

May

26th to

1st June

2019



Mobility 2
Madeira island

PROJECT: LET ME BE YOUR GUIDE -

A WALK THROUGH OF MY CULTURAL HERITAGE

2018-I-SI01-KA229-047034_3



26th

May-Sunday



Program

- Arrivals of the Slovenian group
- Teachers and students will be greeted by project teachers and host families at the airport.
- Students will stay with their host families
- Teachers will stay at the hotel

26th **May-Sunday**

This story is written by you...

27th May-Monday

Program

16.15-Arrival of the Polish school

Teachers and some parents/ students will pick you up at the airport

8:00 - Meeting point at the Conference Room

9:00 - Icebreaker activities at the conference room

10:00 - Snack at the school canteen

10:30 - Peddy Paper in *Santa Cruz* city

13:00 – Lunch at the school canteen

14:00 – Bus trip to *Funchal City*

14:30 – Cable car up to *Monte*

15:00 – Visit to Monte Palace- Berardo's Foundation

17:00 – Cable car down to *Funchal*

17:30 – Bus trip back to *Santa Cruz*

19:00- Evening– Welcome ceremony with families, students, teachers of the project and the headmaster, at the school canteen

27th **May-Monday**



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27th May-Monday



Santa Cruz is a municipality, a parish and a city located in the eastern part of the Island. It has 81.50 km² and 43.005 inhabitants, divided into 5 parishes - Camacha, Caniço, Gaula, **Santa Cruz** (includes the offshore Desertas Islands) and Santo António da Serra.

The Santa Cruz village is one of the oldest of the island, dating from the fifteenth century beginnings. The municipality was created on June 26, 1515, was elevated to city status to August 2, 1996.

In terms of architectural heritage, it highlights the Santa Cruz Parish Church, built by King Manuel I, which began as a small chapel, built in 1533, and has a Gothic portal;

In addition, Santa Cruz is the municipality where the Madeira International Airport is located.

27th May-Monday



The parish of Nossa Senhora do Monte (Our Lady of Monte) exists since 1565. Today it is known only by Monte and considered one of the most pleasant places in Madeira.

With a privileged location in the amphitheater of the city of Funchal, the parish of Monte, located about 9 km from the center and 550m above sea level, is undoubtedly one of the places of Funchal to visit.

With lush vegetation and superb views over the amphitheater and bay of Funchal, it has been, since the earliest days of tourism on the island, the place of choice for visitors to Madeira.

27th May-Monday



Monte Palace Tropical Garden is located on top of a beautiful hill with stunning views over Funchal Bay. Monte Palace is also a place of historical importance because it used to be a luxurious hotel that housed many important guests during the 18th century. Today, the Berardo Foundation has transformed this beautiful property into a museum and garden. Here you will find exotic plants and flowers from many continents as well as animals such as ducks, white and black swans, peacocks, chickens and Koi carp. It is an unforgettable experience to stroll in this beautiful garden.

27th **May-Monday**

This story is written by you...

28th

May-Tuesday



Program

8:00 - Meeting point at the Conference Room

9:00 - Bus trip to *Funchal City*

9:30 – Visit to the *Old Blandy Wine Lodges*

11:30- Welcome ceremony with the president of Madeira Island, Miguel Albuquerque

12:30 – Bus trip to *Camacha Village*

13:00 – Lunch at the restaurant “Café Relógio”

14:30 – Workshop activity with wicker – Willow craft

17:00 – Bus trip back to *Santa Cruz City*

28th

May-Tuesday



Located right in the center of Funchal, there are the San Francisco Wineries, "The Old Blandy Wine Lodges", which have an interesting exhibition area, situated in a set of buildings that constitute the remnant of the old Convent of São Francisco do Funchal, demolished in the 19th century.

In addition to its architectural curiosity, the San Francisco wine cellars can be visited, have demonstration rooms, warehouses, a shop and an exhibition area that, together, tell the story of Madeira wine, from the production process of the vineyard until its transformation into Madeira Wine.

