



## Report Porto Visit 15<sup>th</sup>-19<sup>th</sup> October, 2018

### Monday

On Monday, at 8.15, all the students met for the first time in the Auditorium where, after a short introduction of the Portuguese teacher, we met the other students and we intruded ourselves through a “speed date” game. We sked each other questions, for example about what we like, our country and also about our favorite music and so on. After half and an hour some of us reported to the whole audience something about a person that had met. Then a lesson about the future of mobility towards in 2030 in Europe was held by our teacher Mrs. Paola Bertocchi. It was about means of transport, how much they are used, what are the main means of transportation and so on. After this presentation we had lunch, at 12.00, in the school canteen, we had “*spaghetti alla bolognese*”. After lunch we had some spare time until half past one pm. In fact at half past one pm we returned to the auditorium for the workshops. There were three workshops:

- Capture of sounds of the environment while moving (soundscapes)
- Photographs’ capture; “Where am I?”
- 15 seconds video clip record “movement”

I chose “sound-capturing” from the environment while moving and we went to the physics laboratory to write the rules of the game “Where am I?”. We were given some information, in fact had to follow some rules to record sounds of mobility and after recording sounds from different countries, other students had to catch clues of the country and guess it. After that we went to the city centre to record sounds and then, when we came back, we tried to make an audio file with all the sounds according to the rules. At 5 pm we finished and we came to our host’s for dinner.



## Tuesday

On Tuesday 16th October went to Lisbon, in Lumiar where we joined some activities with the company 'CIM Dance Company'. In the morning we took part in two different activities. Both of them concerning movement, in particular how people can communicate with others through movement. We also lingered over the concept of connection, how two people can create connections through movement.

The last activity we did was to create through our imagination some "body pictures" reproducing movement.

In the afternoon we saw the show "3,50x2,70" based on the original play "Kukunor" written by Eero Enquist. It was in Portuguese for a particular purpose: not all of us could understand so it was important to understand the body language, in fact there were deaf and dumb people. Through body language, thanks to movement, everyone can communicate.

Later we went to the 'National Art Museum Garden' (next to VoArte) to greet and thank CIM artists for their activities and they gave us a postcard as a present to remember this day.

At the end of the day we came back to Porto, where we spent the evening with our host families.



## Wednesday

On Wednesday morning we continued our projects and workshops. There were 4 different groups: - Environment -Video and Sound -Questionnaire and –Logo.

At 12.00 we went to the school canteen and we had lunch there. In the afternoon, we went to the University of Engineering of Porto. It was a 30 minutes walk from the school. There we attended a lecture about the concept of Entropy, different forms of energy and battery. At the end of the lecture the professor led us to the labs and there we made an amazing experiment with water. She showed us how to let a car go thanks to hydrogen, hydrogen was produced thanks to the process of hydrolysis. In the end, we went back to school and our hosts drove us back home for dinner. It has been a very intense and beautiful day!



## Thursday

Thursday, 18<sup>th</sup> was our fourth day in Porto. In the morning, after a quick meeting in the auditorium, where we organized the activities, we continued the jobs that we had started the day before:

- The creation of a logo for our Erasmus MOVE project
- The study of a more sustainable mobility in Europe 2030
- The creation of a qualitative questionnaire

I was in the third group which, from nine to twelve, we were in two other subgroups to create our questionnaire. I was with Andrej, a German student, Auguste, a Lithuanian girl and Emma, a French girl. I really liked this activity cause we had to think about a lot of questions and try to identify ourselves with the people who would answer this questionnaire. I also enjoyed this activity because we cooperated a lot and I had the opportunity to understand what other people think about the topic of mobility and also to discover new things about other countries and their people. For example I realized that in Germany people barely speak in the subway, while French underground is very noisy and crowded. After we got all together (Emma, Andrej, Auguste, Sara, Maria, a Greek girl, Leni, a German girl and me), we had a pretty interesting conversation on the reasons why we thought that questions were useful to our questionnaire.

At twelve o'clock we went to the canteen where we had lunch together, and then we moved to the bus station. It was the first time we took the bus that week and even if it took forty minutes to arrive at our destination, I liked it very much because I discovered a new example of transportation. For example, tickets in Portugal are different from Italy, because you can have a card to charge with the number of trips that you need to take. So after that trip, at about three pm, we arrived to the "SERRALVES MUSEUM OF CONTEMPORARY ART" where we visited two exhibitions:

- One at the museum, where we saw Robert Mapplethorpe's pictures
- Another one outside, in the park where we saw three Anish Kapoor's works

In the first part of the visit we saw some pictures by Robert, like three pictures of a cup of coffee, some pictures of Patti Smith, his girlfriend, and a self-portrait. Also thanks to the guide, I could discover Robert's life and the real meaning behind his picture. I like this visit so much especially because of some photos which expressed the true meaning of movement like these three.

After visiting the exhibition at the museum, we visited the 'Sectional body' sculpture. This was built up with red PVC on a seven meters tall cube. This sculpture was really beautiful because you could experience it both from inside and from outside.





## Friday

On Friday morning we went to school at 8.30, we continued our workshops and then we prepared some power point presentations, we explained what we did to the other partners. We had lunch at school altogether and in the afternoon we had free time. We went to the city center where some Portuguese guided us and then took us to the most beautiful and special places. We went to a garden in Gaia from which we could see Porto city, we were on the river side talking together about this experience and we went to some typical shops and bars. At dinner we went to Aliz, a restaurant where we could choose between two typical dishes from Portugal: *francesinha* and *bacalao*. Francesinha is made from bread, meat of all kinds, eggs and cheese, all covered with a spicy sauce. Bacalao is fried fish in particular way. We were very happy and food was delicious! After dinner we went to a very small bar where we had a drink, we spent time together.



## Saturday

On Saturday I woke up very early, at 7:15 , because we had to accompany another guest to the airport. I had breakfast with my host family and then at 10 o'clock we went to downtown and there we met also with Giacomo's host and our Portuguese mates guided us. It was a sunny beautiful day, I think it was the best and hottest day of the whole week. After that we went to visit the ancient decorated cloister of the cathedral of Porto. Inside the Cathedral there was a lot of gold, in front of the cathedral there was a little square with a beautiful view of the city. That morning we decided to go to the beach Sao Nicolau. I took a lot of photos, and a big selfie all together. After a perfect lunch in an elegant restaurant on the beach, we walked around and at 3 pm we were back at home. I packed, I greeted my host mum and my host sister and at 4 pm we went together to the airport. It was very emotional to leave our hosts, but we had to do. I thanked my host with a hug and we promised to keep in touch.

The flight lasted 2 hours and 30 minutes, and at 10 pm we were in Milan back to hug our families who were waiting for us.

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