



Erasmus+

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## **REROPRT ON THE 1<sup>ST</sup> SHORT TERM STUDENT EXCHANGE MEETING IN PORTUGAL**

The European Erasmus+ Project  
Effective Communication – Communication Skills  
2018-1-CZ01-KA229-048217  
Strategic Partnership for Schools

Date: 1<sup>st</sup> April – 5<sup>th</sup> April 2019



The EU



Portugal



Czech Republic



Bulgaria



Turkey



Italy

## **TOPIC: VERBAL AND NON VERBAL COMMUNICATION**

**VENUE OF THE MEETING:** Escola EB Comendador Ângelo Azevedo,  
S. Roque, Oliveira de Azeméis, **Portugal**

### **HOST SCHOOL**

1) Agrupamento de Escolas Dr. Ferreira da Silva, Cucujães, **Portugal**

### **PARTICIPATING SCHOOLS**

- 2) Škola mezinárodních a veřejných vztahů Praha, Michelská 12, Praha 4, **Czech Republic.**
- 3) Acad. Prof. Dr. Asen Zlatarov, Secondary School, Bulharia Street 18, Botevgrad, **Bulgaria.**
- 4) IPSSAT ROCCO CHINNICI via Fratelli Gemmellaro, 86-92, 95030 Nicolosi CT, **Italy.**
- 5) ARDEŞEN ŞEHİT ÖMER HALİSDEMİR FEN LİSESİ, Fırtına Mah. Yıldırım Beyazıt, Rize, **Turkey.**

## **THE PROJECT & OBJECTIVES OF THE MEETING**

This project unites five Schools from the Czech Republic, Bulgaria, Italy, Portugal and Turkey under the banner of Effective Communication Skills. The project was created to facilitate student's needs, with a view to preparing them to become citizens of a United Europe. In today's hectic world, we rely heavily on the sharing of information, resulting in greater emphasis being placed on having good communication skills. Good verbal and written communication skills are essential in order to deliver and receive information quickly and accurately. In contrast, poor communication skills can have a negative impact on all aspects of a person's life. A poorly delivered message may result in misunderstanding, frustration and in some cases disaster. How well information can be transmitted and received is a measure of how good our communication skills are. Also Communication Skills is the prerequisite for a good career start. Only when students start equipping their communication skill set, then can have a bright future and good career in which they can succeed well. This is mandatory and needs to be put into practice. Communication skills are ranked FIRST among a job candidates "must have" skills and qualities, according to a 2015 survey conducted by the National Association of College and Employers, USA.

The aim of this project is to bridge the gap by drawing attention to how communication skills are taught and understood. It is understood that great communication is a process of perpetual growth and incorporates the twin talents of personal and critical self-reflection, and the ability to both recognize and appreciate the skills and abilities of others. Our project will highlight these attributes through a course of activities focusing on critical thinking, presentations, creativity and collaboration. Additionally, the project will help to fosters social inclusion, cultural sensitivity, key skills development and social, civic and intercultural competences.

### **The main objectives of the meeting were:**

- > short-term exchange of groups of pupils to prepare them to become citizens of a United Europe and consolidate European Identity in a spirit of respect for human rights;
- > to raise awareness of the importance of dialogue and communication in order to understand each other and be able to work together without distinction because of race, social status, educational levels or any other disadvantage;
- > to strengthen self-confidence and self-awareness of young European citizens;
- > presentations on "My Country" with information such as: Basic facts, History, Geography, Economy, Culture, Interesting places to visit, etc.
- > presentations by all the participating students on topics such as: "My School, Education System, Culture of my country", etc.
- > presentations by all the participating students on topics related to "Verbal and Non-verbal Communication";
- > selection of a common LOGO for the project;
- > presentation on "Communication for Understanding" (1x Portuguese).
- > creation of a silent theatre play;
- > E-booklet of the meeting;
- > various activities such as - ice-breaker games, quizzes, problem solving tasks, group activities, artistic moments, intercultural activities, etc. helping participants to realize how they currently express themselves and the importance of accuracy and clarity when communicating.

## DETAILS OF THE MEETING

The 1<sup>st</sup> Short Term Student Exchange meeting within the Erasmus+ project was hosted by **Escola EB Comendador Ângelo Azevedo, S. Roque**, a parish in the municipality of Oliveira de Azeméis. All schools before the start of the meeting organized various activities at their schools and prepared their students well for the meeting. The main theme of the conference was "**Verbal and Non-verbal Communication**".

