

# Meet the ULissers



# Alba Sanchez Coria

## Activity 1

### Meet the ULisser **Alba Sanchez Coria**

- **Name**

**Alba Sanchez Coria**

- **Date of birth**

**5/09/1998**

- **Home country**

**Germany**

- **University in which he/she is enrolled**

**Technical University of Darmstadt**

- **Current (and eventually) past study programmes**

**Environmental Engineering (B.Sc)**

- **Favorite hobby**

**Doing Macrame (new found hobby in pandemic)**

- **Favorite book and writer**

**Los besos en el pan (eng. Kisses on bread)**

- **Favorite music artist (or band)**

**Jason Mraz**

- **One relevant personal characteristic**

**Speaks german and spanish as mother tongue**

- **Something you have in common**

**We are both in the last semester of our bachelors degree.**



**Strange object ...**



**The sky of Darmstadt**



## Vegetable Lasagna

The dish I chose is the vegetable lasagna. Apart from being truly delicious it brings up beautiful memories in me. I learned to cook this dish from my friend and roommate only a few days after we moved in together. I remember it was one of the first nights we sat together in the kitchen after moving in and she made the dish for me and the other friend that had moved in with us. It was plainly delicious. We had planned to leave half of it for the next day, but I remember

it was so good that all three of us took a second round and we finished up the lasagna in no time. We spent the whole evening in that kitchen eating, drinking wine, talking and just enjoying that we had finally found a place that we could call home together and it has been that way ever since. We have eaten that same lasagna several times and have always just enjoyed our company while eating a meal together. Of course I have prepared that plate myself several times and enjoyed it alone, but every time I think about that first evening and how lucky we were to find each other and how carefree and fun it has been the last years to live together.

The dish itself is not very hard to prepare. The ingredients are the following: sheets of lasagna, garden leek, carrots, mushrooms, zucchini, sieved tomatoes, crème fraîche and cheese.

The first step is to cut the vegetables into pieces and then pour them into a pan with olive oil. After a few minutes add the sieved tomatoes and some water until all the vegetables are covered and let them cook for about 15 minutes. While they are cooking condiments can be added. There is no rule on which spices to add, this depends entirely on one's taste.

After the vegetable sauce is ready, one takes a bowl which can be put in the oven and starts layering the sauce and the lasagna sheets. The last layer is sauce, on top you put the crème fraîche and finish up with the cheese. After 40 minutes in the oven the lasagna is ready to be devoured.



## Welcome to Darmstadt

I did not grow up in Darmstadt but moved here about 3,5 years ago to start my studies at the technical university of Darmstadt. Although more than 3 years may sound like a lot of time, and surely for some people it is more than enough time to explore a place through and through, I hardly know places in Darmstadt which are secret and off the mainstream. I have the impression that you take much more time to explore and get to know places you do not live in, but tend to forget do the same for the cities you spent most time in.

Nonetheless if someone came to visit, I would definitely be able to plan some fun days in Darmstadt and maybe even get to go places that I have always wanted to go, but have never found time to do it. Darmstadt is definitely not a beautiful city, it misses an historic center and has no architectural charm, but it is still an active city that offers a lot of green spaces and leisure opportunities.

With my visit I would probably do a little hiking tour in the *Oberwaldhaus*, which is a big park where you can choose between several hiking trips depending on how much time you have. In addition, the park offers great possibilities to do an extended picnic in the sun and some fun activities like pedal boating in one of its little lakes or mini golfing. It is not far from the city and easily accessible by bus. If my visit was up to it the trip could also be combined with a little tour on bike or inline skates.



<https://www.mykidds.com/ausflugsziele/hessen/oberwaldhaus-steinbruecker->

# Alexandra Azevedo

Candidate: Roberta Busca

Colleague: Alexandra Azevedo

For the first ULisses course activity I met Alexandra Azevedo. We had the chance to talk a lot about our respective passions which resulted to be similar.

She is born in 1996 and is currently at the end of her MSc program in Applied Marine Biology at University of Cape Town. She had the chance to travel a lot. Born in the US, she grew up spending summers in Portugal and studying abroad. Before focusing her studies on Marine Biology, she widened her knowledge of Natural Sciences taking a BSc on Environmental Earth Science and Sustainability.

The aim of creating a more sustainable world, starting from reducing impact of our farming practices is one of the aspects we have in common.

Her favorite book is "Sapiens" by Yuval Noah Harari, but she loves reading books during the winter in general, when she cannot practice her favorite water activities such as snorkeling and scuba diving.

Passionated about plants and animals, I think she will appreciate the book I suggested her "My Family and Other Animals" by Gerald Durrell.

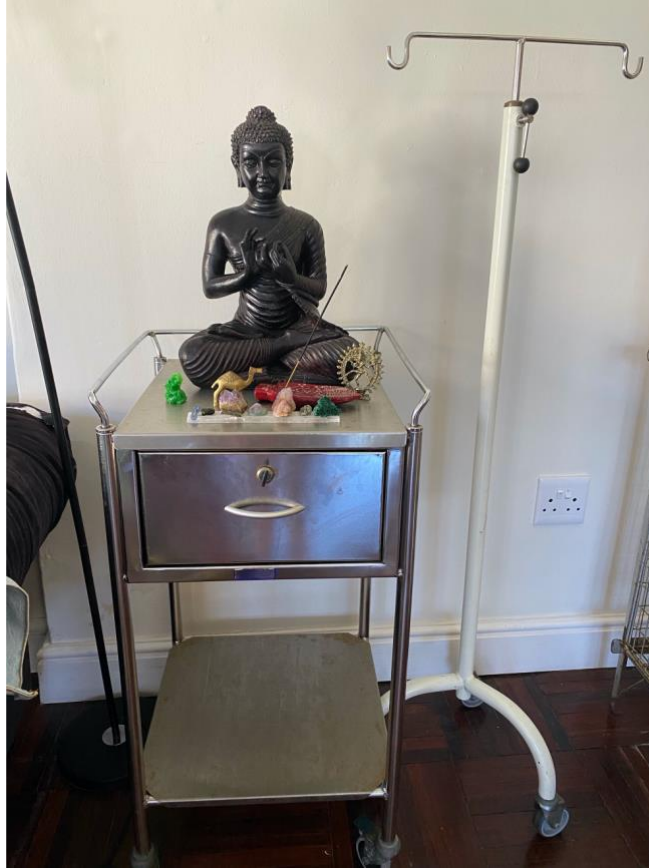
We both love rock music and cooking, better if these two are done at the same time.

I think this program represents a good opportunity to start future collaborations. Since we realized our passions for organic farming and travelling are really close, we decided to continue our discussion also outside the platform.



*Figure 1. Alexandra doing scuba diving :)*





For my oddest objects in my house, I have old medical supplies to be furniture in my living room including a medical drawer and IV stand, that can now be used as a hat or coat rack. When I moved into my apartment, I thought they were odd and creepy, now I have learned to embrace them.

I live in the historic neighborhood of Muizenberg, 20 minutes outside of Cape Town, South Africa. It was funny that this was a prompt, because I had taken the photo just the other day, so I already had it ready. It was taken on 7:54 PM on Friday, 16 April 2021. I have a beautiful view outside my window of one of the mountains, where you can clearly see the moon and stars on most nights.





Alexandra Azevedo  
Ulisses 2021  
27 April 2021  
Social Networking Activity 5  
Recent meal

I have attached a photo of my Portuguese sopa de legumes. This meal means a lot to me because it reminds me of my time spent in Portugal with my grandpa. When I was a child and would travel to Portugal, I was a very picky eater and I didn't like seafood, so I would only eat vegetable soup. Now that I live in South Africa and winter is almost here, I love making a healthy, easy meal for my boyfriend, and he loves it too ☺.



Alexandra Azevedo

31 May 2021

Ulysses Social Networking Activity 7

If I were to have a member of Ulysses in my hometown, Chicago, I would take them to the top of one of the tallest towers in the world, the Willis Tower. I would take them shopping on magnificent mile, and to see one of the great lakes, Lake Michigan. I would take them to a comedy show, and to see a live band after, to experience the captivating nightlife. I would also have them explore the different neighborhoods around the city and to see how there is a unique place for everyone. I would take them to one of the countless historic restaurants and have them indulge in comfort food. Lastly, I would take them to the Art Institute on the L train through the city, to see one of the best collections of artwork in the world.

# Alice Gomes Teixeira

## Activity 1 - Meet the ULissers



<b>Name</b>	Alice Joao Martins Rogado Gomes
<b>Date of Birth</b>	3.11.1998
<b>Home Country</b>	Portugal (Aveiro)
<b>University in which she is enrolled</b>	University of Lisbon
<b>Current/past study programmes</b>	Design for Sustainability/Biology
<b>Favorite Hobby</b>	Drawing, Origami, Cooking
<b>Favorite Book</b>	Not decided yet
<b>Favorite Music artist or Band</b>	Matt Maltese
<b>One relevant personal characteristic</b>	Joking around
<b>Something you have in common</b>	Playing the Oboe, studied Biology, desire to work in the field of sustainability

**Oddest object**



**Ana Cristina Vítor**



## Assignment 1: Meet the *Ulissers*

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<b>Name</b>	Ana Cristina Vítor
<b>Date of birth</b>	29.05.1994
<b>Home country</b>	Portugal
<b>University currently enrolled</b>	University of Lisbon and Queen's University in Belfast
<b>Current study program</b>	Ph.D. in Veterinary Medicine
<b>Past study program</b>	MSc in Veterinary Medicine
<b>Favourite hobby</b>	Currently scuba diving
<b>Favourite book and writer</b>	Murakami – 'Sputnik Sweetheart'
<b>Favourite music artist (or band)</b>	Indie rock – current favourite band are 'The Temples'
<b>Personal characteristics</b>	<ul style="list-style-type: none"><li>• Curious</li><li>• Sensitive</li><li>• Kind</li></ul>
<b>What do we have in common?</b>	Curiosity

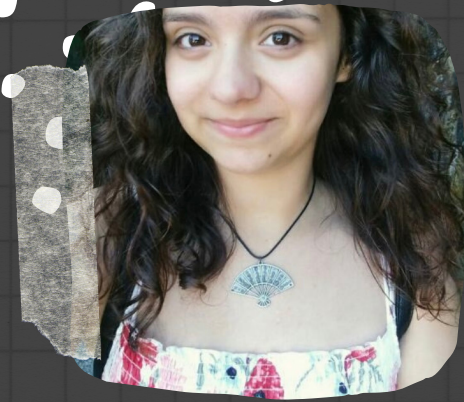


Almada, 23rd April, 2021





# Ana Cristina Domingos



# ANA DOMINGOS

ULISSES PROJECT'S ASSIGNMENT 1

## MEET THE ULISSEER

My colleague for this assignment is Ana Domingos. She was born on November 12, 1999 in Portugal. Nowadays she lives in Lisbon but she's originally from Elvas.

## PROFESSIONAL INTERESTS

Ana is currently studying Bachelor's in Biochemistry at Faculdade de Ciências da Universidade de Lisboa (FCUL), and just like me, she is passionate by the sea since she was a kid. :)

## RANDOM INTERESTS

### ANA

- Kpop
- Cpop

### NAYANA

- Photography
- Listening to music
- Amy Lee
- Evanescence
- 80's music
- sea lover
- José Saramago

- Indie Rock
- Rap
- Brazilian Funk





## Awkward object



16:00  
25/04/2021  
Monte Abrão,  
Queluz, Lisbon

## *Cottage cheese tart - Tarte de requeijão*



### Recipe:

- 1 roll of shortcrust pastry
- 400 g of cottage cheese
- 200 g of sugar
- 3 eggs + 2 yolks
- 50 g of margarine
- 100 g of flour
- 1 teaspoon of baking powder
- Lemon zest

1. Pass the cottage cheese through a fine-mesh strainer and pour into a bowl. Crush it with a fork and blend well with the sugar. Add the eggs and yolks, mixing between each addition.
2. Add the melted margarine. Add the flour with the baking powder. Add lemon zest and mix well.
3. Line a removable bottom pan with the shortcrust pastry and prick the bottom with a fork. Pour the previous mixture into the pan and take it to the preheated oven at 180°C for 20 to 35 minutes.

I don't cook very much, but when I do, I love to make cottage cheese tart. It's simple to make, doesn't take long, and tastes amazing.

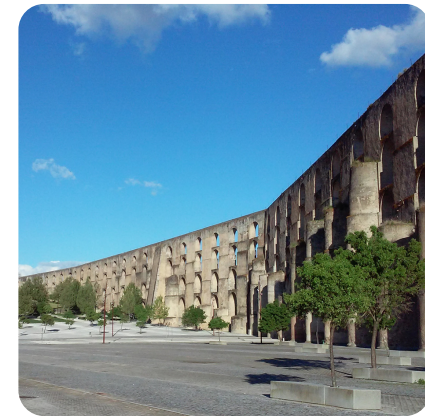


# Elvas

Elvas is the place where I was born. It's not a really big city when compared to Lisbon where I'm living now that's why it's a great place to live. One good thing about being a small city is that there is no traffic! It's also pretty close to Spain, which makes it easy to travel to another country.

Elvas has been a World Heritage Site since 30 June 2012, so I think it's worth place to go!

It's really hard to choose only a place to show in my city, that's why I will just leave a few photos and open the curiosity about my city! I will be glad to receive and be someone's tour guide!







# Nossa Senhora da Graça Fort





# Ajuda





# Ana Mafalda Carvalho



## Introduction

- Name: Ana Mafalda Gil de Carvalho
- Date of birth: 17th September 1997
- Home country: Portugal
- University: Faculty of Sciences of the University of Lisbon (FCUL)
- Studies: Marine Sciences MSc (FCUL)

Post-graduate in Animals and Society (Social Sciences Institute- ICS)

BSc in Biology (Superior Institute of Agronomy - ISA)

- Favorite hobby: Enjoying nature
- Favorite book: Some we love, some we hate, some we eat – Hal Herzog
- Favorite band: The Neighbourhood
- Personal Characteristic: Determined
- Something we have in common: We both have a dog. Mafalda's dog is called Zuke, while mine is called Dobby



Not odd, just a random piece I have in my room



The view from my terrace.  
19/4/2021. Ericeira. 19.40h

## Seitan Recipe

I'm a vegetarian and I've always tried to find alternatives to meat, but the seitan that are usual sold on supermarkets didn't amaze me... so I went on the internet to see some recipes of seitan and I can't get enough of it now, so here is the recipe I tend to use (I hope you try it and love it as much as I do):



### Ingredients

#### Lentil Salisbury Steak

- 2 C. Cooked Lentils
- 1 C. Vital wheat gluten
- 1 C. Bread crumbs, vegan
- 1/2 C. Vegetable broth
- 1/4 C. Soy sauce
- 1 Tbsp. Liquid smoke
- 1/2 tsp. Salt
- 1/4 tsp. Black pepper
- 1 Tsp. Olive oil

### Instructions

1. Make the Salisbury steak first. In a medium sized mixing bowl, add the cooked lentils. Using either a potato masher or fork. Mash the lentils until they are almost all mashed, leaving a bit of texture.
2. Now add all the remaining Salisbury steak ingredients to the bowl except the olive oil, that is for cooking them. Start to stir to mix the wet and dry together, then using your hands, continue to mix until fully combined. Then knead together the mixture, knead for a few minutes until it forms a nice dough ball that isn't sticky any more. (The longer you knead them, the firmer they will be)
3. Now taking large balls of dough, roll then flatten to look like steak. Repeat until you have formed all the dough into "steaks".
4. If you want a firmer steak, preheat the oven to 425 degrees. Put the steaks on a sheet pan sprayed with non-stick spray and bake them for about 20-30 minutes or until the steaks are firm.
5. If you want a more tender steak, heat the olive in a cast iron skillet or non stick pan on medium high. Then add the steaks to the pan, as many as you can fit. You can do it in batches. Cook the lentil steaks on each side for 2-3 minutes until brown and cooked through.
6. If you baked the steaks first, just add them the pan with olive oil to brown on each side for a minute. Just to form a nice crust.
7. Remove the steaks from the pan, and set aside while you make the gravy.
8. Now make the gravy, heat the olive oil in the same pan on medium high, add the mushrooms and garlic. Saute for a few minutes sprinkle with a bit of salt and pepper. Saute until soft and a bit brown. Remove the mushrooms from the pan and set aside.
9. Reduce heat to low. Now add the vegan butter and flour. Whisk together and cook for 1-2 minutes to make a roux. It should be a bit thick and paste like.
10. Now add the veggie broth, whisk to combine. Simmer until it has thickened 2-4 minutes. Now add the mushrooms back to the pan, and the spices. Stir. Taste and adjust seasonings.
11. Now either add the steaks back to the pan and cook with the gravy for a minute, then serve. Or put the steaks on a serving dish, and cover with gravy! Serve with veggies and carbs!

