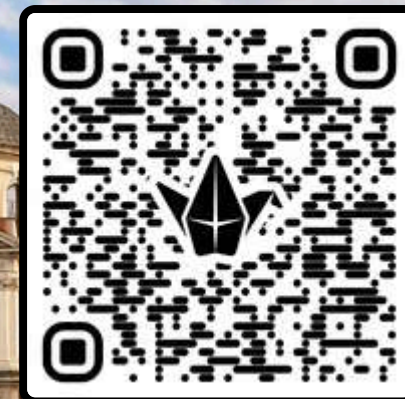




Alexandra Guia

Castano Primo - Braga

Who are you?

My name is Ema, I'm a 19-year-old Albanian girl living and studying in Italy. I attend a human sciences high school and I love both scientific and humanities subjects.

I'm very empathetic and passionate about music, reading, writing, and languages. Love and justice are my core values, and I would like to study international law and specialize in human rights.

I care deeply about volunteering and building a more inclusive and respectful society for the people and for our planet.

I'm grateful for this opportunity and I can't wait to meet you in Portugal!

Hi, my name is Angelo I am 17 years old, I love to play basketball, I study economy at IISS Torno in Castano Primo wich is the city where I live. I love watching movies and my favourite is Interstellar. This is my second that I come in Portugal, I went the last year and I loved Braga, the monument, the story and the soccer team. I am really excited to come another time and I hope to meet the people that I met the last year. Ciao!!

Lorenzo Milani

Hi, i'm lorenzo and i am 17 years old, i love play basketball, i study economy at torno in castano primo but i don't live in castano; in my free time i like to go out with my friends and my favourite food is sushi.

i also really like to watch tv series, my favourite is dexter and i also really like breaking bad.

i am really exited about this trip, i'm shure it will be fabtastic.

bye!!!

Tommaso Rizzi

Hi everyone!! I'm Tommaso, I'm 17, I live in Ossona with my parents and my brother and I study environmental biotechnologies at G.Torno, where I've recently become really interested in physics, so that's probably what I'm gonna do in university!

But school isn't everything: I like visiting new places, discovering new cultures and meeting new people even if sometimes I don't talk too much... I love going outside like hanging out with my friends, but when it's not possible, I just take a stroll with my dog. Sometimes I learn languages as a hobby, other than my mother tongue, Italian, and English, I know 3 others. I also really like foods and flavours that I've never tried before!

I'm really excited for this experience, see y'all soon!

Hi everyone, my name is Mauro and i'm 17 years old. I study economy, finance and international relations. My school is in Castano Primo, that is also the city where I live. I like playing basketball and hanging out with my friends. I've never been in Portugal and i'm really curious about discovering the language, the culture and the school. My favourite subject is economy and my least favourite is italian, or maybe history.

See you in Braga!

Bye!!

Mariele Mancuso

Hi, I'm Mariele. I'm 17 years old and I'm in my fourth year at the 'Torno' human sciences high school.

I live in Vanzaghello with my family, and I have two older brothers.

I really enjoy writing, listening to music, and hanging out with my group of friends. My favorite foods are sushi and pizza.

I don't play any sports at the moment, although I played volleyball for four years when I was younger.

I'm the kind of person who loves to talk, I'm very extroverted and I love meeting new people.

I've never been to Portugal so I can't wait to visit it.

See you soon! Bye!

Hi, I'm Lorenzo I'm 17, i love playing volleyball, i study International Relationships Marketing at IISS G. Torno in Castano Primo and in my free time I'm learning how to play piano.I also had the opportunity to come to braga last year thanks to this project and i hope to have fun and grow together as people. See you soon!!

Hi everyone, my name is Martim, i´m 15 years old, and i live in Portugal, i will receive Mauro Vicciantuoni. I attend a science and technology course in Sá de Miranda, i live near the school, more or less 2km away, i play football in ACD Parada de Tibães, and im really curious with Italian, because i really like to learn other languages, i speak Deutsch, Portuguese and English, with btw is my favourite subject along side Economy, if any of u have any doubts about the city, language, our customs, or anything else fell free to contacte me via instagram (freitass.145) or e-mail (a37246@sa-miranda.com) ! Hope all of you have a great stay, and enjoy everything! See you soon!

