



National training – Portugal – Porto



Pre-training activities



**Presentation the competences and
programms mapping**
Gato Vadio Bookshop
June, 2019

Oasis Game
Escola de Comércio do Porto
September, 2019

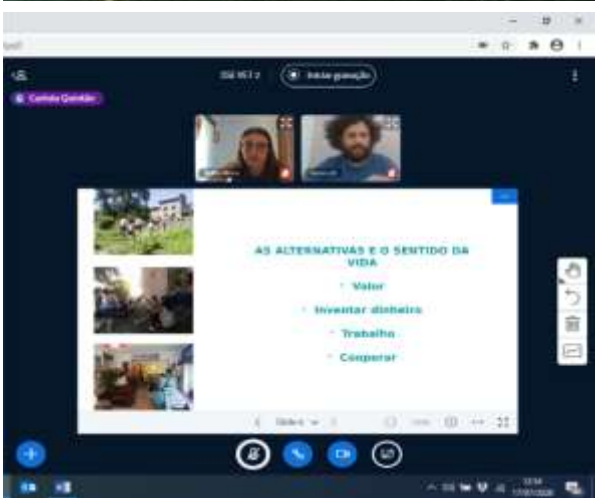
Meeting of interested people
Externato Santa Clara
February, 2020

Our training community

- 10 members;
- Different ages (24 to 45+);
- Various fields of study (psychology, sociology, education, economics, criminology; international relations...) and backgrounds;
- Diverse levels of knowledge and experience with SSE (unknown, theoretical knowledge, practical and professional experience, etc);
- Several occupations (social workers, teacher, trainers, project managers, heads of SSE institutions', accountant...);
- VERY different “starting questions”!



Activities



- Two online panels with experts – one on SSE and one on VET;
- Debate with academics and politicians, open to guests;
- Training sessions on new methodologies;
- Daily reflections;
- Watching and commenting a documentary;
- Energizers and group dynamics;
- Field visits.
- Total of 8 days, 2 per week during July.

We visited...

- Quinta do Mitra – community farm and association;
- AMAP – agriculture producers’ union;
- Gralha – self-managed social center;
- Casa Bô – cultural association and co-habitation project;
- ECG – multi-purpose cooperative.



SSE initiatives



And got to know...

- A local “Time Bank”;
- The Degrowth Network;
- Casa da Sogra – sustainable cuisine;
- CidadeMais – sustainability festival;
- Terra Chã – local cooperative of regional products and services;
- MEM – network of trainers and teachers for integrated learning;
- RedPES – Portuguese association for Solidarity Economy.





Community building

- “Transformation tree”;
- “Sharing corner”;
- Training pact;
- Common values: use of feminine plural, open source resources, ethical and green consumption;
- Carpool;
- Division of tasks;
- Assemblies of care;
- Group reflections;
- Shared meals;
- “Collaborative rice”;
- Trail walk;
- Projecting the future.

Didactic materials

Provided materials--- Moodle:

- Infopack;
- Papers and articles;
- Websites and links;
- Books and others shared by the community;
- Film documentaries;

Products:

- “Transformation tree”;
- Discussions and exchanges hosted by participants;
- Grid for SSE initiatives’ visits;
- “Starting questions” and presentations of the answers found through action research.



Paths for the future

“Solidó” SSE collective:

- Meet monthly (3 times so far);
- Visit other initiatives (local, national and international);
- Mantain a consumers’ group;
- Host public debates/round tables;
- Map and give visibility to SSE projects in Porto;
- Open to possibilities! 😊

Cooperation for VET/SSE

- Internships of VET students in SSE organisations;
- Common projects
- FInal graduation projects about SSE institutions.





Thank you!