



29 September-04 October 2024

Erasmus Week Program: Exploring Sustainability and Culture

29/09 – Sunday: Arrival and Welcome

- Arrival at Porto airport; Families Welcome; day dedicated to settling in and spending quality time getting to know the hosts.

30/09 - Monday: Sustainable Start

Location: School and Póvoa de Varzim City

- **8:30 AM:** Welcoming at school | Introduction with Ubuntu Ice Breakers | Future Lab
- **10:00 AM:** School visit
- **10:30 AM: Workshop 1 - "Paper Recycling"** - Produce paper pulp from used paper to transform into multicolored recycled sheets
- **Lunch:** At the school canteen
- **2:00 PM – 4:30 PM:** Visit to [Póvoa de Varzim](#) | Reception at the [Town Hall](#)

01/10 - Tuesday: Cultural and Artistic Exploration

Location: [Porto](#) and [Vila Nova de Gaia](#)

- **8:30 AM:** Departure to Porto city by tram
- **10:00 AM:** [3DFun Art Museum](#)
- **Porto City Center Walking Tour**
- **Lunch:** Packed lunch
- **Sightseeing:** Walking along the docks of Porto and Vila Nova de Gaia
- **2:30 PM:** Visit to [Planet Cork Museum](#) – **Workshop 2**

02/10 - Wednesday: Educational Engagement

Location: School

- **8:30 AM:** Attending classes
- **10:30 AM: Workshop 3 - eTwinning**
- **Lunch:** At the school canteen
- **2:30 PM: Workshop 4 - Mindfulness**

03/10 - Thursday: Outdoor Adventure

Location: Póvoa de Varzim Marina and Vila do Conde

- **Outdoor Adventure I - Sea Day:** Sailing and solar boat activities
- **Lunch:** At the Nautical Club in Póvoa de Varzim
- **Outdoor Adventure II - Sea Day:** Canoeing
- **Culminating Celebration**

04/10 – Friday: Departure Day

- Farewell and departure