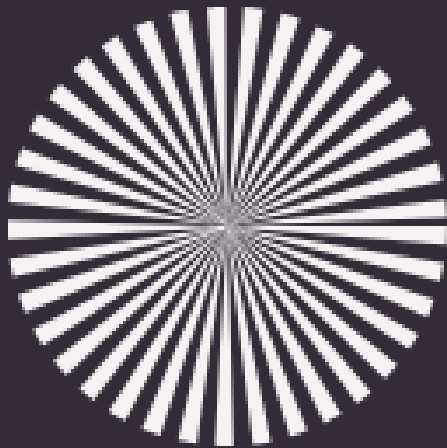


#STAYATHOME GUIDE

SURVIVER'S GUIDE TO STAYING AT HOME IN
THE TIME OF CORONAVIRUS

RPA Summer 2020



CULTURE CLUB
MARBELLA

ART (1-3)

GUIDE TO ONLINE
MUSEUMS, SELECT
GALLERIES AND
STREETART

OPERA & BALLET (4)

OPERA, BALLET, DANCE

MUSIC (5-6)

FROM CLASSICAL TO JAZZ

LITERATURE (7)

READ LIKE BILL GATES

TRAVEL (8)

SEE THE WORLD AROUND



COMPLETE CULTURE GUIDE TO PROLONGED PERIODS OF LOCKDOWN

LEARNING (9-11)

READING PLATFORMS,
COOKING CLASSES,
PIANO LESSONS,
VARIOUS COURSES FROM
IVY LEAGUE SCHOOLS &
MORE

HEALTH (12-13)

FITNESS & SPORTS GUIDE,
MINDFULNESS, YOGA,
MEDITATION, BEAUTY

KIDS (14)

HOW TO KEEP THEM BUSY

USEFUL TIPS (15)

Art: Museums

VIRTUAL TOURS OF SOME OF THE BEST MUSEUM COLLECTIONS AT A CLICK OF A BUTTON

- [🔗 - Metropolitan Museum of Art , New York](#)
- [🔗 - Guggenheim Museum, New York](#)
- [🔗 - Van Gogh Museum, Amsterdam](#)
- [🔗 - Rijksmuseum, Amsterdam](#)
- [🔗 - Louvre, Paris](#)
- [🔗 - Musée d'Orsay, Paris](#)
- [🔗 - British Museum, London](#)
- [🔗 - Uffizi Gallery, Florence](#)
- [🔗 - Museu de Arte de São Paulo, San Paulo](#)



Art: Galleries

VIRTUAL TOURS OF SOME SELECT GALLERIES

- [- National Gallery of Victoria, Australia:
KEITH HARING | JEAN-MICHEL BASQUIAT: CROSSING LINES](#)
- [- Tate Modern, London:
ANDY WARHOL](#)
- [- Hauser & Worth, London:
LOUISE BOURGOIS - DRAWINGS 1947-2007](#)
- [- Arts & Culture, Google Project:
FRIDA KHALO - FACES OF FRIDA](#)
- [- The National Gallery, London:
TITIAN - LOVE, DESIRE, DEATH](#)
- [- Musée de l'Orangerie, Paris:
MONET WATER LILIES](#)



StreetArt

STREET ART CITY TOURS AND MORE

- [- Street Art Cities](#)
- [- Street Art in Mexico](#)
- [- Graffiti General, Paris](#)
- [- Street Art with Google](#)
- [- Street Art Creator \(design your own graffiti\)](#)
- [- Download The Banksy Bristol Trail app](#)



