



# Report

## 1<sup>st</sup> Learning, Teaching and Training Activity

2018-1-PT01-KA204-047314

Portugal, 25<sup>th</sup>-29<sup>th</sup> March 2019



This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

## Content

“I INDIVIDUAL”- 25 <sup>TH</sup> MARCH 2019 .....	1
Welcome reception .....	1
Presentation .....	2
Workshop 1 – <i>I’m not like that!</i> (Drawing) .....	2
Visiting CFPIMM facilities .....	5
Workshop 2 – Who am I? .....	7
Workshop 3 – Without limits .....	10
Working on Partnership – chronogram and ongoing activities .....	12
“I SOCIAL”- 26 <sup>TH</sup> MARCH 2019 .....	13
Workshop 4 – Single Concert .....	13
Seminar for Educators - Education by Art .....	13
Workshop 5 – <i>Big Heart</i> .....	14
Workshop 6 – Feet and Hands .....	16
Theater “The Rebellion of Colours” .....	17
“I PROFESSIONAL”- 27 <sup>TH</sup> MARCH 2019 .....	20
Workshop 7 – <i>Fly!</i> .....	20
Workshop 8 – <i>Feel!</i> .....	22
Seminar: Bibliotherapy.....	22
Round table discussion – Adult Educator – who am I? .....	24
“I CULTURAL”- 28 <sup>TH</sup> MARCH 2019.....	25
Workshop 9 – Portuguese heart .....	29
CULTURAL VISIT TO OPORTO .....	31
FINAL ACTIVITIES- 29 <sup>TH</sup> MARCH 2019.....	32
Presentation of the Creative Book .....	32
Passing the Creative Book to Estonia.....	33
Workshop 10 – All different.....	33
Workshop 11 – Move-on!.....	35



## “I Individual”- 25<sup>th</sup> March 2019

### Welcome reception

The CFPIMM Move-on Project's learners received the partners with a welcome song sung in Portuguese and English, "Good morning / Good morning", inviting all participants from other countries to sing together. The Director of the CFPIMM addressed a few words of welcome to everyone and in this way the activities of the LTTA began.

It was also distributed to all a welcome card, made by the Portuguese learners who are part of the MOVE-ON project. This card had inscribed the word "Welcome" and was made using the decorative technique "Quilling".



## Presentation

So that everyone could get to know each other better, the CFPIMM learners distributed flower-shaped identifiers that they made with the name of each participant.

## Workshop 1 – *I'm not like that!* (Drawing)



According to the programme of the MOVE-ON project activities, the theme of the 1<sup>st</sup> day of work was "I individual", so individual and personal aspects of each participant were addressed.

In the first activity, white sheets and markers were used. Each participant selected a pair. Face to face, a picture of the partner was drawn, but always with eyes fixed on the other without being able to look at the leaf. The end result was a lot of fun. Each portrait was signed and delivered to the partner. The pairs were changed and the activity repeated twice more. In this way it was possible to approach the participants from each other, breaking the barriers of language and culture, creating a more relaxed atmosphere.







### Visiting CFPIMM facilities

The group of foreign partners made a guided tour to CFPIMM facilities, getting to know spaces such as the training rooms, the workshops, the museum, the library and the gardens.





## Workshop 2 – Who am I?

The purpose of this activity was to discover a little more about each participant, their origin, their history, their interests, their dreams. The Workshop had 4 different moments:

1<sup>o</sup> moment: All seated on a large wheel, an "ice breaker" with the theme "I like" was developed. The person who had the floor said something he liked and those who liked it shifted, looking for an empty chair to sit on. Some sentences were: "I like chocolate" or "I like to travel" or "I like to do gardening". The person standing and without place restarted the game. As expected, the game was very fun and dynamic.



