

# THE WORLD AROUND ME

**Myths and Truths about cultures**





## **Technical Data**

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# Project Passo a Passo “Step by Step”

A pilot outreach project, Passo a Passo “Step by Step”, designed by the CEPAC – Father Alves Correia Center<sup>1</sup> in partnership with the Passos Manuel School Group (AEPM), to address the specific difficulties regarding education, integration and other urgent needs faced by immigrant children, promote closer ties between CEPAC social technicians, school teachers and the student’s families and raise awareness amongst the school community.

This project was carried out under the following headings:

- AXIS 1 – Itinerant social assistance in AEPM schools – Passo a Passo “Step by Step”
- AXIS 2 – Social support at CEPAC – Desenha o teu Arco-íris “Draw your Rainbow”
- AXIS 3 – Reinforcing the teaching of Portuguese as a Non-Native Language – Português a Brincar “Playing in Portuguese”
- AXIS 4 – Online training and conversation – Português a Conversar “Chatting in Portuguese”
- AXIS 5 – School project for inclusion – Ativar Esperança “Activate Hope”
- AXIS 6 – Community event – Rumo a um Nós Maior “Towards a Greater Us ”
- AXIS 7 – Information and educational materials – A Nossa Escola “Our School”

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<sup>1</sup> Centro Padre Alves Correia

## **AXIS 5 – School Project for Inclusion – Activating Hope**

The book "The World Around Me" was produced as part of the Citizenship and Development subject, involving 37 children of 11 nationalities from classes 5.ºA and 7.ºE at Passos Manuel School.

Sixteen sessions were organized with the aim of making children and families aware of the importance of an inclusive school environment.

During these sessions it was possible to share the cultural identity of each student and their families, explore curiosities and break down myths, stereotypes and prejudices identified by the students as being associated with each country and culture to which they belong.

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# The class 5th A



Dynamic "Who am I?" 20/02/2024

***"This is the 5th grade class. There are 19 students in this class and there are many nationalities.***

***For example, we have some students from Brazil, all from different cities, we have a Chinese classmate, a Bangladeshi classmate, a French classmate, a Ukrainian classmate, a Nepalese classmate, a Pakistani classmate and the rest of the students are Portuguese.***

***In our class, many students have different nationalities to their parents."***

# The class 7th E



Dynamic "Who am I?" 22/02/2024

***"Our class has 19 students, among them there are many nationalities: Portuguese, Ukrainians, Indians, Chinese, Cape Verdeans, Brazilians and Guineans too. In this class there are many nationalities in their families, such as: Russians, Spaniards, Italians, Germans, Angolans, Indians, Poles, Turks, etc. As well as different nationalities and cultures, in our class we have different religions, such as: Catholics, Orthodox and Muslims. "***



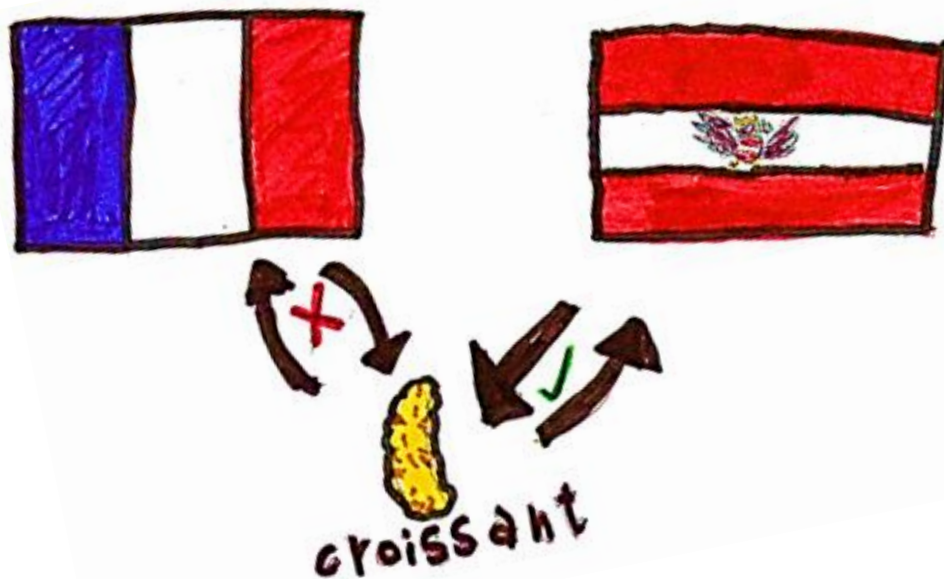
## Myths, stereotypes and curiosities about cultures

### “The croissant recipe is French”- **Myth**

**Fact :** The croissant, contrary to what many people think, is not of French origin, but Austrian. It was around 1770 that the croissant arrived on French soil, via Marie Antoinette (Austrian), who became queen when she married the French king Louis XIV.

However, forbidden to maintain any ties to her homeland, instead of following the food tradition at court, she chose to eat her "kipfel" (the croissant's real name), one of the few things that reminded her of her origins.

Source: Patisserie Dacquoise. Available at: "<https://www.dacquoise.pt/fr/>".  
Accessed on: April 2024.



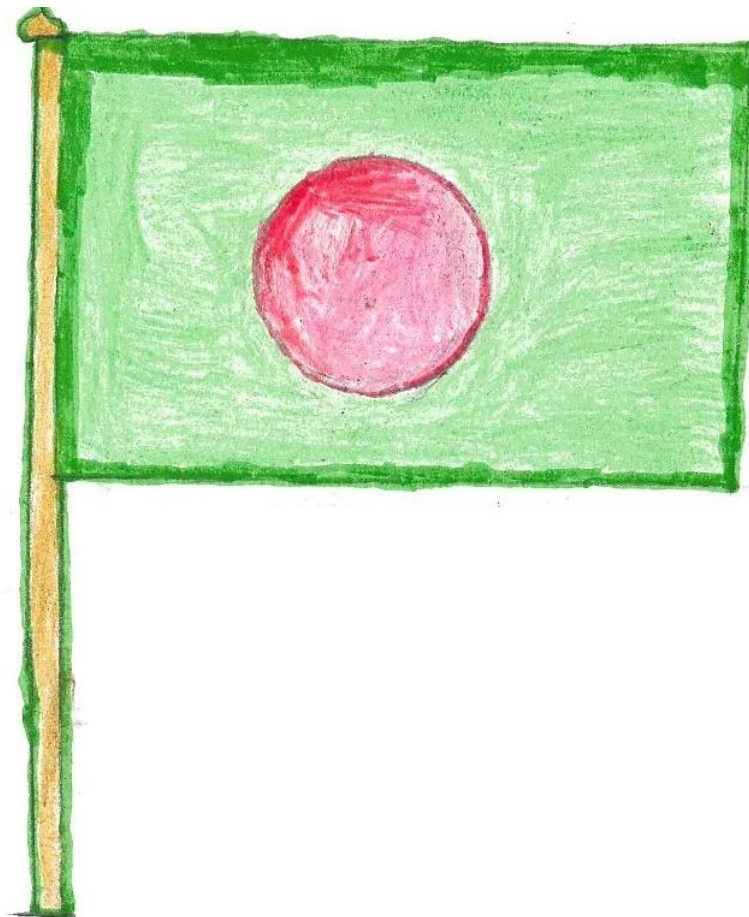
## Myths, stereotypes and curiosities about cultures

### “Bangladesh has three main seasons” –

**True**

**Fact :** Bangladesh is a country located in South Asia, east of India, on the Gulf of Bengal. Tropical and subtropical, the country's climate divides the year into three major seasons: the rainy season, the monsoon, which lasts from May to October; a milder season, between October and February, when temperatures are around 21° C, and the dry season, between March and May, when rainfall is rare.