28th

May-Tuesday



This estate was originally known as “Quinta das Angústias”, probably because the chapel attached to the main building was called “Nossa Senhora das Angústias” (Our Lady of Anguish).

A number of members of European nobility lived in this house at one time or another. In 1979, the Regional Government acquired Quinta Vigia and the buildings and gardens were remodelled. On 2 May 1984, it became the official residence of the President of the Regional Government. The estate offers beautiful views overlooking Funchal Bay.

The gardens harmoniously combine large trees, exotic birds, flowers and many species of plants that will interest botany enthusiasts.

28th May-Tuesday



Camacha is a small village, a few kilometers from Funchal, with great beauty and famous for its Apple Festival and its folklore groups.

This village is considered by many to be the Capital of Madeiran Culture. In fact, if you look around you will have no trouble finding talented people and many cultural, social and entertainment events.

28th **May-Tuesday**

*Wicker Industry
Workshop*



What I have learnt...

28th **May-Tuesday**

This story is written by you...

29th

May-Wednesday



Program

8:00 - Meeting point at the Conference Room

9:00 – Bus trip to *Porto da Cruz Village*

9:30 – *Workshop* “Baking Bread” (1st part)

11:00 – Visit to the sugar cane mill in *Porto da Cruz Village*

12:00 - *Workshop* “Baking Bread” (2nd part)

13:00 – Lunch at the restaurant “Praia da Alagoa”

14:00 – *Workshop* of Madeira embroidery in *Porto da Cruz*

17:00 – Bus trip back to *Santa Cruz*

17:30 – Welcome ceremony with the Mayor of *Santa Cruz* at the City Hall

29th

May-Wednesday



Porto da Cruz is one of the parishes of the municipality of Machico. Its name came from the cross once placed in the bay that served as port.

Upon arriving, you may have the perception that there is not much to do in this area. Life seems to have stopped or else to be moving at a very slow pace. However, the attractions of this small parish are hidden and it will take more than an inattentive look to find them. One of them is the old sugar cane mill, still operational as in the old days when sugar production began - 1927. The most impressive in this small factory is the 26-meter-high tower!

29th

May-Wednesday



On the north coast of Madeira, in the village of Porto da Cruz, there are the Engenhos do Norte. This island was, during the XV and XVI centuries, the most famous sugar producer in the world, precisely in the period when this good was much more valuable than it is today, so much that the Europeans of that time knew it by "White Gold". The Porto da Cruz mill is one of the three old mills operating in Madeira. Built in 1927, it still uses the machines of that time, being the only one in Europe to use steam as a driving force.

29th **May-Wednesday**

*Workshop - The tradition
of baking bread*



What I have learnt...

29th May-Wednesday



The Madeira Embroidery is one of the world's best and was often purchased by royal houses of Europe over the past 100 years.

One of the driving forces behind this activity was Miss Phelps. She was the daughter of an English merchant, who came to Madeira in mid 1850. Impressed by the manual ability of local women, she taught them the techniques of *broderie anglaise*. These techniques were quickly assimilated and Miss Phelps sent some of the first pieces to England, which were a success. Embroideries brought a new source of income for thousands of families. In 1906 there were 30,000 embroiderers in rural areas, and two thousands of professional embroiderers in Funchal. Most of the work was made in house, with the final finishes made in Funchal factories.

It was the German that were established here who made this a real labor export industry, introducing faster techniques and increasing production to levels never dreamed before.

In 1925, two American entrepreneurs, Charlie Rolland and Leo Behrens invested in the recovery of the Madeira Embroidery quality. They created the Imperial Linens Company and introduced new techniques inspired by the embroidery of other European countries such as Italy, Switzerland, Spain and France. Introduced new motifs and designs taking as model the flowers and other plants of Madeira. Added feathers, shells, marine motifs and scenes of daily life in Funchal. Thanks to this renovation, it was born the Madeira embroidery as we know it today.

29th **May-Wednesday**

Workshop - The embroidery



What I have learnt...

