

JUNE 2023

**President - Nuno Varajão Barbosa**

The month of June is over and the story of Mobility Friends continues with the creation of dreams for more than 400 friends from France, Romania, Poland, Spain, Italy, Czech Republic, Slovakia, Germany, Lithuania and Hungary, in mainland Portugal and in Madeira Island.

Another month full of internships, training courses, job shadowing and activities related to KA2 projects.

I would like to highlight the presence of Mobility Friends Staff once again in Poland, this time for the Kick-off meeting of the Project "Travelers with a disability - overcoming barriers in the Tourism Sector".

As the daily lives of our friends in Portugal should not only be dedicated to activities related to mobility, we highlight the various moments of leisure provided to students and teachers at the Mobility Friends Campus, thus contributing to the unique intercultural social enrichment of all.

Mobility friends' horizons continue to expand and this month we organize a mobility tour for the first time in Coimbra, a city of many charms, linked to student passion and which has the oldest university in Portugal.

The rest months are approaching for some of our friends, after another very intense school year, but the Mobility Friends Campus will be preparing news for the near future, such as the remodeled website.

If you haven't visited the Mobility Friends Campus yet, we look forward to your visit as a guest, but you will leave as our friend.

I wish you all happy holidays and enjoy your summer.

Welcome to Mobility Friends.

Coming Soon ...

The new Mobility Friends website is about to be published and promises to provide a new online experience for our visitors.

We are pleased to announce that the launch of the highly expected New Mobility Friends Website is approaching.

With a modern and intuitive design, the new website will offer an improved online experience, providing detailed information about all the services that Mobility Friends offers, which is being developed based on the needs and feedback of our visitors, seeking to improve usability, facilitate access to the most relevant information and create a closer relationship with our Friends and Future Friends.



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Mobility Friends Training Center



Mobility Friends gave three different specialized courses for Friends from Poland, Romania and French Guiana, related to language skills and mechatronics in the month of June.

Always committed to the professional development of our Friends, the Mobility Friends Training Center provided a unique opportunity to improve language and cultural skills, as well as skills in the field of mechatronics in our equipped computer room.

Our Friends from Poland took the English for Beginners course, and our other Friends from French Guiana learned more about the Portuguese language and culture.

Both courses were taught by highly qualified professionals with experience to meet the individual needs of the participants, promoting dynamic and engaging learning.



The month of June provided our participating Friends from Spain and Romania with an opportunity to closely follow the daily activities of experienced professionals in the field of Education and Social Inclusion.

In a personalized way, the organized job shadowings gave the opportunity to experience the tasks and responsibilities of each function up close, through the observation of internal processes and interacting with the receiving team, being able to ask questions, exchange ideas and share their own perspectives, benefiting the exchange of knowledge and experiences.

Job Shadowing - June



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Internships Mobility Friends



With Friends coming from all over Europe, naturally there were many internships in the most diverse areas such as: agriculture, aesthetics, advertising, IT, electricity, logistics, hospitality, veterinary, hairdressing, gastronomy, pastry, mechanics, commerce, mechatronics, marketing, music, web design, laboratory analysis, environmental protection, fashion design, dental assistant, administration, real estate and optics.

All internships were rigorously selected according to the needs of our Friends, including special education students who learned during their mobility in Portugal to make typical Portuguese sweets.

In addition to the professional internship, Mobility Friends also organized visits to companies that we believe are relevant for student mobility, as was the case with the visit to a company that processes and transforms solid waste.

Thank you for choosing Mobility Friends.

Group of 200 People!

Summer started in June and we opened the hottest season of the year with the visit of 200 students! Yes, you read that right, 200 students from a Portuguese Group of Schools Gonçalo Nunes that spent a day at the Mobility Friends Campus to have fun by our refreshing pool. This school has always had the desire to bring children to our space and with great joy, we welcome these students with open arms.



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Open the window to the city of Porto

We dedicate the June Newsletter to show you a little bit of one of the most popular destinations for tourists in Portugal, and that Mobility Friends also offers a wonderful visit to those who choose us to do their Mobility.



