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.
## Contents

How to use this guide ................................................................................................................................. 3  
**WEEK 1** .............................................................................................................................................. 5  
  Theme: Getting started ............................................................................................................................... 5  
**WEEK 2** .............................................................................................................................................. 9  
  Theme: Social Dynamics ......................................................................................................................... 9  
**WEEK 3** ............................................................................................................................................. 13  
  Theme: Diversity ................................................................................................................................. 13  
**WEEK 4** ............................................................................................................................................. 16  
  Theme: Globalisation ............................................................................................................................ 16  
**WEEK 5** ............................................................................................................................................. 19  
  Theme: Urban Environments .................................................................................................................. 19  
**WEEK 6** ............................................................................................................................................. 22  
  Theme: Personal and Professional Development .................................................................................. 22  
Volunteering Opportunities ....................................................................................................................... 24
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!
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.

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<thead>
<tr>
<th>Monday 6th July</th>
<th>Tuesday 7th July</th>
<th>Wednesday 8th July</th>
<th>Thursday 9th July</th>
<th>Friday 10th of July</th>
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| INTERACTIVE Live events in which you can interact with CAPA staff and students! | ALL: ORIENTATION | SYDNEY: AEST 9:00(+24) | BARCELONA | DUBLIN
(TWO OPTIONS) |
<p>| | 17:00 BST | 23:00-00:00 GMT | 18:30-19:30CEST | 12-1.30 EST |
| | 16:00GMT | 19:00-20:00 EDT | 04:30-5:30GMT | OR |
| | 12:00EDT | 16:00-17:00 PDT | 12:30-13:30EDT | 2-3.30 EST – GIC CLASS |
| | 9:00PDT | 13:00-14:00HST | 09:30-10:30PDT | GETTING STARTED – PLANNING FOR REMOTE WORK |
| | 06:00HST | 15:00-16:00AKDT | 06:30-07:30HST | 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. |
| | 08:00AKDT | 17:00-18:00MDT | 08:30-09:30AKDT | FLORENCE: VIRTUAL VISIT TO FLORENCE DUOMO |
| | 10:00AM MDT | Mindfulness tips for building resilience in personal and professional life | 10:30-11:30MDT | 17:30-18:30GMT+1 |
| | Please login to your orientation event. You may choose to attend the morning orientation or evening orientation depending on your availability. | BARCELONA VIRTUAL MEET AND GREET | 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 | 11:30-12:30EDT |
| | ALL: ORIENTATION | 18:30-19:30CEST | | 08:30-09:30PDT |
| | 9:00AM AEST (+24) | 04:30-5:30GMT | | 05:30-06:30HST |
| | 23:00 GMT | 12:30-13:30EDT | | 09:30-10:30MDT |
| | 19:00EDT | 09:30-10:30PDT | | 07:30-08:30AKDT |
| | 16:00PDT | 06:30-07:30HST | | Renaissance Art History professor Emily Moloney takes you on a virtual visit of Florence’s most representative |
| | 13:00HST | 08:30-09:30AKDT | | |
| | 15:00AKDT | 10:30-11:30MDT | | |</p>
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<tr>
<th>SUGGESTED Suggested self-led activities and resources</th>
<th>evening orientation depending on your availability</th>
<th>the city and getting ready for your remote global experience!</th>
<th>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!</th>
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</table>
| **SYDNEY: 360° VIRTUAL WALK AROUND THE CITY**  
*Have a look* around some of the most famous landmarks of Sydney city! | **FLORENCE: IN 4K**  
*Watch this video* to fly over Florence and discover its beauty | **FLORENCE: VIRTUAL TOUR OF THE UFFIZI GALLERY**  
