

PROGRESSO-NEWS



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Intensive Pedagogical-Therapeutic Counselling in Portugal

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



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"I've had enough! I'm off to ... Study?"



FOREWORD

Educational wishful thinking or reality? Do our youth really come to Portugal to consciously work on themselves? Or are they fleeing from reality in the hope that everything is different far away?

In the 8th edition of our newsletter, most of our young people once again talk about how they experienced and utilised their time in Portugal. Our "alumni" and now young adults provide plenty of food for thought. After several years, they look back on their time in Portugal, talk about the values and perspectives they developed for themselves and what they would like to pass on to the current young people in the projects.

Enjoy reading.

Dorit Brandauer
Director

Art therapy at Progresso

I am Juliane, an art therapist. I offer therapy every Monday at Progresso. What is that - art therapy? I'm often asked that.

It includes working with paper, paint, wood, metal, macramé yarn (knotting), jewellery making, henna, paste, clay and much more. It's not just me as the therapist who comes up with the ideas, the participants are welcome to bring something or suggest something.

The artworks act as a "gateway" to our "Inner life". If we can't find the words to express what's going on inside us, then we can always find an expression in art therapy. And even more: sometimes we come across unutilized resources.



It is usually our own judgements that prevent from expressing our feelings. When fear and shame fall away, the work of art makes visible what previously was not possible with words alone.

16-year-old Dana says: *"When we bake together, I forget that we're doing therapy. I'm not squeezed out like I am by other therapists. When I forget what I'm doing, I'm much freer to talk about what's going on."*

However, this does not mean that every young person likes the pieces they have created. They are often devalued. But that is also part of the process. And although I know many tools and concepts as a social pedagogue and therapist, I think that one thing is particularly important: Being with each other - without too many rules and without THAT you are not allowed here. Because this is how masks can come off, how we can be who we really are. There are no topics or questions that are inappropriate in this protected space.



Why is therapy important at all?

Recognizing and naming feelings sounds easy. But is it? And what are feelings actually?

As long as they are individual feelings such as fear, excitement or anger (at a friend, for example), we find it relatively easy to recognize them. But what about whole clusters of emotions? They are often accompanied by physical reactions such as tingling or even a rollercoaster in the stomach.



Feelings should not be underestimated; after all, they are often decisive for our daily actions. They help determine how we behave towards others. If I am in a good mood today, I may appear generous and friendly. If I'm in a bad mood, my scope for acceptance looks completely different. Sometimes there is a completely different, deeper feeling behind the feeling on the surface.

Therapy is a space in which we repeatedly work on our feelings with the help of others, get closer to them, recognize them better and learn to "read" them.

The topic of bonding is also important. This is because our earliest attachments are decisive for how we can engage with other people later on in life. Entering into emotional relationships is quite complex. This is because we come into contact with the moods of others and it often happens that we relate these to ourselves. Attachment researchers have long since discovered that our first emotional relationships are a kind of "template" for later social bonds.



The more comfortable we feel, the easier it is for us to develop "normally". We can learn especially well, for example, when we feel safe and secure. Because if we do not feel protected, all challenges are quickly experienced as a threat (everyone knows this from everyday life...).

This means that in order to develop well, we need a sense of security, a safety net. Someone who is always there, who can listen. This builds trust - in ourselves, but also in others.



Giuljana: "Art therapy helps me to get out of myself and give free rein to my creativity."

Sascha: "The great thing is that we can work with jewelry, e.g. with amber, rose quartz, tiger's eye, all special materials, and I can use everything for free. I think that's cool."

Aleyna: "Something new comes my way every week - I never know what we're going to do. The way I see my pictures has changed. I used to be very self-critical, everything had to be perfect. Today I can express myself better."



Sar: "I have learnt a lot through art therapy, e.g. how to deal with difficult situations. The pictures also often help me to paint - how I'm feeling at the moment."

Juliane, art therapist at Progresso



When Corona reached Portugal



My name is Jonas, I'm 18 years old and I live in the independent living group at Progresso in Almodôvar.

As the corona virus had broken out, I had to go back to the other project in Nova Sembla to be safe - that's better than anywhere else, because it was safer there.

I miss my family just as much as my family misses me. Especially in these difficult times I worry about my family – and that's normal. It's also because you can't see the coronavirus. That's what makes it so dangerous. And at the moment, there still no vaccine.

We protect ourselves as best we can with disinfectants by washing our hands and keeping everything hygienically clean. When we go out, we wear masks and gloves to protect ourselves. I have to say: it's annoying!

We are staying in Nova Sembla and are not leaving the project at the moment because I have a family waiting for me at home and they are important to me.

Take care yourselves!

Jonas, Nova Sembla + Transition House



Internship with the fire brigade

The time I spent on my internship with the "Bombeiros" ("firefighters") was really nice - because "firefighting" is my hobby! I really enjoyed working there and the Portuguese firefighters liked me.

I am incredibly grateful that I was able to do my internship there, because not everyone has this opportunity.

I now know my way around the fire service really well, you could say it's my "specialty". Partly because I wrote my work placement report on this topic, which was even graded.



I was particularly fascinated by the vehicles during my internship. Unlike in Germany, the fire brigade here has one vehicle for the city, one for the village and two for forest fires, which are water tenders. The water tenders have the same equipment as in Germany - only the siren sounds different; like in America.

I was even allowed to put on a uniform for a photo, with trousers, jacket and helmet. That was really great!

