



Erasmus+



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Erasmus+-KA229 SCHOOL EXCHANGE PARTNERSHIP
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There's sea and sea... there's an entire ocean to take care of!

A few words from the coordinating school

Portugal is a country bathed by the Atlantic Ocean and it has served as an engine for the development of trade, transport, mineral extraction, energy generation, as well as being one of our main sources of food. For these reasons, we have a double responsibility not only to protect it, but also to make it known to our partners.



Main entrance to the main school of the Moinhos da Arroja Schools Complex, Odivelas, Portugal.

And that is what we did during the week of 7-11 November, a week integrated in the C4 mobility and where we were the host school.

On the first day, we had the pleasure of having the Mayor of Odivelas, Hugo Martins, and other members of the Town Council at the reception, and the Mayor and our director, Paulo Bernardo, were responsible for the welcome speech. Our Erasmus students also performed a short play based on the book "Senhor Mar" ("Mr. Sea") by André Carrilho.

And, of course, the Kindergarten Dr. João Santos and the Primary School Porto Pinheiro opened their doors to warmly welcome our partners and show them our gastronomic delicacies! And speaking of gastronomic delicacies, the foreign teachers got to know a typical delicacy of this municipality through a workshop organised by the Odivelas Marmalade Brotherhood! The students were delighted with the lone navigator Ricardo Diniz, who shared his experience at sea

On the remaining days, we tried to show the blue immensity of our ocean with an environmental activism action on one of the Arrábida beaches in Setúbal.

The visit to Sintra showed us the colourful tones of the Pena National Palace, the greatest exponent of Romanticism in Portugal and the eternal work of King Fernando II, the King-Artist. The Sintra National Palace made us relive memories and testimonies of exciting events in the History of Portugal!

At the Navy Museum and Jerónimos Monastery, foreign teachers and students understood how much the Sea is associated to our History and Culture and how much it contributed to the Portuguese maritime expansion.

At the Oceanarium, the students were able to observe the marine life existing in the various Oceans and learned that it is impossible to dissociate the Oceans, as they are one Ocean, global and very diverse!

Back at School, it was time to communicate, investigate and create, in a single "voice"... The workshops allowed students to interact, sharing knowledge and experiences, respecting more and more the Ocean and the species that depend on it!

Science, Culture and Art merged into a single purpose - to promote more and better environmental sustainability.



EB 2, 3 Moinhos da Arroja Erasmus Corner

Portuguese Team, Coordinating School
December 2022

Agrupamento de Escolas Moinhos da Arroja Odivelas , Portugal

07 - 11 November-2022

Mobility C4 - Portugal

DAY 1

Although the partners came together to *Odivelos, Portugal*, for the SECOND time, it was the FIRST time they could see all the faces in full, as now we didn't have to wear masks. So, on the 7th of November, 2022, Mobility 4 started with greetings on behalf of *Agrupamento de Escolas Moinhos da Arroja* and local authorities.



The first day of our visit was full of excitement. The youngest pupils from the *Kidergarten Dr. Joao Santos* impressed everybody with their beautiful performance and a delicious surprise. After that, the hosts and the guests got to know each other better through ice breaking. Before teachers and kids enjoyed different activities, Portugal students amazingly performed the "Project Hymn" created by the Turkish partners.



As for the teachers, they attended a *White Marmalade Workshop* conducted by the *White Marmalade Brotherhood*. What a unique tasty experience!



Meanwhile, our curious children were lucky to welcome and interact with *Ricardo Deniz*, a famous solo sailor and European Ambassador for the Ocean.