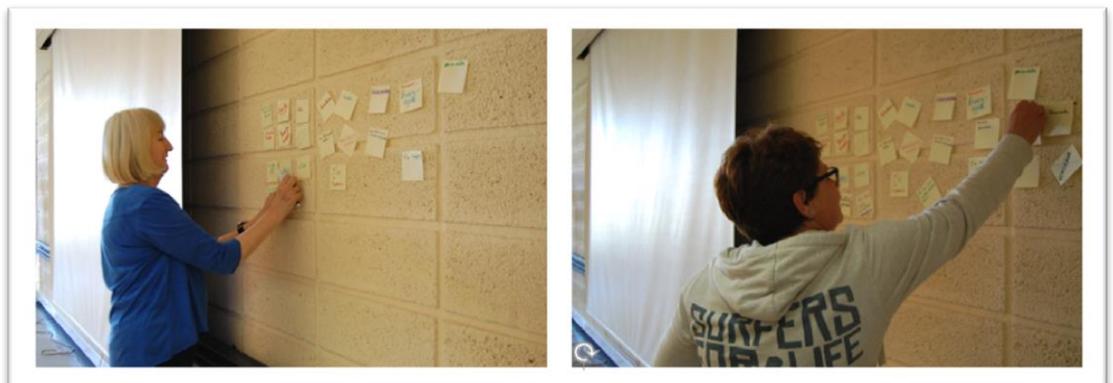
2<sup>o</sup> moment: Photographs of learners childhood were projected. The goal was to guess who was who in the photographs, to discover physical traces that still remain today and to report a little of the history of childhood.



3<sup>o</sup> moment: More than 100 images of objects, emotions, daily tasks, nature, emotions, clothing, make-up, sport, food, entertainment and other situations that could describe women's lives were hung on a rope. The objective of the activity was to select the image that best defines it and present it to the group with 1 or 2 arguments to justify its choice. In this way it was also possible to get to know a little more of each one.



4<sup>o</sup> moment: In order to finish the activities of discovery of the theme "Who am I?," all participants had to think and select a word that defined their life as "Woman". Each one wrote her word on paper and presented it to the group. Some of the words were: happy, fulfilled, optimistic, pessimistic, intelligent, simple, hardworking, brave, fighter, friend, mother...



### Workshop 3 – Without limits

In the last workshop of this day, there was a small reflection on the problems, difficulties and difficult days that we have faced and overcome in life. The trainer distributed the learners a stone that was meant to symbolize those more difficult moments, trials and obstacles that prevented them from proceeding. The goal was to turn this stone into something beautiful to remember that it takes courage and strength not to give up on life in the face of the obstacles (the stones) that come our way. Thus, each embellished its stone through the decorative technique "Decoupage", with butterflies, pearls and bright.





## Working on Partnership – chronogram and ongoing activities

The project coordinators and educators worked on the ongoing activities of the project using the Project Cooperation Agreement. Tasks and responsibilities were reviewed and confirmed by all the partners. The chronogram of the project is being accomplish so far.

The coordinator CFPIMM presented the Monitoring System for Social Inclusion, stablishing the methodology to follow the development of the learner's group during all the project.

The dissemination tools were also presented to all partners.

Some ideas were discussed regarding the definition of the Dissemination and exploitation Plan and of the Risk Management Plan.



## “I Social”- 26<sup>th</sup> March 2019

Continuing the programme of the activities of the MOVE-ON project, the theme of the second day of work was "I Social" addressing the social aspect of each participant and their way of acting in society.

### Workshop 4 – Single Concert

The day began with the organization of a Paper Orchestra, in which each element had to accompany the song "The Toureadores" (an excerpt from the opera Carmen de Georges Bizet) with a choreography with sheets of paper, trying to make the sound of the leaves audible. This activity was very fun and implied to feel the rhythm of the music, to work in team and to collaborate so that the choreography fit in the music.



### Seminar for Educators - Education by Art

CFPIMM invited for the LTTA PhD. Eunice Macedo from Paulo Freire Institute (Faculty of Psychology and Educations Sciences, University of Porto) to guide the seminar Education by Art. Using the methodology investigation-action every educator experiences several techniques regarding education by art: drawing, story telling and instrumental music. The theoretical fundamentals were explained in order to clear understand the advantages of using these methodologies specially in the groups of learners as the ones worked in the project.

It was a very interesting and also fun moment where all the participants learned by doing. This way they are much more prepared to explore these methodologies with their learners.



### Workshop 5 – Big Heart

The purpose of this activity was to highlight teamwork. The learners formed groups of 6 or 7 elements and with strips of cardboard of various colors had to build a large heart through the "Quilling" technique. In order for these works to be fantastic, it was necessary to discuss ideas, listen to the opinions of others, make decisions, structure the heart and collaborate in the execution of the materials to achieve the final goal. During this process the learners overcame language barriers and deepened each other's knowledge.

