

APRIL 2023

**President - Nuno Varajão Barbosa**

Packed with Spring, all the paths of our Friends lead to Mobility Friends, with **more than 400 mobilities organized in the month of April and around 1300 mobilities organized in the first four months of 2023.**

The figures presented further increase our responsibility to continue to provide accommodation, internships, job shadowing, training courses, cultural visits, transfers and meals, with the same quality for more Friends who want Mobility Friends as a Partner.

As the Mobility friends Campus, with capacity for around 150 Friends, is unable to receive all our Friends - our new accommodation in Braga, Collector's Home, has received some Friends and is waiting for many more, so that mobility participants can enjoy the fantastic location of the accommodation in the beautiful historic center of the city of Braga.

**Welcome to Braga, Collector's Home**

In 2023, we invested in the animation for groups on our Mobility Friends Campus in order to provide our Friends with moments of leisure, essential for good mental health, as "this life is two days".

After the Flower Party in March, in April we organized the Glow Party and dinner with our teachers friends, promising more excitement for the coming months, also trying to combine internships, job shadowing, the training courses and similar activities with the well-being of our Friends, during their Erasmus mobility stay.

We look forward to your visit, the Mobility Friends are waiting for you to join our Erasmus family, enjoy Portugal and understand why the Mobility Friends Campus is more than a paradise.

Follow us on Tiktok and enjoy our videos.

Welcome to Mobility Friends.

## # Mobility Friends TikTok

TikTok has finally arrived at Mobility Friends, and it promises to bring many surprises and fun moments to all our Friends.

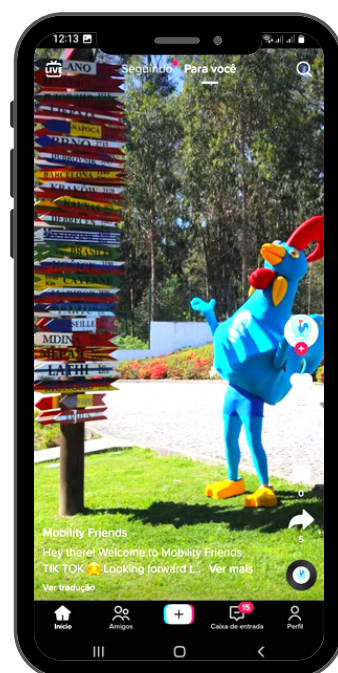
Our beloved Mobi walked around Campus during the month of April providing fun times for everyone and promises to be a regular presence on our TikTok.

From dances, challenges, to fun videos, tips and shares - you can find that and much more on our TikTok to have fun before, during and after your mobility, always with our presence!

You can also send us your videos, and become part of our TikTok family.

Don't forget to follow: **Mobility Friends**

See you there. 😊



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## The Beauty of Portugal with Mobility Friends

April, a month where spring is free to shine, welcomed with open arms a large number of Friends from Poland, Greece, Latvia, Lithuania, Romania, France, Hungary, North Macedonia, Estonia, Germany, Bulgaria, Spain and Slovenia.

Portuguese cities almost became small with such a large number of Friends who came to know them through Mobility Friends! We made our way to the whole North of Portugal and there was still time to visit the Portuguese capital, Lisbon and the most sacred place in Portugal, Sanctuary of Fátima, thus making known the culture, art, gastronomy and Portuguese traditions.

The cultural visits organized by Mobility Friends provide the opportunity to get to know Portugal and bring to your country the representativeness of what we have to offer you, through the unforgettable experiences that we provide you to become wonderful memories for your whole life. ❤️💖💛💙

**Lisbon****Porto****Braga****Guimarães****Sanctuary of Fátima****Arcos de Valdevez****Ponte de Lima****Viana do Castelo****Minho Region**

## Other Fun Services for You



It's not just through Cultural Visits that we can provide you with a more detailed view of Portuguese culture.

Mobility Friends is prepared to offer you the best experiences that go according to your expectations and specificities, so during the month of April we provided a phenomenal experience to our Teacher Friends from Slovenia who went to visit a typical Minho house dedicated to Agrotourism and even tasting of wines and some typical Portuguese sweets. Our younger Friends had the opportunity to practice some physical exercise in a gym and indoor pools in their free time, making their day more active and fun!



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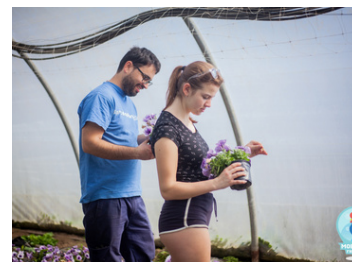
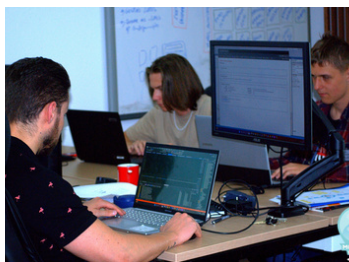
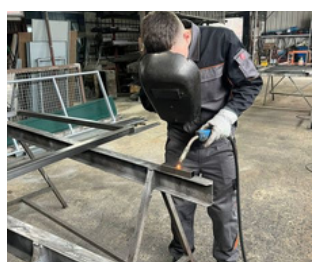
Mobility Friends Internships

Internships are an invaluable experience for students as they provide a bridge between academic learning and the professional world, and this bridge is built with Mobility Friends as it enables our Friends to build a successful career, offering an opportunity to gain hands-on experience, hone professional skills, and develop personal networks.