*Take a virtual tour* of Florence’s famous Uffizi Gallery and explore the most important collection of renaissance paintings without queuing! | **FLORENCE: FRIDAY NIGHT SPECIAL! ITALIAN CINEMA IN 7 MINUTES**  
Not sure what to watch on Netflix tonight? *Get some inspiration* 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 |
| **DUBLIN: 360° VIRTUAL WALK AROUND THE CITY**  
*Have a look* around some of the most famous landmarks of Dublin city | **SYDNEY: 360° VIRTUAL WALK AROUND THE CITY**  
*Have a look* around some of the most famous landmarks of Sydney city! | **DUBLIN: WATCH: CULTURAL DIFFERENCES IN IRELAND!**  
There are lots of cultural differences or nuances between Ireland and the US when it comes to communication styles, work | **DUBLIN: FRIDAY NIGHT SPECIAL! IRISH CINEMA!**  
Not sure what to watch on Netflix tonight? *Get some movie inspiration* from CAPA Dublin’s Resident |
| **FLORENCE: VIRTUAL TOUR OF THE CAPA FLORENCE CENTRE**  
*Watch this video* in which the CAPA Florence staff welcomes you in their Florence center, in the heart of the city. | **SYDNEY: FIRST CONTACT: A CONTEMPORARY ABORIGINAL PERSPECTIVE**  
*Read an interview* with Gadigal elder Allen Madden describing the colonisation of his ancestral lands which eventually became known as ‘Sydney’ | **SYDNEY: AUSTRALIAN ART AT THE ART GALLERY OF NSW**  
Read a short history about Australian art and then explore the collection housed at the Art Gallery of NSW. You can also take an audio tour produced by the curator! |  |
| **FLORENCE: A TASTE OF TUSCANY**  
*Video*  
With the historic estate of Rosewood Castiglion 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. | **LONDON: THE LONDON UNDERGROUND**  
The London Underground, as known as the Tube, is an iconic London landmark. Learn about the world’s oldest metro system by | **DUBLIN: TRADITIONAL IRISH RECIPES**  
Is there anything nicer than freshly baked scones with |  |
<table>
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<tr>
<th><strong>LONDON: NATIONAL THEATRE AT HOME: LES BLANCS</strong></th>
<th><strong>LONDON: MUSEUM OF LONDON MULTIMEDIA EXHIBITS</strong></th>
<th><strong>LONDON: YOUR ITINERARY FOR A VIRTUALLY PERFECT DAY IN LONDON</strong></th>
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<td>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. This play is about imperialism, racism, and colonialism and contains some scenes of racially motivated violence, that some people may find distressing.</td>
<td>Explore the multimedia exhibitions <a href="#">here</a>.</td>
<td>From towering skyscrapers to magnificent palaces, beautiful botanical gardens to eye-popping exhibitions, world-class zoos to giant observation wheels... it's all here.</td>
</tr>
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<td><a href="#">Watch this video</a> to find out some you might experience during your remote internship and how to navigate those differences!</td>
<td><a href="#">Click here to watch part #1!</a></td>
<td><strong>LONDON: YOUR ITINERARY FOR A VIRTUALLY PERFECT DAY IN LONDON</strong></td>
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<td><a href="#">Directo</a> and Irish Film Lecturer. Some of these films may be available on Netflix, Amazon Prime, or even YouTube!</td>
<td><a href="#">Click here to watch part #1!</a></td>
<td><strong>LONDON: YOUR ITINERARY FOR A VIRTUALLY PERFECT DAY IN LONDON</strong></td>
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<td>the influences that shaped modern Ireland. Includes some illustrations by Irish artist, David Rooney. <a href="#">Click here to watch part #1!</a></td>
<td><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.</td>
<td>From towering skyscrapers to magnificent palaces, beautiful botanical gardens to eye-popping exhibitions, world-class zoos to giant observation wheels... it's all here.</td>
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<tr>
<td><a href="#">W</a>atching this collection of videos. 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.</td>
<td><a href="#">Click here to watch part #1!</a></td>
<td><strong>LONDON: YOUR ITINERARY FOR A VIRTUALLY PERFECT DAY IN LONDON</strong></td>
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<tr>
<td>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?</td>
<td><a href="#">Click here to watch part #1!</a></td>
<td>From towering skyscrapers to magnificent palaces, beautiful botanical gardens to eye-popping exhibitions, world-class zoos to giant observation wheels... it's all here.</td>
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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 GNoI 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 and 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.

