

# PROGRESSO-NEWS

Issue

06 Intensive Pedagogical Care Program in Portugal 2015/2016

Progresso - Associação para o Apoio e Acompanhamento de Jovens em Portugal



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## FOREWORD

It is my great pleasure to be able to take this opportunity to express my congratulations on Progresso's 10-year anniversary. What started as a small, three-person team with a lot of dedication and many ideas back in 2006, has grown over the years and now has over 50 members of staff.

The articles in the newsletter offer you a glimpse into the daily work of the carers and young people. With this newsletter I would like to thank not only the young people who have written really fantastic articles, but in particular all of our employees, who in particular in 2016, had a challenging year and showed incredible dedication, flexibility and enormous personal commitment.

The active collaboration and cooperation between our long-standing supporters: Trotzdem e.V. and Tell-Us, has been expanding steadily. A big thank you to all of our collaborators' employees for the wonderful support and advice.

*Last but not least*, I would like to welcome our new cooperation partners Sozialraum gGmbH, Herzogsägmühle and St. Elisabeth-Verein e.V. Marburg, and I am looking forward to a good and successful collaboration.

Dorit Brandauer  
Managing Director

## Helping is Fun...



“Today we went to an elderly lady who needed help painting her house. She is too old now to do the work by herself. In the morning we started with the easiest side of the house. Everyone did the best they could on this task, because it was for an old lady who needed help.

While we were taking a tea break, she came out of the house with a big bag of crisps and several cartons of drinks. I was genuinely surprised and really thankful to this kind lady for giving us those things. It was a really great day!”

Marc-Arne (Fronteiras)



“Today we painted a house for an old lady (Maria Teresa). We helped her because she doesn't have enough money to pay for painters to do it. And at the same time, it's fun for us to do things for people that they can't do on their own. The place we went to is called Azinhal. It's a small village near Almodôvar. We travelled there in the morning with the carers Florian and André, and the boys from the Fronteiras residential care home. The lady told us that she has lots of children, but they all live in other countries.”

Jordy (Fronteiras)



“Today we all travelled to Maria Teresa to paint her house. It was really nice. I felt really good and had a smile on my face the whole day, because I was able to help Maria Teresa to renovate her house. I'm happy to be able to help, because this elderly lady doesn't have the money to pay for a painter. We painted her house really well and now it looks really good again. She is a very nice, kind lady. Helping makes me feel good and I would like to help more people. Thank you for this day of fun.”

Marc (Fronteiras)



## How a Hike Opened My Eyes



First of all, hello! I'd like to tell you the story of my hike: on the 6<sup>th</sup> of October 2014 I (Biggy) and my carer João set off on a hike. We walked to Santiago do Cacém, which is about 80km from Lisbon.

The first night we slept in the fire station – that was cool. I was awake a lot that night, so the first day was extremely tough. I didn't imagine it would be as difficult as it turned out to be in the end. The weeks went by very quickly. I had a lot of time to think about things, which did me a lot of good.

João and I really grew together as a team. That meant we were able to make all of the decisions together. Kikasch, João's dog, was also with us. He slept with me in the tent. It was a really fantastic time.

But sometime around the middle I developed a problem with my knee. Then everything changed in my head because I thought that I wouldn't be able to manage the hike. But because I've learnt to think positively, I said, "If it comes to it, I'll arrive in Cabo de São Vicente in a wheelchair or on crutches." But then I managed it without! Better that way 😊.

I changed during the hike. Many things became clear to me and I came closer to myself. I'm really happy that I made this hike through to the end, because it's the first time in my life that I've made it through to the end of anything! I was so proud of myself afterwards – and happy! If I had the chance to do a hike again: I would do it straight away, no doubt at all 😊.

It was a really great experience, and I will never forget it.



### THE HIKE OPENED MY EYES!

Made by Biggy (Nova Sembla)



## Being a Summer - Sun - Girl



Hello, my name is Pia and I'm 14 years old. I'm going to tell you about our therapy week with Jutta, which took place during the past summer holidays.

