

JANUARY 2023

**President - Nuno Varajão Barbosa**

The year 2023 began in the best way for Mobility Friends, as during the month of January we received many requests for mobility, support for the application of new projects and we received some friends to carry out preparatory visits.

The first month of the year is also the time to renovate and conserve the Mobility Friends Campus, to provide better conditions for welcoming our Friends in the coming months.

We regret not being able to satisfy all requests to stay in our "paradise", but we are available to receive all Friends, offering good accommodation alternatives in our homes and in the Hotels that have been our partners during our journey in Erasmus +.

We held three Make It Friendly events, which once again demonstrated that our proposals and services increasingly satisfy potential partners, which makes us very proud, as it is the result of the work carried out by a tireless staff, who create dreams to all friends who choose Mobility Friends as a partner.

With the approach of new deadlines for new applications to the Erasmus Program, we offer all partners our support in the preparation of new applications and we are ready for new partnerships.

We want to continue to make history on Erasmus+ with all our Friends, and once again we thank you for choosing Mobility Friends.

If you are not yet our friend, we are waiting for you, as you also deserve to share the dreams that we create every day.

## Mobility Friends it's your best decision for 2023



With the beginning of a new year, we tend to set new objectives and goals to achieve, in order to make the new year even better than the previous ones.

A good decision that you can make at the beginning of 2023 is undoubtedly to participate in mobility with Mobility Friends, which we are sure will be one of the most important steps to take this year!

In order to enter the month of January filled with love and joy, we received a Portuguese school who came to sing "Janeiras", which means the month of January in the plural, and is a popular song sung from house to house at the beginning of the new year to wish you a happy and abundant year in good things, which is the same as we wish you!



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## Daily Routine of the first Mobility of 2023

Starting the year with new groups is a moment that brings us a lot of happiness, as we believe there is no better way to start the year with an adventure capable of changing our lives! An Erasmus experience with Mobility Friends is exactly that, creating moments that will no longer be forgotten by those who visit us. We created memories for three weeks in the lives of our Friends from France and we are going to show you the routine they carried out during the month of January.

### 1 Before Mobility



Before the Mobility there is permanent communication between Mobility Friends and the Organization that wants to carry out its Mobility with Mobility Friends. All doubts are clarified and there is continuous monitoring of all preparations for Mobility. The same happened with our French group, who received a lot of information about the routine they would have in Barcelos, Portugal even before traveling.

When our group is traveling to Portugal, we try to maintain permanent contact with the participants, so that our logistics department can act on all fronts that our Friends may need. When they arrive at the airport, our very friendly Guides/Drivers are waiting for them to take them to their accommodation.

### 2 Travel to Portugal



### 3 Arrival in Portugal



Our French Friends traveled to Porto Airport, which is the closest airport to Barcelos. But did you know that Mobility Friends can pick you up further? We have transportation prepared to make long trips and provide maximum comfort. Lisbon, Vigo to Madrid-Spain, we will go where you want to be closer to us.

### 4 Mobility Friends Campus with everything you need

Arriving at the Mobility Friends Campus is undoubtedly one of the most special moments that our Friends can feel! Realizing that they will be housed in a Campus with a capacity for 150 people, inserted in a multicultural environment and full of facilities for their day-to-day life, is undoubtedly surprising.

The first meal of the day was served in our canteen to our Friends, a table full of Portuguese pastries and everything needed to start the day in a big way!



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### Company Presentation



Our French Friends contacted Mobility Friends to do an internship in the commerce area, as it matches their area of study.

After the analysis by our internship department of the best place to receive our Friends, in order to meet expectations and achieve all Mobility objectives, we found the right place, and before starting the internship, and as we always do, we carried out an introductory visit to introduce students to the company that was going to receive them and consequently to the company's staff.