Source: Infopédia, Porto Editora Dictionaries. Available at: "<https://www.infopedia.pt/>". Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### “All Asian countries speak the same language” – Myth

**Fact:** The Asian continent, with its more than 44 million square kilometers, is the largest on Earth. And it is in Asia, with a total of 47 internationally recognized states, that more than 2000 different languages are spoken. Many languages are spoken in Asia. Mandarin is the most widely spoken, but Hindi, Arabic, Persian, Burmese, Thai, Russian and Armenian are also spoken. These are the languages that stand out most in Asia. English is also very common in some parts of Asia.

Source: Alphatrad Portugal Unipessoal Optilingua internacional. Available at: "<https://www.alphatrad.pt/>". Accessed on: April 2024.

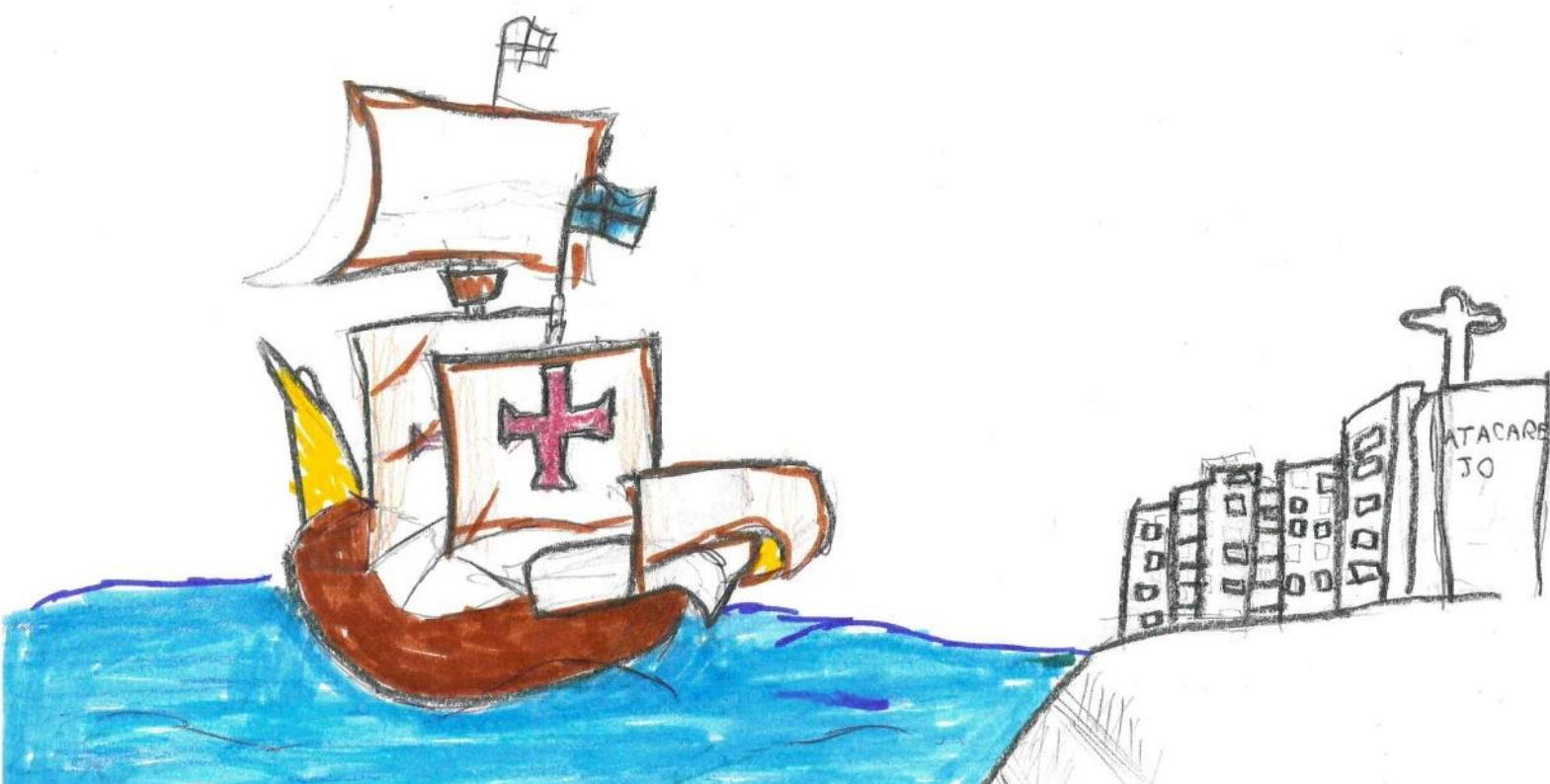


## Myths, stereotypes and curiosities about cultures

### “Rio de Janeiro was once the capital of Portugal” – True

**Fact :** When the French invaded Portugal at the beginning of the 18th century, King John VI and his family had to flee. They crossed the Atlantic and landed in Brazil. Rio de Janeiro then became the capital. The journey lasted 54 days and even included an infestation of lice!

Source: RTP, Radio and Television of Portugal. Available at: "<https://ensina.rtp.pt/>". Accessed on: April 2024.



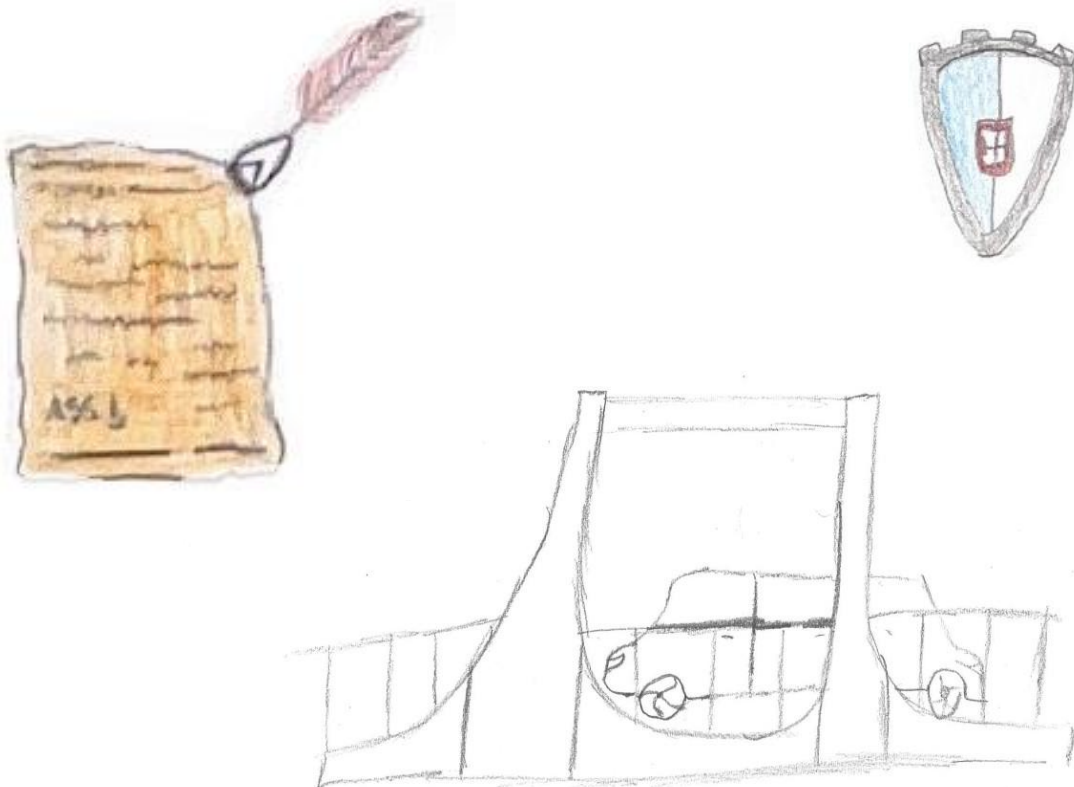
## Myths, stereotypes and curiosities about cultures