Hello, my name is Tomás and I am 17 years old. I am currently studying in a Science and Technology course at Sá de Miranda. I live in Palmeira, so I take the bus to school every day.

In my free time, I enjoy playing video games, and I am also a member of my school's volleyball team. I have never been to Italy before, so I am very excited about the opportunity to visit.

My Instagram username is @tomasrbg_

Eduardo Lopes

Hi, my name is Eduardo Lopes and I'm 16 years old. I'm studying Science and Technology course in Sá de Miranda. I live in Braga and very close to the school, so I go on foot everyday. I do karate in AKB (2°Kyu), I play piano, I go to the gym frequently, and when I have time I play volleyball in school. In my free time I like to go out with my friends and play videogames. I like very much football and music. If you want to contact me, my instagram username is (@eduardolopes.4).

Hii, I'm Rachele I'm seventeen and I live in casate which Is a small city in the north of Italy. I live with my parents, my sister Rebecca, my two little brothers Gioele and Geremia and also my beautiful cats icy and valtor. I play volleyball since third grade, I've already been in Braga and Porto and I loved it.

My school Is called "Giuseppe torno", currently I'm at the fourth grade and I study economy, spanish, english and german. One of my favorite food Is pastel de nata and I can't wait to eat them!!

I hope when you'll come to Italy you can enjoy It as much as I did with Braga. See you soon!!

Eva Alexandre

Hi I'm Eva and I'm 16 years old. I live in Braga with my parents, I don't have any siblings but I have a cat and a dog. I study Science and Technology in Sá de Miranda. I do theatre classes in my school and I like to learn new languages, so now I'm learning Italian. I'm really excited to go to Italy. My Instagram account is idx_eva._.09

Leonor Araújo

Hii, I'm Leonor and I'm 16 years old.

I live close to the center of Braga and Im an only child. At school I am currently studying Economy and its my favorite subject.

I also do volunteering at my school and I love to help others. I have a dog and I love animals, nature, travelling and I am trying to learn new languages and cultures.

I hope y'all love Braga like I do.

I, my name is francisca and I am 15 years old. I've already been in Italy but never to Castano Primo so I think this experience will allow me to experience a lot of new cultures. I love listening to music, watching tv and talking. I'm always open to try new stuf

What do you already know?

I don't know much about Braga yet.

I only know that it is a city in Portugal and that it has a strong cultural and historical background.

Regarding sustainability, I already know that it is about protecting the environment, respecting natural resources, and making responsible choices to protect our planet and future generations.

I see this project as an opportunity to learn more about both the city of Braga and how sustainability is practiced there.

This is the second time I've been to Braga. The first time, I explored the whole city and found out it's called the 'second Rome.' I visited the main monuments, which really surprised me; my favorite was the Church of John Paul II.

I don't actually know much about Braga, but I think this is a great opportunity to learn about the city while discovering more about sustainability and how it is practiced in this country.

I've already studied, as part of my course curriculum, topics such as environmental sustainability and recycling. I also have some knowledge of Italian methods and laws related to these topics. As for places, in Italy I'm familiar with some nearby cities around Castano Primo, such as Milan. However, there's always something new and interesting to discover, and I'm happy to keep learning!

I don't know much about Braga at the moment. I only know that it is a city in Portugal. I have never been there, so everything about it is new to me, which makes it even more interesting.

Regarding sustainability, I'm not fully informed on the topic, but my family taught me the importance of recycling and I've watched several documentaries about it.

I've never been to Portugal, and I don't know anything about Braga. But I do know how to say 'thank you' in Portuguese: *obrigado!*

I don't know much about Castano Primo, I only know that it's a small town close to Milan. But I'm interested to know about Castano Primo.

I already know something about Braga and Sa Miranda because I already did this Erasmus last year, but I think there's still a lot to discover and to know. About sustainability we discuss a lot these topic in class but also at home. Thank to these project I learn something new and I'm sure I'll learn a lot staiyng in Braga.

Leonor Araújo

I don't really know much about Castano Primo, I only know that it is in the north of Italy and it's a small city.

But I'm really happy to discover more about this city and I'm sure it will be a good experience.