29th **May-Wednesday**

This story is written by you...

30th

May-Thursday



Program

8:00 - Meeting point at the Conference Room

9:00 – Bus trip to São Vicente Village

10:00 – Visit to the Caves in S. Vicente Village

11:30 – Bus trip to Seixal Village to visit a vineyard homestead

13:00 – Bus trip to Achadas da Cruz Village followed by a cable car ride down to the coast to have a typical lunch -“Espetada” – Workshop

- Visit to a winepress

16:00 – Bus trip to Cabo Girão viewpoint, the 7th highest promontory in the world

17:00 – Cabo Girão

17.30- Bus trip back to Santa Cruz City

30th May-Thursday



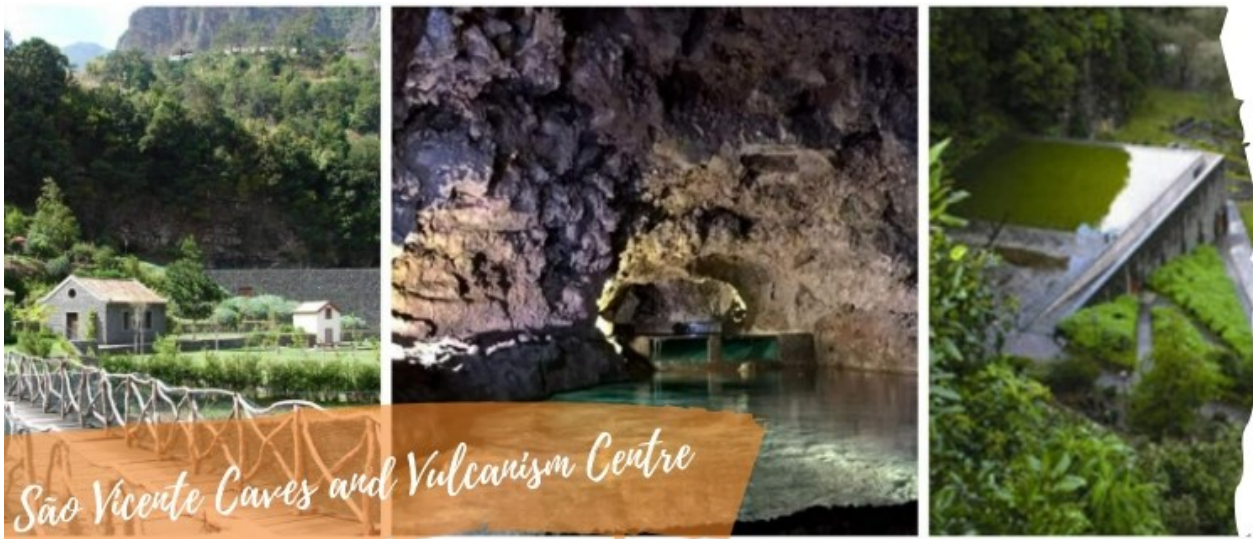
Although considered a coastal village, São Vicente has progressed with time into the more sheltered hinterland.

At the edge of the village, directly next to the sea, lies a great boulder, into which the São Vicente chapel was built.

The council of São Vicente consists of the parishes of S. Vicente, Ponta Delgada and Boaventura. A trip through this council reveals a cultural patrimony left by all those who helped to enlarge these three parishes that it encompasses.

Most of the rustic manor houses go back to the XVIII century, a time of economic relief and comfort, due to the good fortunes of viticulture.

30th May-Thursday



The São Vicente Caves were formed 890 thousand years ago by a volcanic eruption, which occurred in Paul da Serra. The outer part of the lava that was exposed to lower temperatures, solidified rapidly while the inside remained liquid with lots of gases, forming a series of lava tubes. The caves were first reported in 1885 by locals, and opened to the public on October 1st, 1996.

They were among the first volcanic caves to be opened to the public in Portugal and may be visited by following an underground route running for over 1,000 m. The height of the caves varies between 5 and 6 metres.

