

**EUROPEAN SUSTAINABLE
TOURISM AND
ENTREPRENEURSHIP
(EUROSTAR)**

(219-1-CY01-KA229-058244_2)

**SUSTAINABLE TOURISM,
CULTURE AND LOCAL
PEOPLE**

**Welcome to Porto,
where life is a
sustainable gift!**

**PROGRAM OF ACTIVITIES FOR THE SHORT-TERM EXCHANGES OF GROUPS OF PUPILS C2
MEETING IN PORTUGAL**

MONDAY 8TH NOVEMBER – FRIDAY 12TH NOVEMBER 2021, PORTO, PORTUGAL


CAROLINA MICHAËLIS
agrupamento de escolas



Co-funded by the
Erasmus+ Programme
of the European Union



C2 Meeting: Sustainable tourism, culture and local people

8th - 12th November 2021

Program

Sunday 7th:

Partners' arrival

Hotel Address: Hotel Vice-Rei

Rua de Júlio Dinis, 779

4050-326 Porto Telephone: +351 22 543 0120

Monday 8th:

8:30 – Reception at school

8:40 – 9:00 - Welcome meeting

9:00 – 9:30 – School tour

9:30 – Coffee break

10.00 – 11:45 - “Portuguese basics: language and curiosities”, by Portuguese students Country presentations on local culture: food, dances, music, festivals, arts & crafts (A grid will be handed out to students to take notes, to help them carry out TASK 1)

12:00 – TASK 1: Creating a digital poster

(Reflections on the differences/similarities and uniqueness of the countries concerning local culture)

(coordinators' meeting)

13:15 – Lunch

Free time

17:30 – Welcome party at school: local food, local dances, local music, local festival!

(Each country shares a traditional dance)

Tuesday 9th:

8:30 – Meeting point: school hall. Subway trip to Porto downtown. Exit: Trindade station

9:30 – Guided tour to the City Hall

10:30 – Walk through Porto Historic Centre (a UNESCO World Heritage Site)

13:00 – Lunch

15:00 – Porto downtown: discovering Ribeira This old city district, located by the Douro river, is a UNESCO World Heritage Site. On our way we'll visit São Bento Train Station, voted one of the most beautiful in the world.

16:30 – Free time

Wednesday 10th:

9:00 – Meeting point: school hall. Bus to Afurada, on the left bank of Douro River

10:00 – Guided tour to Afurada Heritage Exhibition Centre: Afurada fishing community
(Local culture, local people: preserving our heritage)

11.30 – Visit to the Rabelos boats shipyard, an example of sustainable practices

12:00 – Lunch

14.15 – Guided tour to Caves Ferreira, a typical Porto wine cellar

15.30 – Boat trip on a Rabelo boat: Porto Six Bridges Cruise and the history of our cultural heritage

16.30 – Walk along the beach (environmental sustainability)

18:00 – Arrival at school

Thursday 11th:

8.30 – Talk by experts from Porto City Hall Tourism and Commerce: “How can sustainable tourism help preserve our cultural heritage?”

09:45 – Bus to Guimarães, “The birthplace of Portugal”

11:00 – Guided tour to the Ducal Palace and Guimarães Castle (UNESCO World heritage sites)

12:30 – Lunch

14:30 – Peddy-paper: discovering Guimarães Historic Centre: (UNESCO World heritage site)

17:30 – Arrival at school

Friday 12th:

8:30 – **TASK 2: Preparing the 1/2 minute videos promoting the region of Porto, in a sustainable way, based on the photos and videos collected during the local excursions that took place throughout the week**

(Coordinators' meeting)

10.30 – Coffee break

11:00 – Final outcomes presentations: digital posters + promotional videos

12:00 – Break

12.15 – Evaluation of Visit 2

Final Kahoot

Singing the Project songs

Project closing ceremony: participant students and teachers receive attendance certificates

13:30 – Lunch

15:00 – “Magusto” (roasted chestnuts, wrapped in newspaper, to celebrate “St. Martin's Summer”)

Farewell party (organised by students)

18:00 – Farewell dinner for teachers

Saturday 13th:

Partners' Departure

The End

Monday 8th



CAROLINA MICHAËLIS SECONDARY SCHOOL

Built from scratch on top of one of the highest stairs in the city of Porto and designed for the educational needs that the city had, the current Carolina Michaëlis Secondary School, inaugurated in 1951, was until the 1978/1979 school year an exclusively female high school. The revolution of April 1974 started the transition from this institution to a mixed school and the unified education brought the change of the designation from “lyceum” to “secondary school” – or better – Carolina Michaëlis Secondary School. More recently, in the 2013/2014 school year, this institution became the headquarters of a group with the same name, including nursery, primary and middle schools. About 1800 students attend the whole group.