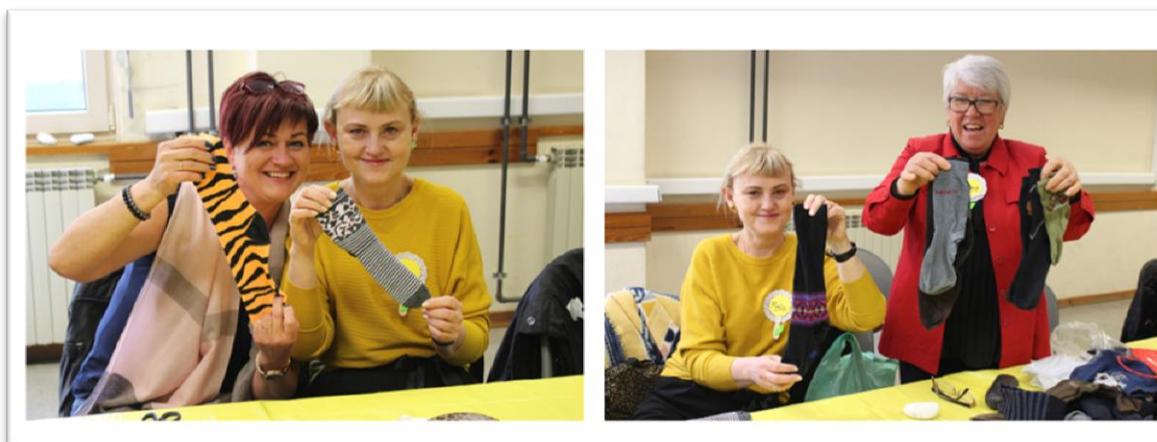






### Workshop 6 – Feet and Hands

The purpose of this activity was to execute a giant rug (5 meters) with used socks that all the participants brought from their countries. The socks were cut into small strips and fastened to the mesh base to form the carpet. Once again, teamwork was essential in order to achieve the tapestry activity. There was no time to complete the work for its extension, but it will be finished by the Portuguese learners and possibly offered to a solitude institution.





### Theater “The Rebellion of Colours”

To finish the day, the Portuguese learners presented in the auditorium of the CFPIMM the play "The Rebellion of Colors", a story about a box of colored pencils where all the pencils get angry, because they don't accept the white pencil and the reason is: they don't understand its usefulness. Through the dramatic expression, themes such as inclusion,

friendship, understanding, difference and equality, among other values were worked on. The play was presented to the visiting partners, to a group of 40 students in the first year of Lordelo's school and to the families of the learners who wanted to attend.



## “I Professional”- 27<sup>th</sup> March 2019

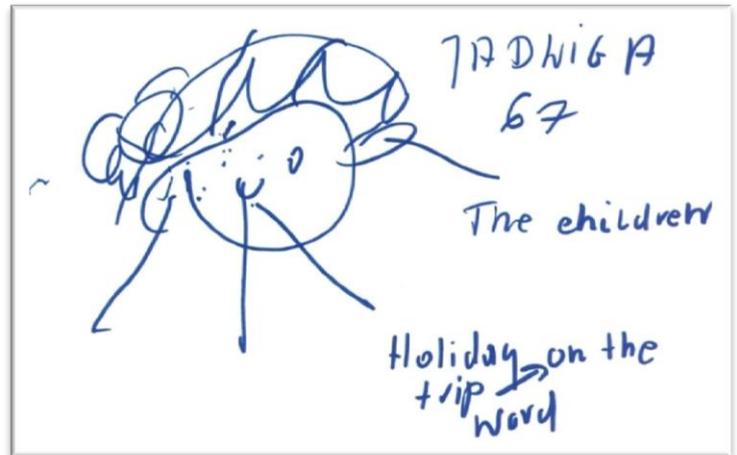
The theme of the 3<sup>rd</sup> day of work was "I Professional", addressing the professional side of each participant's life, seeking to know the work experience that each one had in the past or currently has, but also encouraging the achievement of dreams and new projects from now on.

### Workshop 7 – Fly!

For this activity, each participant received a blank sheet of paper and a marker. The trainer invited everyone to close their eyes and place the leaf on the top of the head, holding with one hand and with the other hand, draw their face: first make a circle, then the two eyes, nose, mouth and, finally, the hair. When they opened their eyes and saw his portrait, the laughter flooded the room, for they were all very weird and strange. True Picassos!