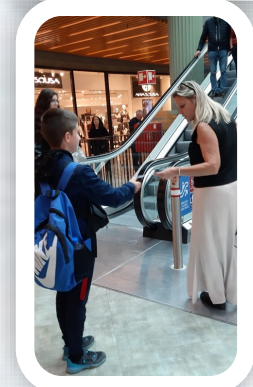
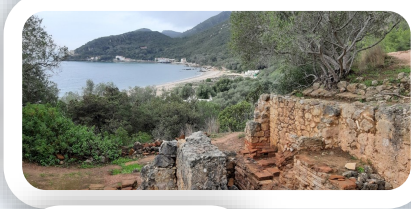
Agrupamento de Escolas Moinhos da Arroja Odivelas, Portugal

07 - 11 November-2022

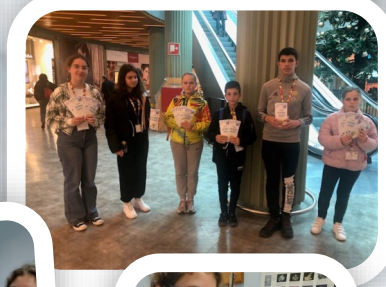
Mobility C4 - Portugal

DAY 2

The second day was dedicated to many project activities. We headed to the Creiro beach - one of the most beautiful beaches in Setubal. Ecological brigades from five countries were in action. We cleaned the beach, collected rubbish and natural elements to be analysed later. We walked along the beach and enjoyed the peaceful environment and the beautiful view.



On our way back to Odivelas we stopped for a while at Strada Outlet Shopping Centre where students distributed some brochures - a public awareness action for the protection of the oceans.



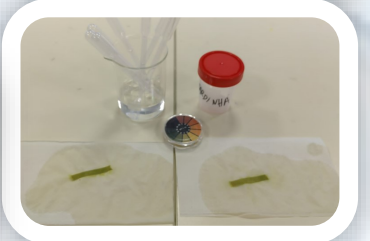
In the afternoon two workshops for students took place. The first one - Practical Maths aimed to work on litter and sand collection on the beach. The litter was sorted, classified, weighed and recorded in Marine Litter Watch and in Google Earth Digital Tool. The sand was also analysed in order to detect microplastics and to observe its characteristics and constitution.



The second workshop, Seawater Analysis Laboratory, aimed to analyse the water samples taken from the Creiro Beach. The students were shown the PH scale and the different procedures for measuring it, using the universal indicator paper. After measuring, the results were discussed.



While students worked hard at the workshops, a coordinators' meeting took place. During the meeting teachers discussed next project mobilities and future project activities, difficulties encountered, issues with the final report.



Agrupamento de Escolas Moinhos da Arroja

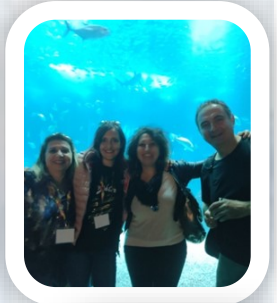
Odivelas, Portugal

07 - 11 November-2022

Mobility C4 - Portugal

DAY 3

It's a sunny day here in Lisbon and we arrive at the Lisbon **Oceanarium** very excited to visit it. The Oceanarium, one of the largest indoor aquarium in Europe, is located in the Parque das Nações, which is part of the area developed for the World Expo in 1998.



It is said to resemble an aircraft carrier, and it is built on a pier in an artificial lagoon.

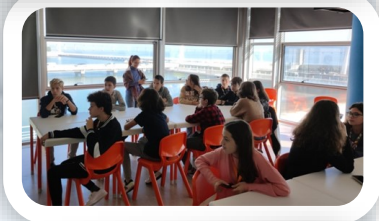
The Lisbon Oceanarium has a huge collection of marine species: penguins, seagulls, sea otters, sharks, seahorses, starfish, corals, octopuses, cuttlefish, jellyfish, marine plants and terrestrial plants and other marine organisms totaling about 16,000 individuals of 450 species.

This morning is going to be more and more fascinating! After participating two interesting workshops about “Biodiversity” and “Inside Out Animals”, we are going to observe different habitats with their native flora and fauna: the North Atlantic rocky coast, the Antarctic coastal line, the Temperate Pacific kelp forests, and the Tropical Indian coral reefs.



Colorful fish, bright lights, nice sounds all around us!

We could easily say that this experience will be unforgettable!