At the end of the tour, visitors may access the Volcano Centre, a pavilion offering a range of educational and entertaining audio-visual displays that recreate the geological evolution of the caves, the eruption of a volcano and even a simulation of the birth of the Madeira Islands.

30th May-Thursday



This picturesque village is located between Porto Moniz and São Vicente. Besides producing an excellent wine, it is also an excellent place to stop if you are travelling through the highway of the Northern coast of Madeira. From here, you can explore the rocky coast and have a walk in the dock to admire the big cliffs and waterfalls, which are on both sides of this little village.

30th

May-Thursday



It is the highest cape in Europe, at an elevation of 580 m, and is famous for its suspended glass platform.

The Cabo Girão viewpoint, situated on the highest promontory in Europe, offers a vertiginous view of the fajãs of Rancho and Cabo Girão – small areas of cultivated land at the foot of the cliff – as well as magnificent panoramic views over the ocean and the municipalities of Câmara de Lobos and Funchal

The viewpoint has been renovated, and a suspended glass platform, called a skywalk, was built.

It is an excellent spot to practice paragliding and base jumping. Recently, the Portuguese parachutist Mário Pardo performed a spectacular motorcycle leap here. Nearby is the Chapel of Nossa Senhora de Fátima (Our Lady of Fátima), built in 1951 and one of the main pilgrimage sites of the island.

30th **May-Thursday**

This story is written by you...

31st **May-Friday**



Program

8:00 - Meeting point at the Conference Room

9:00 – Bus trip to Pico do Areeiro (3rd highest mountain in Madeira Island)

10:00 – Visit to Pico do Areeiro

11:00 – Walk from Chão das Feiteiras to Ribeiro Frio and a Levada walk to Balcões

13:00 – Bus trip to Santana village

13:30 – Lunch, walk and visit of the Madeira Pavilion at the Thematic Park in Santana

16:00 – Bus trip to Machico City to go to the beach

17.45 – Bus trip to Santa Cruz City

*** Please bring comfortable clothes and footwear**

31st May-Friday



Pico do Areeiro Viewpoint is located at the third highest point on Madeira Island, at 1,818 meters above sea level.

From this viewpoint there is an excellent panoramic view of the central mountains of Madeira Island. This is also the starting point for one of the most spectacular trails to the archipelago's highest point, Pico Ruivo, at 1,862 meters.

31st May-Friday



Located in the municipality of Santana, the Forest Park of Ribeiro Frio presents a vast spot of the Laurissilva Forest. In this place we can observe some flora and endemic vegetation and animals characteristic of the fauna of Madeira.

In this locality there is the Ribeiro Frio Aquaculture Station, which produces trout (*Oncorhynchus mykiss walbaum*) for the repopulation of the water lines of the Island of Madeira.

Once in the place, the visitor can go to the discovery of some emblematic rails, namely - PR10 - Levada do Furado (Ribeiro Frio - Portela).

31st May-Friday



Characterised by its small thatched triangular houses, Santana is a beautiful village on the north coast. These small houses, built of natural stone and thatched with straw, have served the locals for centuries as stables and dwellings.

This region, which comprises six parishes (Arco de São Jorge, Ilha, Faial, **Santana**, São Jorge and São Roque do Faial), lives essentially from agriculture, craftwork and tradition. The mountainous landscapes are dominated by the lush green that characterises the Laurissilva Forest, which was classified as 'World Heritage' by the UNESCO, encouraging locals even more to do everything for maintaining its beauty.

31st May-Friday



The Madeira Theme Park, located in the city of Santana is unique in Portugal. It is the largest and most important tourist attraction in Madeira Island. It presents itself as a fantastic exhibition center dedicated to the History, Science and Tradition of the Madeira Archipelago.

The Madeira Theme Park is an ample space with 7 hectares of land, where visitors of all ages can embark on a journey of discovery through Madeira and Porto Santo and familiarize themselves with the history, culture and traditions of its people. Visitors can vibrate with the unusual beauty of its landscapes, explore an immense park-garden and feel the energy of this unique and vivid nature.