Eva Alexandre

I don't know much about Castano Primo, only know that it's close to Milan and it's a small city in North Italy. But i'm very curious to know Castano Primo better

What would you like to know?

I would like to know how sustainability is applied in everyday life in Braga, for example in schools, public spaces, and daily habits of the people. I would also like to know more about Portuguese traditions, culture, language, and the way people live and interact, in order to better understand the place and the community.

I would like to learn more about the history of the local football club, Sporting Braga. During my previous visit, I only viewed the stadium from the exterior; this time, I am hoping to take a tour of the interior.

I don't know almost anything about Braga or Portugal yet! I'd really like to explore as much as possible and learn about the differences and similarities with my home country. And of course, I'd love to try new foods and flavours. But most importantly I'm excited to meet new people, and make new friends!

I would really like to know the differences in **sustainability** between Italy and Portugal, and whether these two countries are similar or not. For example, what are the **sustainability habits** of people in Braga? I'd also like to know, in general, how the habits of people in Braga differ from those of Italians

I would like to discover the history of Braga and its main monuments. I am also curious about local traditions and food. I hope to find something surprising that I can't see in my town.

I'd love to learn more about sustainability and dive deeper into the topic. I can't wait to visit Braga and get to know your traditions and culture!

I want to know more about Castano Primo, its cultures, gastronomy and recycling habits.

Eva

I would like to know about the traditions and culture of Castano Primo, the gastronomy, the Italian way of doing things, the history of the places and the Italian habits of sustainability

Leonor Araújo

I would like to know the culture of Castano Primo, their traditions, their way of living and doing things. I would also like to know their history, gastronomy and how they view sustainability.

Travelling to Castano Primo

It will be a chance to share our daily life, our school, our culture and familiarise the Portuguese students with Castano Primo and Milan. I hope we can get to know each other better, and create a friendly and open atmosphere together.

I wonder how the Portuguese students react to the Italian way of doing things! Is it similar to theirs? Are there any major differences? Maybe they will even have some suggestions that could help solve some of our issues. Either way, I'm happy to share our everyday life with other international students, and I hope they have a great time here!

I am really interested in whether the Portuguese students will be comfortable with the Italian routine! I want to know if it's similar to the Portuguese one or if it's really different, and in what areas there are differences. I'm really excited to share our everyday life with other people!

Castano Primo is a small and quiet town. Traveling here is easy and relaxing, and life is calm. It's the kind of place where everyone knows each other and time goes a bit slower.

I wonder how different daily life will feel for the Portuguese students compared to back home. Castano Primo is quite small and peaceful, the kind of place where you always see a familiar face. It's going to be so much fun showing you all around!

I hope it will be a good experience, I want to learn about the town's and country's culture, the traditional food, the language and the habits. I believe it will be a great experience exploring a new country that I never been and meeting new people.

Leonor Araújo

Im sure it will be a nice time. I really like learning new things and meeting new people, especially when they have a different culture. It will be an enrichment experience.

Eva Alexandre

I think that travelling to Castano Primo will be a great experience to me, discovering new places and new cultures and meeting new people will be amazing. I am very excited

Travelling to Braga

Travelling to Braga will allow us to discover a new cultural, social, and environmental reality.

I expect this journey to be a valuable learning experience, especially regarding sustainable lifestyles and responsible citizenship.

I'm excited to explore the city, make new friends, and discover their traditional food.

See you soon!!

I'm really curious about how the Portuguese live, what their schools are like, and their other cultural habits or ways of doing things. I'm also very excited to visit the city and see all of its sights. I hope to meet new people and have lots of fun while I'm there!

Travelling to Braga will be for sure a fantastic experience, I am really happy to meet new people, learn about new cultures and taste the Portuguese traditional food. I can't wait to go to Portugal, see you soon!

Traveling to Braga sounds really exciting to me. It seems full of culture, history, and beautiful places. I think it would be fun to explore the city and get a bit lost in its streets.

The idea of visiting Braga makes me very curious; it looks like a beautiful city, rich in culture and things to see. I can't wait to visit it all together!

Travelling to braga will be a fun experience and will allow us to learn more about Portuguese culture and life style

It will be an opportunity to share my routine, the city, my family and the traditional food. I think the italian students will enjoy going to Braga.

