

experiencias caseras *(de verano)*

Haz algo (*mejor en compañía*)

Para hacer: actividades

<u>música</u>	<u>danza / baile</u>	juegos
<u>cocina</u>	<u>artesanía</u>	<u>estilos artísticos</u> <i><u>algunos artistas</u></i> <i><u>importantes</u></i>

Para escuchar, leer y ver

<u>podcasts</u>	<u>libros y más</u>	<u>cine y tv</u>
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para hacer

Música tocar o cantar	Aprende una canción nueva o clásica de Latinoamérica o España. Si te gusta cantar, canta. Si tocas algún instrumento, interprétalo (piano, guitarra, violín, tambores etc.). Se puede hacer de forma individual o en grupo pequeño. Muy bueno para la salud mental, ¿eh? A la derecha, algunos ejemplos clásicos / típicos. Pero no duden en buscar otros estilos que les guste... de rock, pop, canción social/folk, clásica, de bachata, salsa, etc. En youtube hay bastante Karaoke también.	(solo algunos ejemplos) Guantanamera - tradicional La bamba - tradicional Cielito lindo - tradicional Vivir mi vida - Marc Anthony Eres - Café Tacuba Bailando - Enrique Iglesias La tierra del olvido - Carlos Vives Solo le pido a Dios - Mercedes Sosa Como la flor - Selena Llorarás - Oscar de León etc...
Danza / Baile bailar	Aprende (comienza a aprender) un baile moderno o típico del mundo hispanohablante (salsa, merengue, bachata, tango, cha-cha-cha, samba, cumbia). No tiene que ser perfecto, la idea es que se diviertan y traten de encontrar el ritmo. Se puede hacer de forma individual o en grupo pequeño). Además es buenísimo ejercicio.	(ejemplos) Salsa Bachata Merengue Tango (difícil) Samba (difícil) Flamenco (difícil) Bailes folclóricos (hay muuuuchos)
Juegos jugar	Aprende juegos tradicionales, juegos de mesa o videojuegos en español (en línea con hispanohablantes). Si encuentras buenos juegos en línea u otras ideas, por favor avísame.	(ejemplos) dominó lotería xx Ok... Duolingo
Cocina cocinar y degustar	Busca una receta típica del mundo hispanohablante (España, el Caribe, México, Colombia...). Investiga el origen del plato también. Reúne los ingredientes (a veces es necesario usar alternativos) y prepara el plato (plato fuerte, postre, panes, sopa, pasabocas, o una comida completa). Comparte con alguien y disfruta el producto de sus labores (porque "el que come solo, muere solo" como dice el dicho)	(solo algunos ejemplos) empanadas postres ceviche panes, pasteles pupusas (El Salvador) patacones (caribe) tortilla española arepas con hogao (Colombia)
Artesanía crear	Crea alguna artesanía (traditional craft or folk art) de Latinoamérica. Busca las instrucciones y materiales (y la historia de la técnica), y produce algo al estilo tradicional. No tiene que ser perfecto, la idea es que se diviertan y sean creativos. Algunos ejemplos: Amata bark painting (México) Bordados mexicanos Alebrijes (México) Retablo (Perú) Niérrika yarn painting (Huichol)	(más ejemplos) Ojo de dios (Huichol) Calavera de azúcar decorado Papel picado (México) Piñata (México) Arte mola (Embera) Chaquira beads (Huichol) Alfombras (Guatemala) Arte de hojalata (México)
Estilos artísticos emular	¿Qué tipo de arte te gusta? ¿Quiénes son los máximos artistas de antes o de ahora? (de España o Latinoamérica) Busca un artista y haz arte en su estilo.	(ejemplos) Hay una lista en la próxima página de muchos artistas

Una lista de solo *algunos de los artistas* importantes de cada disciplina.

