

# WHAT'S UP

APR 2020



Quarantine Lifestyle  
SPECIAL EDITION

## A NOTE FROM THE THERITAGE TEAM

The coronavirus pandemic is unprecedented, it has shown the vulnerability of our society but also its most committed, supportive and responsible side. In today's world we are accustomed to socializing, going out and enjoying travelling but the world has understood that it is time to stay at home, to take care of our loved ones and ourselves.

No one is indifferent to the effects of this pandemic and neither are we at Theritage. Over the last few weeks practically every country in the world has first established recommendations, then restrictions and finally prohibitions. Governments are trying to stop the spread of the virus and one of the ways to do this is by asking people to stay home.

Facing these challenges, our team now working from home, has compiled a Quarantine Lifestyle issue, to ease the time spent at home, seeking ways to somehow bring you a sense of normality, ideas to reinvent yourself or to keep you entertained in these extreme times.

Our team wishes your families, loved ones and friends all the best for the times ahead.

STAY HEALTHY, STAY HOME

ONLINE EVENTS TRAVEL ONLINE CLASSES INTERACTIVE APPS

MINDFULNESS READ-ON NETFLIX & CHILL

## FOLLOW THE LINKS

The Theritage Concierge What's Up is a user-friendly interactive document, that allows you to not only navigate through the document easily, but also link you directly to the webpage of the event or venue. The above topic boxes will take you to each related section, in each section you will find a "back to the top" box, which will also bring you back to the topic index. You can access the website of each venue by simply clicking the venue box, which will automatically redirect you.

WORKS BETTER LANDSCAPE



# ONLINE EVENTS

## MUSEUMS

HERITAGE CONCIERGE



### GALERIA UFFIZI - FLORENCE

The 16th-century halls of The Uffizi Gallery are available for exploring via Google Maps. One of the world's most prominent museums, its Italian Renaissance collection is unmatched.



### VATICAN MUSEUM - ROME

The Vatican Museums feature 360° tours of several iconic works of art, including Michelangelo's breathtaking ceiling of the Sistine Chapel.



### THE NATIONAL ARCHAEOLOGICAL MUSEUM - ATHENS

The National Archaeological Museum, founded at the end of the 19th century is, not only the largest archaeological museum in Greece, but its collection of Ancient Greek art is considered one of the finest in the world.



### PINACOTECA DE BRERA - MILAN

The Pinacoteca di Brera is the main public gallery for paintings in Milan, containing one of the foremost collections of Italian paintings, an outgrowth of the cultural program of the Brera Academy, which shares the site in the Palazzo Brera.



### ACROPOLIS MUSEUM - ATHENS

Acropolis Museum in Athens, Greece, is home to archaeological artifacts spanning from nearly 5,000 years ago found on the nearby Acropolis, home to the Parthenon— both the ruins and the neighboring museum are free to explore virtually on Google Maps.



### LOUVRE MUSEUM - PARIS

The world's largest art museum, The Louvre in Paris offers free virtual tours (Flash required) of several of its most popular exhibits online.



### MUSÉE D'ORSAY - PARIS

Housed in a former railway station, in the Musée d'Orsay museum you can explore online some of its collection: mostly French art dating from the mid-19th and early 20th centuries.



### RIJKSMUSEUM - AMSTERDAM

Dutch national art museum and home to the largest collection of masterpieces by Dutch artists like Rembrandt and Vermeer. The museum counted nearly 3 million visitors in 2019, but you can check out the collection from the comfort of your quarantine.



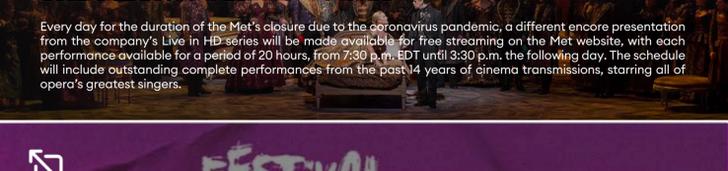
### MUSEO NACIONAL DE ANTROPOLOGÍA - MEXICO

The national museum of Mexico, Museo Nacional de Antropología is the largest and most-visited in the country. It's best known for its vast collection of pre-Columbian era artifacts from current-day Mexico, as well as those from former Mexican territory in the southwest U.S.



### FRIDA KAHLO MUSEUM - MEXICO

Tour the Frida Kahlo Museum, also known as the Blue House, in Mexico City.



### BRITISH MUSEUM - LONDON

The world's oldest national public museum is another space that has partnered with Google Arts & Culture to showcase a virtual, interactive gallery. Visitors can roam the halls of the museum, peruse the exhibits and see famous objects like the Rosetta Stone, the Parthenon sculptures and Egyptian mummies.



### TATE MODERN - LONDON

London's Tate Modern is known for its collection of modern and contemporary art spanning from 1900 to the present day work.



### METROPOLITAN MUSEUM - NEW YORK

An award-winning series of six short videos invites viewers around the world to virtually visit The Met's art and architecture in a fresh, immersive way. Created using spherical 360° technology, allowing viewers to explore some of the Museum's iconic spaces.



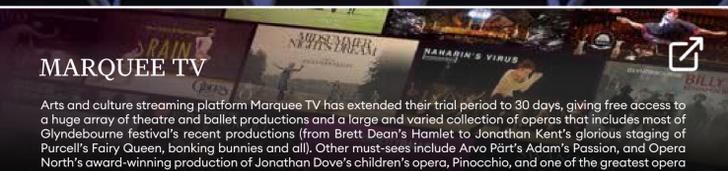
### HERMITAGE MUSEUM - ST. PETERSBURG

The State Hermitage Museum. The collection of the State Hermitage includes more than three million works of art and artifacts of the world culture.



### NATIONAL GALLERY OF ART - WASHINGTON DC

Explore the National Gallery of Art's extraordinary collection; over 124000 works from the Renaissance to the present by over 13000 artists.



### PRADO MUSEUM - MADRID

The Prado Museum officially known as Museo Nacional del Prado, is the main Spanish national art museum, located in central Madrid, housing the most comprehensive collection of Spanish painting in the world.

## CONCERTS

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### THE METROPOLITAN OPERA

Every day for the duration of the Met's closure due to the coronavirus pandemic, a different encore presentation from the company's Live in HD series will be made available for free streaming on the Met website, with each performance available for a period of 20 hours, from 7:30 p.m. EDT until 3:30 p.m. the following day. The schedule will include outstanding complete performances from the past 14 years of cinema transmissions, starring all of opera's greatest singers.