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<th>Monday 13th July</th>
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<td><strong>INTERACTIVE</strong> Live events in which you can interact with CAPA staff and students!</td>
<td><strong>FLORENCE COOKING CLASS</strong> 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 Make the Perfect Bruschetta and Simple Italian Veggies <strong>FLORENCE:</strong> 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</td>
<td><strong>FLORENCE: GLOBAL ROUNDTABLE: FOOD CULTURE</strong> 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 <strong>BARCELONA: CATALAN INDEPENDENCE MOVEMENT – DISCUSSION</strong> 18:30-19:30CEST 11:30-12:30EST 10:30-11:30MDT 8:30-9:30AKDT 6:30- <strong>DUBLIN – IRISH LANGUAGE CLASS: TIME 6PM IST</strong> Learn the basics of the Irish language with Dublin’s Senior Program Coordinator, Hayley Ni Bhriain</td>
<td><strong>SYDNEY: NRL GAME 9AM(+24AEST)/19:00EDT</strong> Watch one of the greatest NRL games. football game and chat with your peers and the Sydney team. Watch this short explainer video before we meet to watch the game together.</td>
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<td>A video showcasing Florence’s rich history and vibrant culinary, artistic, and musical experiences</td>
<td>This video gives a history of the Medici family, who played a crucial role in shaping the Renaissance and Florence’s political power</td>
<td>This TED talk by Kimberlé Crenshaw speaks to the importance of looking boldly at the reality of race and gender bias and</td>
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DUBLIN: WATCH PARTY: IRISH SHORT FILM – YU MING IS AINM DOM
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. Watch here!

FLORENCE:
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!

SUGGESTED self-led activities and resources

FLORENCE: 36 HOURS IN FLORENCE
A video showcasing Florence’s rich history and vibrant culinary, artistic, and musical experiences

FLORENCE: THE RISE AND FALL OF THE MEDICI FAMILY
This video gives a history of the Medici family, who played a crucial role in shaping the Renaissance and Florence’s political power

FLORENCE: THE URGENCY OF INTERSECTIONALITY
This TED talk by Kimberlé Crenshaw speaks to the importance of looking boldly at the reality of race and gender bias and

FLORENCE: THE HISTORY OF THE PAZZI FAMILY
Renaissance was a time of incredible beauty, but also of social conflict and thirst for power. This video recounts the