Hay muchísimos más, y pueden buscar otros...

cantantes, actores, dibujantes, bailarines, bandas, instrumentalistas, artistas...

pintura Frida Kahlo (México) Salvador Dalí (España) Pablo Picasso (España) Osvaldo Guayasamín (Ecuador) Diego Rivera (México) Remedios Varo (España) Marta Minujín (Argentina)	fotografía Graciela Iturbide (México) Sergio Larraín (Chile) Mario Testino (Perú) Leo Matiz (Colombia) Karla Gachet (Venezuela) Nicola Constantino (Argentina) Emmanuel Lubezki (México)	diseño de moda Carolina Herrera (Venezuela) Johanna Ortiz (Colombia) Óscar de la Renta (Rep. Dominicana) Carolina Kleinman (Argentina) Narciso Rodriguez (EE.UU.) Manolo Blahnik (España) Alejandra Quesada (México)
cerámica / escultura Jorge Wilmot (México) Fernando Botero (Colombia) Jaume Plensa (España) Lola Mora (Argentina) José Belloni (Uruguay) Ana Mendieta (Cuba) Doris Salcedo (Colombia)	teatro Manuel Lin Miranda (EE.UU.) Federico García Lorca (España) Calderón de la Barca (España) Luis Valdez (EE.UU.) Fanny Buitrago (Colombia) Ariel Dorfman (Argentina) Sabina Berman (México)	literatura Gabriel García Márquez (Colombia) Isabel Allende (Chile) Miguel de Cervantes (España) Sor Juana Inés de la Cruz (México) Jorge Luis Borges (Argentina) Gabriela Mistral (Chile) Carmen Martín Gaité (España)
música - cantantes Celia Cruz (Cuba) Silvio Rodríguez (Cuba) Mercedes Sosa (Argentina) Ruben Blades (Panamá) Joe Arroyo (Colombia) Vicente Fernández (México) Héctor Lavoe (Puerto Rico) Victor Jara (Chile) Chavela Vargas (México) Carlos Gardel (Argentina)	arte callejero / graffiti INTI (Chile) Jaz (Argentina) Marina Capdevila (España) Bastardilla (Colombia) JB (México) El decertor (Perú) Stinkfish (México) Itzel Nájera / News (México) <i>Escenas:</i> Bogotá, Buenos Aires	baile / danza Ballet Folklórico de México Ballet Hispánico (EE.UU.) Ballet Nacional de Cuba Swing Latino (Colombia) La Escuela de Samba Mangueira Abakuá Afro-Latin Dance Co. (EE.UU.) María Juncal - Flamenco (España) Congreso Internacional de Tango Arg. La Marshall - tango Queer (Arg.) México de Colores - folclórico Queer
cómic Paco Roca (España) Power Paola (Colombia) Álvaro Ortiz (España) Los hermanos Hernández (EE.UU.) BEF (México) Iurhi Peña (México) Alfonso Zápico (España)	arquitectura Luis Barragán (México) Antoni Gaudí (España) Cazú Zegers (Chile) César Pelli (Argentina) Ricardo Legorreta (México) Tatiana Bilbao (México) Sandra Barclay (Perú)	poesía Pablo Neruda (Chile) Alfonsina Storni (Argentina) Carmen Mondragón (México) Mario Benedetti (Argentina) Nicolás Guillén (Cuba) Gioconda Belli (Nicaragua) José Martí (Cuba)

para escuchar

Podcasts (algunas recomendaciones)

[Se regalan dudas](#)

Se Regalan Dudas nace de la infinita necesidad de cuestionarnos todo, todo lo que está a nuestro alrededor. ¿Por qué creemos lo que creemos? ¿Qué alternativas hay? ¿De dónde venimos y hacia dónde vamos? Tenemos tantas dudas que te las queremos regalar. Lety Sahagún y Ashley Frangie crearon este podcast para abrir un espacio donde invitan a expertos, amigos y gente que admiran, que sabe y no sabe de todo eso

Recents: [el insomnio](#) [el machismo](#) [la adolescencia](#) [la infidelidad](#) [miedo al fracaso](#)

[El Hilo](#)

Cuando alguien comparte un hilo en redes sociales sabemos que nos va a contar una historia, o dar análisis y contexto que no hemos visto en otro lado. Este podcast es todo eso: una invitación a profundizar las historias más importantes de la semana en América Latina.

