

Day 23th february

The day started really early for the norwegians, who had to catch the 6.20 am flight from Torp (1 1/2 hours from Kongsberg). We had to meet in Kongsberg 03.00 am, which was really early. Then they flew to Amsterdam, where they had 1 hour until the next flight to Porto. That flight landed 10.30 local time. The french met at the airport in Lyon, at 9.00 am, and the flight took off at 11.00 am. The flight landed 12.45 in local time. Meanwhile the norwegians had 2 hours of waiting which was well spend on games. Just to mention: Damien unpacked his mattress and took a nap. At this moment, at 1.00 pm, some of the portuguese came and picked us all up at the airport and we went to their school on the bus. At the school we first had a small reunion with the students, afterwards we had a opening section of this camp where the leaders/teacher/principal said some words for us. Everyone got a really nice Erasmus t-shirt, produced by the french. We took a group photo afterwards, in front of the school, before we all were heading home to our host families.



Then the day ended up differently from group to group. Our group, met up with some of Inês's friends at a coffeshop. We talked about the differences between our countries and tried some traditional portuguese cake, called nata. Meanwhile some groups were playing beach volley, but we did not get there in time, so we came to the sports park when the other groups went. Therefore we ended up playing beach volley and basketball with some brazilians.

We went home and eat a lovely dinner with our host familiy, made by our wonderful host mother, Sílvia. We shared our gifts from our countries with the family. And then we all sat down, and in this very moment, writing this sympathic day summary. And we almost forgot that we met Ines's fluffy guinea pigs, Sparky and flecha (arrow in english)

The end of 23th february (Well, we are going to bed obviously).

Inês José – Andrea Vanebo – Sarah Wollo – Quentin Andrieux

Day 2 : 24th february

After a first night in our host family, everyone had breakfast. We then had a meeting at 9:30 am in the center of Braga for a discovery of the city doing an orienteering score race with the "family". Some teams were accompanied by parents or siblings while some assured the win by staying with a team of teenagers.

We had 1 hour to take the maximum controls with a total of 30 controls.

The teams then planned their route with different strategies (if;).

Damien followed some teams, with the camera , here is the video:

https://www.youtube.com/watch?v=U8-DtknhSCw&feature=youtu.be&fbclid=IwAR1DxMODMx21_aeunbqjtmrX5Qad2KxrUI0uYs3Oweyk8giljgZYTiq7F4w (0:40-6:39)

After an hour of orienteering under the Portuguese sun, we spread and ate lunch with our family. Some French and some Norwegian tasted the portuguese traditional cuisine.

Then we met at the base of the "bom jesus" at 16h to climb to the top while walking. Some went downstairs to go up the stairs to beat the record of the climb. Quentin destroyed the previous record by doing 3:37! Once all the controls had been set in the forest and the instructions had been given we left by waves of 6 persons on a micro sprint with variations, few returned without missing points...

After everyone had finished, everyone looked at the beautiful sunset of Bom Jesus.

After the sunset, it was dark and brave people took out the controls at night with the phone's flashlight. After that, the parents came to pick us up by car at nightfall to take us back to our respective homes.



José Pedro Fernandes - Antoine Faure – Victor Gonet

Day 3, 25 February

Today, 25th of February, we woke up at 7 am and we had breakfast at 7:10 am.

At 8:20 am we assist to the 12th F's math class. In that class the students received and corrected their tests.



The next class we had was Physical Education, at 10:05 am. At this class we ran for about 10 minutes and then we played basketball.

After these two classes we met our mates and we had lunch together at the school canteen. At the lunch we ate soup and pasta.

Carlos, Mathis and Sølve

After the morning in the school we met at 13:30 in the main entrance and split into four groups to start the tour to Braga.

Two of the groups went by bus to Braga's Stadium - "Estádio Municipal" - where we got a guided visit, it was very cool. We had access to VIP rooms, we went to the field, to the stands, to the players change room and the city's club (SC Braga) trophy room. We learned some interesting facts about the local Stadium and the Club that plays on it.



