1. **Done V**
2. **Dissemination from each mobilities forms every country - ???? I asked Luís to send this one.**
3. **Mobility in Portugal – Description**

Description of the Mobility in Portugal

The 2nd LTTA “No Bully No Cry” took place on 3rd April – 9th April 2022 in Tomar, Portugal.

1st day:

On the first day we welcomed all participants to our capital city – Lisbon. During the morning we visited Parque das Nações.

The Eastern Lisbon used to be an ugly industrial area, until it was chosen as the site to host the last World Fair of the 20th century, Expo 98. Now called Parque das Nações, this part of the city is still often referred to as “Expo” by some locals. Since the fair, it has been reborn into a futuristic glass-and-steel district, home to some striking examples of contemporary architecture. Many are structures left behind by the event, while others are more recent constructions that kept the oceanic theme, like the twin towers São Gabriel and São Rafael (built between 2000 and 2004), which resemble ships and are named after two of Vasco da Gama's vessels.

We took some selfies with the Europe’s longest bridge as a backdrop and tried the cable cars that overlook the entire district, offering a view of an unashamedly avant-garde side of Lisbon, contrasting with its old historic center.

We also visited one of the world’s biggest aquariums (Aquário Vasco da Gama). More than size, however, it stands out for its design. The over 25,000 sea creatures seem to be swimming together, but sharks are separated from smaller defenseless fish by invisible acrylic walls. This is the first aquarium to place all world ocean habitats together, and presents several marine species, from the curious round stingrays to the giant sunfish, seahorses, otters, and penguins... The main, gigantic tank, which is seen from four different levels, is in the original building which rises from the river, while sea turtles can be seen in an annex inaugurated in 2011. High-tech displays explain everything in different languages.

After lunch we had the Hippotrip experience, aboard of one amphibious vehicle we explored the heart of Portugal’s capital, by land and river, without leaving the comfort of our own seat. Is it a bus? Is it a boat? It’s both…. We plunged into the Tagus River and had a nontraditional sightseeing tour. Our first day ended with the trip from Lisbon to Tomar where we had dinner.

2nd day

We Received our guests at our school with a ceremony where our city traditions were represented by the students from all levels (from kindergarden to the 12th grade).

After lunch we visited “Mata dos 7 Montes” which is located in the center of Tomar alongside one of the city`s main avenues, the 39-hectare “Mata dos 7 Montes” National woodland is the city main Park. The woodlands provide a link to the Castle. They are also known as the Convent Enclosure since they form an integral part of the Convent and were used by the Order of Christ for growing and harvesting crops.

We visited the Castle and the Convent of Christ. Tomar Castle and the Convent of Christ - headquarters for the religious and military orders of the Temple and of Christ - were awarded the UNESCO Heritage of Mankind classification and enrolled in UNESCO´s list of World Heritage in 1983.

During the afternoon we experienced the fun of kayaking in Nabão River!

3rd day

We visited the Town Hall where the Mayor welcomed us and gave a lot of information about the city.

After the Reception by the Town’s Mayor we went to one of our schools and had a two different workshops “Art Time” and “UBUNTU”.

“Art Time” – We Painted Tshirts, under the theme of No Bully, with the help of an Art Teacher and some of her students.

The workshop about the Ubunto Programm for schools was led by some of our students and two teachers. After presenting this method we have been using in our schools, some ubuntu activities were experienced by the whole group.

The word “UBUNTU” is a combination of two words: “Ntu”, which means person and “Ubu”, which means becoming.

The Ubuntu method leads to the core development of five main competencies, basic to human development: becoming a person. The first stage focuses on personal skills [ Self-knowledge, Self-confidence and Resilience] and, the second stage enhances social and relational skills [ Empathy and Service]. It is a non-formal education program marked by experiential and relational dimensions: "I am because you are; I can only be person through other people "(Ubuntu concept). The Ubuntu Academy is a process of social learning, through activities that take place outside the formal education system but complementing it. It uses creative approaches and methodologies, unexpected and effective that can permanently mobilize the participants.

4th day

During the morning students and teachers participated in the workshop: Preventing Bullying with “No Bully Association” at one of our schools.

In the afternoon while the students were attending some classes, the teachers had their Coordinating meeting.

5th day

This day was dedicated to the cultural and tourist sights of Fátima, Nazaré

and Batalha.

The Shrine at Fátima is one of the most important landmarks in the Marian worship, drawing pilgrims from all over the world. Not even unbelievers can remain indifferent when confronted by the Shrine’s grandiosity, spirituality and symbolism.

Nazaré beach, with its mild climate and natural beauty, has one of the most ancient traditions connected to fishing in Portugal. This is the beach in Portugal that retains the more colourful fishing traditions, and it’s not uncommon to encounter fishmongers who still wear the traditional seven skirts. These days, Nazaré’s major attractions are the waves and surfing, thanks to the "Nazaré Canyon", a submarine geomorphological phenomenon that allows the formation of perfect giant waves. It is the largest underwater canyon in Europe, about 170 kilometres along the coast, reaching a depth of 5,000 metres. The Hawaiian surfer Garrett McNamara received worldwide publicity when, in 2011, rode the biggest beach-breaking wave in the world, about 30 metres high, at Praia do Norte.

We also visited the Monastery of Batalha. Its architectural value and historical significance spurred the classification of the monument as a UNESCO World Heritage Site in 1983. The Monastery of the Dominicans of Batalha was built to commemorate the victory of the Portuguese over the Castilians at the battle of Aljubarrota in 1385. It was to be the Portuguese monarchy's main building project for the next two centuries. Here a highly original, national Gothic style evolved, profoundly influenced by Manueline art, as demonstrated by its masterpiece, the Royal Cloister.

At the end of the day, we returned to Tomar and did the Evaluation of the exchange, the certification and signed the attendance sheet.

We closed our day with a farewell party where we danced and listened to one of our teachers singing Fado (Portuguese type of Music).