I firmly believe that I will stay in the fire service. Also, because I want to help other people in need. My nicknames are "Firefighter" and "Rescuer".

Back in Germany, I spent eight years with the youth fire brigade in my hometown. There I learnt how to prevent fires and how to educate people about them.

I was also trained in first aid. In the professional fire brigade, you dive even deeper into this topic, including how to keep calm and how to act quickly and well in stressful situations. What's more, being a firefighter is well paid.

I'm definitely sticking with it!

Kind regards from fireman Jonas,
Nova Sembla + Transition House



Jeffrey - a success story

My name is Jeffrey Castel, I am 23 years old and I arrived at Fronteiras in October 2015. It was an intense time, but when I finished the programme in December 2017, I had skills that would prove essential in my life.

When I arrived back in the Netherlands, I wanted to continue with school, but unfortunately, I was rejected. I tried another route to do an apprenticeship. Because of the rejection, I was forced to work for another year, as I was now too late to apply for an apprenticeship.

I continued doing what I loved doing in Portugal: sport. I got a job at the biggest gym franchise in Europe and learned a lot of new things related to sales.

Every time I failed to sell someone a membership, I used the skills I had learnt in Portugal. I thought about what had gone wrong and how I could do better in the future. One thing led to another, and after a year I had exceeded all my sales targets.

Then I received great news: I was accepted to the university to study international business with a focus on the Asian market (and thus learn Chinese).

I was incredibly happy, but it was more of a challenge than I expected. Because of COVID-19, it wasn't easy for me. I felt like everything was spiralling out of control because too many unpredictable things were happening at once. This was partly because my study planning was terrible, and partly because of my own actions.

And again, I learned to accept my mistakes and admit them. In the end, I dropped out of my studies and started my own business in (digital) marketing. I'm currently applying for another degree programme in sales and customer management.

Of course, I learned to reflect on my own behaviour and if it didn't meet the requirements, I was able to admit my mistakes and improve. Before I joined Progresso, I didn't take responsibility for my mistakes and I certainly didn't improve. I believe that it's important to learn from your own mistakes, otherwise you won't become what you want to be.

Jeffrey Castel,
Student of International Business at the Avans University of Applied Sciences



Creative together - Summer school 2021



In the backyard of the Transition House, people are hammering, tinkering, screwing and painting. A few young people sit around a round wooden table and paint wooden panels and stones, others saw pallets apart and still others drill holes in the wall of the house with a loud roar. This is where the mount for three large new pictures for the inner courtyard is attached.



This year, due to the corona pandemic, the teaching team decided to transform the backyard of the Transition House into a

creative space during the summer school, while also making it a bit more beautiful and cosier.

There were three teams working on different projects:

Team No. 1 painted pallets for the wall design under the supervision of Louise.

Team No. 2, with Maria's help, built a compost heap from pallets and

together with Susanne, team no. 3 painted wooden signs and stones to create a cosy seating area. Christian was the jumper who was needed everywhere with his knack for all things crafty.





The days flew by. The clean-up work on the first day still met with great resistance from our pupils. However, the creative work on the following days was met with increasing enthusiasm.

Zeynep and the other Dutch pupils painted colourful, lively pictures on pallets. Sascha was busy screwing and sawing on the pallets for the compost. Cheyenne and Aleyna were absorbed in painting the wooden signs.

Gradually, each pupil found an activity that they could immerse themselves in. It was a cheerful, relaxed and very creative collaboration and the results were really impressive.



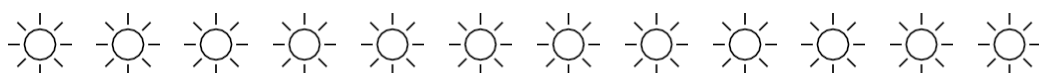
By the end of the creative days, our young people had built a compost heap out of pallets, which still serves the Transition House well today and helps with waste separation.

The fantastic pallet pictures now adorn the wall of the courtyard and are a real eye-catcher. And the cosy seating area in the centre of the courtyard with its self-made wooden bench and colourful wooden signs hanging on long strings from the trees invites you to relax and dream.

In the end, we all agreed: this is how school should always be!

Thank you all for the wonderful days!

Susanne Arlt, teacher



My great hike - On dusty paths

Olá! I'm Sascha, I'm 14 years old and I come from northern Germany. I've been in Portugal for almost 3 years now. I like being outside in the fresh air.

Once, when I felt like the walls were closing in on me at school, my teacher Christian and I went for a long run in Almodôvar to the Miradouro da Ermida de Santo Amaro viewpoint during class. I realized how much fun it is just to walk.

Afterwards, Christian gave me

the suggestion to hike a longer distance. When a counsellor came to me a few days later and said that I would hike the 20 kilometers from Almodôvar back to Nova Sembla with him, I was really pleased.



After class, we set off, sometimes on paths, sometimes cross-country and always heading east. We saw turtles, stroked small goats, crossed rivers and walked over the hills.

As heavy dark clouds gathered in the sky and thunder signalled the approaching storm, we got lost in our haste. That was a shame, because we only noticed it after several kilometres. When it started to lightning and rain, we found shelter at an old bus stop.

Big luck, because we would have been out in the open on the planned route! Back at the project, we decided to go on more hikes.

We then walked the Way of St James from Santa Cruz to Castro Verde in several stages. The stretch from Almodôvar to Santa Cruz was the hardest, because it was mostly uphill and it was hot as hell.