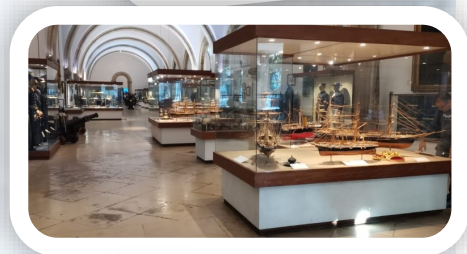


In the afternoon, we are going to the Belem area in Lisbon for a guided visit to Jeronimos Monastery and the Navy Museum.

The **Jeronimos Monastery** is a former monastery of the Order of Saint Jerome near the Tagus river and it was erected in the early 1500s near the launch point of Vasco da Gama's first journey. In 1983 it was classified as a UNESCO World Heritage site.



The **Navy Museum** is a maritime museum dedicated to all aspects of the history of navigation in Portugal and we can admire historical paintings, archaeological items and many scale models of ships used in Portugal since the 15th century.



This amazing day ends on a high note, let's go to the “**Pastéis de Belem**” pastry factory, located just a short 3-minute walk from the Jeronimos Monastery. In this pastry shop we can taste the famous Portuguese Pastel de Nata, an egg custard tart pastry, optionally dusted with cinnamon. Served hot, with the vanilla flavor and the smell of cinnamon, these treats send our taste buds into ecstasy!



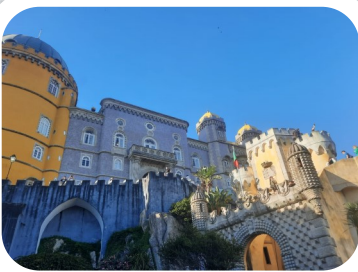
Agrupamento de Escolas Moinhos da Arroja

Odivelas, Portugal

07 - 11 November-2022

Mobility C4 - Portugal

DAY 4



On the 4th day, we departed from Moinhos da Arroja School by bus towards Sintra at 8:15 in the morning.

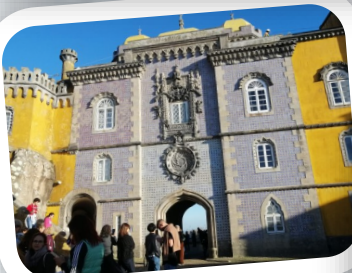
Sintra has been classified as a World Heritage Site under the "Cultural Landscape" category by UNESCO since 1995. It was the refuge of kings, queens and noblemen with a multitude of palaces and parks, noble houses and their gardens, meditation convents, fountains, churches, chapels and hermitages, secular centers of faith



We had a guided tour in the National Palace of Sintra where all the kings and queens of Portugal lived until the end of monarchy in 1910.



We had our lunch in a local restaurant in the historical center of Sintra.



After lunch we took the bus to the Park and Palace of Pena which was created by King Fernando II in the 19th century.



We walked to Pena Palace through the park and forest with hundreds of tree species from various parts of the world. We had a guided tour in this colourful Palace.



We bought some souvenirs as the memory from Sintra before we left.

Agrupamento de Escolas Moinhos da Arroja

Odivelas, Portugal

07 - 11 November-2022

Mobility C4 - Portugal

DAY 5

Our morning started bright and early, with two workshops:

- **"Transforming Waste into Art"**, with the well-known children's book illustrator and graphic designer, Danuta Wojciechowska;

- **"Programming with Makey-Makey and Scratch"**, with Ms. Sílvia Menezes.

In the first activity, we reflected on the state of the ocean by creating a sculptural totem that, like a lighthouse, points out the factors that endanger the health of marine life and the survival of our own species on this blue planet. Each group of students prepared and decorated wooden pieces, respecting the unifying theme, using materials (rubbish) that were collected on Creiro Beach in Setúbal! At the end, we put all the pieces together and obtained a tower (a totem), full of diversity and colour! A piece of art! It's exhibited in our Erasmus Corner, in the School Library.

In the second workshop, planned by Ms. Sílvia Menezes, one of the coordinating teachers of the Erasmus project, we experimented with block programming, using the programming language "scratch" in association with the Makey Makey board. This board, which works based on the principle of the passage of energy through bodies, allows us to transform almost any common object into "commands", which send information to the computer in the same way as a keyboard or mouse!