Eva Alexandre

I think that travelling to Braga will be a good experience to the italians to discover new traditions and know other routines and ways of living

Leonor Araújo

Braga is a city marked by a strong culture in the monuments and food. I lived my whole life in Braga and I really love this city and I hope y'all like it as much as I do.

Sá de Miranda School

Erasmus+ Student Welcome Programme (CASTANO PRIMO)

22th February to 28th February 2026

Areas to address: Recycling and Circular Economy

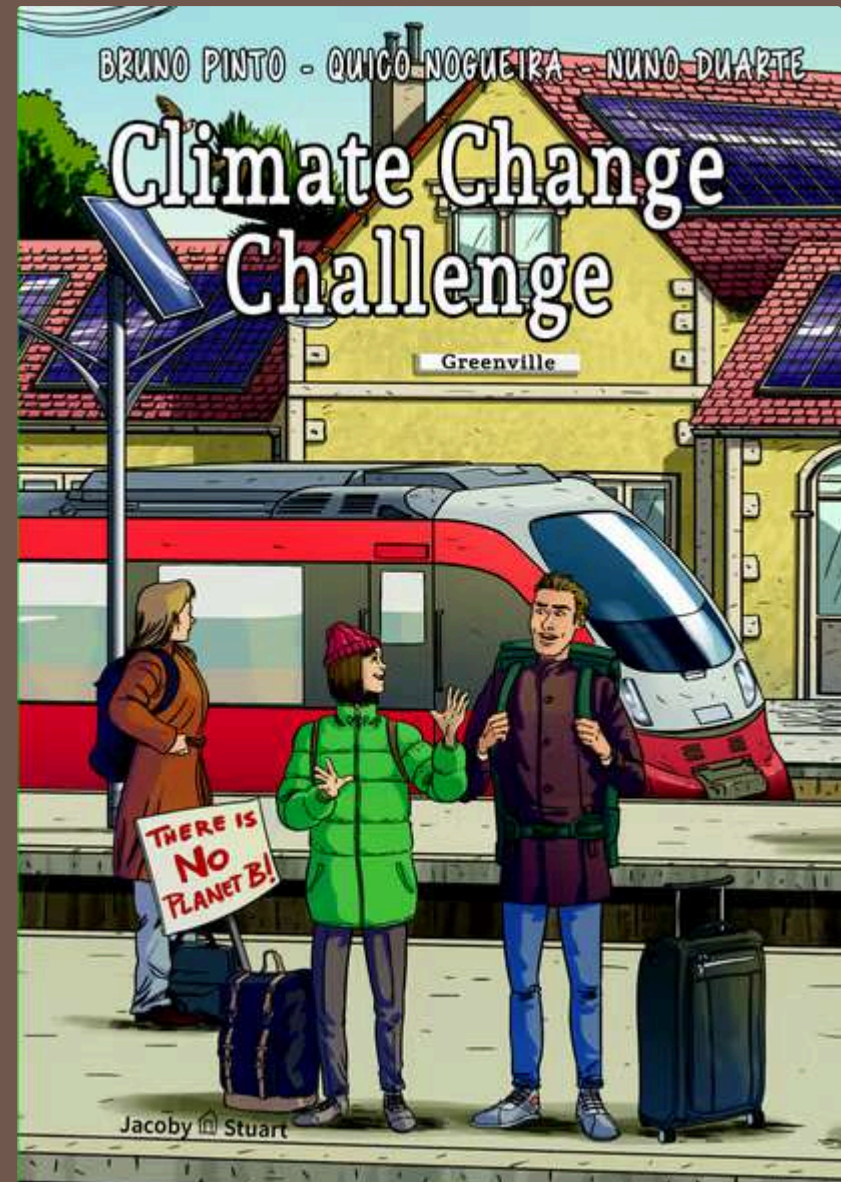
Sunday, 22 nd February	
- Arrival at the airport at 13h25, arrival at Braga bus station at 15h05 (Getbus at 14h30) - Reception of participants: 8 students and 2 Italian teachers - Placement with the host families	