- When we ask our testimonials from the Newsletters to talk about their favorite city, the most voted destination is by consensus, the city of Porto. And for that reason, we are going to tell you a little about what we offer on this visit.
- During the Cultural Visit to the city of Porto, Mobility Friends is pleased to show the wonderful Bridges and Stunning Landscapes that provide breathtaking panoramic views.
- With Mobility Friends, our Friends have the unique opportunity to take a boat trip on the Douro River, which is an unmissable experience to appreciate the natural beauty of the region, enjoy the stunning landscapes and hear a little about the history of the city.
- Port Wine: Going to Porto without tasting the famous Port Wine is an incomplete experience, which is why Mobility Friends makes a point of taking our Friends to one of the most renowned Port wine cellars and giving them the opportunity to taste several port wine varieties.
- Gastronomy: Portuguese cuisine is rich in authentic flavors and Porto offers a wide variety of traditional dishes and Mobility Friends always likes to give our Friends a taste of this cuisine, as was the case in the month of June that we gave to taste our Friends a very popular dish in Porto and throughout the country: the Francesinha.



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Portuguese National Agency



Mobility Friends was privileged to participate in a recent Launch Meeting of the KA122 ADU Projects in the Portuguese capital, Lisbon.

The event brought together several organizations that sought from Portuguese National Agency experts to obtain detailed information about the next phases of our approved KA122 ADU project, with partners from Lithuania, Spain and Turkey.

Keep an eye out for the coming months as we will provide you with more information about our project, in which we are coordinators.

Witam Poland ♥



The wonderful country Poland, once again received Mobility Friends to give rise to the Kick-off meeting of the Project "Travelers with a disability - overcoming barriers in the Tourism Sector", which aims to improve the quality of vocational education in Poland and Portugal, enabling teachers and trainers to acquire new professional competences - which will facilitate professional preparation of young people and adults looking for a job, strengthening their competitiveness on the labor market. Together with the meeting, Mobility Friends had the opportunity to experience a cultural tour of Warsaw's old town and attend a theater show. As always, Poland remains in the memory and heart of Mobility Friends.

Free Your Mind - Dissemination Event

With the Free Your Mind Project about to come to an end, Mobility Friends organized, together with students and teachers from a Portuguese school, a Dissemination Event, where they showed all the materials developed for young people, namely, a game that helps teenagers understand and control their emotions.



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Forever Friends

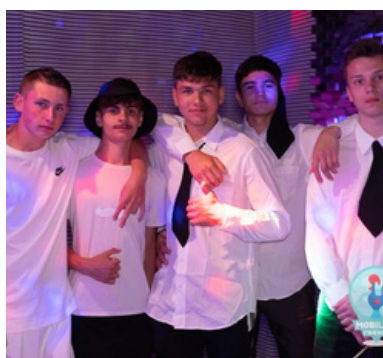
More and more, Mobility Friends promotes moments of conviviality between the team, together with our Friends who choose us to socialize and promote the strengthening of our relationships, create a positive intercultural atmosphere on the Mobility Friends Campus, and reinforce our values and our mission the identity of the company.

The month of June, known for being hot and warm, also embraced us with strong and warm relationships with our Friends that we reinforce during dinners, parties and activities organized by the Mobility Friends Staff.



June is known as the month of Popular Saints in Portugal. It is a popular and traditional celebration that takes place in various regions of the country, and obviously Mobility Friends did not let the day go unnoticed.

Mobility Friends was decorated with colorful flags, balloons and hammers, which are typical of Popular Saints, which guaranteed a lot of entertainment, music, dancing and traditional cuisine, in particular the sardines that are so popular.



With the hot summer nights coming through Mobility Friends, we have dedicated some events at our disco that have brought moments of lots of dancing, fun and music, which, combined with an atmosphere of love and fun, managed to make the party with the Black and White theme, in a very colorful party.



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Welcome Madeira



It's always good to give you news from Madeira, and just like the Mobility Friends Campus, Madeira Island also received a large number of mobilities organized by Mobility Friends, namely: Czech Republic, Italy, France and Romania.

Internships, Training Course and Job Shadowing

Although geographically Madeira is far from Barcelos, the truth is that Mobility Friends manages to make geographic barriers a simple detail to resolve, since all the services we offer in mainland Portugal are also able to offer on Madeira Island.