recents: [Chile en tregua](#) [Narcos, la industria que sobrevive a todo](#) [2 presidentes 1 virus](#)

[Latino USA](#)

Latino USA with Maria Hinojosa is the longest running Latino-focused program on U.S. public media. NPR's only national Latino news and cultural weekly radio program, it is currently celebrating its 25th anniversary

recents: [lowrider activist](#) [love and walkouts](#) [dispatch from Atlanta protests](#)

[Alt Latino](#)

Latino arts and culture explained with music and conversation, presented by Felix Contreras.

recents: [Bad Bunny](#) [Afrolatino revolutionaries](#) [Shakira/J-Lo superbowl](#) [new music](#)

[Radio Ambulante](#)

Radio Ambulante is a narrative podcast that tells uniquely Latin American stories in Spanish. We aim to bring the quality of longform print journalism to the radio. We work alongside a talented community of radio producers, journalists and illustrators throughout the region, including the United States. Radio Ambulante began in 2011, and as of 2016, it has been distributed by the National Public Radio (NPR); it is presented by renowned Peruvian author, Daniel Alarcón.

recents: [el equipo fantasma](#) [Madrid-juntas a la distancia](#) [No es país para jóvenes](#)

[Latino Rebels](#)

Humor, commentary and analysis of the US Latino world. Engaging traviesos. A 2019 iHeart Radio Podcast Awards nominee for Best Multicultural Podcast. Including several

recents: [Minnesota grieves](#) [Latin.Am. & reproductive rights in Covid](#) [immigrant detention](#)

para leer

<u>puño & letra</u>	(revista) la única revista en español hecha por estudiantes del colegio en la región (¿o el país? No sabemos...). Cuentos y artículos y poesía y opinión, de todito un poquito. Justicia social, testimonios de migración, aspectos del idioma y de la cultura latinoamericana, mezclado con una dosis de sentido de humor.
<u>La biblioteca</u>	tiene muuuuchas opciones, y son gratis. Novela gráfica, novela corta, YA en español, cuentos cortos, leyendas, revistas, artículos de periodismo/noticias... <u>Aquí hay varias listas/colecciones</u>
<u>Lupa</u>	es un app para el teléfono que combina las historias del podcast <i>Radio Ambulante</i> con actividades de lectura. Ayuda con el vocabulario y gramática al mismo tiempo que disfrutas de las historias variadas e interesantes. Se puede ajustar el nivel de dificultad

para visitar

Museos	un recorrido (tour) virtual de un museo importante de arte, antropología, arqueología, cultura popular, historia...
Paseo virtual	un recorrido en realidad virtual de un lugar importante (Machu Picchu, Teotihuacán, Xochimilco, Amazonas, etc...

para ver

[películas](#) [documentales](#) [series](#) [animadas](#)

Películas (algunas recomendaciones)

Orígenes Secretos (2020) ("Unknown Origins")	(TV-MA for violence) Madrid, 2019. A serial killer is spreading chaos. Anonymous people with no apparent connection are being murdered while imitating the first appearances of the most famous superheroes. A very chiseled but somber detective must find the killer who leaves clues that only his mentor's nerdy comics-loving son can decipher.	Netflix
Vuelven (2019) ("Tigers are not Afraid")	(TV-MA for violence) A dark fairy tale about a gang of five children trying to survive the horrific violence of the cartels and the ghosts created every day by the drug war.	Amazon Prime
Ya no estoy aquí (2019) ("I'm no Longer Here")	(TV-MA for language) In Monterrey, Mexico, a young street gang spends their days dancing to slowed-down cumbia and attending parties. After a mix-up with a local cartel, their leader is forced to migrate to the U.S. but quickly longs to return home.	Netflix
Pelo malo (2013)	A nine-year-old boy's preening obsession with straightening his hair elicits a tidal wave of homophobic panic in his hard-working mother, in this tender but clear-eyed coming-of-age tale.	Kanopy Amazon Prime
Ixcanul (2015)	The brilliant debut by Guatemalan filmmaker Jayro Bustamante is a mesmerizing fusion of fact and fable, a dreamlike depiction of the daily lives of Kaqchikel speaking Mayans on a coffee plantation at the base of an active volcano.	Kanopy
Viva Cuba (2005)	In a tale akin to "Romeo and Juliet," the young love between two children living in Havana is threatened by their parents' bitter conflicts. Malu is from an upper-class family and her single mother does not want her to play with Jorgito, as she thinks his background coarse and commonplace. Jorgito's mother, a poor socialist proud of her family's social standing, places similar restrictions on her son. What neither woman recognizes is the immense strength of the bond between Malu and Jorgito. When the children learn that Malu's mother is planning to leave Cuba, they decide to travel to the other side of the island to find Malu's father and persuade him against signing the forms that would allow it.	Kanopy
Olvidados (2013) ("Forgotten")	Bolivia's official submission to the 87th Academy Awards, a thrilling movie about Operation Condor, under which the United States undermined democracy and supported brutal dictatorships throughout Latin America.	Kanopy
Los Colores de la montaña (2010)	Young Manuel lives with his hard-working farmer parents in the remote, mountainous region of the Colombian countryside.	Kanopy

