

# Welcome!

My Global Cities (or MGC) activities are designed to help you explore and reflect on the global environment you are learning (and perhaps interning) amongst.

Each activity relates to at least one of CAPA's Student Learning Development Outcomes (SLDOS): Diversity, Globalisation, Personal and Professional Development, Social Dynamics, and Urban Environments.

Here you will find a month-by-month guide to the MGC activities on offer this semester. All activities are free and optional.



CAPA Global Summer 2020

## My Global Cities

Calendar and Information regarding  
MGC activities for students in the  
Summer 2020 CAPA program



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## How to use this guide

Welcome to your My Global Cities (MGC) guide!

Participating in MGC is an opportunity to:

1. Gain further exposure to the global environment
2. Earn a record of achievement
3. Develop knowledge, skills, and understanding regarding our five learning areas:
  - a. Social Dynamics
  - b. Personal and Professional Development
  - c. Diversity
  - d. Urban Environments
  - e. Globalisation
4. Interact with your peers in the USA and with CAPA staff from around the globe!

### Here are some instructions and tips for engaging with the MGC content.

1. You can **use any of the resources and attend any events** which interest you – even if you're not doing a course or internship in the organising location.
2. The **calendar is split into weeks**, each with a theme.
  - a. Week 1: Getting Started
  - b. Week 2: Social Dynamics
  - c. Week 3: Diversity
  - d. Week 4: Globalisation
  - e. Week 5: Urban Environments
  - f. Week 6: Personal and Professional Development
3. Each week is **split into two sections: Interactive and suggested**. Interactive events are **live events**, usually run through zoom, where you can chat with CAPA staff and your peers while you do different activities! Suggested resources are links you can **access in your own time**. They include videos, virtual tours, articles, and other multimedia.
4. For interactive events, make sure you check the start and end time with your corresponding time zone and register for the event. [Here is a good resource for converting time zones](#)
5. Extra MGC information can be found on the [CAPA Student Resources canvas page](#)
6. If you'd like to do some volunteer work during the semester – check out the volunteer opportunities listed at the end of this guide!

## WEEK 1

### Theme: Getting started

Welcome to CAPA! This week is all about getting your bearings and becoming as prepared as possible for the upcoming semester. We begin with orientation sessions on Monday which will be held in both the morning and evening. You can attend either session depending on your availability. Those who are participating in Florence's service learning activities will get to have their first meetings with their friend or family partners! We also have many suggested online activities and resources to introduce you to the cities you will be interacting with throughout the semester.

	Monday 6 <sup>th</sup> July	Tuesday 7 <sup>th</sup> July	Wednesday 8 <sup>th</sup> July	Thursday 9 <sup>th</sup> July	Friday 10 <sup>th</sup> of July
<b>INTERACTIVE</b> <i>Live events in which you can interact with CAPA staff and students!</i>	<b>ALL: ORIENTATION  </b> <b>17:00 BST</b> <b>16:00GMT</b> <b>12:00EDT</b> <b>9:00PDT</b> <b>06:00HST</b> <b>08:00ADKT</b> <b>10:00AM MDT</b> Please login to your orientation event. You may choose to attend the morning orientation or evening orientation depending on your availability.  <b>ALL: ORIENTATION  </b> <b>9:00AM AEST (+24)</b> <b>23:00 GMT</b> <b>19:00EDT</b> <b>16:00PDT</b> <b>13:00HST</b> <b>15:00AKDT</b> <b>17:00MDT</b> Please login to your orientation event. You may choose to attend the morning orientation or	<b>SYDNEY: AEST 9:00(+24)</b> <b>23:00-00:00 GMT</b> <b>19:00-20:00 EDT</b> <b>16:00-17:00 PDT</b> <b>13:00-14:00HST</b> <b>15:00-16:00AKDT</b> <b>17:00-18:00MDT</b> Mindfulness tips for building resilience in personal and professional life  <b>BARCELONA VIRTUAL MEET AND GREET</b> <b>18:30-19:30CEST</b> <b>04:30-5:30GMT</b> <b>12:30-13:30EDT</b> <b>09:30-10:30PDT</b> <b>06:30-07:30HST</b> <b>08:30-09:30AKDT</b> <b>10:30-11:30MDT</b> Join Rebecca Swanson and Laura Rostowfske Reilly for a social hour and a few ice-breakers to get to know us CAPA Barcelona. We look forward to your questions about Barcelona, living in	<b>BARCELONA</b> <b>18:30-19:30CEST</b> <b>04:30-5:30GMT</b> <b>12:30-13:30EDT</b> <b>09:30-10:30PDT</b> <b>06:30-07:30HST</b> <b>08:30-09:30AKDT</b> <b>10:30-11:30MDT</b> <b>GETTING STARTED – PLANNING FOR REMOTE WORK</b> Join Rebecca Swanson and Laura Rostowfske Reilly for a break-out session to help you learn to prepare for a remote work and study experience along with learning more about the Spanish work environment	<b>DUBLIN</b> <b>[TWO OPTIONS]</b> <b>12-1.30 EST</b> <b>OR</b> <b>2-3.30 EST – GIC CLASS GETTING STARTED – PLANNING FOR REMOTE WORK</b> Join Darren Kelly and Hayley Ni Bhriain for a break-out session to help you learn to prepare for a remote work and study experience along with learning more about the Irish work environment. <b>FLORENCE: VIRTUAL VISIT TO FLORENCE DUOMO</b> <b>17:30-18:30GMT+1</b> <b>11:30-12:30EDT</b> <b>08:30-09:30PDT</b> <b>05:30-06:30HST</b> <b>09:30-10:30MDT</b> <b>07:30-08:30AKDT</b> Renaissance Art History professor Emily Moloney takes you on a virtual visit of Florence's most representative	

