

NBS - Presentation and Activities Diary

Click in the + sign, insert a picture, video, link, etc and add information or comments. Don't forget to insert your name's Initials in your post.

CRISTINA OLIVEIRA MARTINS 03/05/22, 19:31 HS

Presentation - Project, Countries, Schools, Participants

The Project - NBS_Natural Based Solutions

[Project n° 2019-1-IT01-KA229-062768-2](#)

Click in the link above to see more informations on this Project



Most important word in NBS for the Planet

Activity prepared by Greek Students

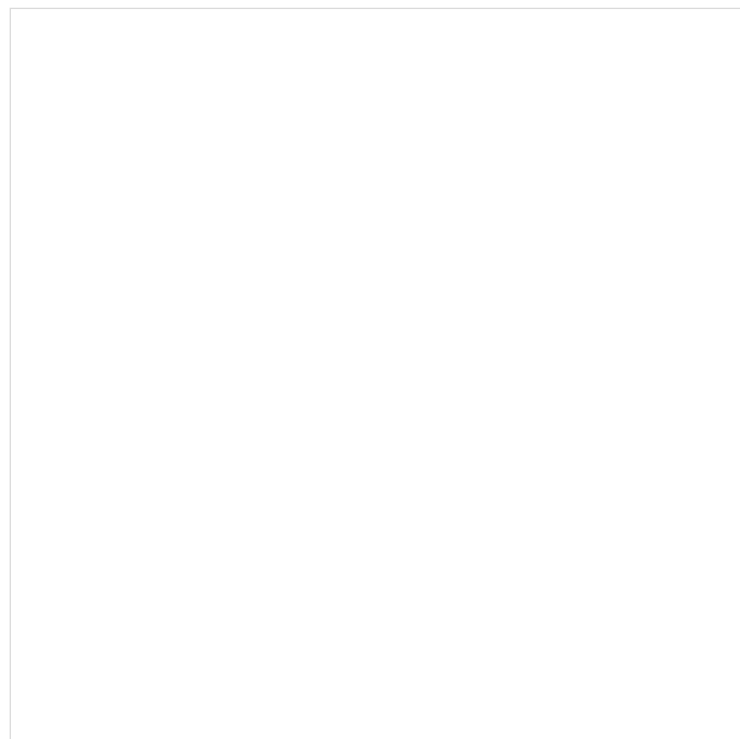
AnswerGarden » Write the most important word of NBS for the planet 1

AnswerGarden is a new minimalistic brainstorm tool for online brainstorming, real time audience participation and classroom feedback.

ANSWERGARDEN



Greece students presents their town-Alexandroupolis



Alexandroupolis NBS

por Xrisa Boutziloudi

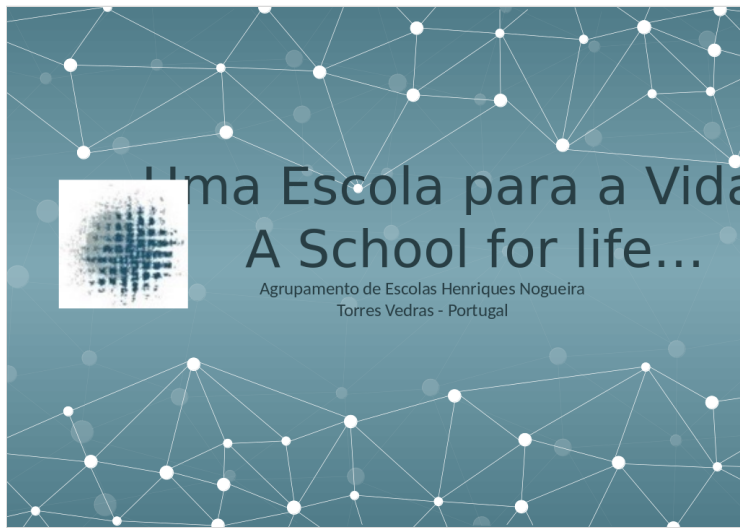
YOUTUBE

eTwinning Project developed

[Link to eTwinning Project](#)



AEHN group of schools presentation



Uma Escola para a Vida A School for life...

Agrupamento de Escolas Henriques Nogueira
Torres Vedras - Portugal



apresentação AEHN internacional
Apresentação do PowerPoint

PADLET DRIVE

Portuguese students share a bit of Portugal's Patrimony

Posters on Patrimony 9A B C

Posters on Portuguese (9AC) and Torres Vedras (9B) Patrimony

PADLET



To Know more about Italy - "From Rome with Love" is our start point to the travel to Italy, to Soriano nel Cimino

Adicionem alguns pontos turísticos ou outros aspetos da cidade de Roma, ou de Itália que ficamos a conhecer através deste filme. Façam uma breve descrição, se possível em Inglês. Coloquem as vossas iniciais e a turma

PADLET



Program Mobility Italy - This program can be changed if needed

Program Italy - Soriano nel Cimino

ERASMUS PLUS – NBS PROJECT

Soriano nel Cimino May 8 – 14, 2022

	Sunday, May 8	Monday, May 9	Tuesday, May 10	Wednesday, May 11	Thursday, May 12	Friday, May 13	Saturday, May 14
Morning	11.20 am: Arrival of 17 students + 4 teachers from Portugal at Fiumicino airport. Transfer by private bus to the Hotel "La Bastia"	9.30 am: Visiting teachers and students reach the school by school bus 9.45-11 am: Students know each other through speed dating activities 11-12 am: Presentation of schools and different countries. Link with Greece that will present its school. 12 am: Moving to beech wood by school bus 12.30 am -1.30 pm: Packed lunch (prepared by the host families for the students) in the beech wood	9.30 am: Visiting teachers and students reach the school by school bus 9.45-12 am: Laboratory Science Activities: Students from different countries will present the activities they have worked on in these two years of pandemic. The presentation of about half an hour will begin with Greece, which will be connected for an hour (10-11). Lithuania and Italy will continue. 12-12.30 am: Transfer by school bus to Tenuta Sant'Egidio for a barbecue lunch offered by families 12.30 am – 2.00 pm: Preparation and consumption of lunch in the picnic area of the Tenuta Sant'Egidio	9.30 am: Visiting teachers and students reach the school by school bus 9.45-10.00 pm: Science activities: we will manufacture bioplastics from corn and milk; we will find microplastics in cosmetics for everyday use. Italian students will prepare a presentation on the activities that will be done and then they will start the activities in peer tutoring. Greece will be connected from 10 am to 11 am to follow the presentation and the beginning of the laboratory activities	7.30 am: Departure by bus from the Hotel La Bastia for the students of Soriano and Bomarzo/Bassano 8.30 am: Arrival in Vasanello where they will pick up the students of Vasanello and Gallese (transport from Gallese to Vasanello by families) - destination Rome. 10.15 am-12.30 pm: Guided tour of Rome in English with voice transmission system. Arrival in Via Claudia by bus. Outdoor Colosseum - Via dei Fori Imperiali - Campidoglio - Piazza Venezia - Trevi Fountain - Piazza di Spagna 12.30 am -1.30 pm: Packed lunch (prepared by the host families for the students and prepared by the hotel La Bastia for the teachers) at villa	9.15 am: Departure by bus from the Hotel La Bastia for the students of Soriano and Bomarzo/Bassano 9.30 am: a private bus will pick up the students of Vasanello in Centignano 9.45 am: The private bus will pick up students of Gallese in the parking near their school 10.00 am: Arrival at the educational farm Cupids and organization of the activities 10.30 – 11.30 am: Presentation with slides and videos on the topic of energy from renewable sources (activities in connection with Greece, at the end of the activity there will be greetings with the students of Greece) 11.30 am – 1.30 pm: Visit to the photovoltaic plant for the production of electricity, observation of the wood chips supply chain. Dendrometry laboratory	12 am: Lunch for students and guest teachers at the Hotel la Bastia

1Planning Erasmus NBS 8-15 May

Documento PDF

PADLET DRIVE

Awarded video on presenting Torres Vedras to the world



Torres Vedras - Let's Live it Together.

por Estúdio Eureka !

YOUTUBE

Portuguese students present their city to you

DAC - Património de Torres Vedras

9 HN 21/22

PADLET



Italy - May 8th, departing our countries and arriving in Soriano new Cimino

Arrival



R.B 9B

Portuguese students wanted to know more about Italy



JB 9.ºB



Clara Caroço



Carolina Requicha



We already arrive at Rome! 🇮🇹



Leonor Cordeiro

The trip went really well! It's been an amazing experience.



The forest is really beautiful
(Margarida Feliciano)



VR 9A

The view is awesome



Margarida Aniceto



Cristina M

We are so happy to be here



Beautiful - all of you - ANÓNIMO



UAU - ANÓNIMO

Cristina M

We have arrived



Great moment! (Conceição Gonçalves) - ANÓNIMO

Carolina Gonçalves



Great pic - ANÓNIMO

Cristina M

Waiting for our luggage



Fantastic 5! :) (C. Gonçalves) - ANÓNIMO

ISABELA

a pretty place to visit

Leonor C.



Lovely - ANÓNIMO

View from the hotel La Bastia. (A.S.)



Tomás.V

A great place to stay here.



Enjoy! - ANÓNIMO

We arrived to the hotel and we also had lunch.

C.C



We are already in Rome

D.F.



we arrived in Rome

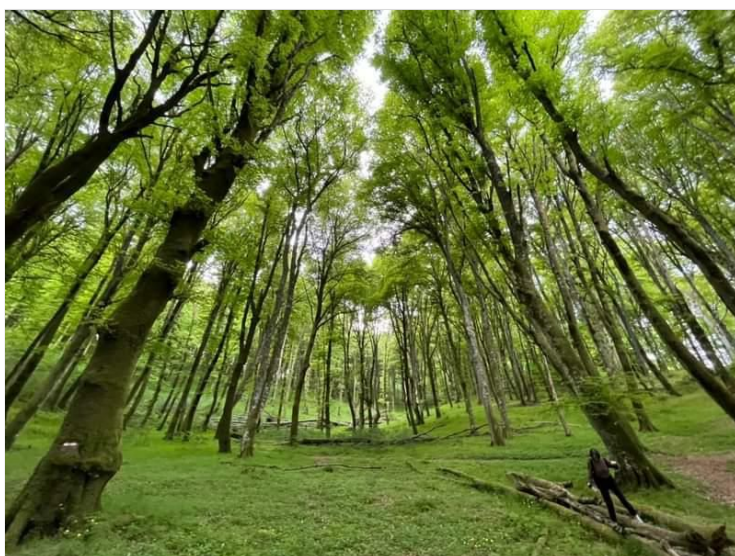


(diana rosca) – DIANA ROSCA

Italy - May 9th- Ice breaking activity, online activities with our Greek colleagues. Lunch and visit to the Beech Forest.