After several kilometres, I thought I wouldn't make it, but - thank God - we had found a place to cool off: a small river where we got our caps wet. Christian kept motivating me to keep running. The hardest part was just before the end: the sun was setting and there was no end in sight.



I couldn't go any further, but Christian said Santa Cruz wasn't far away, and he would pick me up here in the pampas in the morning because he didn't want to spend the night in the cold and open air. He also underestimated a few kilometres, but that was a good thing, because we arrived in Santa Cruz. Then we had ice cream as a reward.



We didn't manage the stretch from Almodôvar to Castro Verde in one go. That's a shame, because I would have once liked to see him "jumping in circles" – as he said.

Although its flatland, we only got as far as Rosário. This was due to a diversion we had to take, as a large stretch of the Way of St James was blocked a huge fence and gate through a eucalyptus plantation. When it became too long and too much for us, we climbed over fences and walked across meadows and fields. I felt queasy when we came across bulls and cows. When I almost dying of hunger, we found some delicious peas in a field. In between, we found mushrooms that emitted huge green clouds when you stepped on them - that was cool. In the end, we arrived happily in Rosário.

Our last stretch took us from there to Castro Verde. As the town was always in sight - I thought it was only 5 kilometres, but the route took us closer and further away, so that in the end it was 25 kilometres. That was exhausting! Christian made me decide whether - while we were here - we wanted to make a 5-kilometre diversion up the hill of Batalha de Ourique. I decided to do it. It was tough, but in the end, I was really happy and proud of myself.

We talked a lot on the hikes: Christian told me a lot about history - especially Portugal's and the Way of St James, but also about his own experiences of the Way of St James and travelling. It was all great fun. That's why I was really looking forward to going hiking with my counsellors Katia and Laura.

The route would have been much longer: from Nova Sembla to Sagres and we would have had to walk every day, carry our luggage and spend the night outdoors. I would probably have managed that, and it would have been pure adventure! But unfortunately, it didn't happen. But maybe we can do it again later.



Sascha, Nova Sembla



Ceremonial presentation of certificates

When I arrived at the convent, I was totally excited! When we were finally complete, we made ourselves comfortable on the terrace and chatted until the certificate ceremony started.

All the teachers sat down and said appreciative things about us. My teachers' words about me were very touching and I actually had tears in my eyes when I was given my certificate.



I was really proud of my very good certificate. Also, because it was the best certificate I had ever received!

I was always very bad at school in Germany. I never did my homework, and I didn't care about school at all.

I just didn't take school seriously in Germany and thought that I didn't need school as I would just end up working in a kitchen.

Here in Portugal, it suddenly "clicked" and I made the decision to get my school-leaving certificate so that I would never have to depend on anyone else.

Since that moment, I have worked hard to achieve my school goal and get very good grades.

As I said, I'm very proud of myself - it makes me happy!

Sarah, Quinta do Cerro and Transition House



Quinta do Cerro - Our international Friday

Every Friday at the Quinta, we pointed to a country on the world map while blindfolded and then cooked a dish from that country.

We cooked Russian, Finnish, Arabic, Italian, Polish, Australian, Turkish and German dishes.

Sometimes the food didn't taste so good, but it was an adventure and the experiments were really nice. For example, the pizza we made for Italy Day.



The Arabic chicken rice recipe we made, didn't taste very good, but the others liked it, so I guess it's a matter of taste. Sometimes we couldn't find the right ingredients. For the Finnish meal, for example, we wanted to cook reindeer, but of course our supermarket didn't have any reindeer meat, so we had to improvise with some cow meat.

One evening I made a Turkish dish called 'cig kofte', which I learned from my mother and which is difficult to make, but very tasty. I probably wouldn't make it again because I don't like cooking very much.

My favourite IFFD (International Food FriDay) was when we cooked Turkish food. We made Turkish pizza, which didn't really taste like Turkish pizza, but it was still good. Just a bit too crispy. We also made delicious baklava, which was so nice and tasted like the sky and rainbows.

I think it's better and easier to learn how to cook from another person in real life than to follow a recipe from the internet or a book.

I hope you enjoyed my report.

Bye from Zey, Quinta do Cerro



A life - My life

The flight that changed my life: This report is about a boy who got the chance of a lifetime and how he made the most of his new start.



The boy didn't have it easy from birth and was passed around within his family. He ended up living with his aunt. There he began to behave conspicuously and was put into a psychiatric ward at the age of 6, where he was put on Ritalin. After two school enrolments, he was sent to the psychiatric ward a second time for 8 weeks, from where he moved directly to a children's home. He was to live there for a further 4 years, where towards the end he again posed a danger to himself and others. So, he was admitted a third time to the psychiatric ward. After a long time, he was released back into the home.

He went back to special school and one afternoon he received the news that he would be moving to Portugal the next day to live with a foster family.

Much more happened before he arrived in Portugal, but that would go beyond the scope of this article. It was on October 18th 2016 when the boy was taken to Portugal by the head of Progresso and handed over to the family at midnight. He went to sleep exhausted and got to know everything the next day. He was greeted by his new foster mum and her Portuguese boyfriend, as well as two daughters, aged 8 and 10, one from Germany and the other from Portugal. German or Portuguese was spoken most of the time, as the mother and children had been living there for 10 years.