	<p>evening orientation depending on your availability</p>	<p>the city and getting ready for your remote global experience!</p> <hr/>		<p>monument - Cathedral of Santa Maria del Fiore (The Duomo) and its incredible Cupola! Hear the history behind them and see some art works that are only accessible to local visitors!</p> <hr/>	
<p><b>SUGGESTED</b> <i>Suggested self-led activities and resources</i></p>	<p><b>SYDNEY: 360o VIRTUAL WALK AROUND THE CITY</b> <a href="#">Have a look</a> around some of the most famous landmarks of Sydney city!</p> <p><b>DUBLIN: 360o VIRTUAL WALK AROUND THE CITY</b> <a href="#">Have a look</a> around some of the most famous landmarks of Dublin city</p> <p><b>FLORENCE: VIRTUAL TOUR OF THE CAPA FLORENCE CENTRE</b> <a href="#">Watch this video</a> in which the CAPA Florence staff welcomes you in their Florence center, in the heart of the city.</p> <p><b>DUBLIN: WATCH: CULTURAL DIFFERENCES IN IRELAND!</b> There are lots of cultural differences or nuances between Ireland and the US when it comes to communication styles, work</p>	<p><b>FLORENCE: IN 4K</b> <a href="#">Watch this video</a> to fly over Florence and discover its beauty</p> <p><b>SYDNEY: FIRST CONTACT: A CONTEMPORARY ABORIGINAL PERSPECTIVE</b> <a href="#">Read an interview</a> with Gadigal elder Allen Madden describing the colonisation of his ancestral lands which eventually became known as 'Sydney'</p> <p><b>DUBLIN: IRELAND: BBC History of Ireland Documentary</b> The Story of Ireland is a five-part documentary series examining the history of Ireland and its impact on the wider world. Over the course of the programmes, Fergal Keane travels across three continents, tracing the events, the people and</p>	<p><b>FLORENCE: VIRTUAL TOUR OF THE UFFIZI GALLERY</b> <a href="#">Take a virtual tour</a> of Florence's famous Uffizi Gallery and explore the most important collection of renaissance paintings <i>without queuing!</i></p> <p><b>SYDNEY: AUSTRALIAN ART AT THE ART GALLERY OF NSW</b> <a href="#">Read a short history</a> about Australian art and then <a href="#">explore the collection</a> housed at the Art Gallery of NSW. You can also take an <a href="#">audio tour</a> produced by the curator!</p> <p><b>LONDON: ON THE LONDON UNDERGROUND</b> The London Underground, as known as the Tube, is an iconic London landmark. Learn about the world's oldest metro system by</p>	<p><b>FLORENCE: A TASTE OF TUSCANY</b> <a href="#">Video</a>. With the historic estate of Rosewood Castiglioni del Bosco as a base, food writer Emiko Davies sets out on a quest for delicious recipes with strong historic roots. From a cheese farm to a contemporary-art gallery, together we explore what this inspiring Italian region has to offer.</p> <p><b>SYDNEY: OPERA HOUSE VIRTUAL ESCAPE ROOM</b> Explore Sydney's famous Opera house by trying to escape it in this <a href="#">fun interactive online escape challenge!</a></p> <p><b>DUBLIN: TRADITIONAL IRISH RECIPES</b> Is there anything nicer than freshly baked scones with</p>	<p><b>LONDON: VIRTUAL TOUR OF THE SHAKESPEARE GLOBE</b> Take a <a href="#">virtual tour</a> of London's famous Shakespeare Globe</p> <p><b>FLORENCE: FRIDAY NIGHT SPECIAL! ITALIAN CINEMA IN 7 MINUTES</b> Not sure what to watch on Netflix tonight? <a href="#">Get some inspiration</a> from the Italian Cinema! Filmmaker Francisco J. Ricardo presents a short film on the major movements of Italian cinema based on Gian Piero Brunetta's The History of Italian Cinema</p> <p><b>DUBLIN: FRIDAY NIGHT SPECIAL! IRISH CINEMA!</b> Not sure what to watch on Netflix tonight? <a href="#">Get some movie inspiration from CAPA Dublin's Resident</a></p>

	<p>culture, and more. <a href="#">Watch this video</a> to find out some you might experience during your remote internship and how to navigate those differences!</p>	<p>the influences that shaped modern Ireland. Includes some illustrations by Irish artist, David Rooney. <a href="#">Click here to watch part #1!</a></p> <p><b>LONDON: YOUR ITINERARY FOR A VIRTUALLY PERFECT DAY IN LONDON</b> From towering skyscrapers to magnificent palaces, beautiful botanical gardens to eye-popping exhibitions, world-class zoos to giant observation wheels... <a href="#">it's all here.</a></p>	<p><a href="#">watching this collection of videos.</a> Taking a moment to stop, step back, and <a href="#">look around inside some of London's Underground stations</a> will reveal a wonderful display of urban design. Recurrent architectural structures, an array of surfaces and an abundance of beautifully designed furniture, lighting and details all make London's iconic 150-year-old transport system pretty special.</p> <p><b>LONDON: NATIONAL THEATRE AT HOME: LES BLANCS</b> An African country teeters on the edge of civil war. A society prepares to drive out its colonial present and claim an independent future. Tshembe, returned home from England for his father's funeral, finds himself in the eye of the storm. <a href="#">This play</a> is about imperialism, racism, and colonialism and contains some scenes of racially motivated violence, that some people may find distressing.</p>	<p>jam and cream? We don't think so! Check out Irish chef, Donal Skehan's recipe for scones with a twist – <a href="#">Raspberry Scones</a>. Why not get the ingredients and whip up a batch tomorrow evening for your family / flatmates to enjoy this weekend?</p> <p><b>LONDON: MUSEUM OF LONDON MULTIMEDIA EXHIBITS</b> Explore the multimedia exhibitions <a href="#">here</a></p>	<p><a href="#">Director and Irish Film Lecturer</a>. Some of these films may be available on Netflix, Amazon Prime, or even YouTube!</p>
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**DUBLIN: VIRTUAL TOUR OF THE NATIONAL GALLERY OF IRELAND**

[Take a virtual tour](#) of the famous National Gallery of Ireland. The physical buildings may be temporarily closed, but you can transport yourself behind the walls by taking a virtual tour of the rooms, where you are free to navigate and explore the works on display at your own pace. Spanning the history of western European art, from around 1300 to the present day, the GNol includes well-known artists from Mantegna and Titian to Monet and Picasso. Paintings, sculpture, prints, drawings, photography, archival and bibliographical material all feature, in addition to objets d'art, silverware and furniture.



## WEEK 2

### Theme: Social Dynamics

This week's focus on Social Dynamics will allow you to connect with your fellow students the CAPA staff from across the globe! You will learn about socialisation across CAPA's locations and develop an understanding of concepts of power, privilege, and marginalisation in social aspects of urban environments.