Opera & Ballet

BEST OPERA AND BALLET PERFORMANCES FROM THE
WORLD'S FINEST STAGES

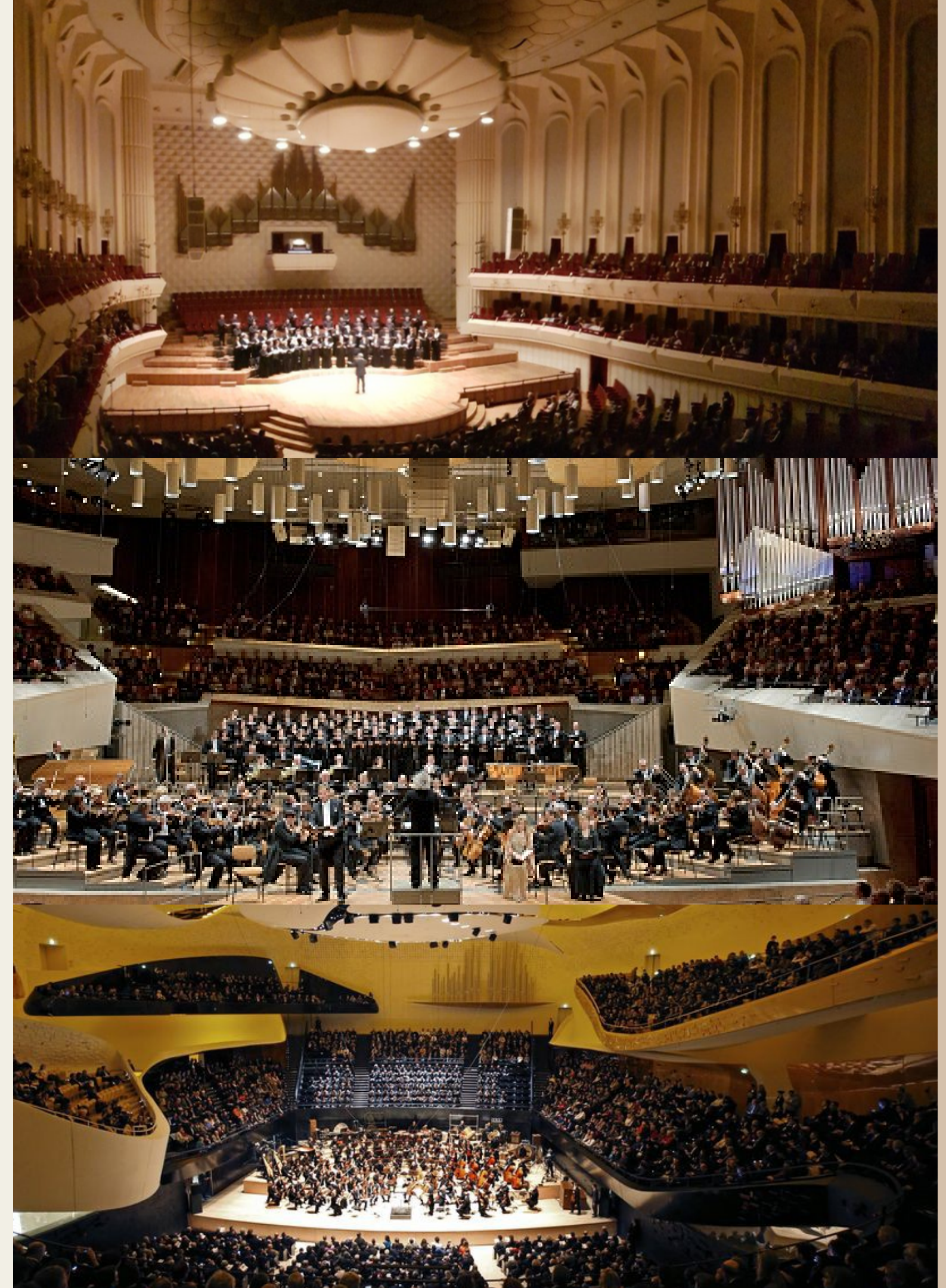
-  - The Bolshoi Theater, Moscow
-  - Mariinsky Theater, St Petersburg
-  - Teatro alla Scala, Milan
-  - The Met Opera, New York
-  - Palais Garnier, Paris
-  - The Wiener Staatsoper, Vienna
-  - Broadway Musicals
-  - Royal Opera House, London



