
The following members attended the meeting:

**Spain:**  Mrs. Gema Claudia Montesinos Martinez  
Mrs. Elvira Egea Avellán  
Mrs. Manuela Fernández Alarcón  
Mª Carmen Morcillo morcillo

**Greece:**  Mrs. Magdalini Zervou  
Mrs. Dimitra Stamou

**France:**  Mrs. Nadine Tosques  
Mrs. Maud Lormand

**Latvia:**  Mrs. Tatjana Žviceviča  
Mrs. Vita Naklonova

**Hungary:**  Mrs. Mártina Baloghné Krajcsovicz  
Mrs. Sára Szakálasné Elek

**Portugal:**  Mr. José Amoroso (school coordinator)

The attendees of the meeting were accompanied by host staff teachers all the time.

In this fifth meeting, the following agreements were made and the following activities undertaken:
Sunday 29th May

12.00 – 20.00 Welcoming all Partners at different hours.

20.30 Welcoming dinner at the headmaster’s place.

Monday 30th

9.30 All the participants visited the kindergarten and the primary school Jardim Escola João de Deus, which is “A school of affections”.

All the guest members were welcomed by the pupils, the school teachers and the headmaster.

10.30 – 12.30 Opening ceremony with a school play and other presentations including songs performed by our children. Since an early age, the children are instilled a love of theatre. They enjoy participating in role plays. It is recognised that theatre experiences support young children’s social, emotional, cognitive, and creative play skills—including the development and practice of crucial language skills.
And because we believe that music and emotional education should always go together, our school choir plays an important role in the life of the school. Our children’s choir has been performing all over and in major school events showcasing at this opening, and once more, the pupils’ great talent.

12.30 – 13.00 Short free time

13.30 Lunch at the school

14.30- 15.30 After having lunch with some host staff members, there was a coordinators’ meeting regarding the project activities. Presentation by each country of the activities carried out in each partner school so far.

16.00-17.00 Cultural look at Leiria - Visiting the castle of Leiria, which is a landmark of our town.

The architecture clearly indicates the medieval origins of the city. It was conquered by the first king of Portugal, Afonso Henriques, in 1135. Far removed from its original role, the Castle again took on a prominent role in the city’s history at the beginning of the 20th century. It was innovatively restored by Ernesto Korrodi and the Liga dos Amigos do Castelo (League of the Friends of the Castle).

17.00 - Free time
20.00 - Dinner with some host staff members at a local restaurant with a show in which traditional folk dances were performed in the open air.

Tuesday 31th May

10.00 All the guest members went to the city hall, where they were welcomed by the representative of the mayor, and to whom our school headmaster delivered a manifesto.

It proposes the implementation of Emotional Education in the school curriculum, because we deeply believe that educating children’s emotions will empower the future generations with skills that will help them deal with different types of critical situations. Skills that enable students to calm themselves when angry, initiate friendships and resolve conflicts respectfully, make ethical and safe choices, and contribute constructively to their community, becoming better men and women in every social aspect through their lifetime. It was Esther’s dream, wasn’t it?
11.00 The guest members visited the school where they could observe the practice of the kindergarten and the primary school.

They looked around the building, visiting all the 8 rooms and all the children’s groups.

They could spent a short time, 10-15 minutes in each group having a glimpse of the Portuguese kindergarten and primary education. They could see the variety of the activities carried out.

They were guided by children from the 3rd and 4th grades who were very delighted to show them the whole school. Some host staff teachers lent a helping hand.

13.30 Lunch at the school

14.30 After having lunch, coordinators’ meeting regarding the project activities.
Free time for the remaining guest members.

16.00 And because we all need to relax, there was a flight time, before we had fear and everyone lead with it. The guest members could enjoy the town of Leiria and its surroundings aboard a small plane.

7.30 Dinner at the school

**Wednesday 01th June**

09.00 Guest members left the hotel to begin a cultural trip.

09.30 They headed to Batalha to visit the Monastery and its museum.

11.00 They visited the Interpretation center of Batalha.

The town's name means *battle*. 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.

The Batalha convent was added in 1983 by UNESCO to its list of World Heritage sites.

12.30 Departure to Nazaré - a picturesque seaside village with many traditions.

Nazaré is situated on the coastline and center of Portugal, and about 1h30 away from the capital, Lisbon. Nowadays it is a place for tourism and beach vacations, but it still maintains its historical background as a fishermen village and pilgrimage place.

Until the 50's and 60's when most of the people emigrated, Nazaré had fishery as its main economical strength. Later on, the people who stayed, started seeing in tourism their way out of poverty. However there are still families living from fishery. The men go out to the sea to fish and their wives sell the fish at the coastline. This tradition is still present by the seawall with women drying the fish (an ancient method) and then selling it.
Women here also wear a very typical garment, 7 skirts. Some say it’s related to the **7 waves of the sea**, others say it’s about the **7 days of the week, the 7 virtues, or even the 7 colours of the rainbow**. Eventually, however one thing is for sure, it is profoundly connected to the sea. It is said that when their men went to the sea, the wives usually stayed on the beach waiting for them day and night, and the skirts would warm them during the night.

It is here where a pilgrimage has taken place for several centuries. Everything started in the 12th century when a nobleman while hunting a deer, suddenly found himself on the edge of a cliff and screamed “Our Lady, please save me!”, and the horse stopped instantly. From that moment on, people started to come to this place and it has been the most important pilgrimage place in the whole country until Fátima in 1917. This sacred place is called **Sítio da Nazaré** and it is marked with a little chapel built in the 12th century.

**13.30** Lunchtime in Nazaré

**15.00** Visiting the village and taking the lift to the “Sítio” where the nobleman was saved by our lady.

**16.00 to 19.00** Beach time

The weather was fantastic and the guest members enjoyed a boat ride in Nazaré with beautiful surroundings and a marvellous beach sunset.

**20.30** Dinner at Paredes Beach

The beach is located in the valley where the **Ribeira (small river) de Paredes** empties. The once existing harbor at this small locality called **Paredes da Vitória** assumed an important role in Portugal history. This beach is well known by paragliding fans who bring color to the region’s windy skies.

**22.30** Arrival at the hotel

**Thursday 2nd June**
09.00 Guest members left the hotel and headed to the place where the Congress would be held

9.30 Congress opening ceremony

11.00 Coordinators’ meeting and free time for the remaining guest members

13.30 Lunch at the school

14.30 Free time and congress workshops

20.30 Farewell dinner at a local restaurant

22.30 Arrival at the hotel

Friday 03rd June

10.00 Guest members left the hotel to visit Mira de Aire caves

10.30 Visiting the Mira de Aire caves
Mira d’Aire caves were discovered in 1947, but it took six years to know the entire track, which is now opened to the public. These are the greatest caves in the country.

The entrance is 300m in altitude, but inside they reach 180m in depth. Their formation goes back 150 million years to the Middle Jurassic age, when the dinosaurs populated this region. The caves are lit with coloured lights that emphasise the beauty of the shapes of the stalagmites and stalactites.

13.30 Lunch at the school

14.30 Congress workshops

16.30 At the congress : Emotional education across Europe - European vision of the Erasmus Project

18.00 Departure of some guest members to the Lisbon airport

Saturday 04th June

Some partner delegations departed from Leiria hotel to the Oporto airport and flew home. The Spanish delegation drove back home.

In recognition whereof, I sign the present in

Leiria, June 04th, 2016

Manuela Fernández Alarcón
Coordinator of the Programme Esther Educating Emotions in Europe
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José Amoroso
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Portugal

Magdalini Zervou
Greece

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Latvia

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