	Monday 13 <sup>th</sup> July	Tuesday 14 <sup>th</sup> July	Wednesday 15 <sup>th</sup> July	Thursday 16 <sup>th</sup> July	Friday 17 <sup>th</sup> of July
<p><b>INTERACTIVE</b> <i>Live events in which you can interact with CAPA staff and students!</i></p>	<p><b>SYDNEY: TRIVIA NIGHT</b> 17:00-18:00 PDT 20:00-21:00 EDT 19:00 20:00EST 14:00-15:00HST 16:00-17:00AKDT 18:00-19:00MDT</p> <p>Join us for a social trivia night! Questions will be general knowledge and some Australian-themed topics.</p> <hr style="width: 10%; margin-left: 0;"/> <p><b>FLORENCE:</b> If you signed up for one of the Service learning projects promoted by the CAPA Florence Center, this is the time to eventually meet your Italian partner! On one of the following days: July 13<sup>th</sup> / 14<sup>th</sup> / 15<sup>th</sup>, between 5:00pm and 8:00pm GMT + 1, join the CAPA Staff for an Ice-breaker video call with your Ganzo family or FriendMe partner in Florence. Exact time and day will be</p>	<p><b>FLORENCE COOKING CLASS</b> 16:00-17:00 GMT+1 10:00-11:00EDT 07:00-8:00PDT 04:00-05:00HST 6:00-7:00AKDT 8:00-9:00MDT 9:00-10:00EST</p> <p>Make the Perfect Bruschetta and Simple Italian Veggies</p> <p><b>FLORENCE:</b> If you signed up for one of the Service learning projects promoted by the CAPA Florence Center, this is the time to eventually meet your Italian partner!</p> <p>On one of the following days: July 13<sup>th</sup> / 14<sup>th</sup> / 15<sup>th</sup>, between 5:00pm and 8:00pm GMT + 1, join the CAPA Staff for an Ice-breaker video call with your Ganzo family or FriendMe partner in Florence. Exact time and day will be</p>	<p><b>FLORENCE: GLOBAL ROUNDTABLE: FOOD CULTURE</b> 21:00-21:45 GMT+1 15:00-15:45EDT 12:00-12:45 PDT 9:00-9:45HST 11:00-11:45AKDT 13:00-13:45MDT 14:00-14:45EST</p> <p><b>BARCELONA: CATALAN INDEPENDENCE MOVEMENT – DISCUSSION</b> 18:30-19:30CEST 11:30-12:30EST 10:30-11:30MDT 8:30-9:30AKDT 6:30-</p> <p>Join us for a presentation about the Catalan Independence Movement</p> <p><b>DUBLIN – IRISH LANGUAGE CLASS: TIME 6PM IST</b> Learn the basics of the Irish language with Dublin's Senior Program Coordinator, Hayley Ni Bhriain</p>	<p><b>SYDNEY: NRL GAME</b> 9AM(+24AEST)/19:00EDT</p> <p>Watch one of the greatest NRL games. football game and chat with your peers and the Sydney team. <a href="#">Watch this short explainer video</a> before we meet to watch the game together. !</p>	



	<p>arranged directly by the staff, after checking everyone's availability. Stay tuned!</p>	<p>arranged directly by the staff, after checking everyone's availability. Stay tuned!</p>	<p><b>DUBLIN: WATCH PARTY: IRISH SHORT FILM – YU MING IS AINM DOM</b> Tired of his dead-end supermarket job, Yu Ming (Daniel Wu) decides to learn Irish and leave his home country of China for a new life overseas. <a href="#">Watch here!</a></p> <p><b>FLORENCE:</b> If you signed up for one of the Service-learning projects promoted by the CAPA Florence Center, this is the time to eventually meet your Italian partner! On one of the following days: July 13th / 14th / 15th, between 5:00pm and 8:00pm GMT + 1, join the CAPA Staff for an Ice-breaker video call with your Ganzo family or FriendMe partner in Florence. Exact time and day will be arranged directly by the staff, after checking everyone's availability. Stay tuned!</p>		
<p><b>SUGGESTED</b> <i>Suggested self-led activities and resources</i></p>	<p><b>FLORENCE: 36 HOURS IN FLORENCE</b> <a href="#">A video</a> showcasing Florence's rich history and vibrant culinary, artistic, and musical experiences</p>	<p><b>FLORENCE: THE RISE AND FALL OF THE MEDICI FAMILY</b> <a href="#">This video</a> gives a history of the Medici family, who played a crucial role in shaping the Renaissance and Florence's political power</p>	<p><b>FLORENCE: THE URGENCY OF INTERSECTIONALITY</b> <a href="#">This TED talk</a> by Kimberlé Crenshaw speaks to the importance of looking boldly at the reality of race and gender bias and</p>	<p><b>FLORENCE: THE HISTORY OF THE PAZZI FAMILY   SANTA CROCE OPERA</b> Renaissance was a time of incredible beauty, but also of social conflict and thirst for power. This video recounts the</p>	<p><b>FLORENCE: TEN THINGS TO KNOW ABOUT THE MEDICI</b> <a href="#">10 amazing facts</a> about the Medici family which will help you understand their importance</p>

	<p><b>SYDNEY: HOW LANGUAGE SHAPES THE WAY WE THINK</b> There are about 7,000 languages spoken around the world – and they all have different sounds, vocabularies and structures. But do they shape the way we think? <a href="#">In this TED talk</a> Cognitive scientist Lera Boroditsky shares examples of language - - from an Aboriginal community in Australia that uses cardinal directions instead of left and right to the multiple words for blue in Russian – that suggest the answer is a resounding yes.</p> <p><b>DUBLIN: IRELAND'S NATIVE LANGUAGE – IRISH</b> Not 'Gaelic', but 'Irish'! Language represents an essential component of humanity, revealing so much about culture, heritage, literature, and nearly every human endeavor. <a href="#">In this humorous Tedx Talk</a>, Colm O'Broin debunks some common myths about the Irish Language!</p> <p><b>LONDON: JACK THE RIPPER HISTORY</b> Learn about the <a href="#">history of Jack the Ripper</a></p>	<p><b>SYDNEY: SUPERHEROES, BRIDES, AND PETS: AUSTRALIA BRINGS JOY (AND STYLE) TO BIN NIGHT</b> People around the world found new ways to connect while in COVID19 lockdown. In Australia, taking the bins out for collection once a week became something to look forward to. People dressed up and uploaded their videos to a facebook group to spread some joy. <a href="#">Here are some of the best/funniest.</a></p> <p><b>DUBLIN: IRELAND: BBC History of Ireland Documentary</b> The Story of Ireland is a five-part documentary series examining the history of Ireland and its impact on the wider world. Over the course of the programmes, Fergal Keane travels across three continents, tracing the events, the people and the influences that shaped modern Ireland. Includes some illustrations by Irish artist, David Rooney. <a href="#">Click here to watch part #2!</a></p> <p><b>LONDON: THE MOST COLOURFUL PEOPLE IN LONDON</b></p>	<p>understanding how the two can combine to create more harm.</p> <p><b>SYDNEY: HOW TO SPEAK AUSTRALIAN</b> If you're doing a course through our Sydney centre or an internship with an Australian company, you might <a href="#">find this video helpful</a> for interpreting your Australian colleagues or lecturers</p> <p><b>DUBLIN: TOUR OF THE PRESIDENT'S HOUSE</b> Áras an Uachtaráin is the home of Ireland's President of Ireland, Michael D. Higgins. Áras an Uachtaráin is situated in the largest walled park in Europe, called Phoenix Park – in Dublin city. <a href="#">Take a virtual tour of Áras an Uachtaráin here</a> and keep an eye out for his huge dogs – Bród and Síoda!</p> <p><b>LONDON: VIRTUAL TOUR OF THE INTERNATIONAL SLAVERY MUSEUM</b> <a href="#">Take a look around the International Slavery Museum's</a> main galleries and exhibition space and find out about some of the highlights. On this tour you can see: Life in West Africa gallery Enslavement and the Middle Passage gallery</p>	<p>story of one of the harshest fight for power in Florence history – the Pazzi plot and the story of the family who made it, the Pazzi.</p> <p><b>SYDNEY: AUSSIE CULTURE – 10 THINGS YOU SHOULD KNOW ABOUT AUSTRALIAN CULTURE</b> Although the last two tips in this video might not be useful for those studying remotely, <a href="#">these tips from an exchange student organisation</a> might help you interact with Australian colleagues.</p> <p><b>DUBLIN: IRISH CULTURE &amp; CUSTOMS</b> Although <a href="#">some of these tips</a> might not be useful in a remote setting, they may help you when interacting and conversing with Irish colleagues!</p> <p><b>DUBLIN: IRELAND: SPORTS!</b> Hurling and Gaelic Football are Ireland's traditional sports and are part of the GAA (Gaelic Athletic Association). The GAA was founded in 1884 as a means to promote the games, culture and pastimes. The GAA has now grown into the LARGEST amateur sporting organisation in the world! <a href="#">Find out more about the GAA (including one of the</a></p>	<p><b>SYDNEY: SIGIFICANT ABORIGINAL PEOPLE IN SYDNEY</b> <a href="#">Learn about</a> some Aboriginal historical figures from the Sydney region</p> <p><b>SYDNEY: PERFORMERS AND THE PANDEMIC</b> From his carport-turned-studio in Melbourne, Adam Hills <a href="#">introduces this story</a> about the novel, positive and hilarious ways performers have found to keep themselves working and entertained during the COVID-19 pandemic.</p> <p><b>DUBLIN: IRELAND – MUSIC</b> Music is a HUGE part of Irish culture, bringing people together for centuries! Hot Press Magazine (a top music, entertainment, politics and pop culture magazine based in Dublin) are hosting FREE GIGS on their Instagram! <a href="#">Check out their Instagram here</a> or search #yandeseries on Instagram. <a href="#">Lockdown Sessions on Hot Press website here!</a></p>
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		<p>Every third Thursday of the month, Old Spitalfields Market is visited by <a href="#">the colourwalkers - a group of vibrantly-dressed folk, who ingeniously craft their own outfits</a>. They love having their photo taken too.</p> <p><b>DUBLIN: IRISH SLANG!</b> Get your notebooks out and start jotting down some of the <a href="#">most commonly used slang words and phrases</a> in Ireland that some of our previous CAPA students learned! Have you picked up any slang from your internship supervisor? What about Irish names? <a href="#">Check them out here</a> for a good laugh!</p>	<p>Legacy gallery Journey to Justice former exhibition</p>	<p><a href="#">fastest field sports in the world, here!</a></p>	
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## WEEK 3