The week mainly looked at the topics of sexuality, your body and eating behaviour. For example, one day we talked about **eating disorders**. It was very interesting to hear about all those illnesses and how unhealthy that all is for you. We also learnt a lot about ourselves in the process.

We also talked about **healthy eating**. There were several stations throughout the room that we were meant to pass by – for example, at one station you were to construct a food pyramid the way you thought was correct and at the next one you were meant to write down and draw what you think is unhealthy and unhealthy. At the end we took a look at everything and Jutta explained to us what really is good and bad for us.

Another day we talked about **love**. That was, as you can imagine, for girls of our age, a very interesting but also embarrassing topic. We talked about what love really is and what we would look for in a relationship and what we find important.



After that came the topic of **sexuality** and sex education. We watched a few films about it. It was interesting and it's important to know about these things, but for many of our age it's embarrassing to talk about it. But there are also lots of diseases, which we now learned about. As time went on, we talked more and more openly with each other. We also shared our opinions about what is "sexy" and "slutty".



You could say that the last day was the best – although we were all sad that it was now over, that day it was the turn of the topic "**being a woman**": first off, we were all to go and buy our favourite food. We were allowed to get whatever we wanted, as long as it was our favourite food. Some got pizza, others got Oreo cookies or crisps. Then we were allowed to put on make-up. Jutta helped us to do it, and we were allowed to eat our treats. Later on, we put on skirts and danced with scarves to music. That was really fun!

**I hope that next year there's another week as brilliant as this!**

Pia (Quinta do Cerro)

## "Progresso Got Talent"

On the 19th of April 2016 we had the first official "Progresso Got Talent". The event was a huge success. All of the different projects took part and the young people, and the carers got the opportunity to display their talents.

We were presented with the following talented performances:

- an Aerobic Power Workout by Herminio, Alice, Saru & Samira (Independence Phase)
- A handwritten poem by Matthijs (Independence Phase)
- A specially prepared piano piece by Saar (residential care home "Nova Sembla")
- A parody of "We love Rock and Roll", changed to be "We love Portugal" by Ady, Joey, Manu & Sean (Independence Phase)
- A puppet show by all the inhabitants of the residential care home "Fronteiras"
- The "Cup Song" by Pia, Jacky & Nienke (residential care home "Quinta do Cerro")
- A surprise dance performance by Jordan (Independence Phase)
- The "Pink Fluffy Unicorns" song by all the young people and carers from the Independence Phase

All of the performances on this afternoon were a success and every single one was great to watch. There was of course a jury. This was made up of Jan, Dorit and Tanja. For the jury it was very clear that there were more than just three winners. They said: "We don't just have one or two winners today, but four. If there were only three winners, we would have had a lot of answering to do!"



Third place was held by two winners, Jordan and Matthijs, in second place were Pia, Jacky & Nienke and first place was held by Ady, Joey, Manu & Sean. And because those four were the true ultimate winners, they gave an encore of their parody song "We love Portugal"! At the end, when the show was over, there was a small after-party with Jordan as DJ.

Of course, the whole event would never have happened without the help of certain people who have to be mentioned for the huge effort they put in:

**Saru**, who came up with the whole idea and developed it from the beginning. **Darren**, who presented the show and himself put on a great show in between the acts. **Edgar**, Saru's husband, who looked after the music and sound throughout the whole day. This event was a success, and it would be great to do it again!



Jordan (Counselled Living)



## 10 Years of Progresso

To celebrate the 10 year anniversary of Progresso, all staff members (and there are over 50 by now!) and their families were invited on a whole weekend away at the idyllic campsite “Trilho do Sol” in Alpiarça, in the north of the country. Some colleagues unfortunately couldn’t attend because they of course had to stay behind to look the young people.

On Friday afternoon, the 4<sup>th</sup> of November 2016, we set off together from Almodôvar. It was set to be a weekend full of socialising with colleagues, advanced training sessions, practical workshops and wonderful food!