### “Portugal and Spain are the same country” – **Myth**

**Fact:** Portugal is undoubtedly the closest country to Spain, both geographically and historically, sociologically, economically, politically and culturally. Spain is Portugal's only neighbor (and there are very few countries in the world that have only one neighbor), with whom it shares the Iberian Peninsula, one of Europe's largest borders.

However, Portugal and Spain are countries with many differences: the time of day, the language, the cuisine, the way of greeting, among others...

Source: "O Público" newspaper. Available at: "<https://www.publico.pt/>". Accessed on: April 2024.



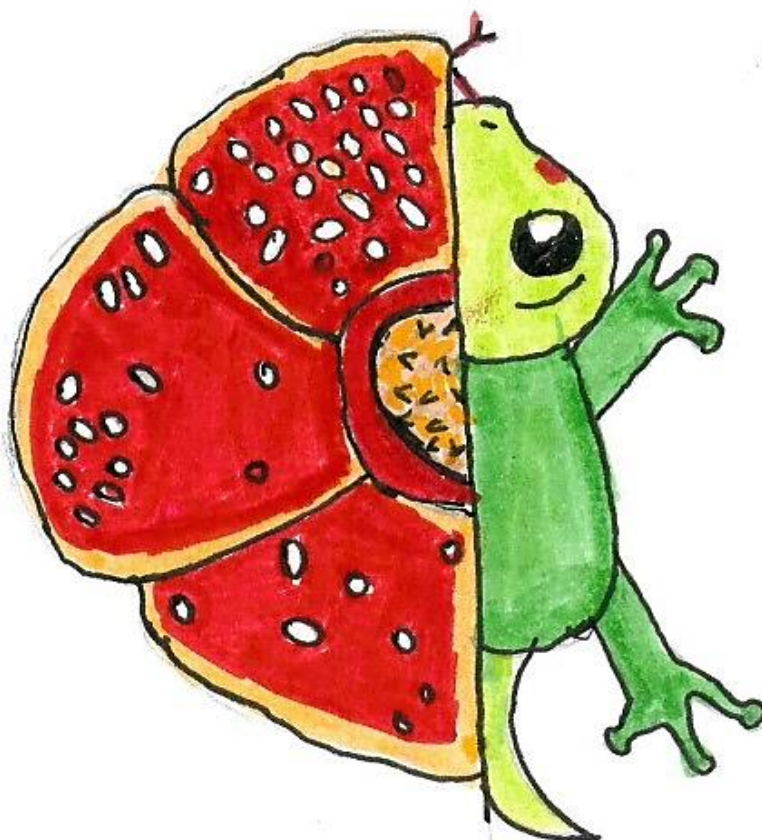
## Myths, stereotypes and curiosities about cultures

### “Malaysia is known for its biodiversity”

– True

**Fact :** Located in Southeast Asia, Malaysia is estimated to contain 20% of the world's animal species. It also contains the world's largest plant, the rafflesia (*Rafflesia arnoldii*), the plant with the world's largest single flower, which reaches up to 111 centimeters in diameter and weighs around ten kilograms. Also known as the monster flower, it belongs to the Rafflesiaceae family.

Source: School of Botany. Available at: "<https://www.escoladebotanica.com.br/>". Accessed on: April 2024.