### Theme: Diversity

This week's focus on diversity will help you develop an understanding of and respect for the differences and similarities within your student group and between your home location and CAPA's global cities.

	Monday 20 <sup>th</sup> July	Tuesday 21 <sup>st</sup> July	Wednesday 22 <sup>nd</sup> July	Thursday 23 <sup>rd</sup> July	Friday 24 <sup>th</sup> of July
<p><b>INTERACTIVE</b> <i>Live events in which you can interact with CAPA staff and students!</i></p>		<p><b>BARCELONA: SALVADOR DALÍ THEATRE-MUSEUM VISIT 18:30-19:30</b></p> <p><a href="#">A virtual tour</a> of the Salvador Dalí's Museum in Figueres, Spain guided by the Barcelona CAPA staff!</p> <p><b>LONDON: TOOLBOX SESSION: LINKEDIN WITH KATIE LANDER, LONDON INTERNSHIP MANAGER: 11:30AM EDT</b></p>	<p><b>FLORENCE: 16:00-17:00 GMT+1 COOKING CLASS: RISOTTO ZUCCHINE AND MINT</b></p> <p><b>BARCELONA: 18:30-19:30 MOVIE DISCUSSION PERDIENDO EL NORTE</b> Join us for a discussion about this comedy and the effects of the 2008 crisis (make sure to watch the movie beforehand)</p>	<p><b>FLORENCE: 21:00-21:45 GMT+1 GLOBAL ROUNDTABLE: ITALIAN VS AMERICAN BODY LANGUAGE</b></p>	
<p><b>SUGGESTED</b> <i>Suggested self-led activities and resources</i></p>	<p><b>DUBLIN: BBC History of Ireland Documentary</b> The Story of Ireland is a five-part documentary series examining the history of Ireland and its impact on the wider world. Over the course of the programmes, Fergal Keane travels across three continents, tracing the events, the people and the influences that shaped modern Ireland. Includes some illustrations by Irish artist, David Rooney. <a href="#">Click here to watch part #3!</a></p>	<p><b>FLORENCE: WHY PASTA COMES IN ALL SHAPES AND SIZES</b> A <a href="#">TED talk</a> encourages us to think twice when picking what pasta you want for dinner. The shape of your noodle makes a difference, explains Paola Antonelli, senior curator at The Museum of Modern Art.</p> <p><b>SYDNEY: BARANI. SYDNEY'S ABORIGINAL HISTORY.</b> The City of Sydney Council has compiled a fantastic resource</p>	<p><b>SYDNEY: ASIAN ART AT THE ART GALLERY OF NSW</b> <a href="#">Watch some videos</a> explaining and exploring the collection of Asian art housed at the Art Gallery of New South Wales</p> <p><b>FLORENCE: IT'S (PAST) TIME TO APPRECIATE CULTURAL DIVERSITY</b> <a href="#">In this TED talk</a> Hayley Yeates explains, with tart humour, why investing in cultural diversity is just as important as fostering gender diversity</p>	<p><b>SYDNEY: MUSEUM OF CONTEMPORARY ART'S INDIGENOUS COLLECTION</b> <a href="#">Explore the vast collection</a> of Indigenous Australian art at the Museum of Contemporary art. Click on the images to learn more about them!</p> <p><b>FLORENCE: VIRTUAL TOUR IN CASTELLO NIPPOZZANO   FRESCOBALDI</b> <a href="#">Visit this ancient castle</a> set in Tuscany which was nominated winery of the year in 2020</p>	<p><b>SYDNEY: BANGARRA DANCE STUDIO'S 'RILEY AND CLOUD'</b> <a href="#">Watch the dance and interview</a> with choreographer Michael Riley working for Sydney's Indigenous dance company Bangarra</p> <p><b>FLORENCE: THE UNHEARD STORY OF THE SISTINE CHAPEL</b> The Sistine Chapel is one of the most iconic buildings on earth – but there's a lot you probably don't know about it. In</p>