**Monday 1<sup>st</sup> April**, the official meeting and opening ceremony began at 9:00 at the Auditorium of the school where the Portuguese School Principal Mr António de Almeida Figueiredo and on behalf of the Coordinator School, Mr H. Khan warmly welcomed the guests with their welcoming speeches and wished them successful work and pleasant stay. Afterwards, accompanied by the Principal and teachers, all of us had a guided tour around the school where we learnt about the history, curriculum, mission and challenges of the school and had an opportunity to see students in their classrooms in action. After the Coffee break, there was a contest to choose the **LOGO** of our project. Before the meeting each school created different Logos, and then by a democratic vote the Italian logo was chosen as the best one and from now on it would be used as our official project Logo. Later there were presentations and videos by the students of Portugal, the Czech Republic, Italy and Turkey on: "My School, "My Country" (Basic facts, History, Geography, Economy, Culture, Traditions, Interesting places to visit, etc.) the "System of Education". It was a good practical experience for all the students to work together in pairs and teams, share and exchange ideas, building skills and self-awareness and improving their English language and Communication skills.

In the afternoon all of us had a guided tour to S. Roque where we were received by the **President of the Parish Council**, who briefed us about the history, development, business and investment projects in his town. The principal activities of the parish include agriculture and herding, and the processing associated with these products. In the last decades of the 20th century, there has been an evolution towards commerce, services and tourist-related activities. We also had a chance to see the museum located in that building and spent a nice time there in the park too. Returning back to school teachers then had a meeting to discuss on the project outline. At 5 p.m. students went to host families and teachers to hotel. In the evening teachers had a formal dinner together at a restaurant.

**Tuesday 2<sup>nd</sup> April**, in the morning all students and teachers actively took part in ice breaker games, group team building intercultural activities and quizzes. Everything was very well prepared and helped all the participants to start talking and sharing and breaking the ice.

Afterwards in the Auditorium, students started with a General Knowledge Quiz Game "– Join with Kahoot. Then students from Portugal, in a group had a presentation on "6 C's of Communication skills". The Bulgarian students had excellent presentations and video films on "Bulgarian Culture, Folklore music and dances", " My Country", "Bulgarian Education System", "Verbal Communication", "How can we improve communication skills" etc., and the Czech students had presentations on: "Communication, Verbal and Non Verbal Communication", "Communication and Importance of Communication skills in the workplace" "Communication and how to improve Communication skills". The Italian students also had a collective presentation on "Effective Communication – Communication Skills". All the presentations were very well prepared and showed the abilities of our students to work in international projects.

The teachers also had a round table talk on the IT tools that we started using in our project, such as, Facebook, e-Twinning, Google drive, What's up, etc. They help us to be in close connection with each other and keep a continuous and intensive communication. It is a great tool of spreading information about the project and its results as well as sharing of pictures, video clips, questionnaires, evaluation forms and other project elements. Some teachers have been asked by the Czech Coordinator to join the e-Twinning platform.

We also discussed the main points of our project and what have we done so far. It was confirmed that in each school project teams have started actively working, Erasmus + corners/boards have also been set up; posters, brochures and leaflets containing general information have been prepared and presented. The projected will be presented to the beneficiaries and mini-conferences for interested parties will also be organized. The active participation of all participants is ensured through searching, presentation and preparation of new ideas, consistent with the assessment criteria.

All the partner schools agreed to send their contributions to the main Coordinator as soon as possible. They will also send all the relevant materials to Mr Álvaro Manuel Marques, so that he can prepare and publish the "Erasmus+ Magazine" in time.

**Wednesday 3<sup>rd</sup> April**, all of us departed by bus to visit the city of **Oliveira de Azeméis**. which is a city and a municipality located in Porto Metropolitan Area in Portugal. The city itself has a population of about 20,000. Oliveira de Azeméis is part of Oporto Metropolitan Area and it is located 35 km to the south of Porto and is less than 20 km far from the Atlantic Ocean. After arriving in the city, we walked through the city and stopped in front of the town's main church - **Igreja Matriz de Oliveira de Azeméis**, before heading towards the **Oliveira de Azeméis City Municipality**. There we were welcomed by the Mayor, who informed us about the history, facilities, business, economy, tourism, etc. It is an important industrial area, producing a wide variety of goods, such as Shoes, Mattresses, Dairy products, Car Components, etc. We then had a group photo and a short walking tour of the city. By bus we then went to see and visit the Mill at **Parque Temático Molinológico**. This mill shows how the currents have been harnessed for hundreds of years to make bread. The museum in the mill has kept the grinding device running, and one can still see it in action. There are also 19th-century tools for milling and bread-making, as well as the original ovens, still fired to bake bread. We also bought and tasted fresh bread rolls and had a cup of coffee there. Our last stop over was in **Parque La Salette**, a park on a hill to the east of the town. It is a very refined spot for a wander, with grand stairways, a gazebo and a balustrade terrace with views of the town. The park's elevated position lets you see for miles in every direction, as far as the city of São João da Madeira to the north. We spent some time inside a typical glass-blowing workshop and then returned back to our school.