## Social Networking Activity 7

**Mafalda Gil de Carvalho**

As I'm living in a small village, there are not many places to actually visit, however I would, for sure, take them to my favorite beach, the S. Julião beach, that distances 5 minutes from my house, I would also take them to an old roman bridge near by and I would take them to the forest where we can observe a lot of different bird and plant species.

I think besides not having a lot to visit, this is one of the best spots to actually connect with nature. I absolutely love it and I bet my colleague would to!



# Ana Patrícia Veloso

## MEET ANA PATRICIA VELOSO



Name	Ana Patrícia Veloso
Date of birth	13-06-1999
Home country	Portugal
University	University of Portugal
Study degree	Bachelor in Territory Planning and Management
Hobbies:	Cooking, listening to music and travelling
Favorite music artist	Maroon 5
Relevant personal characteristic	Likes to study
Something in common	We both like to sleep in



15h54; 24/02/2021; Marinhais, Salvaterra de Magos, Portugal

# **Bárbara Lemos Ribeiro**



## ULisses – Activity I – Meet the ULissers

- Name: Bárbara Melo de Lemos Ribeiro
- Date of birth: 24/08/2001
- Home country: Portugal
- University in which he/she is enrolled: Instituto Superior Técnico from the University of Lisbon
- Current (and eventually) past study programmes: 2<sup>nd</sup> year undergraduate student in Mechanical Engineering
- Favorite hobby: playing tennis (she is part of the tennis team from Técnico), hanging out and going for a walk with friends (even if she has to wear a mask! 😊)
- Favorite book: Antoine de Saint-Exupéry's The Little Prince. Why? Because, even though it is considered a children's book, it contains value life lessons for everyone such as to value the small and simple things in life instead of material things -> "It is only with the heart that one can see rightly; what is essential is invisible to the eye".
- Favorite writer: Sophia de Mello Breyner Andresen. Why? Because not only is she a gifted writer but Bárbara identifies with some of the main themes present in her work such as the sea, islands, green/nature.
- Favorite music artist (or band): it depends on her mood: Queen and Jamie Cullum, for when she is feeling with lots of energy; and Rui Massena when she is feeling a bit more mellow.
- One relevant personal characteristic: Passionate about learning how do things work and interested in sustainability topics and how can we take care of our planet.
- Something you have in common: We both love Queen 😊 Also we are both curious and share a common interest in science and sustainability.

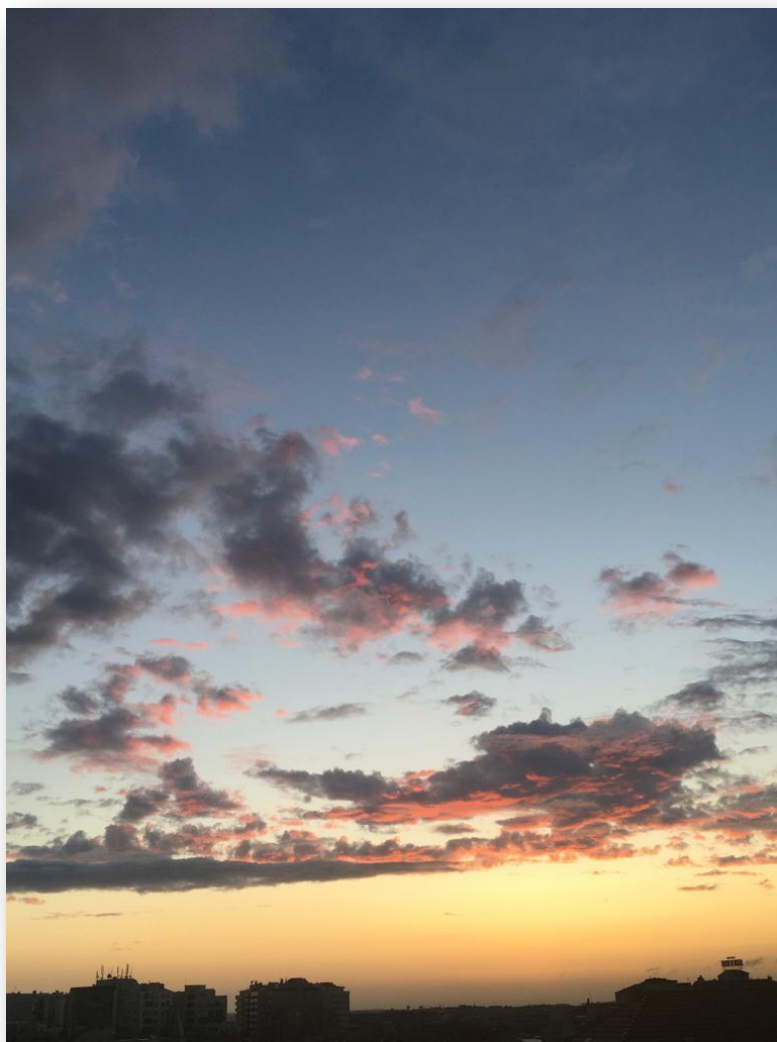
And now I present to you mini-Bárbara playing in the park 😊:



**Awkward object**



**Caldas da Rainha (Portugal), 20<sup>th</sup> April 2021**



## Social Networking Activity 5

Bárbara Melo de Lemos Ribeiro

### “Cozido à Portuguesa”

I choose this dish because it is very tasty. I love it.

It is also typical dish from Portugal.

#### Ingredients:

- 300 gr of beef to cook
- half chicken
- 1 pig's foot
- 200 gr of spare ribs
- 200 gr of pork sparks
- 1 blood sausage
- 1 flour
- 1 sausage
- 200 gr of bacon, preferably salted
- 1 pig's ear
- 1 Portuguese cabbage
- 2 carrots
- 3 potatoes
- 1 turnip head
- 1 drizzle of olive oil
- salt to taste
- a branch of mint

8 servings

Time: 40 min



#### Recipe:

1. In a large pot, cook all the meats and sausages in water and salt, except the flour;
2. When the meats are almost cooked, introduce the flour and let it cook;
3. Remove all meat and set aside;
4. Drizzle the meat cooking water with a drizzle of olive oil and add the vegetables cut into pieces;
5. When the vegetables are cooked, remove the pan from the heat, insert the mint branch and set aside;
6. To serve, cut the meat into pieces and arrange it on a platter with the respective vegetables;



## Social Networking Activity 7

Bárbara Melo de Lemos Ribeiro

I cannot choose only one place, so I will describe the main four.

I am receiving a colleague from Ulisses at my hometown, I will take him/her to:

### 1. *Parque D. Carlos I*

It is a romantic garden that embraces the old thermal hospital, erected during the reign of D. João V. This was a place of physical recovery, where the patients of the thermal hospital could walk and benefit from the soothing effect of the park. However, at the end of the century. XIX, with the rise of the bourgeoisie and the road connection, the architect Berquó took over the management of the thermal hospital, radically changing the park. It has become an area of leisure, including a central artificial lake, beautiful alleys, and a bandstand, attracting countless visitors from all over the country. Refurbished in 1950, Parque D. Carlos I was extended to include the José Malhoa Museum and a restaurant.



### 2. *Museu da Cerâmica*

This attraction is a place dear to my heart because Caldas da Rainha is known for ceramics. *Museu da Cerâmica* is a dream: it is on a Romantic 19th-century estate, built for the second Viscount of Sacavém, who was an avid ceramics collector, maker, and patron. He even initiated his own workshop on the estate in the 1890s. Now it is an unmatched summary of the town's ceramic tradition, with examples going back to the 1600s, but has also brought together pieces from all of Portugal's major factories and overseas. I will take him/her to the anthropomorphic vessels made by Rafael Bordallo Pinheiro, which have become a Portuguese icon.



### 3. *Praia Foz do Arelho*

On the coast is a wonderful beach that almost defies description: it is a sandbank where the Óbidos Lagoon enters the ocean. On one side there is the roaring Atlantic waves and on the other transparent waters of the lagoon. There is also an esplanade beside the beach with ice cream stands and restaurants. This is a nice place to relax and enjoy the good weather.



### 4. *Praça da República*

This is a long rectangular plaza is the town's centre. The square is hemmed by handsome townhouses painted in a variety of colours or with a layer of geometric tiles. The big landmark is the city hall, built in the Baroque style in the 1700s. Even the ground itself is easy on the eye, as it is paved with *calçada portuguesa* in a chequered pattern laid out in 1883. The square's local name is *Praça da Fruta*, as there are market stalls here every day, selling fruit, vegetables and other produce from the region. It is meant to be the largest open air farmers' market in Portugal.



# Beatriz Caetano



# Beatriz Silva Caetano

24th of June 1999



**Home country:** Portugal, Lisbon, Cascais

**University:** University of Lisbon, at the School of Agriculture (Instituto Superior de Agronomia)

**Current study programme:** Beatriz is a graduate in Food Science and Engineering. Since she really enjoyed this field of work she is now pursuing the Master's degree with the same name.

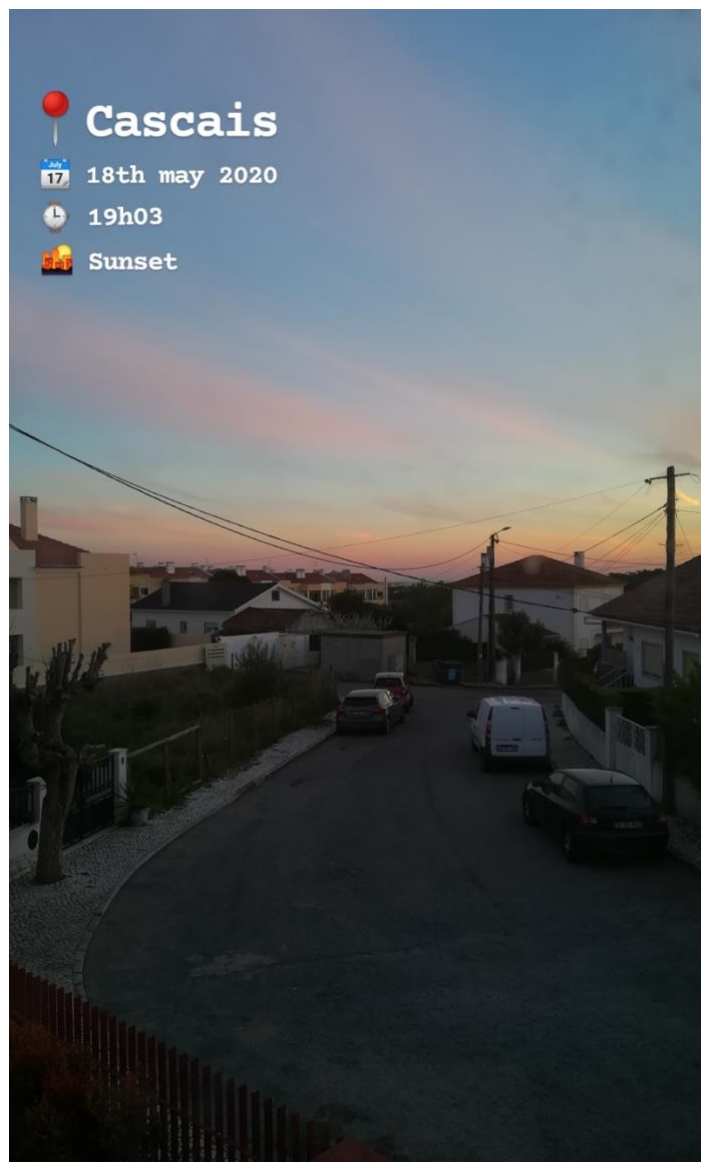
**Favorite hobby:** Beatriz likes to be outdoors and travel around to see new places, whether it's being on vacation, going to the beach to see the ocean, going on a small road trip with friends or simply taking her dog out for a walk.

**Favorite book and writer:** She is not sure if she has a favorite book or writer!

**Favorite music artist or band:** Her favorite band is Time for T.

**One relevant characteristic:** During college Beatriz discovered she is quite a perfectionist.

**Something we have in common:** I am also a *perfectionist*, although I have been this way my whole life. Beatriz has been *vegetarian* for about 2 years now, for both the animals' sake and for the environment, and I am (about 95%) vegetarian for the same reasons. We also both like to *travel* and both enjoy visiting historical places and monuments that might reveal new insights to the country. Both enjoy the *sun* and going to the *beach*, however Portugal is a much more beneficial country to live in than Sweden in this regard. We also both enjoy doing *sports*. In college Beatriz played volleyball and every Saturday morning she goes kick-boxing. She also likes to play tennis with friends and go paddle boarding at the beach. I used to dance and play tennis but nowadays I am into indoor climbing. Finally, we both like spending time in the *kitchen*, although I prefer to cook and Beatriz prefers to bake.





# Mexican Bowl by Beatriz Caetano

Ingredients: Tomato sauce or pulp; quinoa or couscous, corn, beans, cherry tomatoes, sliced olives, half an avocado

For tomato sauce, you can use any seasoned tomato sauce / pulp for sale in supermarkets or follow any recipe for a good Italian tomato sauce (They are always the best).

In this recipe you can use quinoa or couscous. The original recipe uses quinoa, but I used couscous because it was faster to cook, so you can use whatever you have on your pantry and adapt or change the recipe with your personal tastes. Follow the preparation instructions on the back of each package. You can add vegetable broth to the water for added flavor.

To assemble this dish, you will still need sliced cherry tomatoes, corn, beans, sliced olives and avocado. Just put the doses you want of each food on a plate and mix everything at the end!



THIS IS THE EASIEST RECIPE OF ALL and ideal for hot summer days. I'm a vegetarian and I love making this recipe because I don't like cooking that much and this recipe is made in like 5 minutes and is delicious!!!! I discovered this recipe on YouTube last year and in the summer, I usually took this dish to the beach and it is very good because it is such an easy dish to eat!

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## *A colleague from Ulysses in my Hometown*

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As some of you already know, I'm from Portugal. I didn't have to think a lot for this essay... I knew for sure that I didn't want to write about the famous monuments or places that are all over the Instagram feed... I also knew that I didn't want to write about Lisbon since I've lived my whole life in the suburbs and I don't know the heart of the city that well... So, as I started to wonder what places I could write about, it instantly thought about a beautiful little bar in Sintra. I studied my whole life in Sintra so it's such a special place for me... But why a bar? Why not a well-known place or a historical place? Well, if it was me, I would prefer to have a great food experience with a great talk over a visit to a monument that has been there for ages and probably will be for another couple of centuries... And it's not only that, this place has the best view of all times!

So, starting from the beginning, the place that I'll be going to talk about is called *Moinho Dom Quixote* (or, if you translate it, Don Quixote Mill). This is a casual dining bar, located in Azóia, Sintra, with a big mill in the entrance and, as you enter, you get a sort of an exotic vibe where the walls are covered with the most random things that you can imagine from mill wheels, mirrors, some weird paintings or wooden animals. The people there are very attentive and friendly and the place is really nice! You can sit inside or in the terrace which is the best part!! The terrace as a heaven's view of the Sintra Mountain as well as of the ocean and the Gincho Beach (that is my favorite beach of all times!! A bit windy but I love it). So, sitting in the terrace, you'll get the best of both worlds. Oh, and there are always cats wandering around the place, both inside and in the terrace. The last time I was there, there was a dog too, who loved to be petted. As you realize, you can also bring your beautiful pet with you!

This is the place to go at every time of the day! In the morning, afternoon or evening. As some people know, in Sintra it can be a bit chilly and windy at the sundown, so for that they have blankets for the customers (even with their logotype) so that you can spend a pleasant time there. Their blankets smell so good and are so soft!!

As for the menu, they serve a little bit of everything, from lunch to dinner, from brunch to snacks!! This is the place where you can order small portions and share with friends! They also have burgers, omelets, cakes and scones, some special drinks... I absolutely love their Guacamole with tortilla chips! It's a must try!

In the next few pages, I'm going to leave you with some images of the place, some mouth-watering dishes and also the menu for you to be prepared for the time you go there! I would like to think that my *Ulysses'* colleague would appreciate me introducing him/her to this wonderful and beautiful place...

P.S. If you are wondering... No, I'm not getting paid for the free publicity :(  
I just really love this place!