	<p><b>SYDNEY: AND NOW. THE SECOND DECADE OF THE WHITE RABBIT COLLECTION</b>  <a href="#">A virtual tour</a> of the White Rabbit Gallery. The White Rabbit Gallery is one way to get to know Sydney's Chinese influence.</p> <p><b>FLORENCE: THE MOST DANGEROUS GAME OF FOOTBALL   HISTORICAL SOCCER</b>  <a href="#">Watch this video</a> and learn about the most dangerous version of football! Calcio Storico is football like you've never seen before! Dating back to the 15th century, this early form of the game is brutal. But behind the blood and punches lie a story of tradition, pride and honour.</p> <p><b>LONDON: LONDON THROUGH THE LENS OF BLACK HISTORY</b>  London is a city filled with history. From the birth of musical legend Samuel Coleridge-Taylor in Holborn to the 1981 uprisings in Brixton, the capital holds some of the most significant moments in Black British History. <a href="#">Take a trip down memory lane through these iconic London sites.</a></p> <p><b>BARCELONA: PERDIENDO EL NORTE VIEWING</b></p>	<p>for learning about Aboriginal peoples in the Sydney area past and present. <a href="#">Explore the map, watch videos explaining the significance of different areas, and read stories of Sydney's Aboriginal history</a></p> <p><b>FLORENCE: THIS IS ITALY</b>  <a href="#">A video</a> exploring the idea that Italy is a state of mind</p> <p><b>DUBLIN: HISTORY OF PRIDE</b>  Learn how Ireland went from a country where homosexuality was criminalized to being the first country in the world to legalize same-sex marriage by popular vote in a span of only 22 years! <a href="#">Watch the video here.</a></p> <p><b>DUBLIN: HOW UNCOMFORTABLE CONVERSATIONS CAN SAVE LIVES: LGBTI+ Conversations</b>  Growing up as a gay teen in Northern Ireland, Lyra McKee had her share of disagreements with the Church and, as a journalist in her 20s, found herself estranged from religious institutions. It wasn't until 2017 and an unexpected conversation about LGBTQ rights in an Orlando mosque that she found herself reckoning with the influence of religion on marginalized lives. "I because religion shapes how</p>	<p><b>THE CAPA WORLD BLOG IS A FANTASTIC RESOURCE FOR STUDENTS</b> <a href="#">Click here</a> to browse our blogs and articles on civil rights.</p> <p><b>DUBLIN: HERSTORY</b>  Founded in 2016, the Herstory movement tells the stories of modern, historic, and mythic women. History censored women's stories in the past. Today, popular culture dictates the stories deemed 'worthy' of our attention, diluting women's representation and leaving countless authentic role models in the shadows. Herstory believes no woman's story is more important than another's. This is equality. <a href="#">Read the stories here!</a></p> <p><b>DUBLIN: PAVEE POINT</b>  Pavee Point Traveller and Roma Centre is dedicated to the realisation of human rights for Travellers and Roma. Pavee Point has devised several initiatives and campaigns led by the Traveller Community themselves towards challenging existing stereotypes and discrimination against the Travellers Community. Patrick Reilly, a Health Care worker with Pavee Point talks about life as a</p>	<p><b>SYDNEY: POETRY IN FIRST LANGUAGES</b>  <a href="#">Watch a video</a> about the Poetry in First Languages project which facilitates the writing of poetry in Aboriginal languages. <a href="#">Then read some of the poems!</a></p> <p><b>DUBLIN: EXPLORE OUT CATHEDRALS AND CHURCHES</b>  Ireland is home to some of the most beautiful cathedrals and churches in the world. You can do a virtual tour of <a href="#">St. Patrick's Cathedral</a> and <a href="#">Christ Church Cathedral</a> in Dublin – they're located just a short walk from the CAPA Dublin Centre!</p> <p><b>DUBLIN: GALLERY OF PHOTOGRAPHY IN IRELAND</b>  Gallery of Photography Ireland is the leading voice for photography in Ireland. We are dedicated to fostering a dynamic culture of photographic practice across a broad range of platforms. <a href="#">You can browse the exhibitions here!</a></p> <p><b>DUBLIN: SHORT FILM: YOUNG DUBLIN</b>  <a href="#">This evocative film</a> features a diverse group of young people, describing what they love about the country, their thoughts on the new chapter of</p>	<p><a href="#">this tour-de-force talk</a>, art historian Elizabeth Lev guides us across the famous building.</p> <p><b>SYDNEY: MOMENTS OF RECONCILIATION   PAUL KEATING'S REDFERN ADDRESS</b>  In December 1992, Prime Minister Paul Keating launched Australia's program for the International Year of the World's Indigenous People with <a href="#">this now-famous address</a> to a largely Indigenous crowd at Redfern Park in Sydney.</p> <p><b>DUBLIN: VISIT THE CLIFFS OF MOHER!</b>  The Cliffs of Moher are located in County Clare, in the West of Ireland. <a href="#">Do a virtual tour here!</a> Did you know...? The Cliffs of Moher are 66% as tall as New York's Empire State and stretch for almost 10km - WOW! The Cliffs were used as a film location in some of the Harry Potter films! The Cliffs are more than 320 MILLION years old!</p> <p><b>DUBLIN: RECOMMENDED MOVIE: DATING AMBER (may be available on Amazon Prime)</b>  Two Irish high school students decide to start a pretend straight relationship in an effort to "fit in". Humorous,</p>
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	<p>Watch <i>Perdiendo el Norte</i> to prepare for the Movie Night Discussion</p> <p><b>DUBLIN: PANTI'S NOBLE CALL</b>  <a href="#">This</a> was one of the most important speeches on homosexuality and homophobia in Ireland, and set Ireland up for the Marriage Equality Referendum in 2015.</p>	<p>LGBT people are treated in the world," she says. In this hopeful talk, she points out plentiful evidence that religious institutions are capable of embracing LGBTQ rights and that the process begins with having that first difficult conversation..<a href="#">Watch Lyra's Ted Talk here.</a></p>	<p>Traveller and the repercussion of the recognition by the Irish govern of the ethnic minority status of the Traveller Community 1 March 2017.<a href="#">Watch here.</a></p>	<p>their beloved home, and the importance of celebrating the voice of Ireland's youth.  <a href="#">Irish Travellers</a> by Alen MacWeeney was shown as part of the DEVELOP Photo line-up for the first edition of the On Photography Online Film Festival. Alen's photographs in this series are of Travellers, Ireland's indigenous nomads in their day-to-day lives</p>	<p>light-hearted film released in 2020, but set in the early 1990s in Ireland.</p>
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## WEEK 4

### Theme: Globalisation

Learn to recognise, describe, and interpret examples of globalisation in your home location, CAPA's global cities, and in your educational pursuits!