31st **May-Friday**

This story is written by you...

01st June-Saturday

Program

- The Slovenian departure day
- Free day for the Polish teachers
- Students stay with their host families

01st **June-Saturday**

This story is written by you...

02nd June-Sunday



Program

- The Polish Departure day

02nd June-Sunday

This story is written by you...

The "Things" that will make me return to Madeira...

Gastronomy

Known as the "Pearl of the Atlantic", the island of Madeira offers a beautiful landscape, mild climate, tranquillity and colourful traditions - but the delicious cuisine is another attraction not to be forgotten! The island's food is based on rural customs, and in general, the closer it gets to traditional cooking methods the tastier it becomes.

Challenge your taste buds and take a short trip for the most varied flavours.

Soups

If you like soup, be sure to taste the delicious Tomato and Onion Soup, enriched with a poached egg and served on slices of hard bread. It has the appearance of a puree, with the intense colour of the tomato, in which the tonalities of the egg stand out.



Ingredients:

1/2 kg mature tomato
1 sprig of thyme 2 onions
2 garlic cloves
200ml of water
30ml of olive oil
4 eggs
Salt and pepper q. s.

Instructions:

Make a stew with the olive oil, the garlic rolled, and the onion in thin slices. Add the tomatoes, peeled and cut into cubes. Season with salt, pepper and the savory. Drizzle with water. Bring to a boil, simmer for 40 minutes, adding more water if necessary. In the final 5 minutes, correct the seasonings and add the eggs. Cover and let cook finish. Serve the soup over slices of hard bread.

The **Açorda** is another of the most typical soups, being prepared with large pieces of bread (preferably hard), garlic, olive oil, savory and hot water - besides the indispensable poached egg. The appetizing aroma makes her an excellent *pitêu* after a long walk through one of the island's levadas.



Ingredients:

1 hard house bread
1.2l of water
2 peppers
1 sprig of thyme
4 eggs
4 cloves garlic, crushed
1 dl olive oil
Salt q. s.

Instructions:

Put a pan on the heat with the water, the oil, the peppers, the savory and the garlic. Season with salt and bring to the boil. Then lower the heat and add the eggs one by one. Leave to cook for 4 minutes. Meanwhile, cut the bread into pieces and put inside the serving bowls. Pour the previous broth and serve immediately.

Caldo Verde is a soup of cabbage, typical of the Northern Region of mainland Portugal, but very popular and with impact throughout the country. It is a delicious soup ideal for the beginning of a main meal or a late supper.



Ingredients:

2 liters of water
450 g of potatoes
500 g of cabbage (cut into green broth)
1 tablespoon of coarse salt
2,5 dl of olive oil

Instructions:

Put the water and the salt in a pan. As soon as it begins to boil, pour the potatoes peeled and cut into pieces. After being cooked crush. Return the crushed potatoes to the cooking water and add the chopped cabbage leaves to the green broth after they have been thoroughly washed in two or three pieces of water. Add the olive oil and let it boil for two or three minutes with the pan uncovered, until the cabbage turns green. Serve in a bowl by adding a slice of chorizo to taste.

Wheat Soup is much appreciated by residents and also by many who visit the island. It is a great soup to eat in the winter because it is very dense due to the amount of vegetables it takes.



Ingredients:

1 ½ cup brown lentils (rinsed)
4 cup vegetable broth
4 cup cold water
3 tbsp extra virgin olive oil
3 large carrots, finely chopped
1 medium red onion, diced
¾ tsp salt
¼ tsp freshly ground pepper
4 garlic cloves, minced

Instructions:

1. Combine lentils, broth and water in a pot. Bring to a boil, reduce heat, cover, and simmer gently until the lentils are tender, but not mushy, 25 to 30 minutes
2. Heat oil in a large skillet. Add carrots, onion, salt and pepper. Cook, stirring occasionally, until the vegetables begin to brown, about 15 minutes. Add garlic and cook, stirring constantly, for about a minute.
3. When the lentils are tender stir in the carrot mixture.
4. Cover and cook for about 5 minutes.

