and an open case. The first coin tossed in is worth more than any applause.
- ☐ **44. Improv theatre workshop**
No script, no right answer, just 'yes, and'. You laugh more in two hours than in an average month.
- ☐ **45. Choir rehearsal**
Singing alone in the shower and singing in harmony with forty people are two different worlds. Most choirs hold open rehearsals — no sheet music skills required.
- ☐ **46. Stand-up open mic**
Five minutes of stage time, one microphone, and your own stories. If a single joke lands, you understand why anyone does this voluntarily.

MIND

- ☐ **47. Float tank**
An hour in body-temperature salt water with no sound or light. Your brain first panics at the nothingness, then lets you somewhere you rarely get to go.
- ☐ **48. One-day silent meditation**
Morning to evening without a single word, on a guided retreat. The strangest part won't be the silence — it's how loud everything is inside.

☐ **49. Sign language basics**

In a single workshop you learn to introduce yourself and say hello in sign language. From then on, you see the silent conversations on the tram differently.

☐ **50. A day without your phone**

Switched off from waking up to going to bed. You'll reach for your pocket about forty times — and by evening you'll remember how long a day can be.

Which one will you start with?

Fresh stories and monthly inspiration in our newsletter — sent on the first Wednesday of the month, so you can get organized for the last one.