We arrived in the evening and the staff members made themselves at home in the tents and caravans that had already been set up very cosily at the campsite. On Friday evening there were ample opportunities to get to know each other and after a fantastic and lovingly prepared dinner of “Grelhada Mista” we chatted with our colleagues around the fire whilst enjoying a glass or two of wine.



The next morning started at 9:00. Strengthened after a good breakfast with fresh coffee and eggs, the professional advanced training course began.

Ted Foulger, who had travelled over specially from Ireland to attend, and works for the NFPS in England, gave us a comprehensive insight into “crisis intervention and de-escalation”. Accompanied by practical examples, we looked at current trends and new developments and methods

in this field.

There was a good atmosphere at the practical workshop in the afternoon and there was ample opportunity to try out what we had learned.

After the beautifully prepared, typical Portuguese evening meal of “Bacalhãu a Gomes Sa”, there was the opportunity to talk and exchange ideas with colleagues.

On Sunday morning Ted Foulger invited us to reflect on the new input and throughout the rest of the Sunday, staff were invited to carry on working on specific topics such as communication structure, crisis intervention, and new colleague induction, and to discuss these topics with their colleagues.

An all-round successful weekend with lots of input and entertaining evenings!

It was wonderful to have the opportunity to get to know all of the Progresso staff in a completely different environment and atmosphere, to exchange professional knowledge and gain new experiences under practical guidance.

Thank you very much!

Lea Niggemann  
(Team Leader “Nova Sembla”)







## The Good, the Bad and the Perfect



Focus on the positive side.  
The bad side,  
that carries the damaged parts  
are taking too much time.



Once your bad side is healed,  
love will regain  
to the direction of a wise gain.



The Spirit needs to live life  
and  
not an endless mind game.



The end of time meets  
freedom again.



You will feel untouchable  
where there is no law  
to hold you back  
in your way of belonging.



Create what you are  
destined to become,  
and fortune will fall upon you.



The voice,  
that is always going to guide you  
through the rain and pain  
is lucky to be  
in your own brain.



Patience is in all of us.  
It's just a matter of when  
you want to lose it and  
when you lose it.



Matthijs (Counselled Living)



## Singing in Portuguese: Canta de Alentejana in Beja



Since April 2015, I (Biggy) have been part of a traditional singing group from the neighbouring village. My carer Maria and I went on a trip to Beja together with this group,

On the 2nd of May 2015, Maria and I travelled to Beja, the capital of Alentejo. I stood in a huge hall with more than 2000 people and all of a sudden they all started singing. It was an unbelievable feeling. There was so much energy, it was amazing. When we were finished singing, we could walk around a bit. It was a huge festival. It was really fun to watch the riders jumping and the huge dogs were really great too. I ate a lot because it really had been quite hard work. And for us the food was free. 😊



Apart from that, I've rehearsed with the singing group every Friday. Although I can't speak Portuguese, when I have the lyrics, I can sing along. The singing group has made me feel really welcome. It's a really wonderful experience to spend time with such warm and friendly people. And because I love singing anyway, it's really cool that the carers (well, Dorit) found this singing group for me.

Only the traditional dress, which looks a bit strange, doesn't really work for everyday life...

Biggy (Nova Sembla)





## Summer Holidays at the Lake

We went camping again, like we do every year. But this year it was different from usual. There were only three of us: Pia, Paddy, me and of course the carers.

On the 11th of August 2015 we travelled to the Algarve, to the “Barragem da Bravura” lake. When we arrived we set everything up and in the evening we had a barbecue – that was cool!

On the second day we were in “Slide & Splash” and had a lot of fun on the slides and swimming.

The next day, Pia and I went riding on our bikes because we wanted to do a bit of sport, and later on we all went swimming together, until Uta and Hermann wanted to go on a hike with us. We didn't really want to at first, but in the end it was really fun. Later on we told a scary story.

On the fourth day we travelled to Lagos. There we looked at caves on the beach – that was very interesting and cool.

On Saturday we spent the whole day at Barragem, swimming and chilling out. In the evening we went to eat at a Chinese restaurant and then went to a karaoke bar. Pia sang there too. She was very shy and nervous at first, but Paddy and I persuaded her. It was a nice evening.

