



Erasmus+

inete

Instituto de Educação Técnica



Hello Everybody, I'm  
Ana Ferrinho, I'm 16  
years old and I'm a  
persistent person.



Business Management



02/08/2002



I live in **Cacém**, near **-Sintra**  
- 18.9 km (25 min by car and 30 min by  
Public Transports) from the center of  
Lisbon  
- 19 km from the school (45 min by  
Public Transports)

Sintra is known as a tourist destination, known for its architecture and history, such as palaces and castles.



(Palácio da Pena)



(Castelo dos Mouros)

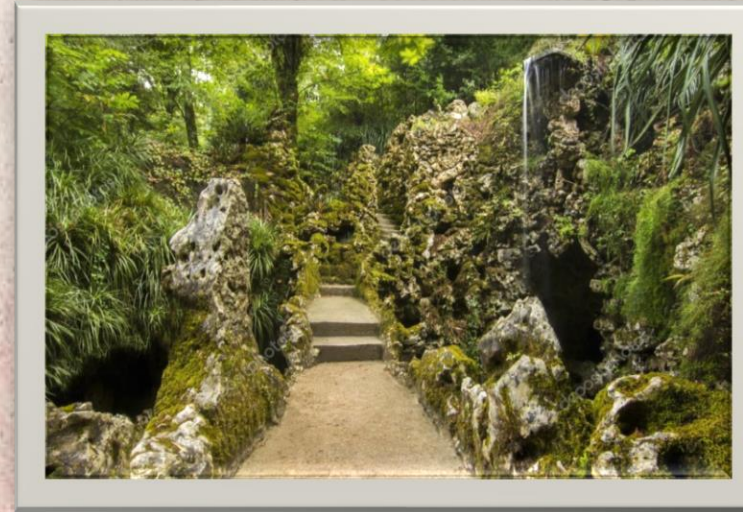


(Palácio de Queluz)



(Quinta da Regaleira)

# My Location



Sintra is known for its natural landscapes...

... and famous for two local pastries: **queijadas** and **travesseiros**.



# My Family

I live with my family, including my mother and my older twin brothers. My friends usually say they are super funny and very kind. I just consider them as my support.



# My Family

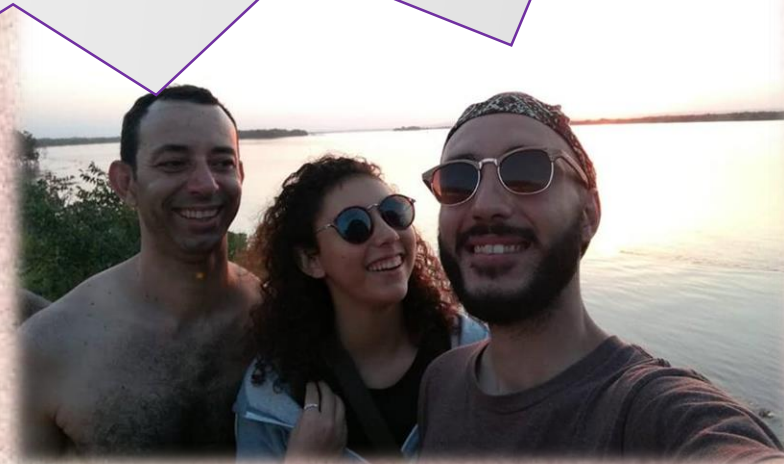
My mother's name is Bernardina, but most people just call her "Dina". She is 52 years old, and she is part of a school's board.

I'm very close with her because she is supportive and constantly helps me to challenge myself.