Workshop Transforming Waste into Art

After lunch, we headed to the school auditorium, where the farewell ceremony took place. The Headmaster, Mr. Paulo Bernardo, presented the closing speech and distributed the certificates of participation to all the elements of this mobility.



Workshop Programming with Makey-Makey and Scratch



The Italian delegation



The Portuguese team delegation



The Bulgarian delegation



The Turkish delegation



The Estonian delegation

We, Portuguese students, wanted to distinguish the teachers in each partner country who are responsible for this project and who make these moments possible. Therefore, we offered them a diploma and a Gerbera flower.

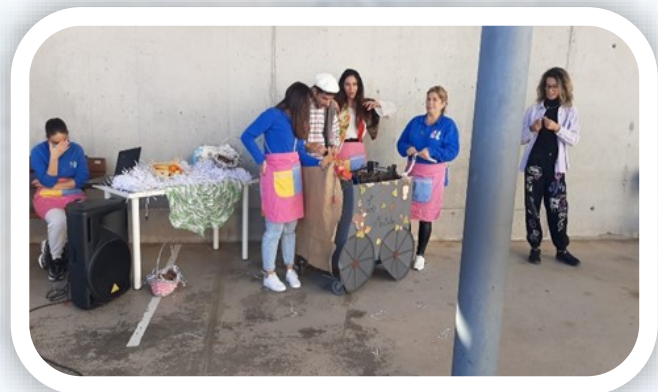


We also watched a musical performance, kindly prepared by Mr. Emanuel Libório and by two classes of 6th grade (6ºG and 6ºH) that toasted us with the Erasmus Hymn. And what a great moment! Our colleagues were very in tune!

At the end, our colleague Tiago Costa presented the video, produced by himself, of all the days of this meeting in Odivelas.



After the official farewell ceremony, and being November 11th - St. Martin's Day, we still had the right to warm chestnuts and a traditional dancer in outdoor space:))



To finish on a high note, the candles were blown out on the cake of the Erasmus+ KA229 Ocean Care project, celebrating another successful mobility.



On 12 November, the students and teachers of the foreign delegations returned to their respective countries. We hope and believe that this mobility, in Portugal, was a memorable experience for all.



Agrupamento de Escolas Moinhos da Arroja Odivelas, Portugal

Our impressions

07 - 11 November-2022

Mobility C4 - Portugal

Portuguese Students' Impressions

"In my point of view, I really enjoyed the Erasmus Project and I loved receiving a foreign colleague in my home, Nicolas, from Italy. I also liked communicating in English with other teenagers. It was an enriching experience.

On the other hand, I spent a great time doing all of the organized activities by the Portuguese teachers related to the sea topic.

Finally, I hope, in the future, I will have many more opportunities like this one."

Leonor Nunes, 9th Grade

"In my opinion, the Erasmus experience was fantastic.

First, I met other teenagers from Bulgaria, Italy, Estonia and Turkey and I learnt many things about their culture and traditions, especially the Italian ones, because I had an Italian boy living with me, which was great!

Secondly, during the week, we were always speaking in English and I noticed I have improved my skills in this foreign language.

Thirdly, I participated in different activities, which made me aware of the sea pollution.

To conclude, I think this was a unique experience that I will never forget."

Tomás Nunes, 9th Grade

"In this C4 mobility, I loved having the opportunity to have a foreign colleague at home, being one I already knew, which made communication easier. All the activities we did left me learning a little more about the oceans and our planet, and doing all of this, having fun, became, again, one of the most exciting experiences I have ever had!"

Tiago Costa, 9th Grade

"I loved the experience of having a "stranger" and foreigner sleeping in my house. The communication between us and the foreigners was a great learning experience, as we got to know people from other countries, who we didn't know. The activities proposed and carried out were great and I learned a lot about the oceans. It was a very pleasant and fun week!"