On Sunday we had a BBQ. Our carers, Darren and Britt, came with another girl, Noelle. We swam a lot and relaxed. Later on, Darren and Noelle went to our house, “Quinto do Cerro”.



On Monday we went rock-climbing with our carer Owain's brother. It was very interesting and we had a lot of fun. On the last day we had a relaxed breakfast, went swimming, packed everything together and finally travelled back to Quinta do Cerro.

That was our wonderful holiday at the lake.

Joy (Quinta do Cerro)



## When 350 kilometers change your life...



When I asked during a group discussion why I wasn't also allowed to go on a supervised hike, I didn't expect any to take my wish seriously. Just a few weeks later, during another group discussion (BSO), I was told that I would be setting off on a hike!

A whole month, from the 16th of March to the 14th of April 2015, from the Spanish border to Sagres. 350 kilometres, right along the white-red sign of the Via Algarviana! I was shocked – and at the same time I was so happy. I knew that it would be good. But I had no idea how good...

It's hard to imagine what it's like walking through Portugal with a 25 kg rucksack. But even on the first day, I found it fun. It's not so bad going without your mobile phone, cigarettes and other things. It meant I had so much time to think. And I noticed myself becoming creative again, how I sang, talked and danced with my carer. But above all I started recognising the small and beautiful things again. During my hike I stopped smoking and I didn't even really notice. And little experiences, like this one, changed me too: in a small village with no more than seven, small sweet houses and a small, old bar, the people there played cards for their dinner. First place won a pig and second place two chickens. In Germany we've never seen anything like this – we just go to the supermarket and buy it. And the youngest generation just opens the front door.

The funny thing is that I actually came to Portugal and to Progresso to take a break from Germany for half a year until my 18<sup>th</sup> birthday. When I arrived in Portugal I was dead set against everything and everyone and had just one goal in my head: back to Germany!

But when I was on the hike, I received a letter from my guardian: it was about the same issues as usual in my life. It felt like a huge blow, like I was falling down a deep drop. I wanted to quit the hike, even though I'd already been on the road for three weeks. The letter made it clear to me all of a sudden that what I want most of all and the reason why I want to go back to Germany, no longer exists.





The last week I ended up covering the route from Sagres to Semblana on bicycle. I was so angry: angry at the truth, angry at the hills I had to cycle up. But somehow my attitude changed into “I’ll show them all” and so I made it through.

I’m proud of myself. And yes, I’ve made the right decisions: I’ve planned to stay in Portugal at Progresso until the end of July 2016 and retake my secondary school leaving certificate with their support. And then I finally want to see the world!

I’ll go travelling because the hike and Progresso have shown me that the world is my oyster. I can achieve anything.



**~ Most of the stones in your path are pieces of your own wall ! ~**

Thank you to Progresso and an even bigger thank you to Antonia!

Adriana (Nova Sembla)





## Quality Management



We met Nikolas Anastasiadis (lecturer) for the first time as part of an advanced training course for the staff at Progresso. In October 2014 he visited Progresso and interviewed every single staff member. These interviews were motivated by our management team's desire to carry out a comprehensive survey into the current status of us staff

members within the different projects.

He was able to carry out interviews with 23 of the in total 24 different project staff.

He then divided his research into Progresso into the following categories:

1. **Motivation for participation**
2. **Explanatory models for youth work**
3. **Problematic aspects**
4. **Working atmosphere in the team**
5. **Transparency**
6. **Multi-culturality**
7. **Potential desired changes**



**Outlook:** At the end of April 2015, we met with Nikolas Anastasiadis again. He presented the results of his research to all of us, and we discussed the most important issues together. After that we formed work groups which we used to focus on the different main topics. This is something which is ongoing. Moving forward we will now draw up a Progresso guide which exactly sets out the guidelines and

processes for our staff members.

Lisa Dowling  
(Carer Quinta do Cerro)



## Going sailing: With the wind across the water

On the 23rd of May 2015 we went sailing on the sea at Portimão.