FLORENCE: TEN THINGS TO KNOW ABOUT THE MEDICI FAMILY
10 amazing facts about the Medici family which will help you understand their importance
<table>
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<th>SYDNEY: HOW LANGUAGE SHAPES THE WAY WE THINK</th>
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<td>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? In this TED talk 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.</td>
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<tr>
<th>DUBLIN: IRELAND’S NATIVE LANGUAGE – IRISH</th>
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<tr>
<td>Not ‘Gaelic’, but ‘Irish’! Language represents an essential component of humanity, revealing so much about culture, heritage, literature, and nearly every human endeavor. In this humorous Tedx Talk, Colm O’Broin debunks some common myths about the Irish Language!</td>
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<th>LONDON: JACK THE RIPPER HISTORY</th>
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<td>Learn about the history of Jack the Ripper</td>
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<th>SYDNEY: SUPERHEROES, BRIDES, AND PETS: AUSTRALIA BRINGS JOY (AND STYLE) TO BIN NIGHT</th>
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<td>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 too. People dressed up and uploaded their videos to a facebook group to spread some joy. Here are some of the best/funniest.</td>
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<tr>
<th>DUBLIN: IRELAND: BBC History of Ireland Documentary</th>
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<tr>
<td>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. Click here to watch part #2!</td>
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<th>LONDON: THE MOST COLOURFUL PEOPLE IN LONDON</th>
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<td>understanding how the two can combine to create more harm.</td>
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<th>SYDNEY: HOW TO SPEAK AUSTRALIAN</th>
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<tr>
<td>If you’re doing a course through our Sydney centre or an internship with an Australian company, you might find this video helpful for interpreting your Australian colleagues or lecturers.</td>
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<th>DUBLIN: TOUR OF THE PRESIDENT’S HOUSE Áras an Uachtaráin</th>
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<tr>
<td>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. Take a virtual tour of Áras an Uachtaráin here! and keep an eye out for his huge dogs – Bróid and Sioda!</td>
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<tr>
<th>LONDON: VIRTUAL TOUR OF THE INTERNATIONAL SLAVERY MUSEUM</th>
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<td>Take a look around the International Slavery Museum’s 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</td>
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<tr>
<th>SYDNEY: AUSSIE CULTURE – 10 THINGS YOU SHOULD KNOW ABOUT AUSTRALIAN CULTURE</th>
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<tr>
<td>Although the last two tips in this video might not be useful for those studying remotely, these tips from an exchange student organisation might help you interact with Australian colleagues.</td>
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<th>DUBLIN: IRISH CULTURE &amp; CUSTOMS</th>
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<tr>
<td>Although some of these tips might not be useful in a remote setting, they may help you when interacting and conversing with Irish colleagues!</td>
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<th>DUBLIN: IRELAND – MUSIc</th>
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<tr>
<td>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! Check out their Instagram here or search #yandeseries on Instagram. Lockdown Sessions on Hot Press website here!</td>
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<th>SYDNEY: PERFORMERS AND THE PANDEMIC</th>
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<tr>
<td>From his carport-turned-studio in Melbourne, Adam Hills introduces this story about the novel, positive and hilarious ways performers have found to keep themselves working and entertained during the COVID-19 pandemic.</td>
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<th>SYDNEY: SIGNIFICANT ABORIGINAL PEOPLE IN SYDNEY</th>
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<tr>
<td>Learn about some Aboriginal historical figures from the Sydney region</td>
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<th>DUBLIN: IRELAND – SPORTS!</th>
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| 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! Find out more about the GAA (including one of the"
Every third Thursday of the month, Old Spitalfields Market is visited by the colourwalkers - a group of vibrantly-dressed folk, who ingeniously craft their own outfits. They love having their photo taken too.

**DUBLIN: IRISH SLANG!**
Get your notebooks out and start jotting down some of the most commonly used slang words and phrases in Ireland that some of our previous CAPA students learned! Have you picked up any slang from your internship supervisor? What about Irish names? Check them out here for a good laugh!

Legacy gallery Journey to Justice former exhibition

fastest field sports in the world, here!
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.