("The Colors of the Mountain")	While the adults in their lives try to avoid both the armed military and the guerrilla rebels fighting each other in the area, Manuel and his friend Julian are obsessed with playing soccer any chance they get. Shortly after his birthday, the new ball Manuel received as a gift gets kicked off to a minefield, and he, Julian and their albino friend Poca Luz will do everything in their power to recover their prized belonging--an essential part of their everyday lives and dreams. <i>Family-friendly</i>	
Violeta se fue a los cielos (2011) ("Violeta Went to Heaven")	The story of famed Chilean singer and folklorist Violeta Parra, tracing her evolution from impoverished child to international sensation and Chile's national hero, while capturing the swirling intensity of her inner contradictions, fallibilities, and passions.	Kanopy
Roma (2018)	This Oscar-winning Netflix epic directed by Alfonso Cuarón delivers a vivid, emotional portrait of domestic life and social hierarchy set against Mexico's political turmoil of the 1970s.	Netflix
También la lluvia (2010) ("Even the Rain")	(TV-MA for language) As a director and his crew shoot a controversial film about Christopher Columbus in Cochabamba, Bolivia, local people rise up against plans to privatize the water supply.	Netflix
El Laberinto del fauno (2006) ("Pan's Labyrinth")	(R for violence, language) A dark fable set in and commenting on the Spanish Civil War. Young Ofelia meets a mythical faun who claims she is destined to become princess of the Underworld. But first she must carry out three perilous tasks.	Netflix
Neruda (2016)	(R for nudity, language) When a Chilean policeman vows to find and capture iconic leftist poet Pablo Neruda, a game of cat and mouse ensues that tests both their wills.	Netflix
El Faro de las orcas (2016) (The Lighthouse of the Orcas)	(TV-MA for language) A mother travels to Patagonia with her autistic son with the hopes that a ranger and a pod of wild orcas can help him find an emotional connection.	Netflix
El Hombre de las mil caras (2016) ("Smoke and Mirrors")	(TV-14 for language) Betrayed by the Spanish government he once served, a former secret agent plots to steal millions of dollars embezzled by a corrupt public official.	Netflix
Toc Toc (2017)	(TV-MA for language) A group of patients with OCD wait for their flight-delayed doctor to arrive for their appointments, forcing them to endure each other's oddball quirks.	Netflix
La Hora final (2017) ("The Last Hour")	(TV-MA for language) In this compelling true story, two Peruvian detectives go undercover to locate and capture the elusive leader of revolutionary group the Shining Path.	Netflix
La llamada (2017) ("Holy Camp!")	(TV-MA for language) In this musical comedy, two rebellious teen girls who love electronic music have a life-changing brush with the divine at a camp run by nuns.	Netflix
Todos lo saben (2019)	(TV-MA for language) Journeying back to her small Spanish	Netflix