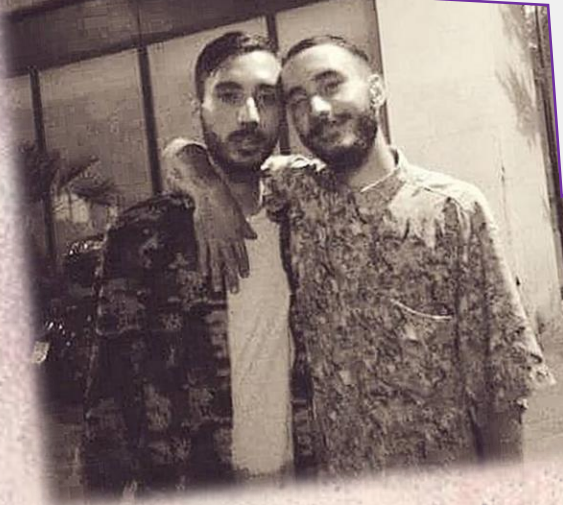
# My Family

My father's name is Amadeu Ferrinho, he is 48 years old and I consider importante to refer him despite him living in Maputo, Mozambique. He also works in the Hospitality. Although he lives on the other side of the world we have a strong relationship.



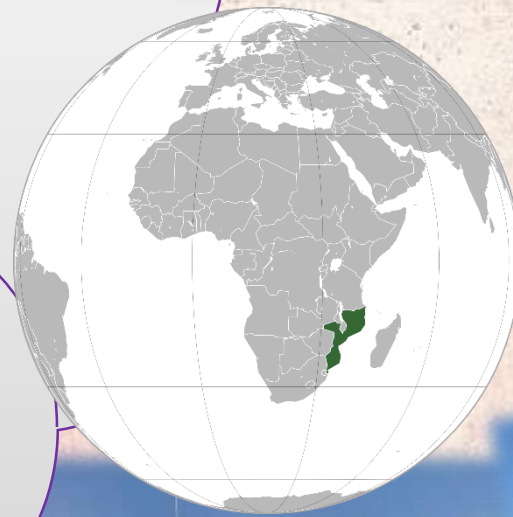
# My Family

My older brother's names are Luis and João, they are 26 years old. Luis works at a company named Zomato and João is in Hospitality. They both lived two years in Barcelona. We are always teasing each other but we are also very protective of each other.



# FUN FACT!

In 2013 I moved to Mozambique for 4 years and I loved the experience. Finding great examples of humanity was what struck me the most. Cultural wise I learned with them to be friendly and open. I think it helped me to grow as a human being and to increase my perception of the world and its problems. The beaches and the weather were a plus.