These skills were all improved during the month of April, alongside wonderful organizations that welcomed our Friends with open arms and provided them with very enriching learning experiences.

From the area of self-care, mechanics, administration, agriculture, gastronomy, welding, maintenance, pastry, hospitality, interior design, radical sports, informatic, civil construction, logistics, veterinary, electricity, gardening, advertising marketing and commerce.

In addition to all the practical experience gained during this month of internship, students also had the chance to develop a range of professional skills such as teamwork, communication, time management, problem solving and leadership. These skills are essential for success in any workplace and are highly valued by employers. Congratulations on your effort and dedication!



Give It a Second Chance - Internship

Unfortunately, on Portuguese beaches, it is still possible to find waste that is toxic to the environment in the sand.

This Interior Design internship gives students the opportunity to go to the beach and do a general cleaning of the waste that is there, to then work with the materials in order to make them useful and usable.

In this internship resulted in really beautiful products, such as lamps, benches and storage utensils.



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## Job Shadowings - April



Job shadowing organized by Mobility Friends creates a valuable opportunity for teachers to gain insight into their specific profession by observing and learning from experienced professionals in their workplace.

This unique perspective on the day-to-day responsibilities, challenges and opportunities of a specific job was experienced by three different groups of teachers from Romania, Latvia and Poland, in Portuguese schools, to watch and learn about how the Portuguese educational system operates.

## Training Center

The Mobility Friends Training Center has been very sought after by our Friends in recent months, due to our sense of excellence and the demands that the courses we offer so require. We all know that a training course can provide an opportunity to develop new skills or improve existing ones. This can be valuable for those who want to enhance their knowledge and abilities in a particular field, or for those who want to stay up-to-date with the latest advancements and trends.

The ICT - Information and Communication Technologies course took place in our facilities, welcoming our Friends from Romania who improved their skills in this area.



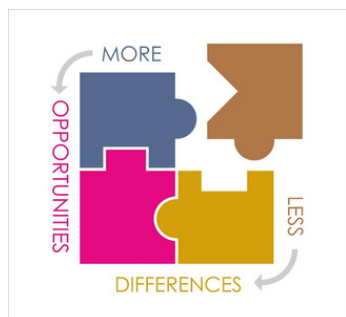
## Preparatory Visit

Our future partners from Poland and Hungary chose the month of April to get to know Mobility Friends, through a preparatory visit that serves exactly to get to know us, before carrying out their mobility. And you? Are you ready to get to know us? We are waiting for you!



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## More Opportunities Less Differences



The city of Kaunas, in Lithuania received with snow, but with a comforting welcome Mobility Friends, together with partners from Romania, Bulgaria, Spain and Turkey who are part of the More Opportunities Less Differences Project consortium, the last TPM of the project, where the last details were approached to complete the Project with the promised success.

## Free Your Mind - Start New Life

The city of Lodz, Poland also organized the last TPM of the project "Free Your Mind - Start New Life" - KA220-YOU - Cooperation partnerships in youth, where partners from Poland, North Macedonia and of course, Mobility Friends joined to make the last improvements of the materials developed during the project, in order to be able to organize the National Multiplier Events.



## Mobility Dissemination in Poland



Our dear Friends from Poland, who chose Mobility Friends to carry out their very successful internship in Portugal, felt the need to share all the experiences lived with Mobility Friends with their colleagues, and for this reason they organized a Dissemination Event.

Dissemination Events are very important to let other people know about the experience that our Friends had together with Mobility Friends, in order to give others the opportunity to rethink the possibility of also choosing Portugal and Mobility Friends to live a unique and unforgettable experience.



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## Uniting Cultures through Activities



One of the missions of Mobility Friends is to unite cultures, in an intercultural atmosphere that is lived in the Mobility Friends Campus. Through activities, the union of cultures can be developed and strengthened through various activities that promote teamwork, collaboration, communication and shared values. For this reason, we dedicate a few hot April afternoons to organizing football, volleyball, swimming, ping pong, cards and even chess tournaments!



We name the 5 reasons why you should participate in the next activities with different cultures organized by Mobility Friends:

**Community Building:** Participating in cultural activities can help build a sense of community and promote intercultural harmony and understanding. It will help you to reduce stereotypes and prejudices.

**Personal Development:** Engaging with people from different cultures can challenge your preconceptions and help you develop a more open and empathetic perspective.