Meanwhile the other two groups started their course in the city avenue and went sightseeing Braga's main touristic points and historical places. We saw Liberty Avenue ("Avenida da Liberdade"), Braga's Castle, City Arche - "Arco da Porta Nova", Braga Cathedral - " Sé de Braga", Saint Bárbara Garden, Public library, and the Roman Thermae " Termas da Cidade (we saw a video explained how the people used to bath and the spas layout). We also visited many important streets in the city's historical center.

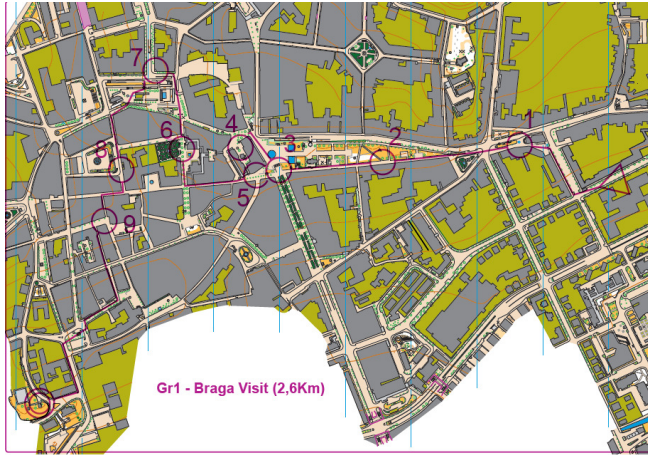


After this visit we swapped places, the group that started in the city went to the stadium and we started their visits but in reversal order at 16:30, but before we started everyone took a break at a local terrace and some people bought an ice cream because the weather was really hot (which was very nice!)

Then, when we finished the sightseeing, we met at the avenue with the ones that had just gone to the stadium around 18:15 and we had some free time to enjoy the city views and take some pictures. At 19:30 arrived to the restaurant (on foot) and we all had

dinner together. We ate a typical Portuguese dish that no one, except the Portuguese, had tried before - “Francesinha”. Some people liked the food more than others but we think it was really good.

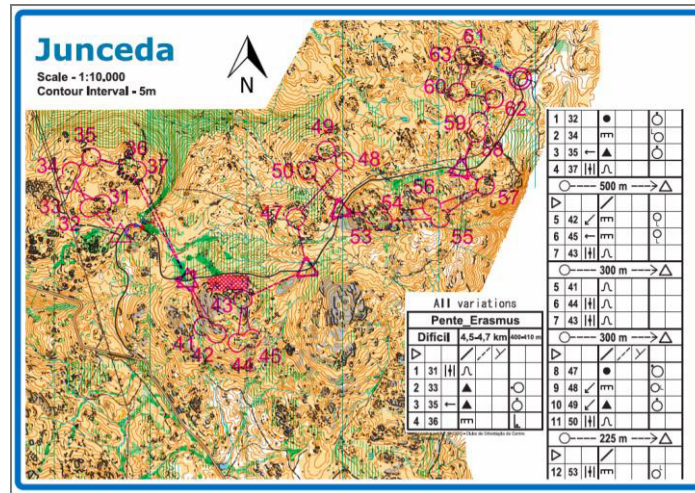
Concluding, it was a good day and both the tours and the dinner were really fun. The weather was really nice and we saw some interesting things. We also got to know more about Braga.



Luís Amorim -Julien Vuitton -David G ry

Day 4: 26. February

We got to school at 8:00 am. We took the bus to Junceda – Ger s. We took an hour and a half to get there. Before training we stopped to take a look at the lake. When we arrived there, we changed clothes and made pairs for the trainings. We walked to the start, where Tom s explained what the training would be like. (Thanks for the training). Then we warmed up and discovered the bushes. The training consisted in one person doing the course while the other one walked to the next start through the path, and then switching places. (Look at the map). Girls started at the mass start (and some boys played the “girl” role). While we were going up, the pairs started spreading out and at the top there was a “re-mass start” for the boys. Some pairs did all the controls and others turned around earlier. It was a difficult but fun and social training. The weather was really nice, maybe a little too nice since all the Norwegian got sunburnt. After the training we changed clothes, ate lunch, which we brought from home, and drank tons of water. Afterwards we took the bus and relaxed for three hours. After those three hours we started the trekking at “Fenda da Calced nia”. We walked for some kilometres before we started to climb the rocks. It was a hard but really fun and adventurous. The view at the top was really nice and we took the time to take some pictures. Some boys climbed even higher, to the top, but the rest of the group just stayed in a lower place, in safety. Then we went back to the bus and went to the place where we would sleep, Pousada da Juventude. In each room there was four students, we showered and got ready for a team meeting. At the team meeting we drew the map for Thursday’s training. The outcome of the maps was not that good, I guess we were not born to be artists. At eight we went straight to the restaurant and got soup, rice with beans, and different types of meat. We ate dessert and then went to sleep. It was a fun day with an exciting training, nice weather and a challenging trekking.