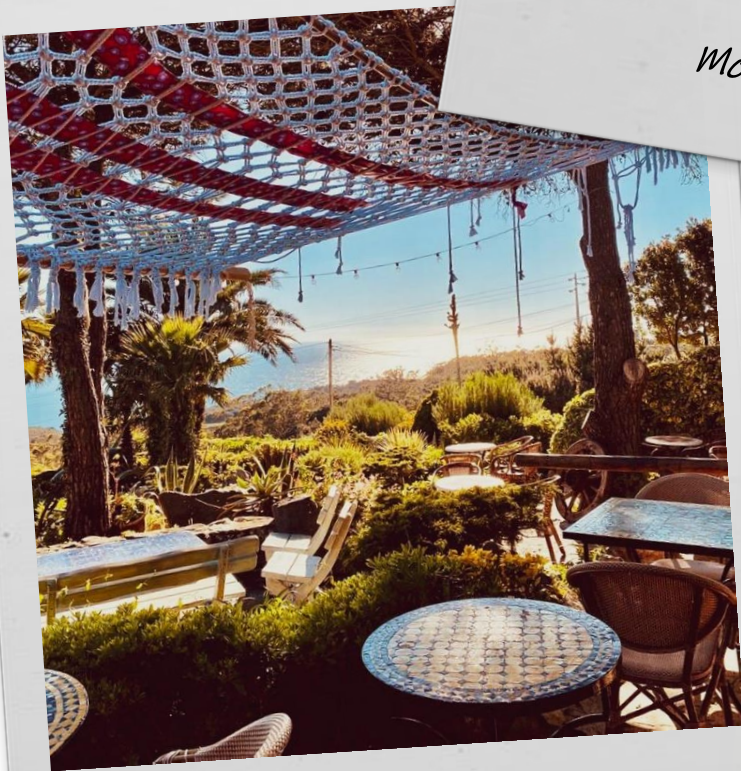




*The Dom Quixote Mill*



*A Brunch at  
Moinho Dom Quixote*



*The Terrace View*



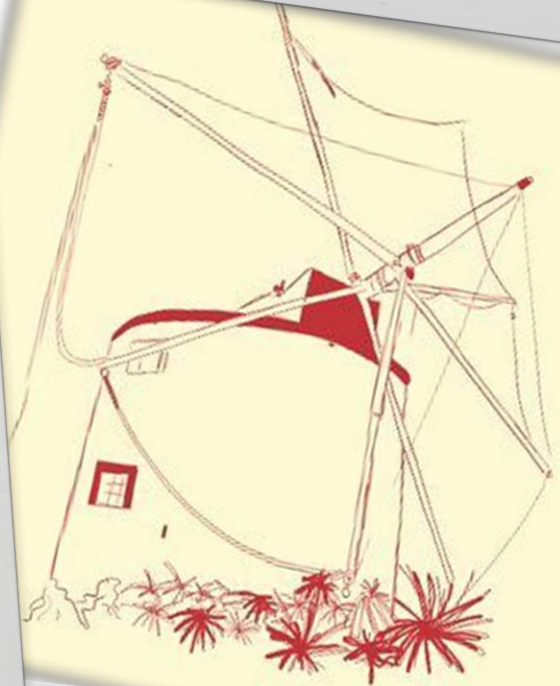




*The Moinho Dom Quixote Terrace*



*Some mouth-watering food*



*The exotic interior*



# Brunch at Moinho



## DOM QUIXOTE - 12.00

2 oven fried eggs with a parmesan crust toasted Alentejo bread with grated tomatoes, olive oil, oregano and green mix, orange juice, hot drink of choice.

(Coffee / Decaffeinated, Carioca lemon, Dom Quixote Coffee, Cappuccino, Coffee with hot milk, "Galão", Teas and infusions)

## SANCHO PANÇA - 15.00

2 eggs (fried or scrambled) w / bacon, avocado toast, sliced tomato and green mix, hot drink of choice.

(Coffee / Decaffeinated, Carioca lemon, Dom Quixote's Coffee, Cappuccino, Coffee with hot milk, "Galão", Teas and Infusions)

## DULCINEA - 14.50

Granola bowl (Greek yogurt or oat milk, honey, bananas, berries and Juju's organic granola), Lenôtre croissant with Casa da Prisca jam options, hot drink of choice

(Coffee / Decaffeinated, Carioca lemon, Dom Quixote's Coffee, Cappuccino, Coffee with hot milk, "Galão", Teas and Infusions)

## ROCINANTE - 13.00

Pancakes with honey, baked apple and cinnamon, berries and fresh cream, hot drink of choice

(Coffee / Decaffeinated, Carioca Lemon, Dom Quixote's Coffee, Cappuccino, Coffee with hot milk, "Galão", Teas and Infusions)

### INDIVIDUAL PORTIONS:

Toasted Lenôtre Croissant with cheese - 4.00

Mixed Toasted Lenôtre Croissant - 4.50

Lenôtre Croissant - with Casa da Prisca's sweet jam options- 3.50

Homemade Banana Bread - 5.00

2 scrambled or fried fried eggs - 4.00

Sugar & cinnamon pancake - 6.00

### EXTRAS:

Bacon - 3.00

Avocado - 3.00

Casa da Prisca's Jam - 1.50

Croissant - 2.00

Juju's organic granola - 3.50

### DRINKS:

Glass of sparkling wine - 5.00

*Aliança Baga Bairrada Reserva Bruto*

La vie en rose - 8.00

Bellini - 8.00

Mimosa - 8.00



## TODAY'S SPECIAL

Soup | Dish | Quiche

Ask for price

**BITOQUE - The Moinho Steak** Filet mignon with rustic roasted potatoes and fried egg 16,00

## TO NIBBLE

Bread basket	simple or grilled with aromatic herbs	2,00
Kalamata Olives	without pits	2,50
Tapenade	Casa da Prisca, 30gr	2,00
Caponata	Sicilian eggplant dish with diverse baked veggies	6,00
Grilled white farmer's cheese	200g	5,50
Nachos with guacamole		6,50
Nachos with cheese		6,50
Padron Peppers		6,00
Sautéed mushrooms		6,00
Rustic potatoes (oven baked with herbs)	with a dip of your choice	3,50
Roasted tomatoes	with aromatic herbs	4,00
Labaneh	strained yoghurt, cherry tomato, olive oil and olives	4,00
Pulled pork tenderloin	with red onion and a dip of your choice	8,00
Croquetes filled with pulled pork tenderloin and spices	4 units	7,50
Salted Cod fritters with manioc base	4 units	7,50
Roasted Alentejano chorizo	with bread basket and vinaigrette	9,50
Small chicken pie	Homemade dough with aromatic herbs - 3 units	6,00
Salted cured meat with fried manioc	300 grams of meat	14,00

## SALAD

Caprese	tomato, fresh mozzarella, basil	10,00
Tuna	sweet potato, green beans, tomato, olives, parsley, coriander, homemade mayo	12,00
Greek	feta cheese, tomato, lettuce, red onion, cucumber, olives	11,00
Caesar	grilled chicken breast, lettuce, parmesan cheese, croutons, homemade Caesar sauce	13,00
Mixed	lettuce, tomato, red onion	7,00

## HAMBURGER

Simple		9,00
Cheese		10,00
Cheese and Bacon		11,00
Halloumi Cheese	Vegetarian	12,00

All served on naturally fermented brioche buns (GLEBA bakery), lettuce, tomato, grilled onions, rustic potatoes or chips and a dip of your choice - homemade mayo, ketchup or spicy z'hug

## VEGAN BURGUER

Sweet potato with carrots, white beans and spices	12,00
Black beans, brown rice, mushrooms and spices	12,00

All served on vegan brioche buns (GLEBA bakery), lettuce, tomato, grilled onions, rustic potatoes or chips and a dip of your choice - homemade mayo, ketchup or spicy z'hug

## OMELETTE

Prepared with free range eggs, served with a mixed salad

Simple	8,00
Parsley and chives	9,00
Cheese, tomato and basil	10,00
Sautéed mushrooms on top	11,00

## EXTRA INGREDIENTS

Cheese, Ham, Bacon each	1,00
Eggs: scrambled, fried	2,50

Dips of the house - Mayonese/ Homemade Ketchup/ Spicy z'hug/ Hot peri peri

## SCONES | TOAST | SANDWICHES

Scones – 2 units	with butter and choice of jam – Casa da Prisca	4,00
Toast Brioche	bread or Alentejo bread, with butter and choice of jam - Casa da Prisca	4,00
Butter Croissant	Lenôtre served with a jam of your choice – Casa da Prisca	3,50
Cheese toasted sandwich		6,00
Ham and Cheese toasted sandwich		7,00
Chicken toasted sandwich	grilled bread	10,00
Tuna toasted sandwich	grilled bread	10,00
Cuban sandwich	baguette, with pulled pork tenderloin	11,00
Club sandwich		11,00
Club Halloumi	Vegetarian	11,00
'Prego do Lombo'	a typical Portuguese sandwich with tenderloin in Alentejo bread	13,00

\*Served on naturally fermented bread (GLEBA bakery)

## DESSERTS

(come inside to take a better look at our desserts)

Today's special sweet	5,00
Cake	slice 5,00

## ARTISANAL ICE CREAM

See flavors of the day

Scoop Nannarella (each)	3,00
Picolé, popsicles	3,00

V : Vegan V : Vegetarian





**ATÉ BREVE...**

**SEE YOU SOON ...**

**@MOINHODOMQUIXOTE**

# Beatriz Lopes

**Beatriz Pereira Lopes** was born the **6th of January 2000** in **Cascais, Portugal**, where she lives. She was studying physics before her degree in **Meteorology, Oceanography and Geophysics** at the **University of Lisbon**, and she was in a summer studying program about **particle physics**.

As me, she couldn't choose a favorite hobby because she has many, but if she had to choose she would say **going out with her dog** or **walking** throw beautiful cities as Oporto.

One of her favorite books is ***O caderno de mayo***, written by Isabel allende, and one of her favorite writers could be **Mia Couto**. Besides, her favorite artist is **Miguel Araújo**, a portuguese singer.

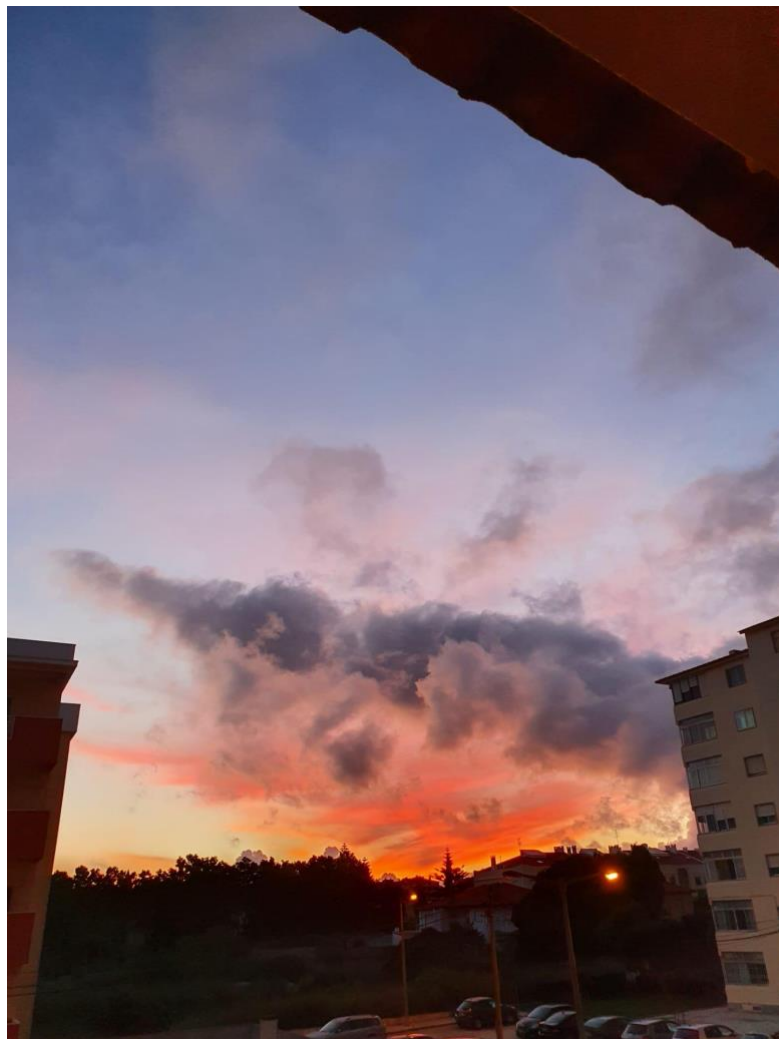
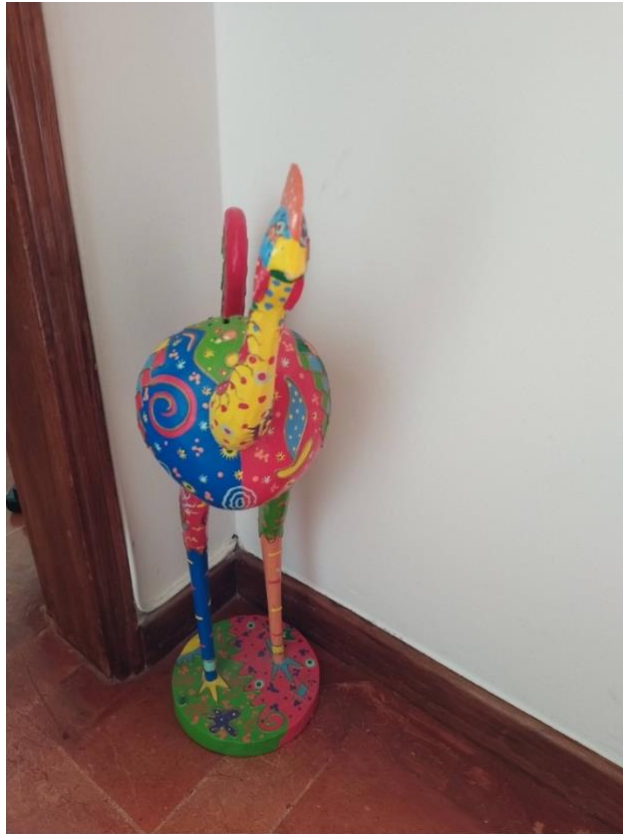
One personal characteristic which she pointed at was that she's very **hard-working** and she do her best in whatever she gets into.

Talking to each other, we realized we have a lot in common! We both practice **dance** before university and we really love to dance. We also love to get out with our dogs and go **walking or running** with them, and we share a wide interest in **ecology**.

It's been really nice to meet Beatriz!







8:33, 19/04/2021, Parede, Cascais (Portugal)



My fish burger!!!

## My special place

In my free time, I love going to Sintra and explore the mountains with my family and my dog. Sintra is a magical place as it is so peaceful and so beautiful! There are always new places to visit and going there is always an adventure!





# Bruna Pires

## Assignment 1 – Meet the ULissers

**Name:** Bruna Pires

**Date of birth:** 16/02/2001

**Home country:** Portugal

**University:** Faculdade de Ciências da Universidade de Lisboa (FCUL)

**Study program:** Degree in Biochemistry

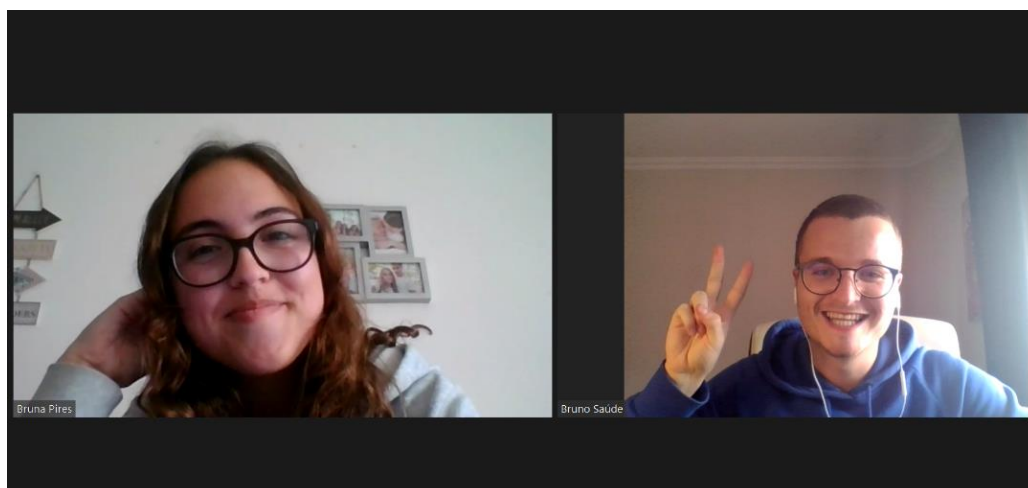
**Favourite hobby:** Badminton

**Favourite book and writer:** Harry Potter, J. K. Rowling

**Favourite artist:** Ed Sheeran

**One relevant personal characteristic:** Shy and introverted

**Common characteristic:** Glasses box (caixinha de óculos)





## Social Networking Activity 5



### Ingredients:

- Rice noodles;
- Shrimp;
- Corn;
- Mushrooms;
- Delights of the sea;
- Onions;
- Garlic;
- Salt.