Over the decades, Carolina Michaëlis Secondary School has been adapting and responding to the new educational needs. The conversions carried out to its facilities are an example of this. Yet, the renovated and modernized experimental science laboratories still retain many of the old laboratory instruments and tools for pedagogical use. In its corridors, the showcases with objects and samples, the assets of the Porto teaching establishment, recall times of yesteryear, experienced by young women.

Time has not deprived this establishment of historical education in the city of Porto of its notability, continuing to be an unavoidable institution of reference. The former Women's Lyceum in Porto, characterized by the rigidity and discipline imposed on students, teachers and even employees, gave way to a modern school, open to new methodologies, new strategies and new teaching trends, and, of course, to local, national and international communities.

Porto City Hall



The Camara Municipal (City Hall) in Porto dates from the 1920's and is located at the top of the elegant Aliados, near Trindade Station.

The architect responsible for the building was Correia da Silva, working to an overall concept conceived by English architect and town planner Barry Parker (1867-1947), who was active in both Portugal and Brazil in the early 20th century.

The tower of the building rises to 70 metres with a carillon clock in its centre. A staircase with 180 steps leads up to the top of the tower.

The impressive façade is granite, with a number of statues by José Sousa Caldas and Henrique Moreira on the top section added as embellishments. The statues represent Porto's various industries such as viticulture

and maritime trade. Altogether the Câmara Municipal do Porto has six floors, a basement, and two inner courtyards.

Porto historic centre



UNESCO was so impressed with its patrimonial importance that it classified this part of downtown Porto as a World Heritage Site in 1996, stating that the city's 'historic centre, built along the hillsides overlooking the mouth of the River Douro, forms an exceptional urban landscape with a thousand-year history'.

Flanked by an arcaded walk containing shops and restaurants built into the old city wall, the historic heart of the city is a warren of narrow, crooked alleyways worn smooth by countless generations. Along with two of the original gates, some remains of the city's 12th-century ramparts erected on Roman foundations can still be seen today.

Like all old cities, Porto is best explored on foot, starting with a leisurely stroll through the narrow streets surrounding the cathedral where Philippa of Lancaster married King João I, in 1387. These ancient streets clustered around the cathedral add to the district's immense old-world charm, bearing names like Scabbard maker's Street, Dark Street, Chestnut Street, Whirlwind Street and the Streets of Pelt.

Deep within the labyrinth of this quarter, the 17th-century Igreja dos Grilos (Church of the Crickets) is one of the earliest examples of Baroque architecture in Portugal.

Other must-see attractions in Porto's historic square-mile include the most ornate church in the city, the Gothic-style Igreja de São Francisco, which is richly decorated with elaborate gilded wood-carvings dating

back to the 17th century. Originally commissioned by Franciscan monks in 1383, it is one of the finest pieces of ecclesiastical architecture in the whole of southern Europe.

Nearby, the magnificent stock exchange building known as the *Palácio da Bolsa* is also worth seeing for its grand neo-classical façade and exquisite Arab Hall, a fine imitation of the great hall of the Alhambra, in neighbouring Spain.



Porto's riverside quarter, known as Ribeira, is one of the city's oldest neighbourhoods and certainly one of its highlights.

Historically, the quayside was one of the busiest points on the River Douro with cargo from both up and downstream landed here before the short journey to the centre of the city. Today it is equally bustling, but the major trade is now tourism.