For meat lovers, diversity is assured. The most famous dishes of Madeira are the traditional Espetada, the Meat of Wine and Garlic, the Picado and the delicious grills (mainly of chicken, pork chops and steaks).

The **Espetada** is made with cubes of tender and juicy beef, with a layer of fat on the outside, seasoned with garlic and salt, roasted on a laurel wood stick.



Ingredients:

1kg of beef (empty, fillet)
1 branch of laurel
2 heads of garlic
Coarse salt q.s.

Instructions:

Cut the meat into small cubes. Crush the garlic with the peel and add bay leaves cut into pieces. Sprinkle the meat on the laurel stick skewers, placing the whole fat on the same side. Season with salt and bake on both sides, when remove from the brazier, shake off excess salt, hitting the spikes one on the other. Serve with fried corn and caco cake with garlic butter.

Prego no Bolo do Caco is delicious and extremely versatile, and can be combined with various ingredients.



Ingredients:

Sirloin steaks
Cheese slices
Ham slices
Lettuce leaves
Tomatoes with slices
Fried egg (optional)
salt
chilli
Garlic
Bay leaves

Instructions:

Begin by seasoning the sirloin steaks with garlic cut into slices, bay leaves, pepper and salt. Then fry them in olive oil with crushed garlic cloves and bay leaves. Cut a cake from the shard into half, and put a steak in each, watering with some of the sauce. Put cheese, ham and egg on top. Cover with the other half of the cake and is ready to eat!

Picado is a traditional Madeira dish. It is usually served on a platter being shared by several people (each person has a toothpick or a fork). A delight to make a light meal or even for a late afternoon to accompany a few beers.



Ingredients:

500gr of beef (cuttlefish or loin) cut into cubes;
100gr of mushrooms
2 bay leaves;
3 cloves of garlic;
butter q.sub.b;
salt. q.b;
1 tablespoon oxtail;
½ cube of meat;
1 glass of white wine;
a strand of olive oil

Instructions:

You begin by seasoning the meat with the bay leaf and chopped garlic, wrapping it well in these ingredients. Put butter in a large frying pan, then spread the meat to avoid picking up the meat cube and the olive oil. At this stage you can add soy sauce if you like, mushrooms with a bit of béchamel and also green and red peppers to give a special color to the platter. As you fry it you should stir. Season with salt, oxtail soup, garlic and white wine. Once done, leave the mixture to "marinate" a little inside the frying pan to gain greater taste. Madeiran chop is usually accompanied with chips, salad, olives. In certain sites the accompanying variant of fried corn or white rice is also suggested.

Carne Vinha D'Alhos is one of the most delicious typical dishes on Madeira Island. It is typical during Christmas time, but it is certainly a dish appreciated by many! It is made with pork, white wine, vinegar, garlic, bay leaf, salt and pepper, and left to marinate for at least two days. At the time of eating it is fried along with the marinade and a bit of lard.



Ingredients:

1 kg pork (with some fat)
Cloves garlic q.b. (a generous dose)
1 bay leaf
1 branch of safety
2 dl white wine
1 dl of vinegar
Coarse salt and ground black pepper q.b

Instructions:

To cut the meat to the cubes and to leave to marinate, for two or three days, with the wine, the vinegar, the cloves of garlic, the savory, the laurel cut into pieces, the salt and the pepper. Fry the meat in the marinade and add a little lard (optional, but there are those who like to add more flavour). Reserve the cooking liquid of the meat to wet slices of homemade bread and fry with the meat. Accompany with fried corn / potatoes or sandwiches on the caco cake.

The gastronomic simplicity of the Madeira Archipelago portrays the soul of a simple but generous people, in a constructive subtleness among the various regional products of great quality that allow the elaboration of a varied menu of gastronomic specialties ranging from regional cuisine to the international kitchen, including gourmet.