	Monday 27 <sup>th</sup> July	Tuesday 28 <sup>th</sup> July	Wednesday 29 <sup>th</sup> July	Thursday 30 <sup>th</sup> July	Friday 31 <sup>st</sup> July
<p><b>INTERACTIVE</b> <i>Live events in which you can interact with CAPA staff and students!</i></p>	<p><b>SYDNEY: CUPPA</b></p> <p>Have a cuppa (cup of tea) and check in with the Sydney staff. We will chat about the differences in work and study cultures, your experiences so far, and address any concerns you might be having!</p>	<p><b>BARCELONA: 18:30-19:30</b> <b>Picasso and History</b></p> <p>Join a discussion about Picasso's artwork</p>	<p><b>BARCELONA 18:30-19:30</b> <b>MOVIE NIGHT! EL CIUDADANO ILUSTRE</b></p> <p>Join us for a discussion about this Spanish-speaking drama comedy (make sure you watch the movie first!)</p> <p><b>DUBLIN: IRISH CINEMA DISCUSSION – TIME 6pm IST</b></p> <p>Join a film discussion with Susanne Bach; CAPA Dublin RD and Irish Film Lecturer</p>	<p><b>FLORENCE: 16:00-17:00</b> <b>GMT+1 COOKING CLASS: SPAGHETTI GARLIC, OLIVE OIL, HOT CHILI</b></p>	<p><b>FLORENCE: 21:00-21:45</b> <b>GMT+1 GLOBAL ROUNDTABLE: ITALIAN MOVIE (WATCH &amp; TALK)</b></p>
<p><b>SUGGESTED</b> <i>Suggested self-led activities and resources</i></p>	<p><b>DUBLIN: BBC History of Ireland Documentary</b></p> <p>The Story of Ireland is a five-part documentary series examining the history of Ireland and its impact on the wider world. Over the course of the programmes, Fergal Keane travels across three continents, tracing the events, the people and the influences that shaped modern Ireland. Includes some illustrations by Irish artist, David Rooney. <a href="#">Click here to watch part #4!</a></p>	<p><b>FLORENCE: THE STORY BEHIND CHINA AND ITALY'S NEW ALLIANCE</b></p> <p>Italy has become the latest European country to join China's Belt and Road Initiative. So what brings China to Europe? And why is Italy so receptive? CNBC's <a href="#">Joumana Bercetche reports from Rome</a></p> <p><b>SYDNEY: VIRTUAL WALKTHROUGH OF THE BIENNALE OF SYDNEY</b></p> <p><a href="#">In this video</a> you can experience a walkthrough od</p>	<p><b>FLORENCE: WHERE IS HOME?</b></p> <p>More and more people worldwide are living in countries not considered their own. <a href="#">In this TED talk</a> writer Pico Iyer – who himself has three or four “origins” – meditates on the meaning of home, the joy of traveling and the serenity of standing still.</p> <p><b>FLORENCE: DON'T ASK WHERE I'M FROM, ASK WHERE I'M LOCAL</b></p> <p>When someone asks you where you're from ... do you sometimes not know how to</p>	<p><b>FLORENCE: WHAT CORONAVIRUS MEANS FOR THE GLOBAL ECONOMY</b></p> <p>"I'm a capitalist. I believe in the system. I believe you can increase the size of the pie and you could divide it well," says Ray Dalio, founder of Bridgewater Associates <a href="#">in this TED talk</a>. He offers wide-ranging insight and advice on how we might recover from the global economic fallout of the coronavirus crisis – and use it as an opportunity to</p>	<p><b>DUBLIN: IRELAND &amp; THE RECESSION.</b></p> <p>First Iceland. Then Greece. Then Ireland, which headed for bankruptcy with its own mysterious logic. In 2000, suddenly among the richest people in Europe, the Irish decided to buy their country – from one another. After which their banks and government really screwed them. <a href="#">So where's the rage?</a></p>



	<p><b>FLORENCE: ITALY: THE EXTRAORDINARY COMMONPLACE</b>  <a href="#">This video</a> encourages us to move on from the commonplaces and find out the strengths of the country</p> <p><b>FLORENCE: THE FIFTH ELEMENT</b>  <a href="#">This video</a> shows us that Italy has always mastered the art of transforming raw materials into excellent products that are exported all over the world.</p> <p><b>SYDNEY: THE FIRST ARRIVAL OF VIETNAMESE REFUGEES BY BOAT</b>  <a href="#">Learn about the</a> first Vietnamese refugees to arrive in Australia by boat</p> <p><b>BARCELONA: EL CIUDADANO ILUSTRE VIEWING</b>  Watch <i>El Ciudadano Ilustre</i> to prepare for the movie night discussion</p> <p><b>DUBLIN: FLY OVER DUBLIN'S DOCKLANDS</b>  The Docklands in Dublin is otherwise known as Ireland's "Silicon Valley". The Docklands are home to big tech companies' HQs such as Facebook, Twitter, DocUsign, LinkedIn, Accenture. <a href="#">Take a</a></p>	<p>the Biennale featuring commentary from the artists</p> <p><b>DUBLIN: THE IMPACT OF EU MEMBERSHIP ON IRISH LIFE.</b>  Read about some of the ways EU policy, legislation and funding has helped improve Irish life <a href="#">here</a></p> <p><b>DUBLIN: TRADITIONAL IRISH PANCAKES – BOXTY!</b>  Boxty are traditional Irish pancakes. Can you guess what they are made with? If POTATOES were the first thing that came to your mind, you're right! <a href="#">Get the recipe here.</a></p>	<p>answer. <a href="#">In this TED talk</a> Writer Taiye Selasi speaks on behalf of "multi-local" people, who feel at home in the town where they grew up, the city they live now and maybe another place or two. "How can I come from a country?" she asks. "How can a human being come from a concept?"</p> <p><b>DUBLIN: GLOBALISATION AND ITS IMPACTS ON IRELAND</b></p> 	<p>reform the systems that help grow our economy</p> <p><b>SYDNEY: WAVES OF AUSTRALIAN MIGRATION</b>  <a href="#">Watch this video</a> about the different waves of migration which made Australia one of the most multicultural countries in the world.</p> <p><b>DUBLIN: ANNUAL REPORT ON MIGRATION AND ASYLUM IN IRELAND</b>  Read the most recent report which provides an overview of trends, policy developments and significant debates in the area of asylum and migration during 2018 in Ireland <a href="#">here</a>.</p>	
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	<a href="#">virtual tour over the Docklands here!</a>				
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## WEEK 5

### Theme: Urban Environments

Learn how to explore and analyze the differences and similarities within and between your home environment and CAPA's global cities.