The waterfront (Cais da Ribeira) is a long strip of cafes, restaurants and shops overlooking the river and the Port houses of Vila Nova de Gaia, on the opposite bank. Many of these businesses are housed in what would once have been single-storey warehouses whilst above and behind are a row of colourful, if not a little faded, houses. Many of these old buildings, some of which are six storeys high, are still home to the local population and you will often as not see washing drying off the balconies.

Wednesday 10th

Afurada Heritage Exhibition Centre: Afurada fishing community

Afurada is a fishermen village just outside Porto, which is not yet damaged by tourism.



The Afurada Heritage Exhibition Centre is not really a museum, but more like a tribute gallery to the people of this fishermen village. Most of the objects on display were donated by former fishermen, fishmongers and washers, and have proper English explanation of its use on cardboards.

It also has interactive panels that explain the various crafts of the people of this fishermen village, the evolution of the parish and well known Portuguese feelings like longing, faith, nostalgia, that our Portuguese word “saudade” so well encapsulates!



Ancient community washing tanks in Afurada are still being used. Local women, the fishermen's wives, still wash some laundry there. "We have washing machines at home, of course. But I prefer to wash a few things here, such as sheets and carpets. They are better washed, aerate better under the sun... it's better."

It is a strong lesson about humility – sometimes, we just need to sit down and listen to the reasoning behind the "odd" habits of other people, instead of simply looking at it as a picturesque picture.



Outside, there is an apparent confusion of ropes and clothes flapping in the wind. Each woman has "her" rope where she hangs her clothes, "but we're not savages, we will not take the clothes away if someone puts them hanging on our rope." The clothes hang for a day or two, if the weather allows it, fluttering under maritime sun without being stolen. A small daily miracle in Afurada.

Rabelos boats shipyard, an example of sustainable practices



Located on the river bank of Vila Nova de Gaia, next to the Port wine cellars, one finds the only shipyard that still built the original Rabelos boats. During centuries these vessels were the means of transport of the famous Port wine that came from the Douro's Demarcated Region to be deposited in the well-known cellars situated in Vila Nova de Gaia.

Currently, this shipyard concentrates great part of its activity in the adaptation and building of these vessels, duly modernized, with motor, WC, meal service, winter and summer covers and other equipment as a way of answering the touristic demands of our days, while faithfully preserving the characteristics of the original Rabelos boats.

Caves Ferreira (Ferreira Cellars), a typical Porto wine cellar



Established in an old convent, Ferreira is one of the most memorable cellars in Porto. The wine cellars are over 300 years old.

Housed in a large building with high worn wooden ceilings, the Cellar was founded in 1751 by a family of winemakers. It is the only Porto Wine company that has always remained Portuguese through all its history. During the guided tour, you'll discover this magical winery enveloped in a very particular smell of moist wood mixed with sweet wine. You'll explore the Cellars where the casks and vats are kept, while you find out about Porto's history.

Boat trip on a *Rabelo* boat: Porto Six Bridges Cruise and the history of our cultural heritage

Porto bridges are definitely the most appealing ones in the country. There are currently 6 over the Douro river!

D. Maria Pia Bridge



inaugurated on 4th November 1877, designed by Théophile Seyrig (BE) / Gustave Eiffel (FR) (Groupe Eiffel et Cie.).

Named after the Queen consort at the time, this Porto bridge is nothing short of amazing. Its brilliant design features iron beams that compose the variable width parabolic arch.

It pushed the boundaries of engineering: it was the first structure to completely take into account the effect of winds; for 7 years it stood as the record for the widest metal arch in the world; and it was vital for the railway network of the country.

With the recent prize of “International Historic Civil Engineering Landmark” awarded by the ASCE (“American Society of Civil Engineers”), it stands as the one of the most important monuments of Portuguese industrial archaeology.

Unfortunately, with a single rail and maximum speed of 20 km/h, it soon became insufficient for the traffic between Porto and Lisbon, eventually being replaced with the São João bridge.

Luiz I Bridge



Inaugurated on 31st October 1886, it is the most emblematic of Porto bridges! This is a truly Porto bridge, since it connects both levels of the city, as well as downtown Porto and Gaia. If you want to put Porto in a single image, the Ribeira area is obligatory, with the Rabelo boats sailing along the shiny Douro river, and centrepiece to all of this is... the Luiz I bridge!