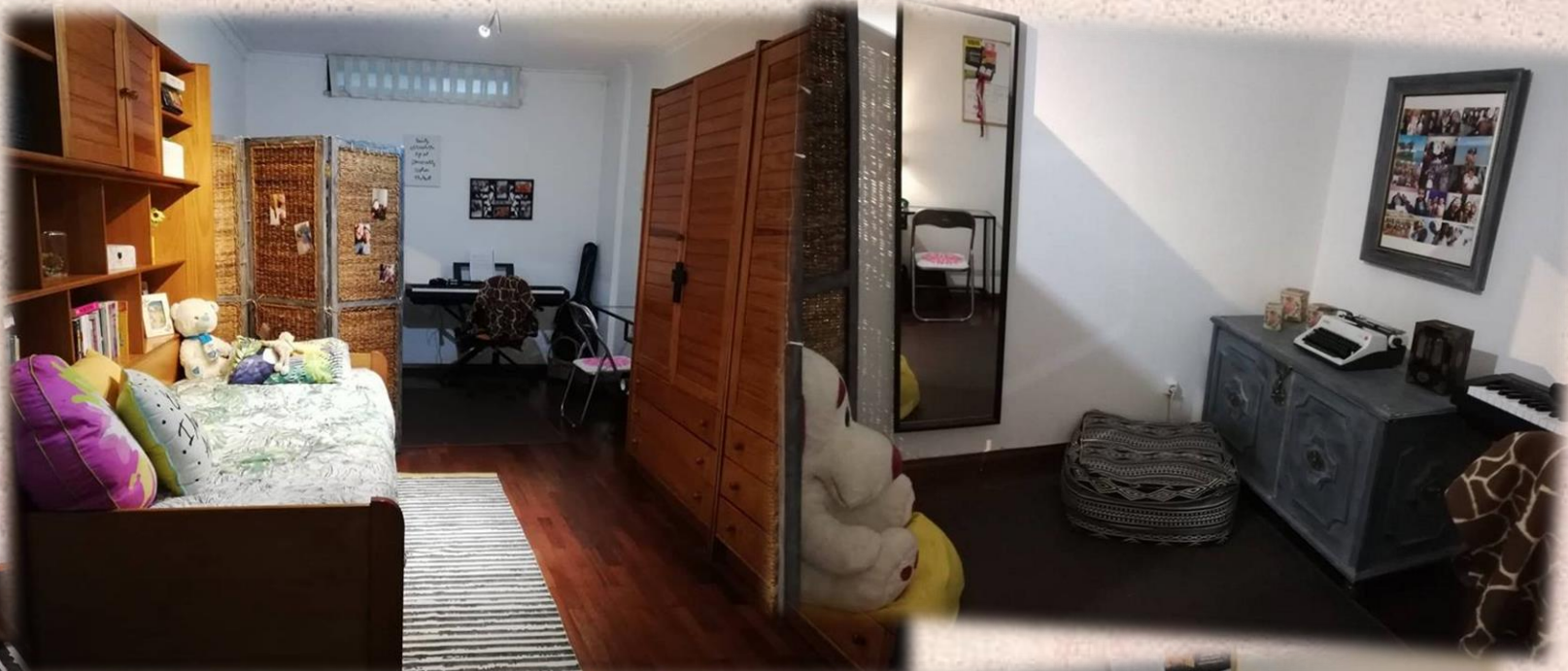


# My Place

I live in flat wich is divided in: 1 Kitchen, 3 Bedrooms, 1 Living room / Dining room, 1 Hall ,Two bathrooms



# My Bedroom



# My daily Routine

**7:00 AM**- wake up and get ready to school.

**7:50 AM** - leave the flat and go to the train station.

**8:25 AM** - arrive at "Entre Campos" and take the subway.

**9:00 AM** - start school



**5:00 PM -6:00 PM**- get out of school

**6:00 PM** - rest a little bit before dinner \*

**8:00 PM – 8:30 PM** – dinner

**9:00 PM** – study time

**11:00 PM** - go to bed

**\*6:30 PM** – Friday (Theatre Group)

# School



It's my first year at this school and so far i'm loving it because I identify myself very much with the subjects. The school also has some interesting dynamics and projects in my point of view. All my teachers and colleagues are nice and helpfull. In my opinion, a school is a place to grow in every single way, and I'm happy to say that, in my case, my school is doing it's job.

# HOBBIES



**Writing** has been an important part of my life since 5th or 6th grade. I consider it my refuge.

**Reading** is also extremely important part of my life. I don't have a favourite type of book, since I love all kinds of books from fiction, to novels, to non-fiction, etc.



We lose ourselves in books, we find ourselves there too.