Monday, 23 rd February	
08h20 – 09h10	Students attend classes together with their host students
09h20 - 11h00	-Welcome ceremony for students and teachers at the school Theatre -Presenting the school and the city
11h00 - 11h20	Coffee-break
11h30 - 12h30	School tour guided by the Tourism course students
12h30 - 13h00	Lunch in the school canteen (all participants)
14h00 - 17h00	Guided visit to Braga city centre by the Tourism course students
17h30	Students return with their host families

Tuesday, 24 th February	
08h20	Bus station: Braga- Guimarães-09h00- bus, students 2,20€ and teachers 6,05€ (each trip)
10h-12h30h	Visit to the historical city centre
13h00-14h	Lunch at Guimarães shopping centre
14h00	Bus to "Laboratório da Paisagem" (90 minutes visit, maximum / free entrance)

Programme for the week

Do you like Comics?





What is BookCrossing?

BookCrossing is the act of releasing your books "into the wild" for a stranger to find, to another person, and tracking where they go via journal entries from around the world. Our community of book-lovers is changing the world and touching lives, one traveling book at a time.

We hope you join us!



Unlock your full potential—pick up a book and transform your future!

- Choose books that inspire you
- Set daily reading goals
- Share and discuss ideas with others
- Promote sustainability



Add your photos and comments

Laboratório da Paisagem



Circular economy at school



Circular economy at school



Corcular economy at school



Circular economy at school- Bookcrossing project



Our week in Castano Primo

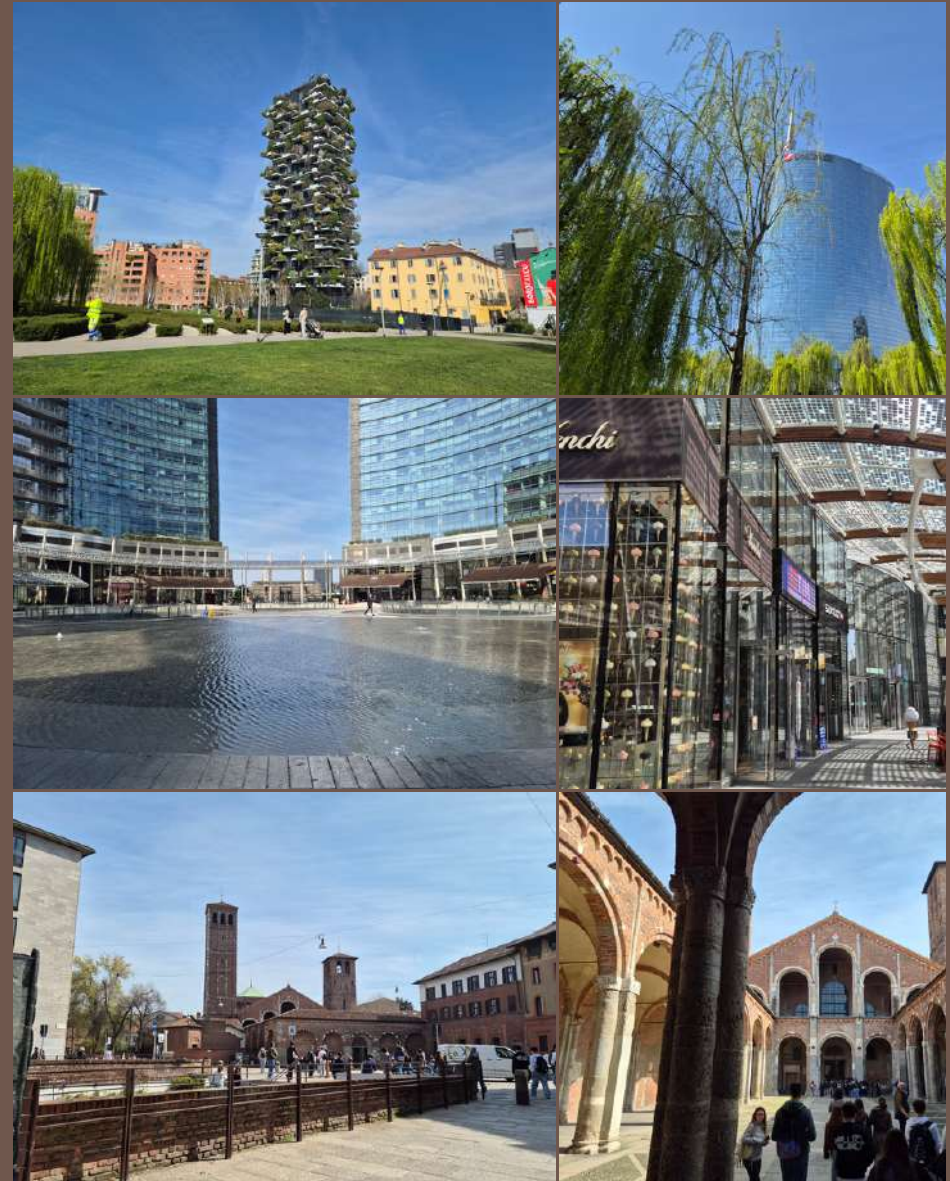
Day 1 (Monday, 23/3)