The bridge was named after Dom Luiz I, the Portuguese King back then (whose wife was Dona Maria Pia, the former bridge). But you will notice that his name isn't preceded by the usual title of "Dom", as every royal used to have.

Its inauguration was anticipated to coincide with the King's birthday. "His Majesty", however, never came. Some people still argue that it was this lack of consideration to Porto, having a bridge with his name inaugurated on his birthday, that they stripped the title of "Dom" as payback. But it's most likely related with a liberal instinct of those constitutional times.

Arrábida Bridge



Inaugurated on 22nd June 1963 by the hand of Édgar Cardoso (PT). The compliments to the impressive engineering date from its very inauguration, no need to wonder why. Elegance and engineering together are at its best here.

Of all Porto bridges, this one is the most exposed to the force of Nature. Its proximity to the sea (a mere 2km away) makes this construction awe-inspiring in its resilience. Snatching the record of biggest concrete arch in the world (from the Sandö bridge in Sweden), it was entirely built without computer analysis – back then all the complex calculations were made analytically!

First of all, Édgar Cardoso himself came out publicly saying: “We, in all honesty, must confess that even though we look for the analytical solution of everything – even with long operations – it is only after the experimental confirmation that we set off to calculations”. Basically he was saying: we first try things out and only then work out the math!

It was probably this innovative approach that allowed him to build such a breakthrough. Such was the engineering feat that a lot of people, at first, wouldn't cross afraid it would fall. There are even reports of Swedish engineers coming to Porto, fully convinced the math wouldn't hold up, to see it fall. Their skeletons can still be seen sitting by the riverside.

São João Bridge



Inaugurated on 24th June 1991 by the hand of Édgar Cardoso. As D. Maria Pia bridge soon became insufficient for the railway traffic, authorities wanted to get it right this time. So they got their most brilliant engineer of the time (yes, Édgar Cardoso yet again) to build it, and called it after the patron saint of Porto: São João (i.e. Saint John the Baptist). The idea of building a second railway bridge began as soon as the Arrábida bridge was completed. The philosophy was to never change a winning team, so they went at it again!

Freixo Bridge



Inaugurated in September 1995, designed by António Reis (PT), it's the most functional and intensely used of all Porto bridges. Once again, traffic had to be relieved, this time from the Luiz I and Arrábida bridges. Nonchalantly named after the area of Porto where it lies upon, it is the most upstream Porto bridge. The internal highway of the city (VCI) connects the Freixo bridge to the Arrábida bridge (the most downstream bridge).

This bridge is, technically, two bridges. To make it structurally sound and seismically safe, and to accommodate its two-way (4-lane each) highway, two decks were built side-by-side, a mere 10cm apart. It is, at the same time, the lowest and longest Porto bridge.

Infante D. Henrique Bridge



Inaugurated on 30th March 2003, drawn by Adão Fonseca (PT). When the top deck of the Luiz I bridge got earmarked for the light-rail metro system, the Porto bridges club won one final member. The “Infante” bridge is the most modern bridge of Porto.

Inspired by several bridges in the Alps, its 280m arch span is a world record for its type. It retains its identity amongst Porto bridges, despite being the most recent. But, most of all, it refers to the past. Named after one of the most prominent portuenses – Infante Dom Henrique, internationally known as “Henry, the Navigator”. Poetically placed between the two oldest Porto bridges, thus connecting old and new in a typically Porto style. Designed, of course, with a record-breaking arch. Thus connecting tradition and contemporary, past and future, as well as... Porto and Gaia.

A walk along the beaches of Vila Nova de Gaia

Vila Nova de Gaia is the Portuguese municipality with the biggest number of Blue Flag beaches. Walk and stroll along the 17 km of sandy beaches peppered with many restaurants and bars. Many beautiful beaches await you in the region.



Thursday, 11th

Guimarães

Also known as the “birthplace of Portugal”, Guimarães is a city full of history. Located in Northern Portugal, it was here that some of the most important politic and military events took place in 1128, which led to the independence and creation of a new nation.

Founded in the 4th century, the city became the first capital of Portugal in the 12th century, being closely associated with the creation of the national identity and language of Portugal.