Bárbara Pereira - Marlin Haavengen – Romane Lesquer

Day 5 - 27th February

On Wednesday, 27th of February we stayed at the Youth Hostel at Vilarinho das Furnas. We had breakfast in the canteen at 8:30 a.m.. We went on the mini-buses to the training zone, in Lamas. The training was a regular course, designed by José Fernandes, a member of .COM. There were two courses, one shorter and easier, with 3,4 km length, and one longer and more complex, with 4,9 km length. The best time in the shortest was 34:30, by Ana Pacheco, and the best time in the longest was 38:45, by Julien Vuitton.

Damien recorded a video running in the training, here is the link:



https://www.youtube.com/watch?v=Xh0c_Z3YG8g&feature=youtu.be

Then, we came back to the Hostel, where we ate lunch. There was spaghetti bolognese in the menu.

In the afternoon, we went to the border with Spain to go to the hot springs, in Lobios. Some of us started running 6 km before the springs, in the track in the woods. The other ones joined them at half way, when the roman path started. When we arrived, we relaxed in the hot water for a while, and then we left in the bus coming back to Braga. Then, everyone went to their



respective host families. It was a hard but funny day!

André Serra Campos, Mael Heritier, Elisabeth B Softing

Day 6: 28th February

After a good breakfast in our host family, we took the bus for 2 hours to go to “Borralha”.

In Borralha, we were divided in 2 groups and when a group visited the museum of the Tungsten mine, the other did the “Miner’s Trail”, the walk of the miners.

As a matter of fact, this way was been borrow by the miner everyday during the 2nd World War. Eight hundred miners worked in the mine and ,with their families, they were 2000 people in the village.

We travelled by the village of the minner, seeing the church, the foundry, the professional school and the centre of this village.

In the museum, we have discovered what is the Tungsten and we touched it. We also saw images of the village during his operation and the cinema/parties room with his bar. In this room we saw the identification card of some workers ,too.



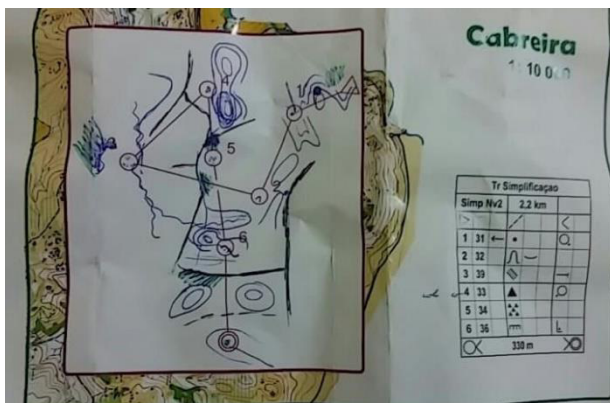
After we ate and prepared ourselves for the training of the afternoon.



Gonçalo Fernandes – Léandre Magat

Hi everybody, the sun is always here!

This afternoon, after the lunch, around 1:30 pm, we left to do a special training. The first training was "draw, it's win". On of the other days we had to “draw” the map, for the training today. We started with a blank map, and then we had draw the details that we wanted to orienteer on. Therefore, you could only draw the important details, so it only containing the details which are necessary to use. At this day we run the course on the



simplified map. We also had another map with all the details, because the teacher was afraid to lose a student. When the runners arrived at the finish of the first training, they continue with another exercise (but with a full map...it was easier!) The runners are in pairs. They had just one map for both: one of them memories the leg, and the other takes the map. After that, some French and Damien the Norwegian coach decided to climb summits after

summits. So" no rain, good race" Unfortunately. Diane got injured during training. Therefore, we wish her a good recovery!!! She is strong! Finally, after about 1 hour of bus, the students come back on their host family.