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### Internship Time



In addition to the Commerce area, the group coming from France also had students from the Hospitality area. Portugal being a country with a great tourist demand, top hotels were easily found to receive our Friends. After having breakfast in our canteen, our drivers took them to the internship every day and picked them up at the end of working hours to rest and enjoy the Mobility Friends Campus.

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### Cultural Visits



The time has come for the long-awaited weekend, where the only time our Friends have to stick to is to be ready at pick-up time to go and discover the most beautiful cities in Portugal. With personalized and unique programs, our Friends visited cities such as Porto, Braga and Guimarães during the weekends they were here.

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### Time to Say Goodbye



At Mobility Friends we like to make our Friends' day a happy and unforgettable day. How? With the preparation of our official certificate delivery ceremony. Along with the certificates, we also deliver a personalized Rooster of Barcelos and a Mobility Friends t-shirt. The cake to cheer up our Friends cannot be missing, and at the end of the ceremony everyone gets together for another moment of fraternization.

We hope you never forget us, just as we will never forget anyone who passes through Mobility Friends.

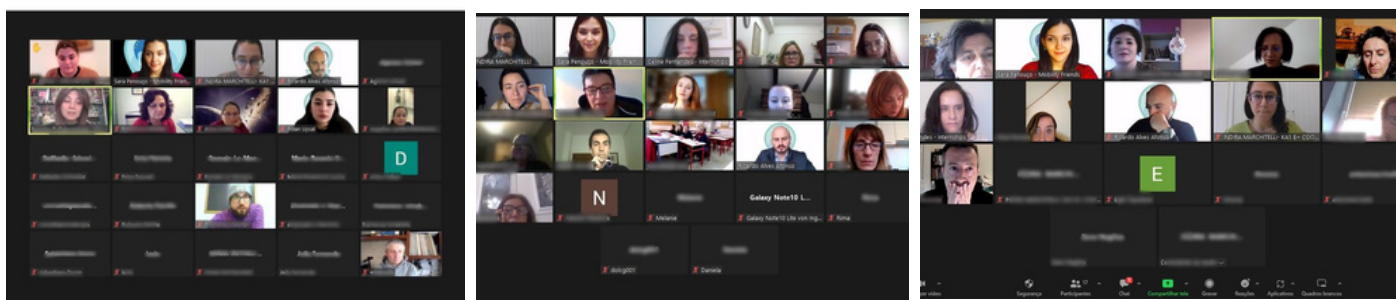


Start the Year by creating new Partnerships

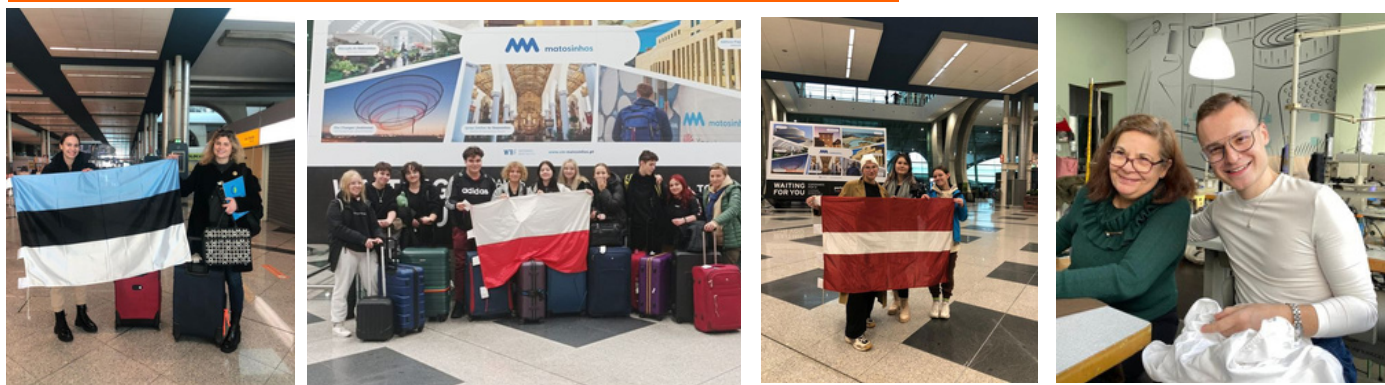
The Make It Friendly KAI Partnership Edition occupied an important place in the month of January, as it received online and during three different days, a total of approximately 80 people from the most varied countries, who showed interest in cooperating with Mobility Friends.