The house he lived in was on a large estate, just 5 minutes from the sea and with lots of animals, which he quickly learned to take responsibility for. Time passed and he felt more and more comfortable. He quickly got two private teachers to prepare him for the coming school year. The plan was for him to go to a German school together with the foster mother's daughters. The following year (2017), he passed the school's aptitude test and entered Year 7. Over the course of the year, he joined the fire brigade, where he was given the chance to learn Portuguese, but he still had to use gestures to communicate.

In 2018, he was also allowed to accompany the family on holiday to Germany and got to know the rest of the foster family there, which brought them even closer together.

Back in Portugal, the project (Progresso) gave him a bicycle, which he was then allowed to ride to school (5 km) and to the fire brigade (10 km). The year was coming to an end and he received a visit from his aunt, who from then on visited him once or twice a year and was always there for him.

However, the relationship between the boy and his new family (foster family) also grew stronger and stronger. School was never going to be his best friend, but he was brave to the end. In 2019, the boy was allowed to visit his aunt in Germany.

However, his school performance deteriorated and he only made it through, but this was due to his laziness and not his intelligence.



When autumn came and the racing cyclists arrived in Portugal, it sparked an interest in the boy and he bought an old racing bike (now his fourth bike since arriving), which he then used for tours of up to 100 km a day. In winter, he joined a club and received a new racing bike for his birthday, which broke down in a road accident on 05/01/2020.

But that didn't stop him from continuing and he received full support from his foster family.

2020 - the boy and his older half-sister were going through puberty, which meant that their parents were also becoming more annoying, so they often went hiking and cycling where they had time to switch off and talk about all their problems (which they still do to this day).

2021 was an exciting year, the plan was to move back to Germany and enlist in the army or become a professional cyclist. But with all the common sense in the world, the boy planned to stay in Portugal for another year and rethink his career choice while he improved his school-leaving certificate. At the end of the year, he applied for an apprenticeship as a two-wheel mechatronics technician, which he was accepted to for the following year. The idea came from the experience he had made with all his bikes when he repaired them, or at least tried to.



The year 2022 was the last of the bunch and also the best. He had built a good life for himself, with lots of friends at school and in the club. He had seen parts of Spain and the whole of Portugal through his competitions. He would also miss school towards the end and realised how beautiful it actually was/is there.

On July 28th 2022, after almost 6 years, he returned to Germany, where he started his apprenticeship in August and moved into his own flat with the help of an independent living programme. The move to Germany was not difficult because he had learnt everything in Portugal, from crafts, languages and swimming to cleaning, politeness, moral courage and cooking.



Conclusion: If I had stayed in Germany, I would have a secondary school leaving certificate and no joy in life. I would have become as messed up as many people are when they don't engage with other cultures and vote for the AFD. I could never have become the person I am now in an institution. Because it lacks the attention that every child gets from their parents or at least foster parents, which no counsellor can replace. The legal freedoms are much bigger than in a children's home and friends also understand more easily when you say that you have foster parents. It also depends on the children, because not everyone can open up to a life with a foster family. But if that were possible, I would always prefer to give children the opportunity to find a foster family than to let them grow up in a children's home. Written by the boy himself.

School at Progresso - A young person tells us

I, Jonas, from the independent living group, would like to tell you about school: when it comes to exams, we study hard. The teachers help. You get lots of homework in maths, German, history, biology, English and geography.

I can tell you one thing: studying for exams is so boring that you fall asleep. That's how it was for me - I sat down and fell asleep in the middle of studying. On the textbook. And: choose a good topic for your final paper, otherwise the teachers will pick and choose.

Another tip: study hard, because your grades will determine your life. You will have to use your grades to apply for a job later on and most people only take students with good grades. I know that from my own experience.

It can be dangerous to find a job with a grade 3 or higher. However, there are vocational schools where you can continue your education even with lower grades. You just have to follow the rules, otherwise you'll be kicked out. So, work hard and believe in yourself - you can do it.

I also made it and I was a special needs pupil for eight years before that. I got my secondary school leaving certificate here at Progresso. And in just one school year!

You have to believe in yourself and not lose your strength and courage. That's what you're laying the foundations for here at Progresso and you're building your own future. It will be tough, but you can persevere.



I also got through and it wasn't easy for me either. I started studying on my own and with the teachers six months beforehand. That's how I got my secondary school leaving certificate in 2019. And when I got it in my hand, I cried and laughed with joy at the same time! I was happy to have made it. I still am today and my family is proud of me. And they have good reason to be.

It's definitely worth learning, because what you learn now will help you in your training. That's the tip I can give you.

Jonas, Transition House

Certificate of cultural competence

The certificate of cultural competence is a procedure for young people aged 12 and over to demonstrate "key competences through cultural education" gained outside of school.

In a voluntary context, our young people can experience and explore personal key competences, free from sanctions and selection, by initiating and implementing or participating in a project.

Many young people have had negative experiences with learning in their previous school life. Voluntary willingness and participation in the certificate of cultural competence is therefore a basic requirement.

The aim of the Progresso certificate of cultural competence is to visualise and "certify" educational experience gained outside of school and thus makes it easier to enter the world of work.

The procedure is divided into five steps in reflection with the responsible "cultural competence counsellor":

1. Preparation of a practice analysis
2. Observation
3. Dialogue
4. Description
5. Ceremonial award

One focus of the certificate of cultural competence is to learn to identify personal skills, to experience personal strengths and, above all, to make these visible in a nationally recognised certificate.

