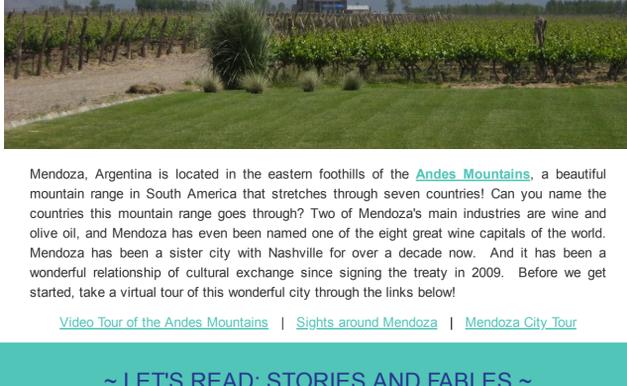




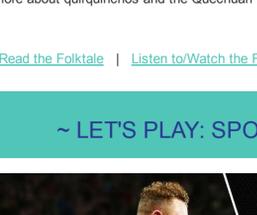
WELCOME TO MENDOZA, ARGENTINA!



Mendoza, Argentina is located in the eastern foothills of the [Andes Mountains](#), a beautiful mountain range in South America that stretches through seven countries! Can you name the countries this mountain range goes through? Two of Mendoza's main industries are wine and olive oil, and Mendoza has even been named one of the eight great wine capitals of the world. Mendoza has been a sister city with Nashville for over a decade now. And it has been a wonderful relationship of cultural exchange since signing the treaty in 2009. Before we get started, take a virtual tour of this wonderful city through the links below!

[Video Tour of the Andes Mountains](#) | [Sights around Mendoza](#) | [Mendoza City Tour](#)

~ LET'S READ: STORIES AND FABLES ~



THE QUIRQUINCHO & THE FOX A FOLKTALE FROM ARGENTINA

Author: Vidya Mani

Illustrator: Greystroke

Want to read a famous Argentine Folktales about a [quirquincho](#) and a fox who are the very best of friends? These two spend all their time together having fun until one day, the quirquincho decides to start working.

Or, if you'd rather just watch & listen, you can do that [here!](#)

Do you know what a quirquincho is? A quirquincho is Quechuan for Armadillo! [Quechua](#) is an ancient language that was spoken by the Incas, and it is still spoken in some areas of South America today! You can learn more about quirquinchos and the Quechuan language below!

[Read the Folktales](#) | [Listen to/Watch the Folktales](#) | [What is a Quirquincho?](#) | [Learn about Quechua](#)

~ LET'S PLAY: SPORTS, OUTDOORS & MORE ~



RUGBY AND FOOTBALL

Argentina is a country that loves sports, and Mendoza is no exception! Two sports that are very popular in Mendoza are football and rugby. When we talk about football in Mendoza though, it's not the "football" you are familiar with in the U.S. It's actually more like soccer.

It's very well-known that Argentinians get very excited about football! Check out these [fans celebrating in the street during the World Cup!](#) Or these [fans celebrating during a match with Germany!](#) Would you like to celebrate like an Argentine? How about learning some football chants! [In this video](#) you can listen to the chants as you read them on the screen. Vamos, vamos, Argentina is also a very popular chant and you can read about the history of it, as well as see the words [here](#).

Another very popular sport in Argentina is rugby. The Argentinian teams is nicknamed Los Pumas (the Pumas) and is ranked 11th in the world (the highest ranked team in the Americas). They have competed in the Rugby World Cup every year since 1987. [Rugby](#) is a unique sport that developed out of England and is unique because, though similar to American football, where the ball is carried in the player's hands, the passing structure is more similar to soccer.