Day 2 (Tuesday, 24/3)



Day 3 (Wednesday, 25/3)



Day 3 (Wednesday, 25/3)



Day 3 (Wednesday, 25/3)



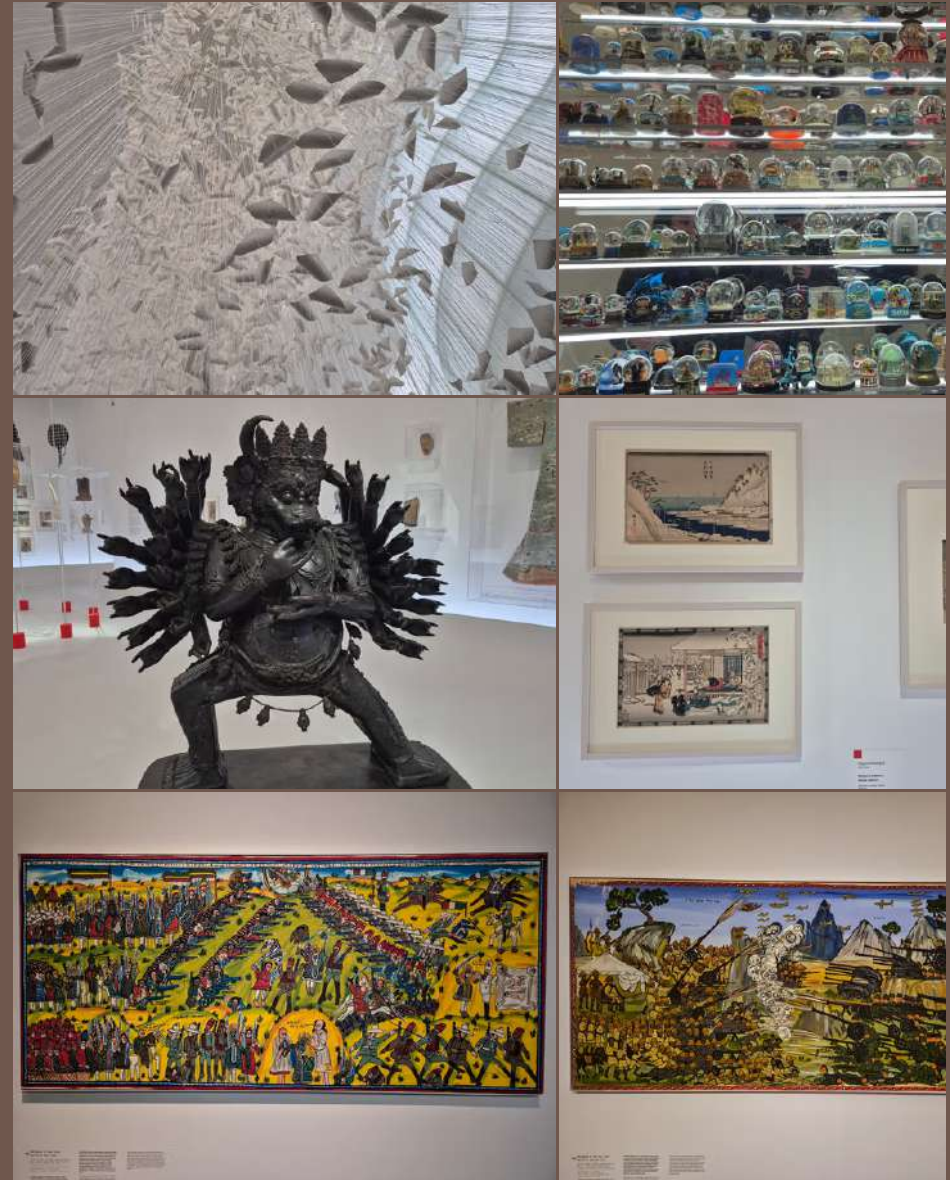
Day 3 (Wednesday, 25/3)