### FESTIVAL MÚSICA EM CASA

From the 20th to the 29th March, the Instagram account will be broadcasting 5 shows a day, 30min each show, happening everyday from 19h to 21h30 (GMT+3). Each artist will perform live from their home, showcasing it on their Instagram page. Names such as Michel Teló, Sandy, Maneva, Guga Nandes, Juan Marcos & Vinícius and many others, will be part of the free initiative to keep us all entertained at home.



### THE GSTAAD MENUHIN FESTIVAL AND ACADEMY

The Academy has an online space where you can watch performances, backstage interviews and masterclasses from previous festivals. Registration is required, but this will also enable the non-German speakers among us to access the English-language version of the written content.



### BERLIN'S PIERRE BOULEZ SAAL

Intermission series features a regularly updated selection of past concerts each available for two or three days. This week you can see the Belcea Quartet performing Haydn, Dvorák & Ligeti (available from Monday 23 March 6pm) and a 2017 Daniel Barenboim Schubert recital (Wednesday 25 March, 6pm)



### VIENNA STATE OPERA

Vienna State Opera has opened its archives and is offering a different opera available to watch each day, for free, via its streaming platform. Today's offering (16 March) is Adam Fischer conducting Das Rheingold in a performance recorded in 2016; you can catch the rest of the Ring cycle later this month, plus from Falstaff to Figaro and Eötvös's Tri Sestry (Three Sisters).

## THEATERS, DANCE & COMEDY

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### BROADWAY HD

Broadway livestreaming HD offers full-length shows and performances such as: Cats (1998), Swan Lake (2015) or Sweeney Todd (1982). Before a monthly or yearly subscription, a seven-day free trial will be given.



### TEATRO ABERTO

Teatro Aberto suspended the show "Alma", by Tiago Correia, winner of the Grand Prix of Portuguese Theater SPAutores / Teatro Aberto, but will walk more open than ever by bringing the theater to the digital world. From Thursday, every night at 21h00, you can watch streaming videos of some shows that were on stage at Teatro Aberto, directly from the official website.



### MARQUEE TV

Arts and culture streaming platform Marquee TV has extended their trial period to 30 days, giving free access to a huge array of theatre and ballet productions and a large and varied collection of operas that includes most of Glyndebourne festival's recent productions (from Brett Dean's and Harriet to Jonathan Kent's glorious staging of Purcell's Fairy Queen, bonking bunnies and all). Other must-sees include Arvo Pärt's Adam's Passion, and Opera North's award-winning production of Jonathan Dove's children's opera, Pinocchio, and one of the greatest opera events of the last decade: Aldeburgh festival's outdoor production of Peter Grimes, staged on the beach where Britten's opera is set.

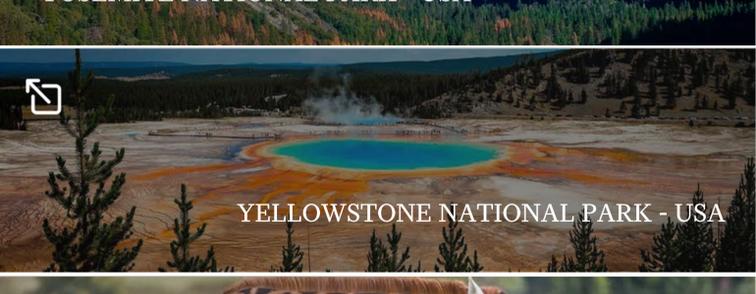
### CLUB QUARANTINE

COVID-19 has closed nightclubs, but the queer party goes on at club quarantine, arriving as an antidote to the social-distancing loneliness. It's a dance party geared toward the queer community, hosted every night from 9 p.m. to 12 a.m. EST on the video conferencing platform Zoom. Entry is free, there's no dress code and no line to get in. The venue is accessible to anyone in the world, as you have the code posted in the @clubquarantine Instagram bio every day. There's even a virtual bouncer - you'll be "clicked out" of the party for any kind of hate speech.

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# TRAVEL FROM THE SOFA



YOSEMITE NATIONAL PARK - USA



YELLOWSTONE NATIONAL PARK - USA



SAN DIEGO ZOO - USA



GEORGIA AQUARIUM - USA



PALACE OF VERSAILLES - FRANCE



ACROPOLIS - GREECE



MARS THROUGH 3D - 360° IMAGES

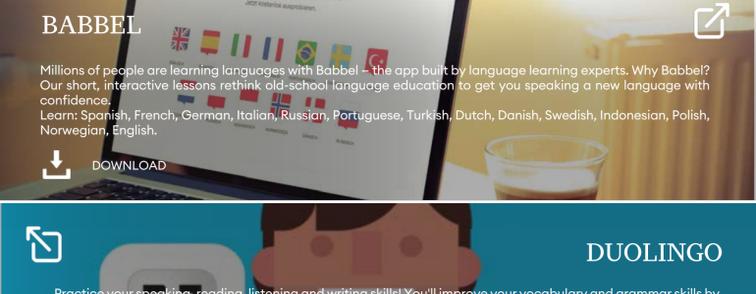


THE GREAT WALL OF CHINA - CHINA

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# ONLINE CLASSES



## LANGUAGES

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BABELL

Millions of people are learning languages with Babbel – the app built by language learning experts. Why Babbel? Our short, interactive lessons rethink old-school language education to get you speaking a new language with confidence. Learn: Spanish, French, German, Italian, Russian, Portuguese, Turkish, Dutch, Danish, Swedish, Indonesian, Polish, Norwegian, English.

[DOWNLOAD](#)



DUOLINGO

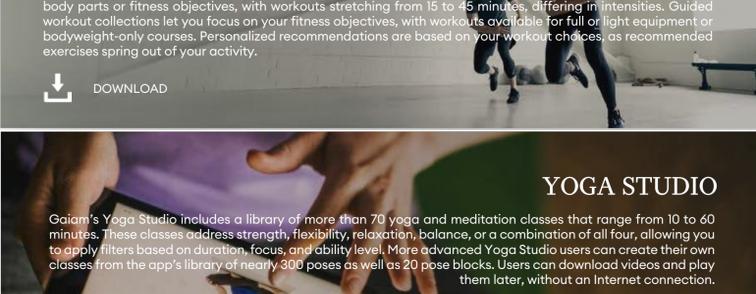
Practice your speaking, reading, listening and writing skills! You'll improve your vocabulary and grammar skills by answering questions and completing lessons. Start with basic verbs, phrases, and sentences, and learn new words daily. Learn: Spanish, French, German, Italian, Russian, Portuguese, Turkish, Dutch, Irish, Danish, Swedish, Ukrainian, Esperanto, Polish, Greek, Hungarian, Norwegian, Hebrew, Welsh, English, Arabic and Latin.

