Erasmus+

CITIZEN ME

2022-2023

- **Mobility in Turkey**

- **Democracy day**

- **Portuguese electoral system**

- **Mobility in Spain**

- **Volunteering Day**
- **Text about Volunteering**

Activities done by ESDJGFA-Portugal in the *Citizen Me* Project.
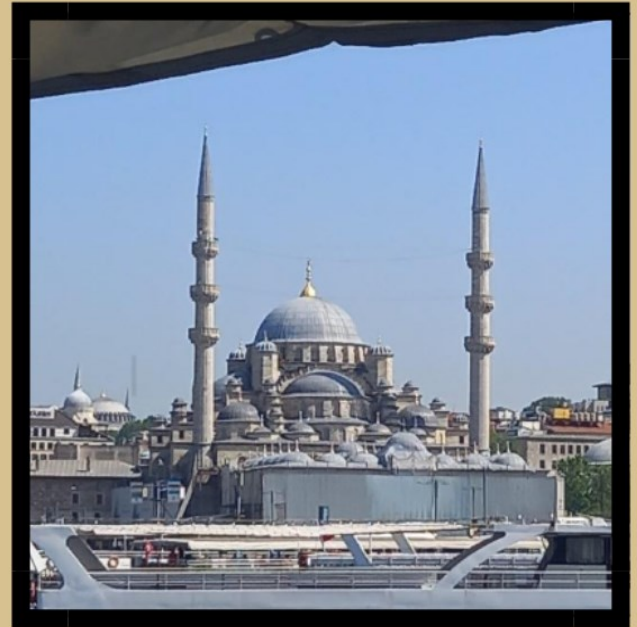
Mobility in Turkey

From the 22nd to the 27th May 2022, a group of students went to Turkey regarding the project Citizen Me. They stayed in a city called Kocaeli and visited many places such as the Istanbul islands , the zoo in çocuk Hayvanat Bahçesi, the Hagia Sophia Mosque, the Blue Mosque and the Grand Bazar.

These students also visited some famous monuments, like the Egyptian Obelisk and the German Fountain.

Apart from these activities, one of the students developed a presentation about some Portuguese facts, which they presented to the others.

According to one student, Tomás Pires, it was a "gratifying experience" and he hopes to do it again someday.

Democracy Day

"Democracy is important because it protects the best interests of people, no matter the race, religion, gender or political opinion. Democracy helps a society to develop human rights, their quality of living and more."

Gonçalo Duarte

" Our generation enjoys the *Democracy* that our grandparents fought to achieve, and it's thanks to that fight that we can express ourselves freely today"

Juliana Soares

"The importance of democracy intensifies when we realize that from it every voice can be heard."

Ana Sofia Cardoso e Leonor Santos

Portuguese Electoral System

President

Parliament

Local Elections

The European Parliament

Mobility in Spain

From the 23rd to the 28th October , some students and teachers of Escola Secundária Dr Joaquim Gomes Ferreira Alves went to Granada , Spain to attend the Spanish mobility . There they had the opportunity to meet students and teachers from Spain , Hungary , Germany and Turkey . According to Leonor Santos , one of the students involved in the project , it was very interesting to get to know some characteristics of the Spanish culture , the traditional dishes , the school system and the daily routines of their Spanish peers .

Given the fact that the program is about citizenship the students had to present their country's electoral system, which allowed them to explore a bit better the principles underlying democracy and the particularities of each country .

Citizenship was also the focus in a group activity entitled *"How to manage the energy and our resources. Citizens of the future"* allowing for greater awareness about environmental problems and possible mitigation strategies.

During the program, the students also went on a Trekking activity which provided contact with Nature and the geomorphological richness of the region. At the end of the week, the Portuguese participants said that it was an experience of a lifetime , since they were given the opportunity to socialize , have fun, learn and to feel responsible for being in a social and culturally different environment.

Volunteering Day

Volunteering is an act of service towards a group or institution with the purpose of helping them. It can vary from distributing food to homeless people to volunteering at a fire station. It has lots of benefits such as providing a sense of community , growing as a person, increasing your mental health, and generally making the world a better place. In our school (Escola Secundária Dr Joaquim Gomes Ferreira Alves), we celebrated Volunteering day on the 26th November (although it is on the 5th December) by collecting food during a month to give to the food bank. During that month, every student from the school was able to donate different foods such as salt, milk, sugar, cookies, rice and other goods needed. Apart from collecting at our school, these students also spent time at Pingo-Doce (a portuguese supermarket chain) asking the customers to contribute to this charity, in which they had the experience of hearing different life stories from the donors.