Tomás Simões

Italy it's very very amazing



Great picture! – ANÓNIMO

Hiking and exploring in the beech wood

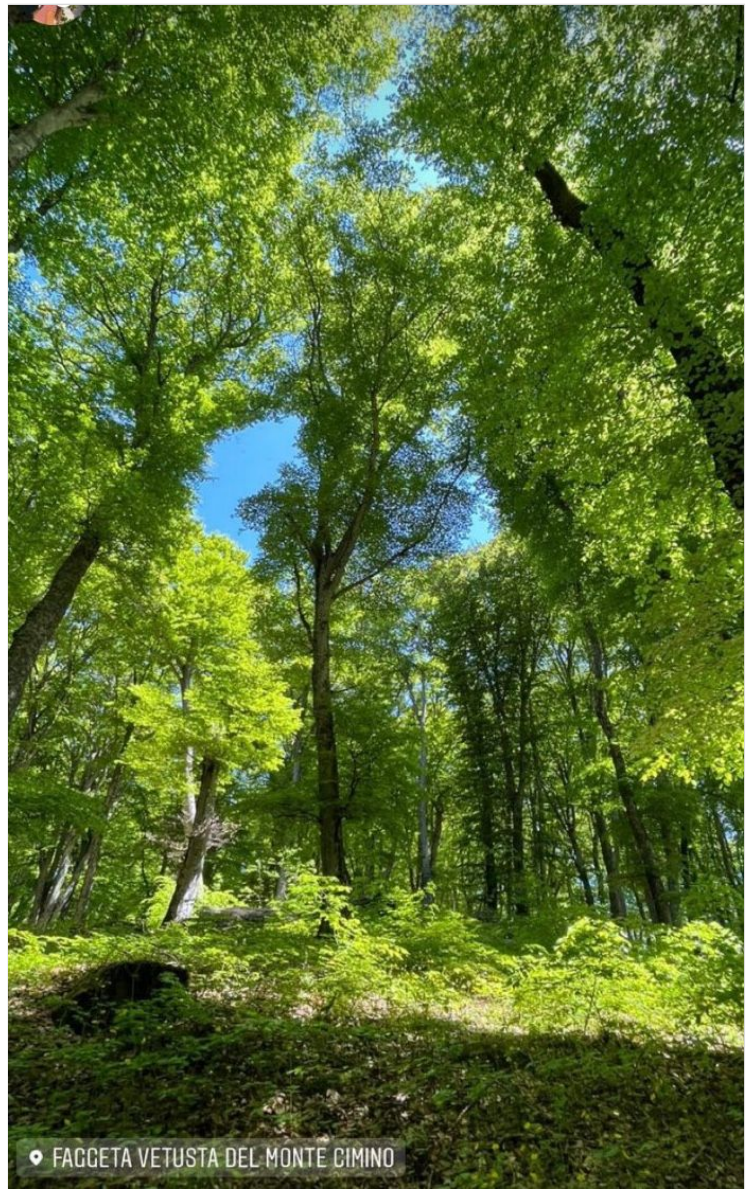


Leonor Cordeiro

We learned about nature.



Margarida Aniceto

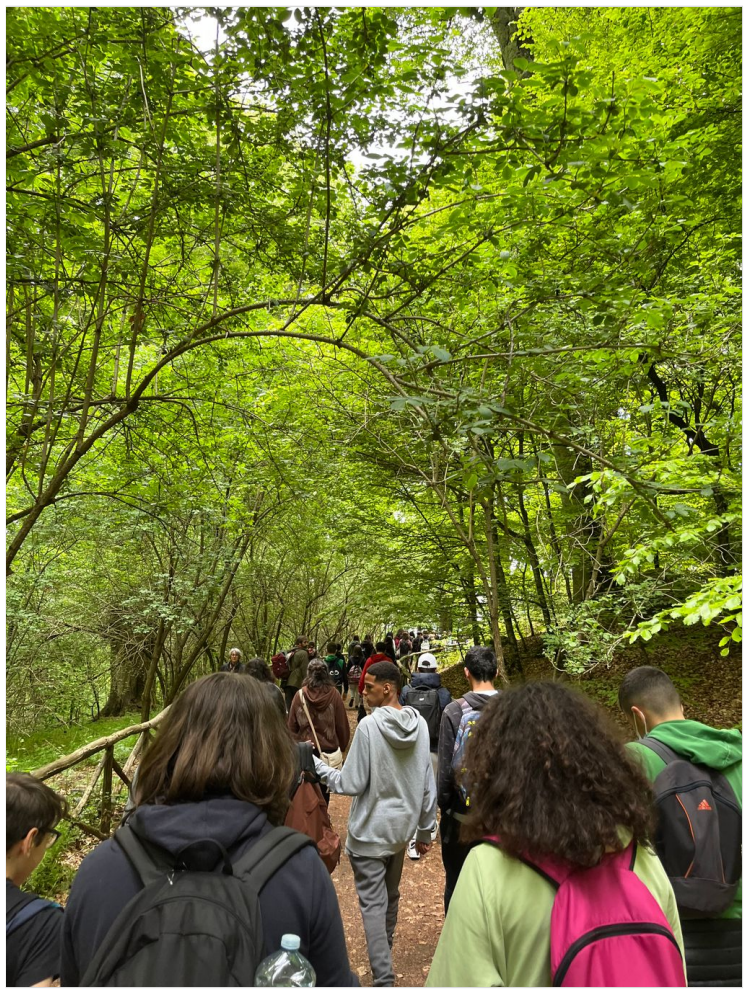


Just beautiful! – ANÔNIMO

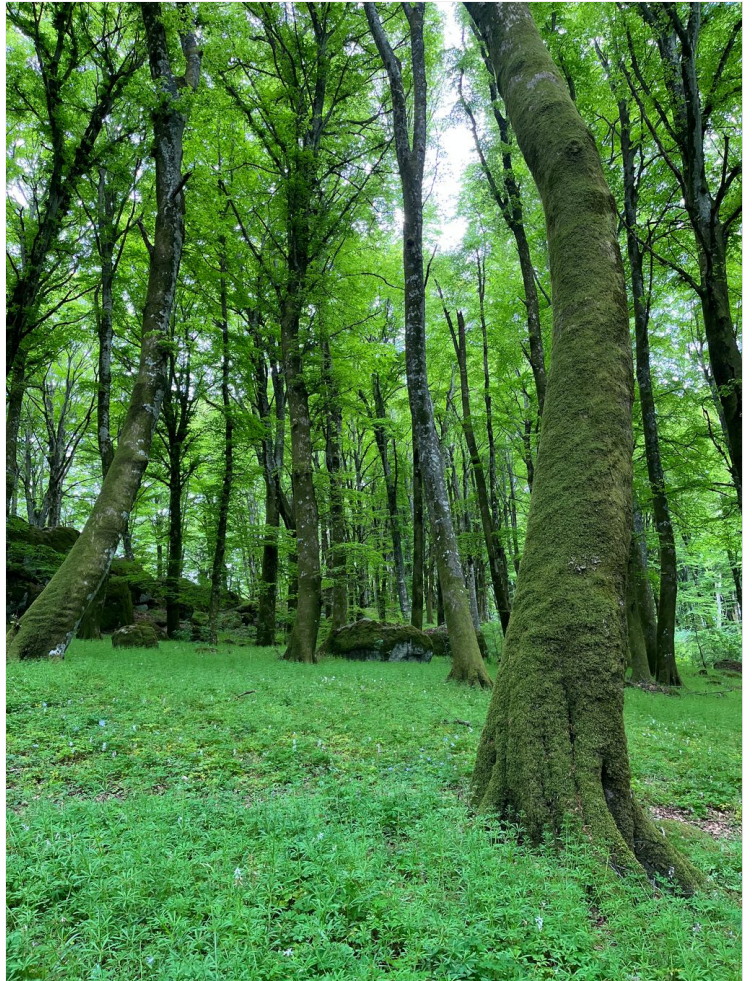
Antipasti R.B 9B



We walked in the forest
V.R 9A



JB 9.°B



Forest



UAU!!! - ANÓNIMO

Nice vire! - ANÓNIMO

C.G. - 9B



The forest
M.F



we all had lunch together (D.R)



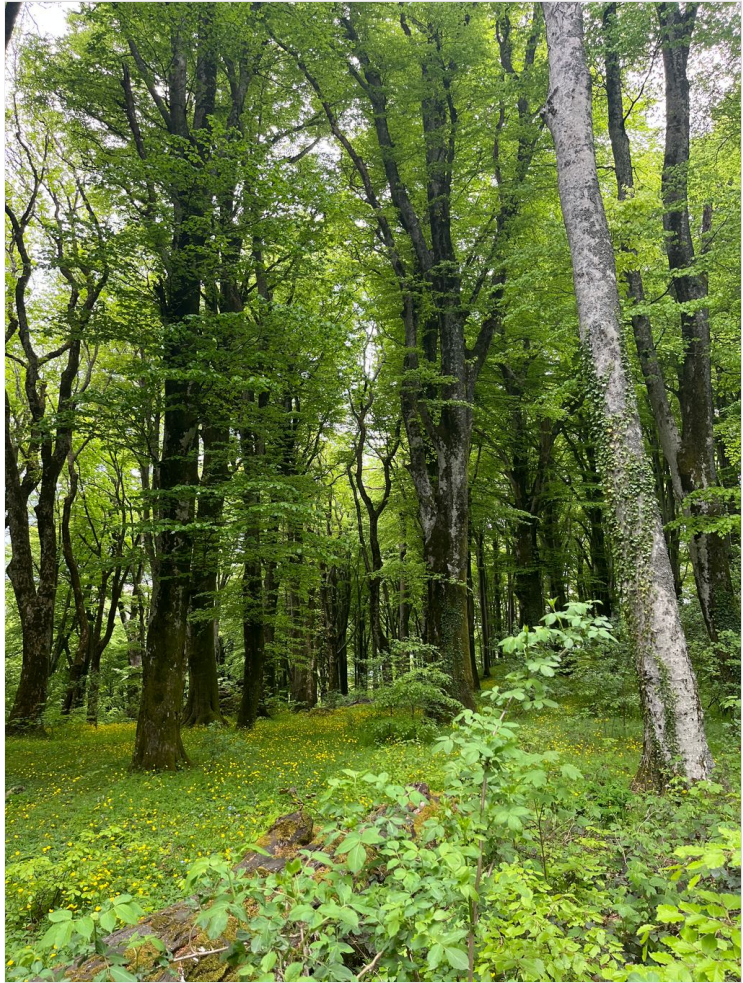
ISABELA

One of the parts in the florest.



We made a walk in the forest 🇮🇹

C.L



Carolina Requicha



Forest Walk

Leonor Carvalho



School entrance in Italy

(A.S.)



Trip on the florest

D.F.



Afternoon ✨

We went for a walk in a local forest and then we came back to the hotel with the Italian kids parents.
C.C 9.°C



Beautiful composition. — ANÓNIMO

Morning ✨

C. C 9. °C



Italy - May 10th - School presentations and sharing the activities on NBS project made in our schools. Visit to Park Sant'Egidio