Classical Music

ONLINE CONCERT HALLS AND ORCHESTRAS

-  - Berliner Philharmoniker
-  - Detroit Symphony Orchestra
-  - Moscow State Philharmonic
-  - Barcelona Symphony Orchestra
-  - Wigmore Hall, London
-  - Philharmonie de Paris



Jazz

ONLINE CONCERT HALLS AND ORCHESTRAS

-  - Jazz at Lincoln Centre
-  - Detroit Jazz Fest
-  - Montreux Jazz Festival
-  - Village Vanguard
-  - The Kenndey Center Digital stage
-  - SF Jazz (every Friday)



Literature

SELECTED FREE ONLINE READING PLATFORMS

-  - The New York State Library
-  - Verso Books
-  - Haymarket Books
-  - UNESCO library
-  - PublicLiterature.org
-  - Project Gutenberg
-  - Library of Congress
-  - Audio Books



Virtual Travels

EXPLORE THE WORLD FROM YOUR SOFA

- [- 360' cities - globetrotter's heaven](#)
- [- The Vatican City tour](#)
- [- National Parks of the World](#)
- [- How about some SPACE travel with NASA](#)
- [- World's best dive sites](#)
- [- Visit Mahabalipuram, India \(UNESCO\)](#)
- [- Visit the Great Wall of China](#)
- [- Climb the Machu Picchu, Peru](#)
- [- Full tour of the Grand Canyon, USA](#)



Learning Curve

IT'S NEVER TOO LATE TO LEARN MORE

-  - 450 FREE online Ivy league courses
-  - FREE photography courses
-  - Duolingo
-  - Sotheby's Institute of Art
-  - Coursera
-  - Piano Nanny
-  - Complexity
-  - MasterClass



Mindfulness

FREE YOUR MIND OF STRESS AND WORRY

-  - Mindvalley - mindfulness central
-  - Breethe - free meditations
-  - Mindful - Healthy mind, healthy life
-  - Calm - center yourself
-  - Headspace - clear your mind and soul
-  - Happify - change your habits
-  - Voice of Ecstasy - let the magic unfold