[DOWNLOAD](#)



## EXERCISE

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8FIT

8fit customized workout and meal plans to help you reach your wellness goals, through 15-20 minutes workouts, that can be done at home without special equipment. In addition to custom workout plans, 8fit provides delicious, wholesome nutrition plans, based on your dietary needs and preferences, through a selection of different languages: English, Spanish, German, French, Portuguese and Italian.

[DOWNLOAD](#)



NIKE TRAINING CLUB

Nike Training Club takes the freemium workout approach, offering a vast workout library, with exercises aimed at body parts or fitness objectives, with workouts stretching from 15 to 45 minutes, differing in intensities. Guided workout collections let you focus on your fitness objectives, with workouts available for full or light equipment or bodyweight-only courses. Personalized recommendations are based on your workout choices, as recommended exercises spring out of your activity.

[DOWNLOAD](#)



YOGA STUDIO

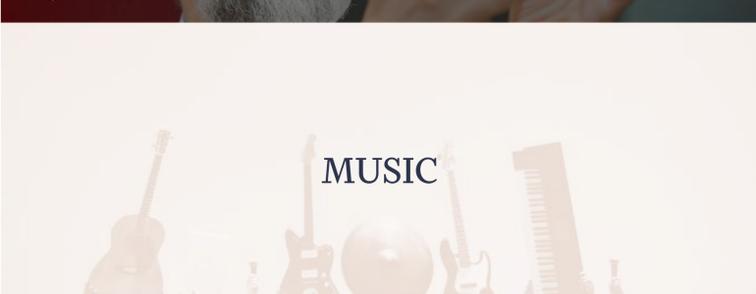
Gain's Yoga Studio includes a library of more than 70 yoga and meditation classes that range from 10 to 60 minutes. These classes address strength, flexibility, relaxation, balance, or a combination of all four, allowing you to apply filters based on duration, focus, and ability level. More advanced Yoga Studio users can create their own classes from the app's library of nearly 300 poses as well as 20 pose blocks. Users can download videos and play them later, without an Internet connection.

[DOWNLOAD](#)



## COOKING

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ALLRECIPES

Get dinner on the table with less fuss and more fun! The Allrecipes Dinner Spinner app gives you instant access to 50,000 amazing recipes with photos, videos, ratings and reviews. Access your personalized food feed (an, packed with trending and seasonal recipes, easily create custom collections to organize and share favorite recipes by theme, and create your personal "Cook's Profile" to share favorite recipes.

[SHARE](#)



FORKS OVER KNIVES

After immersing himself in learning about the disease-reversing power of a plant-based diet, Brian understood the evidence was strong, yet the overwhelming majority of the population had no idea that this simple change could have such a drastic impact. In 2009, he began work on a documentary film: Forks Over Knives, broadcasted on Netflix, which soon became a hit. The accompanying book became a New York Times No. 1 bestseller. Since 2011, Forks Over Knives has released four additional books, launched a mobile recipe app and maintains a website filled with the latest research, recipes, and tools to help plant-based journeys. The team has grown and launched a cooking course, a meal planner, a line of food products, and a magazine.

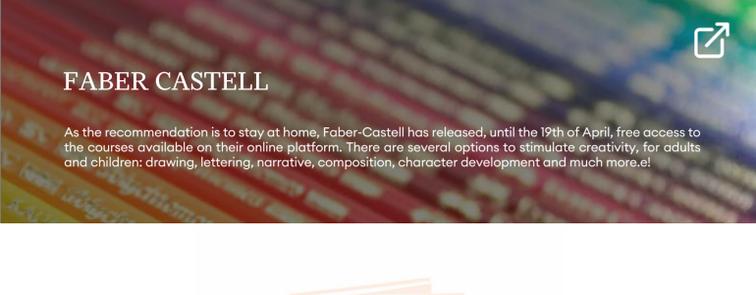


MICHELIN-STARRED CHEF MASSIMO BOTTURA

If you ever wanted to sharpen your culinary skills, there may be no better time than now. Lucky for you, one of the world's best chefs is now serving up free cooking classes directly to your smartphone. Michelin-starred chef Massimo Bottura, of Osteria Francescana, has just launched a new Instagram series called "Kitchen Quarantine," where he will guide you step-by-step through basic recipes. In the first few delectable episodes, Bottura showed viewers how to make a Thai curry, a warm bollito salad, tortellini and an "everything Mac and Cheese" dinner.

@massimobottura

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## MUSIC

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IMUSIC-SCHOOL

There are websites like imusic-school that provide a vast catalog of free videos with professional musicians teaching amateurs how to play musical instruments. You can learn from 12 instruments, such as, guitars, pianos, drums, singing, harmonicas, double basses, violins, flutes, clarinet and even less popular devices such as the Chinese suona and cello. The videos explain, in tutorials, several techniques and tips for beginners and advanced musicians.

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## ART

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FABER CASTELL

As the recommendation is to stay at home, Faber-Castell has released, until the 19th of April, free access to the courses available on their online platform. There are several options to stimulate creativity, for adults and children: drawing, lettering, narrative, composition, character development and much more!

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## DEGREE

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HARVARD UNIVERSITY

Over 100 free online courses, are available on the Harvard University teaching platform. Courses are available in 14 distinct areas (1. Arts and Design; 2. Environmental Science; 3. Computer science; 4. Data Science; 5. Science and Engineering; 6. Social Sciences; 7. Educational and Organizational Development; 8. Government, Laws and Politics; 9. History; 10. Humanities; 11. Mathematics and Data Analysis; 12. Medicine and Public Health; 13. Business and Management; 14. Religion and Spirituality) and all of them certified by the University.

[SHARE](#)



CORNELL UNIVERSITY

Cornell University, a world renowned and diverse Ivy League institution, is a community of scholars known for intellectual rigor and engaged in deep and broad research, teaching tomorrow's thought leaders to think otherwise, care for others, and create and disseminate knowledge with a public purpose. Once called "the first American university," by educational historian Frederick Rudolph, Cornell represents a distinctive mix of eminent scholarship and democratic ideals. Free online courses in a variety of subjects can be found, which can be audited free or students can choose to receive a verified certificate for a small fee.

[SHARE](#)



GOOGLE ONLINE COURSES

Discover a wide variety of free learning content designed to help you grow your business or boost your career. You can learn by selecting individual modules or taking the full course if you prefer. The 19 available courses focus on Data and technology, Digital Marketing (with an IAB certificate) and Personal Development.