Park Sant'Egidio

C.C 9.°C



R.B 9B



Tomás Simões

The hotel we are staying its beautiful



J.B 9.ºB



We learned about the animals of this area V.R 9A



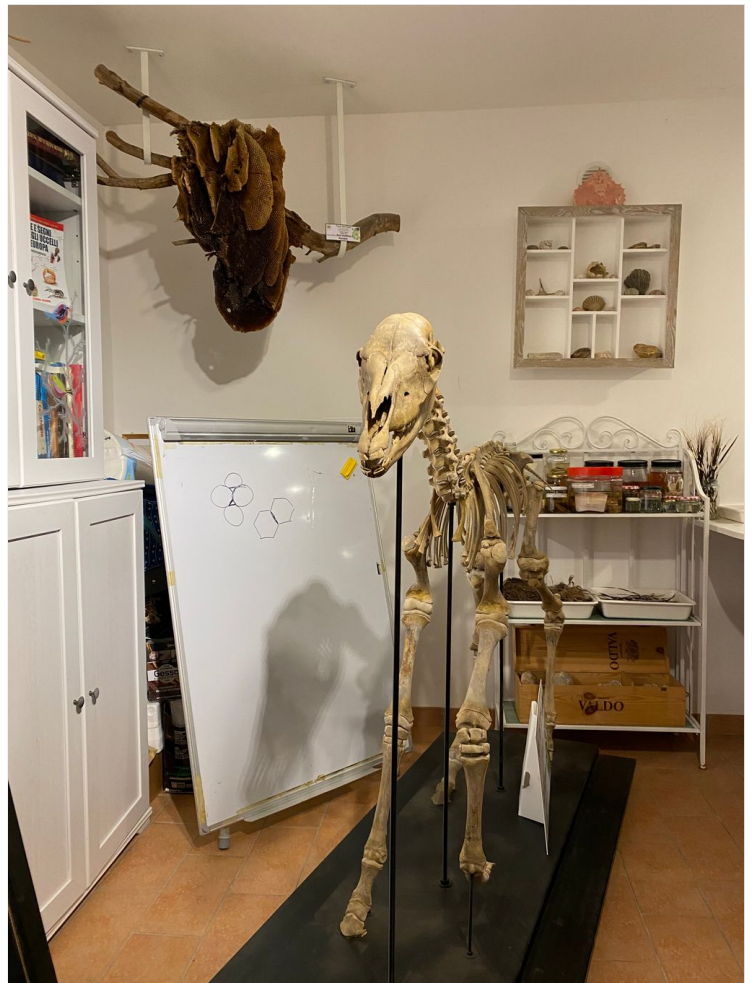
Margarida Aniceto



Leonor Carvalho

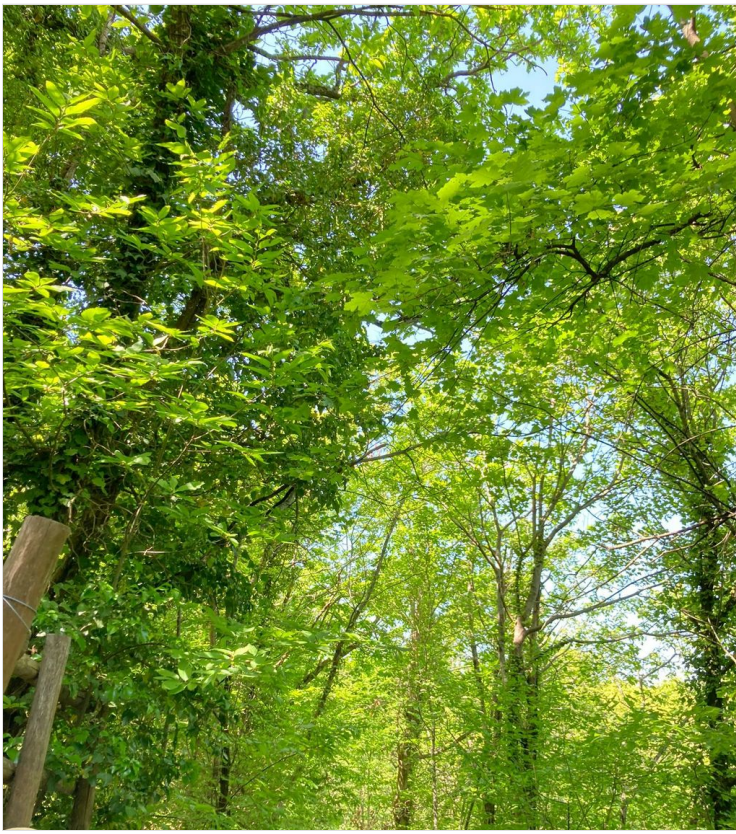


Leonor Cordeiro



Natural Park

(A.S.)



we went to the museum and we learned a lot D.R



Clara Carço

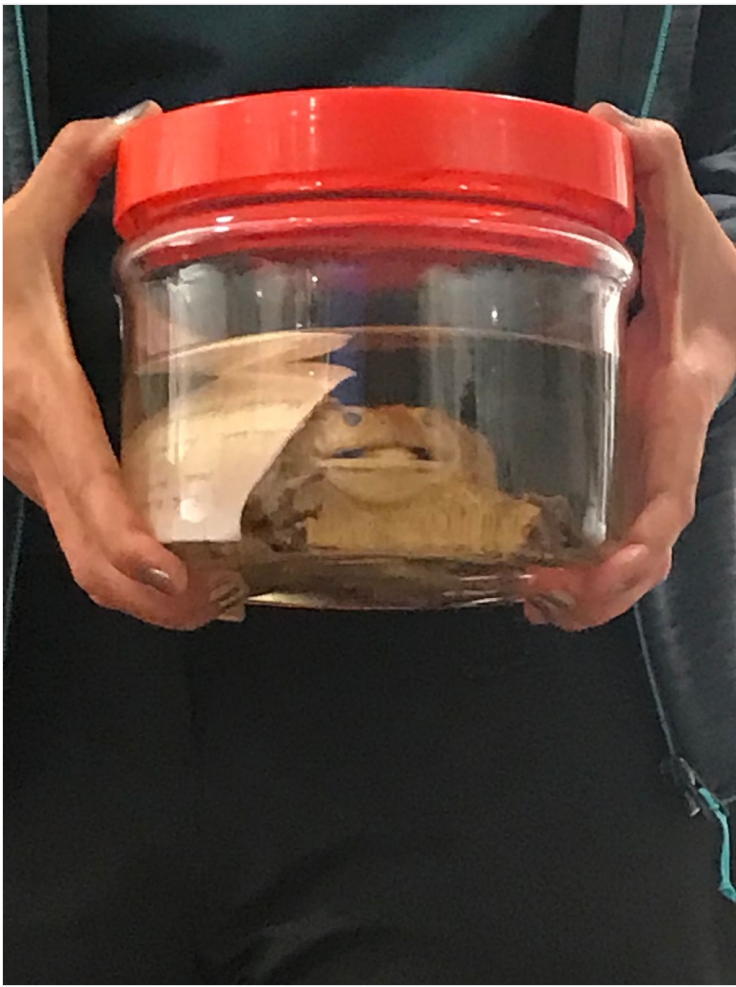


Lunch with our Italian colleagues at Tenuta Sant'Egidio

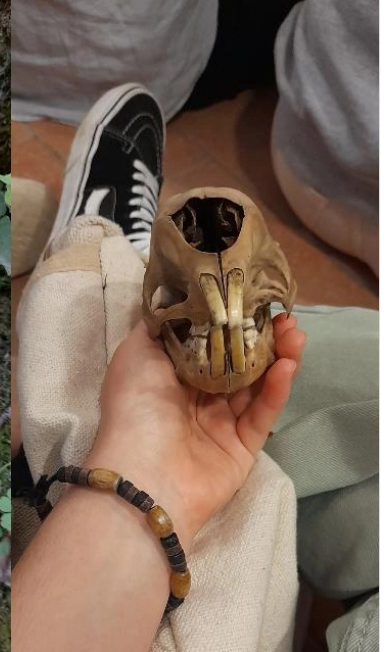
C.G. - 9°B



Carolina Requicha



Today I learned a lot of things :D
M.F



Animal tracking with a barbecue



ISABELA

this is a beautiful place.



Riccardo Miron



We took the yellow bus, to the school.



We went to explore the nature

Italy - May 11th - experimenting with plastics and online activity on Marine Liter. A guided tour in Soriano nel Cimino

Laboratory activities



Leonor Cordeiro



Today's photo be like ✨

C.C 9.°C



Margarida Aniceto



Unknown soldier monument

The parents are represented by blind people because they cried too much.
M.F



Tomás Simões

Enjoying my birthday in Italy 🇮🇹 🍷



Happy birthdayyy! – ANÓNIMO

View of the sunset from our hotel room

C.G. - 9ºB



R.B 9B



Walking to the hotel
V.R 9A



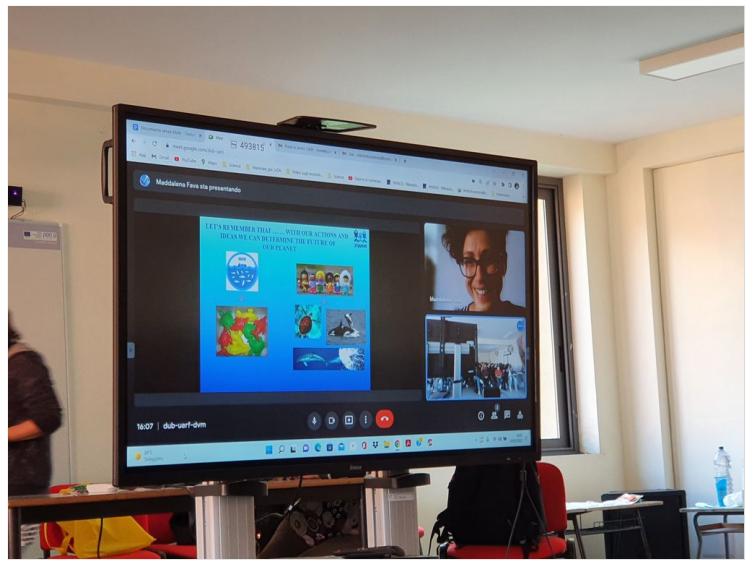
We made an experiment

C.L 9A



Today we learned about microplastics

D.F.



Walk to hotel

(A.S.)



Leonor Carvalho



we made a very interesting activitie. D.R



Carolina Requicha

Visiting Soriano nel Cimino.



clara caroço 9C



ISABELA

monument.



J.B 9.°B



Italy - May 12th - Rome- Guided walking tours.

Walks in Rome



Clara Caroço



Carolina Requicha

This one is for our math teacher.





Carolina Requicha

This one is for all the physic-chemistry teachers.



Adorei :) Carmo Francisco (FQ) – ANÔNIMO

Margarida Aniceto



Leonor Cordeiro

Rome was beautiful! We all enjoyed the monuments.





Today we went to the colosseum

We visited Roma
V.R 9A



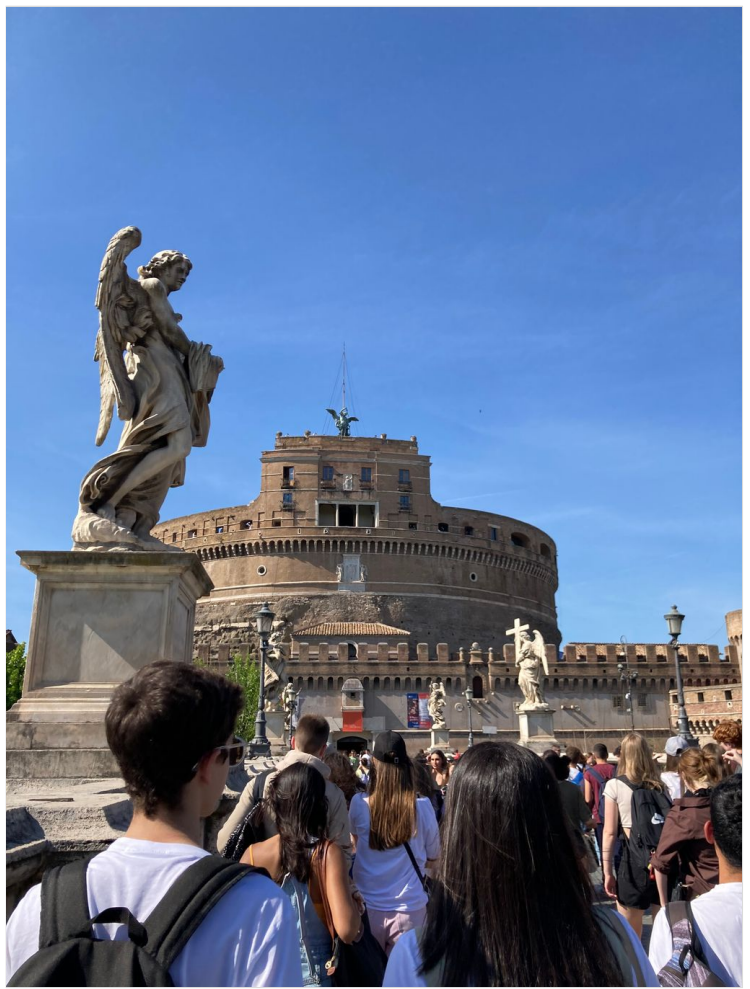
Riccardo Miron



L.C. 9°C



M.F



J.B 9.°B



Visit to Rome

(A.S.)