**WEEK 3**

**Theme: Diversity**

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<tr>
<th>Monday 20th July</th>
<th>Tuesday 21st July</th>
<th>Wednesday 22nd July</th>
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<tr>
<td><strong>INTERACTIVE</strong></td>
<td><strong>BARCELONA: SALVADOR DALÍ THEATRE-MUSEUM VISIT 18:30-19:30</strong></td>
<td><strong>FLORENCE: 16:00-17:00 GMT+1 COOKING CLASS: RISOTTO ZUCCHINE AND MINT</strong></td>
<td><strong>FLORENCE: 21:00-21:45 GMT+1 GLOBAL ROUNDTABLE: ITALIAN VS AMERICAN BODY LANGUAGE</strong></td>
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<td><strong>Live events</strong></td>
<td>A virtual tour of the Salvador Dalí’s Museum in Figueres, Spain guided by the Barcelona CAPA staff!</td>
<td>BARCELONA: 18:30-19:30 MOVIE DISCUSSION PERDIENDO EL NORTE Join us for a discussion about this comedy and the effects of the 2008 crisis (make sure to watch the movie beforehand)</td>
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<td>in which you</td>
<td>LONDON: TOOLBOX SESSION: LINKEDIN WITH KATIE LANDER, LONDON INTERNSHIP MANAGER: 11:30AM EDT</td>
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<td>can interact</td>
<td><strong>DUBLIN: BBC History of Ireland Documentary</strong> 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. Click here to watch part #3!</td>
<td>SYDNEY: ASIAN ART AT THE ART GALLERY OF NSW Watch some videos explaining and exploring the collection of Asian art housed at the Art Gallery of New South Wales</td>
<td>SYDNEY: MUSEUM OF CONTEMPORARY ART’S INDIGENOUS COLLECTION Explore the vast collection of Indigenous Australian art at the Museum of Contemporary art. Click on the images to learn more about them!</td>
<td>SYDNEY: BANGARRA DANCE STUDIO’S ‘RILEY AND CLOUD’ Watch the dance and interview with choreographer Michael Riley working for Sydney’s Indigenous dance company Bangarra</td>
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<td>with CAPA staff</td>
<td><strong>FLORENCE: WHY PASTA COMES IN ALL SHAPES AND SIZES</strong> A TED talk 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.</td>
<td>SYDNEY: BARANI. SYDNEY’S ABORIGINAL HISTORY. The City of Sydney Council has compiled a fantastic resource</td>
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<td><strong>FLORENCE: IT’S (PAST) TIME TO APPRECIATE CULTURAL DIVERSITY</strong> In this TED talk Hayley Yeates explains, with tart humour, why investing in cultural diversity is just as important as fostering gender diversity</td>
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**DUBLIN: BBC History of Ireland Documentary**

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.

Click here to watch part #3!
SYDNEY: AND NOW, THE SECOND DECADE OF THE WHITE RABBIT COLLECTION
A virtual tour of the White Rabbit Gallery. The White Rabbit Gallery is one way to get to know Sydney’s Chinese influence.

FLORENCE: THE MOST DANGEROUS GAME OF FOOTBALL | HISTORICAL SOCCER
Watch this video 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.

LONDON: LONDON THROUGH THE LENS OF BLACK HISTORY
London is a city filled with history. From the birth of musical legend Sammi Coleridge-Taylor in Holborn to the 1981 uprisings in Brixton, the capital holds some of the most significant moments in Black British History. Take a trip down memory lane through these iconic London sites.

BARCELONA: PERDIENTO EL NORTE VIEWING

for learning about Aboriginal peoples in the Sydney area past and present. Explore the map, watch videos explaining the significance of different areas, and read stories of Sydney’s Aboriginal history

FLORENCE: THIS IS ITALY
A video exploring the idea that Italy is a state of mind

DUBLIN: HISTORY OF PRIDE
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! Watch the video here.

DUBLIN: HOW UNCOMFORTABLE CONVERSATIONS CAN SAVE LIVES: LGBTI+ Conversations
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

THE CAPA WORLD BLOG IS A FANTASTIC RESOURCE FOR STUDENTS
Click here to browse our blogs and articles on civil rights.

DUBLIN: HERSTORY
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. Read the stories here!

DUBLIN: PAVEE POINT
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

DUBLIN: SHORT FILM: YOUNG DUBLIN
This evocative film features a diverse group of young people, describing what they love about the country, their thoughts on the new chapter of

SYDNEY: POETRY IN FIRST LANGUAGES
Watch a video about the Poetry in First Languages project which facilitates the writing of poetry in Aboriginal languages. Then read some of the poems!

DUBLIN: EXPLORING OUT CATHEDRAL AND CHURCHES
Ireland is home to some of the most beautiful cathedrals and churches in the world. You can do a virtual tour of St. Patrick’s Cathedral and Christ Church Cathedral in Dublin – they’re located just a short walk from the CAPA Dublin Centre!

DUBLIN: GALLERY OF PHOTOGRAPHY IN IRELAND
Gallery of Photography Ireland is the leading voice for photographic practice in Ireland. We are the Sydney area's most popular tourist attraction. Take a virtual tour of the famous building.

DUBLIN: MOMENTS OF RECONCILIATION | PAUL KEATING’S REDFERN ADDRESS
In December 1992, Prime Minister Paul Keating launched Australia’s program for the International Year of the World’s Indigenous People with this now-famous address to a largely Indigenous crowd at Redfern Park in Sydney.