Since the topic of our meeting was also Non-verbal communication, so the Portuguese students in the afternoon presented a silent theatre play. It was amazing as the boy who performed it showed his immense talent. There were movements, music, words, objects and so many other things. Really awesome! Afterwards students participated in a General knowledge test about the "European Union".

In the evening, students with their teachers and together spent a nice time together.

**Thursday 4<sup>th</sup> April**, we had a full day tour of the city **OPORTO** which is the second-largest city in Portugal after Lisbon and one of the most prominent urban areas in Southern Europe and its rich history which dates back to many centuries enriches its culture wealth as the city is one of the oldest European centres. Located along the Douro River Estuary, its historical core was proclaimed a World Heritage Site by UNESCO in 1996. The western part of its urban area extends to the coastline of the Atlantic Ocean. Right from its historical days Porto's shipping industry has seen continuous growth. Its port has been responsible for the production and export of the fortified wine to great extents. Port wine, one of Portugal's most famous exports, is named after Porto, since the metropolitan area, and in particular the cellars of Vila Nova de Gaia, were responsible for the packaging, transport, and export of fortified wine.

After our arrival in Porto, we had a boat cruise along the **Douro River**. This one hour boat trip shows the amazingly beautiful 6 bridges in Porto and also a lot of exciting things, from natural elements to building on both margins. Although it was raining that day, but we all enjoyed the fantastic views of both Porto and Gaia on the other side of the river, took some nice pictures and spent time together. After the boat cruise, we

walked down the bridge and went to the **Sao Bento train station**—where ~20,000 Azulejo Portuguese tiles dating from 1905-1916 adorn the walls. It was one of the most beautiful train station in the world I have had ever seen. Later we spent some time together and individually in the city where everyone had the opportunity to see plenty of monuments, taste delicious food, wine and coffee, shopping and buying souvenirs, etc. It was a nice experience for all of us and at about 6 pm. we were back to at our school. There the teachers had their final meeting and analysed the project. We discussed the main point of our project and the time schedule for the next meeting. It was closed with some paper work and granting of certificates to all the participants. In the evening, all the students, teachers and host families members were invited to an International night farewell dinner hosted by the Portuguese partners at the School Canteen. We enjoyed the Portuguese cuisine. It was a long hectic day but very well spent with good friends.

**Friday 5<sup>th</sup> April**, in the morning the Bulgarian and Turkish teams departed back home. The Portuguese, Czech and Italian students and teachers left by bus first to visit the city of **COIMBRA**. Rising scenically from the Rio Mondego, Coimbra is an animated city steeped in history. It was Portugal's medieval capital for more than a century. Now it is the fourth-largest urban centre in Portugal (after Lisbon, Porto and Braga), it is the largest city of the district of Coimbra and the Centro Region. About 460,000 people live in the Região de Coimbra, comprising 19 municipalities and extending into an area 4,336 sq.km. Its steeply-stacked historic centre dates to Moorish times and is wonderfully atmospheric with its dark cobbled lanes and monumental cathedral.

We begin this visit at the University founded in the 13<sup>th</sup> century and which UNESCO has placed on its list of World Heritage sites and is the oldest in Portugal and one of the oldest in Europe, which overtime has shaped its image to become "the city of students". Apart from attracting many European and [international students](#), the University is visited by many tourists for its monuments and history. Unfortunately because of some technical problems we were unable to visit the baroque **Johannine Library**, which was built in the 18<sup>th</sup> century and is a part of the University of Coimbra General Library. We then went for a walk in the Botanical Garden of the University of Coimbra, which was founded in 1772-1774 and was integrated with the Natural History Museum established by the Marquis of Pombal. Walking down the narrow stairs of this old city, we stopped at the **Coimbra's Old Cathedral (Sé Velha)** to see this marvellous monument, designed by the French Master Robert in the 12<sup>th</sup> century. Inside, the primitive barrel vault hints at the great age of the cathedral, and the column capitals have wonderful foliate, geometric and bestial designs.

After lunch, the last place that we visited in Coimbra was another monument intertwined with Portuguese medieval history, the imposing **Gothic Monastery of Santa Clara-a-Velha**. A guide with an English translator gave all the details about this Monastery. It dates to the 1300s but after the Mondego had flooded over hundreds of years the site was abandoned in the 1600s when the convent's nuns moved to higher ground and founded the Monastery of Santa Clara-a-Nova. This site was turned into a proper attraction in the naughtiest, when an interpretation route and visitor centres were set up. At around 14:00 hrs., we departed to **AVEIRO**, a city in the Portuguese west coast, founded close to a famous lagoon called as Ria de Aveiro. There we spent 2 – 3 hours and came back to our hotel.