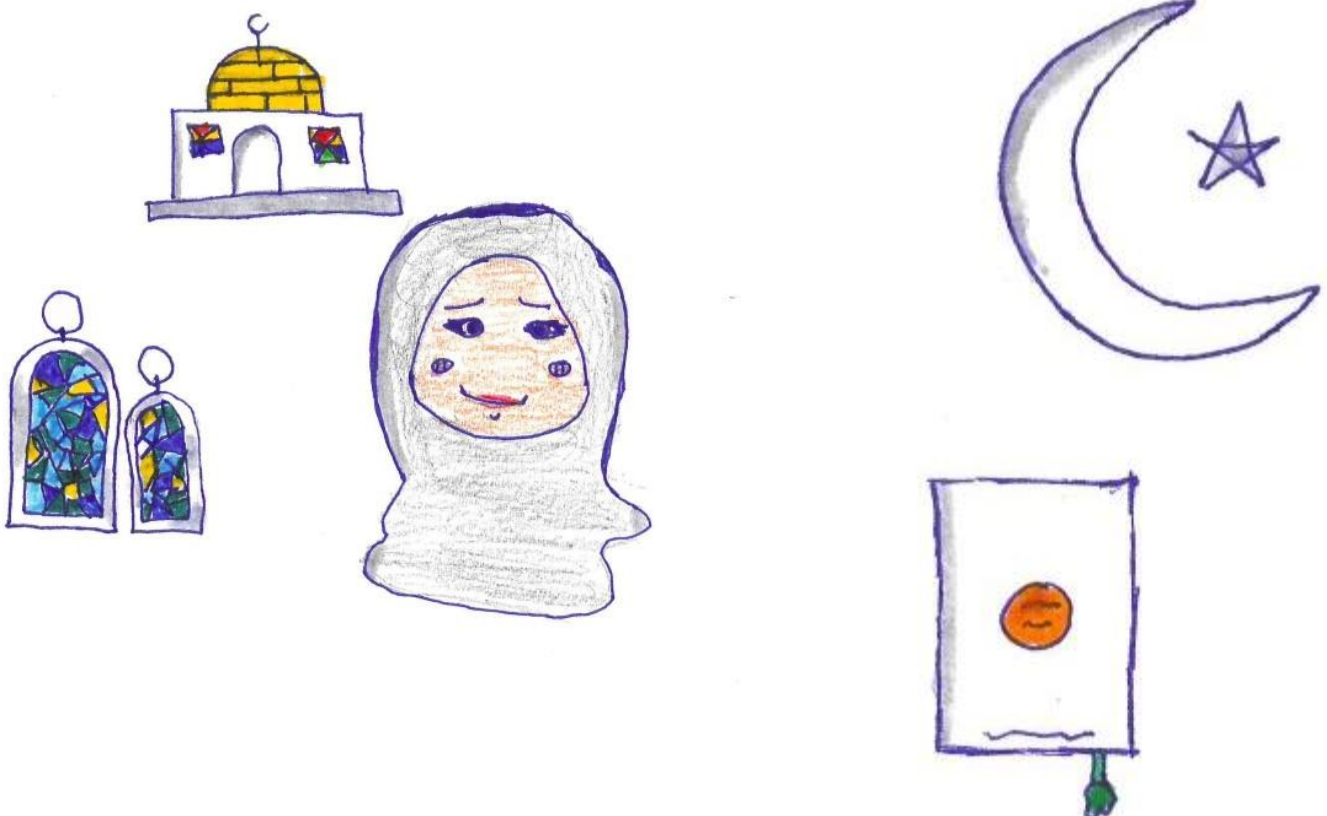


## Myths, stereotypes and curiosities about cultures

### "Anyone who wears the Islamic veil is a terrorist" – Myth

**Fact :** The term hijab, which is Arabic in origin and therefore used throughout the Islamic world, does not refer to a specific garment. Hijab means "covering" or "covering garment" and for this reason Muslims speak of "respecting the hijab" to refer to the law of covering women's bodies. The basic idea is to cover the hair, but also the female body. Muslims in India, Pakistan and Afghanistan use the word purdah (meaning curtain) to refer to the same concept. In other words, the hijab is not a type of scarf or headdress, but a standard that is then adapted to different forms, according to the geographical origin of the population, the religious belief or the cultural environment of the wearer.

Source: Ediciones El País. Available at: "<https://elpais.com/>". Accessed on: April 2024.



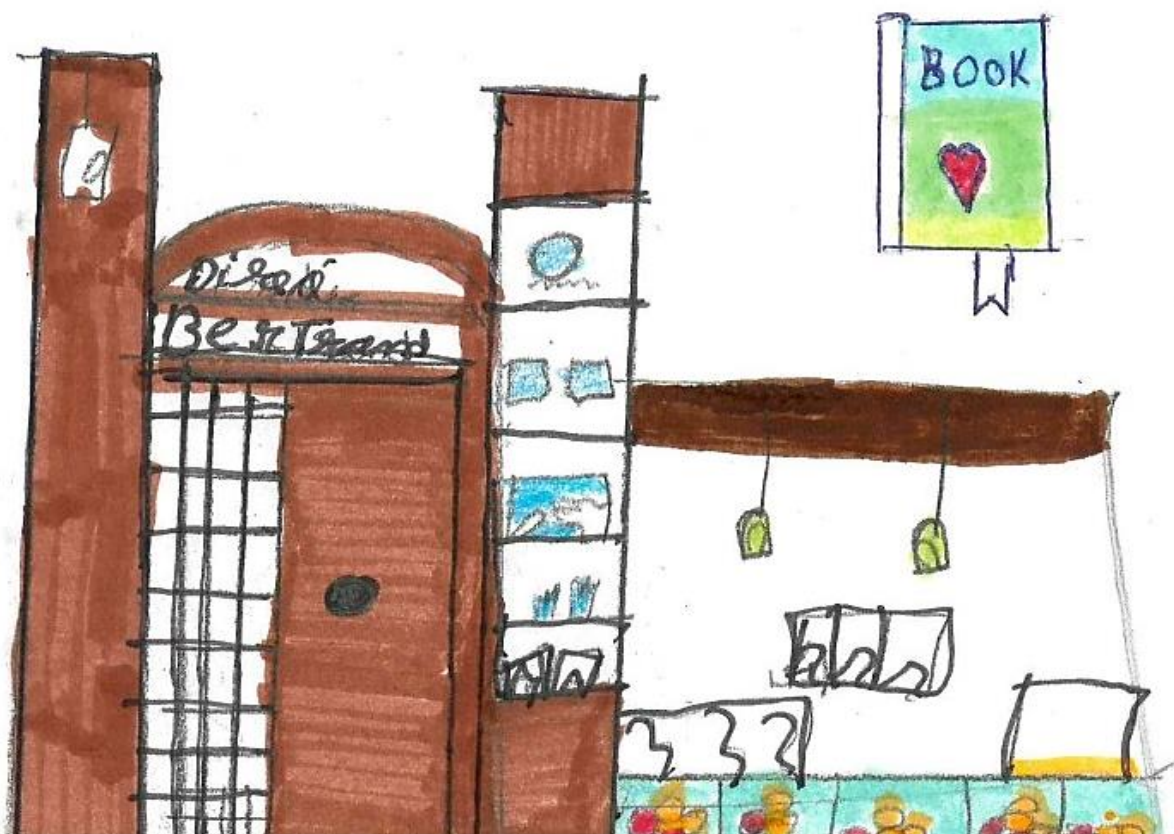
## Myths, stereotypes and curiosities about cultures

### “Portugal has the oldest bookshop in the world” – True

**Fact:** Bertrand, founded in 1732, was born as the business of a French family. First established in Rua Direita do Loreto in Lisbon, it was destroyed by the earthquake of 1755, but the brand of books survived. The bookshop was then moved near the Chapel of Nossa Senhora das Necessidades and, in 1773, it was reborn for good in Chiado.

Considered one of the most emblematic Portuguese bookshops, Bertrand in the Pombaline downtown area was officially distinguished by Guinness Word Records in 2011 as the oldest bookshop in the world still in operation. The certificate, prominently displayed in the store, came about almost by chance, as the piece here begins.

Source: RTP, Rádio e Televisão de Portugal. Available at: "<https://ensina.rtp.pt/>". Accessed on: April 2024.





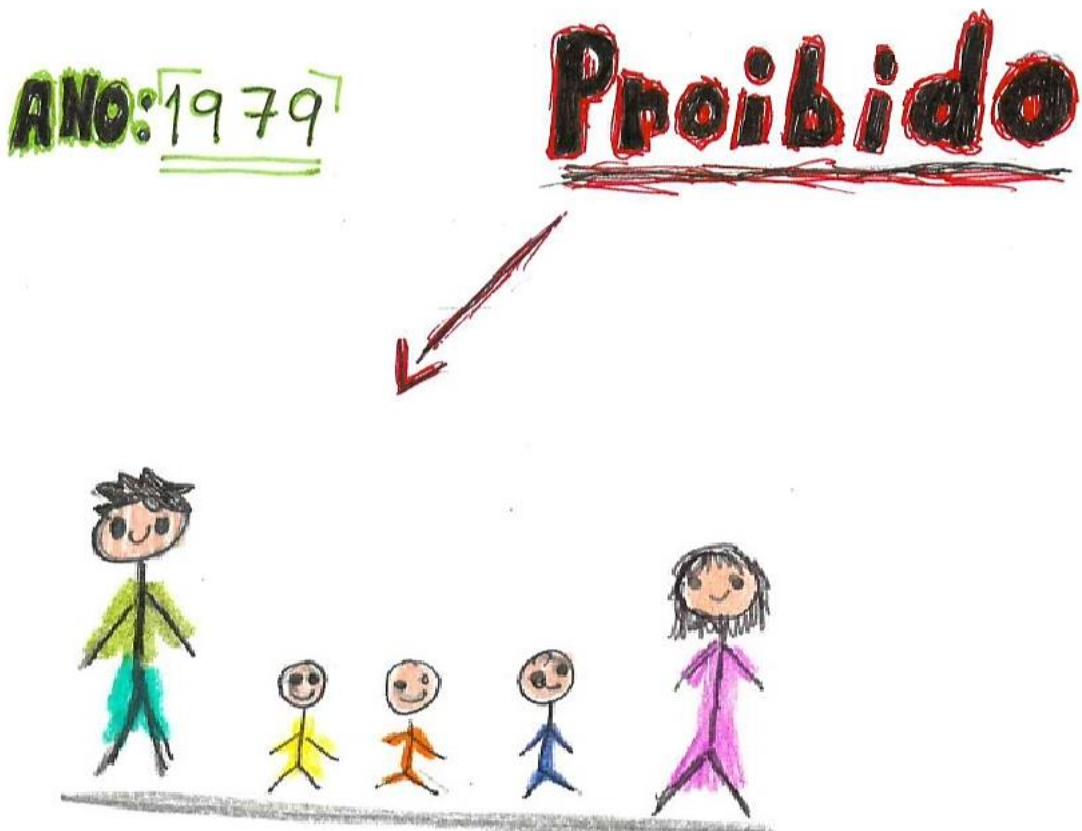
## Myths, stereotypes and curiosities about cultures