Rugby has gained worldwide popularity and is played by both men and women. Would you like to learn how to play? [You can learn how here!](#) Or you can [watch this video!](#)

[Argentina Football Chants](#) | [Vamos Vamos Argentina History](#) | [Learn to play Rugby](#)

SKIING & HIKING

With Mendoza being located in the Andes Mountain Range, the outdoors is a big draw for Argentinians. Hiking and skiing are two popular pastimes in Mendoza. Some of the great hiking areas in Mendoza also offer other adventures like horseback riding, ziplining, and white water rafting! Check out some of these [great hiking spots around Mendoza!](#) In addition to hiking, the Andes Mountain Range lends itself to a variety of skiing options, from easy ski trips, to the more adventurous ski trails that are only able to be reached by helicopter!

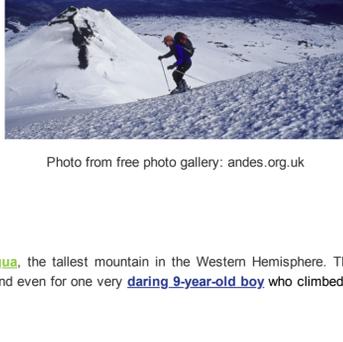
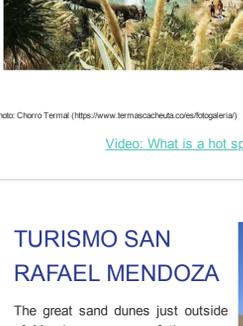


Photo from free photo gallery: [andes.org.uk](#)

Argentina is also home to [Mount Aconcagua](#), the tallest mountain in the Western Hemisphere. This mountain is a big draw for extreme hikers, and even for one very [daring 9-year-old boy](#) who climbed in it record time!

All this talk of skiing in the middle of summer in Nashville probably has you wishing for cooler weather! We can't make it colder, but we can help cool you off with a fun ice activity! How about making shaved ice?! It's not hard to make shaved ice at home, just follow [these instructions](#) and add some fun flavors with fruit juice! Enjoy your cool treat!

[Make your own shaved ice](#) | [Learn about Mount Aconcagua](#)



CACHEUTA THERMAL SPRING & WATER PARK

[Termus Cacheuta](#) is a thermal water park and spa located southwest of Mendoza, toward the foothills of the Andes Mountains.

This resort area offers both affordable family fun as well as a more luxurious experience at their spa and hotel.

Both offer stunning views of the Andes and a chance to experience the [hot springs](#), which are naturally hot waters heated by subterranean volcanic activity.

The Andes have around 170 active volcanoes making for thousands of hot springs throughout the mountain range.

Photo: Chorro Termal (<https://www.termuscachcuta.com/es/fotogaleria/>)

[Video: What is a hot spring](#) | [Aerial tour of Cacheuta Water Park](#)

TURISMO SAN RAFAEL MENDOZA

The great sand dunes just outside of Mendoza are one of the many outdoor attractions that draw tourists to Mendoza. Visitors can take a four wheel drive vehicle and go speeding through the massive sand dunes, or adventure seekers can jump or roll down the dunes for some extra sandy fun! It's like visiting the most massive sandbox you've ever seen!



Photo credit: Dickinson College

Would you like to have some sandy fun? How about making kinetic sand at home? You will need some sand for this, but you can usually find that at a craft store or online (or in your backyard if you already have a sandbox!). Then you can have fun building many sandy shapes! See the link below for instructions!

[Make your own kinetic sand](#)

~ LET'S EAT: A TASTE OF MENDOZA & RECIPES!~



Image 1 credit: [datsardshew.com](#); Image 2 credit: [theredheadstraveler.com](#); Image 3 credit: [basmylie.com](#)

Argentina is a country that loves to eat! With a very family-focused culture, much of their free time centers around wonderful meals. One iconic food that you may be familiar with is [empanadas](#), a bread filled with meat or cheese and is baked or fried. Empanadas are delicious and not hard to make! Would you like to try? Give these great [empanada recipes](#) a try and tell us which one is your favorite!