The beautiful Fontana di Trevi

D.F.



Tomás Simões

The italia it's a very beautiful place

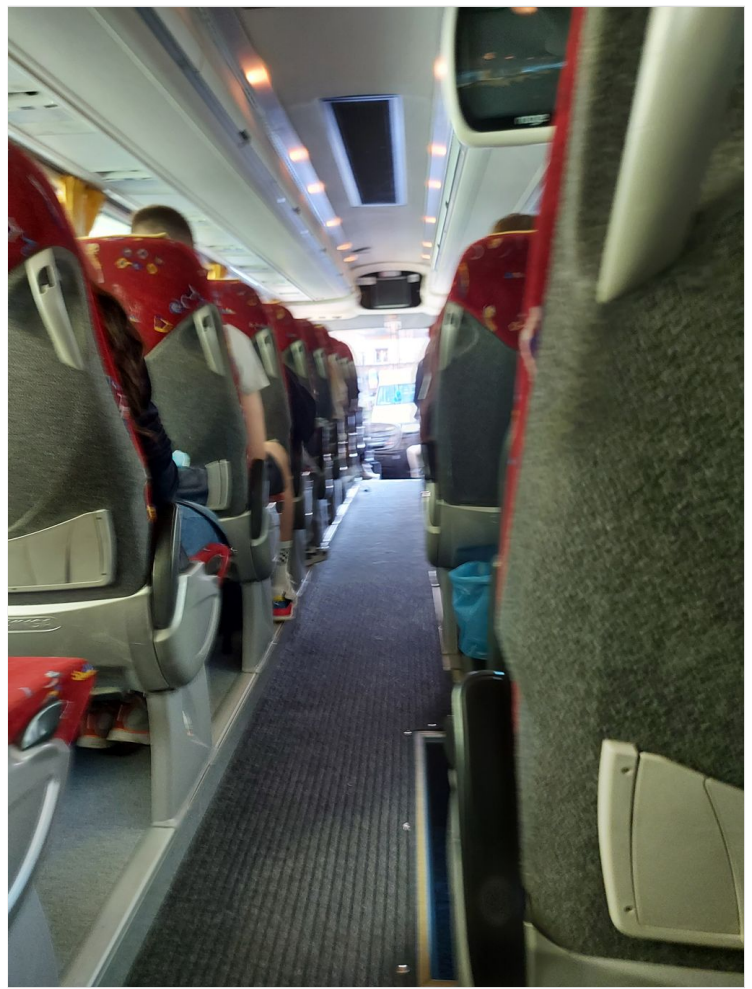


Court next to which we caught the bus back to Soriano

C.G. - 9°B



we visited Rome D.R



ISABELA

Coliseum



Riccardo Miron

Italy - May 13th - factoria Cuppiti. Chicken farm and sustainability. The use of Solar energy and much more. Goodbye dinner.

L.C. 9°C



Visit the farm

(A.S.)



Carolina Requicha



Carolina Gonçalves, 9ºB



Leonor Cordeiro



Goodbye T-T

C.C 9.ºC



ISABELA

isn't that beauty?



Very! — CONCEIÇÃO NEVES GONÇALVES

The chicken farm

D.F.



Tomás Simões

The last beautiful day with the the beautiful persons we have met ❤️



Miss you guys ❤️ – ANÓNIMO

At farm



Last day
V.R 9A



D. R



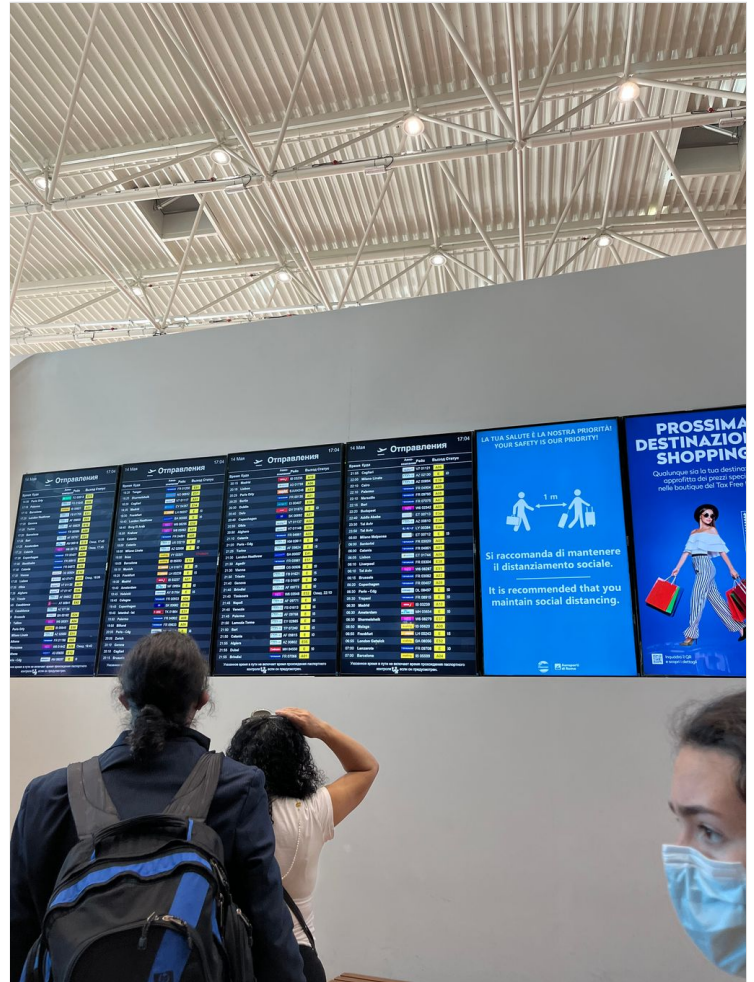
Last day!

We went to a farm, where we could learn more about animals life.
In the end of the farm day we could pick up a little chicken
C.L



Italy - May 14th - Going home

Bye bye Italy 🇮🇹



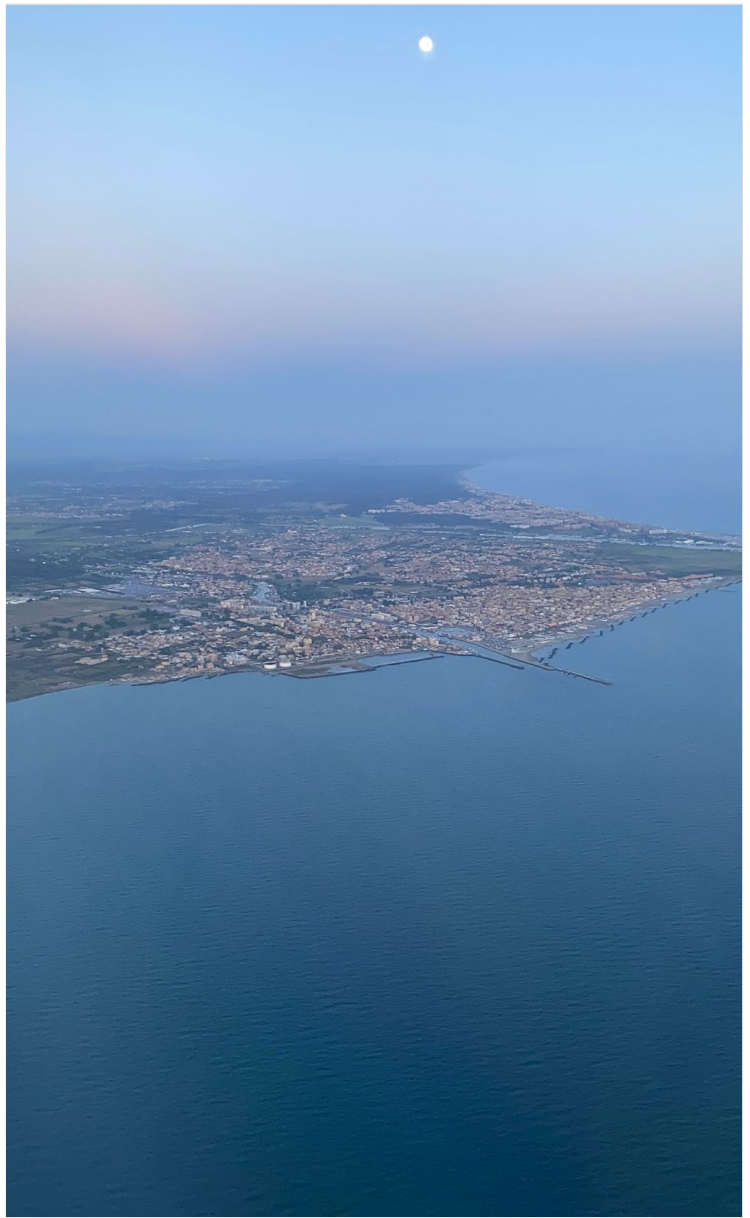
Goodbye Italy

(A.S.)



Bye Italy!