DUBLIN: VISIT THE CLIFFS OF MOHER!
The Cliffs of Moher are located in County Clare, in the West of Ireland. Do a virtual tour here! 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!

DUBLIN: RECOMMENDED MOVIE:
DATING AMBER (may be available on Amazon Prime)
Two Irish high school students decide to start a pretend straight relationship in an effort to “fit in”. Humorous,
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<th>Watch <em>Perdiendo el Norte</em> to prepare for the Movie Night Discussion</th>
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<td><strong>DUBLIN: PANTI’S NOBLE CALL</strong> This was one of the most important speeches on homosexuality and homophobia in Ireland, and set Ireland up for the Marriage Equality Referendum in 2015. 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></td>
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<td>Traveler 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></td>
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<td>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</td>
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<td>light-hearted film released in 2020, but set in the early 1990s in Ireland.</td>
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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!

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<th>Monday 27th July</th>
<th>Tuesday 28th July</th>
<th>Wednesday 29th July</th>
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<td><strong>INTERACTIVE</strong></td>
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<td>Live events</td>
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<td>18:00-17:00 GMT+1 COOKING CLASS: SPAGHETTI GARLIC, OLIVE OIL, HOT CHILI</td>
<td>16:00-17:00 GMT+1 COOKING CLASS: SPAGHETTI GARLIC, OLIVE OIL, HOT CHILI</td>
<td>21:00-21:45 GMT+1 GLOBAL ROUNDTABLE: ITALIAN MOVIE (WATCH &amp; TALK)</td>
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<td>in which you can interact with CAPA staff and students!</td>
<td><strong>FLORENCE:</strong> WHERE IS HOME? More and more people worldwide are living in countries not considered their own. In this TED talk writer Pico Iyer -- who himself has three or four &quot;origins&quot; -- meditates on the meaning of home, the joy of traveling and the serenity of standing still.</td>
<td><strong>FLORENCE:</strong> WHAT CORONAVIRUS MEANS FOR THE GLOBAL ECONOMY &quot;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,&quot; says Ray Dalio, founder of Bridgewater Associates in this TED talk. 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</td>
<td><strong>FLORENCE:</strong> DON'T ASK WHERE I'M FROM, ASK WHERE I'M LOCAL When someone asks you where you're from ... do you sometimes not know how to</td>
<td><strong>DUBLIN:</strong> IRELAND &amp; THE RECESSION. 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. So where's the rage?</td>
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<td><strong>FLORENCE:</strong> THE STORY BEHIND CHINA AND ITALY'S NEW ALLIANCE 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 Joumanna Bercetche reports from Rome</td>
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| Florence, Italy | The Extraordinary Commonplace  
This video encourages us to move on from the commonplaces and find out the strengths of the country      |
| Florence, Italy | The Fifth Element  
This video shows us that Italy has always mastered the art of transforming raw materials into excellent products that are exported all over the world. |
| Sydney         | The First Arrival of Vietnamese Refugees by Boat  
Learn about the first Vietnamese refugees to arrive in Australia by boat |
| Barcelona      | El Ciudadano Ilustre Viewing  
Watch El Ciudadano Ilustre to prepare for the movie night discussion |
| Dublin         | Traditional Irish Pancakes – Boxy!  
Boxy 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! Get the recipe here. |
| Dublin         | Globalisation and Its Impacts on Ireland  
Reform the systems that help grow our economy |
| Dublin         | Annual Report on Migration and Asylum in Ireland  
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 here. |

**Dublin: The Impact of EU Membership on Irish Life.**
Read about some of the ways EU policy, legislation and funding has helped improve Irish life [here](#).**Dublin: Traditional Irish Pancakes – Boxy!**
Boxy 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! [Get the recipe here](#).**Dublin: Globalisation and Its Impacts on Ireland**
Reform the systems that help grow our economy**Sydney: Waves of Australian Migration**
Watch this video about the different waves of migration which made Australia one of the most multicultural countries in the world.**Dublin: Annual Report on Migration and Asylum in Ireland**
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 [here](#).
| virtual tour over the Docklands here! |   |   |   |
### 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.