### Recipe:

We start by sautéing the onion and garlic in olive oil until the onion is almost transparent. Then add the mushrooms, corn and shrimps in the same pan and leave for a few more minutes. In a separate pan, boil the water to cook the noodles and let it cook for about 4 minutes and add salt. When the rice noodles are ready add it to the pan with the sauté and put the delights of the sea, and it is ready to eat

The reason why I chose this dish is because this is a food that my mother often makes and is simple, fast and delicious 😊

Bruna Pires

Lisbon, 7<sup>th</sup> May 2021



## Social Networking Activity 7

I live in Odivelas, a city on the outskirts of Lisbon, capital of Portugal. My city is not exactly a tourist city, it is a more residential place, with many houses and schools. It also has some parks, a monastery and gardens, but this is all well marked on the maps.

So, if I had to receive a colleague from the Ulisses project in Odivelas, I honestly think that there would not be much to show ... However, I think I would like to take my colleague to my favorite restaurant: **Angelus pizzeria**. Angelus pizzeria is a small restaurant in Odivelas that serves pizza, pasta, etc. It's very good but as it is a little visited city it does not have the due recognition. I leave here some images and I invite you all to come and try it.



Bruna Pires

Lisbon, 29<sup>th</sup> May 2021

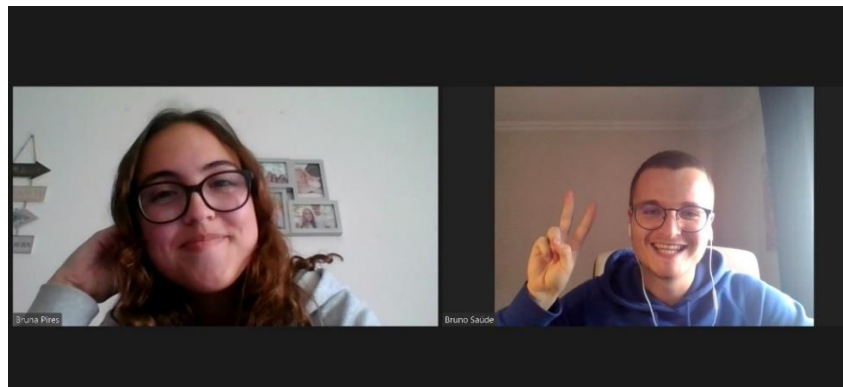
# Bruno Daniel Saúde

## Activity 1 – Meet the Ulisses

Hi, I'm Bruna and I'm here to present my colleague from the ULisses project. His name is Bruno Saúde and he was born, in Portugal, on August thirteen of 1999, what makes him a boy who is 21 years old now. He studies at Instituto Superior Técnico of the University of Lisbon and he is currently taking a master in Industrial Engineering and Management.

In fact, I found out that his favourite hobby is practising sports and that his favourite book is called "Secrets Of The Millionaire Mind" by T. Harv Eker. Bruno's favorite band are Coldplay (I also like them very much) and one relevant personal characteristic of him is that he is really into entrepreneurship.

While we were talking, Bruno and I discovered that we both use glasses full time, so we decided to call our eyeglass cases (caixinhas de óculos in Portuguese). Here is one photo of our virtual meeting:



Finally, here it goes a fun old photograph of him:



Bruna Pires

Lisbon, 29<sup>th</sup> March 2021



This is my desk's view, in a runny days with the storm LOLA coming. The photo was taken at 23/04/2021 at 11h52 and, if we zoom it, is possible to see 25<sup>th</sup> April bridge and "Cristo Rei", even when the weather is less good.





### Social Networking Activity 5

Even Portugal is well known for amazing recipes and, more specially, desserts, I decided to present something different! I present you **Satay**, the most traditional and delicious Indonesian food. The meal is constituted by rice with special flavour of coconut and meats with a special sauce. As you can see on the photo, knife are not usually in Indonesia so using a spoon and a fork was not an easy task during my days in Indonesia. I hope someday you can enjoy this special meal, which is very good with a fresh soda!



# Carla Rodriguez Justicia

# Carla Rodriguez



Carla was born on April 9<sup>th</sup> of 1997 and she is from Barcelona, Spain.

Carla is studying Marine Sciences and Technologies in the Polytechnic University of Catalonia, currently working on her thesis on CO<sub>2</sub> mitigation with marine fertilization.

Before her degree she studied marine biology.

Her favourite hobbies are diving, running with her dog and snowboarding.

Carla loves poetry and her favourite book is *El sexa de la rise*, by Irene X. Her favourite writer is Rupert Sheldrake because she loves the different perspective about life that Sheldrake offers to his readers.

Her favourite artist is Jorja Smith.

As a personal characteristic, she is very sensitive and can connect with people very easily. This quality makes her care a lot about the environmental issues.

We have a lot in common! We are animal lovers, like to dance and love ecology!





19:23  
22/04/2021  
Sant Boi de Llobregat, Barcelona  
*Sky in front of my dining room*



# Carolina Mariano

## Activity 1

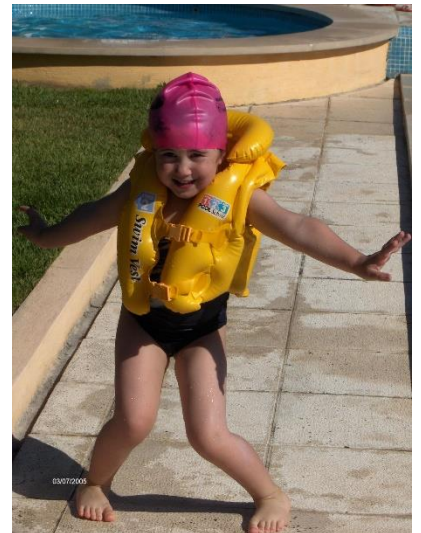
Inês Ferreira Mendes

### Meet the ULissers

#### **My fellow ULisser:**

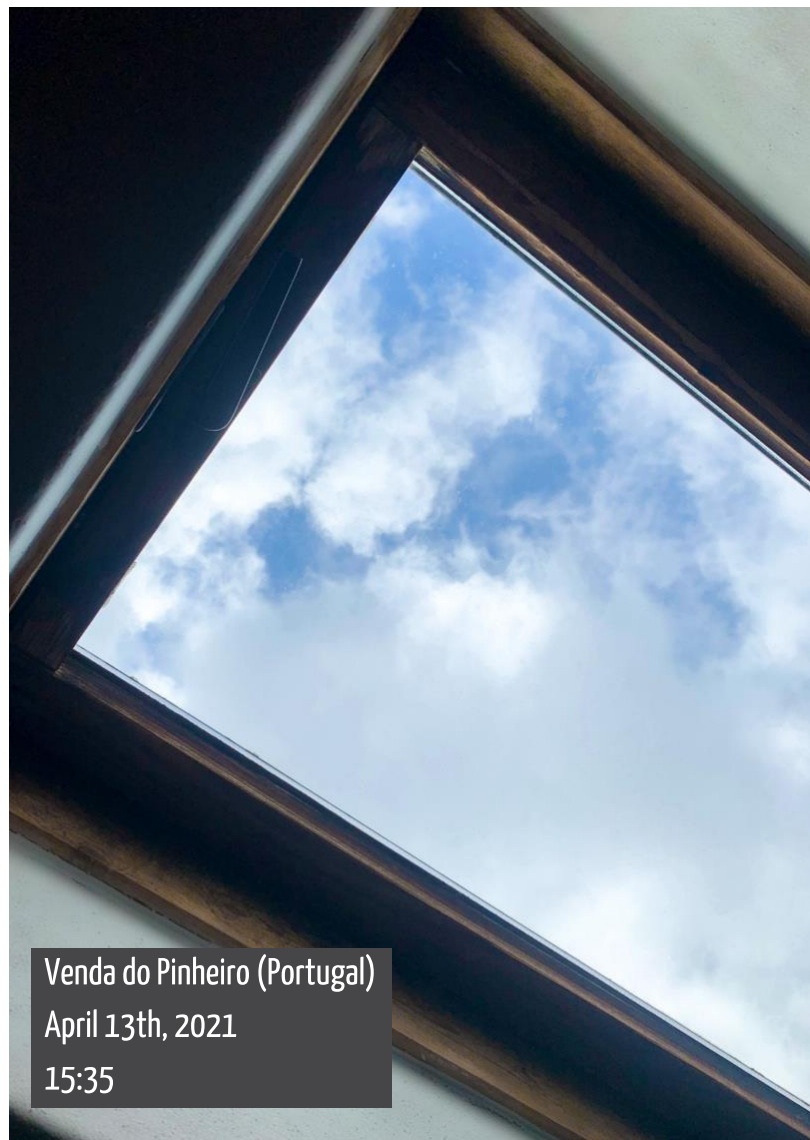
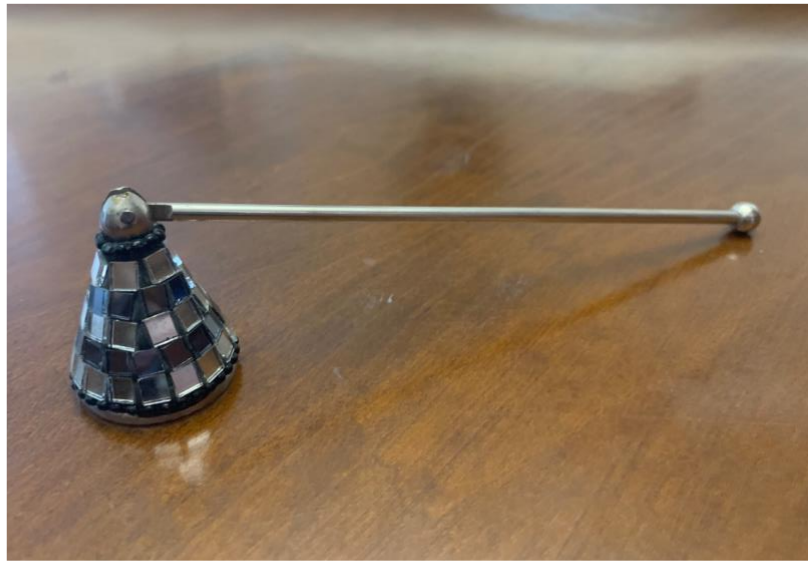
- Name: Carolina Vitorino Mariano
- Date of birth: 18/04/2001
- Home country: Portugal
- University in which he/she is enrolled: faculty of science, university of lisbon
- Current (and eventually) past study programmes: biochemistry
- Favorite hobby: walk the dog
- Favorite book and writer: “metamorphose” - Franz kafka
- Favorite music artist (or band): Frank Ocean
- One relevant personal characteristic: very organized
- Something you have in common:

The love for biology and animals in general. We have also in common the desire to travel a lot.



The oddest/awkward object I found in my house is...

A candle snuffer that looks like it came straight from a night out at the disco!







This is a typical dish from our favorite family's restaurant! It's called "Secretos de Porco Preto".

## **My hometown**

If I had the chance to bring a fellow Ulisser to my hometown, I would, firstly, bring him to the beach, in Ericeira, because, although the water is a bit cold, their wonderful terraces are perfect to refresh ourselves with a delicious ice-cream or smoothie. And from all the beaches in this area, I would choose to bring my friend to *Praia dos Pescadores* for sure, since it is my dearest place in all Ericeira. In fact, I have so many memories there, I believe we would spend the whole day sharing our experiences.

After spending the morning at the beach, I would take my fellow to Mafra, almost 20 minutes away from Ericeira. There, I could show him one of my favorite garden: *Jardim do Cerco*. I used to spend so much time there with my family, I would love to show my friend all the special corners that the garden has to offer. We could even make a picnic in the middle of the trees, as there are proper spaces to do so.

I know my hometown does not have anything out of this world to offer, as some big cities in Portugal, but I reckon its simplicity is what I love the most about it. Spending the day around nature is my favorite thing to do and I would love to make my fellow Ulisser feel the same.

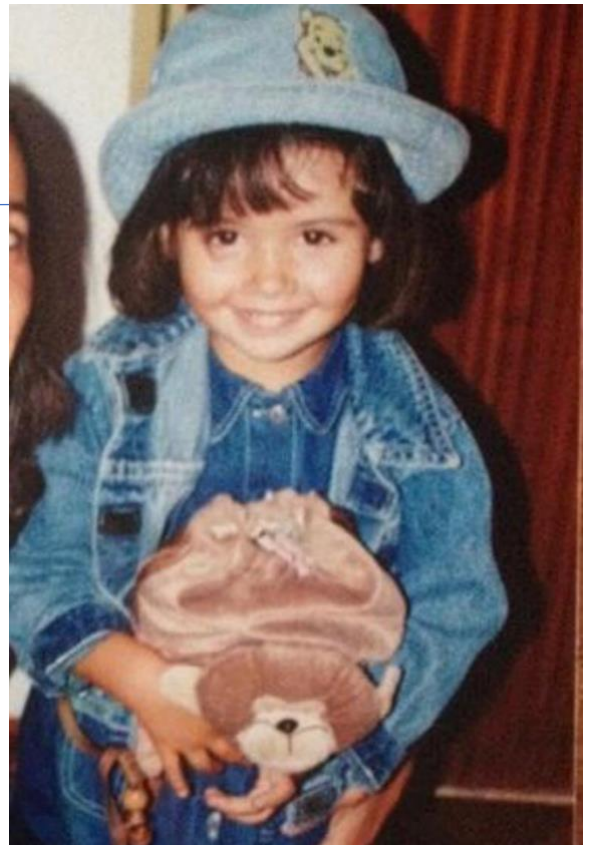
**Carolina Mariano**

# Catarina Ramos da Silva

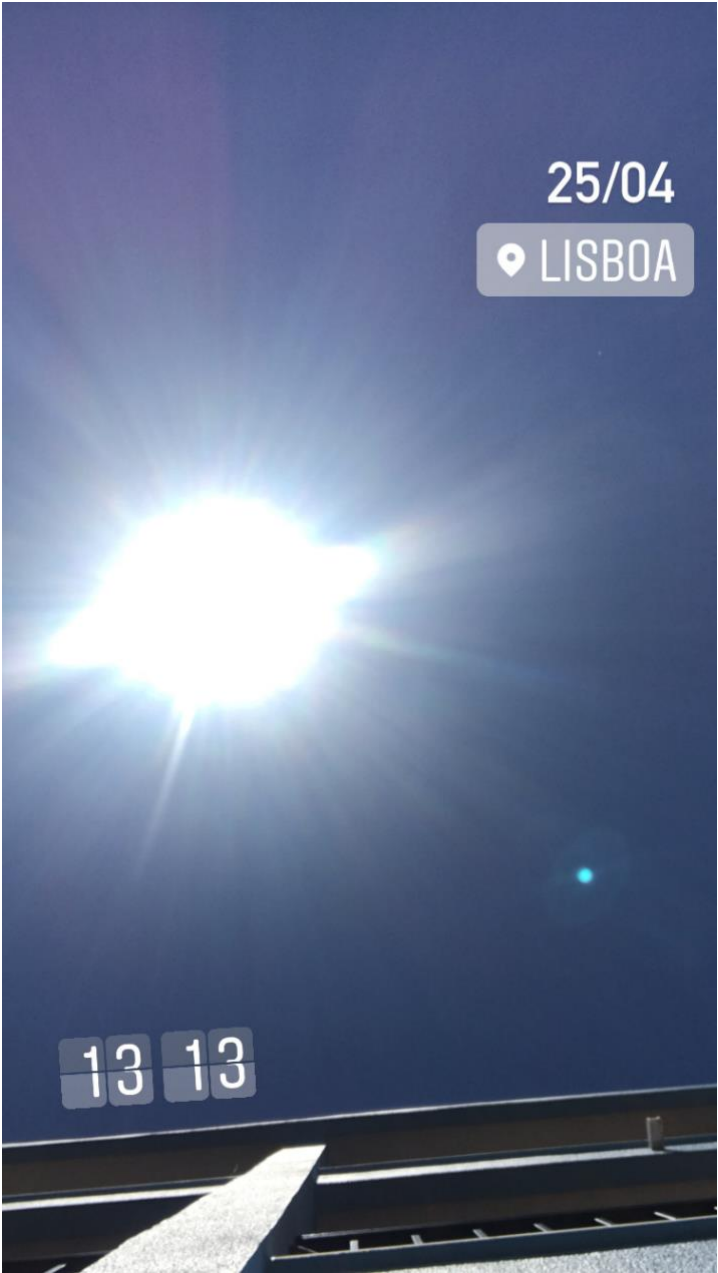
Ulisses – 1st assignment  
**CATARINA RAMOS DA SILVA**

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Date of birth:	2/10/1998
Home country:	Portugal
University in which she is enrolled:	Universidade de Lisboa – University of Lisbon
Current study programmes:	Bachelor in geology, minor in biology both in the faculty of science
Favourite hobby:	Likes to needle, to surf, exercises in general, goes for walks and loves to travel.
Favourite book and writer:	Her favourite book is “The fall of giants” from Ken Follet. She does not have a favourite writer but has been reading Chico Buarque’s books during the quarantine.
Favourite music artist (or band):	She does not have a favourite artist, it depends on her mood. She has been hearing the Growlers a lot however.
One relevant personal characteristic:	She is a very outgoing person.
Something you have in common:	We both want to know more and learn how to create a positive impact in the world.