	Monday 3 <sup>rd</sup> August	Tuesday 4 <sup>th</sup> August	Wednesday 5 <sup>th</sup> August	Thursday 6 <sup>th</sup> August	Friday 7 <sup>th</sup> August
<p><b>INTERACTIVE</b> <i>Live events in which you can interact with CAPA staff and students!</i></p>	<p><b>FLORENCE: Global Roundtable   21:00-21:45 GMT+1</b> Landscape</p>	<p><b>ALL: SCAVENGER HUNT</b></p> <p><b>FLORENCE: TALK – IS ITALIAN CINEMA STILL ALIVE? 21:00-22:00GMT+1</b></p> <p>Talk and open discussion about the current situation of Italian cinema. Dr Guido Reverdito is Director of Academic Services and professor of Contemporary Italian Cinema for CAPA Florence. He will shed some light on the recent history of Italian movies with humor and wit! For cinema lovers and for all those with an interest in Italian and European culture.</p> <hr style="width: 20%; margin-left: 0;"/>	<p><b>BARCELONA: SUPERILLES AND WALKABLE CITIES – DISCUSSION 18:30-19:30</b></p> <p>Join us for a discussion about Barcelona city's planning and walkable cities</p> <p><b>DUBLIN: DAVID ROONEY LIVE MUSIC GIG! TIME 7pm IST</b></p>	<p><b>FLORENCE: 16:00-17:00 GMT+1</b> Cooking Class : Tiramisu</p>	<p><b>SYDNEY: RESILIENT CITIES 16:00-17:00 PST</b></p> <p>Join us for a discussion about Sydney's role in the global Resilient Cities initiative.</p> <hr style="width: 20%; margin-left: 0;"/>
<p><b>SUGGESTED</b> <i>Suggested self-led activities and resources</i></p>	<p><b>LONDON: LONDON'S CANALS AND WATERWAYS</b> <a href="#">Have a look</a> through London's gorgeous canals and waterways</p> <p><b>FLORENCE: FROM FLORENCE TO HUMANS</b></p>	<p><b>FLORENCE: ITALY: MEDICI SIGHTS: RICK STEVE'S EUROPE</b> <a href="#">This tour takes us through</a> Florence, the epicenter of the Renaissance.</p>	<p><b>FLORENCE: MEET FLORENCE</b> A little selection of videos showing the beauty of a city whose historical center is now UNESCO world heritage listed. Watch them <a href="#">here</a>, <a href="#">here</a>, and <a href="#">here!</a></p>	<p><b>DUBLIN: FAMOUS HISTORICAL STATUES</b> Dublin city is famous for its statues, both for the sheer number of prominent Irish citizens immortalised on its streets and the tendency of the public to nickname said</p>	<p><b>FLORENCE: THE HIDDEN PAST OF CAPA FLORENCE'S LITTLE SQUARE</b> As it is house in a 14<sup>th</sup> century piazza, the now CAPA centre in Florence has seen a lot of history! <a href="#">Watch this video</a> about the</p>

	<p>Florence <a href="#">seen through the eyes</a> of the statues which populate her piazzas</p> <p><b>FLORENCE: QUARANTINE IN FLORENCE</b> A <a href="#">drone shoots deserted Florence</a> during the COVID19 pandemic</p> <p><b>FLORENCE: QUARANTINE MOOD</b> <a href="#">This video</a> documents real life scenes during the quarantine in Rome, looking for the beauty and poetry of reality</p> <p><b>DUBLIN: BBC History of Ireland Documentary</b> The Story of Ireland is a five-part documentary series examining the history of Ireland and its impact on the wider world. Over the course of the programmes, Fergal Keane travels across three continents, tracing the events, the people and the influences that shaped modern Ireland. Includes some illustrations by Irish artist, David Rooney. <a href="#">Click here to watch part #5!</a></p> <p><b>SYDNEY: 50 YEARS OF PUBLIC ART PROJECTS</b> Sydney is big on public art. In <a href="#">these videos</a> a panel of collaborators and experts join</p>	<p><b>BARCELONA: WALK THROUGH THE CITY</b> Enjoy relaxing strolls through La Rambla, Raval, and see Barcelona from above</p> <p><b>LONDON: SECRET'S OF LONDON'S BRIDGES</b> Learn about London's bridges <a href="#">here</a></p> <p><b>SYDNEY: SUSTAINABLE SYDNEY</b> <a href="#">Read about</a> the City of Sydney's sustainability plans</p> <p><b>DUBLIN: TAKE A STROLL THOUGH DUBLIN</b> Take a stroll through <a href="#">this Google Map</a> that was created by CAPA Dublin's Global Cities Professor, Dr Darren Kelly to get a feel for Dublin city centre!</p>	<p><b>LONDON: THE GREAT FIRE OF LONDON</b> In 1666, a devastating fire swept through London, destroying 13,200 houses, 87 parish churches, The Royal Exchange, Guildhall and St. Paul's Cathedral. <a href="#">So how did it happen?</a></p> <p><b>SYDNEY: VIVID SYDNEY</b> Once a year the city of Sydney is covered in video and light art installations as a part of Vivid Sydney. The shows include projections on the Opera House sails, glowing boats in the harbour, and colourful lights across buildings. <a href="#">See the highlights from last year here</a></p> <p><b>SYDNEY: ARCHITECTURE IN FOCUS – ONE CENTRAL PARK</b> <a href="#">Learn about Sydney's</a> living building and the design considerations which made it happen</p> <p><b>DUBLIN: THE LIBERTIES</b> The Liberties is probably one of the oldest neighbourhoods in Dublin. Families who live here go back generations. It is well-known for its markets and some of Dublin's most famous landmarks have a home in the Liberties also (Guinness Storehouse, Christ Church, St Patrick's</p>	<p>statues. Life-size likenesses of celebrated revolutionary leaders, literary figures and musicians can all be viewed on a leisurely walking tour through the city centre. Here are the ones you shouldn't miss – why not make a note of them or enter them into a Google Map and find them when you visit Ireland in the future! <a href="#">Dublin's Famous Statues!</a></p> <p><b>FLORENCE: FLOOD OF 1966</b> "Florence is a huge lake in darkness, the muddy waters that stretch for more than six square kilometers in the districts north of the Arno and in an unspecified area in the neighborhoods south of the river. The flood, the large by 1270, affecting two thirds of the city. no water, there is no gas, electricity is provided only in some areas, the phone does not work. the situation is dramatic in dwelling houses and hospitals. Even in areas spared from flooding are scarce food supplies; in the other it is impossible to supply the "ae 21:42 on 4 November 1966, the <a href="#">ANSA sums up the flood in Florence</a></p>	<p>reconstruction of the destroyed church of San Pier Maggiore, Florence.</p> <p><b>DUBLIN: PHOTOS BY THE FRONT DOOR</b> The COVID-19 pandemic has had a huge effect on families all over Ireland. Photographer, Julia Cuprina, from Kells, Meath, started a project called 'Photos at the Front Door' where she photographs families in her local town and asks how they are coping with 'lockdown' to document the town of Kells during the pandemic. You can watch a <a href="#">short video about the project here</a> and see <a href="#">Julia's Instagram here</a>.</p> <p><b>FLORENCE: FROM ANCIENT CITY TO 'GLOBAL' CAPITAL Video.</b> In the major urban updating operation of Florence Capital of Italy (1865-1871) the construction of the new food markets (San Lorenzo, Sant'Ambrogio, San Frediano) constituted an important element for the adaptation of the services of the modern city.</p>
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	Lord Mayor Clover Moore to reflect on John Kaldor's 50 years of contribution to Australian art and the value public art brings to our cities.		Cathedral). The Liberties is now becoming gentrified with lots of cafes and art studios opening up along its streets. <a href="#">Read about the fascinating history of the Liberties here.</a>		
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## **WEEK 6**

### **Theme: Personal and Professional Development**

This week is your chance to reflect on the development of skills relative to personal and professional development and career preparedness. How have you improved your networking abilities, communication skill, remote collaboration skills, global perspective, cultural awareness, organisation, time management and prioritisation, problem solving abilities, adaptability, goal-setting strategies and career based skills?