# HOBBIES

## ABECEDÁRIO DO MEDO



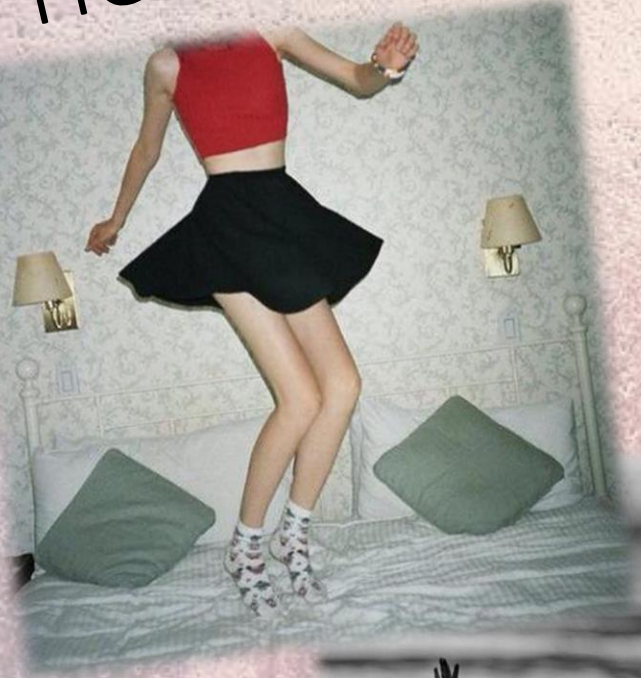
I'm part of a **theater** group since september of 2017 and it is one of my favourite things in the whole world. I think it helps a lot with my confidence and by learning how to express myself. Last year we showcased "O Abecedário do Medo"- at "Centro Cultural Olga Cadaval" -Sintra - a play written and presented by us.



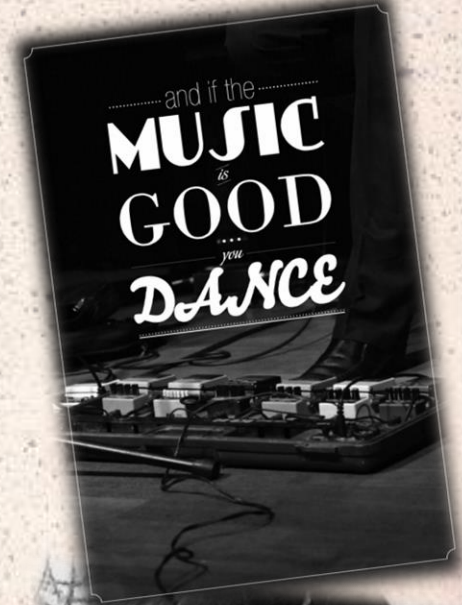
Centro Cultural  
**Olga Cadaval**



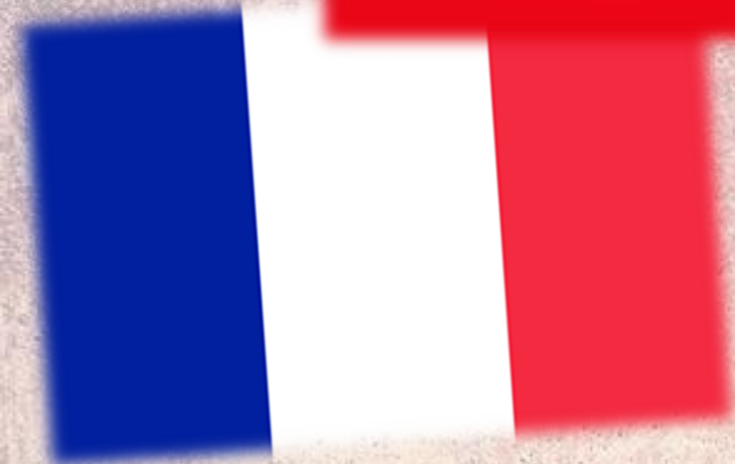
# HOBBIES



Music and dance, for me are like breathing, can't pass a day without them. Music helps me in a lot of different ways, such as: wanting to celebrate something, wanting to release stress or frustration, wanting to identify the strange mood I'm in, etc.



# HOBBIES



**Travelling** to me represents a way of feeling renewed. I love the experience, new foods, traditions, dances, basically of new cultures.





# Favourite Places in Lisbon



Museu da Arte Contemporânea



Pop Cereal Café



Parque das Nações - Teleférico



Pastel de Belém



Baixa - Rossio - Cais do Sodré



LX Factory



Torre de Belém



This is little bit  
of who I am...  
Nice to meet  
you...