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# INTERACTIVE APPS

## CHAT



HERITAGE CONCIERGE

## NETFLIX PARTY



### NETFLIX PARTY

Watch Netflix in sync with friends

Netflix Party is a Chrome extension for watching Netflix remotely with friends, e.g., for movie nights with that long-distance special someone. It synchronizes video playback and adds group chat.

DOWNLOAD

## HOUSEPARTY

An APP that allows you to organize video calls with several people simultaneously, adding a catalog of interactive games with questionnaires and other entertainment for the whole family. Over 10 Million downloads in the APP store.

DOWNLOAD



Houseparty



## ZOOM CLOUD MEETINGS

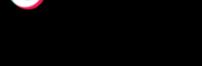
ZOOM is a videoconferencing or remote work APP, that climbed the list of the most downloaded, reaching top positions of relevance, in a time when more and more people are encouraged to work from home.

DOWNLOAD

## TIKTOK

TikTok is THE destination for mobile videos. On TikTok, short-form videos are exciting, spontaneous, and genuine. Whether you're a sports fanatic, a pet enthusiast, or just looking for a laugh, there's something for everyone. They make it easy for you to create your own original videos by providing easy-to-use tools to view and capture your daily moments. Take your videos to the next level with special effects, filters, music, and more.

DOWNLOAD



## KINEDU

Get personalized playtime activities and a development plan that adapts to your child - from infancy to toddlerhood (0-4 years old). Kinedu offers thousands of playful, age-appropriate activities created by experts in early childhood development. You can also track baby milestones and develop your baby's skills through daily playtime activities.

DOWNLOAD



## GAMES

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## CALL OF DUTY WARZONE

Unlike the full and paid game Modern Warfare, Warzone has been released for free by Infinity Ward, bringing not one, but two different game modes, both in trios: Battle Royale and Plunder. Worth the investment (which is none) for anyone who wants to experience a little bit of one of the currently best AAA shooting games.

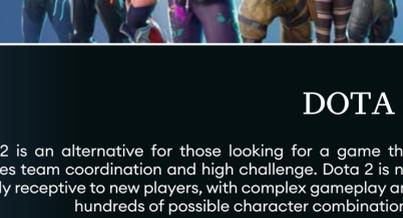
DOWNLOAD PS4 PC

## FORTNITE

It is impossible to make a list of free online games without mentioning Fortnite, one of the great gaming phenomena's of this generation and one of the main responsible for massifying the Battle Royale genre. Its formula is simple: 100 players fall on a map filled with weapons and equipment and must face each other until a single survivor remains.

DOWNLOAD PS4 PC iPhone Android

## FORTNITE



## DOTA 2

Dota 2 is an alternative for those looking for a game that requires team coordination and high challenge. Dota 2 is not exactly receptive to new players, with complex gameplay and hundreds of possible character combinations.

DOWNLOAD PC

## LEAGUE OF LEGENDS

A great representative of the MOBA genre, League of Legends offering tactical and strategic challenges, filled with different characters that are constantly being adjusted and modified by the game's producer.

DOWNLOAD PC



## PATH OF EXILE

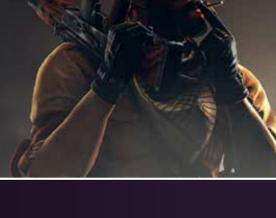
With complex item creation mechanics and extensive skill trees, the game offers multiple possibilities for players who like to invest hours and hours in their characters, exploring fantasy scenarios and hunting for treasures and monstrous creatures.

DOWNLOAD PS4 PC

## COUNTER-STRIKE: GLOBAL OFFENSIVE

Launched in 2012 for PlayStation 3, Xbox 360 and PC, Counter-Strike: Global Offensive needs no introduction: its formula is essentially the same as the original game in the Counter-Strike series, only adapted to the modern competitive scene. The reason it continues to beat simultaneous player records after eight years, is the fact that the game was made free in late 2018.

DOWNLOAD PC



## HEARTHSTONE

Hearthstone is one of the most popular card games, with an active community and a competitive scene. The game consists of turn-based battles between two opponents, using decks of 30 cards filled with creatures, equipment and spells to defeat the opponent. All creatures are inspired by the popular Warcraft universe, including the characters chosen by the player to compose his deck.

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## GWENT

Gwent is a curious case of a game that emerged inside another game- The Witcher universe. The developer of the games, CD Projekt realized the popularity that Gwent had and decided to turn it into an independent game and, even better, free. Easy to learn, but difficult to master completely.

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## WORLD OF TANKS

Launched almost two years ago, World of Tanks is an online multiplayer that puts players in charge of different models of war tanks to fight battles in various arenas: there are more than 450 authentic tanks from eight different nations to choose from, plus 80 more maps with different terrain and weather effects. A good option for those looking for a dose of quick and strategic action.

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## ASPHALT 9: LEGENDS

The latest game from Gameloft's popular racing game series, Asphalt 9: Legends, combines the best gameplay with renewed graphics, in addition to dozens of well-known vehicles and tracks around the world.

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## CALL OF DUTY: MOBILE

The mobile version embarks on the success of the Call of Duty series, which had 148 million downloads in one month. Needless to say, the game reproduces very well the gameplay of the iconic shooting series for mobile devices, counting with several different game modes and support for controls, the app is ideal for the intense battle lovers.

DOWNLOAD iPhone Android

## MARIO KART TOUR

Mario Kart Tour translates well the gameplay of the beloved Nintendo series for mobile devices. With the official launch of multiplayer in March 2020, this is a good time to try it out.

DOWNLOAD iPhone Android



## TENNIS CLASH

Tennis Clash is the most recent success of Wildlife Studios, standing out for its extremely well-crafted controls and fast multiplayer matches of up to 3 minutes.

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## PUBG MOBILE

PUBG Mobile is one of the pioneers of the Battle Royale genre, PlayerUnknown's Battlegrounds has two mobile versions: PUBG Mobile, the game's standard mobile version; and PUBG Mobile Lite, for intermediate and basic smartphones without much focus power.

DOWNLOAD iPhone Android



## FREE FIRE

A phenomenon of the mobile Battle Royale, Free Fire gained an overnight flash-flood of fans in Brazil. Apart from being an agile and fun gameplay, the game has the great advantage of running on basically any smartphone

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# MINDFULNESS

## MEDITATION

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## MEDITOPIA

Meditopia offers each member over 1000 deep-dive assertive and directed meditations, regardless of age, background, experience, or everyday issues. The meditations come in 9 languages, aiming to cover the entire spectrum of human experiences, from: relationships, expectations, acceptance, loneliness, to our body-image, sexuality, life purpose and feelings of inadequacy. The goal is to create a sanctuary for people to access the guidance and tools needed, to build-up mental resilience and peace of mind.