Kjersti Tonnesen Bergstol, Helene Champigny, Beatriz Silva

Day 7: 1th march, visit to Porto

We went with bus to Porto and started the guided tour. We started in Vila Nova de Gaia, and walked pass the bridge called Luís I. The view was beautiful, and we stopped to take some photos



We had a look at the enormous Porto Cathedral.

Next up was the trail station, São Bento, that had walls covered with hand painted tiles that describes Portuguese history.

After a small walk, we went inside the fanciest McDonalds restaurant. McDonalds is in Avenida dos Aliados, that was crowded with tourists and cars, but it was still looking gorgeous. Then we went to Torre dos Clérigos and passed across Library Lello, which inspired J. K. Rowling for her books of Harry Potter. On our way to the lunch we passed the Hard Rock Café where we met some of the other groups. After this exhausting tour we suddenly made the lunch spot, that took place in the lunch canteen.

Inês Augusto, Cécile Calandry and Helene Eger

Afternoon, to start we had 3 hours of free time in Porto to visit and buy many things .

Then We went to take a boat at 4 pm to see 4 huge bridges in Porto .

The first bridge is : Ponte de Arrábida

The second is : Ponte Dona Luísl

The third is : Ponte infante Dom Henrique

The last is :Ponte do Freixo .



After we boarded a boat to visit a little museum about wine

Finally we went to take a bus to arrive at Quiaios near Figueira da Foz to participate in a competition :POM .

Ana Pacheco - Lucine Gintzburger - Karoline Tora

Summary of 2th march

This was the first day with competition. The terrain today was difficult and hard, but also funny and great. The lunch was at the arena, and it was a sunny and warm day. After the competition, we went to the beach. Some of the students tried swam, but it cold and big waves, so most of students played football and volleyball. After this went to the hard floor to take a shower, and then we went to the restaurant Salmanha for diner. Then we took the bus back to the hard floor, and people were tired so they went to sleep

Beatriz Meireles and Ásne Haavengen

4th March

- Breakfast from 8:30 to 9:30
- Leaving at 10:15
- Competition (POM third day)



- Free afternoon (with some pranks 😊)
- Leaving to dinner at 18:30
- Dinner at 19:00 at Quinta da Salmanha
- Returning to school at 21:00 (arrived at 21:30)
- Free time or sleep

Competition results (only O`Enrich):

M16

1. Maël Heritier
2. Magat Léandre
3. Nathan Arondeau

W16

1. Lucine Gintzburger

M18

1. Quentin Andrieux
2. Julien Vuitton
3. Antoine Becaert

W18

1. Hélène Champigny
2. Cécile Calandry
3. Tale Strand

W20

1. Helene Eger
2. Kjersti Bergstol
3. Andrea Vanebo

Nuno Almeida - Nathan Arondeau - Olav Lund

Day 11: 5th March 2019

Portugal O' Meeting 2019 Long Distance Return to Braga

After an intense training week and three middle distances courses, it was time to the physically hardest course, the long distance. Our start times were between 11h00 and 12h15 so we ate breakfast about 8 o'clock.

After it, we walked to the Arena, Campo de Tiro de Quiaios, from an alternative forest path:

After the running we had lunch, just before the prize delivery where we were well represented:

Finally we were going to return to Braga so we had shower and we went to the bus. After a few hours driving North we reached Braga and had dinner with our families. In my home in particular we ate tomato rice with *bolinhos de bacalhau* (codfish) with *pão-de-ló* (a traditional Portuguese cake) for dessert.

And that was our day, one of the many memorable days of this project that everybody enjoyed.

Gabriel Vilaça -Alexandre Baconnet – Vetle Drage

Summary of the stay: 6th march

During the time spent in Portugal, we saw the best and the worst from the Portuguese weather. The first days were very sunny and warm, which helped a lot to show all the beauty of the country. On the other hand, the final days were very rainy and a little bit colder.



On the cultural side we visited two big cities from



northern Portugal, Porto and Braga.

