

OUTDOOR EDUCATION AND CULTURAL AND ENVIRONMENTAL HERITAGE

Teacher: JOANA TEIXEIRA

Course Duration: one week, from Monday to Saturday, 30 hours

Number of Participants: Min. 6 - Max. 20

Course location: Porto and North of Portugal



DESCRIPTION

Required equipment: Comfortable clothes, shoes and a personal computer

This course aims to provide participants with tools, ideas and knowledge on how to integrate outdoor education with formal education. This way, students will stay motivated and will appreciate the environment, which will contribute to their personal development. Outdoor education helps generate respect for the natural and cultural environment, to better know a society and to increase tolerance between its people.

For this purpose we will have outdoor training focused on the cultural and environmental heritages of Porto and its region, an area rich in gastronomy, traditions, festivals and heritage. By seeing these elements we will learn about how heritage arises and what processes it goes through to become protected, whether natural or not, and how we can use it in a classroom context, which will lead students to assimilate the importance of protecting and disseminating these elements.

Some examples of heritage existing in the territory are the costumes, both regional and university costumes, the gold art of filigree, the sounds of bells and guitars,

the art of embroidery, Braga's Holy Week, the historic centres of Porto and Guimarães, the gardens and the construction of rabelo boats. Thus, the heritage groups to be seen are heterogeneous and include built heritage, natural heritage and intangible heritage.

LEARNING OUTCOMES

- Acquiring non-formal education tools to improve the students' learning processes
- Understand the process that determines how a certain element becomes heritage, whether natural or not and how to promote it via education
- To get to know strategies for the promotion and enhancement of cultural heritage at local, regional and cross-border level through contact with some Portuguese heritage elements
- To increase the knowledge of Portuguese culture through outdoor education
- To be able to use cultural or environmental heritage elements from the native country as a tool for outdoor education with the students

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PROGRAM

Monday

- Presentation dynamics;
- Introduction of teachers and schools;
- Introduction of the course;
- Games about European Union

Tuesday

- **Braga**

The city of the Baroque: morning guided tour to the historical centre of the city, with a visit to a guitar shop and to the Garden of Biscainhos; afternoon visit to the Bom Jesus do Monte Sanctuary, a World Heritage Site, where plants, water and stone produce a holy mountain

Wednesday

- **Guimarães**

Cradle of the Portuguese nationality: morning guided tour in the World Heritage Site city centre, visit to embroidery shop and entrance to the Guimarães Castle; free afternoon

Thursday

- **Viana do Castelo**

The love for the traditional costumes and religious parties: guided tour of the historical centre of the city, with entrance at the Costume Museum and the Gil Eannes Hospital Ship

Friday

- **Porto**

Sea port that received contacts from different peoples through the centuries: guided tour of the historic centre, with emphasis on the relationship between Port Wine and the city with entrance in the Casa do Infante and Portuguese Centre of Photography

Saturday

- **Porto**

Valuing local culture: bridge boat circuit on the Douro River;

- Port wine tasting;
- Handing out of certificates (with group photo);
- Group lunch