# Catarina Macedo



# ULisser's Profile

**Catarina Zorro Nobre Mesquita Macedo**



**Birthday**

**08/08/2000**

**Home country**

**Portugal**

**Favourite hobby**

**Drawing**

**Education**

**BSc in Biochemistry, University  
of Lisbon - Faculty of Sciences**

**Favorite book and writer**

**"The Great Gatsby" by F. Scott Fitzgerald**

**Favorite music artist (or band)**

**Frank Ocean and JID**

**One relevant personal characteristic**

**Loves to learn about foreign cultures, mostly by consuming their media,  
like tv shows, movies, and music.**

**Something we have in common:**

**Peaky Blinders is our favourite TV Series**



# Daniel Crispim



# Activity 1- Meet the Ulissers



*Daniel Filipe Grilo Crispim*



**Born:** 23/04/2000 in Portugal



**University and current study programmes:** Faculty of Sciences of the University of Lisbon | Biochemistry



**Favorite Hobby:** Playing the Guitar/Listening to music



**Favorite book and writer:** Norwegian Wood by Haruki Murakami



**Favorite music artist (or band):** Arctic Monkeys/Foo Fighters/Muse



**One relevant personal characteristic:** He values empathy and honesty a lot and considers himself a very perseverant person.



**Something you have in common:** we both studied in Faculty of Sciences , cheer for the same football club and would like to go for an intrarail in Italy

I chose 2 different items to share with you all! Even though I don't think I have any odd/awkward items at home, I still hope you like the ones I chose to present. They are also both Ocean related!



The first one is an Astrolabe, an ancient astronomical instrument that was a handheld model of the universe. It's always best to sail together, but we also have to go prepared!



The second one is a fossil I found at a dirt road in Sesimbra a few years ago. I've never looked much into what animal these remains might have belonged to but it still has some emotional value to me.



The view from my bedroom's window,  
Amadora, Lisbon.

19:00 | 13/04/2021

# Social Networking Activity 5

## Açorda de Cação



I decided to present to you one of my favorite dishes, “açorda de cação”! This is a traditional portuguese dish typically prepared in Alentejo. I used to cook it pretty often with my grandparents (both from Alentejo) when I was younger, so for me it also has a lot of emotional value. Nowadays my mum rarely cooks it and even though it seems like it doesnt taste the same, it's still really good. This is a pretty simple dish, overall. You only need the fish, bread (“Alentejano!”) , garlic, coriander, salt, pepper and olive oil, vinegar and flour.

First you boil approximately 1.5 L of water with 2 garlic cloves, some olive oil and some coriander. Then you add the “cação”, you add salt and pepper and you leave it for about 5 to 10 minutes. Next you take the fish out and place the sliced bread in the water. You can add some more olive oil, garlic, salt or pepper if you wish (and you can also add vinegar if you like the taste and flour to make the water “more consistente”). Then you just serve everything just like in the photograph above!

**Ulisses**

UNIVERSITY OF LISBON  
INTERDISCIPLINARY STUDIES  
ON SUSTAINABLE ENVIRONMENT AND SEAS



# Social Networking Activity 7

## Amadora (Lisbon)

If I was to receive a colleague from Ulisses at my hometown, my first advice would be not to stay at my hometown! No, just kidding. Amadora is actually an amazing city with a lot of things to do and it's extremely close to Lisbon. Some of these places are the following:

**Sushi & Wasabi** - As the name suggests, this is a Japanese cuisine restaurant. The ambience is pretty cozy and familiar, which makes it great for a relaxed sushi dinner. The workers there are just the nicest and will take care of anyone who stumbles upon this hidden gem of a place. Also, the prices are pretty cheap.

**Casa do Fauno** - Even though this place isn't actually located in my hometown, it's only a train ride away and it's one of my favorite places to be. This is a medieval pub located in Sintra. It's ambience is amazing, it really makes you think you are living a few centuries ago (especially after drinking some of their mead!). This is also a great place to visit both during the summer, since you can watch the sunset from their terrace, or during the winter, when you can grab yourself a warm drink while listening to some Celtic music. I've definitely made a lot of great memories in this place. This would also be a great opportunity for my colleague to experience how magical Sintra is, maybe by visiting Quinta da Regaleira or the Monserrate Palace (personally my favorite).



**Ulisses**

UNIVERSITY OF LISBON  
INTERDISCIPLINARY STUDIES  
ON SUSTAINABLE ENVIRONMENT AND SEAS



# David Richter



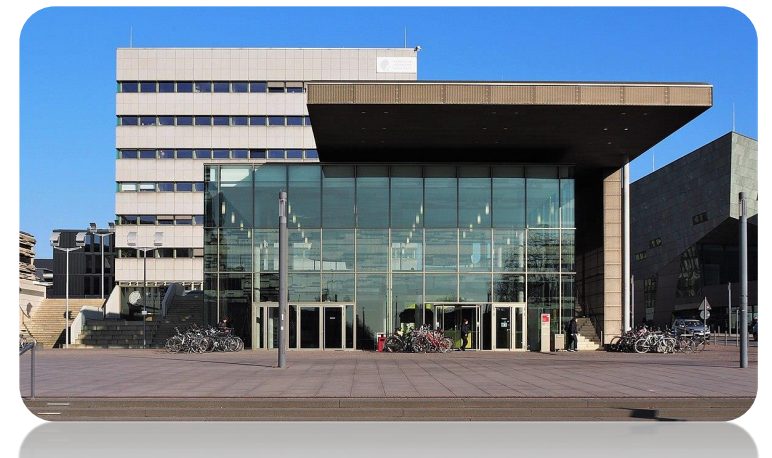
# Meet the Ulissers

**David Richter by Filipa Pires**

# David Richter



- **Date of birth:** 21th of July 90
- **Home Country:** Germany
- **University:** Technische Universität Darmstadt, Germany



# Current and past study programmes

- Civil-/environmental engineering, master (at Darmstadt)
- Civil-/environmental engineering, bachelor (at Darmstadt)
- Technical environmental protection, bachelor (at Berlin)





# Favorit's of David

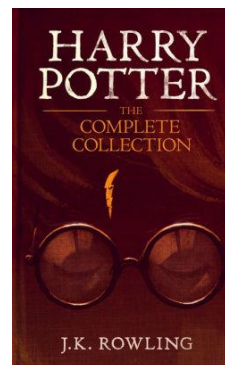
## Hobbie

- Bouldering (free climbing)



## Book and Writer

- Harry Potter collection by J.K. Rowling



## Band

- The Killers



## Relevant personal characteristic

- Night owl (a person that likes to be active at night)



## Something we have in common

- Both care about the environment



**The END**



# Diogo Rodrigues



## ACTIVITY 1 – MEET THE ULISSERS

**Name: Júlia Eduarda Coelho**

My partner for this activity is Diogo Alexandre Magalhães Rodrigues and he was born in 30/06/2000. His home country is Portugal and is currently studying Biology at FCUL – Faculdade de Ciências of the University of Lisbon.

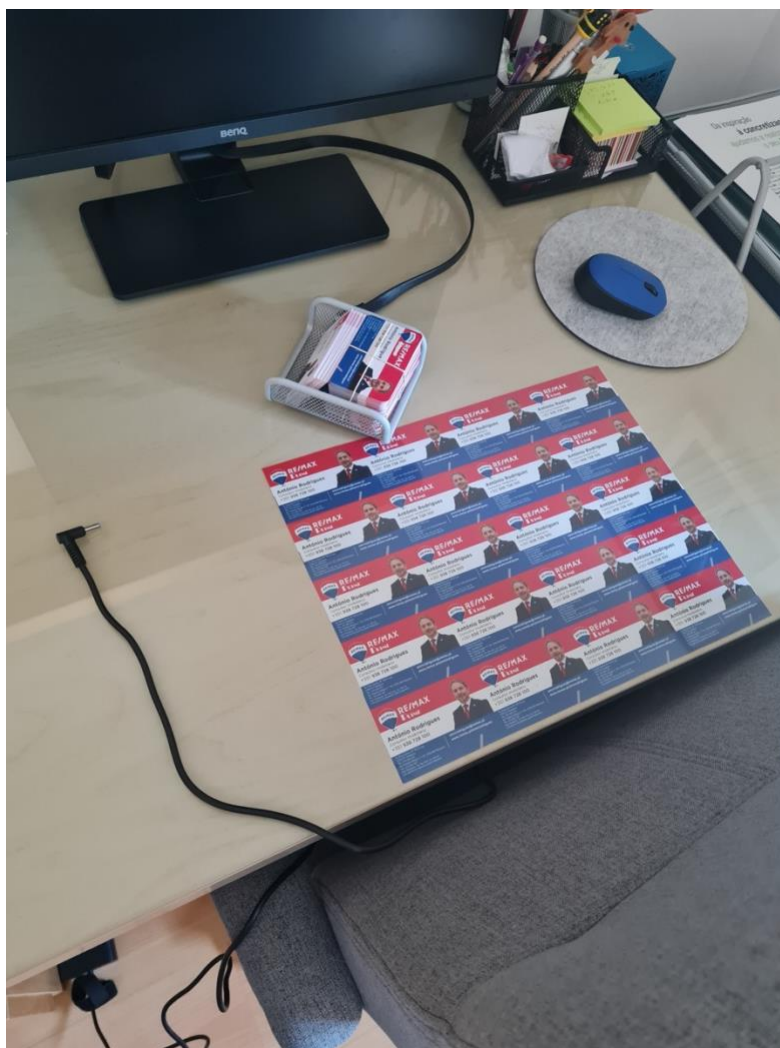
Diogo's favorite hobby is Football, not just to play, but also to watch, analyze, etc. He likes to draw and dive as well, being capable to pay a lot of money just to travel and go diving somewhere.

He doesn't read that much, but really likes the book "12 rules for life" by Jordan Peterson, and his favorite author is Júlio Verne. He loves Hip-Hop, and his favorite music artist is Valete.

Diogo describes himself as a person who is emotionally strong, who can understand other people's view, is a good listener, doesn't overreact and is just trying to spread some positive vibes, being this his relevant characteristic.

There is a few things that Diogo and I have in common: both of us have been operated when we were kids, and don't remember anything; both of us visited Hungary; and had Biology as our favorite subject in school, even tho that was not our best grade.





# Elin Ekstrom

## Meet Elin Ekström

The colleague I've been associated with for this assignment is **Elin Ekström**. As we started to get to know one another, I knew that she was going to be really fun to write about.

As I said before, her name is Elin Ekström and she's a 1,65 m girl from Stockholm, Sweden with a guilty pleasure for chips (she can't go a week without it!). She is 23 years old and was born on the 26th of August 1997. Elin speaks three languages: Swedish, English and French. Currently she's in the third and final year of her bachelor's in Environmental Engineering and Sustainable Infrastructure, at the KTH Royal Institute of Technology at the School of Industrial Engineering and Management. Elin is thinking of taking a master's in the same area, a master's with the same name of her bachelor's, and in the future eventually specializing more towards water technology.



Elin's favorite hobby is climbing (mostly bouldering) and spending time outdoors! She sometimes likes to practise her French with friends since she loves languages and especially French. In her free time Elin likes to do artsy and creative things like painting. She also likes cooking!

As for a favorite book, Elin said that she had a bit of a hard time picking a favorite one, but she told me that she loved reading *Le Petit Prince* as she was starting to learn French. She found it quite philosophical. Related to music, one of Elin's favorite band is the duo Angus and Julia Stone who plays some mix of folk and indie pop music.

Like me, Elin is a huge perfectionist. She has been a perfectionist all her life. She's also a creative person, or at least she says that she likes doing creative things.

One of the many things we have (and might have) in common is our taste in music! We both like calm indie-folk music. Another thing we have in common is that we're both perfectionists, and also that we love the outdoors! We love being outdoors and doing fun activities. We both love travelling, being in the sun and listening to music (not necessary at the same time 😊).



I was so lucky to meet Elin!! She has been such a kind person in all the messages we've changed. She seems such a fun girl! I love the fact that she climbs!! I had never thought of that as a sport, only like an activity/hobby a person can do... I also loved that I got associated with a foreign student because this way I get to practise my English and learn things about Sweden, the people and the mentality there. I hope with this brief assignment you found Elin to be a great person as I did, and I can't wait to meet her.

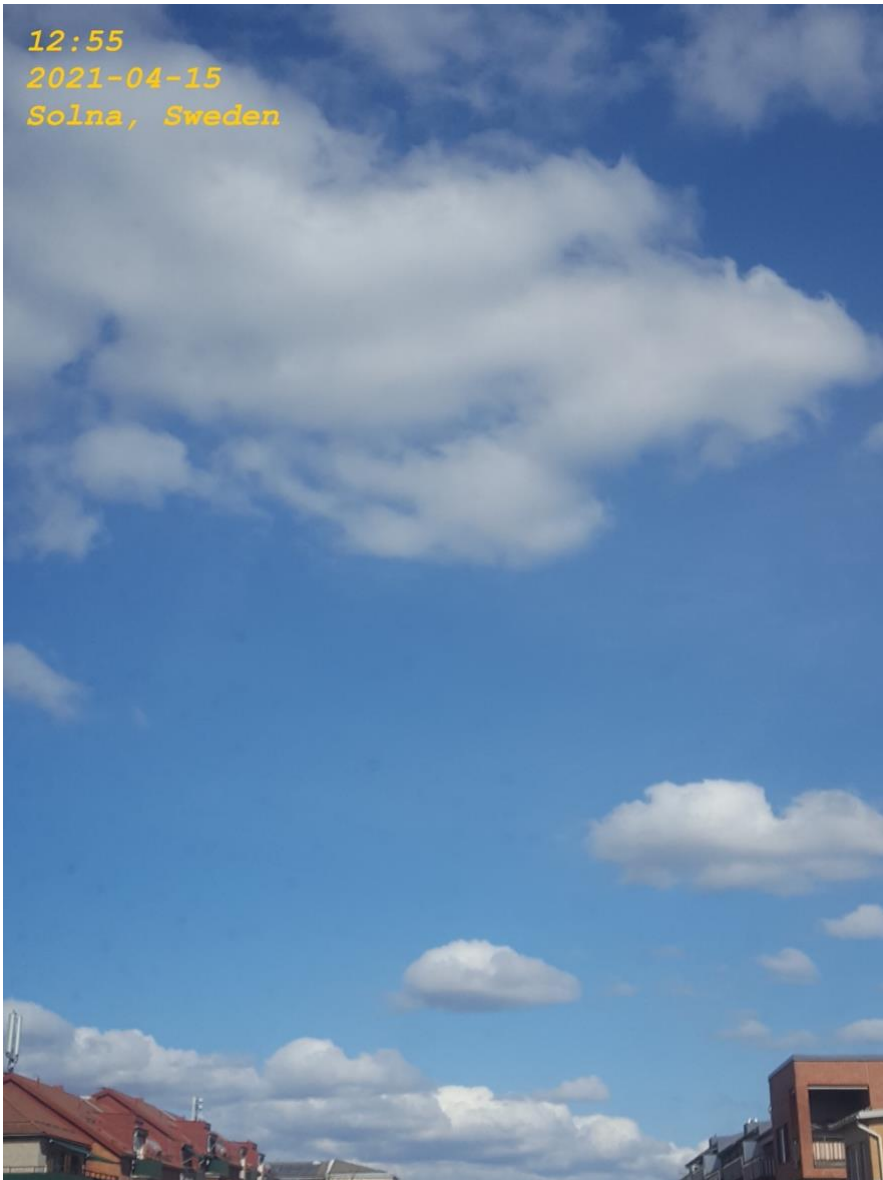
I wish her all the luck.

Sincerely,

Beatriz Caetano



12:55  
2021-04-15  
Solna, Sweden



# Swedish Meatballs

When I read about this activity, I of course had to pick the most typical Swedish dish, meatballs! However, this is a vegetarian version so the recipe is a bit different. Instead of minced meat, I used a vegan substitute made from soy protein. Swedish meatballs are traditionally served with gravy, boiled potatoes, lingonberry jam and pickled cucumber and they are an essential on the dinner table during most holidays in Sweden!



## Recipe

300 g soy mince  
1.5 dl breadcrumbs  
1 onion  
2 eggs  
1.5 dl cream  
1.5 tbsp vegetable fond  
1 tbsp chinese soy sauce  
9 allspice grains  
salt and pepper  
butter for frying

Finely chop the onion. Fry it on medium heat in a large dollop of butter until soft and translucent. Add the mince and ground up allspice and fry for a few more minutes. Mix cream, fond and soy sauce in a bowl and add to the mince. Let the liquid boil for a few minutes until the mince is thoroughly mixed and has a nice, not too wet consistency. The cream makes the mince burn easier, so be a little careful.

