



## Summary of C3 Lisbon

08.05. - 15.05.

### Sunday:

On Sunday, we arrived in the afternoon, had lunch, and then explored the city.

### Monday:

On Monday morning, we arrived at the school and played icebreaker games to get to know each other. Then, we started with the first Nonviolent Communication (NVC) workshop. We reviewed what we had started in Spain and went through the four steps of NVC. We created a poster where we described situations based on a picture and emphasized the difference between observation and judgment. We had lunch together - even in Portugal, people take long lunch breaks. Afterward, we returned to our home groups to observe and describe situations outside of school, followed by evaluating them as we had learned earlier. Each group then presented their findings, and we compared them. An important topic of discussion was taking responsibility, specifically whether one is responsible for others' reactions. The Spanish students gifted us chocolate, which we greatly appreciated. We concluded the workshop at 4:00 PM and had free time to explore Lisbon together.

### Tuesday:

We continued with the second step, "Feelings." We drew emotion cards, associated them with our current feelings, and explained why we felt that way. We discussed a problematic situation from the previous day and resolved it using the four steps of NVC. We covered the theoretical part of NVC through a PowerPoint presentation and differentiated between real feelings and pseudo-feelings, discussing situations where feelings were mixed with judgments. We took photos of freeze-frame moments representing "pseudo-feelings," which we discussed on Friday. We had lunch at school. In the afternoon, we searched for and identified plants in Gulbenkian Park.

### Wednesday:

The group visited a park in Belem, where we played group games to learn each other's names and relax. Then, we discussed needs as the third step of NVC. We exchanged ideas about the strategies we use to fulfill our needs. We had lunch at



school again, followed by a presentation by an activist who works for the environment and community life in Lisbon. Afterward, we

brainstormed how we want to make our community and life sustainable, which we presented in groups. Workshop activities were exhausting, so we returned to the hotel at 4:00 PM to relax and rest.

Thursday:

We took a trip to Sintra and explored the flora and fauna along the coast. Finally, we had a bit of free time (one hour) to explore the old town. Lunch was again provided at school, featuring a great buffet prepared sustainably by the students. Then, the Portuguese students showed us their Lisbon.

Friday:

We shared our experiences of the week, discussed our observation tasks, and compiled our work results. We exchanged ideas about choices and responsibility for our actions. Through recorded role-plays, we concluded that we usually have various choices. We then participated in a gratitude ritual, expressing appreciation for each other and thanking one another. Afterward, we evaluated the week and received certificates with a lot of applause.