Our musical traditions

Bailinho da Madeira is the most well-known traditional dance/song from Madeira. It has characteristic movements (the dancers give turns and jumps with great speed) and a lot of liveliness.

Bailinho da Madeira
Canção

Música de **Maximiano Sousa** Arranjo de **Mário Teixeira**

PIANO

8.....

Eu ve-nho de lá tão

lon-ge. Eu ve-nho de lá tão lon-ge, ve-nho sempre à bei-ra mar. venho

sem-pre à bei-ra mar. Tra-go a

qui es-tas cou-vi-nhas Tra-go a qui es-tas cou-vi-nhas P'r'ama-nhá o seu jan-

Bailinho da Madeira

Eu venho de lá tão longe, ai eu venho de lá tão longe,

Venho sempre à beira-mar, venho sempre à beira-mar.

Trago aqui estas “coibinhas”, trago aqui estas “coibinhas”,

Pr’amanhã, pró seu jantar, pr’amanhã, pró seu jantar.

[chorus]

Deixem passar

Esta linda brincadeira,

Que a gente vamos bailar

Pr’a gatinha da Madeira! **[Bis]**

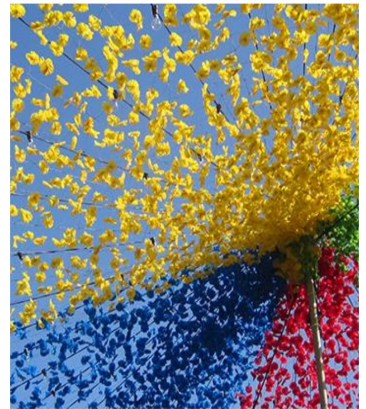
A Madeira é um jardim, a Madeira é um jardim,

No mundo não há igual, no mundo não há igual.

Seus encantos não têm fim, seus encantos não têm fim,

É vila de Portugal, é vila de Portugal.

[chorus]



Partner Schools



Slovenian Students

Ana Vujič
Anim Marinič
Elena Plesnicar
Ema Marusič
Eva Krapež
Manca Miljavec
Marja Kodermac
Martin Zagožen
Meta Konjedic
Miha Valentinčič
Mineja Podgornik Pulec
Tjaša Zimic
Ula Jelina
Vita Benedetič

Teachers

Tamara Klanjscek Savli
Tanja Slapernik Tominec
Demi Munih



Portuguese Students

Ana Catarina Spínola Silva
Ana Maria Silva
André Manaig Nunes
Diogo Fernando Dória Meunier
Diogo Góis Nóbrega
Eduarda Sá Fernandes
Eva Margarida Sousa Freitas
Francisca Rocha Figueira da Silva Freitas
Gonçalo Nuno Rodrigues dos Santos
Jéssica Maria Gouveia Câmara
Joana Francisca Correia Pereira
Juliana Maria Câmara Perestrelo
Laura Isabel Gonçalves Andrade
Leonor Maria Gomes Rodrigues
Mara Carolina Matos Alves
Margarida João Freitas de Freitas
Maria Leonor Jesus Spínola
Natacha Carina Espírito Santo
Sara Margarida Freitas Nóbrega
Soraia Cristina Dias Andorinha
Tânia Teresa Nunes Tavares
Tiago André Andrade Fernandes
Vicente Martins Gonçalves

Teachers

Ana Isabel Rodrigues Caldeira da Silva
Cidália Viveiros Freire Moreira
Élia Vanda dos Santos Freitas
Lina Maria Gonçalves Andrade Pestana
Lucrecia Ivone Cardoso Araújo
Teresa Maria Gomes Spínola



Polish Students

Agnieszka Sufranek
Jakub Szolc
Jan Ciecierski
Kacper Malok
Kaja Lelen
Maksymilian Zieba
Mateusz Kanski
Mille Jensen
Wojtek Leski

Teachers

Joanna Słowińska
Aleksandra Horzela - Chrost
Katarzyna Zimkowska