This event serves to make known and reinforce who Mobility Friends is, what our services are, and, of course, how YOUR organization may need Mobility Friends to cooperate.

Do not hesitate to contact us, the best is yet to come!



Different directions to the same place



In addition to the French group, where you learned in detail about their mobility in Portugal, the fact is that we also received other groups from France, Latvia, Turkey, Romania, Italy, Finland, Estonia and Poland. Our Friends completed an internship in the veterinary field, fashion design and physiotherapy.

All of our Friends came for different reasons, and that is why we have prepared different programs for each need and so that they can reach and exceed all the goals that brought them to us. Is that you? What are you waiting for to visit us?

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## Mobility Friends Training Center



In January, our Training Center received a group of Erasmus Project Coordinators, who came not only to get to know Mobility Friends, but also to absorb new learning skills together with President Nuno Barbosa.

You can find certified courses in the area of Personal Development, Training of teachers and trainers in technological areas, Foreign languages and literatures, Computer science and Electronics and Automation in our Professional and Certified Training Center.

In addition to our DGERT-certified courses, Mobility Friends is also able to provide a set of courses in our facilities that can complement your professional or learning area, you just have to contact us, and together we will find the best course for your needs.

## Intercultural Learning and Social Inclusion Through Culture

In the first month of the year, we traveled to the wonderful French capital to close the "Intercultural Learning and Social Inclusion Through Culture" Project - KA227 Exchange of good practices, which lasted two years and involved the countries of Turkey, Spain, Germany and France, together with Portugal.

A project that was very successful due to the commitment that was made to achieve the project's objective: Exchange of good practices through learning through cultural diversity.



## TPM - VET SOS Career for success



The second TPM of the project "VET SOS Career for success" - 2021-1-RO01-KA220-VET-000033307 with partners from Romania, Italy, Finland, Spain, Turkey, and Latvia took place at the Mobility Friends Campus at the end of the month in the best way possible. The status of the project was discussed, as well as the next steps to be taken.

Don't forget to search our social networks for more information about this project.



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## Friendly Zone



For us, having the opportunity to visit Portugal, as well as using the services of Mobility Friends, was a great pleasure. We are very grateful for everything we have experienced these last week and for having seen with our own eyes the beauty that Portugal offers.

The Campus is very nice, it has spectacular views, and being able to be by the pool and play pool in our free time was something we really enjoyed doing.

we recommend 100% to carry out a mobility with Mobility Friends.

KLĀVS PĒTERIS DONIS and RALFS GRJUNTHAĻS - Latvia



I'm really enjoying my internship here in Portugal, it's very accessible and easy to understand, I feel that my Boss is like a mother to me, for the way she treats and teaches me!

I have already visited Vigo in Spain, Porto, Aveiro, Lisbon, Braga, Viana do Castelo, Almada, Guimarães and I loved it!

I feel very comfortable with Mobility Friends, there is a lot of security and my room is comfortable and spacious.

This is my second time here at Mobility Friends, I was here 3 weeks in the past, and I will be here now for 3 MONTHS! It was my best decision!

Czech Republic - ONDŘEJ ZERZÁN



During my mobility I had the opportunity to spend my birthday in Lisbon, which was really wonderful and I was really happy! I loved visiting Porto and Aveiro too, they are beautiful cities.

My internship was also very good and fulfilled my expectations.

I am always telling all my friends that they have to come and experience this feeling of happiness in Portugal.

Czech Republic - KAROLÍNA MILEROVÁ

