

4. Creative conversation (basic and intermediate levels)

This project **combines mindfulness techniques**, which promote a more relaxed, empathetic and engaging learning environment, with interactive, cultural and **creative writing** activities. These activities encourage collaboration, sharing and enthusiasm during the sessions.

Its aim is to **stimulate the development of the linguistic and cultural skills that are essential for social and cultural integration**, particularly **conversation skills**, among immigrants and foreigners.

The following lines of action form part of this project:

a) Guided creative conversation (basic level, with English as a support language)

Adopting a sensitive, humane and creative approach to learning how to communicate, this project focuses on **communicating in Portuguese**, using English as a liaison language where necessary to ensure accessibility without compromising immersion.

This is a project that goes far beyond traditional grammar. After all, learning a language means **learning to listen and feel, as well as expressing yourself authentically, feeling valued, and feeling secure**.

- Target-audience: Anglo-Saxon speakers who have completed level A1.
- Schedule: Fridays (14:00 p.m.) | Duration: 2 months (October to December / March to July) | 9 sessions, 60- to 90- minute classes.
- Location: on-line.
- Free activity upon prior registration – Max. 6 participants.

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b) Creative conversation (intermediate level)

- Target-audience: Spanish speakers who may or may not have completed Level A1.
- Schedule: Thursdays (14:00 p.m.) | Duration: 4 months | 9 sessions, 60- to 90- minute classes.
- Location: on-line.
- Free activity upon prior registration – Max. 6 to 8 participants.

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