L.C. 9°C

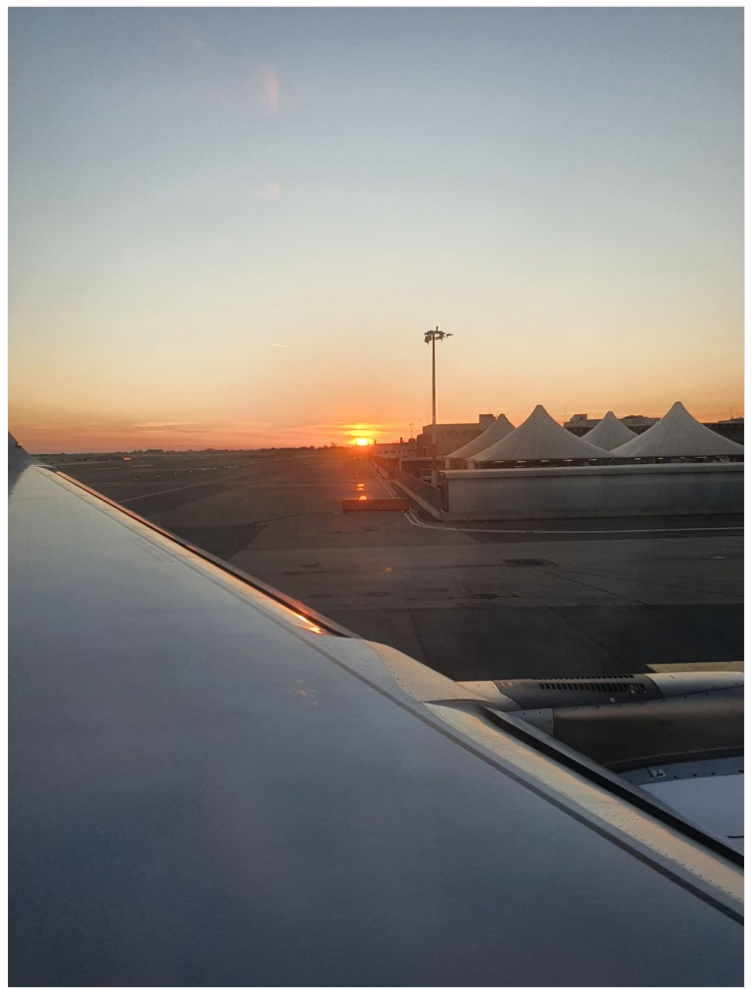


goodbye italy D. R



Group picture 🥺👉

C.G. - 9°B

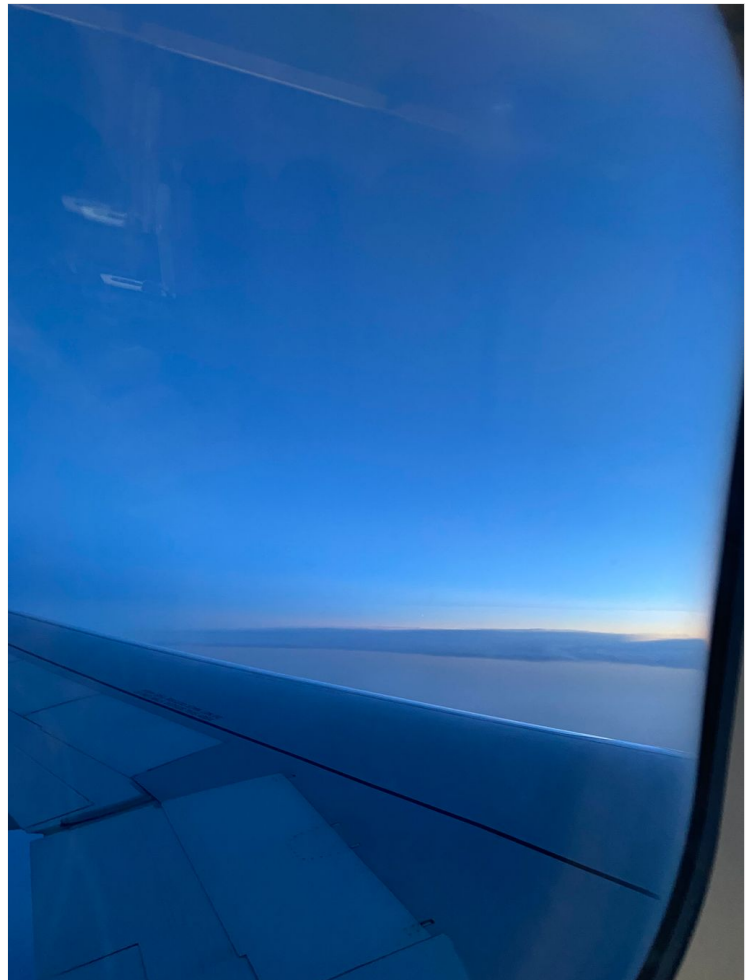


Leonor Cordeiro

everything went great!



Bye bye Italy



Today was the last day of this amazing experience. 🇮🇹



Tomás Simões

On the way to the airport unfortunately.





Program Mobility Portugal - This program can be changed if needed

Adjustment on Program because of a rainy Monday- Discover AEHN Headschool on Monday morning and Discover Torres Vedras on Wednesday morning



ISABELA

bye bye italy :(






C2 – Mobility of students
Torres Vedras - Portugal
SCIENCE IN ACTION
Looking for NBS
AEHN 16 - 20 May 2022
Program and Info pack

Project No: 2019-1-IT01-KA229-062768-2
This content has been created with resources from the Erasmus+ Commission under the Erasmus+ Program.

Portugal - 16 a 20 may 2022
 Documento PDF
 PADLET DRIVE

Portuguese version





Programa - Portugal AEHN 16 - 20 maio 2022

Hour	16	17	18	19	20
8:30	Apresentação do Projeto das escolas e dos participantes Objetivos do Programa -	Ciência em ação Descobrir Santa Cruz – Visita à Azenha de Santa Cruz Sustentabilidade e proteção da natureza	Descobrir a nossa escola Como são as aulas em Portugal	Ciência em ação Descobrir Lisboa Parque das Nações À procura de NBS	Ciência em ação Trabalho de grupo em equipas internacionais
10:10 or 10:30	Intervalo	Recolha de resíduos e sessão sobre reutilização dos plásticos recolhidos, com os Artesãos da Circularidade	Intervalo	Andar e procurar arte pública	Preparar apresentações sobre as conclusões das atividades da semana e da procura sobre NBS
	Descobrir Torres Vedras I - à procura de NBS		Como são as aulas em Portugal	11h – Visita ao Oceanário	
+13:00	Almoço na cantina	Almoço volante partilhado	Almoço na cantina	Almoço volante partilhado	Almoço volante partilhado
14:00	Ciência em ação Visita ao centro ambiental Conhecer as NBS no edifício Sessão informativa sobre Compostagem	Ciência em ação Compostagem em zonas urbanas – Projeto Compostim da CMTVedras Atividades físicas e desportivas na praia Chegada prevista 17.30h	Ciência em ação Água e gases poluentes e outros Experiências no Núcleo de Ciência	Descobrir Lisboa – Belém e Descobrir o caminho até Torres Vedras pela costa – à procura de NBS Chegada prevista 18.00h	Apresentação das conclusões Cerimónia de entrega de certificados e despedida Lanche partilhado

Note: Some socializing and cultural activities may be added.

Project No: 2019-1-IT01-KA229-062768-2
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Portugal - 16 a 20 maio 2022 s

Documento PDF



PADLET DRIVE

Program Portugal - Torres Vedras

The activities on Monday, Wednesday and Friday started at 9.30

Portuguese students attended 8.30 class

The Coordinators' meeting has it's own schedule and agenda

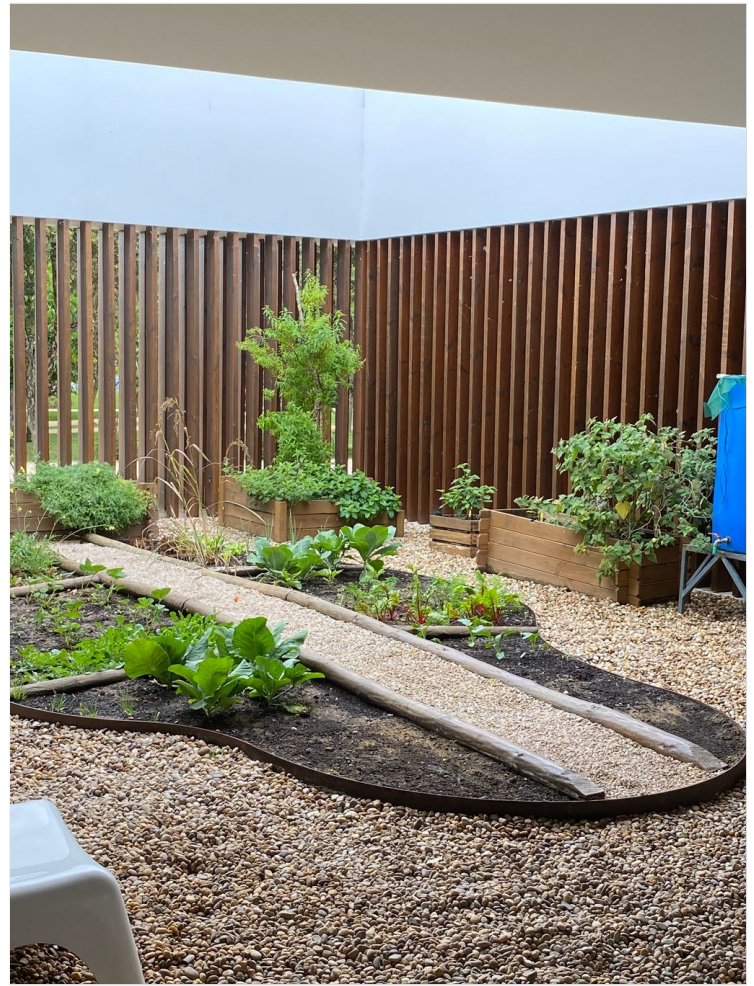


C2 – Mobility of students
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Portugal - 16 a 20 may 2022
Documento PDF
PADLET DRIVE

We visited the Environmental center and learned about composting!



Portugal - May 15th - Arrival of our partners

The Italian team arrived and learned the way to school



Monday May 16th

At school we played ice breaking games and showed our slides to other countries



Portugal - May 16th - School presentations, icebreaking activity. Discover the Portuguese school. Visit to environmental center in Torres Vedras, the building and NBS. Session on Composting

Presentations

We showed presentations of our countries and our experiments.



We learned about compostim



We visited the centre for environmental education

C.L 9A



Visit to the environmental centre

(A.S.)



Portugal - May 17th - Santa Cruz beach- Guided visit to Azenha do Mar. Session on Marine Litter, cleaning the beach and guided visit to Compostim (urban composting project) with Artesãos da Circularidade

Saving ocean and the beach



Learning more about recycling and reusing plastics



By Project Compostim in Urbanization Pisão



Guided visit to working Azenha do Mar (seawater mill) in Santa Cruz

We participated in a Cleaning the beach activity organized with "Artesãos da Circularidade"

It was good to know that our beaches are still very clean comparing to some other parts of the planet.



Session on urban composting project- "Compostim"

Some of our students from Italy, Lithuania and Portugal planted a Lemongrass in the Compostim in Pisão urbanization



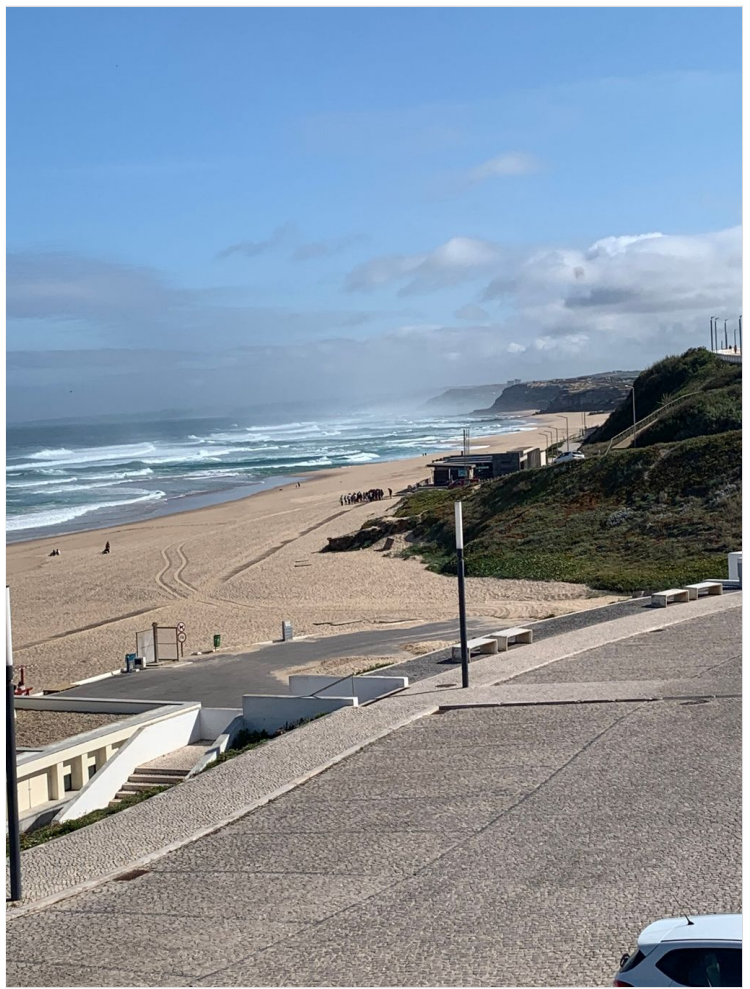
Session on marine litter and how to recycle and reuse it

We all learned a lot!