Mariana Clara, 7th Grade

"The activities performed were a lot of fun. This week was unforgettable!"

Daniela Costa, 7th Grade

"I really enjoyed the experience because I met new people and visited new places. I loved the activities!"

Mafalda Roseira, 5th Grade

"I really enjoyed this experience, because I got to know new cultures. I loved receiving two girls at home because we shared curiosities about the three countries (Bulgaria, Estonia and Portugal) and I was able to improve my English. It was a really fun week!"

"I enjoyed getting to know the Bulgarian perfumes. I also enjoyed talking with a teacher from another country. I enjoyed having fun in groups and working with others."

Sofia Grechukh, 5th Grade

"I've enjoyed all the mobilities I've taken part in and this was another one I've enjoyed too. I loved receiving a girl from Estonia whom I miss a lot. I think the theme of the sea is important and I liked the programme and the activities about it very much."

Catarina Augusto, 6th Grade

"I loved this experience, meeting new people, new habits and cultures. Seeing the spirit of adventure, the ability to adapt and mastering another language were aspects that helped me "grow". What I liked most was receiving a colleague from Bulgaria in my home and I would like to see him again one day."

Pedro Fernandes, 8th Grade

"I really enjoyed the Erasmus week because I had a really good time. I loved visiting monuments and getting to know my country better.

What I liked most was having a boy in my house and getting to know the habits and customs of his country."

Beatriz Fernandes, 3th Grade

"During the week of 7th-11th November I had the opportunity to participate in the Erasmus+ mobility project.

I loved the experience, as I had the opportunity to establish links with other nationalities and people I didn't know, as well as cultures, customs and gastronomy. I compared words between the various languages spoken and I was still able to practice my English. It was great to have a roommate at home, so we could exchange different points of view on a variety of subjects, and also create a friendship!

It was an experience I would repeat, without hesitation."

Ana Figueiredo, 9th Grade

"Hi everyone, I'm Diogo Raimundo and I'm from the Portuguese delegation. In the week of 7th to 11th of November we did several things and met many new people. I loved meeting new people, languages and cultures from different countries.

The activities that I liked the most were the trip to the beach, the awareness action in Strada and the trip to Sintra."

Diogo Raimundo, 9th Grade

"Hi everyone my name is Dinis Malaquias and I am from the Portuguese delegation, the host country for the week of 7-11 November. I loved meeting new people, languages and cultures. The activities that I liked the most was going to the beach, the ice-breaking activity and going to the Oceanarium and Sintra. Thank you:))"

Dinis Malaquias, 9th Grade

"I really enjoyed this spectacular experience of welcoming a new friend from another country to my house and walking around Lisbon with her.

I learned some English words, that we must respect the planet and the environment because it is our home.

I am looking forward to meeting Adelina in Estonia and getting to know her country."

Maria Neves, 3th Grade

"I really enjoyed the Erasmus week because it was a lot of fun. I met new friends from other countries and I welcomed Adriana, who was from Estonia, in my home.

I enjoyed riding the bus, going to the Oceanarium, to Belém, to the beach, to Sintra Palace and lunch in a fancy restaurant.

I learned a lot about the importance of protecting the Ocean!"

Sofia Santos, 2th Grade



Erasmus students with Ricardo Diniz, solo navigator.

Portuguese Teachers' Impressions

"The Portuguese teachers had another unique experience. During one week (7th - 11th November), we were the hosts of the delegations from Estonia, Bulgaria, Italy and Türkiye.

And what a week full of emotions, joy and pride of being Portuguese and being able to show our partners the best that Portugal has to offer!

In the mobilities already carried out, we were very well received by our partner schools and now we have also given our best: the best of our culture, our gastronomy, our history and our SEA!"