The day started very relaxed. Our instructor was very nice and friendly, and the weather was perfect for it. We had good conditions for our day on the boat.

At the beginning we were a bit sceptical about the whole thing. But as time went on we got more and more optimistic. We were seven people in total and each one always had something to do – it never got boring. Sometimes it was even difficult to steer because the waves weren't exactly small. The longer we were on the boat and got familiar with it, the better it all worked.

It was a great experience, because not everybody has the chance to experiment with sailing. We did the best we could to make the day as nice as possible.

And whether you believe it or not: we actually learned a few things that day too. For example, we still know how to tie certain knots, and we know the names of the different parts of a sailing boat and its equipment. Something that maybe didn't go so well that day was that on the journey back we all got sick.



On the other hand, the best thing about the sailing day was the beautiful view from the boat. It just looked incredibly beautiful out on the ocean: clear blue sky, sunshine and a beautiful view of the coast and the beaches. And seriously now: where else can you find that apart from in Portugal?

The brave ones among us were allowed to walk to the very front point of the boat and stand there.

That wasn't all that easy because the sailboat sometimes rocked from side to side. Standing there at the front there was a feeling of freedom, lightness and independence. We can't explain how or why – it was just there. It was a unique experience. We will have fond memories of that day.

Your Quinta do Cerro Kids: Luisa, Pia and Joy ☺



sea

## TRIATHLON

On the 25th of April 2015 a triathlon took place at Praia da Luz with the three categories of swimming, cycling and running. The quiet and unassuming little place Luz turned into exactly the opposite of that in just a few hours. Everyone was joining in the excitement, clapping, screaming and cheering on their team. Progresso was also there, with the residential care homes “Quinta do Cerro” and “Nova Sembla”.



### Swimming – Out at Sea

I (Luisa, 15) live at the project “Quinta do Cerro” and swam in the triathlon. For me this day was a unique experience. If I’m honest, I was a little bit scared of screwing up, because then the rest of my team would have had to wait for me and make up all the time I lost so as not to come in last place.

The swimmers went first in the triathlon. As we were all standing on the beach, I got more and more excited and nervous. And then when it was time and we were given the sign to set off swimming the 750 metres in the sea, everyone ran and jumped into the water. I was in the first row of course, so was in the water fast.

When I was in the middle of the sea and looked around and didn’t see anybody that I know, I felt a bit uneasy. But just a few seconds later I only had my eye on my goal. The first few meters were the hardest, because first you had to get used to the fact that the waves are hitting you in the face. But after a certain amount of time, I had got used to it. I arrived after about 20 minutes. Then I had to get out of the water and run along the beach so that I would reach my next team member. In this case that was Carina, who was cycling. When I got to her, she was really happy and gave me a hug. Only then did she set off. Only after that did I realize that I was one of the first. And the fastest from Progresso! I couldn’t believe it at the beginning.



### Cycling – On the Road on Two Wheels

I’m Joy, 16 years old, and I also took part in the triathlon – in the cycling category. For me, the day was something very special. Before I even start describing the day, I’d like to say that I’m proud of my team. I think it’s amazing that we made it through the triathlon and fought through to the very end.

Before I could set off, I had to wait for a team member before me. And exactly at that moment I started trembling. When my team member arrived, I could set off. In the exact moment that I got into the saddle and rode off, I got a kick of adrenaline. After I’d been cycling for a while, my nervousness went away. But shortly after that my back pain started. I thought for a moment about giving up. But seconds later I thought to myself that giving up is the absolute final option. So, I decided to fight through to the very end.





That day showed me that you always you should always be open for new things, because you don't know what you'll miss otherwise. It was a really amazing experience that I will enjoy looking back on. It's been a long time since I had so much fun. So: everyone who has never taken part in something like this should definitely do it, otherwise they 're missing out.



### Running – Saving the Best till Last

Before I tell you about the triathlon, I'll quickly introduce myself: I'm Pia, 13 years old and represented the "running" section of the triathlon.