Guimarães castle



In the mid-10th century, the Countess Mumadona Dias commissioned the construction of a monastery. With the constant raids by the Moors, she decided to commission the

construction of a fortress to protect the monks and the Christian community that lived in the surrounding area. Hence the primitive Guimarães castle was born.

In the 12th century, Count Dom Henrique and D^a. Teresa de Leão started living in Guimarães castle and it was probably here that Dom Afonso Henriques, the first Portuguese king, was born.

As its defensive function started losing importance, the castle went through constant deterioration and was abandoned up to the 20th century. At that time, the castle was declared a Portuguese national monument and restoration works followed.

Close to the castle, you'll find the chapel Capela de São Miguel do Castelo where, according to local belief, the first king of Portugal was baptised.

Ducal Palace

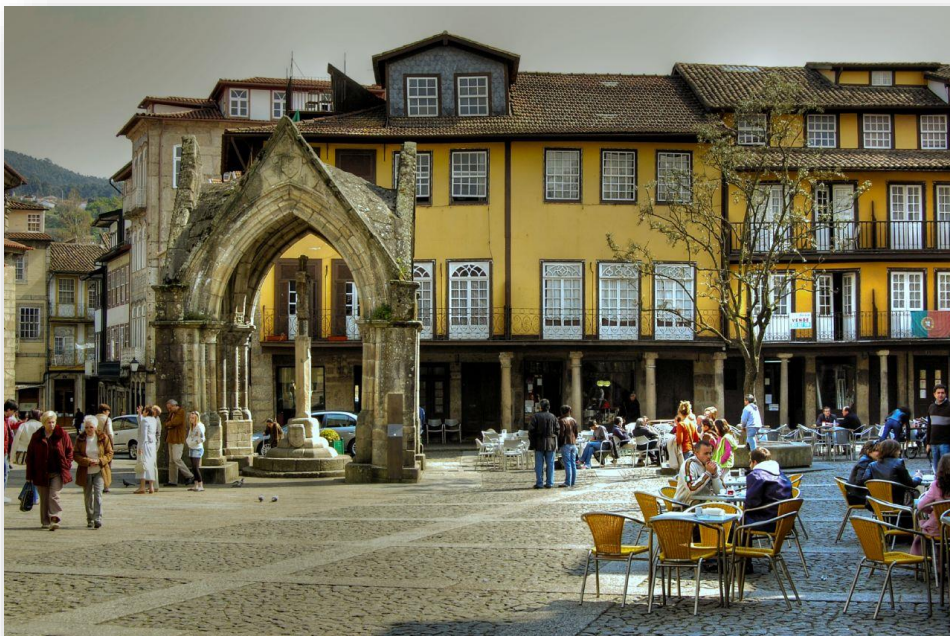


Built in the 15th century by D. Afonso, the first count of Bragança, the palace Paço dos Duques de Bragança was transformed in a barrack in the 19th century.

In the mid-20th century, after a period of abandonment, the palace was restored and transformed in a museum. The second floor is the official residence for the President of the Portuguese Republic when he

travels to the North of Portugal. When you visit this monument, you'll have the opportunity to admire the beautiful halls, a chapel and a permanent exhibition of the 17th and 18th centuries.

Historic Centre



Listed by UNESCO as a World Heritage Site, the exceptionally well preserved Historic Centre of Guimarães is often referred to as the cradle of the Portuguese nationality, distinguished in particular for the integrity of its historically authentic building stock. Examples from the period from 950 to 1498 include the two anchors around which Guimarães initially developed, the castle in the north and the monastic complex in the south. The period from 1498 to 1693 is characterized by noble houses and the development of civic facilities, city squares, etc.

While there have been some changes during the modern era, it has maintained its medieval urban layout.



One of the most remarkable natural landmarks of Northern Portugal, the Serra Penha is seen as the home mountain of Guimaraes. More than 600 meters high, this colossal granite mountain stands proud above the city. The summit offers a variety of activities such as mini golf, horse riding or trekking, as well as hosting a statue commemorating Pius IX. Climb the mountain and enjoy breathtaking panoramic views of the region.

PROJECT PARTNERS

CYPRUS		Gymnasio Omodous
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