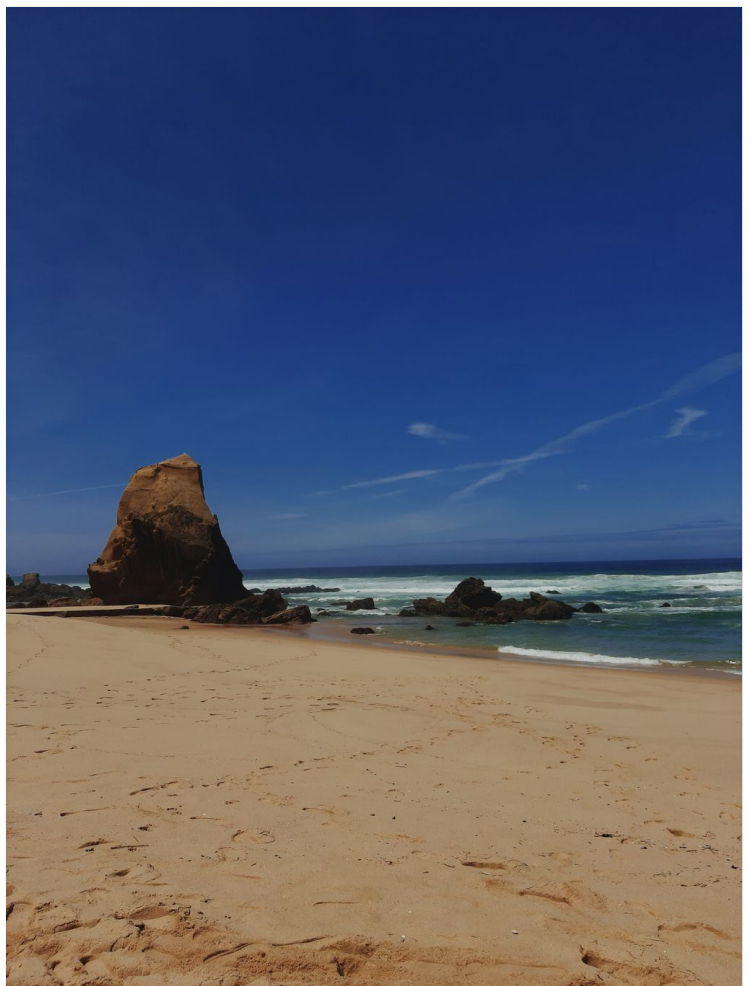


Santa Cruz beach

We visited the Santa Cruz beach, collected trash and learned various ways of how to reuse plastic!



We visited the Atlantic Ocean.



Santa Cruz beach (Next to the Atlantic Ocean)

We visited the Santa Cruz beach, collected trash and learned various ways of how to reuse plastic.



L.C. 9°C

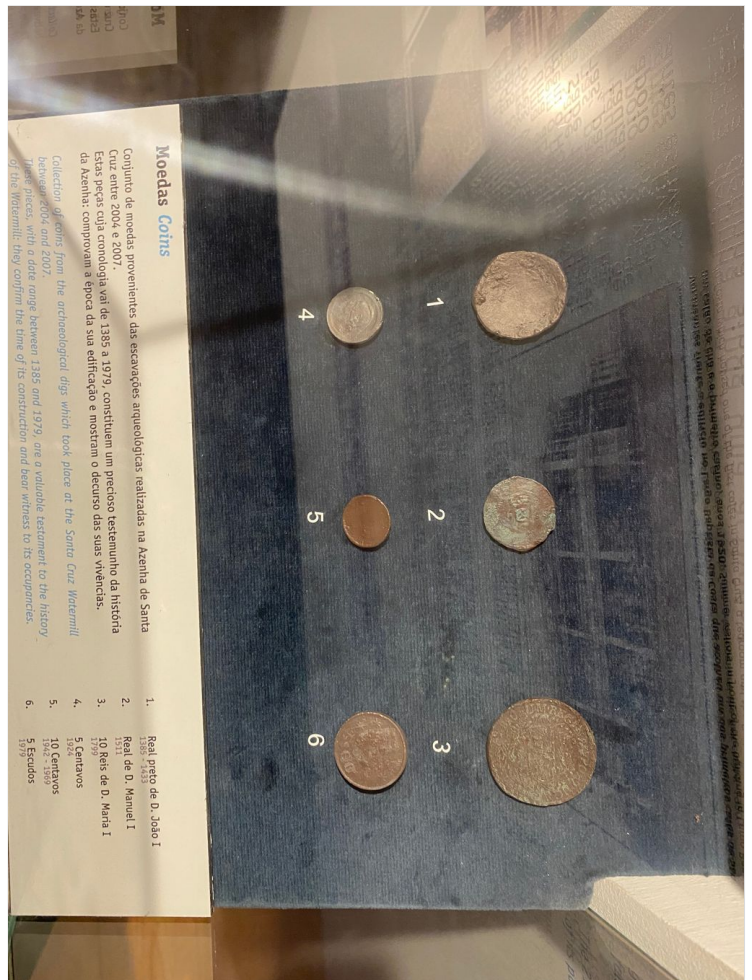


We go to Santa Cruz Waterwheel!!



Leonor Cordeiro

We learned about the past of Santa Cruz.



We met susana and we learned a lot about recycling and the power of water



Margarida Aniceto



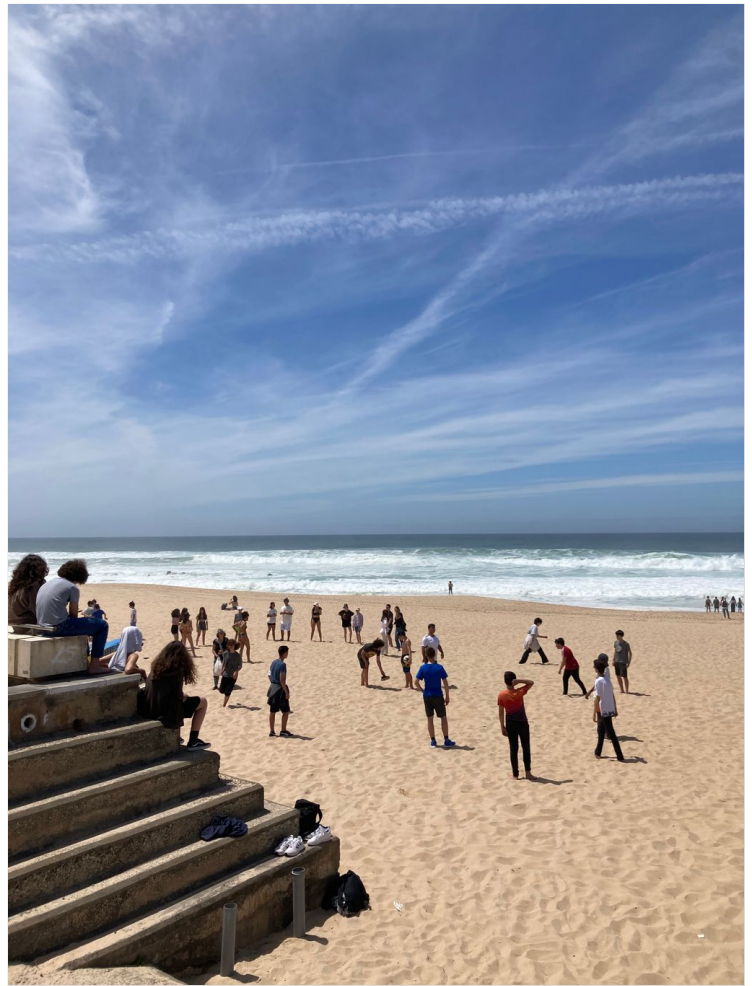
Santa Cruz watering

(A.S.)



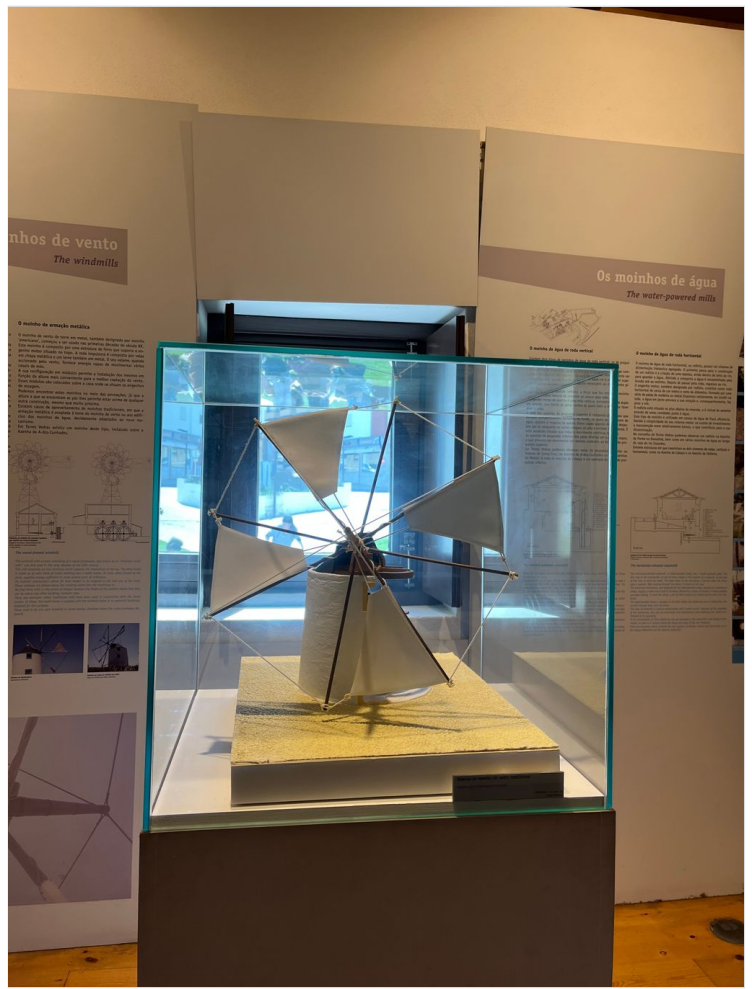
We spent the day in Santa Cruz

C.G. - 9ºB



ISABELA

amazing!!



D. R

We met our Italian and Lithuanian colleagues today and showed them around the school

C.G. - 9ºB



Great! - CONCEIÇÃO NEVES GONÇALVES

J.B 9.ºB

Portugal - May 18th - Discover Torres Vedras. How are classes in Portugal? Activities in the school labs mainly related to water and pollutant gases

Torres Vedras Castle



On the top, inside the Castle



Exploring Torres Vedras

Continuing to explore Torres Vedras Mercado Municipal



Discover Torres Vedras - Mercado Municipal

On the back of this photo you see an art object design by Joana Vasconcelos a major Portuguese modern artist. This is "Senhor Vinho" - Mister Wine



Discovering Torres Vedras



From the castle we see on the top of the hill - "Forte de S. Vicente" included in Torres Vedras lines that defended Lisbon from Napoleon in the French invasion



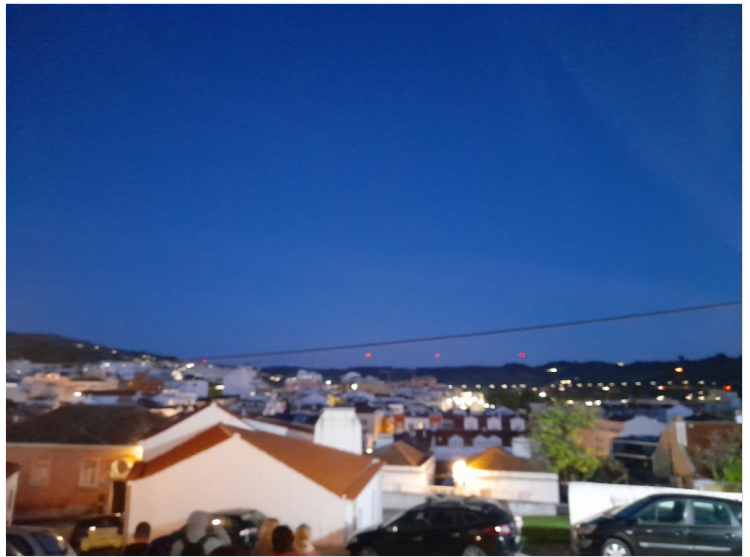
Discover Torres Vedras using the map that students from AEHN prepared



We visited the art classroom in Agrupamento de Escolas Henriques Nogueira school!