Lea Niggemann, pedagogical coordinator Nova Sembla

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Excursion to Lisbon



Saru, Zeynep and I started our trip to Lisbon early in the morning. We were excited during the 3-hour car drive, singing and dancing along to every song.

We drove straight to our youth hostel and unloaded our luggage, but unfortunately, we found out that our room wasn't ready yet.

So, we visited the huge statue of Jesus "Cristo Rei" in Almada. We decided to take the lift up to the top of the statue. Once at the top, we had an amazing view over the river and the capital.



After the tour, we went out for a bite to eat and then went shopping. Of course, we dressed up for the evening in Lisbon.



We drove into the city centre and parked the car in a multi-storey car park. We then continued on foot through the city centre. Saru came up with the idea of showing us "Pink Street". There was also a show going on with a famous TikTokker doing tricks on roller skates to music. When the show was over, we were a little hungry and looked for a restaurant. Searching for a restaurant, we suddenly met "Cupid" himself. We took souvenir photos with the man, who was dressed up as a statue.

After the meeting with Amor, I saw a souvenir shop and had a look around inside. Then we finally found a good restaurant and went for a delicious meal. Freshly fortified, we walked around the city a bit. Suddenly we heard music and went to see what was going on at Rossio Square. We saw people with drums playing music and people dancing. Nearby, Zeynep and I discovered street artists, who we watched carefully as they performed magic tricks and played music.



After their performance, Saru wanted to show us the oldest elevator, "Santa Justa". It was incredibly big and you can take it up to the higher part of the city. As there was a very long queue, we decided not to go. At the end of the evening, we had a coffee and then drove home.

Lisbon is a great city. I really enjoyed it and would love to go there again.

Sarah, Transition House

Surfing at Praia Amado

My group and I went surfing at Praia do Amado during our camping trip. The Praia do Amado (in English: beach of the Beloved) is a very good beach for surfing. You could tell because there were so many surf schools and surfers there.

On this Sunday morning in August, the temperature rose to over 35 degrees. Unfortunately, we were all soaked with sweat in the car.

Keano, Sarah, Zeynep and I met the surf instructor Leon upon arrival. Our counsellors Paula and Andre watched us.



We didn't have to bring anything with us, as the boards and wetsuits were provided by the surf school. The first thing we did was carry the boards to the front and put on our wetsuits. We immediately got very warm in our wetsuits, but we still played a warm-up game on the beach. Leon then showed us in the sand how to glide through the water with our bodies and the board. After this exercise, we were finally allowed to get into the water and try it out.

Back on the beach in the sand, we practised how to stand up properly on the board. When Leon showed us beforehand, it looked so easy. In fact, it was even easier on the beach than in the water. After several futile attempts in the water, we all managed to stand up on the surfboard at least once. Unfortunately, I fell off the surfboard again straight away, but the others managed to surf a little bit. They described it as a great feeling.



After these two hours, we were very hungry and enjoyed the sandwiches and drinks we had made. At this picnic, the others realised that they had enjoyed surfing and that it was a great experience. We had chosen this holiday activity ourselves. I also enjoyed this group experience, but I can't imagine ever surfing.

We drove home exhausted and in a good mood.

Giuljana, Transition House



TAP - Our training for everyday life practice

TAP - Our Training for Everyday Life Practice

Our "TAP Training for Everyday Life Practice" was developed for young people who have already obtained a school-leaving qualification but still need time for personal development and to gain maturity abroad before they return to Germany.

Structured around different areas of knowledge, the development of this program focused on practical and future-oriented educational content, offering opportunities for hands-on application.

The TAP opens up a (still) playful experiential space for our young people, in which resource-orientated educational knowledge is imparted and in which the young people themselves can explore and try out space, interests, inclinations or strengths without sanctions. In a future-orientated way and based on existing interests, this area is about discovering what influence these can have on one's own career prospects and what steps are necessary to achieve a developed goal. The TAP covers the following areas:

1. Training for everyday life practice
2. Self-care in everyday life
3. Educational content to promote political education and media skills



The "**Training for everyday life practice**" is part of the career orientation. Together with the young person, inclinations and strengths are explored and put in relation to possible professional practice.

In addition to playfully trying out a career aptitude test, the content includes researching possible vocational training programmes (based on the interest of the young people) and the joint development of the skills required for the job.

The young people learn to understand training paths in theory. In the area of practical vocational orientation, there are a large number of "practical trials". The TAP enables young people - with time, "step by step" and at their own pace - to familiarize themselves with the world of work and develop a personal perspective.



The TAP opens up a wide informal learning field with role plays or "interviews with experts", as well as "taster days and internships". Reflecting on their practical experience helps young people to feel self-efficacy and should help to slowly reduce any existing inhibitions or fears and insecurities about the world of work.



In the context of "self-care in everyday life", the teaching of everyday knowledge is very "hands-on". The TAP endeavours to educate young people about various formal administrative areas. Together with the young people, a document folder is created that can give them an overview and insight into all the necessary (official) papers.

As part of the self-care programme, young people learn, among other things, which medical check-ups are necessary and what to expect when dealing with the authorities. Another focus here is on financial matters, such as calculating household costs and accounting for personal financial resources.



It was important to include "educational content to promote political education and media skills" when selecting topics in relation to the future orientation of young people.