("Everybody Knows")	hometown for her sister's wedding, Laura must grapple with long-buried secrets when her daughter is abducted.	
El Abrazo de la serpiente (2016) ("The Embrace of the Serpent")	Through parallel story threads set 40 years apart, this absorbing odyssey follows two Western scientists who travel deep into the Amazon jungle looking for a rare plant that possesses healing powers, with enigmatic shaman Karamakate as their guide.	
César Chávez. an American Hero (2014)	(PG-13) Michael Peña stars as César Chávez, who inspired millions of Americans to fight for social justice. His triumphant journey is a testament to one individual's power to change the world.	Amazon Prime
In the Time of the Butterflies (2001)	Based on the true story of three sisters who found the courage to defy the corrupt dictator of the Dominican Republic - and paid a fearful price for their actions. A stirring drama.	Hulu Amazon Prime Youtube

Documentales (algunas recomendaciones)

Sea of Shadows (2019)	"In Mexico's Sea of Cortez, undercover agents, scientists and journalists battle the vicious drug cartels and poachers threatening the region's marine life"	Hulu Amazon (rent) Youtube (rent)
Circo (2011)	Gorgeously filmed along the back roads of rural Mexico and set to the music of the indie-rock band Calexico, CIRCO follows the Ponce family's hardscrabble circus as it struggles to stay together.	Kanopy
The Rise and Fall of the Brown Buffalo (2018)	This genre-defying film introduces the radical Chicano lawyer, author and counter-cultural icon, Oscar Zeta Acosta. Acosta was the basis for Dr. Gonzo in "Fear and Loathing in Las Vegas," written by his friend, the Hunter S. Thompson.	Kanopy
Quién es Dayani Cristal (2013) ("Who is Dayani...")	The body of an unidentified immigrant is found in the Arizona Desert. In an attempt to retrace his path and discover his story, director Marc Silver and actor Gael Garcia Bernal embed themselves among migrant travelers on their own mission to cross the border, providing rare insight into the human stories which are so often ignored in the immigration debate.	Kanopy
Los Sures (1984)	Skillfully represents the challenges of its time: drugs, gang violence, crime, abandoned real estate, racial tension, single-parent homes, and inadequate local resources in Los Sures, a Puerto Rican barrio in Brooklyn. As seen through the eyes and ears of each of the barrio's five inhabitants, the litter-strewn streets and crumbling tenements representative of the worst urban blight cannot completely dominate the human spirit.	Kanopy
Secundaria (2012)	Quietly follows one high school class over a three-year period on its journey through Cuba's world famous National Ballet School. Our teenage dancers love to dance, but many of them must dance as their sole way out of poverty and the constraints-both visible and invisible-that shape life in Cuba.	Kanopy
We Like it Like That (2015)	This is the story behind Latin boogaloo, a colorful expression of	Kanopy