 DOWNLOAD

## ZEN

The perfect app for those who wish to live a happier, healthier and more balanced emotional life. On Google's list of 'Best apps of 2016', Zen offers a diverse and ever-growing amount of content and features, such as: Weekly new Guided Meditations for relaxation, deep sleep, mood improvement, anxiety relief, stress reduction, focus at work and much more.

 DOWNLOAD

## CALM

The app that has over 50 million downloads, is a portal to peace of mind, inviting meditation to be suited to the emotional status, whether it's anxiety, stress, a desire to break bad habits, etc. Further, there are walking meditations, body scans, masterclasses and Sleep Stories.

 DOWNLOAD

## INSIGHT TIMER

It's easy to find a meditation app that touts a free trial. It's a lot harder to find a quality meditation app that is in its entirety free. Insight Timer is the unicorn of free meditation. A multifaceted gateway to more than 30,000 guided sessions, that tap into every emotion rattling, also offering relaxing music tracks, a section for kids as well as therapeutic pep- talks from Indian yogi Sadhguru and psychotherapist Anthony DeMello.

 DOWNLOAD

## SIMPLE HABIT

According to Simple Habit, it only takes five minutes to achieve quietude. This app, dedicates the bulk of its library to brief sessions, might be the best fit for the busiest of bees. Pro-tip: It's the antidote to those frustratingly long grocery lines.

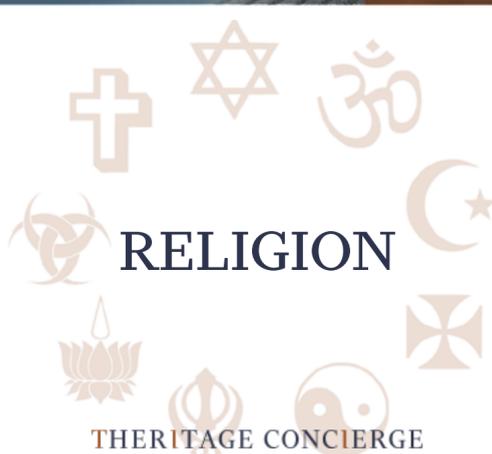
 DOWNLOAD

## PSYCHOLOGY

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## REGIANE LIRA OLIVERIA

Free online psychological counseling for Portuguese speakers, residents in any part of the world. Regiane's expertise include: burnout, conflicts at work, trauma, anxiety, depression, relationships for couples or parents with children, violence or difficulties in children's behavioral development. Her work extends to children, teenagers, adults and the elderly.



## RELIGION

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## BIBLE

With over 86 million downloads around the world, people are reading, listening, watching, and sharing the Bible using the #1 rated Bible App – completely free. YouVersion includes hundreds of Bible versions, hundreds of reading plans, and dozens of languages. You can add your own highlights and bookmarks, and public or private notes.

 DOWNLOAD

## QURAN MAJEED

One of the best Quran apps which can be downloaded on Android and iOS devices. The app showcases all the Surah Al-Fatiha and Juz with the dedicated Islamic fonts. It also has the Qibla compass for getting the direction of prayers and Prayer times. This app will use your location to show the various prayer times. Apart from these features, you can listen to the Quran and select from the various list of reciters as per your preference. It also allows changing the language of translation.

 DOWNLOAD

## SEFARIA

Sefaria offers a library of works, including the Torah, Talmud and Midrash, as well as Kabbalah, philosophy and a multitude of commentaries. Texts are available in Hebrew and English, and users can search the entire library for specific words or phrases.

 DOWNLOAD

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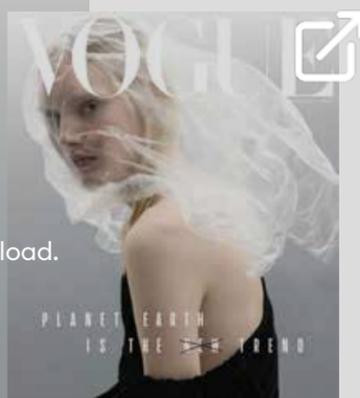
# READ-ON

## MAGAZINES

HERITAGE CONCIERGE

### VOGUE PORTUGAL

Vogue Portugal's magazine has made the March edition, entirely free for online download. The edition is entirely dedicated to Art, in all its forms.



### Forbes

Since the 16th of March, Forbes magazine has given free access to some of the main editions in the Forbes Brazil Prime App. Forbes wants to contribute in making the quarantine an opportunity to inspire, while help keeping the focus on what really matters, following the publication's DNA with a positive and purposeful attitude. The App Store and Google Play Store. According on the largest business magazine in the world, great difficulties can represent great opportunities.

### FORBES BRAZIL

A NOVA EDIÇÃO DA FORBES BRASIL  
JÁ ESTÁ NAS BANCAS E NO TABLET

Baixe na Google Play e na App Store

FORBES  
UNDER 30

A seleção de jovens empresários e líderes de 30 anos traz 90 nomes divididos em 15 diferentes categorias, de esportes a finanças

XP NA NASDAQ

Conheça os bastidores da abertura de capital da corretora brasileira na bolsa tecnológica norte-americana



DOWNLOAD

## BOOKS

### AMAZON

amazon

Over 2000 free Kindle version eBooks are available for anyone to download from the Amazon Kindle Store. Online can be found books on sociology, education, psychology, politics, among many other topics in several different languages, including Portuguese and English.



### UNESCO LIBRARY

The quarantine imposed by the Coronavirus emergency has also led UNESCO to take the field with a useful suggestion to all those who, home-bound, are at risk of getting bored. The World Digital Library comes to their rescue, providing over 19 thousand historical and particularly ancient documents, manuscripts, newspapers and magazines, from 193 countries around the world. Free access to thousands of texts are present in 7 different languages.

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# NETFLIX & CHILL

## TOP 10 SERIES

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### TOY BOY

100% ON ROTTEN TOMATOES

Hugo Beltrán (Jesús Mosquera) is a young, beautiful and carefree stripper who wakes up one day at a cruise alongside a burned corpse after a night of partying and excesses. It is discovered that it is the corpse of the husband of his lover, Macarena Medina (Cristina Castaño), with whom he was in a sexual high-voltage steamy relationship. He is declared guilty and sentenced to fifteen years of prison after a badly done trial, although Hugo, despite not remembering any of what happened that night, is more than sure he wasn't actually the murderer, but the victim of a setup to frame him. Seven years later, he receives the visit of Triana Marín (María Pedraza), a young lawyer who offers to represent him, reopening the case and scheduling a new trial in which Hugo will finally get the chance to prove his innocence. Even though Hugo distrusts the offer, he accepts and is released from prison under conditional liberty, with the new trial pending.