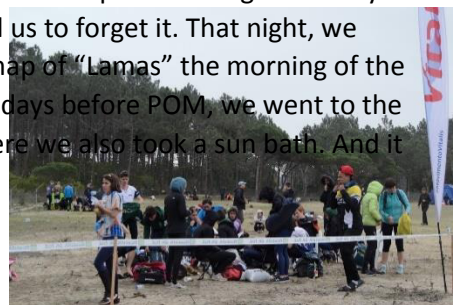
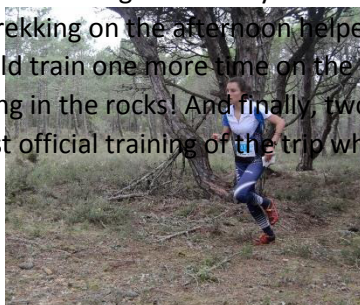
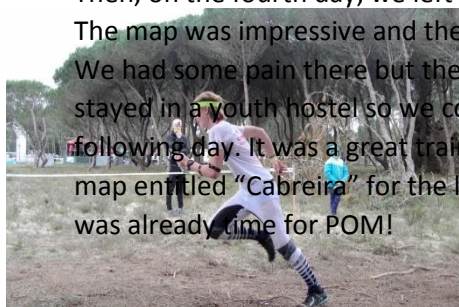
Porto: One day we visited Porto. This was a town not far from Braga, where we were staying. The city was divided in two sides by a river. To make the transportation of wine and other goods between the two sides easier, Alexandre Gustave Eiffel constructed a bridge. The bridge stands to this day, and has two levels, one for cars, and one for people and metro. During the day we stopped by several historical buildings and viewpoints. We ate at the cafeteria of the local law school, and got some free time to go shopping.

Braga: The sightseeing in Braga contained several historical spots and buildings in the city. We specially used a lot of time in a watch tower that had stood there since the Roman empire. After the sightseeing in the city, we went to the Braga football stadium. It was magnificent! A very impressive construction with a complex architecture.

During the trip we had at total of 6 trainings. The first one was on the 2nd day of the stay: it was a sprint with the families in order to discover the city of Braga. The second one was in the afternoon on the same day: a little sprint with SI card on a beautiful site called “Bom Jesus” with a stunning sunset at the end!

Then, on the fourth day, we left Braga to go to the north of Portugal, near Spain, in the mountains. The map was impressive and the first training was a relay to motivate and put some high intensity!

We had some pain there but the trekking on the afternoon helped us to forget it. That night, we stayed in a youth hostel so we could train one more time on the map of “Lamas” the morning of the following day. It was a great training in the rocks! And finally, two days before POM, we went to the map entitled “Cabreira” for the last official training of the trip where we also took a sun bath. And it was already time for POM!



All the ERASMUS group took part in Portugal O'Meeting. This international event consists of 4 races. Each day, the athlete gets points depending on the time they realised and the winner of POM is the orienteer who earns more points on the total of the 4 stages.



The first three races were middle distances and the last one was a long distance.

All the stages of Portugal "O" Meeting 2019 took place in the spectacular sand-dune terrains around Figueira da Foz. The terrains were a mix of technical and fast areas. Some athletes of the ERASMUS group went very well while others spent a lot of time finding their controls, but surely all of them had a lot of fun. Indeed, many ERASMUS orienteers went back with a medal.

In M16, the winner was Maël HERITIER, Nathan ARONDEAU came second and Léandre MAGAT was third.



In M18, the winner was Julien VUITTON, Quentin ANDRIEUX second and Antoine

BECAERT third.

In W18 class, the winner was H  l  ne CHAMPIGNY and C  cile CALANDRY was second.

Also in ME class, Damien Renard achieved the 1st place.

On the last stage, there was a chasing start for the Elite and Super Elite classes, and the first athlete in the finish was the winner. It was very interesting to follow their races!



During this event, we also did some activities. We went to the beach, we visited the city of Figueira da Foz, we played football, we played card games... It was a very good time spent together!



Reaching the end of the stay, everyone was sad for leaving, but after two weeks of good company and training we were also quite tired, so going home is never that bad. We left pleased for the experiences this project provided us and knowing we had made some friendships that will probably last for many many years!

Lilou, Kathinka, Tomás, Antoine B.