### “The Chinese are forbidden to have more than one child” – **Myth**

**Fact:** From 1979 until 2013, Chinese families who had more than one child were severely fined and had difficulty finding work. From that year, the limit was extended to two children, and from may 2024 the limit was raised to three children.

But with a falling birth rate and a rapidly ageing population, China has now decided to end this measure. After more than 40 years, people in China can finally have as many children as they want.

Source: Renascença FM. Available at: "<https://rfm.sapo.pt/>". Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### **“In Thailand there is a tribe where the women wear numerous rings around their necks” – True**

**Fact :** These women come from Myanmar, from the Karen ethnic group, and from a tribe called Kayan (which can also be called Padaung).

In this tribe, the tradition of trying to elongate their necks is very old. The meaning is unclear: among the various theories formulated by anthropologists, there are those that claim it was to protect them from tiger attacks, to prevent them from becoming slaves or even to make them look more like a dragon, an important figure in local folklore. What is known for sure is that the rings are part of the tribe's cultural identity and today they are associated with women's beauty.

Source: 360 Meridianos. Available at: "<https://www.360meridianos.com/>".  
Accessed: April 2024



## Myths, stereotypes and curiosities about cultures

### “Brazil is the most insecure country in the world”- **Myth**

**Fact :** In terms of security, Ukraine, Syria, Iraq, Afghanistan, Libya, Yemen, South Sudan, the Central African Republic and Somalia are currently classified as the most risky, with an extreme alert level, being countries that are at war. The territories of Lebanon, the Palestinian territories, Russia and the Sahel are also marked by an increased security risk, as are Ecuador and parts of Colombia, due to rising crime and unrest.

Source: VisitWorld.Today. Available at: "<https://visitworld.today/>".  
Accessed: April 2024.

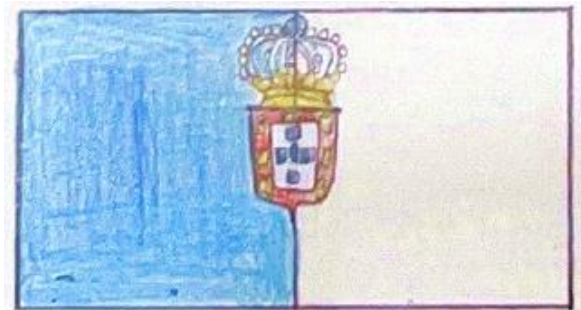


## Myths, stereotypes and curiosities about cultures

### “Portugal is one of the oldest countries in the world” – True

**Fact:** Portugal was founded in 1143, the year in which the Treaty of Zamora was signed. The Treaty, signed between Afonso Henriques, the first king of Portugal, and Afonso VII of León and Castile, recognized Portugal's legal status as an independent kingdom. In 1179 this status was confirmed by Pope Alexander III.

Source: Diplomatic Portal of the Ministry of Foreign Affairs. Available at: "<https://portaldiplomatico.mne.gov.pt/>". Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### “The capital of Brazil is Rio de Janeiro”

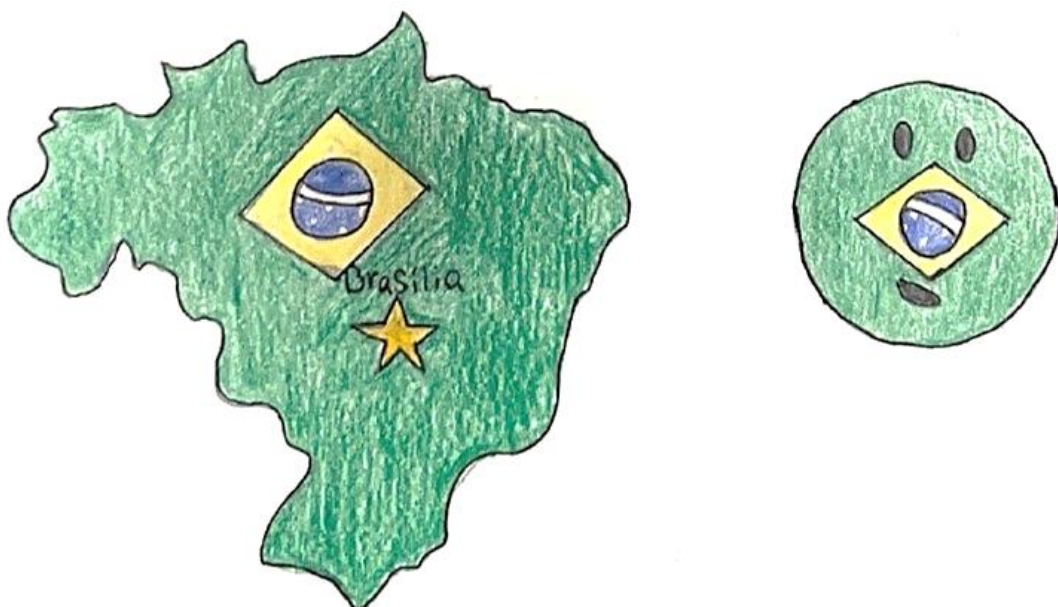
#### - Myth

**Fact** : Brazil has had three capitals: Salvador, Rio de Janeiro and Curitiba.

The first Brazilian capital was Salvador, between 1549 and 1763, and then Rio de Janeiro, from 1763 to 1960. A little-known fact is that the city of Curitiba was named the capital of Brazil for three days, from March 24 to 27, 1969.

Today, Brasília has been the capital of Brazil since April 21, 1960.