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<th>Monday 3rd August</th>
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<th>Thursday 6th August</th>
<th>Friday 7th August</th>
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<td><strong>INTERACTIVE</strong></td>
<td><strong>FLORENCE:</strong> Global Roundtable</td>
<td><strong>ALL:</strong> SCAVENGER HUNT</td>
<td><strong>BARCELONA:</strong> SUPERILLES AND WALKABLE CITIES</td>
<td><strong>SYDNEY:</strong> RESILIENT CITIES 16:00-17:00 PST</td>
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<tr>
<td>Live events in which you can interact with CAPA staff and students!</td>
<td><strong>FLORENCE:</strong> TALK – IS ITALIAN CINEMA STILL ALIVE? 21:00-22:00 GMT+1</td>
<td><strong>Join us for a discussion about Barcelona city’s planning and walkable cities</strong></td>
<td><strong>FLORENC</strong>E: 16:00-17:00 GMT+1 Cooking Class: Tiramisu</td>
<td>Join us for a discussion about Sydney’s role in the global Resilient Cities initiative.</td>
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<td><strong>LONDON:</strong> LONDON’S CANALS AND WATERWAYS Have a look through London’s gorgeous canals and waterways</td>
<td><strong>FLORENCE:</strong> ITALY: MEDICI SIGHTS: RICK STEVE’S EUROPE This tour takes us through Florence, the epicenter of the Renaissance.</td>
<td><strong>FLORENCE:</strong> MEET FLORENCE 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>!</td>
<td><strong>DUBLIN:</strong> FAMOUS HISTORICAL STATUES 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</td>
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<td><strong>SUGGESTED</strong> Suggested self-led activities and resources</td>
<td><strong>FLORENCE:</strong> FROM FLORENCE TO HUMANS</td>
<td><strong>DUBLIN:</strong> DAVID ROONEY LIVE MUSIC GIG! TIME 7pm IST</td>
<td><strong>FLORENCE:</strong> THE HIDDEN PAST OF CAPA FLORENCE’S LITTLE SQUARE As it is house in a 14th century piazza, the now CAPA centre in Florence has seen a lot of history! Watch this video about the</td>
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Sydney is big on public art. In **PUBLIC ART PROJECTS** click here to watch part #5!

Some illustrations by Irish modern Ireland. Includes influences that shaped events, the people and the continents, tracing the Keane travels across three of the wider world. Over the course Ireland and its impact on the part documentary series **The Story of Ireland** is a five Ireland Documentary.

**DUBLIN: BBC History of Ireland Documentary**
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. [Click here to watch part #5!](#)

**DUBLIN: THE LIBERTIES**
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 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! 

**Dublin’s Famous Statues!**

**FLORENCE: FLOOD OF 1966**
*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 aae 21:42 on 4 November 1966, the ANSA sums up the flood in Florence reconstruction of the destroyed church of San Pier Maggiore, Florence.*

**DUBLIN: PHOTOS BY THE FRONT DOOR**
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 short video about the project [here](#) and see Julia’s Instagram [here](#).

**FLORENCE: FROM ANCIENT CITY TO ‘GLOBAL’ CAPITAL**
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.

**DUBLIN: SUSTAINABLE SYDNEY**

**Barcelona: Walk Through the City**
Enjoy relaxing strolls through La Rambla, Raval, and see Barcelona from above

**London: Secret’s of London’s Bridges**
Learn about London’s bridges here

**Sydney: Vivid Sydney**
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. See the highlights from last year [here](#)

**Sydney: Architecture in Focus – One Central Park**
Learn about Sydney’s living building and the design considerations which made it happen

**Dublin: Take a Stroll Though Dublin**
Take a stroll through [this Google Map](#) that was created by CAPA Dublin’s Global Cities Professor, Dr Darren Kelly to get a feel for Dublin city centre!