## **NEXT MEETING**

It was decided that at the 2<sup>nd</sup> Short Term Student Exchange Erasmus+ meeting in **TURKEY (Oct. 2019)**, the main theme of the conference will be:

### **BARRIERS TO COMMUNICATION.**

All the schools will prepare their students on the following topics:

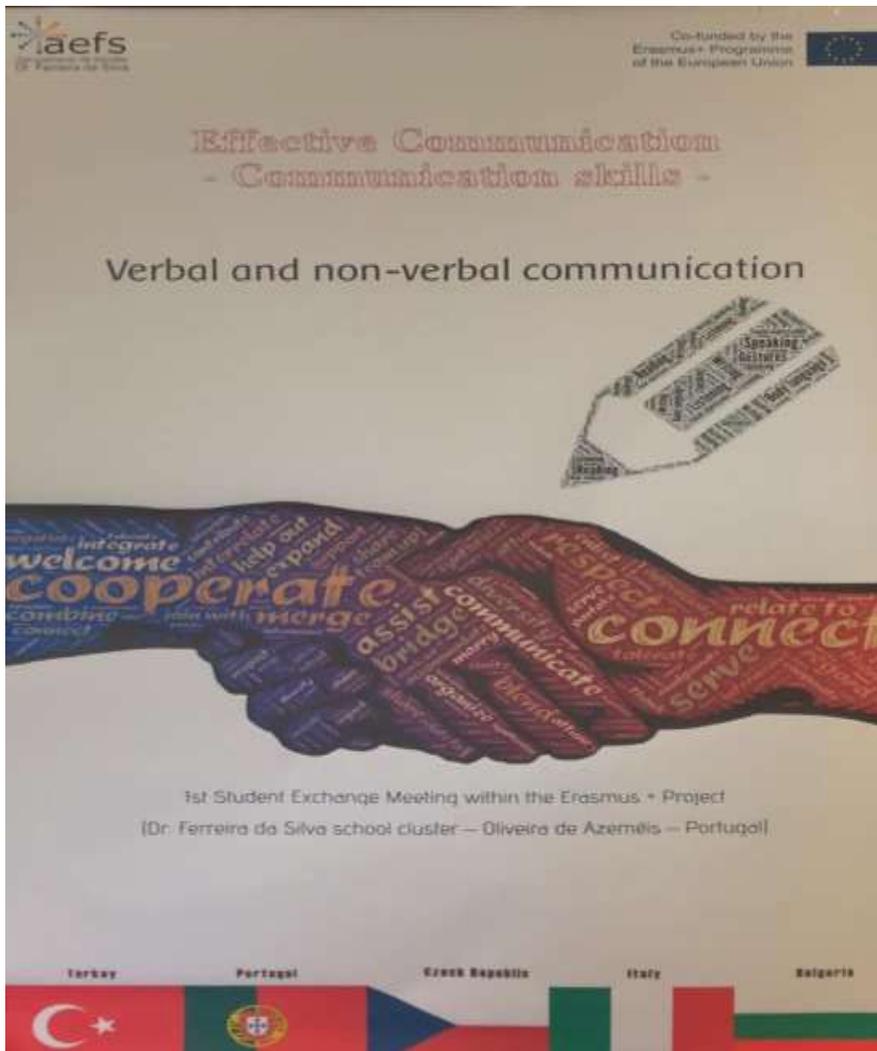
- preparation of presentations on barriers to Communication in each country followed by their practical presentations in Turkey.
- presentations on "Economy, Imports, Exports of My Country".
- creation of Common song by the Turkish team. Students from other countries will surely help the Turkish students in realizing the song.
- 2 presentations on "Communication for Understanding" (1x Czech and 1x Turkish).
- 5 Time Capsule Messages Boxes will be discussed (presented in Italy)
- collection of material for the Final DVD (will be completed in Italy).
- all participating schools will also prepare various activities such as - ice-breaker games, blindfolded games, quizzes, problem solving tasks, group activities, artistic moments, intercultural activities, etc. helping participants to realize how they currently express themselves and the importance of accuracy and clarity when communicating.

## **CONCLUSION AND ANALYSIS OF THE MEETING**

During the 1<sup>st</sup> Short Term Student Exchange Erasmus+ Project meeting in Portugal, all the participants were actively involved in all the activities proposed by the coordinator and the host team.

All the details regarding the project were discussed and the project coordinator facilitated communication amongst the partners. The relaxed atmosphere created a trust climate that enabled all partners to ask questions and share all aspects of the project and its implementation. The coordinator and participants mutually clarified all the reported problems. Partners worked efficiently and elaborated all the necessary documents and evaluation tools, planned all activities and easily agreed on the next time scheduled meetings in Turkey and Bulgaria.

The host school organized an excellent meeting and did everything to make all partners feel at home. Everyone appreciated their hospitality and kindness and the whole week was a great experience and passed away smoothly. All of us – students and teachers - left the city as very good colleagues and friends capable of working together independently no matter where we come from.



This report has been written by:  
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