Source: RTP, Radio and Television of Portugal. Available at: "<https://ensina.rtp.pt/>". Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

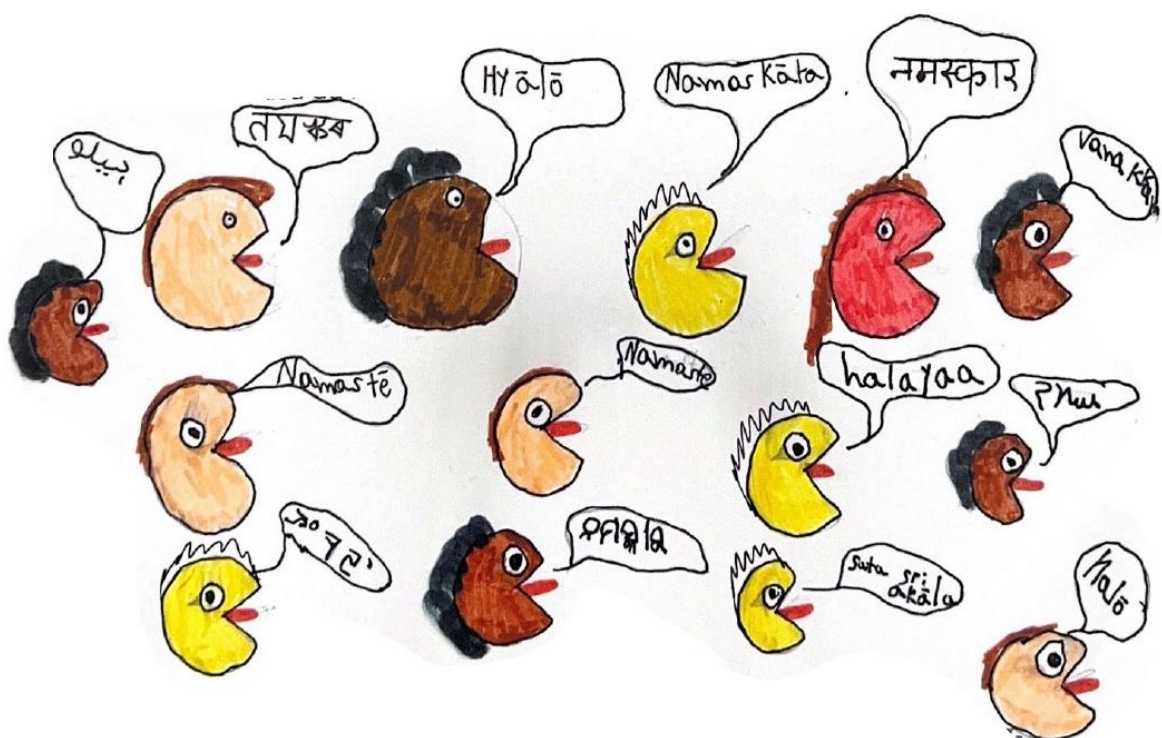
### “India has more than twenty official languages and hundreds of dialects”

- True

**Fact :** In addition to English and Hindi, India has 21 other languages that are also considered official. It is still possible to use the two main languages (English and Hindi) within these regions.

These languages are: Assamese, Bengali, Bodo, Kannada, Kashmiri, Kashmiri, Dogri, Gujarati, Hindi, Maitili, Malayalam, Manipuri or Meithei, Marathi, Nepali, Oriá, Panjabi, Sanskrit, Santali, Syndic, Tamil, Telugu and Urdu.

Source: India House Association. Available at: ["https://casadaindia.pt/index.php/pt/"](https://casadaindia.pt/index.php/pt/). Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### “Portugal only sings fado” - **Myth**

**Fact :** Music is a fundamental part of Portuguese culture, reflecting the country's history and identity. Over the centuries, various musical styles have emerged and developed, each with its own characteristics and influences. In addition to Fado, the most characteristic and extremely important musical genre in Portugal, there are also the following prominent musical genre's: Pimba, Cante Alentejano, HIP HOP, Rap, Folklore, Rock, Metal, Jazz and classical music.

Source: DGD Rural. Available at: "[www.dgdrural.pt](http://www.dgdrural.pt)". Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures



**“The Indian monument Taj Mahal is associated with a love story, but also with betrayal” – True**



**Fact:** The Taj Mahal, located in the Indian city of Agra, is one of the Seven Wonders of the Modern World. The building was built as a token of love, as it was a gift from the Mughal emperor Shan Jahan in honor of his third wife, named Aryumand Banu Begam.

The project was completed in 1653 and, according to legend, so that the builders could not repeat the beauty and grandeur of the work, the Emperor ordered the workers to have their hands cut off and his eyes blinded.

Source: Mundo Educação. Available at: "<https://mundoeducacao.uol.com.br/>". Accessed on: April 2024.





## Myths, stereotypes and curiosities about cultures

### “Every Chinese person eats dogs”

#### - Myth

**Fact:** Most people in China don't eat dogs; in fact, dog meat is consumed infrequently by less than 20% of the Chinese population. A 2017 survey revealed that even in Yulin, home of the famous dog meat festival, the majority of people (72%) do not eat dog meat regularly, despite the efforts of traders to promote it," says a text on the Human Society International website.

Across China, a survey conducted in 2016 by the Chinese research company Horizon and commissioned by the China Animal Welfare Association, in collaboration with Humane Society International and Avaaz, found that the majority of Chinese citizens (64%) want to see an end to the Yulin festival, more than half (51.7%) think the dog meat trade should be completely banned and the majority (69.5%) have never eaten dog meat".

Source: CNN Brasil. Available at: "<https://www.cnnbrasil.com.br/>".  
Accessed on: April 2024. .



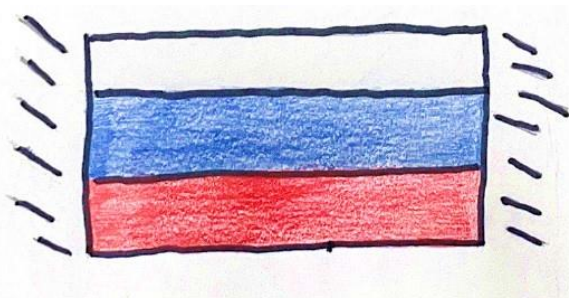
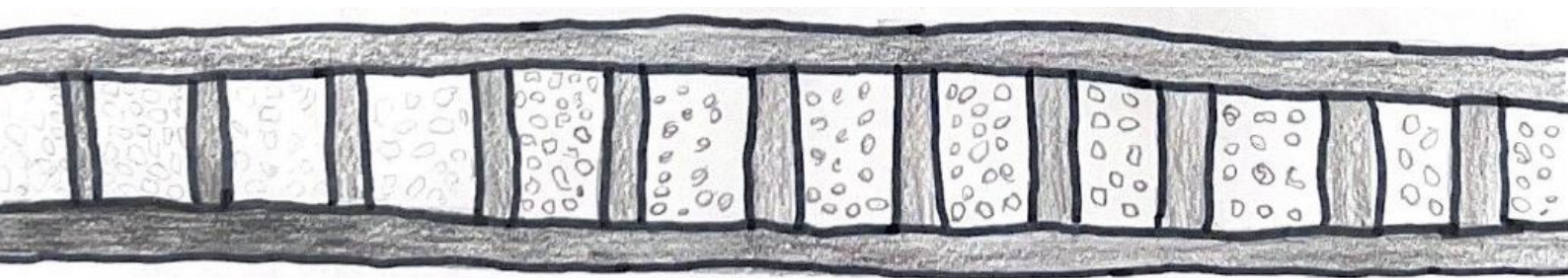
## Myths, stereotypes and curiosities about cultures

**“The Trans-Siberian (Russia) is the best known railway line in the world”**

**– True**

**Fact :** The Trans-Siberian railway line between Beijing and Moscow is a 10,000 km journey across six time zones, where adventure and discovery blend into a single paradigm: the pleasure of travel. On this journey you will pass through countries such as China, Mongolia, Siberia... Entire forests, isolated villages, relentless rivers of endless beauty.

Source: Wook, Porto Editora Group. Available at: "<https://www.wook.pt>". Accessed on: April 2024.