**Networking:** Meeting people from different cultures can also expand your personal network, which can be beneficial in many ways for your future.

**Fun and Excitement:** Participating in activities with different cultures can also be very fun and exciting.

Don't Miss the next Opportunity 😎



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## Typical Portuguese Dinner

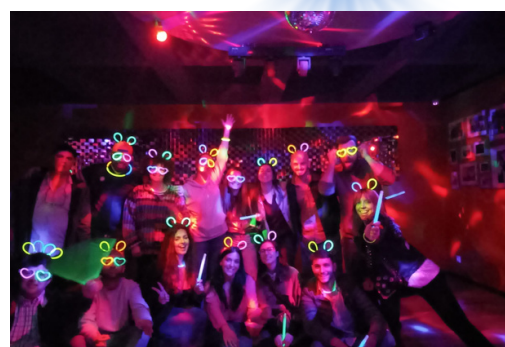


There is nothing better than showing our Friends the true typical Portuguese barbecue.

With the warmer days that graced us in April, we had the pleasure of organizing a small dinner for the Mobility Friends Staff together with the dear Teachers, who enjoyed a delicious barbecue, to the sound of typically traditional Portuguese music, and of course, a good glass of wine from the northern region of Portugal.

Cheers to everyone. 🍷🍷

## Glow your Life



It was with a lot of color, brightness and light that we celebrated the happiness that unites us in a Glow Party that was sensational!

With a decoration of excellence and with the delivery of materials full of brightness, we turned our dark disco into a disco full of brightness and light, but it wasn't just the utensils that made it brilliant, this only happened because of the light that each one of you transmitted in this party, which once again will be forever remembered.

## Goodbye April



We said goodbye to April, as we said goodbye to all the groups that passed through Mobility Friends during this month. With a sense of accomplishment!

Every day is challenging, but also rewarding when we see the smiles of our Friends, and the dedication they give not only to their work, but also to the activities prepared for you.

May the ceremony we prepared for you at the end of your mobility be one of the many memories lived with Mobility Friends.



## MOBILITY FRIENDS



## Friendly Zone



I came to Mobility Friends to do an internship in the area of sociocultural animation, to have the opportunity to improve my skills. I was in a nursing home, working directly with elderly people, and it was a very good experience, and I was very impressed with the number of people who speak French. I really enjoyed being in Portugal, in a way, it even reminds me of France. Here the people are very friendly.

**Valentin Blasco - France**



I'm a teacher from Bulgaria and I came to accompany a group of 35 students. I have already participated in several mobilities, and this one, with Mobility Friends, undoubtedly allowed for the first time to have such direct contact with so many nationalities, in such a green and beautiful environment. I confess that before, Portugal for me, meant only one thing: Football! But now, I see that Portugal is positivity and joy! The students learned a lot of new and important things that could be applied in their professional path. The staff's tranquility and tolerance is a reflection of the good functioning of your Association, and that is inspiring!

**Rumen Mihov - Bulgaria**



Today I finished my internship in graphic design and I had the opportunity to work with machines that I don't have in Macedonia. I loved the Mobility Friends Campus, it's very beautiful and peaceful. I managed to make new friends from Romania, Bulgaria, Poland and France. Visiting Portugal was one of the things that I liked the most in this mobility, and Porto, without a doubt, I liked the most. I recommend everyone to do a mobility with Mobility Friends.

**Christian - North Macedonia**



## MOBILITY FRIENDS



Friendly Zone

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With this mobility, my computer students will improve their skills and consequently their performance in Bulgaria. The greatest importance that I find for this mobility is the opportunity to improve their language skills, as technology can be understood in the same way in all countries, but communication is something unique and that needs to be mastered in order to find comfort in any side of the world. Students are loving Portugal, and some are already saying they want to work in Portugal and live on the Mobility Friends Campus. Learning more about your history, gastronomy and culture allows this experience to be wonderful and unique.

***Mirens Kalinova - Bulgaria***



During our Job Shadowing, we learned a lot of new things that we will try to implement in our school in Bucharest, Romania. First, the layout of the room is quite opportune to improve our communication with the students and facilitate their learning. Second is your protocols regarding combating bullying and sustainability, which are very timely and well developed. Third, is the fact that they offer meals to students with the most needs. In general, the freedom of the students is inspiring, we can see that they are happy students and that the classes are interactive and dynamic. Regarding Portugal, we really liked the city of Porto and Bom Jesus, knowing your architecture and being close to the Portuguese was very good, because the people are very kind. In the future we will come with our students here!

***Gabriel, Becheanu, Sando, Dumiro, Grezeano, Cazofir, Stoicaanca, Hupoiu, Saracin and Voicuzescu - Romania***



We are students in the field of gardening, and we had the opportunity to make several bouquets with colorful and different flowers from the Czech Republic. Our favorite moment in Portugal was the glow party that Mobility Friends organized! We will definitely return to Portugal.

***Anne Marie and Sonia - Czech Republic***