100% ON ROTTEN TOMATOES

### MASTER OF NONE

A comedy series, where Ansari plays the role of Dev, a 30-year-old New York-based actor who is struggling to identify what he really wants, both personally and professionally. The series reveals glimpses of Dev's younger years, and explores current aspects of his life, including modern etiquette (regarding texting and social media), and being young and single in the city.

### ELITE

96% ON ROTTEN TOMATOES

Las Encinas is the most exclusive school in the country- where the Elite sends their children to study. In there, three working-class teens have just been admitted after an earthquake destroyed their school. The clash between those who have everything and those who have nothing to lose creates a perfect storm that ends in a murder. Who committed the crime?



94% ON ROTTEN TOMATOES

### SEX EDUCATION

Meet Otis Milburn - an inexperienced, socially awkward high school student who lives with his mother, a sex therapist. Surrounded by manuals, videos and tediously open conversations about sex, Otis is a reluctant expert on the subject. When his home life is revealed at school, Otis realizes that he can use his specialist knowledge to gain status. He teams up with Maeve, a whip-smart bad-girl, and together they set up an underground sex therapy clinic to deal with their fellow students' weird and wonderful problems. Through his analysis of teenage sexuality, Otis realizes he may need some therapy of his own.

### GLOW

92% ON ROTTEN TOMATOES

Glow, which has earned 15 Emmy nominations and three wins during its run, was inspired by the short-lived but beloved 1980s show. It tells the fictional story of Ruth Wilder (Brie), an out-of-work, struggling actress in 1980s Los Angeles who finds one last chance for stardom when she's thrust into the glitter and spandex world of women's pro wrestling.



90% ON ROTTEN TOMATOES

### YOU

You is a psychological thriller TV series about a clever bookstore manager relies on his savvy Internet know-how to make the woman of his dreams fall in love with him. But lust soon turns to obsession when he tries to isolate her from her friends, and starts controlling every aspect of her life.

### NARCOS MÉXICO

87% ON ROTTEN TOMATOES

Narcos: Mexico will explore the origins of the modern drug war by going back to its roots, beginning at a time when the Mexican trafficking world was a loose and disorganized confederation of independent growers and dealers.



86% ON ROTTEN TOMATOES

### RIVERDALE

Drama based on characters from the Archie comic-books series is set in Riverdale, where aspiring musician Archie deals with life, love and high school.

### LOVE IS BLIND

71% ON ROTTEN TOMATOES

Singles who want to be loved for who they are, rather than what they look like, have signed up for a less conventional approach to modern dating. The series follows thirty men and women hoping to find love. For ten days in a speed dating format, the men and women date each other in different "pods" where they can talk to each other, but not see each other. Whenever they decided, the men were able to propose to the woman they want to get married to.



64% ON ROTTEN TOMATOES

### LOCKE & KEY

After their father is murdered under mysterious circumstances, the three Locke siblings and their mother move into their ancestral home, Keyhouse, which they discover is full of magical keys that may be connected to their father's death.

## TOP 10 MOVIES

HERITAGE CONCIERGE

### KNOCK DOWN THE HOUSE

100% ON ROTTEN TOMATOES

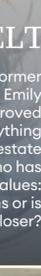
When tragedy struck her family in the midst of the financial crisis, Bronx-born Alexandra Ocasio-Cortez had to work grueling shifts in a restaurant to save her home from foreclosure. After losing a loved one to a preventable medical condition, Amy Vilela didn't know what to do with the anger she felt about America's broken health care system. Cori Bush was drawn into the streets when the police shooting of an unarmed black man brought protests and tanks into her neighborhood. Paula Jean Swearinger was fed up with watching her friends and family suffer and die from the environmental effects of the coal industry. At a moment of historic volatility in American politics, these four women decide to fight back, setting themselves on a journey that will change their lives and their country forever. Without political experience or corporate money, they build a movement of insurgent candidates challenging powerful incumbents in Congress. Their efforts result in a legendary upset.



100% ON ROTTEN TOMATOES

### MR. ROOSEVELT

In her feature directorial debut, Noël Wells portrays Emily, a talented but hard-to-classify comedic performer who left behind her home and boyfriend to pursue career opportunities in L.A. When a loved one falls ill, Emily rushes back to Austin where she's forced to stay with her ex-boyfriend (Nick Thune) and his new-and-improved girlfriend (Britt Luster), a totally together woman with a five-year plan. Though Emily is the same, everything else is different: her house has been smartly redecorated, her rocker boyfriend is training to be a real estate agent, and her old haunts show serious signs of gentrification. Holed up in her own guest room, Emily—who has no idea what she'll be doing five days from now, let alone five years—is forced to question everyone's values: are they sell-outs or have they just figured out what makes them happy? And is she following her dreams or is she just a self-absorbed loser?



### KILO TWO BRAVO

100% ON ROTTEN TOMATOES

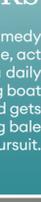
Kilo Two Bravo relives the true story of a platoon tasked with neutralizing a Taliban roadblock in the Kajaki region of Afghanistan. As they close in on the insurgents, the unit find themselves marooned in the middle of an active minefield, setting in motion a desperate air rescue mission that risks detonating the entire explosive terrain. This excruciatingly tense thriller depicts the heroism, courage, and survival of the brothers of Kilo Two Bravo company and tells the story of one of the most valiant rescue efforts of modern warfare.



100% ON ROTTEN TOMATOES

### THE YOUNG OFFENDERS

Inspired by the true story of Ireland's biggest cocaine seizure in 2007, The Young Offenders is a comedy road movie about best friends Conor and Jock, two inner-city teenagers from Cork who dress the same, act the same, and even have the same bum-fluff mustaches. Jock is a legendary bike thief who plays a daily game of cat-and-mouse with the bike-theft-obsessed Garda Sergeant Healy. When a drug-trafficking boat capsizes off the coast of West Cork and 61 bales of cocaine, each worth 7 million euro, are seized, word gets out that there is a bale missing. The boys steal two bikes and go on a road trip hoping to find a missing bale which they can sell so as to escape their troubled home lives....But Sergeant Healy is in hot pursuit.