The month of June received in Madeira, a group from the Czech Republic that carried out an internship in the area of Informatics and Webdesign, a group from Italy that did a Job Shadowing in the area of Education in particular, related to Erasmus+ programs, we received French Friends that carried out an internship in the field of catering and hospitality and finally, a group of Romanian Friends who took a Training Course in the area of Economics.



Complete Package

All mobilities are accompanied by a set of experiences that value Mobility even more, such as cultural visits to the beautiful island, gastronomic experiences and also the proper certification at the end of the mobility.



MOBILITY FRIENDS



Friendly Zone

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For me to be in Mobility Friends was very good.

My internship was super, because I've worked in my field of study, so I learned so many new things about agriculture in Portugal, and I'm so happy for that, I was able to clean trees and plant flowers.

My favourite city in Portugal was Porto, because it has so much to do in this city and, of course, it's beautiful. The habits of the people surprised me, I could know the differences between Portugal and Hungary. I had the opportunity to know the builds of Portugal and their love from Portugal and Cristiano Ronaldo.

I would recommend Mobility Friends to my friends, because it's a really good thing to do when you have the occasion. During a mobility you can boost your language skills and all of your knowledge. Mobility Friends did a great job, that's why they are a great team.

Kristóf Mészáros -Hungary



We are a group of 3 students in the area of administrative management, and we came to Mobility Friends at the suggestion of our Professor, who has already collaborated with Mobility Friends for some time.

We were lucky to learn many new things, which we will take with us to our city and into our future lives.

Portugal has a very natural beauty, it is green and has beautiful landscapes.

Our favorite city is Barcelos, full of tradition and culture.

When we arrive in Spain, we will without a doubt advise our friends to participate in mobility with Mobility Friends.

Thank you for everything.

Andrei, Achraf and Cristina - Spain



We had a nice experience, we liked very much our internship because we learned a lot of new things, like collect and pack flowers. But all above, we had the opportunity to practice our english.

It was amazing the fact that we could also meet new people.

The city that we liked the most to visit was Porto, because of the bridge and the cruise.

We recommend to participate in a mobility with Mobility Friends, because the people are super nice and available, and the activities are also very nice

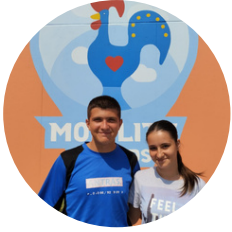
Group - taly

MOBILITY FRIENDS



Friendly Zone

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We came to Portugal looking for new experiences, discover new things and learn. Everything we were looking for came true!

Portugal is a beautiful country, we loved all the cities, especially Porto. We were able to take a cruise on the Douro River and even have a Port wine tasting.

About the course we came to Portugal to do, we are learning many new things in mechatronics.

The Mobility Friends Campus is really cool, we can relax by the pool at the end of work and even practice physical exercise on the football field as it's already cooler.

If one day we had the opportunity, we would love to return to Portugal and your Campus.

Mirela and Tibi - Romania



My mobility started a week ago and will end next week and I am really enjoying this experience.

I'm with a group of colleagues in two companies related to mechanics, and despite the language barrier I manage to understand and learn new skills.

I had the privilege of going to Saint John, which is a very festive popular Portuguese festival, and I was able to go to Braga and have a lot of fun, I had never seen so many people together and such a big party!

Your Campus is spectacular, it has a swimming pool, table tennis, volleyball and football field and it is spectacular!

I am really enjoying the experience.

Benjamin - Germany



During my internship, I learned a lot and gained valuable skills. It was a transformative experience that helped me grow both personally and professionally.

Braga, my favorite city, offered a captivating blend of rich history, stunning architecture, and warm community. Exploring cultural landmarks like Bom Jesus left a lasting impression. Braga's welcoming locals and their passion for their city made my experience truly memorable.

I recommend it wholeheartedly. to everyone. Very well equipped, incredibly helpful staff, the whole campus is so clean. I was very satisfied, the beds were comfortable, the food was amazing. I hope to visit this place at least once more in my life.

Şuteu Cintia-Edina - Romania