We visited the Castelo de Torres Vedras. It was a beautiful view.

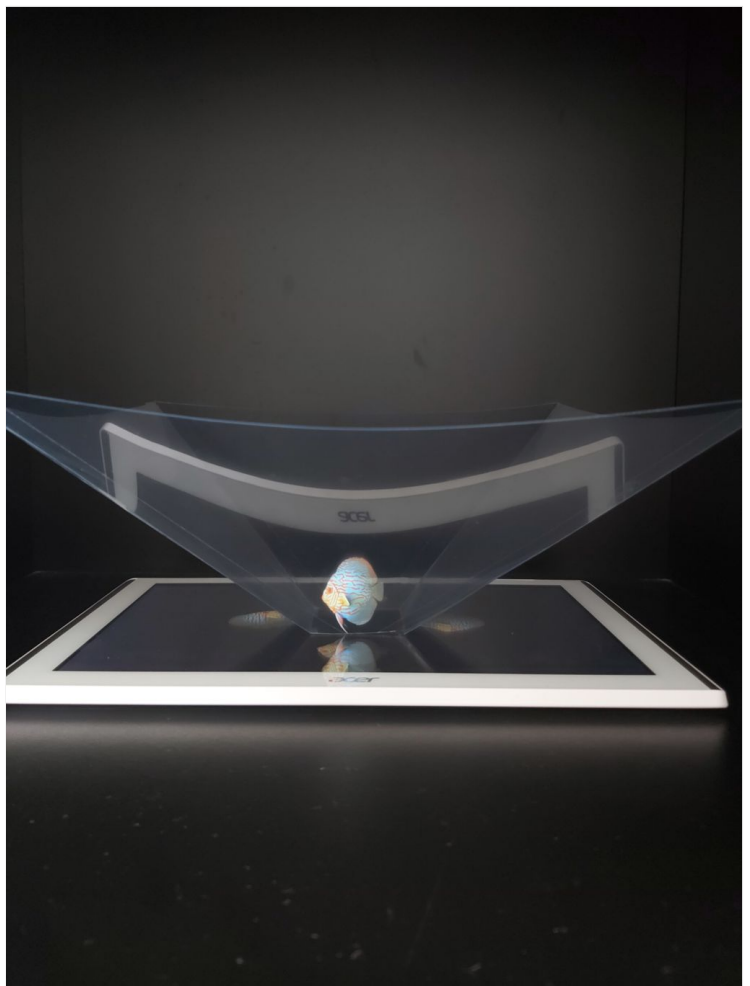


Go to the science club

(A.S.)

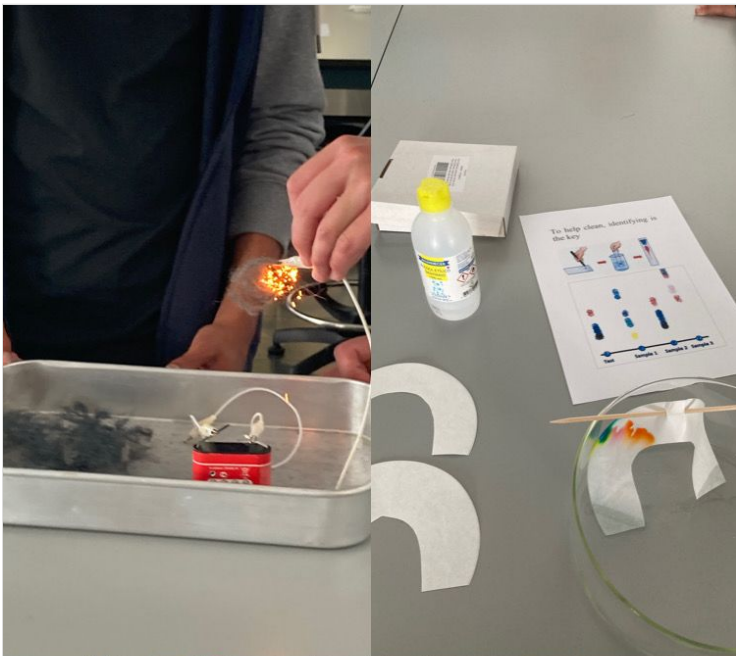
Castelo de Torres Vedras

We visited Castelo de Torres Vedras, learned about the castles' history and saw amazing views!



We watched and took part in various experiences this afternoon

C.G. - 9ºB

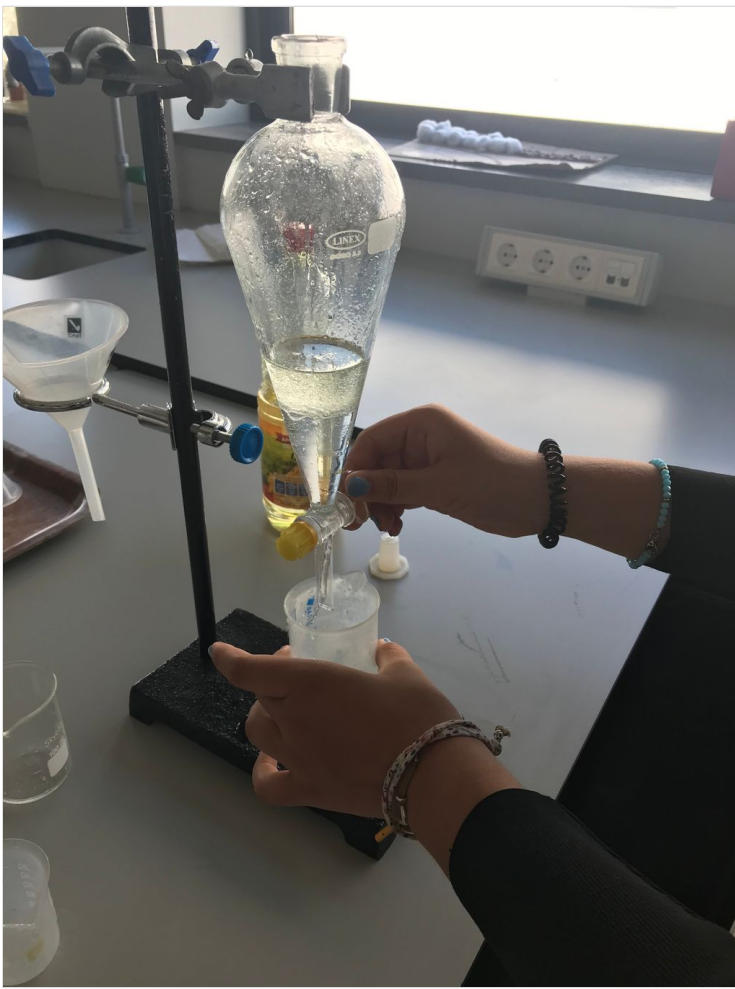


L.C. 9°C

columnar Cactus

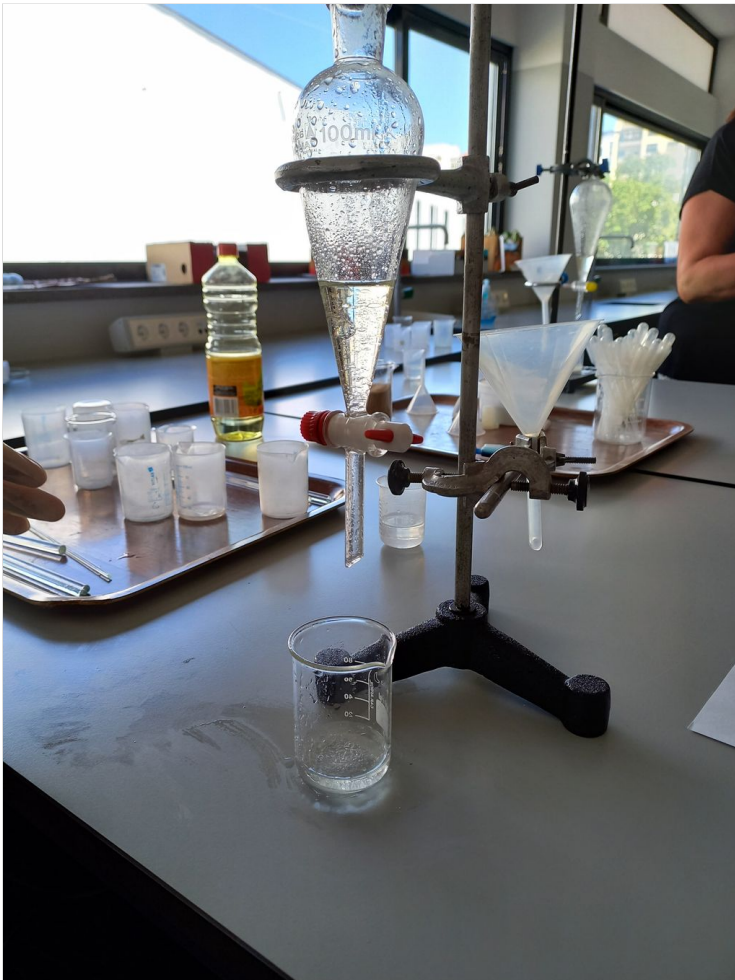


Margarida Aniceto



Tomás Simões

New experiences



**Portugal - May 19th - Lisbon - urban art.
Flashmob dissemination NBS under a giant Marine
Liter Cat. Guided visit to Oceanarium. Visit to
Belém, tour along the coast to Cabo da Roca- most
western place in Europe mainland.**

NBS teams by Rio Tejo in Lisboa



Cabo da Roca described by Luís Vaz de Camões, Portuguese writer

"EIS AQUI, QUASE CUME DA CABEÇA DE EUROPA TODA, O REINO LUSITANO, ONDE A TERRA SE ACABA E O MAR COMEÇA ESTA É A DITOSA PÁTRIA, MINHA AMADA"

"SEE THE HEAD-CROWNING CORONET IS SHE, OF GENERAL EUROPE, LUSITANIA'S REIGN, WHERE THE LAND ENDS AND THE SEA BEGINS THIS IS MY HAPPY LAND, MY HOME, MY PRIDE"

LUÍS VAZ DE CAMÕES, OS LUSIADAS, CANTO III



NBS flashmob in Lisbon, Parque das Nações



A92E69A5_93D5_44E8_951F_B5345EA21625.MOV
 Vídeo de 1:01
 PADLET DRIVE

Oceanarium

Be aware of this major problem and help to reduce it



Forests underwater



A relaxing moment in the end of Oceanarium visit

We arrived in Lisbon, Parque das Nações and met Gil, the water drop, mascot of Expo1998 in this amazing place that used to be an industrial park with many pollutant companies.