Day 3 (Wednesday, 25/3)



Day 3 (Wednesday, 25/3)



Day 4 (Thursday, 26/3)



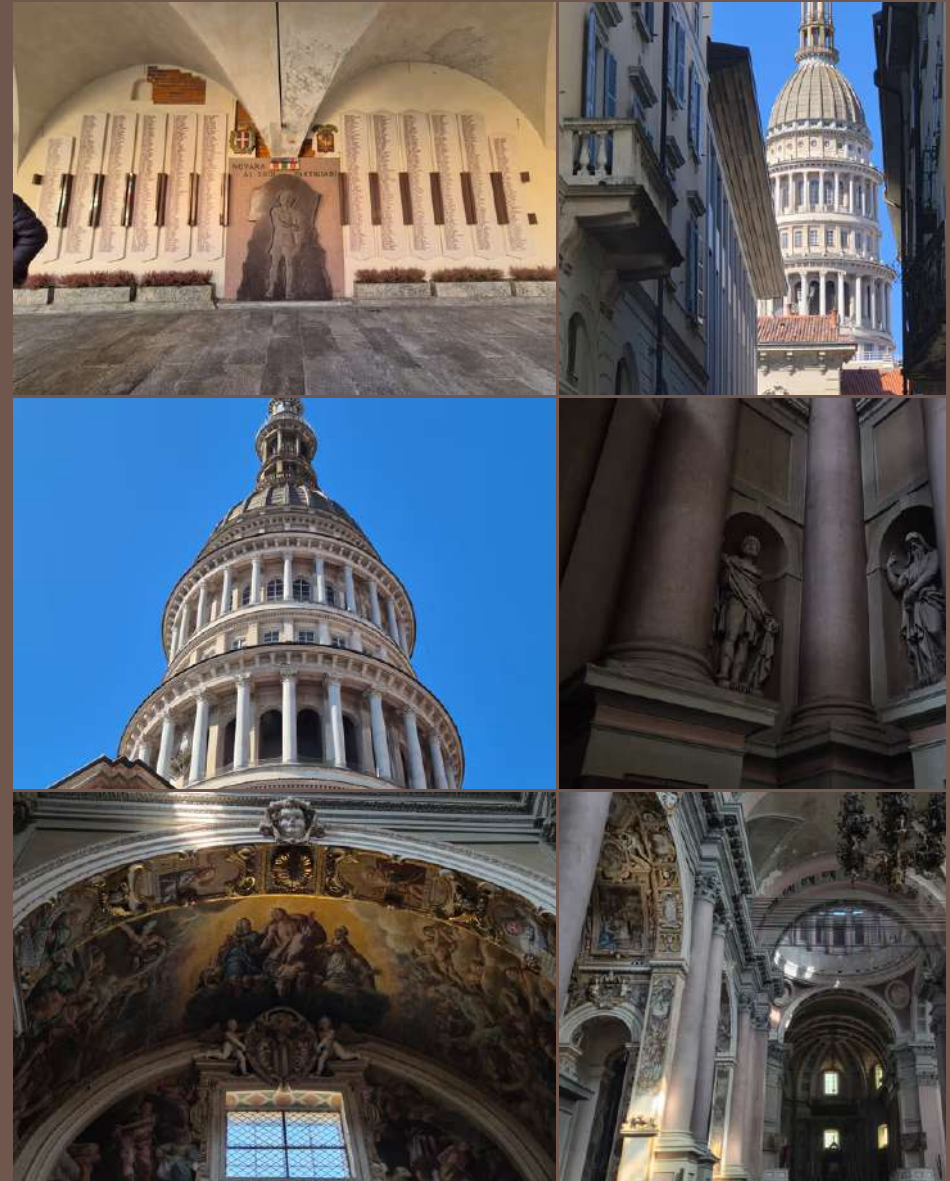
Day 5 (Friday, 27/3)