Mix eggs and breadcrumbs in a bowl. Let soak for a few minutes and then put the mince in the bread mixture. Mix well so that all the bread mixture has been incorporated and no lumps are left. Taste with salt and pepper and make sure that the consistency of the batter is firm without getting dry by adding more breadcrumbs and/or cream or water. Form into small balls that you fry first on a fairly high heat and then for quite a long time on a medium heat in a lot of butter. You want to give them plenty of space in the pan and make sure that they become well-fried.

# Elisabet Miralles



## ULisses Activity 1

My partner for this first activity of ULisses was Elisabet Verger Miralles, born at 1<sup>st</sup> January of 1999 in Spain. She is currently studying Marine Science and Technologies at Universitat Politècnica de Catalunya. After talking to Elisabet, she told me that her favourite hobbies included dance, music, cars and sea. Her favourite book and writer is Patria by Fernando Aramburu, but it was very difficult to decide. Her favourite music band is Proclaimers. She is very emphatic and perfectionist and with our conversation, we found out that we both are very perfectionistic and we both enjoy music a lot.

Here is an old photo of her!





**Algaida (Mallorca, Spain) – April 3rd 2021 – 20:24h**

*I share a photo of my room's view in my beautiful hometown because in Barcelona (where I study) I can't see the sky from my bedroom sadly.*

# Elisabete Valente

## Activity 1 – “Meet the Uliссers”

Paper by Inês Ferreira

My Uliссer is Elisabete Valente and she was born in 23/02/1981 in Portugal. We are both from the University of Lisbon, currently she’s taking a PhD in Marine Science but already graduated from a Master’s degree also in Marine Science. One of her favourite hobbies is hiking which is also one of my favourite things to do, combining exercise with beautiful views especially near the beach. “The invention of yesterday” by Tamim Ansary is one of her favourite books which seemed very interesting and Shugo Tokumaru is her favourite music artist. She enjoys different experiences and learning something new alongside them. Something that we have in common aside from the love and appreciation for the sea is travelling and experience new cultures and places we never been.

The photo shared below was taken in Hawaii on Maui island. In this specific beach were a lot of turtles throughout the coast and Elisabete had the opportunity to swim with them. Because the tourism started to get interest in this location some organizations were there to protect them.

Elisabete with a beautiful turtle





Awkward object



# Filipa Pires

# Filipa Coelho Pires

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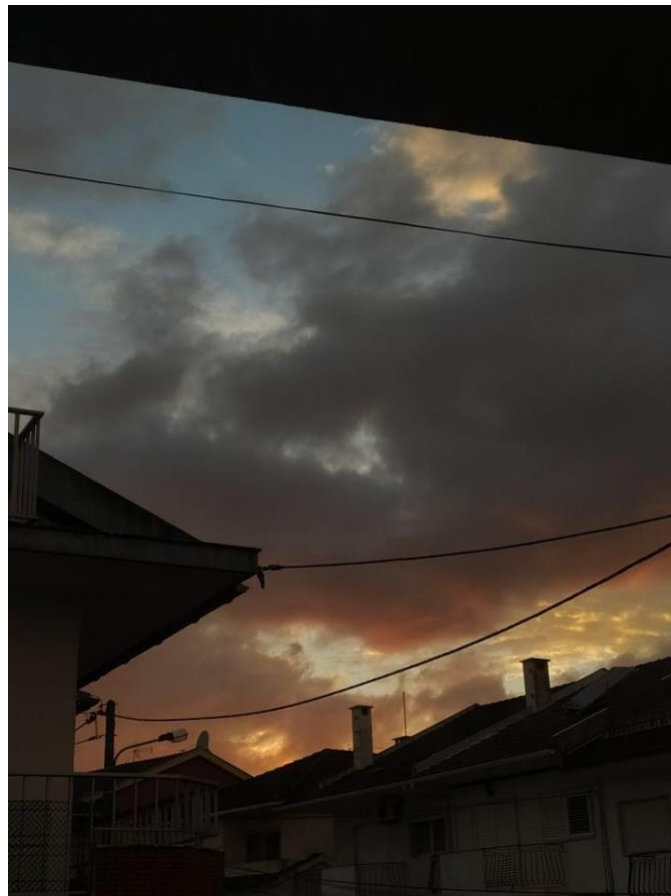
- Home country: Portugal
- Date of birth: 22 September 1999
- Enrolled in: Faculty of Sciences of the University of Lisbon
- Past study programmes:
  - Project INSPIRED 2021 (Darmstadt)
  - Biochemistry, degree (FCUL)
- Favorite hobby: Handwork/painting)
- Favorite book and writer: „To Kill a Mockingbird” by Harper Lee
- Favorite music: AC/DC
- One relevant personal characteristic: Beeing patient
- Something you have in common: We care about the environment

So, the oddest/awkward object I have in my house is this:



This is a piece of pottery made by me when I was in 3<sup>rd</sup> grade.

This is the sky in front of my bedroom's window, at 8:14 pm on 16/04/2021 in Vale de Milhaços, Portugal.





## Social Networking Activity 5

This time you want to see a dish that has meaning to me: this is it **Arroz Doce** (Fig. 1). This is a typical Portuguese dessert that my family makes on all special occasions.

The reason I choose this dish is because it is amazing in any time of the year and because it only brings me good memories of my childhood, eating grandma's Arroz Doce, she was the real pro making this recipe.

The recipe is something like this:

### Ingredients:

- 2 L semi-skimmed milk
- 200 g sugar
- 200 g carolino rice
- 1 coffee spoon of salt
- 1 lemon zest
- 3 egg yolks
- Cinnamon
- 50 g Butter
- 2 dL Water



Figure 1 - Arroz Doce

### Recipe:

1. Bring a pot of water, butter, lemon zest, and salt to the heat and when it boils, add the rice, and mix everything.
2. Let it simmer, stirring until all the water evaporates as all it is left is rice.
3. Add the milk to the mixture and keep stirring, let it simmer, until the rice is well cooked but still broth.
4. Then add the sugar and the egg yolks with a little bit of milk, stir and mix everything in the pan until it thickens.
5. Remove from heat, take the lemon zest, and distribute in individual bowls or on a deep dish.
6. After cold, sprinkle with cinnamon and enjoy 😊.

**Filipa Pires**

## Social Networking Activity 7

If I were receiving a colleague from Ulisses at my hometown I would certainly take him/her to the many beaches near my hometown like Costa da Caparica (Fig. 1) and Serra da Arrábida (Fig. 2). But a place that characterizes my hometown is Baía do Seixal (Fig. 3). This bay is part of the Rio Tejo (Tejo River) and as a strong environmental and cultural landscape identity.



Figure 1 - Costa da Caparica



Figure 2 – Serra da Arrábida



Figure 3 – Baía do Seixal

A place that guidebooks do not talk about is Quinta da Marialva, it is a place dear to my heart from my hometown. This is an urban park characterized by its wide and green space (Fig. 4a), where various activities take place like the monthly market, it as a skate park, basketball field and a cafe / restaurant.

This park is also where Festas de Corroios (Corroios festivities) take place (Fig. 4b) this “party” is the highest moment of my hometown. In this place occurs a meeting that unites friends, family, neighbors, but also many others who move from the surrounding towns. It is characterized by the numerous animation structures (bumper cars, roller coasters, etc.), many food stalls and the various stages with different styles of concerts. In the last day of the festivity. On the last day of the festivities, fireworks are launched.



Figure 4a – Quinta da Marialva

Figure 4b – Festas de Corroios

**Filipa Pires**

# Francisco Coelho de Almeida



## FRANCISCO DOMINGOS COELHO DE ALMEIDA PROFILE



June 14th 1998



Portugal



University of Lisbon, Instituto Superior de Agronomia  
(ISA), School of Agriculture

### Current (and eventually) past study programmes:

- MSc (current) – Food Science and Engineering
- BSc – Cookery and Food Production

### Favorites



Cooking



1984, George Orwell



Red Hot Chilli Peppers

### One relevant personal characteristic:

I like to learn new things from other subjects and apply them to my studies or personal interests (ie. coding)

### Something we have in common:

We both love Peaky Blinders (TV Series).





📍 LISBON, PORTUGAL

25/04/2021 19:23

# Francisco Cortez

# Francisco Cortez

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## Who's Francisco?

Francisco is an Ulisser from Coruche, a village in the countryside in the centre of Portugal. He is currently studying bioengineering at the University of Lisbon.

He really loves nature, the sea, natural ecosystems, how the nature balances itself and how we – humankind – fit in it. This is what lead him to choose his field of studies.

## Which are his interests and hobbies?

As already said above, Francisco is really into nature and loves exploring the wilderness. His favourite hobbies are diving and photography and his favourite book is *"Adventures of a young naturalist"* from David Attenborough.

If he had to choose his favourite writer, he would go for Gabriel García Márquez. He really likes, in fact, his unique style, full of exaggerations, stories of simple and ordinary people who have to face upheavals which completely change their lives.

For what concerns his favourite music artist, well, he doesn't have one. He listens to music according to his mood and he likes to vary and to find out new artists.



29th November 1999



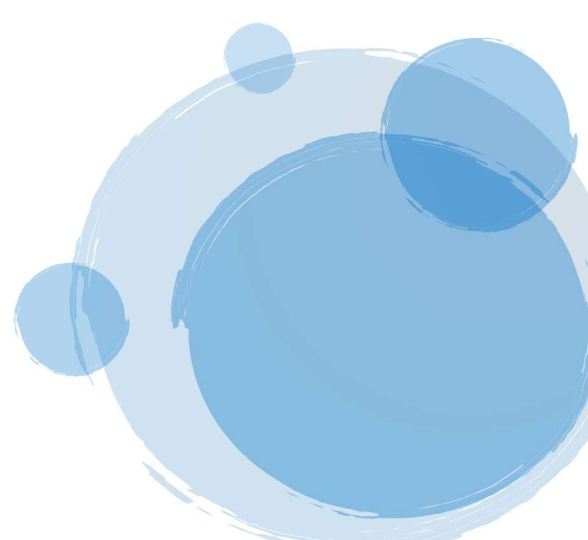
Coruche  
Portugal

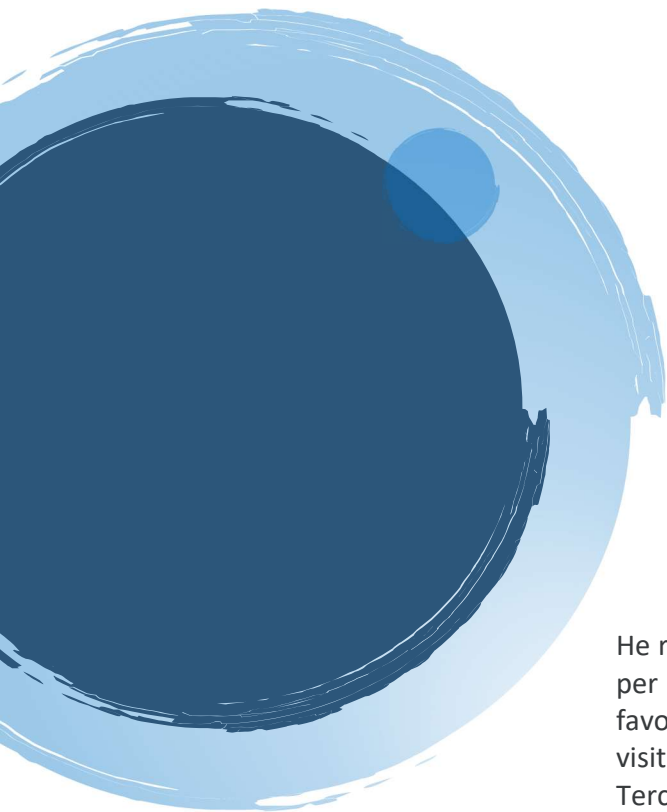


IST – Universidade de  
Lisboa



Bioengineering





He really loves travelling and he always goes to Azores at least once per year... which better destination for a lover of the nature whose favourite hobby is diving? He goes there since he was a child and he visited almost all the islands – Pico, Faial, Flores, Corvo, Sao Jorge and Terceira.

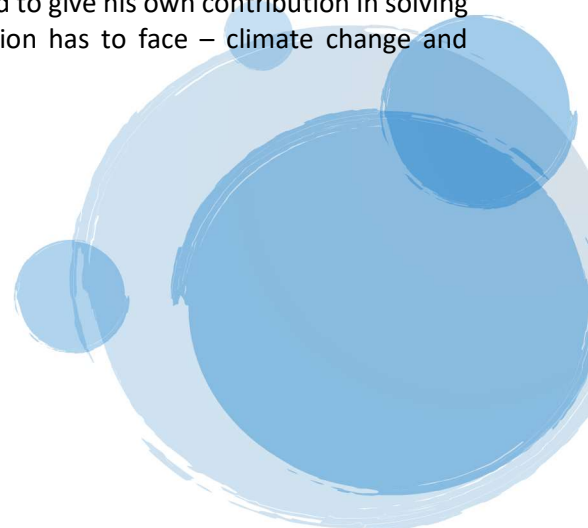
His future destinations will be for sure South America around Amazonia (Brazil, Peru, Colombia), Mexico (to see the Maya's ruins), Galapagos (on the steps of Charles Darwin), Kenya and Tanzania (or somewhere in Africa where you can do a Safari) and Asia. Yes, you understood correctly, almost anywhere!

### **What do we have in common?**

Francisco is a really cheerful and talkative guy. It was a nice surprise to find out that I was “associated” to him and we had the possibility to get to know each other – I really hope that we'll have the possibility to meet in person in the second phase of the project and I'm looking forward to it!

I personally identify myself in his attitude towards the world and his way of facing the problems which arise sometimes in life. In fact, he is a positive person, which usually helps in solving difficulties faster and more efficiently – not to talk about the fact that it preserves your mental stability.

Moreover, he is enchanted by the beauty of the natural world, wishing to travel as much as possible and to give his own contribution in solving the problems that our generation has to face – climate change and pollution.







# Hanna Hahn

# Activity 1- Meet the ULissers

Hanna Hahn is a 22 years old girl, born on the 5<sup>th</sup> of May, 1998, in Germany, who didn't have much difficulty as a child to learn how to write her own name, afterall it only has 3 different letters. Despite, of course, the fact that her middle name is Serena – because, as she said herself, middle names have no other use than to just exist.



She is one of the great exceptions nowadays, a young adult who is completely disconnected from social medias. And it is not only the cellphone's screen that she avoids; TV series and movies for her are also a waste of time. That's why her hobbies are hanging out with friends, going out to enjoy nature, cooking dinner along with or for her friends, doing sports, especially Basketball, and spending time with her family. In her perception, a better use of time includes choosing to walk her sister's dog out instead of reading, so she doesn't read a lot. Despite that, there are two books that marked her life: "Ein denkendes Herz", by Susanna Tamaro, and "Carpe Diem".

Currently, Hanna is taking her master's degree at TU Darmstadt in Civil Engineering with focus on Water Engineering. Her bachelor degree in Civil Engineering, instead, was taken at the University of Duisburg-Essen, and she graduated in the summer semester in 2020. All of those changes in her life were possible because of the person she is, always open to meet new people, communicative and eager to help those who need. She's also very self-critical and that makes her someone who's always trying to improve and grow with her experiences. Besides that, she knows how to enjoy life and she laughs a lot.

We have found much in common, although much in difference as well. We both don't have a favorite artist or music style and we think that is much more a matter of specific songs than musicians in general. She thinks that as good as any artist can be, he or she always has one good song but also a bad one, and I couldn't agree more. In her case, songs like "Cold Feet" from Loud Luxury, "Sunshine from Matisyahu" or "oft gefragt" from AnneMayKantereit are the best.