Then each one on that same sheet wrote her name, age, a positive thing that made her feel good, and a dream she still wanted to fulfill.



Examples of positive thoughts:

to see my grandchildren

To write books in a nice place near sea or ocean

Ter uma livraria

Examples of dreams to be realized

Swimming

LANDSCAPE

Filhas Marta e Beatriz

The trainer made an analogy to the story of Peter Pan who just needed to think of good and positive things to fly. The goal was to lead each one to reflect that regardless of age, it is necessary to continue to achieve our dreams and believe that good things will come. In this faith is the strength to walk and, who knows, to fly!!



The workshop ended with the whole group doing a choreography to the song "You can Fly! You can fly" of the Disney movie "Peter Pan".

### Workshop 8 – Feel!

The CFPIMM had the honor of receiving the writer Ana Luísa Amaral who recited several of her poems, in Portuguese and in English.

### Seminar: Bibliotherapy



This workshop was guided by Prof. Dr<sup>a</sup>. Sirlene Cristófano and had the theme of writing a Japanese poem "HAIKU" as a form of therapy. The trainer explained the writing process through this technique, and invited all the participants to leave the auditorium and observe the nature to be inspired and to elaborate their own HAIKU. Each participant wrote their poem and shared it with the group at the end of the session. It was a moment of great inspiration! The "HAIKU" have been exhibited and will be gathered together in a book for future memory.



### Round table discussion – Adult Educator – who am I?

Educators meet together to discuss subjects concerning the self-knowledge as an educator/teacher/trainer. The round table began with the exercise “Who am I?” where all the educators had to identify their strength and weakness. After this, they discussed about the most relevant elements, which can be used to improve effective apprenticeship.

Theoretical knowledge about emotional literacy was introduced by CFPIMM in the round table as a key factor for success. Different aspects as self-awareness, emotional control, self-motivation, handling relationships and empathy where identified.

When the subject “perfect educator” came up all the participants agreed on the main characteristics that should be always present: empathy, emotion, effective communication, passion and joy!

### Dinner with trainers



## “I Cultural”- 28<sup>th</sup> March 2019

“On this 4th day, the theme of work was "I cultural", addressing the cultural aspect of each participating country. Each group presented the symbols, traditions and historical facts of their country. There were also moments of demonstration of traditional dances and music that all participants could experience and also tasting of typical foods.

The first country to present was Estonia.



Hungary was the 2nd country.

In third one was Lithuania.

Poland was the country that presented in 4th place.



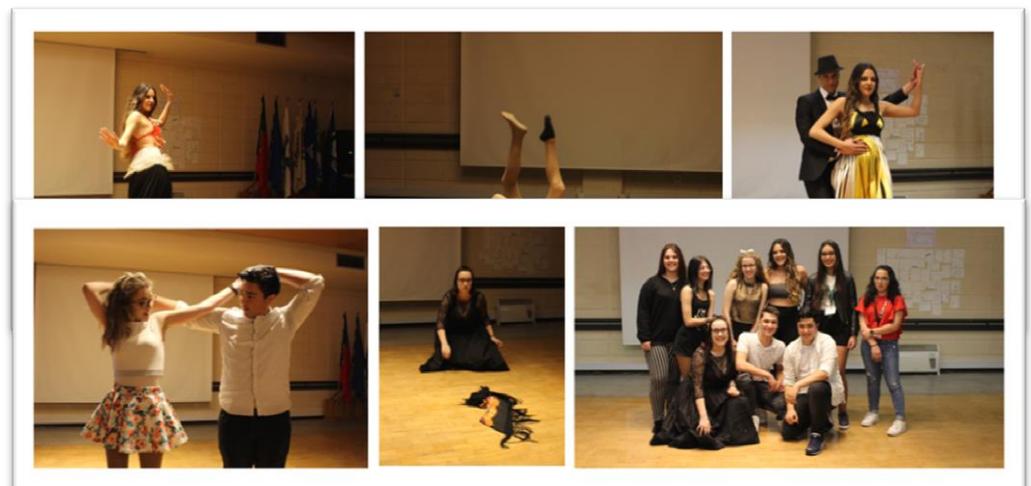
And finally, Portugal.