### TO ALL THE BOYS I'VE LOVED BEFORE

97% ON ROTTEN TOMATOES

What if all the crushes you ever had found out how you felt about them...all at once? Lara Jean Song Covey's love life goes from imaginary to out of control when the love letters for every boy she's ever loved-five in all- are mysteriously mailed out.



96% ON ROTTEN TOMATOES

### THE IRISHMAN

This biographical crime thriller follows Frank Sheeran (Robert De Niro) as he recalls his past years working for the Bufalino crime family. Now older, the WWII veteran once again reflects on his most prolific hits and, in particular, considers his involvement with his good friend Jimmy Hoffa's disappearance in 1975.



### BLUE RUIN

96% ON ROTTEN TOMATOES

Blue Ruin is a classic American revenge story that recently won the FIPRESCI International Critics Prize at the Cannes Film Festival where it screened in the Directors' Fortnight. The film follows a mysterious outsider whose quiet life is turned upside down when he returns to his childhood home to carry out an act of vengeance. Proving himself an amateur assassin, he winds up in a brutal fight to protect his estranged family.



95% ON ROTTEN TOMATOES

### MARRIAGE STORY

A stage director and his actor wife struggle through a grueling, coast-to-coast divorce that pushes them to the personal, coast-to-coast creative extremes.



### THE BOY WHO HARNESSED THE WIND

86% ON ROTTEN TOMATOES

The Boy Who Harnessed the Wind is based on the true story of William Kamkwamba (Maxwell Simba), a 13-year-old boy living in a small village in Malawi, Africa, who created a device that would restore the land and save his people after flooding ruined their grain fields.



76% ON ROTTEN TOMATOES

### LOST GIRLS

When 24-year-old Shannan Gilbert mysteriously disappears one night, her mother Mari (Academy Award (R) nominee Amy Ryan) embarks on a dark journey that finds her face to face with hard truths about her daughter, herself, and police bias. Determined to find her daughter at all costs, Mari Gilbert retraces Shannan's last known steps, driving her own investigation to an insular gated community near the desolate outer banks of Long Island. Her discoveries force law enforcement and the media to uncover more than a dozen unsolved murders of sex workers, young lives Mari will not let the world forget. Inspired by Robert Kolker's best-selling nonfiction book of the same name.



# TOP 10 DOCUMENTARIES

## HERITAGE CONCIERGE

### JIRO DREAMS OF SUSHI

99% ON ROTTEN TOMATOES

Even if you don't like sushi, you'll be salivating over the documentary *Jiro Dreams of Sushi*, which not only lovingly photographs Jiro Ono's \$500/plate delicacies, but also goes deep into his work ethic and passion. Gelb's exploration of one man's pursuit of total perfection, and the personal cost of that pursuit, is utterly captivating regardless of your food cravings. Gelb could have made a documentary about any person who is at the top of their field, but focusing on Jiro Ono opens up the door to not only a feast for the senses (you can almost taste the sashimi), but also a fascinating look at Japanese culture, especially with regards to Jiro's complicated relationship with his two sons. It's a filling documentary even if it leaves you physically hungry for such delicious-looking food.



98% ON ROTTEN TOMATOES

### BLACKFISH

*Blackfish* tells the story of Tilikum, a performing killer whale that killed several people while in captivity. Along the way, director-producer Gabriela Cowperthwaite compiles shocking footage and emotional interviews to explore the creature's extraordinary nature, the species' cruel treatment in captivity, the lives and losses of the trainers and the pressures brought to bear by the multi-billion dollar sea-park industry. This emotionally wrenching, tautly structured story challenges us to consider our relationship to nature and reveals how little we humans have learned from these highly intelligent and enormously sentient fellow mammals.



### HOMEcomings: A FILM BY BEYONCÉ

98% ON ROTTEN TOMATOES

*Homecoming* presents an intimate look at Beyoncé's historic 2018 Coachella performance that paid homage to America's historically black colleges and universities. Interspersed with candid footage and interviews detailing the preparation and powerful intent behind her vision, *Homecoming* traces the emotional road from creative concept to cultural movement.



94% ON ROTTEN TOMATOES

### THE PALMA

*De Palma* is an absolute must-watch for any and all cinephiles, whether you're a fan of Brian De Palma's work or not. The film's conceit is basically that filmmakers and De Palma fans Noah Baumbach and Jake Paltrow sit the legendary director in front of a camera and pepper him with a litany of questions that cover his entire career, for which De Palma is more than happy to be absolutely candid. Hear stories about the making of films like *Scarface*, *Blow Out*, and *Untouchables*, his friendship with filmmakers like Martin Scorsese and George Lucas (and subsequent jealousy when their careers went stratospheric and his didn't), and the creative tensions on the set of *Mission: Impossible*. You'll walk away wanting Baumbach and Paltrow to turn this into a series of documentaries about various filmmakers running through their entire filmographies.



### ICARUS

94% ON ROTTEN TOMATOES

*Icarus* began as a project from Bryan Fogel in which the documentary filmmaker wanted to go on a doping regimen for the Haute Route to see if he could elude the race's intense drug testing. But as Fogel makes contact with a Russian expert in doping, he soon becomes embroiled in the biggest athletic scandal in history, as his "expert" turns out to be the mastermind behind Russia's doping of the Sochi Olympics. Part dark comedy, part thriller, *Icarus* is an exciting, fascinating, and truly stranger-than-fiction watch.



93% ON ROTTEN TOMATOES

### MISS AMERICANA

The Taylor Swift Netflix documentary *Miss Americana* is far from your typical music doc. It isn't even really all that focused on Swift's music so much as it is on Swift as a person. More specifically, it's a film about Swift's long journey to figuring out how not to care what people think about her, and how that manifests in her feminist awakening and decision to publicly express her political opinion—which we see occur in real-time. Some will ding the film for being too manicured, and in truth it's impossible to tell just how heavy a hand Swift had in the tailoring of the documentary re: her self-image. But the film's true moments of insight are hard to ignore, and it's fascinating to watch Swift come to terms with who she is as a human being while also being one of the most famous people on the planet.



### THE GREAT HACK

88% ON ROTTEN TOMATOES

The 2019 Netflix documentary *The Great Hack* takes a deep dive into the Facebook-Cambridge Analytica scandal, and how, despite Facebook's denials, the social media giant used personal data harvested by its users. Through interviews with investigative journalists and Cambridge Analytica whistleblower Brittany Kaiser, the film offers a shocking deep-dive of how data has become the most valuable resource on the planet, and how data is used to target users with ads and fake "viral videos" and news stories to swing major elections. One of the most disturbing documentaries of 2019, full-stop.