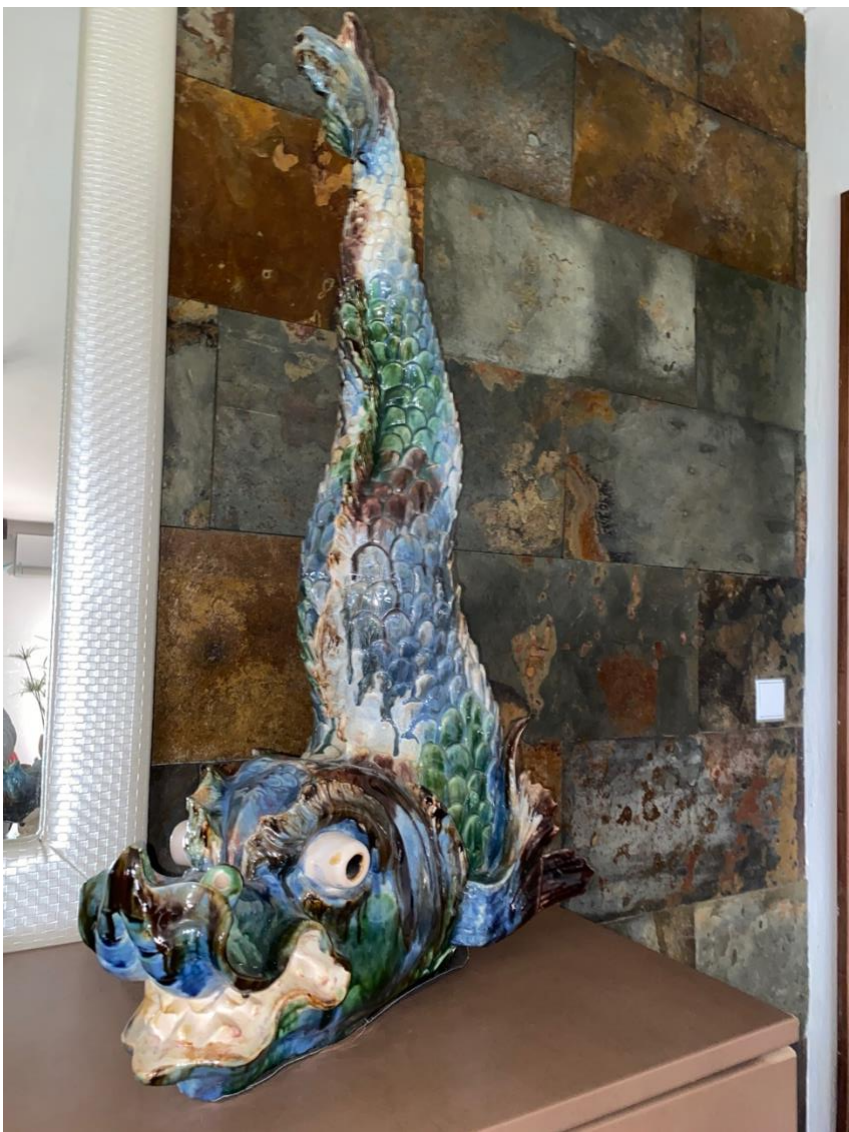
Besides that assemblance, we also agreed that knowledge isn't just a matter of boxes you try to fit yourself in, but something way more embracing. The struggles that comes with being bilingual and our desire to live the moment without regrets are a similarity as well. Nonetheless, I've found in her a courage that I wish I could have, that one necessary for traveling alone. Perhaps she also found that in myself, though, as she got surprised with how young I went to live so far from home to study abroad. Maybe, and just maybe, our courage have different covers, but the same essence. In that same thought, I could say that her love for the cold weather and little resistance for warm places are also just another side of what happens to me, the opposite: freezing by the temperature of 10 degrees, and completely used to 30. And I could go on: she is tall (1.78m) and I am short (1.60m) but we share the same frustration when shopping by not finding anything that seems to be made for us.

All of those informations demonstrated to myself the possibility of meeting someone out of a sudden and still finding so much in common and so much to talk about. Hanna Hahn is a girl whose name has a funny sonority and that I had the plesure to talk to someday, thanks to ULisses.





# Inês Ferreira



Time: 20:46 7/05/2021

Location: Caldas da Rainha



# Inês Oliveira Gil



## Activity 1 - Meet the Ulissers

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Inês de Oliveira Gil

Date of birth → 17th July 2000

Home country → Portugal

University of Lisbon

Current study program → Biochemistry

Favorite hobby → Both cooking and exercising

Favorite book and writer → *If this is a man* by Primo Levi  
and James Patterson

Favorite music artist (or band) → Rex Orange County

One relevant personal characteristic → Optimism

Something we have in common → We are both very committed with our projects and the perfectionism we put in each action. Plus, we share a deep love for music





# Inês Mendes

## Assignment 1 – ULisses – Carolina Mariano

My partner for this assignment is **Inês Ferreira Mendes**. Inês is a lovely 21-year-old girl, born on 16 November 1999. She is currently living in Portugal and enrolled in IGOT (Instituto de Geografia e Ordenamento do Território, Lisbon). At the moment, Inês is studying for a master's degree in Physical Geography and Spatial Planning, in IGOT, where she got her Bachelor of Geography beforehand.

Inês' favorite hobby is travelling, and she told me she did an Interrail Trip around some European countries in 2019. Although Inês is more used to read scientific articles for her studies, her favorite book is *Prisioneiros da Geografia*, written by Tim Marshall, her favorite writer. Lately, Inês is really keen on listening to Slow J, a Portuguese rapper, who is her current favorite music artist.

Finally, Inês considers herself a talkative person and me, being as chatty as she, we had the perfect opportunity to get to know a little bit of each other's story, and I am honored for that. During our conversation, Inês and I found out we have a common interest in Biology. As I have a dog and Inês owns a cat, we also agreed we love our pets and their company, thus they are very important to undergo these tough times.

Ending our little chat, Inês and I shared some old photos, which made us laugh a lot, and here is the photo she sent me:



I hope you enjoyed knowing my fellow ULisser as much as I did!





## Social Networking Activity 5

Inês Mendes

### Sand cookies



- 150 g of Sugar
- 320 g of Flour
- 200 g of Butter

1. Sift the flour together with the sugar. Make a hole in the middle and pour the Butter in pieces. Work with your fingertips until they are like sand.
2. Remove small pieces of dough and mold into small nut-sized balls. Flatten them lightly with the back of a fork.
3. Bake in a medium oven (180° C) for about 10 minutes.
4. Pass the sands, still hot, for sugar and store them when they are cold in boxes or jars that close tightly.

I chose this recipe because it's a traditional cookie in my country, they're called "Areias" because they look like sand (areia in portuguese). They are also my favourite sweet because I ate them everytime i went to the beach as a little child.



## Social Networking Activity 7

Inês Mendes

Luckily the city where i'm from has lots of beautiful places, like a city park called "Parque da Paz" (that means "peace park"), beautiful places near the river, and the beach, which is my special place.



Costa da Caparica Beach



"Cristo Rei" (Christ the King)

I really like living here and everything is very close and there is public transport for everywhere. If I have to say a place that does not come in the guidebooks, I would say the peace park, as the name says, it is a place where you can rest, read a book and sunbathe in the city center.



# Inês Amaral





HELLO, ULISSERS! MY NAME IS

# Inês Amaral

Beatriz Nobre, my assigned partner is going to present me and share some facts and curiosities about me!  
I am suuuper excited to meet the rest of the ULissers!!

**I'm from Portugal and I'm  
currently studying in  
Lisbon, University of  
Lisbon**

I'm enrolled in the Faculty of Sciences studying Biochemistry! Only one year left to be Licensed, but I still have two years of Masters Degree ahead :D

# Fast Facts About Me



## Full name

Inês Patrícia Miranda Amaral



## Born in 11th november of 1998

Holiday of St. Martinho in Portugal, known for the autumn party full of roasted chestnuts and drinks like "água pé" and "jeropiga"



## Thrilled about ULisses

Since I have a big passion for nature and the environment, ever since I joined ULisses I'm feeling really excited about this journey



**I live in Lisbon.**

**MORE IN THE OUTSKIRTS, NEAR "PARQUE DAS NAÇÕES"**



# Some curiosities

Aspects and other things about me for you to know...

## Favorite hobbies and activities

Recently found out the pleasure to workout at home and started to learn box! Among other things I love to cook, to do puzzles, watch movies, series and documentaries specially about important erudite figures! I also enjoy to do bricolage and some crafts and if it is while being sunny, the better!

---

## Favorite book and writer

Can't really choose! Currently I enjoy to "learn" through reading, so more about self-help and how-to books and definitely about health and lifestyle and the book that came to my mind is "The feelings of the intestine" about deintoxication for physical and mental well-being

---

## Favourite music artist

I think I don't have a favorite genre or artist as well, I can enjoy anything that comes by! (ok maybe not heavy metal neither heavy eletro music ahah)

But since classic, to old, to new, I enjoy it all maybe with special love for Sam SMith and Ed Sheeran. I don't have any band in particular that I love, but used to be in love with One Direction, 30 Seconds to Mars, Linkin Park, around those!

# PERSONAL CHARACTERISTICS

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## Down to earth

I consider myself rational and I ponder a lot when facing certain situations

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## Selfless

I have a lot the will to help the others and hope that I can do even more volunteering activities in the future

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## Nature enthusiast

I love nature and animals so I'm trying to see what I can directly impact with my actions and taking some steps in this journey for a better environment

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## Summer Lover

Whenever it's summer I feel like I am at my best state! I live for the sun and love the beach

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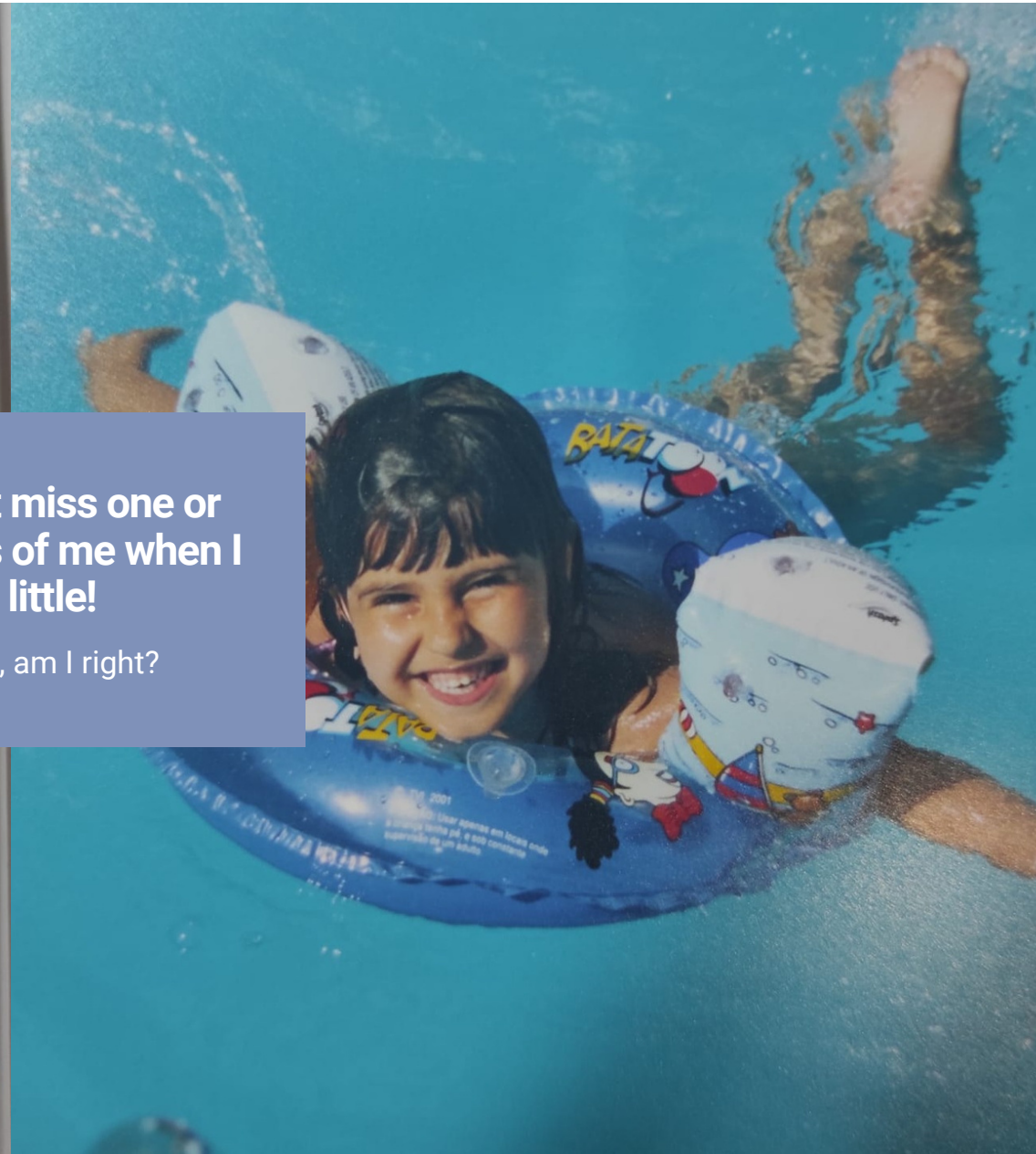
## Well-being

Really passionate about this matter, so I'm really trying to learn and invest in physical and mental well-being!



**And it can't miss one or  
two pictures of me when I  
was little!**

Charming, am I right?



# Things in common with my partner!

Me and Beatriz actually found out we have more than a couple of things in common :D

## Boy-band lovers

We actually shared this huge passion for One Direction back in the day in our teenager years and attended both the concerts without even knowing each other!!

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## Disney movies fans!

Whether old movies or new movies from Disney and Pixar, we watched them all... multiple times xD and looove all of them! Ever since childhood till now!

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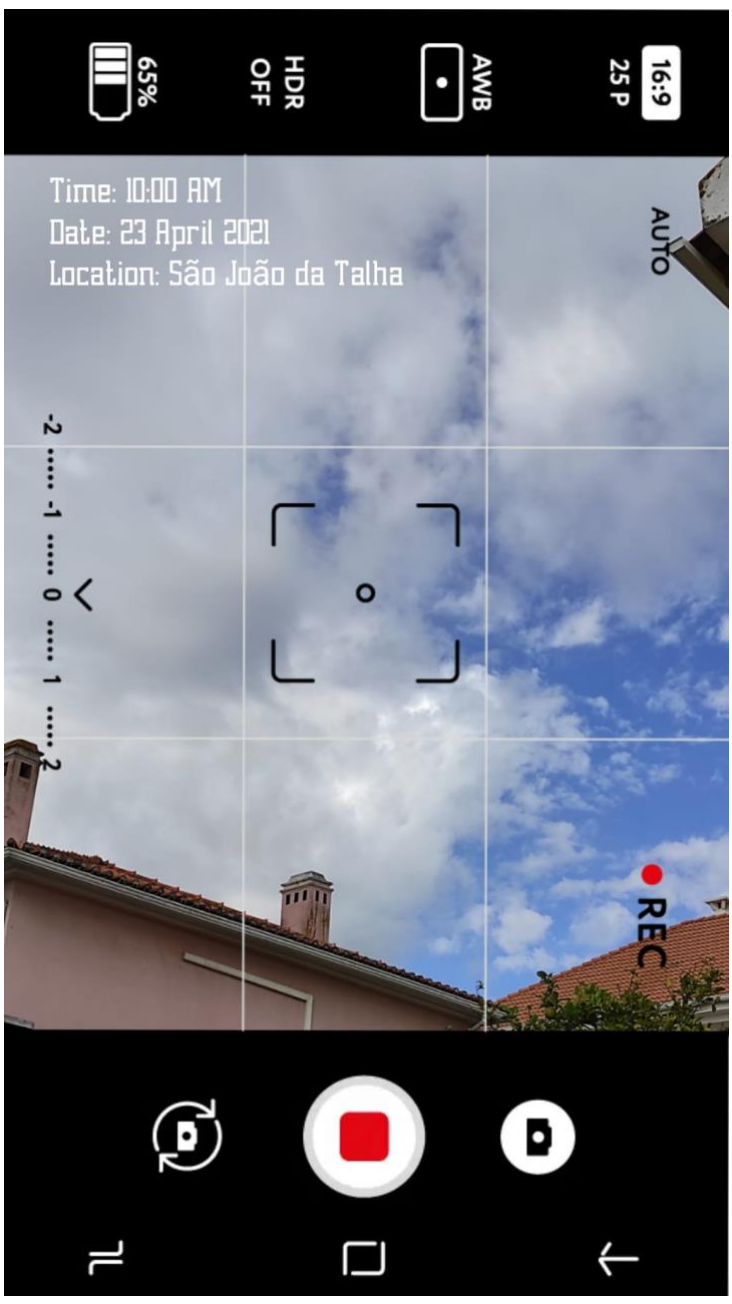
## Nature enthusiasts

Well we did meet each other in a project that the main focus is sustainability and preserving the ecosystems so we kind of saw it coming ahah



# Thank you for getting to know me!

I'm grateful for the warm welcome and excited for what there is still yet to come!





### Notes:

This is a very basic homemade apple pie, however, it means a lot to me because it was my grandmother who taught me!

It's simple but everyone at home loves and delights!

## 25-minute homemade apple pie

### ingredients

- 1 prepared single pie crust
- 2 or 3 medium apples
- 1 tablespoon lemon juice
- 1/2 tablespoon cinnamon
- 2 tablespoon coconut sugar
- 2 tablespoon coconut oil
- 1 egg

### instructions

- Preheat the oven to 350°F.
- In a saucepan, put the sliced apples, the lemon juice, cinnamon, coconut sugar and coconut oil. Be careful not to let them burn. Stir and let it melt, boiling 5 min.
- Fit pie crust into a 9-inch pie dish and chop the bottom with a fork.
- Spread the ingredients in the prepared pie dish. Close the ends inward. Brush with egg and powder with coconut sugar.
- Bake for around 25-35 min. Let it cool until ready to serve.