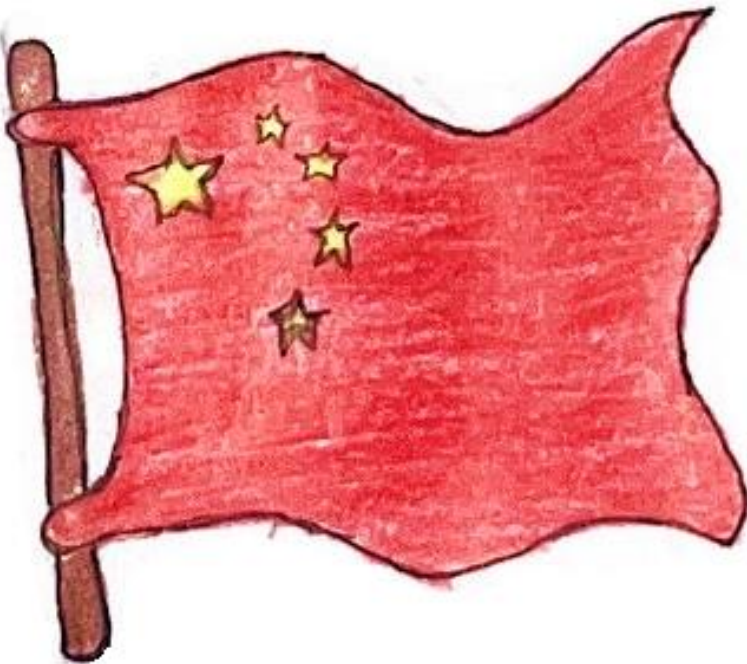


## Myths, stereotypes and curiosities about cultures

### “China is the most populous country in the world”- **Myth**

**Fact :** India is the most populous country in the world. India has officially overtaken China and is now the most populous country in the world, according to United Nations figures. India has 1428 million inhabitants, overtaking China, which has 1425 million for the first time.

Source: "O Público" newspaper. Available at: "<https://www.publico.pt/>".  
Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### “Russia has 11 time zones” – True

**Fact:** Russia is the largest country in the world and stretches from east to west across 11 time zones over a distance of around 9,000 km. These time zones run from the Kaliningrad Oblast in the far west to Kamchatka in the far east.

In Russia, there are differences of up to 10 hours between the east and west of the country. There is no distinction between daylight saving time and winter time in Russia.

Source: World Data. Available at: "<https://www.dadosmundias.com>". Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### "There is only one country called Guinea"-

#### Myth

**Fact :** There are several countries in the world called Guinea: Guinea, Guinea-Bissau, Equatorial Guinea and Papua New Guinea. The first three countries are in Africa, while the last one is in Oceania.

Source: Super Interessante. Available at: "<https://super.abril.com.br/>".  
Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### “The name of the country Ukraine means "border"- True

**Fact:** The word Ukraine means "what is on the border", from "kraina" border in Russian and country in Ukrainian. "U" means "on the edge of". In imperial times it was called Lower Russia (nijnaia rossia).

Source: "Diário de Notícias" newspaper. Available at: "<https://www.dn.pt/>".  
Accessed on: April 2024.



## Myths, stereotypes and curiosities about cultures

### “Guinea-Bissau has only one ethnic group” - **Myth**

**Fact :** This country has several ethnic groups. The main ethnic groups in Guinea-Bissau are the Balantas (27%), the Fulas (23%), the Mandingas (12%), the Manjacos (11%) and the Papéis (10%). Traditional beliefs are followed by 54% of the population, while Muslims represent 38% and Christians 8%. The official language is Portuguese and there are different creoles throughout the country.

Source: Infopédia, Porto Editora Dictionaries. Available at: "<https://www.infopedia.pt/>". Accessed on: April 2024.

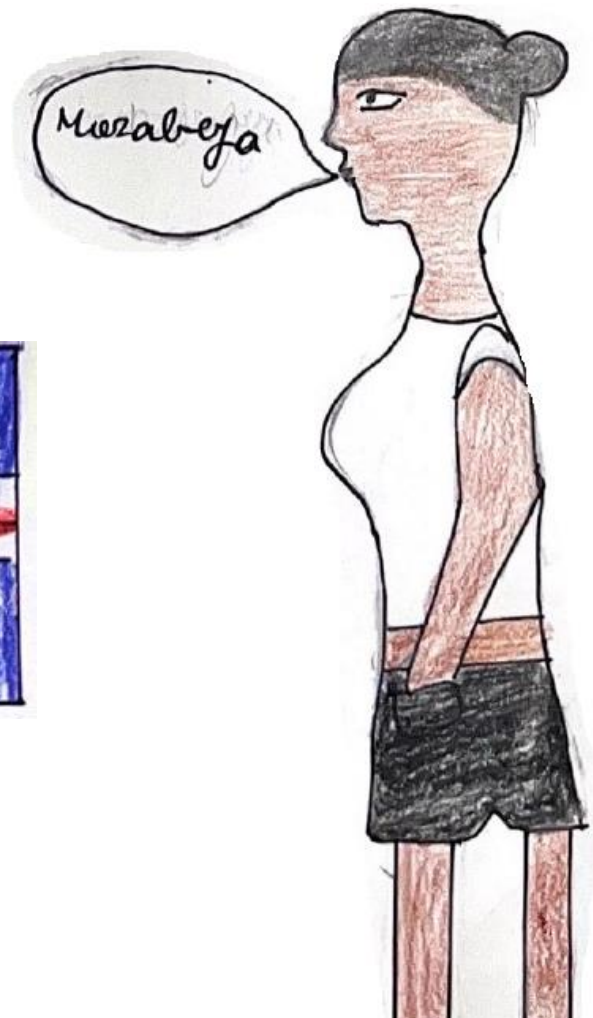
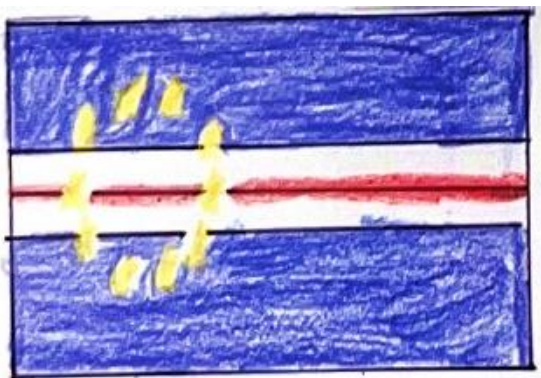


## Myths, stereotypes and curiosities about cultures

### “The word “Morabeza” is very important in Cape Verde” – True

**Fact:** The word morabeza is a Creole regionalism from Cape Verde, meaning affability, kindness, gentleness. "Where there is morabeza, there is saudade. There is saudade, because there is morabeza" - Portuguese President Marcelo Rebelo de Sousa.

Source: "Observador" newspaper. Available at: "<https://observador.pt/>".  
Accessed on: April 2024.