In the area of political education and media literacy, we endeavour to impart basic theoretical knowledge, for example about the political system in Germany, its political parties and the media.

structures, or to explain what the "Right to vote" actually is. In the area of media skills, we approach practical computer knowledge and skills through media use and guide young people in social media towards appropriate usage behaviour.



Lea Niggemann, pedagogical coordinator for Nova Sembla



My experiences in Portugal

I don't even know where to start... I know that if I really started from the beginning, it would be a long story. That's why I'm trying to shorten the whole thing.

November 2012 marked the beginning of an intense period in my life. Everything happened so quickly and suddenly I ended up in Portugal. I remember travelling at night, taking drugs and simply having no routine in my life.

Of course, it's all rubbish at first and you think to yourself: "Wow, I really want to get away from Portugal!" Here I can already give you the first tip: Give people a chance and, above all, give yourself a chance. And don't give up so quickly.



I had a great time in Portugal with lots of ups and downs. I discovered my talent for craftsmanship by building my own chicken house. And of course, I had to work a lot, which is always daft at the beginning.

But now I think you have to look at it from a different perspective. In the end, it's really great to see the result and to know what I've achieved.



I can tell you so much - just about the "Nova Sembla" housing project. I lived there for three years, got to know so many people and talked to so many people. Of course, it takes time to find trust in people. I don't think it's a bad thing if you trust one person more than another. My favourite people were Antonia and Owain - and of course Jutta, my therapist.

I didn't realise it at the time, but she was an important person for me. She helped me a lot.

I don't know if they are still working there at the moment. I still have contact with them from time to time and I will never forget these people.

In my opinion, the whole development has to do with yourself. If you don't want to change anything about yourself in the first place and you go back to where you came from years later, then you should really think: "Why do I want to go back there and why don't I just take this opportunity and use it?"

Another thing I really liked about Progresso was that riding therapy was offered. I developed such a strong and beautiful relationship with horses that I still work with them and ride them today. Even though I was afraid of horses before I came to Portugal.

The experience in Almodôvar was also good when I worked there on the horse farm and later in the home for the disabled. Then my Portuguese finally got better and better.

And now I still speak English and Portuguese very well. That's great, because it gives you a lot more opportunities in the future.





I was even allowed to take the big step and move to the Algarve. It was all a bit new at first and I didn't really know what was going on. Nevertheless, it was an important experience.

In 2016, I moved back to Germany because of my ex-boyfriend - I definitely regret that. However, it opened new doors. Where one door closes, another opens.

This brings us to the last point of my report: I still don't have an education, but that doesn't matter. I work as an assistant in home office and give English lessons on the side. I also meditate and spend a lot of time in nature.

I've been following my former counsellor Saru on Instagram for a long time - she gives me a lot of motivation, even though I hardly ever write with her. I don't smoke, drink alcohol or take drugs. I feel that I've taken the right path and I've come to terms with my bad past before Portugal. That's very important to me!

I am still working on myself and would like to become self-employed in the property sector. Next year I will visit Portugal again and in spring 2022 I will fly to America for a fortnight to visit my friends there. A lot has changed in my circle of friends since Portugal.

I have got to know myself better and discovered, for example, that I am a person who loves adventure. I also love getting to know people and am curious to learn more about the respective cultures.

I have learnt to forgive myself, look forward and stay away from negative energy.

I could write a lot more. After all, I spent four years in Portugal - but I think this is enough for now ☺ .

Oh yes, my "favourite quote":

> Die with memories, not with dreams! <

Samira, Nova Sembla



Viola Campanica - A Portuguese instrument



During Progresso's Summer School 2022, our Study House organised some school activities for the youngsters. One of these activities was a workshop about a traditional Portuguese instrument called viola campanica.

The viola campaniça is a Portuguese stringed instrument from south-east Portugal. It has 10 steel strings in 5 positions.

The workshop took place in the beautiful village of São Martinho das Amoreiras in the Alentejo.

The workshop itself was an old, converted building where the violas were made from scratch. The young people didn't really know what to expect, but were immediately taken with the workshop leader, who made everyone feel at ease with his relaxed and informal manner. The workshop was held in Portuguese with a person translating into English.

The manager took us through all the process steps and the various stages of viola production in detail.

The young people were encouraged to touch and examine the materials and tools used in each stage of the viola's development.



During the workshop, the craftsmen answered questions from the group and took the time to explain the history and development of the viola.

Later, everyone in the group was given a viola and we were shown some simple melodies to play. The young people really enjoyed this. Everyone joined in and had great fun. Finally, there were some traditional dances and songs.

At the end of the workshop, the group was asked who would like to pursue to play the Viola more, and almost all hands went up and showed a genuine interest in learning the instrument.

Paula Besagni, Transition House counsellor



A visit from my parents

I've been at the Quinta for 6 months now - my parents came to visit. We had an incredible amount of fun! We did all the things I'm going to write about below.

The first day they arrived, we spent at the Quinta. Me and my father rode out together with the Quinta horses. I rode Quinten and my father rode Bob. Bob was a bit sick and tired, when we got to the valley, my dad dismounted and walked the rest of the way with him. Bob was coughing like crazy, but then he drank water down by the river and was fine again.



Then, on Tuesday, we went canoeing in the morning.

We paddled on the lake of Almodôvar. I paddled first with my father and then with my mum. The lake was calm and had no current, there was no wind. This made paddling very easy, unlike paddling in the river that flows past the Quinta.