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	Monday 10th August	Tuesday 11th August	Wednesday 12th August	Thursday 13th August	Friday 14th August
<p><b>INTERACTIVE</b> <i>Live events in which you can interact with CAPA staff and students!</i></p>	<p>FLORENCE: FAREWELL VIDEO CALL FOR GANZO AND FRIENDME STUDENTS</p>		<p>BARCELONA: 18:30-19:30 <b>LEARNING A FOREIGN LANGUAGE AND PLANNING FOR THE FUTURE</b> Join us for a discussion about learning a foreign language and going abroad! DUBLIN: GOODBYE CALL WITH STUDENTS AND STAFF: TIME TBC</p>		<p>BARCELONA: 18:30-19:30 <b>FAREWELL FROM THE BARCELONA TEAM</b> <i>Adéu y ¡Hasta luego! We hope to see you in Barcelona soon!</i></p>
<p><b>SUGGESTED</b> <i>Suggested self-led activities and resources</i></p>	<p>SYDNEY: HOW YOU CAN USE IMPOSTER SYNDROME TO YOUR BENEFIT <a href="#">In this TED talk</a> CEO Mike Cannon-Brookes shares how his own experiences of impostor syndrome helped pave the way to his success – and shows how you can use it to your advantage, too.</p>	<p>FLORENCE: WHITE SHOE – SALVATORE FERRAGAMO MUSEO <a href="#">An animated short film</a> inspired by the life and work of Salvatore Ferragamo</p> <p>FLORENCE: SCARPELLI MOSAICS The Tuscan bottega Scarpelli <a href="#">continues a family long tradition</a> working with mosaics going back all the way to Italian Renaissance</p> <p>BARCELONA: TORTILLA DE PATATAS – COOKING SPANISH CUISINE</p>	<p>FLORENCE: WINERY OF THE YEAR 2020   FRESCOBALDI <a href="#">Learn about</a> the winery of the year!</p> <p>WATCH: TED TALK ON BODY LANGUAGE Amy Cuddy’s research on body language reveals that we can change other people’s perceptions – and perhaps even our own body chemistry – simply by changing body positions. <a href="#">Watch her Ted Talk here</a></p>	<p>ALL: HOW GLOBAL HAVE YOU BECOME? SEND US YOUR SHORT REFLECTION ANOUT YOUR EXPERIENCES WITH MGC TO EARN AN ADDITIONAL CERTIFICATE.</p>	



		Attempt the traditional Spanish cuisine and post your results!			
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## Volunteering Opportunities

Add to your global experience by participating in volunteer work! Join in on activities and roles from any location.

Location	Task	Details
Dublin	Letter Writing / Befriending (anonymously!)	<p>Due to the restrictions of COVID 19, residents in nursing homes, community hospitals, and people in care centres with intellectual disabilities across Ireland are unable to have their usual visitors. Students can connect with the local communities of Dublin and Wicklow, to help keep these residents in contact and let them know we are thinking of them.</p> <p>Students will write an email letter beginning 'Dear friend', and they will introduce themselves and tell the recipient a little about themselves, where they are from, what the weather is like etc.. This activity was advertised as the volunteers would physically send a letter through the mail, but as our students are in the US, they are happy for students to email their letters to Hayley in the Dublin office, who will then pass them on to the volunteer group who will forward the note to a local facility involved in this initiative.</p>
Global	Penguin Watch	<p>Seabirds are declining worldwide; under threat from climate change, pollution, disturbance and competition with fisheries. We want to monitor, understand and protect these species, but we have lacked the ability to collect data on a large enough scale. It matters, because we know that seabirds, such as an Adélie penguin, show very different trends in their populations between East and West Antarctica, where they may be experiencing different environmental conditions and threats.</p> <p>Students will assist in collecting data on penguins through a webcam, to help understand these threats and to reverse them through informing policy changes where we can.</p> <p><a href="https://volunteerdIr.ie/portfolio-items/penguin-counter-with-zooniverse/">https://volunteerdIr.ie/portfolio-items/penguin-counter-with-zooniverse/</a></p>
Dublin	Transcribing/Indexing Deeds	<p>Students can participate in helping create hugely important databases of genealogically valuable records. The purpose of this project is to provide finding aids for the records held at the Registry of Deeds in Dublin. There are three sets of indexes produced by the project.</p> <p>The Registry of Deeds is located in Henrietta Street, Dublin, Ireland and is a repository of records of wills, land transactions in Ireland and other deeds from 1709. While the original purpose of the Registry of Deeds was to enforce rules limiting the land transactions of Catholics, even before the removal of these rules in 1782 many Catholics and representatives of Catholic families appear in the memorials. Many memorials involved people of modest means who were merchants and traders who registered deeds to provide some form of security of tenure. Moreover, Catholic occupiers are sometimes mentioned.</p>

		<p>Students would need to have a good eye for detail and be comfortable using Excel to input data.</p> <p><a href="https://irishdeedsindex.net/index.php">https://irishdeedsindex.net/index.php</a></p>
Sydney	Help museums, NFPs and charities by transcribing old documents into digital formats	<p>Join a virtual expedition of:</p> <p>Collection labels: capture data from specimen and object labels to make it accessible for scientific and cultural research</p> <p>Historical documents: transcribe text and capture data from historical documents to make them digitally accessible</p> <p>Wildlife Spotting: identify and tag images of animals and collection objects to support information discovery and research</p> <p><a href="https://digivol.ala.org.au/#/expeditionList">https://digivol.ala.org.au/#/expeditionList</a></p>
Global	Help map areas for humanitarian organisations	<p>Each year, disasters around the world kill nearly 100,000 and affect or displace 200 million people. Many of the places where these disasters occur are literally 'missing' from any map and first responders lack the information to make valuable decisions regarding relief efforts. Missing Maps is an open, collaborative project in which you can help to map areas where humanitarian organisations are trying to meet the needs of vulnerable people.</p> <p><a href="https://www.missingmaps.org/">https://www.missingmaps.org/</a></p>
Global	Use your second language to translate important information	<p>Translators without Borders is a non-profit working towards a world where knowledge knows no language barriers.</p> <p><a href="https://translatorswithoutborders.org/">https://translatorswithoutborders.org/</a></p>
Global	Help identify and measure features on the surface of Mars	<p>Planet Four is a citizen science project designed to help planetary scientists identify and measure features on the surface of Mars . . . the likes of which don't exist on Earth. All of the images on this site depict the southern polar region, an area of Mars that we know little about, and the majority of which have never been seen by human eyes before!</p> <p><a href="https://www.zooniverse.org/projects/mschwamb/planet-four/about/research">https://www.zooniverse.org/projects/mschwamb/planet-four/about/research</a></p>
Global	Help blind and low vision people through video calls	<p>Be My Eyes is a free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.</p> <p><a href="https://www.bemyeyes.com/">https://www.bemyeyes.com/</a></p>
Global	Help develop detailed maps for the community!	<p>Download the app and swipe through satellite imagery while tapping the features you spot. The tiles you mark will then be drawn by other volunteers to create detailed maps. help develop new features, maintain existing code, and ensure that MapSwipe continues to be accessible to the global community. <a href="https://mapswipe.org/get-involved.html">https://mapswipe.org/get-involved.html</a></p>