Erasmus+ KA229 Group - OceanCare - Mobility C4 - Odivelas, Portugal

Turkish Students' Impressions

It was an amazing experience for me. Museum visits made me very happy because I learned so many things about Portugal. Other activities (like ocean cleaning, scientific activities and art activities) were very educational for me about ocean pollution. Also my family was kind to me and very good host. **(İnnur Sezin KORKMAZ)**

This project contributed me in many ways. I improved my English and started to speak fluently. Also I tried to learn Portuguese from my friends from Portugal. At the same time, I met new people and established a nice environment there and we continue our communication. Thanks to this project, for the first time, I stayed in a different family away from my family. This was not a problem for me because they welcomed me very well and saw me as their own child. Apart from these, I got to know a new culture, I liked the historical artifacts, maritime history and food culture. There, we both raised awareness of people about the protection of the seas, and I also raise awareness of the people around me about this issue. It is a great advantage for me to be involved in such a project. **(Ada ARAZ)**

This Erasmus+ Project helped me to develop my teamwork skills. Also, going to a place that I have never been before and doing activities which affect many people, made me very excited and happy. My curiosity made me learn a little bit of Portuguese. I learned their traditions, education system, and famous local food. I think this project affected me in many positive ways. I suggest my friends to work in this type of projects. **(Can ÖZPEYNİRCİ)**



Turkish Teachers' Impressions

The program of the short-term exchanges of groups of pupils at Moinhos da Arroja Complex School was very well organized. The cooperation of the hardworking teachers in the project team was amazing. The support extended by the Municipality to the project activities was remarkable. The families who hosted our students were so kind and hospitable and the students were so friendly. We realized that the people are very similar to us.



Our visit to Oceanarium was very interesting. We happily collected the rubbish and natural elements listening the sound of the waves by the ocean in Arrabida, Setubal. We ate the famous dessert "Nata". Learning the history from the guides at the Jeronimos Monastery, the Navy Museum and the National Palace and Pena Palace in Sintra gave us the feeling of living in those years.

The mingling of our students and host students from other countries, their exchange of gifts and their efforts to learn each other's language were worth seeing. We think the most meaningful achievement of this project is that students from different countries, who come together with their peers who speak different languages, create a cultural mosaic thanks to the Erasmus project. There can be no better way for students to carry their own culture.

We would like to thank to Mr. Paulo Bernardo, Headmaster of Moinhos da Arroja Complex School for the whole organization, especially to the Coordinators Ms. Silvia Menezes, Ms. Maria Joao Pimentel and the teachers Ms. Suzete Santos, Ms. Susana Serra. And many thanks to others who contributed in this short-term exchanges of groups of pupils.



Bulgarian Students' Impressions

My Erasmus trip to Portugal was amazing! I met many other kids from other countries and we became friends. I learned a lot about the sea, the inhabitants of the Atlantic Ocean and the Portuguese culture. And I improved my English a lot. The family I stayed with made me feel at home. I am familiar now with their culture, traditions and everyday life, their values. I can't wait to meet my friends again in Bulgaria!



Georgi Velikov

It was great in Portugal! We visited the Oceanarium where we saw different fish, birds and other animals, we cleaned the beach and got some water and sand samples from the ocean, we also went to castles and museums which were stunning! We had a lot of activities and workshops at school which were quite interesting. We analyzed the water and sand samples taken from the ocean, separated the waste to recycle it, drew a lot of paintings with sea creatures and built a tower out of them. In addition to all these wonderful experiences, we made a lot of friends and have unforgettable memories!