## Myths, stereotypes and curiosities about cultures

### “Social networks are blocked in China”

-True

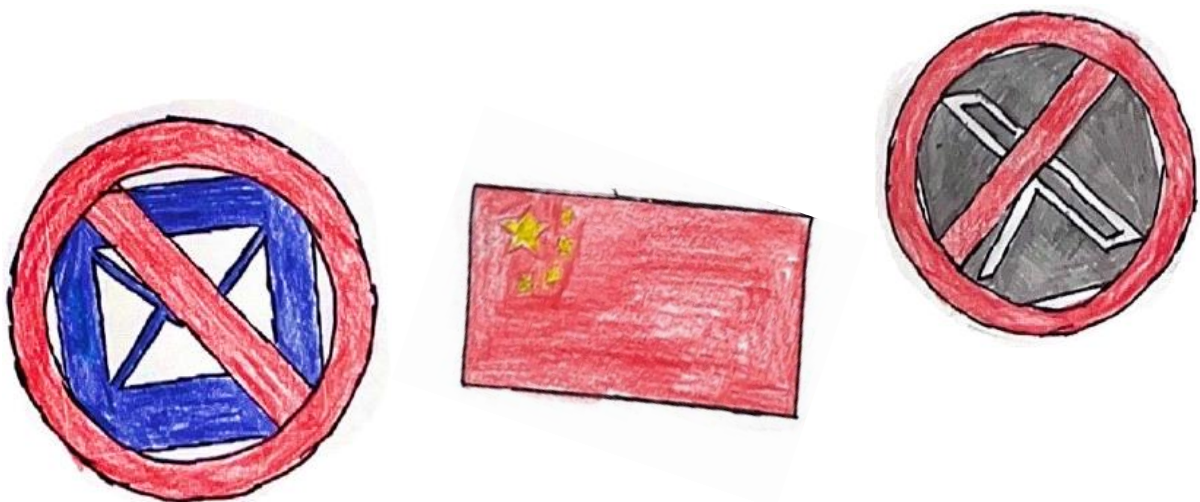
**Fact:** In China, access to X, formerly Twitter, was blocked in 2009.

At the time, before dawn on June 4, 1989, tanks invaded Tiananmen Square in the heart of Beijing to suppress weeks of protests by students and workers.

Access to Hotmail was also blocked in 2009.

China maintains constant surveillance of the internet, including Chinese social networks. Reports of users being arrested after criticizing the government in social media posts are common in the country.

Source: CNN Brasil. Available at: "<https://www.cnnbrasil.com.br/>". Accessed on: April 2024.

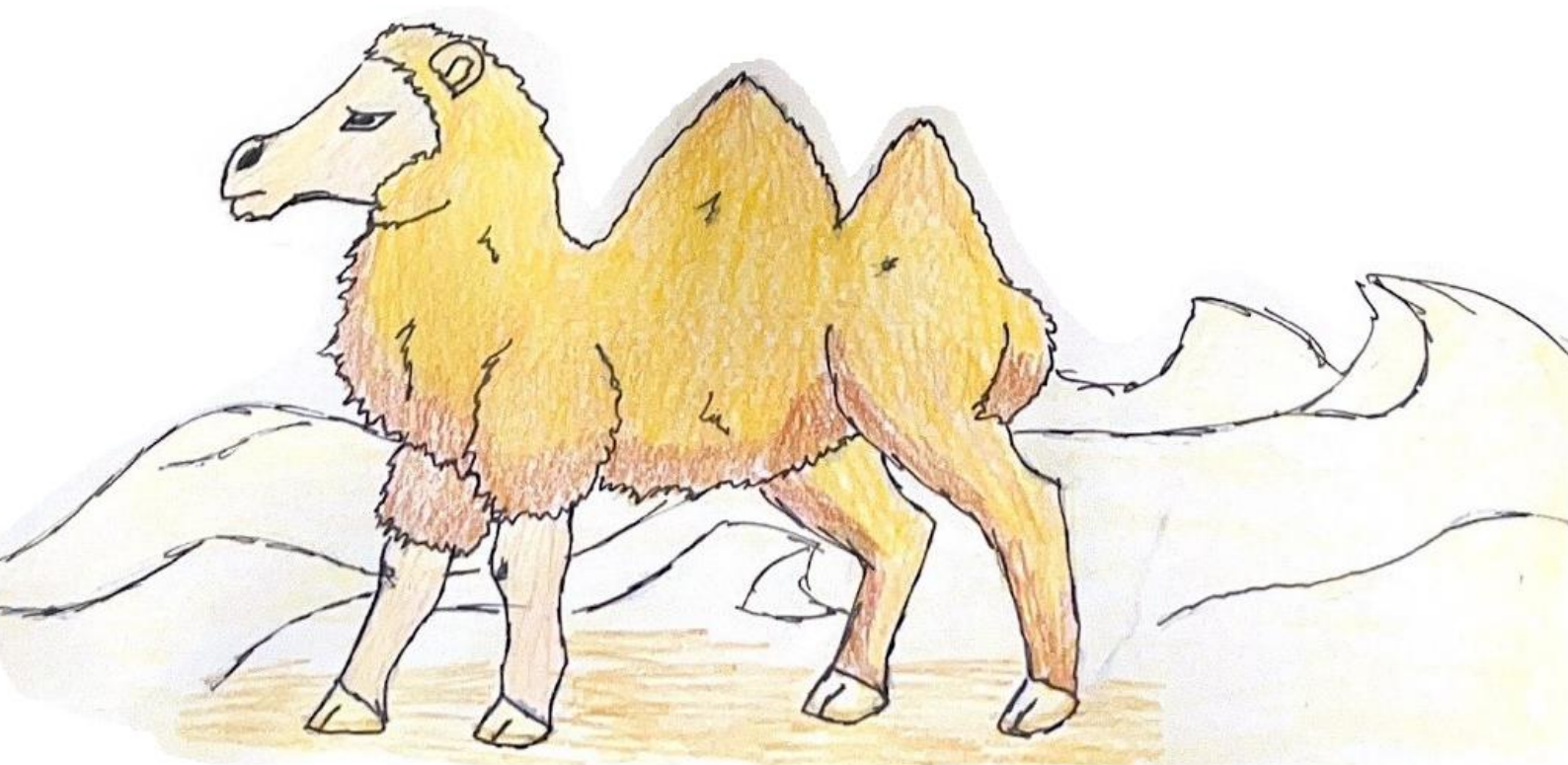


## Myths, stereotypes and curiosities about cultures

### "In Cape Verde there is a desert" - True

**Fact :** Located on the island of Boa Vista, the Viana Desert is a place of priceless beauty, with whitish sand dunes that were formed by the sands carried by the winds from the Sahara desert. Those who visit the Viana Desert find themselves transported to a place outside Cape Verde, as if it were a truly vast desert, with huge sand dunes populated by small oasis of coconut palms, date palms, palm trees and acacias, as well as a strong presence of sparrows. It covers most of the northwestern part of the island and also the central part. The area is practically uninhabited except for the northern part.

Source: Independent Cape Verde newspaper "A Nação". Available at: "<https://www.anacao.cv/>". Accessed on: April 2024.



# Centro Padre Alves Correia (CEPAC)

The Padre Alves Correia Center (CEPAC) is a non-profit institution, with legal personality in the canonical and civil spheres, created in 1992 on the initiative and under the responsibility of the Portuguese Province of the Congregation of the Holy Spirit.

## **Our Mission**

Our mission is to support vulnerable immigrants in building a dignified and happy life.

## **Vision**

A Common Home, where all people feel welcomed, protected, promoted and integrated is our vision, based on the values of Dignity, Proximity, Solidarity and Commitment.





# PASSO A PASSO

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