Presentation of Dance and Traditional Music of each country:

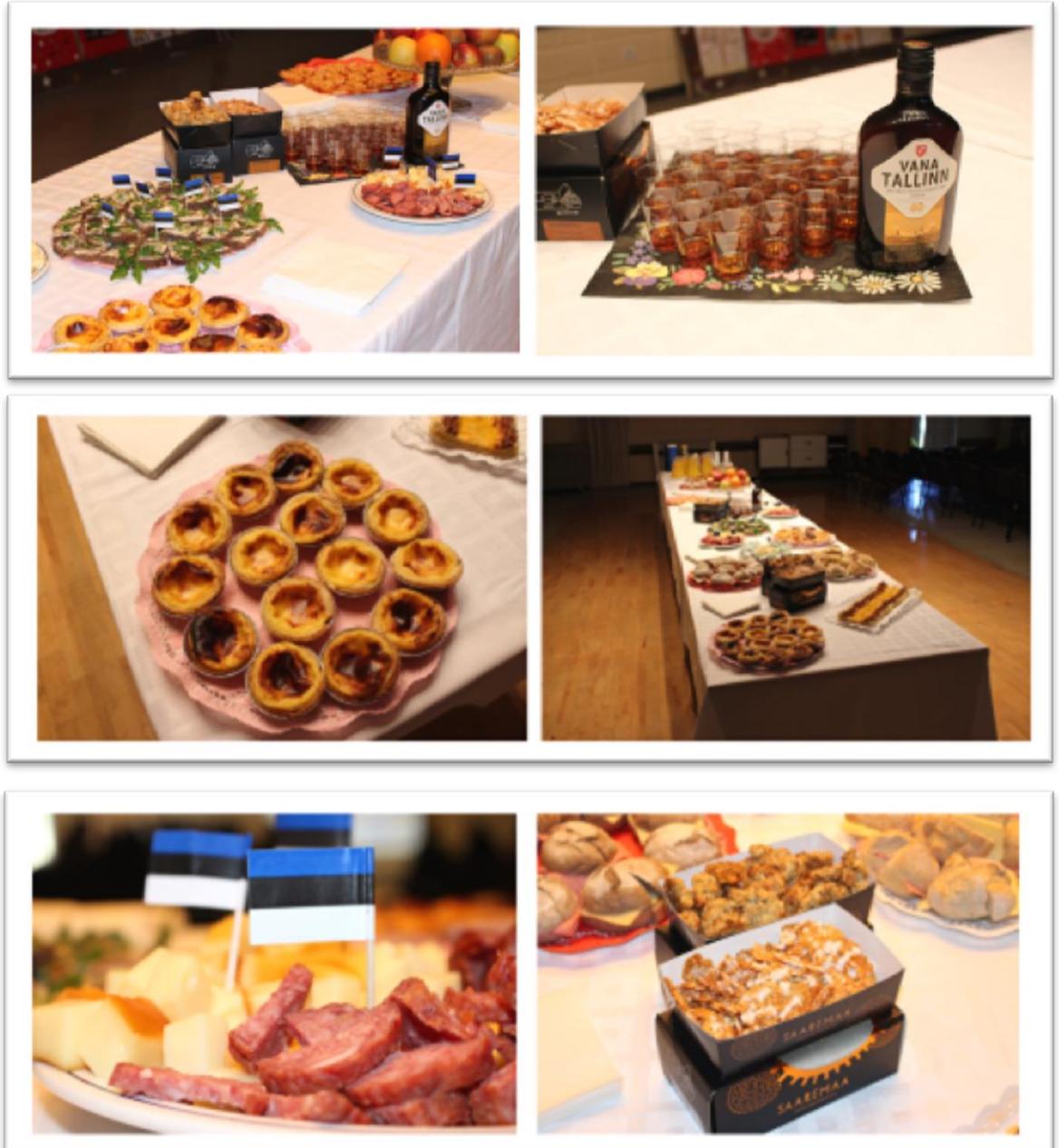




Presentation "World dances" - Dance Group of the CFPIMM



Tasting of typical gastronomy products of some countries:



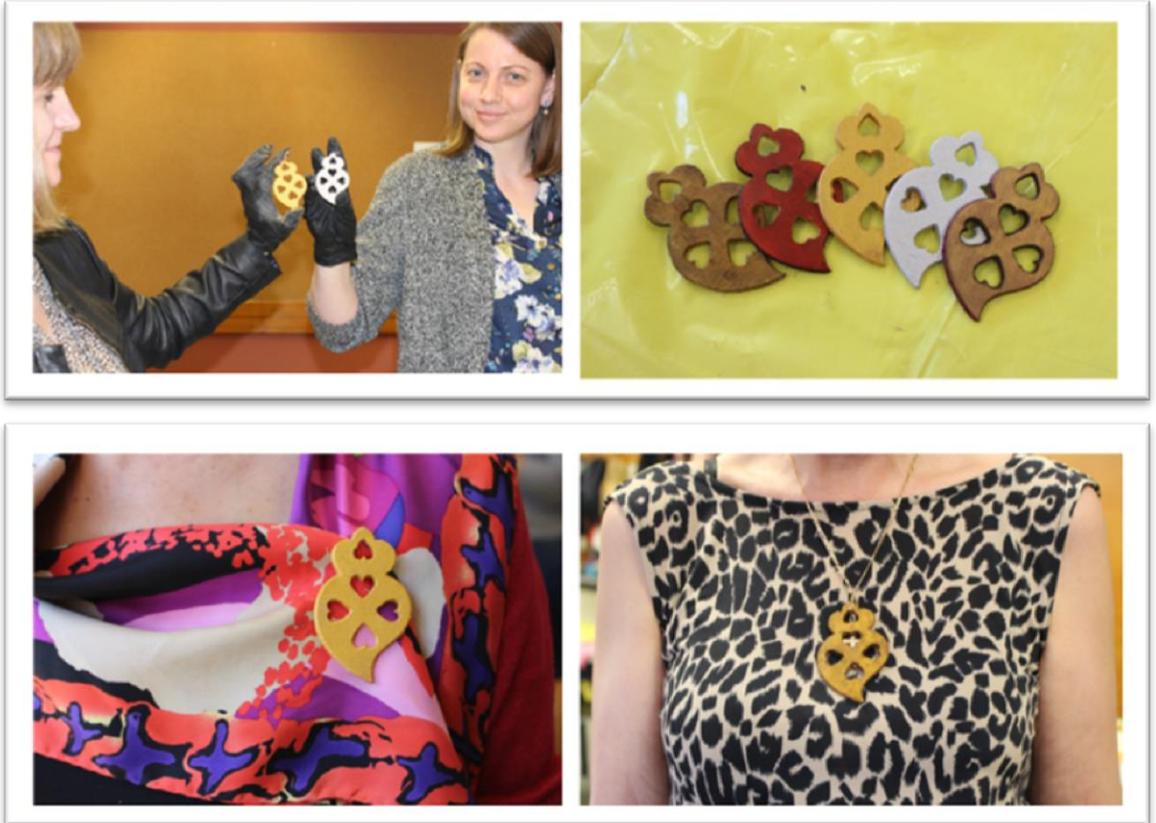
Final photograph of the cultural presentation:



### Workshop 9 – Portuguese heart

Each participant received a typical heart of Viana in wood and each one sanded, perfecting the edges, the base and the surface, then decorated to his taste, turning into a necklace or a brooch.





## CULTURAL VISIT TO OPORTO

In the afternoon, there was a cultural visit to the city of Oporto, where the group was able to visit some emblematic places of the city.



## Final Activities- 29<sup>th</sup> March 2019

### Presentation of the Creative Book

The Lithuanian group presented their excellent work on the Creative Book. Through the Scrapbooking technique, the women participating in Lithuania told their life stories.



## Passing the Creative Book to Estonia

As expected, the group from Lithuania delivered the Creative Book to the Estonian group so they can continue the proposed work. Now it will be the turn of Estonian women to tell their life story through art to present at the next transnational project meeting.



## Workshop 10 – All different

In order to mark the set of learning, sharing and success of this LTTA, everyone marked their fingerprint on a tree where the participants' names were written. In this way, it became evident that even so different from each other, we all have so much in common!



### Workshop 11 – Move-on!

To end this fantastic week of the Move-on partnership, everyone gathered in a big circle. The trainer gave each participant a mustard seed, reflecting with the group on the fact that it is a seed so small but able to produce a large tree. This symbology was adapted to the life of each one, concluding that sometimes it is only necessary to be a small seed, to believe in oneself and to "grow." So the participants were invited to take a step forward, making a commitment not to give up on going further in personal and professional life and to do more and better in their life, for this is MOVE-ON!

In the final of the meeting, the Certificates were delivered.



See you soon in Estonia!