	1960's New York City Latino soul. From its origins to its recent resurgence, WE LIKE IT LIKE THAT documents the music that redefined a generation and was too funky to keep down.	
Mercedes Sosa: The Voice of Latin America (2013)	Journey into the world of Argentina's most famous musical artist. Over a career that spanned 50 years, Sosa sold millions of records, performed thousands of concerts all over the world, and left behind an incredible legacy as an artist who went beyond the borders of music to become one of the most influential - and loved - personalities of the 20th century.	Kanopy
Precious Knowledge (2011)	Precious Knowledge reports from the frontlines of one of the most contentious battles in public education in recent memory, the fight over Mexican American studies programs in Arizona public schools. The film interweaves the stories of several students enrolled in the Mexican American Studies Program at Tucson High School with interviews with teachers, parents, school officials, and the lawmakers who wish to outlaw the classes.	Kanopy
El Pepe, A Supreme Life (2018)	(TV-14) In this intimate documentary, former Uruguayan President José "Pepe" Mujica talks about lessons he learned while in prison, his ideals and the future.	Netflix
Lorena, Light-Footed Woman (2019)	(TV-G) Lorena Ramírez of Mexico's Rarámuri community lives a pastoral life -- except when she straps on her sandals to compete as an ultramarathon runner.	Netflix
Magical Andes (2019)	(TV-G) From Argentina to Colombia, this stunning documentary follows five characters who share their deep connection to South America's majestic mountains.	Netflix
Cuba and the Cameraman (2017)	(TV-14) Emmy-winning filmmaker Jon Alpert chronicles the fortunes of three Cuban families over the course of four tumultuous decades in the nation's history.	Netflix
This is Football (2019)	(<i>especially episode 6 on Messi</i>) This Is Football unpacks the unique phenomenon that grips and unifies billions of people from every corner of the globe. Across the episodes universal themes of the human experience are explored	Amazon Prime
Perú - Tesoro Escondido (2017)	(TV-G) It's a country steeped in cultural traditions that stretch back more than 1,000 years. But Peru is also a land of surprising natural riches.	Netflix
When Two Worlds Collide (2016)	(TV-MA for language, violence) This documentary takes a hard look at how indigenous peoples clashed violently with the Peruvian government over land and economics in the Amazon.	Netflix
El Che (2017)	(TV-MA for language) Spanish-Mexican writer Paco Ignacio Taibo II hits the road to trace the footsteps of Ernesto "Che" Guevara and sheds new light on the revolutionary.	Netflix
El Sendero de la Anaconda (2019)	(TV-PG) In the most remote areas of the Amazon jungle, a writer and his anthropologist friend meet communities who have resisted change for centuries.	Netflix
The Two Escobars (2010)	ESPN 30for30A gripping drama about the intersection of crime, sports and nationalism in 1990's Colombia, when Pablo Escobar, the notorious leader of the Medellin cartel, fueled "Narco-soccer."	ESPN+
Rigoberta Menchú: Daughter	This is a story about a family, a people, and a destiny. After more	Kanopy

of the Maya (2016)	than five decades of political turmoil, the courage and tenacity of the indigenous Maya people of Guatemala shines through in this beautiful, tragic, and ultimately triumphant film. "Rigoberta Menchu: Daughter of the Maya" tells their story of struggle and success, through the personal journey of 1992 Nobel Peace Prize winner.	
Los Tigres del Norte at Folsom Prison (2018)	The beloved norteño band Los Tigres del Norte performs for the inmates of Folsom Prison on the 50th anniversary of Johnny Cash's iconic concert. In California, where 43% of prison inmates are of Latin American descent, the presence of Los Tigres del Norte further establishes the band as wholly committed to, as they put it in the doc, speaking for and to those who have lost their way.	Netflix
Para siempre Chape (2018) ("Forever Chape")	Tells the story of the soccer team Chapecoense, from Santa Catarina, Brazil. A club with an incredible spirit that didn't stop and in honor of the victims and the survivors of the tragedy, the club today looks reborn.	Netflix
Barça Dreams (2015)	Explore the history and philosophies behind one of the world's most beloved - and successful - soccer franchises: FC Barcelona	Netflix
River: el más grande siempre (2019)	Experience the highlights of Argentine soccer team Club Atlético River Plate's long history, from its early development to its major victories.	Netflix
Nuestra lucha libre (2018)	The daily lives of prominent and revered wrestlers offer us an insight into the characters beneath the masks. Amazing documentary series about Mexican wrestling and all the culture that surrounds this sport	Netflix
Lucha: jugando con lo imposible (2016) (... Playing the Impossible)	She's the best in the world, with the accolades to prove it. The documentary of Luciana Aymar, the only player in history to receive the FIH Player of the Year Award eight times. Her last moments with the Argentina team "Las Leonas", and the path to become a field hockey legend in the world.	Netflix
Rolling Stones Olé Olé Olé - A Trip Across Latin America	Follow the Rolling Stones as the iconic group breaks new ground in Latin America, wrapping a 10-city tour as the first-ever rock band to play in Cuba.	Netflix
Aluna: A Journey to Save the World (2012)	Aluna means "conscience." Enter the last theocratic chiefdom in America, hidden for centuries on a mountain in Colombia. The Kogi have made this amazing documentary to help us understand how to avoid the destruction of the world that they are trying to protect, and of ourselves.	Films for Action