82% ON ROTTEN TOMATOES

### THE UNKNOWN KNOWN

While a number of films have been made about the Iraq War, legendary documentary filmmaker Errol Morris goes straight to the source for *The Unknown Known*. The film chronicles the political career of former U.S. Secretary of Defense and congressman Donald Rumsfeld, with Rumsfeld himself sitting in for a series of interviews with Morris. Tough questions are asked, and while Morris isn't really here to outright admit wrongdoing or reconsider his choices, the steadfastness and confidence with which he recounts the Iraq War saga is downright chilling. As far as political documentaries go, this is a must-watch.



### THE GAME CHANGERS

70% ON ROTTEN TOMATOES

*The Game Changers* follows the story of James Wilks - elite Special Forces trainer and winner of *The Ultimate Fighter* - as he travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists, the 2018 documentary film about the benefits of plant-based eating for athletes, covers multiple success stories of plant-based athletes, references scientific studies, and touches on other arguments for plant-based diets that extend to non-athletes.



59% ON ROTTEN TOMATOES

### FORKS OVER KNIVES

*Forks Over Knives* examines the profound claim that most, if not all, of the chronic diseases that afflict us can be controlled or even reversed by rejecting animal-based and processed foods. The major storyline traces the personal journeys of Dr. T. Colin Campbell, a nutritional biochemist from Cornell University, and Dr. Caldwell Esselstyn, a former top surgeon at the world-renowned Cleveland Clinic. On separate paths, their discoveries and groundbreaking research led them to the same startling conclusion: Chronic diseases including heart disease and type 2 diabetes can almost always be prevented—and in many cases reversed—by adopting a whole-food, plant-based diet. The idea of food as medicine is put to the test. The film follows everyday Americans with chronic conditions as they seek to reduce their dependence on medications and learn to use a whole-food, plant-based diet to regain control over their health and their lives.



# PANDEMIC CONTENT

THE HERITAGE CONCIERGE

## PANDEMIC: HOW TO PREVENT AN OUTBREAK

100% ON ROTTEN TOMATOES

The documentary looks back at a deadly influenza virus – which killed 50 to 100 million people at a time when the global population was just two billion in 1918 – showing black and white footage of people in tiny face masks, and lots of mass graves being dug. It moves onto the current battle to contain Ebola virus in Congo to anti-vaxxer parents.



90% ON ROTTEN TOMATOES

## 10 CLOVERFIELD LANE

This brisk, claustrophobic thriller follows a woman (Mary Elizabeth Winstead) who becomes trapped in a bunker and is told the world is now toxic. Is her captor, played by John Goodman, telling the truth? Or does he have more sinister motives? You don't find out until the very end, and the payoff is stupendous.

## IT COMES AT NIGHT

87% ON ROTTEN TOMATOES

A family has secluded themselves from the outside world in light of a terrifying, widespread outbreak. But their new regime is flipped upside down when a second family shows up to the house, seeking refuge. Joel Edgerton, Christopher Abbott, Carmen Ejogo, and Riley Keough star in this slow-burn thriller.



87% ON ROTTEN TOMATOES

## 28 DAYS LATER

A bike courier (Cillian Murphy) wakes up a month after falling into a coma to find his city, London, completely ravaged and desolated by a "Rage" virus that turns human beings into deranged, murderous mutants. Soon he meets other survivors (Noah Huntley and Naomie Harris) and together they try to seek answers and refuge.

## WARM BODIES

81% ON ROTTEN TOMATOES

If you want a zombie outbreak movie with more heart and less horror, consider Warm Bodies. It centers on a zombie (Nicholas Hoult) who saves a girl (Teresa Palmer) from an attack, and a romance blooms. Throw this one into your pandemic movie marathon for some levity.



71% ON ROTTEN TOMATOES

## 28 WEEKS LATER

A sequel to 28 Days Later, this movie takes place six months after the events of the first movie, when mankind has declared victory on the "Rage" virus. But sadly, it's just the calm before the storm. Robert Carlyle, Rose Byrne, Jeremy Renner, and Idris Elba star.

## THE ANDROMEDA STRAIN

69% ON ROTTEN TOMATOES

One of the earlier epidemic movies, The Andromeda Strain is fairly straightforward: Based on the 1969 Michael Crichton novel, the film centers on a group of scientists working to figure out what unknown virus killed all the citizens of a small town. And if you're really in the mood for virus movies, there's also a 2008 A&E miniseries remake you can watch after.



68% ON ROTTEN TOMATOES

## I AM LEGEND

I Am Legend follows a U.S. Army virologist (Will Smith, in one of his most popular roles) who has outrun a pathogen that was supposed to cure cancer but actually turned humans into zombies. He seeks to find a cure for the outbreak—and any survivors hiding in the shadows.

## CARRIERS

67% ON ROTTEN TOMATOES

Lou Taylor Pucci, Chris Pine, Piper Perabo, and Emily VanCamp star in this paint-by-numbers but nonetheless compelling tale about four survivors of a viral plague who start to turn on each other while seeking refuge from the terrifying disease.



66% ON ROTTEN TOMATOES

## WORLD WAR Z

Brad Pitt plays a former United Nations employee who seeks to find the source and cure of a viral epidemic that turns those infected into vicious, feral monsters. Clocking in at just under two hours, this one is a bit lengthy...but absolutely nail-biting from start to finish.

## BIRD BOX

63% ON ROTTEN TOMATOES

This Sandra Bullock suspense rollercoaster was a hit when it came out on Netflix in December 2018. It centers on a woman (Bullock) who must survive in a post-apocalyptic universe where a widespread, mysterious pathogen causes people to die if they look it in the eye. Sarah Paulson also stars.



62% ON ROTTEN TOMATOES

## CABIN FEVER

A group of college kids' plans for a rowdy spring break at a remote cabin are dismantled when they become exposed to a flesh-eating virus that starts picking them off one by one. This 2002 film was the start of the profitable Cabin Fever franchise, which spawned a sequel, a prequel, and a remake.

## OUTBREAK

60% ON ROTTEN TOMATOES

An absolute classic starring Dustin Hoffman, Rene Russo, Morgan Freeman, and Donald Sutherland, Outbreak centers on a group of contagious-disease experts who work to minimize and eliminate an airborne virus that's wreaking havoc on a small California town.



40% ON ROTTEN TOMATOES

## THE DAY AFTER TOMORROW

One of the best disaster movies of all time, The Day After Tomorrow depicts a massive weather disaster that impacts the entire world. New York City becomes flooded. Los Angeles falls victim to massive tornadoes. You get the idea. Dennis Quaid, Jake Gyllenhaal, and Emmy Rossum star.

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