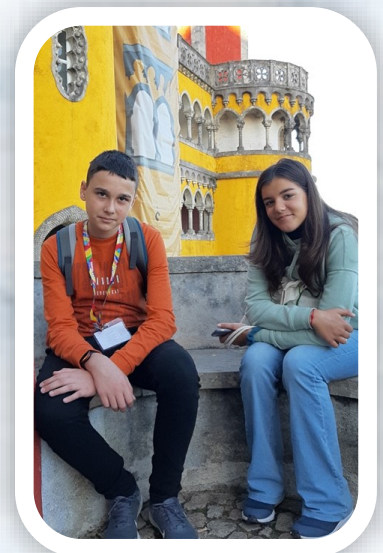
Monika



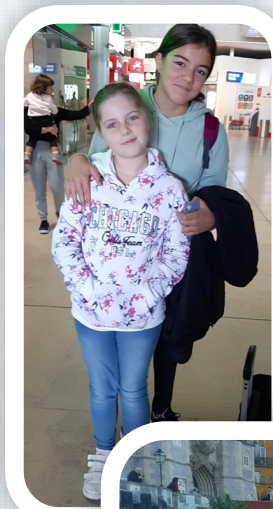
Marinova

When we arrived at the Lisbon airport, teachers, host families and students who participated in the Erasmus project were waiting for us. The next day when we arrived at school we were greeted by the students and teachers. On the second day we went to the beach. After cleaning the beach, it was interesting for me to sort, count and weigh the rubbish and analyze the water from the ocean. In my opinion Wednesday was one of the best days from my stay in Portugal. We went to the Lisbon Oceanarium. I saw many kinds of fish and other sea creatures. The monastery we visited afterwards was very different from ours in Bulgaria. On the fourth day we went to the small town Sintra. I was impressed by the history of Portugal (the tour guide told us interesting stories). On the last day we turned the collected litter into art. That was my favourite activity.

I was very excited about this trip because it was my first one abroad. I will remember my Erasmus journey forever!



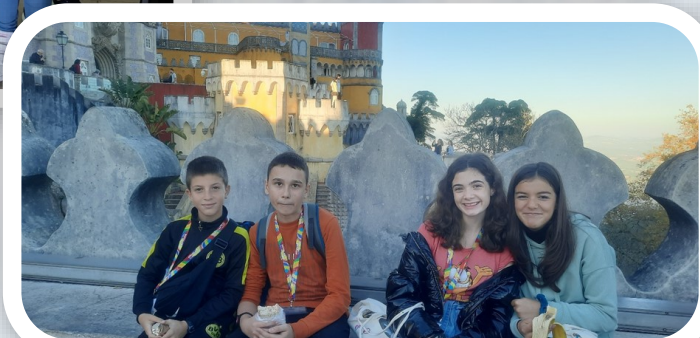
Iyaylo Vasilev



It was wonderful in Portugal! The family I stayed with took a good care of me and always made sure I was ok. We visited many interesting and new places. One of them was the Oceanarium. I saw many unknown for me species of fish, sharks and other marine inhabitants. We also went to a palace which was huge and very beautiful. The beach we went to was clean and nice, and the water was cold. I knew it from personal experience, I stepped in the water and my shoes and jeans got wet.

Being in Portugal was a wonderful experience. If I have the opportunity, I'd love to take part in Erasmus again.

Valentina Kostadinova



Bulgarian Teachers' Impressions

Despite having intense and busy programme during the mobility in Portugal, we enjoyed it a lot! All the activities in school were very interesting and were focused on the project topic. We shared experiences, visited beaches, learnt a lot about the Portuguese history and could dip for a little while in their rich cultural heritage. The teachers have worked hard to make it all happen. And we are so grateful to the project team for the wonderful experience! We felt right at home being welcomed so warmly and our students felt pretty comfortable with their hospitable host families. Being in such a friendly environment, visiting such beautiful places and learning so much about this charming country is something which we will remember forever. Portugal will always be in our hearts! And of course our Erasmus + partners!



Estonian Teachers' Impressions

We are still under a great impression of our visit to Odivelos. All the way in Portugal, we were overwhelmed with the warm hospitality of the Portuguese partners. From the depth of our hearts, we would love to thank all of you for the unforgettable experiences! There was a bunch of them: being welcomed by the school community of each school division; sharing time and 'pedagogical secrets' with our colleagues; having our kids lovingly treated by the host families; and, of course, interacting with our dear 'bosses' Maria and Silvia. We will definitely recollect once and again the sip of summer in the autumn month of November by the gorgeous ocean in Setubal. We would love to be taken back to the splendid luxurious palaces surrounded with fantastic gardens full of mysteries in Sintra. All the



Estonian Students' Impressions

I like the trip to Portugal because there are so many people who sort garbage. In school there were many decorations, posters, pictures about ocean care. When we went to the beach there was no garbage.