Another Argentinian staple is the [tortita](#), which are like pancakes made with cornmeal. They are served with syrup or powdered sugar, making them a tasty treat. They're simple to make and are delicious! Here's a great [recipe!](#)

Something you might be a little less familiar with is a popular drink in Argentina called [maté](#). Maté is a popular caffeinated tea served in Argentina made from the herb yerba maté. The yerba maté is steeped in hot water and the tea is served with a metal straw, called a [bombilla](#). If you would like to try this Argentinian drink, maté can be found in some grocery stores and it can definitely be ordered online!

If none of these Argentinian delicacies have made your mouth water, we're pretty sure this one will: dulce de leche! [Dulce de leche](#) is Spanish for "candy of milk" and is made by slowly caramelizing sweet milk. This sweet treat is spread on toast, crepes (a French pancake), and is used to add to brownies and other treats. Best of all, you can make it at home with just a few ingredients! [Try it out!](#) and let us know what you think!

[Empanada Recipes](#) | [Tortitas Recipe](#) | [Maté Information](#) | [Dulce De Leche Recipe](#)

~ LET'S CELEBRATE: IMPORTANT FESTIVALS ~



Photo credit: [argentina-travel-blog.sayhuelque.com](#)

The Fiesta Nacional de la Vendimia (The National Grape Harvest Festival)

The [Grape Harvest Festival](#) is the most important and most popular event in all of Mendoza, and even in all of Argentina. The beginning of the grape harvest starts in late February, and the celebration, which is a national holiday, takes place during the first days of March.

The climate in Mendoza makes it the perfect place to grow grapes for their wine. The work involved in growing wine grapes is an art, and the people who do it work at it their whole lives. The vineyards (where the grapes are grown and the wine is produced) have become tourist attractions bringing many visitors to the area to see and taste the excellent wine that comes from Mendoza!

Because it is such a major industry for the area, the harvesting of the grapes is a very big deal. The harvesting is celebrated with a big festival and there are parades, including [the Queen's White Way](#), musical performances, dances, and of course, wine!

The festival is kicked off with the [Blessing of the Fruit](#), where the people thank the saints for a good grape crop. This is done before the grapes are processed into wine so that they can make delicious wine!

Would you like to join in on some of the fun? There's a lot you can do from home to celebrate this amazing and important festival. You can have fun making your own grape juice out of some good grapes you find at the store, or you could go out and pick your own delicious fruit! This is the perfect time to pick blueberries and blackberries, and there are lots of places around Nashville to pick them! Check them out in the link below!

[Video: Opening of the Grape Harvest Festival](#) | [Make Your Own Grape Juice](#)

[Pick Your Own Fruit Farms Around Nashville](#) | [The Grape Harvest Festival](#)

DIA DE LOS INDEPENDENCIA

ARGENTINA'S INDEPENDENCE DAY: JULY 9

Just like Americans, Argentinians celebrate their independence day in July! July 9th is Dia De Los Independencia, the Argentinian Independence Day. Argentina declared independence on July 9, 1816. This was actually the finale of a revolution that began in 1810 and ended with the Spanish provinces of South America convening a Congress that declared independence from Spain. The declaration of independence was actually for the United Provinces of South America, which is still a legal name of Argentina.



Photo credit: [www.deltnews.com](#)

Now, on July 9th each year Argentinians take to the streets with parades and fireworks and delicious food. In America, many people celebrate Independence Day by grilling hot dogs and hamburgers. In Argentina, many celebrate Independence Day with hot chocolate and churros! While our Independence Days might be only days apart, our seasons are opposite! Mendoza lies in the [Southern Hemisphere](#), which means it is winter there. Hot chocolate makes a lot more sense now, huh?

[Churro Recipe](#) | [Celebrate Like an Argentine!](#)

~ JOIN US NEXT WEEK! ~

We hope you enjoyed this week's activities! Be sure and post pictures of your camp activities and tag us on Facebook (Sister Cities of Nashville) Instagram (@SCNashville) and Twitter (@SCNashvilleTN)! We can't wait to see all the fun you get up to!

Next week we will venture to our sister city Taiyuan, China!

Want to receive weekly camp emails? [Sign up here!](#)

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