On Wednesday, we travelled to Faro. First, we went to the shopping centre to eat a hamburger at McDonald's. That was something special for me! Then we went to the beach. On the way to Faro, I felt sick from driving and almost vomited. On the way back we took the motorway instead of driving through the mountains and that was much better. I recommend taking the motorway if you also get travel sick easily.



Then on the last day, my parents were here at the Quinta and we cooked together, which was great fun. After dinner, we drove to a lake in Mértola.

It is a wonderful lake with white sand and clear water. We then walked around the town a bit. Then drove back to the Quinta and my parents and I said goodbye to each other before they drove back to Holland.

All in all, we had a wonderful time together. We had a lot of fun, we talked a lot and it was great to see them again after such a long time.

Zeynap, Quinta do Cerro

OPEN DAY - Open Day

"Networking" is the be-all and end-all of many professional spades in the 21st century, including in the social sector. For our youth care organisation providing care programmes for German and Dutch children and young people abroad, networking is the basis of quality assurance. On the one hand, this includes the various youth care offices, co-operation partners, guardians as well as families and parents in the country of origin.



On the other hand, there are numerous offices, institutions, doctors and other professionals in Portugal, who make the quality of our work possible in the first place. Basis for a successful cooperation is a mutual understanding of each other's areas of responsibility, working methods and socio-economic embedding.

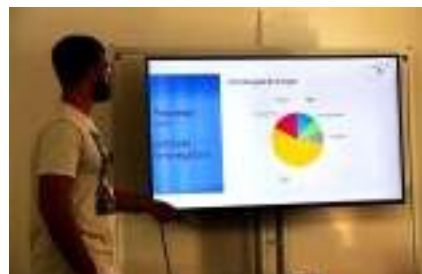
To strengthen networking in Portugal, Progresso hosted its first OPEN DAY on October 14th, 2021.



The major goal of this event was to introduce the participants to the framework and content of our work as an organisation supporting and accompanying German and Dutch children and young people in Portugal. At the same time, we wanted to create a meeting point for all those involved in the process of child and youth welfare in order to discuss the limits and needs of co-operation at a European level and possibly open up new avenues.

The invited guests were:

- the DGRSP - Direcção Geral de Reinserção e Serviços Prisionais, which reviews the consultation applications of children and adolescents and makes it possible for them to be admitted to Portugal in the first place
- the Portuguese Ministry of Justice, which establishes the legal framework for foreign placements
- Members of the Portuguese Social Security - Segurança Social, who review the care programme provided by Progresso on a quarterly basis and report to the relevant family court judges in Portugal
- Members of the local and regional child protection organisation CPCJ, who intervene in the event of a violation of children's rights
- local child and adolescent psychiatrists
- internship supervisors as part of the professional recognition year of the Portuguese Association of Psychologists (OPP)



- the mayor and political representatives of the municipality of Almodôvar
- representatives of various internships for our young people in Almodôvar
- representatives of the University of Faro from the Department of Social Pedagogy - Educação Social.
- the public prosecutor's office of Almodôvar.
- co-operation partners from Germany and the Netherlands.

Even though not everyone was able to take part in our event due to busy schedules, we were still able to enjoy a large number of visitors.



The event began with a speech by the mayor of Almodôvar - Senhor António Bota - who emphasised, among other things, the importance of Progresso as an employer in the Alentejo region, one of the least populated regions in Portugal.

Later in the morning, the project, its locations, the phase programme and the various intervention methods were presented in more detail.

The first broadcast of our new image video was a complete success!

After a refreshing buffet lunch, organised by the "Gourmet 1680" restaurant, all participants had the opportunity to visit the project sites.

Unfortunately, the planned working group on the topic of "Cooperation and working procedures with the Portuguese system" was cancelled spontaneously, as the members of Segurança Social had to leave unexpectedly due to a crises situation. However, there is the intention and willingness on all sides to organise a corresponding working group in due course.



In any case, the event achieved its goal of conveying a deeper understanding of our work, arousing curiosity, establishing and deepening contacts, and there will be new, interesting collaborations within Portugal in the future. But that's another story for another time.

Jutta Teufel, Pedagogical-Psychological Director



Summer holidays - Quinta do Cerro

Our holiday at Quinta do Cerro began on the 1st of August - and it was fantastic!

On the first day, we travelled to Malhão to see the sunset. In Malhão there is a Buddha temple on the mountain where we had a fantastic view over the landscape and could see the sea.



The next day we went to the swimming pool :). It was really nice because we were finally able to meet people after such a long time.

Corona had restricted us a lot, but we fell in love with the swimming pool and like this went there almost every day.



We met lots of new people and children too. We really had a lot of fun :).

And sometimes we also went to the café by the swimming pool and had an ice cream or a sandwich.

In the second week, we travelled to Spain with Carlos, André and Corinna.

The day was nice because we were all in a fun mood. We all enjoyed going to the beach. The water was a bit cold and there were jellyfish



in the water, so we were all afraid to go swimming. In the afternoon, we all went to a natural swimming pool near the Quinta.

Aleyna, Quinta do Cerro

Summer holidays - Nova Sembla

My name is Dominik and I come from Regensburg. I am 15 years old and have been at Nova Sembla with Progresso for more than 4 months now.

I spent the best part of the summer holidays with Mike and Sascha and my counsellors Miguel and René.