**Florence: Quarantine in Florence**
A drone shoots deserted Florence during the COVID19 pandemic

**Florence: Quarantine Mood**
This [video](#) documents real life scenes during the quarantine in Rome, looking for the beauty and poetry of reality

**Dublin: The Great Fire of London**
In 1666, a devastating fire swept through London, destroying 13,200 houses, 87 parish churches, The Royal Exchange, Guildhall and St. Paul’s Cathedral. **So how did it happen?**

**Sydney: Sustainable Sydney**
Read about the City of Sydney’s sustainability plans

**Dublin: The Liberties**
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 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! **Dublin’s Famous Statues!**

**Flood of 1966**
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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. Read about the fascinating history of the Liberties here.
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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<thead>
<tr>
<th>Monday 10th August</th>
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| **INTERACTIVE**  
Live events in which you can interact with CAPA staff and students! | **FLORENCE: FAREWELL VIDEO CALL FOR GANZO AND FRIENDME STUDENTS** | **BARCELONA: 18:30-19:30 LEARNING A FOREIGN LANGUAGE AND PLANNING FOR THE FUTURE**  
Join us for a discussion about learning a foreign language and going abroad!  
**DUBLIN: GOODBYE CALL WITH STUDENTS AND STAFF: TIME TBC** | **BARCELONA: 18:30-19:30 FAREWELL FROM THE BARCELONA TEAM**  
Adéu y ¡Hasta luego! We hope to see you in Barcelona soon! |
| **SUGGESTED**  
Suggested self-led activities and resources | **SYDNEY: HOW YOU CAN USE IMPOSTER SYNDROME TO YOUR BENEFIT**  
In this TED talk 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. | **FLORENCE: WHITE SHOE – SALVATORE FERRAGAMO MUSEO**  
An animated short film inspired by the life and work of Salvatore Ferragamo | **FLORENCE: WINERY OF THE YEAR 2020 | FRESCOBALDI**  
Learn about the winery of the year!  
**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.  
Watch her Ted Talk here | **ALL: HOW GLOBAL HAVE YOU BECOME? SEND US YOUR SHORT REFLECTION ABOUT YOUR EXPERIENCES WITH MGC TO EARN AN ADDITIONAL CERTIFICATE.** |
| **FLORENCE: SCARPPELLI MOSAICS**  
The Tuscan bottega Scarpelli continues a family long tradition working with mosaics going back all the way to Italian Renaissance | **BARCELONA: TORTILLA DE PATATAS – COOKING SPANISH CUISINE** | | | |
### Volunteering Opportunities

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

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<th>Task</th>
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| Dublin   | Letter Writing / Befriending (anonymously!) | 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.  

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. |
| Global   | Penguin Watch | 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.  

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.  

https://volunteerdlr.ie/portfolio-items/penguin-counter-with-zooniverse/ |
| Dublin   | Transcribing/Indexing Deeds | 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.  

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. |
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| Sydney   | Help museums, NFPs and charities by transcribing old documents into digital formats | Join a virtual expedition of:  
- Collection labels: capture data from specimen and object labels to make it accessible for scientific and cultural research  
- Historical documents: transcribe text and capture data from historical documents to make them digitally accessible  
- Wildlife Spotting: identify and tag images of animals and collection objects to support information discovery and research  
https://digivol.ala.org.au/#/expeditionList |
| Global   | Help map areas for humanitarian organisations | 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.  
https://www.missingmaps.org/ |
| Global   | Use your second language to translate important information | Translators without Borders is a non-profit working towards a world where knowledge knows no language barriers.  
https://translatorswithoutborders.org/ |
| Global   | Help identify and measure features on the surface of Mars | 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!  
https://www.zooniverse.org/projects/mschwamb/planet-four/about/research |
| Global   | Help blind and low vision people through video calls | 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.  
https://www.bemyeyes.com/ |
| Global   | Help develop detailed maps for the community! | 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.  
https://mapswipe.org/get-involved.html |