Cooking Classes

BECOME THE MASTERCHEF OF YOUR OWN KITCHEN

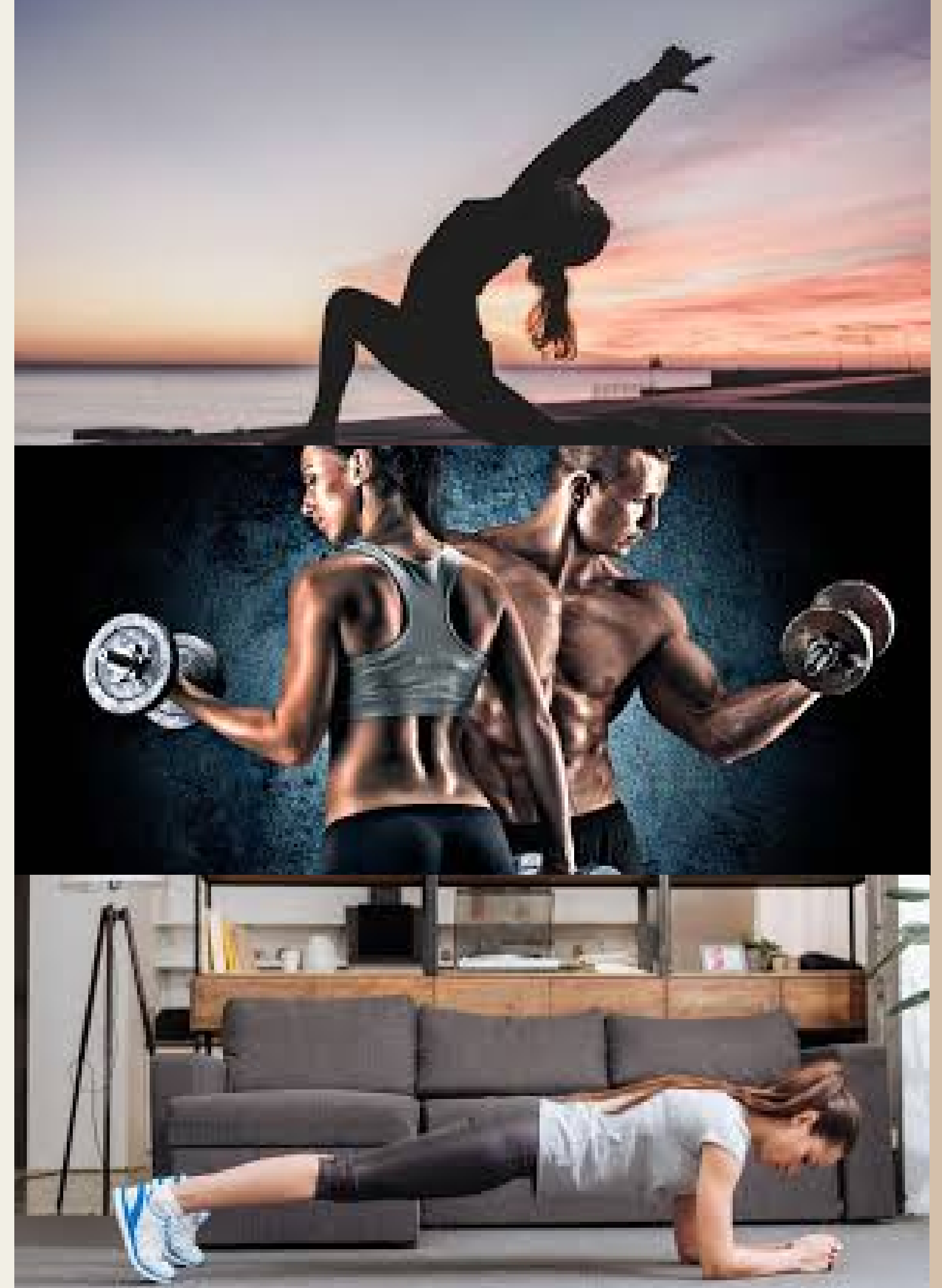
-  - Gordon Ramsay's Masterclass
-  - Kitchn cooking school
-  - CakeFix
-  - Cooking (with New York Times)
-  - Vegan Chef School
-  - Martha Stewart recipes
-  - Herbalism for longevity
-  - Cook without gluten



Fitness & Health

DAILY TRAINING IN TIME OF LOCKDOWN

-  - Strength Lab Marbella - personal programs
-  - UP Fitness - daily instagram classes
-  - Light Center - yoga & pilates classes
-  - Core power yoga on demand
-  - Daily Burn
-  - CrossFit (at home)
-  - Pilates any time
-  - The body coach -Joe Wicks



Beauty & Wellbeing

WE STILL DESERVE TO FEEL AND LOOK BEAUTIFUL

-  - Face Gym - highly necessary
-  - Beauty tricks easy to apply at home
-  - In Style Magazine beauty tips
-  - Detox program with Organic with Love
-  - Vogue Magazine beauty secrets
-  - Diet Doctor
-  - Boost your immune system
-  - Learn about and practice tantric sex



For the kids

KEEPS KIDS ENTERTAINED AND HAPPY

- [🔗](#) - Harry Potter World
- [🔗](#) - Audio books for kids
- [🔗](#) - Angry Birds VR games
- [🔗](#) - Over 50,000 free coloring pages for kids
- [🔗](#) - Yoga for kids
- [🔗](#) - 58 activities to do with kids at home
- [🔗](#) - Play with Google 3D animals



Useful Tips

SOME SITES WE LIKE

Here are
some
practical
sites for life
hacks,
finance,
music,
comedy,
news, chats,
etc.



LIFEHACK



COMEDY CENTRAL



REVOLUT



ZOOM



TED TALKS



EURONEWS



HOW TO: ACADEMY



SPOTIFY



That too shall
pass...

#stayhome
#quedateencasa

...In the meantime join
Culture Club Marbella
and follow us on
Instagram at
@cultureclubmarbella
for regular cultural
updates.

Stay tuned for our
program when the
lockdown is lifted

www.cultureclubmarbella.com