We went paintballing in the Algarve. We played "take the flag". I was very excited because you only had two "lives" and I wanted to play for a particularly long time. I also knew what it felt like when I got hit. When I tried to take the flag, our counsellor Miguel hit me on the arm, which hurt a bit but didn't feel as bad as I thought. It was definitely exciting. Later, we played with an unlimited number of lives, which was real fun. I hit Sascha hard in the hip in the process. Nevertheless, it was great fun for everyone. I definitely want to go there again.



Before that, we went to Aqualand, a water slide paradise. There were all types of slides. Together with Mike, I tried out many of them. The coolest slide was the yellow one:

It's steep, you're very fast and when you lie flat on your back, the water splashes in your face so that you can hardly breathe - it was pure adrenalin.



At the end of the summer holidays, we went to Albufeira several times.

We went to the cinema and watched "Jurassic World: A New Age" and "Thor: Love and Thunder". I liked "Jurassic World" better because it was a very exciting action film with scary effects. Both films were in English and my English wasn't as good back then as it is today.

The beach near Albufeira was also very, very nice. We hired a pedal boat with a slide and went out to sea. We were really buffeted by the waves. I slid down the slide three times on my stomach, which was incredible fun. And once I even made a pike from the ladder into the sea.

All of this has brought us closer together and I feel welcome here.

There was really something going on during these summer holidays - summer holidays with adrenaline!

Dominik, Nova Sembla



Karate, my passion: Emin

Hello, my name is Emin and I am a 16-year-old boy from the "Transition House". I would like to tell you about my experiences with the karate club from Almodôvar.

How it started: Around January 2020 (I'm not sure) I went to karate class for the first time and that's when my journey began. At first, I was a bit shy and it was weird to see other Portuguese teenagers our age. At that point, I wasn't used to being with anyone other than the guys from Nova Sembla.



But it didn't take long for me to get used to it. The Portuguese youngsters were really nice and I always enjoyed to go to karate. For the first 2 months I had to go in my normal clothes. Then I got my first white belt and my suit. That made me feel more part of the group.

And you can already guess... In March (2020) we had the first cases of Corona, and then literally everything got messed up. But even though we couldn't go to karate anymore, we travelled by bike. Because as almost everyone knows, Nova Sembla is in the middle of nowhere and there is plenty of open space.

We could no longer do karate at our normal place either - we had to move. Normally it was next to the fire station, but now we had to switch to the car park at the swimming pool. It was still fun because we could do more fun exercises there.

In July (2020), Sascha and I had our first karate exam. This is a whole day filled with karate and everyone is assessed to see whether they get a higher belt or not. Sascha and I got our yellow belt. In case you didn't know, the order of belts in Portugal is as follows: White - Yellow - Orange - Green - Blue - Red - Brown - Grey - Black.



I think that's about it. I hope you enjoyed reading about my experiences with karate!

Have a nice day 😊.

Emin, Transition House



Karate, my passion: Keano

I chose karate because there weren't many other options and I love martial arts.

I enjoyed karate the most because you learn new things and learn to control yourself. The best thing about this sport is training together, learning new exercises and having fun with the young people there.



A few months ago, we took our club to Vila Nova de Milfontes for 4 days. We were joined by three other clubs, so at least 40 young people. Every morning we had a training session on the beach and then we could all relax and swim in the sea. We also played football and volleyball and once we went canoeing on the sea. That was great fun!

We always went back to our motel around 5 o'clock and had a good dinner. We always had the evening off and I explored the city with some friends.

The great thing about karate is that you learn to control yourself, to get to know your body and to defend yourself. A very important part of this martial art is respect, because you should never hurt each other!



In my club in Almodôvar, the boys and girls are between 14 and 16 years old. That's my age. They all speak a little English and I speak a few sentences of Portuguese, so we can communicate well with each other.

The training sessions really help me to boost my self-confidence, and it's also nice to get moving.

In the Netherlands I already did kickboxing for 4 years and when I come back, I want to continue with martial arts because it helps me to get rid of my anger.

Keano, Nova Sembla



Quiz

prepared by Giuljana as part of the physics and chemistry lessons

Which power plant depends on the moon?

- Hydroelectric power station
- Tidal power station
- Nuclear power plant

What is kinetic energy?

- It is the energy of a film in the cinema
- Is the energy that all moving bodies possess
- Is the energy of a chin lock in boxing

Where are there more hydropower plants?

- Egypt
- Russia
- Greenland

What is potential energy?

- to solve mathematical powers
- If the energy of lifted bodies
- Is the power energy of men

Which animals don't like wind turbines?

- Leporidae
- Ciconiidae
- Cyprinus carpio

Which power plant produces no waste?

- Hydroelectric power station
- Nuclear power plant
- Thermal power station

Are cow farts energy sources?

- No, they just stink
- Yes, because the cow is a ruminant
- Yes, because they contain methane

What is a nuclear reactor?

- Atomic nuclei are split
- The applesauce is separated from the apple cores in it
- A measuring device for allergic reactions to fruit

Which substance drives the turbine in the thermal power station?

- H₂O
- NaCl
- C₂H₅OH

What do photovoltaics and solar panels have in common?

- Both contain silicon
- Both work poorly in cloudy conditions
- Both are black

Which hand-painted picture does not appear on the poster?

- Dancing cows
- Blowing cloud
- Weeping sun

In which answer do all three power plants have a turbine?

- WWV
- BAS
- GWA

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