Adelina Aljukova

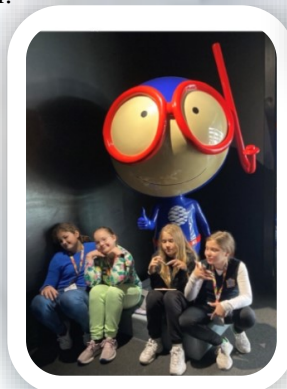
"I liked the project trip to Portugal! There we had many interesting tasks and excursions. Most of all I liked the moment of the meeting in the airport. My Portuguese family were very kind. The host sisters were sociable and kind girls and their parents are great !! I would like to go there again!"

Polina Murnikova



"I really liked the trip to Portugal. Very friendly people there. I came across very cheerful and friendly ones. The most interesting event was a trip to the oceanarium because they talked clearly and it was very interesting. I was pleased that the organizers came up with such a good program. I'm glad they selected me for the project."

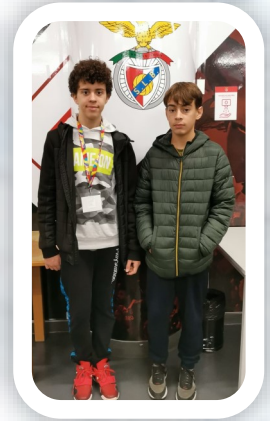
Polins Ivanova



Italian Students' Impressions

Alessio Ciammariconi

Portugal is a wonderful country full of very welcoming people. I thank everyone, especially Tiago and his parents who did everything to make me feel good and they succeeded. In all the activities of this wonderful mobility I enjoyed a lot, but I think the best two were: the visit to the naval museum, because I'm passionate about travel stories and I'm fascinated by sailing ships, and the visit to Sintra, because I think it is a beautiful country that made me feel carefree. Thanks to everyone for organizing and for making me live this exciting experience.

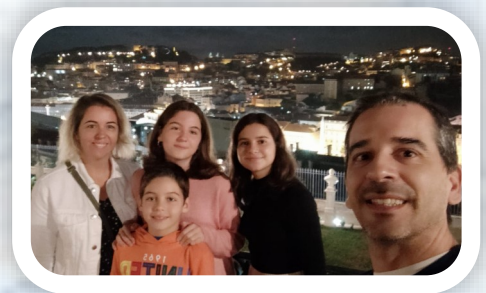


Francesco Forcellese

The Erasmus project was a great opportunity to meet students from different cultures and live a unique experience; the many workshops allowed us to have active communication with each student, improving teamwork. In my opinion, the waste collection with their analysis was a good job, because it allowed us to help nature personally. Finally I also want to thank my host family who were really kind and welcoming. I am happy to have participated in this fascinating project.

Arianna Quaranta

It was really a good experience! I had the opportunity to know cultures of other nations different from my own. I thank Ana and her family who hosted me and were really kind and welcoming. The activities were all amazing and well organized, I enjoyed everything. I would do it again. Thank you!



Nicolas Marozzi

I really enjoyed my stay in Portugal, I met lots of students and teachers from different countries. I liked almost everything: the flight, the activities, Portuguese food and the typical traditions and costume. Portuguese history is really interesting and I loved the visit to the palaces and to the monastery. A special thanks to my host family who made me feel so comfortable. It is one of the best experiences of my life!

Italian Teachers' Impressions

First of all we would like to thank our Portuguese colleagues who contributed in the organization of this short – term exchange of group of pupils, especially the coordinators Silvia and Maria.

The meeting was extremely productive and exciting; we visited many interesting and wonderful places.

Since we have many things in common with Portuguese people, habits and traditions, we felt right at home!

We were pleasantly impressed with the openness of Portuguese and their willingness to help; we met people who offered us their help, advice, explanation or simply nice conversation.

In Lisbon we have breathed the multicultural air of Portugal, coming from its rich history in trade and exploration. Just walking down the streets, you can meet so many different cultures and styles that you can feel like a real world citizen.

We enjoyed every minute of our trip!