Tomás Simões

NBS everywhere



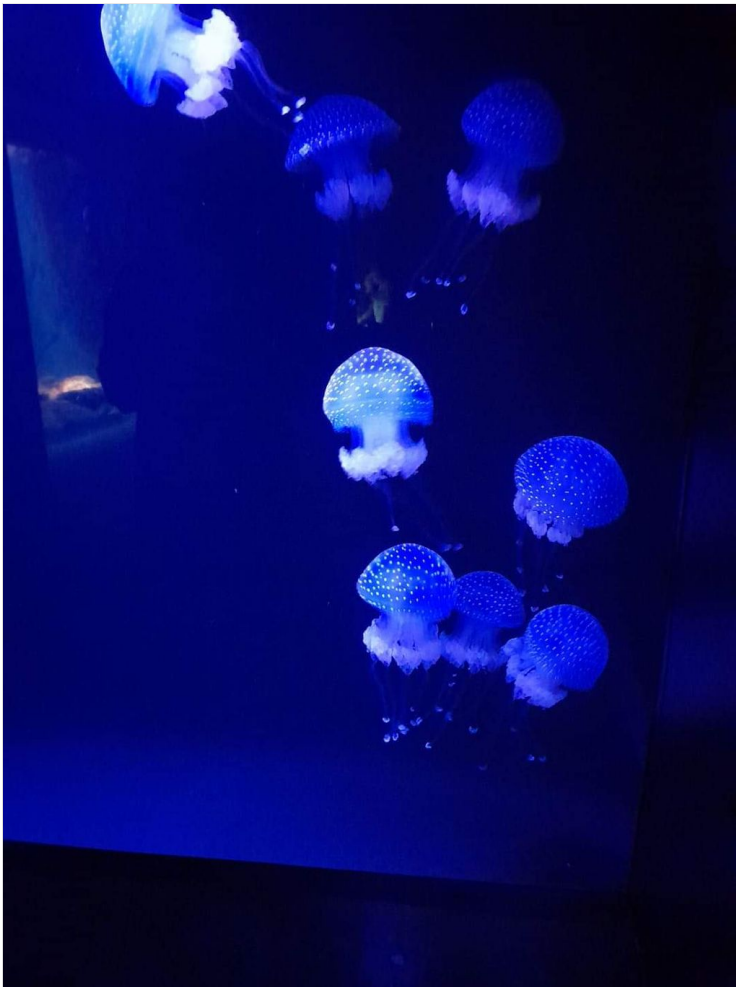
We visited the amazing city Lisbon and went to the Oceanarium.



Wednesday May 19th

We went to Lisbon, explored the city and visited Oceanarium.

This is a giant Marine Liter cat.

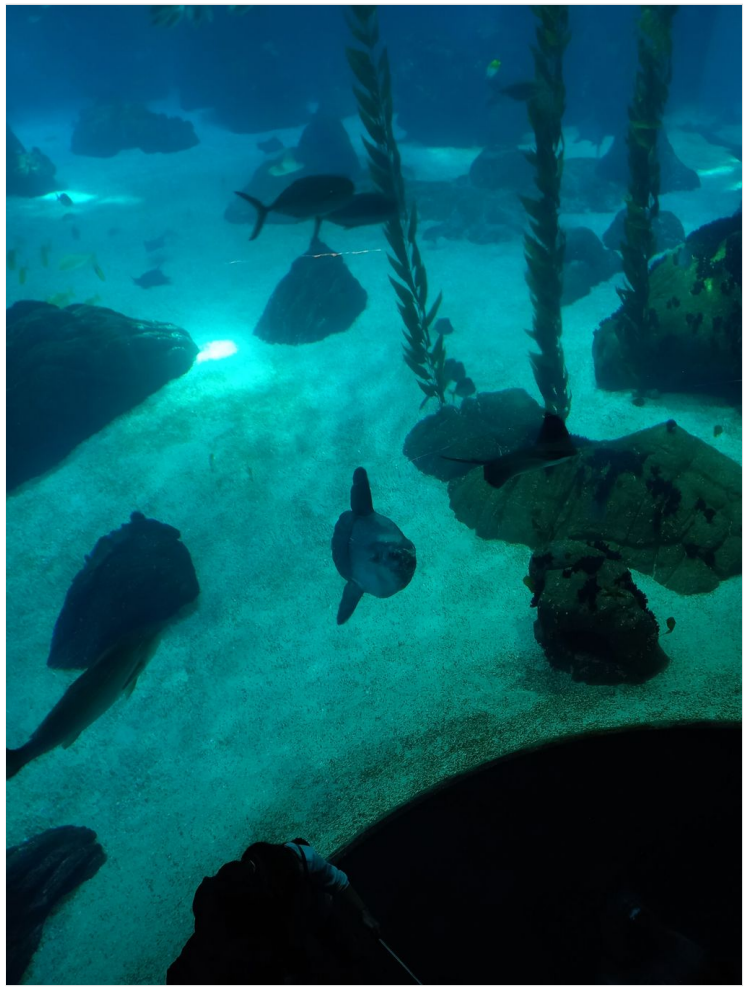


Lisbon

We visited the Oceanarium and saw some penguins!



J.B 9.ºB

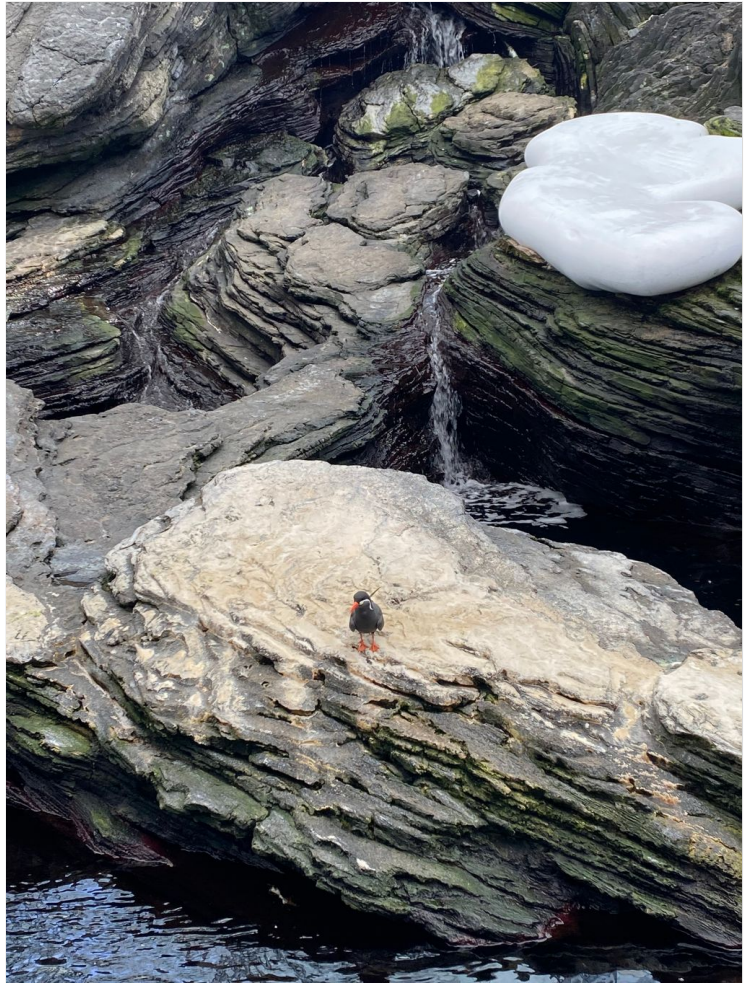


L.C. 9ºC



Tomás Simões

Moon fish its so pretty 🥰



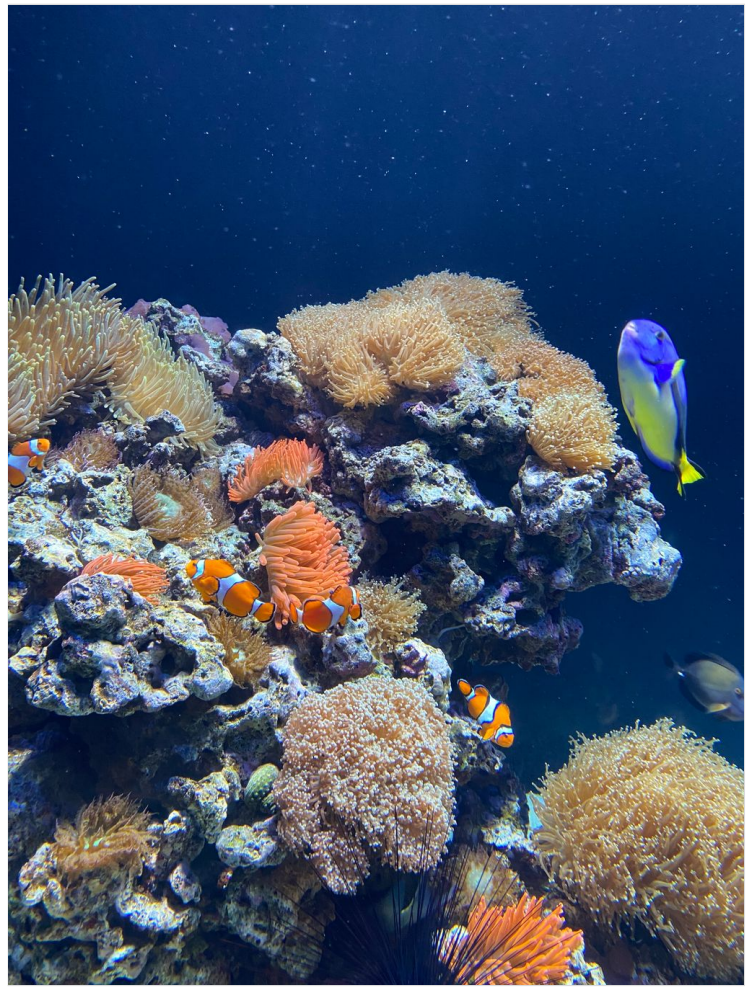
ISABELA

it's amazing,right?



We went to the oceanarium :)

CL 9A



oceanarium D. R



Leonor Cordeiro

What an amazing day!



**Portugal - May 20th - International team work -
What have we learned. What NBS did we find. Why
are NBS important to the planet? Sharing the
presentations prepared in the morning. Time to
play and time to socialize and say Goodbye**

Friday May 20th

We did projects about NBS, what we learned from this week and presented it.



Certificates

We made presentations about NBS, then presented them and got certificates.



NBS group presentation

Natural Based Solutions

Ivandro Teles, Clara Caroco, Ana Beatriz Cunha, Chiara Pastore, Ilaria Campioni, Egle Sumskyte, Diogo Anastácio, Alexandre Lorador, Joana Bernardes, Matilde Alves

NBS group
Documento PDF
PADLET DRIVE

Natural Based Solutions

es, Constança Rita, Violante Quaratino, a, Margarida Feliciano, Edoardo Grillo, ão, Ugne Bimbaite, Veronika Andrulyte

Presentation9
Apresentação do PowerPoint
PADLET DRIVE

Natural based solutions



carolina helena tiago sofia santiago nbs
Apresentação do PowerPoint
PADLET DRIVE

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WWW.CANVA.COM



NBS presentation Grupo L



Natural Based Solutions
Apresentação do PowerPoint
PADLET DRIVE

NBS Natural Based Solutions

fries
Apresentação do PowerPoint
PADLET DRIVE

NBS123

Portugal - May 21st - Going Home

BYE BYE

this is an amazing experience thank you
ISABELA

CM

BYE everybody
Hope to see you in the future
Let's look after our Planet

Comments

NBS



Important, Happy and Healthy weeks

We've learned a lot.

We've discovered many new places and different ways of teaching and learning.

We've interacted with different people with different languages and culture and learned to respect and take advantage of each other best characteristics.

We had very nice times either working or playing.

We were very healthy and active walking about 10km everyday.

We are more aware of our Planet's Problems and how to use NBS to contribute to save it.

CM, Portugal

You can participate in this activity prepared by the Greek students

<https://answergarden.ch/api/qr/2460650>