To be honest, at the beginning I didn't want to take part at all. I was scared of screwing up in front of all those people. But looking back I'm really happy that I did take part. The day was brilliant. I had a lot more self-confidence afterwards.

Before I could set off, I had to wait for my teammate Carina. Because before the "running" section there was the "cycling" section. In the time I was waiting, I got more and more nervous. When I saw Carina, I started running. And then, when I was right in my element, I forgot all the people around me. I just felt free and everything bad had disappeared.

About half an hour later, I saw the finish line in front of me. I was so happy that I'd done it. And all of my worries like: "What could happen?" seemed to dissolve away. It was a nice moment as everybody cheered. It made me feel a little bit special. When a woman then came and gave me the medal, it became clear to me that I don't have to come first to win. I think it's worth much more to see something through to the end and believe in yourself. And for me that was a much bigger triumph than coming first.



## Time for change...

Those two days in June 2015 brought processes of change for some of us on the pedagogical staff. And it happened because of Mark Dawes, the initiator and leader of NFPS – “The National Federation for Personal Security”.

Thanks to Dorit, who organised the advanced education seminar “De-escalation and crisis intervention with aggressive young people” for the association’s pedagogical staff, we had the opportunity to gain practical instructions on how to handle acute crisis situations and to reflect on our pedagogical attitude to this issue. It wasn’t an ordinary de-escalation training – as well as physical de-escalation techniques, it was about the internal attitude with which we approach stressful situations.



As all staff members are aware, conflict management is one of the most challenging tasks we face in our work. Understanding and empathy are the key words here. It’s obvious that children and young people who have been victims of violence, also show aggressive behaviour. To protect these children and young people within the framework of youth welfare services, the English youth welfare act, “The Children Act 1989” states:

*“Where children in homes have suffered particularly damaging experiences, and have difficulty developing the self-control or good personal relationships which diminish the need for physical restraint it is important that sufficient, able staff are employed to ensure that the children are dealt with sensitively and with dignity.”*

This means that youth welfare services have to make sure that children who at a young age have suffered abuse and have been treated in damaging ways, absolutely must receive pedagogical care that treats them with sensitivity and dignity. Every person deserves this kind of treatment, that’s obvious. But as pedagogical staff it’s important always to remember that in situations with extreme levels of aggression, it’s more important than ever to keep your cool.



Only when the conflict has escalated to such a point that there’s the danger of harm being caused either themselves or a third party, are you allowed to physically intervene. And we were able to test out for ourselves what that would look like in real life. Thanks to a special technique that we were allowed to try out under Mark Dawes’ supervision, we learned a safe method of stopping harm being done to oneself or someone else.

It soon became clear that the seminar didn’t just bring us further thematically and professionally – as colleagues we were also able to discuss and rethink our own professional attitudes and, in that way, get to know each other better.

When Mark Dawes opened the second seminar day by saying that he was deeply impressed by the professional and dedicated staff at Progresso, many of us were speechless. Mark went on to explain that he was so touched by our work that he felt the need to give us something. He had decided to teach us on the second day completely free of charge. After the speechlessness there came applause – what a supportive and motivating gift!

Antonia Gaede  
(Carer Nova Sembla)



*“Time to change. Time to take control. Time to be the person you were put on the earth to be.”*

Mark Dawes

## Club Seven

On the 5th of August 2016 there was a party at the marina in Club Seven. The whole Independence Phase group went. Saru was able to organise it for us to be VIP guests. It was to be a very special evening for Jordan, because in the club he was going to be able to meet DJ Loco Dice.

But before we arrived at Club Seven, first we had to find the way and it wasn't all that easy. We followed a sign that was meant to show us the way. Then we walked in the wrong direction for a few kilometres, around the whole harbour, and came out at Club Eight. After finally walking for more than an hour, we found Club Seven.

Because we were VIP guests, we didn't have to wait in the queue and could pretty much walk straight in. Inside it looked like a huge mansion with different rooms. There was one big room that was outside, with banana trees, music and a bar. There were also a few rooms where products were being promoted and things being advertised. Then there was another big room where some DJs were playing. There was a VIP room there too, which we of course made use of. From there we had a great view over the whole room.