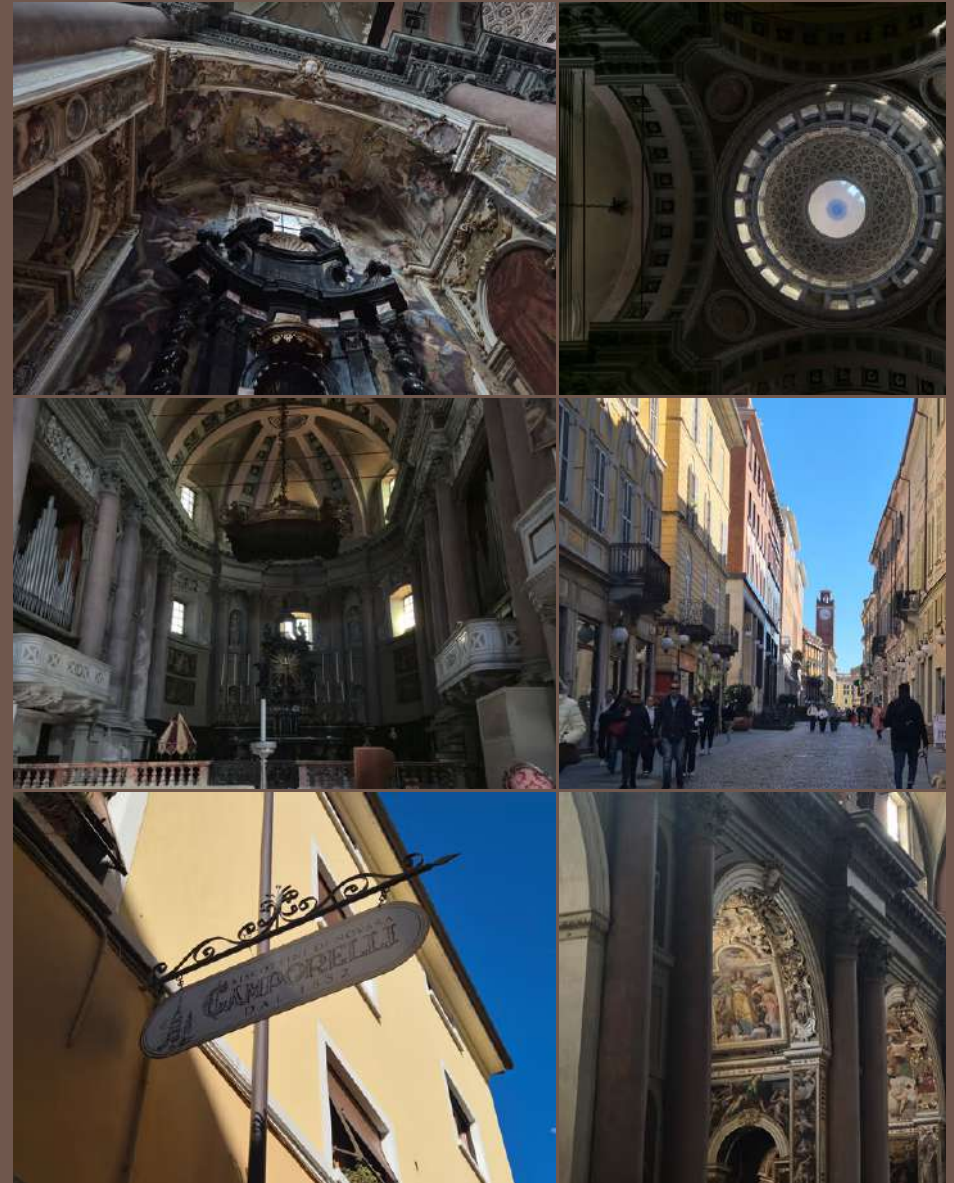
Day 5 (Friday, 27/3)



Day 5 (Friday, 27/3)



Day 5 (Friday, 27/3)



Evaluation

Please evaluate the meeting

It was a pleasure to meet you!!!

