



**Hello, May Day Brigadistas!** We are so excited to meet you in Cuba.

Our Political Education team has put together this guide of materials to learn about the Cuban Revolution and the impacts of the US Blockade on Cuba in preparation for our brigade. We know everyone has busy schedules, so these materials are intended to be easily accessible and digestible. If you're looking for a longer, more comprehensive list of resources, you can check out our full [Political Education Guide](#).

TOPIC	SOURCES
<b>WEEK 1</b>	
<p><b>The US Blockade</b>            What is it?            Why does it exist?            What are its impacts?</p>	<ul style="list-style-type: none"> <li>● <a href="#">The War on Cuba</a>, Belly of the Beast (YouTube mini documentary series)</li> <li>● <a href="#">Cuban U.N. Ambassador: U.S. Blockade is the Biggest Obstacle for the Cuban People</a>, BreakThrough News (7 min video)</li> <li>● <a href="#">Cuba should be removed from the US list of state sponsors of terrorism</a>, People's Dispatch (short article)</li> <li>● <a href="#">The History of US Sanctions on Cuba with Helen Yaffe</a>, Guerilla History (podcast)</li> <li>● <a href="#">Why Does the U.S. Ban its Citizens from Visiting Cuba as Tourists?</a>, Belly of the Beast (5 min video)</li> <li>● <a href="#">First Trump. Now Biden (Falsely) Accuse Cuba of Sponsoring Terrorism</a>, Belly of the Beast (5 min video)</li> </ul>
<b>WEEK 2</b>	
<p><b>US interference in Cuba</b></p>	<ul style="list-style-type: none"> <li>● <a href="#">The US War on Cuba</a>, Blowback (podcast series covering many different topics in the history of US-Cuba relations)</li> <li>● <a href="#">The bay of Tweets: documents point to U.S. hand in Cuba protests</a>, Monthly Review (article)</li> </ul>



	<ul style="list-style-type: none"> <li>• <a href="#">The Cuban 5</a> (documentary about US terrorism in Cuba &amp; the 5 Cuban men who were taken as political prisoners in the US for trying to stop it)</li> <li>• <a href="#">“CIAin’t Kidding” - How the CIA infiltrated and co-opted the hip hop scene in Cuba</a>, Blowback podcast</li> <li>• <a href="#">Miami: “The Capitol of Terrorism.”</a> Blowback podcast</li> </ul>
<p><b>Cuban democracy and elections</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">We Asked Cuban Voters If They Live In A Democracy Or Dictatorship. Here's How They Responded</a>, BreakThrough News (6 min video)</li> <li>• <a href="#">A Comparative Analysis of US and Cuban Democracy</a>, Telesur (article)</li> <li>• <a href="#">US Youth observe how elections work in Cuba</a>, Geopolitical Economy Report (article)</li> </ul>
<p><b>WEEK 3</b></p>	
<p><b>Race in Cuba</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Why There Are No George Floyds in Cuba</a> (article)</li> <li>• <a href="#">New World Coming: Race in Socialist Cuba</a>, The People’s Forum (1 hr video)</li> <li>• <a href="#">New World Coming: Race in Cuba: Everything Within The Revolution</a> (1 hr video), The People’s Forum</li> <li>• <a href="#">Forum on North American Indigenous sovereignty and Cuba</a>, Belly of the Beast and The Red Nation (2 hour video)</li> <li>• <a href="#">Nelson Mandela on How Cuba “Destroyed the Myth of the Invincibility of the White Oppressor.</a> <a href="#">Democracy Now</a> (article)</li> <li>• <a href="#">AfroCubaWeb.com</a> (news site)</li> <li>• <a href="#">Race in Cuba: Essays on the Revolution and Racial Inequality</a> (essays)</li> <li>• <a href="#">Reflections On Race &amp; The Status Of People Of African Descent In Revolutionary Cuba</a> (article)</li> </ul>



<p><b>Women and LGBTQ+ rights, the Cuban Families Code</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Cubans just ratified the world's most progressive Family Code</a>, People's Dispatch (article)</li> <li>• <a href="#">Millions of Cubans Vote on New Family Code, LGBT Marriage, Adoption Rights &amp; More</a>, BreakThrough News (45 min video)</li> <li>• <a href="#">Abortion in Cuba vs US shows which country is truly democratic</a>, Geopolitical Economy Report (article)</li> </ul>
<p><b>WEEK 4</b></p>	
<p><b>Cuban internationalism</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">The Secret History of How Cuba Helped End Apartheid in South Africa</a>, Democracy Now (20 min video)</li> <li>• <a href="#">How Palestinians Are Becoming Doctors in Cuba For Free</a>, BreakThrough News (6 min video)</li> <li>• <a href="#">US suffocates Cuba for unwavering anti-imperialism at great cost</a>, The Grayzone (40 min video)</li> <li>• <a href="#">Cuban Doctors Return After Treating Earthquake Victims in Türkiye</a>, Belly of the Beast (2 min video)</li> <li>• <a href="#">Cuba's Revolutionary Foreign Policy in Africa</a>, Blowback podcast</li> <li>• <a href="#">Since when has Cuba supported the Palestinian cause?</a>, Cuba MINREX</li> </ul>
<p><b>COVID-19 in Cuba, the Cuban medical system</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">The People's Vaccines: Cuba Makes a Miracle</a>, BreakThrough News (20 min video)</li> <li>• <a href="#">Salud: What Puts Cuba on The Map In The Quest for Global Health</a> (documentary)</li> <li>• <a href="#">Americans could beat lung cancer if U.S. lifted blockade of Cuba</a>, People's World (article)</li> <li>• <a href="#">Cuba Has a Diabetes Treatment That Could Save Tens of Thousands of Lives, But the US Is Blocking It</a>, BreakThrough News (10 min video)</li> </ul>



***This list is not exhaustive, it is only a glimpse into some of the incredible videos, articles, and resources out there about Cuba! Let us know if you have anything you'd like to add :)***