At half past three in the morning, Loco Dice finally performed. Loco Dice is a German DJ and comes from Düsseldorf. Just before he had to leave, Jordan went up to him and they talked and took a photo together of course. Loco Dice then bought us a round of drinks. After we had finished our drinks we decided to go home, because it was already half past five in the morning. We finally arrived back in Almodôvar at around half past six. Back at home, first I had breakfast and then I cleaned up the house.

I didn't get much sleep, but it was a super nice evening!!

Saar  
(Counselled Living)





## Holiday for the Group

The aim of the holiday was for us to organise it ourselves and for all the members of the group to help each other. It was a huge challenge to work as a team with the important aim of making the holiday as nice as possible for everyone. We had the following learning areas:

- Financial responsibility
- Daily planning
- Distribution of tasks
- Team building
- Caring for the group
- Personal development



The holiday was very successful. There were moments when we were able to support each other, which made us bond together as a team more and more. Thank you to all of us for contributing to making this a reality.

1st day: At 9 in the morning, we started loading the bus, together with the two carers Herminio and Saru. We had a lot of fun during the bus journey. After about 2 to 3 hours, we arrived at the Praia da Adraga. We ended the day with a good dinner.

2nd day: We drove to Lisbon where the zoo was awaiting our visit. We stayed there from around 12 midday to 8pm and had a lot of fun.

3rd day: We got up early in order to arrive early at our destination, Sintra. We visited the Palais da Pena. Next to it there was a Moorish castle with a neighbouring park which you could visit.

4th day: We drove to the beach at Cascais. We took part in a street party where we danced. It was a nice evening. During the holiday we got to see another side of the carers. That was very surprising to see, in contrast to our everyday life.

5<sup>th</sup> day: Great to be able to have a lie-in. Then we went to a bakery that's known as Belém. There we could eat delicious baked goods: coxinha and pastel de Belém.

6<sup>th</sup> day: Waking up without an alarm, we travelled into the centre of Lisbon. We went to eat and walked around for a few hours.



7<sup>th</sup> day: We went to the beach and played games there. In the evening we enjoyed a moment together as a group before dinner and then played games late into the night.

8<sup>th</sup> day: Monday the 27<sup>th</sup> of July. The day of departure: the journey was good, we strayed off the right track every now and then, but ultimately, we had loads of great moments during our trip.

Matthijs  
(Counselled Living)

## My Heart



I don't understand why I'm so sad when you ignore me.  
 I don't understand why I'm so sad when you're annoyed by me.  
 I don't understand why I'm so sad when you don't tell me what's wrong with you.  
 I don't understand why I'm so sad when you don't feel like talking to me.  
 I don't understand why I'm so sad when I try to flirt with you, and you don't respond.  
 I don't understand why I'm so sad when I'm not allowed to go out with you.

The only thing I know is:  
 I understand that I still really like you.  
     I can't talk of love.  
 I understand that I feel safe with you.  
     I can't talk of love.  
 I understand that I feel safe in your arms.  
     I can't talk of love.  
 I understand that I can confide in you.  
     I can't talk of love.  
 I understand that since the past few weeks I can't get you out of my head.  
     I can't talk of love.  
 I understand that you can be a gentleman when it comes to affection and intimacy.  
     I can't talk of love.  
 I understand that you're good for me when I lie there together with you.  
     I can't talk of love.

### AND YET:

My heart feels drawn to you.  
 My heart feels secure.  
 My heart feels loved.

### AND MOST IMPORTANT OF ALL:

My heart starts opening again!  
 My heart starts being restored again!  
 My heart starts understanding that there are also boys who mean well, S und A.

Made by Vanny (Quinta do Cerro)



## Three Wishes

The talent  
never to forget what you were,  
the courage  
to be what you are,  
the power  
to become what you want to be.

**...that's what all of us staff members at Progresso wish for our  
young people!**



### **Editorial**

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