Series en TV (algunas recomendaciones) vean 2 episodios (2 hrs mínimo)

Casa de Papel (2017-20) ("Money Heist")	(TV-MA for nudity, language) Eight thieves take hostages and lock themselves in the Royal Mint of Spain as a criminal mastermind manipulates the police to carry out his plan	Netflix
Gran Hotel (2011-13) ("Grand Hotel")	(TV-14) Set in a fictional seaside Spanish town in the early 1900s, Gran Hotel follows the inner workings of a fancy hotel (just wired for electricity!) and the ruthless Alarcón family that owns it and will stop	Netflix

	at nothing to keep owning it.	
Velvet (2016-2019)	(TV-14) In 1950s Spain, the heir to a fashion house romances a beautiful seamstress who works for the company, despite the objections of the family	Netflix
La Casa de las Flores (2018-20) ("House of Flowers")	(TV-MA for nudity, language) In this dark comedy, a wealthy matriarch tries to maintain her family's facade of perfection after her husband's mistress exposes their dirty secrets.	Netflix
Ingobernable (2017-18) ("Ungovernable")	(TV-MA for nudity, language) The first lady of Mexico is a woman of conviction and ideals. But when she loses faith in her husband, she'll need all her strength to uncover the truth.	Netflix
Puerta 7 (2020)	(TV-MA for violence, language) An unflinching exploration of Argentina's infamous soccer "barra bravas," soccer fan groups feared by the public and even police, responsible for fatalities at soccer matches.	Netflix
Apache: the Life of Carlos Tevez (2019)	(TV-MA for nudity, language) This gritty dramatization of the life of Carlos Tevez shows his rise to soccer stardom amid the harrowing conditions in Argentina's Fuerte Apache.	Netflix
La Niña (2016-2020)	(TV-MA for language, violence) A former Colombian guerrilla fighter faces challenges as she reintegrates into society and tries to overcome her traumatic memories.	Netflix
Frontera verde (2019-) ("Green Frontier")	When a young Bogotá-based detective gets drawn into the jungle to investigate four femicides, she uncovers magic, an evil plot and her own true origins.	Netflix
Las Chicas del cable (2019-) ("Cable Girls")	In 1920s Madrid, four women at the National Telephone Company ring in revolution as they manage romance, friendship, and the modern workplace.	Netflix
Gentefied (2020-)	(TV-MA for language) The Morales cousins scramble to save their grandfather's taco shop — and pursue their own dreams — as gentrification shakes up their LA neighborhood.	Netflix
Latino History for Morons ()	(TV-MA for language) In this one-man Broadway show, John Leguizamo finds humor and heartbreak as he traces 3,000 years of Latin history in an effort to help his bullied son.	Netflix
Monarca (2019-)	(TV-MA for nudity, language) After 20 years, Ana María returns to Mexico and vies for control of her family's tequila empire as it threatens to crumble under corruption and secrets.	Netflix

Animadas: películas y series (algunas recomendaciones)

Ana y Bruno (2019)	A young girl befriends a pack of imaginary creatures elicited from the minds of patients at a psychiatric hospital. Ana's mother who suffers from depression is one of them. Of those intangible friends, Bruno, a big-eared, green goblin-like entity, is Ana's biggest ally in her search for her father. She must find him before a terrible procedure is practiced on her mother.	Amazon Prime
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Pachamama (2109)	(PG) Beautifully animated film is an homage to ancient Andean culture. The feature follows a 10-year-old boy with dreams of becoming a shaman. Saving stolen treasure will take more than just courage. He'll need companions -- and the power of his culture.	Netflix
Tadeo Jones, el explorador perdido (2012) (Tad...)	Tad is a bored construction worker dreaming of a life of adventure until one day he is mistaken for a famous archeologist and that dream comes true	Tubi Vudu
Leyendas (2017) (“Legend Quest”)		Netflix
The Casagrandes (2019-20)	An 11-year-old adjusts to her new life living under one roof with her multigenerational Mexican-American family and over a market which serves as a gathering place for everyone in the neighbourhood. (in English)	Nickelodeon FuboTV Philo