# Irina Popescu



## Assignment 1

- **Name** : Iria Popescu
- **Date of birth** : 12th April 1997
- **Home country** : Italy (Moldovian origins)
- **University in which she is enrolled** : Politecnico of Turin (Erasmus in University

of Coimbra)

- **Current (and eventually) past study programmes** : Bachelor in energy engineering (currently doing master in renewable energy systems)
- **Favorite hobby** : hiking, travelling, meeting people of different cultures and ideas
- **Favorite book and writer** : doesn't have one, but recent readings that marked her for their meaning are "The elegance of the hedgehog" (by Muriel Barbery) and "The catcher in the Rye" (by J. D. Salinger). Also, doesn't have a favorite author because that is not something that influences her book choice as she usually looks for suggestions from others.
- **Favorite music artist (or band)**: Likes to vary depending on the mood and period. Pop, rock, jazz and classical music. Even rap has been a pleasant discovery lately (influenced by her flatmates in Coimbra).
- **One relevant personal characteristic**: ability to swing from a childish/crazy behaviour to a super responsible one in no time if needed. Doesn't like to take herself too seriously, if not necessary.
- **Something we have in common**: we both like nature and hiking, are interested in the environment and we both have a varied taste in music. We also want to do something abroad in Europe after doing our master. We both read "One hundred years of solitude" and liked it a lot.

By Francisco Cortez



*Little Irina taking a bath in a bucket, because...why not, it has water!*

# BILLY ♥



Here's Billy. Okay, maybe you need some kind of explanations :')

First of all, I have to say it's not in my house here in Italy but it was in our house in Coimbra, where I lived for six months during Erasmus.

Have you guessed what Billy is or not yet? Ok, I will reveal it. Billy is a pizza. Or better saying, it was meant to be a frozen pizza during its manufacturing. Buut, it has maybe been forgotten in a microwave for an entire night after being cooked. The result was a piece of stone which was completely uneatable. After a series of fortunate events, the pizza turned out to be Billy, with a proper face and protected with an impermeable layer of vynil glue.

Billy was afterwards hanged to the wall, as a priceless masterpiece which has constituted the identitty of our house.

Irina Popescu – Polytechnic of Turin

# Jéssica Abreu

# Meet the Ulisser...

## Jéssica Cristina Faria Abreu!!!

Jéssica was born in Portugal on June the 25<sup>th</sup>, 1997. Nowadays, she spends most of her time working towards a Master's Degree in Food Engineering at the School of Agriculture of the University of Lisbon, in Tapada da Ajuda...



School of Agriculture University of Lisbon.



Faculty of Sciences of the University of Lisbon.

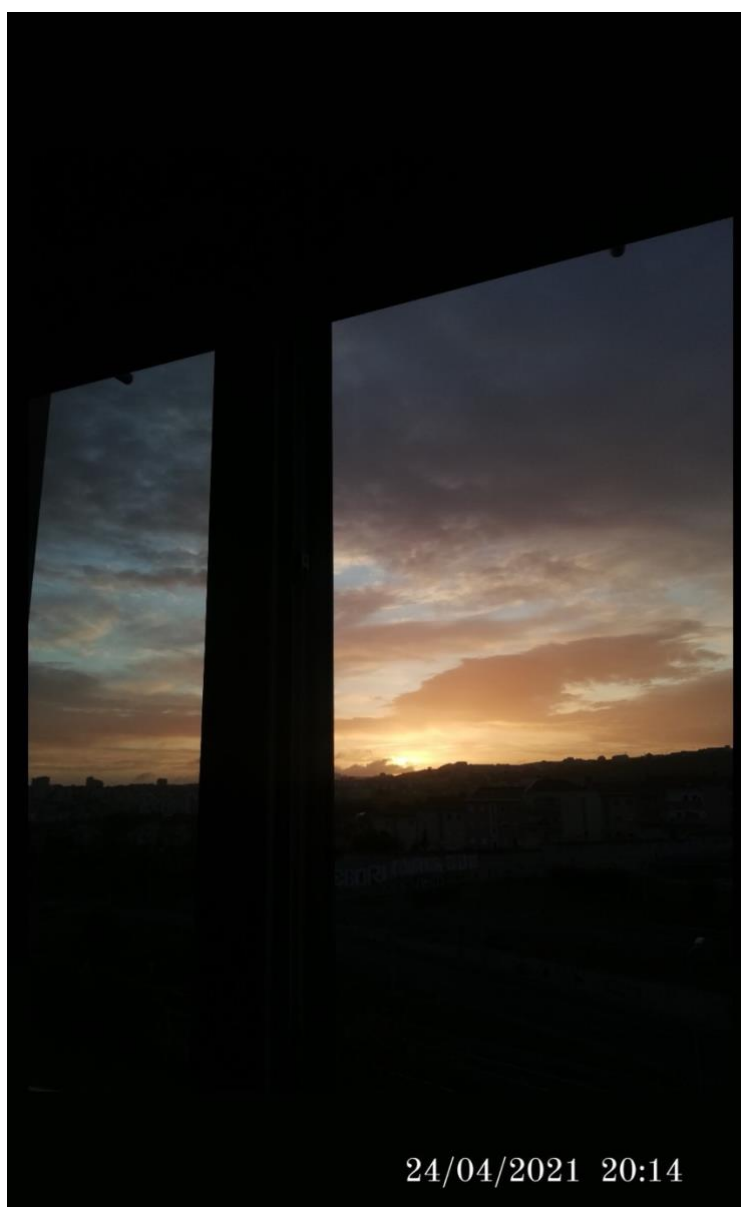
In her free time, Jéssica doesn't enjoy reading that much but she is an active music listener! Some of her favorite artists are Chet Faker, Cage the Elephant and also one of my favorite bands, Arctic Monkeys! Her favorite hobby is going for outdoor walks since it's a great way to reduce stress and get some fresh air. She considers herself easy-going, adventurous and creative. We also support the same sports team, Benfica!

... but she got her Bachelor's Degree in Biology from the Faculty of Sciences of the University of Lisbon, where I am currently finishing my Bachelor's



# Ulisses





24/04/2021 20:14

# Bolo do Caco

You go and buy the best looking bolo do caco. It's a traditional bread made in madeira with wheat flour and sweet potato. Wondering where is the recipe? you can't talk about bolo do caco without garlic butter!



## Recipe:

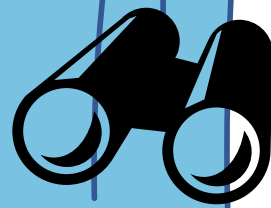
1. Microwave the butter just for a few seconds until soft, avoid liquid consistency.
2. Mince fresh gloves of garlic, when you think they are minced enough, mince them once more. Use a sharp and large knife, makes it easier.
3. Mince fresh leaves of parsley very finely.
4. Mix the soft butter with the minced garlic and parsley and let it set in the fridge.
5. Cut your bread horizontally and put both halves in the oven just for a crispy texture.
6. Spread the butter in both surfaces, then join them again and cut the bread in half and multiple stripes like in the picture

Enjoy it as an entrée, or any occasion!

# ULISSERS GO TO

## *Madeira Island*

I live in an island, the perfect place to take a Ulisser. We are surrounded by sea. It is quite difficult to choose a single place to visit in Madeira island but if I had to choose only one it would be Seixal beach. It's a magical place where you have several green dense mountains diving into the blue sea. One of the few sand beaches on the island offers you a unique balance between land and sea. Of course, I would also take the Ulisser for eating out a typical meal, near the sea, a shandy (beer with soda) and a portion of limpets garnished with garlic a freshly squeezed lemon juice. I would also make sure to take them through some hidden waterfalls and viewpoints!



**Jiaxuan Zhang**



# Joana Soares

## Activity 1: Presentation Joana Soares

Malena Trost

April 2, 2021

I had the real pleasure of getting to know Joana Soares who is studying at ULisboa. She is doing a masters degree in Pharmaceutical Sciences, that includes a Bachelor and a Master degree in five years in one career. She is in the fourth year now and plans to pass 3 months of Erasmus in Germany for her Master thesis.

Her date of birth is the 18th of February 1999 and she is living in Barreiro close to Lisbon and also comes originally from Portugal.

Writing about our hobbies I discovered that we actually have a lot of things in common: Joana also loves to do sports, for example swimming (what I also do a lot) or, now that everything is closed, going for walks. We're both very fond of the nature and being outside. We also both like reggeaton and for now her favourite artist is Bad Bunny. Concerning her favourite literature she seems to like classic literature, because on the one hand, she really liked "Dracula" by Bram Stoker and on the other hand "100 years of solitude" by Gabriel García Marquez.

Another important similarity between the two of us is that we both like to learn new languages. We both speak English, Spanish and French and a bit of Italian. Her mother tongue is Portuguese and mine is German, but I also speak a bit of Portuguese and she is currently learning German.

One relevant personal characteristic about her is her positivity and good mood: She really tries to live a happy life as much as possible.



Figure 1: Joana at Carnival

The oddest object in my house, and the most scary for me, is this crocodile. It belongs to my grandfather, he brought it home from Guinea Bissau. One of his friends gave it to him while he was there during the war. Poor crocodile.



20-04-2021

12:55

Barreiro, Portugal



## Social Networking Activity 5

### ***Vanilla and Lemon Cheesecake***



#### **For the base of the cheesecake:**

- 200 g of “Bolachas Maria” or “Bolacha torrada”
- 150 g of butter
- Half table spoon of Vanilla extract (essência)

#### **For the Cream**

- 500 g of cream cheese
- The juice of half lemon
- 1 vanilla pod
- 150 g of sugar
- 300 ml of cream
- Lemon zest to taste
- Raspberry jam for the top ( I use melted frozen berry mix, brown sugar and a leaf of gelatina)

1. Grind the cookies, add the melted butter and add a few drops of vanilla extract. Spread evenly across the form (tarteira), and place it onto the fridge.

2. Put the cream cheese into a bowl with the juice of half lemon and the pulp of a vanilla pod. Soften the cream cheese with a mixing spoon, add the sugar and the lemon zest.

3. Whip the cream and slowly embody it with cream cheese mix.

4. Place the final mix onto the form (tarteira).

5. Smooth the top with a knife and place it in the fridge for at least two hours (I recommend more, like 6/8 hours)

6. Take out the form, and serve it with raspberry or orange jam ( I usually make my own jam, I put the frozen berry mix in slow cooking, add just a tiny bit of water, brown sugar to my taste and a leaf of gelatin to make the jam less watery).

7. Enjoy the delicious chesecake!

#### **Why I choose it:**

I'm a certified terrible cook, and although I LOVE food, there is very little I can cook well, but somehow I always nail this cheesecake! I really love it and it brought water to my mouth just writing this.

I guess the people around me feel the same because they also really like it. However they know I can't cook many other things, so I always get asked to do this one!

Hello, dear Ulissers,

Unfortunately, there isn't a lot of special places in my hometown, I live in Barreiro, which is mostly an industrial town, with the majority of it being only residential buildings. Also, some parts of it are now old and not very well preserved, so if I really wanted to impress my incoming Ulisses colleague I would probably take him sightseeing around the Setúbal Peninsula which has amazing views and places, I know he would love it.

But to keep true to the challenge I share with you Mata da Machada, which is a small but pretty woodland. I use to go there at the end of every day during quarantine. It's very close to my home and it was pretty empty always.

I loved it so much, it was always my favourite part of the day and I got to see the most beautiful sunsets, here's one of them.



# Joana Dias de Almeida



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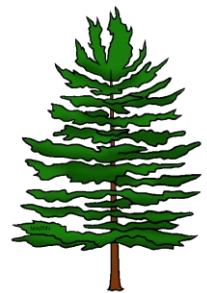
## Assignment 1: Meet the ulisser Joana Dias de Almelda

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Joana is 20 years old and lives in Sintra in Portugal. Her birthday is on the 7<sup>th</sup> of December. Currently, she is doing her bachelor studies in biochemistry at the university of Lisbon. After she finishes her bachelors, she would like to study environmental technology for her masters.



In her free time, Joana enjoys being in nature taking walks, going camping, listening to music and sewing. An important personal characteristic of her is her creativity, which also helps her as she is a scout. The picture on the left shows Joana (7 years old) at her scout ceremony, receiving her neckerchief.

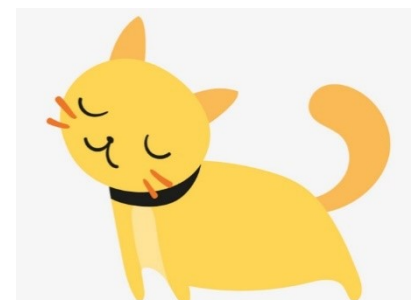


Her favourite book is “Quando Lisboa Tremeu” (“When Lisbon Trembled”) from 2010 written by Domingos Amaral, who is also her favourite author. It is about the earthquake which struck Lisbon in 1775.



Her favourite band is One Direction and her favourite artiste is Harry Styles. Besides these two, she also likes music from the Arctic Monkeys, Cage the elephant, Imagine Dragons and Salvador Sobral.

Joana and I have several things in common. We both enjoy sewing, listening to imagine dragons and are interested in the environment. Finally, we both have cats.





This is a whistle I made in the 7th grade. It's made out of clay and it doesn't even work 😞

02/09/2019, 20h24, (Cacém) Sintra, Portugal



Joana Dias de Almeida, ULisboa, 2021



### Joana's Lasagne (recipe for 4 people)

500 g of minced meat  
5 tbsp of tomato sauce  
Boiled water  
4 dL of bechamel sauce  
2 dL of cooking cream  
1 box of lasagne pasta  
1 onion  
garlic  
1 bay leaf  
Olive oil  
Salt  
Grated cheese

1. Season the meat with salt and pepper. Fry the onion (sliced in small pieces) and the garlic in the olive oil. Add the bay leaf.
2. Add the meat to the pan and fry it a bit. Add the tomato sauce and some boiled water (not too much).
3. When the meat is ready take the pan out of the fire and add another with the bechamel sauce and the cream.
4. Mix the sauce and add salt and pepper. If it's thick add some milk. Once it's making bubbles turn the fire off.
5. In a platter display some white sauce and put lasagne pasta. Add meat above the pasta and cheese. Repeat it until there is nothing left in the pans! The last layer must be pasta, white sauce and cheese.
6. Put the platter in the oven for 40 minutes at 200°C.

**Bon appetite!**

When I think about this dish I always smile. It makes me remember of my friends and our endless dinners. One of the things that makes me the happiest is having my friends over, and when they come, they always ask me to do this recipe, it's a must! So, in those days I usually spend my day in the kitchen to make three platters of lasagne and of course, to wash the dishes. Besides the ingredients mentioned above, I add a lot of love to this recipe and maybe that's what makes it so special and flavoured!

Joana Dias de Almeida, ULisboa, 2021

## Social Networking Activity 7

I live near to Sintra, a very famous village in Portugal. Sintra is well-known due to its castles, palaces and forest that looks like it was taken from a fairy tale. Every years many people come from all over the world to visit this romantic village.

It is hard to find something in Sintra that is not in the guidebooks because, as I said, this is a very touristic place. Although, there are some places that don't have as many visitors as the

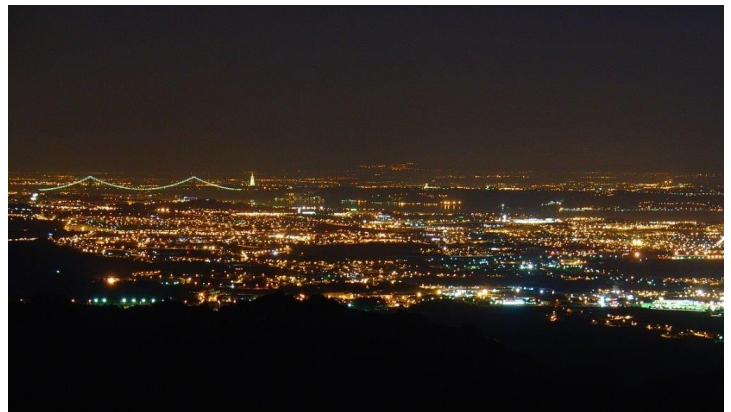
others, and they are very beautiful as well. I'm talking about "Miradouro de Santa Eufémia" or, in English, Saint Eufémia's viewpoint.

Maybe the reason for this lack of visitors is due to the fact that there are no public transports to the viewpoint and the road to there is very steep. If you go by foot it can be very tiring and hard, but I promise that when you arrive up there you will forget about your tiredness or foot-ache.



This viewpoint has a vision towards the city (Lisbon), to the Tagus River and to the other side of the river. My favourite time to visit Saint Eufémia's viewpoint is at night when the sky is clear. For me, seeing the city lights and the stars at the same time in such a quiet place is very relaxing, it is like my head gets empty and I'm just there existing and being happy.

If someday you go to Sintra don't miss this. You can even do a picnic up there and watch the sunset, I promise you wont regret it! (Don't forget to take water)

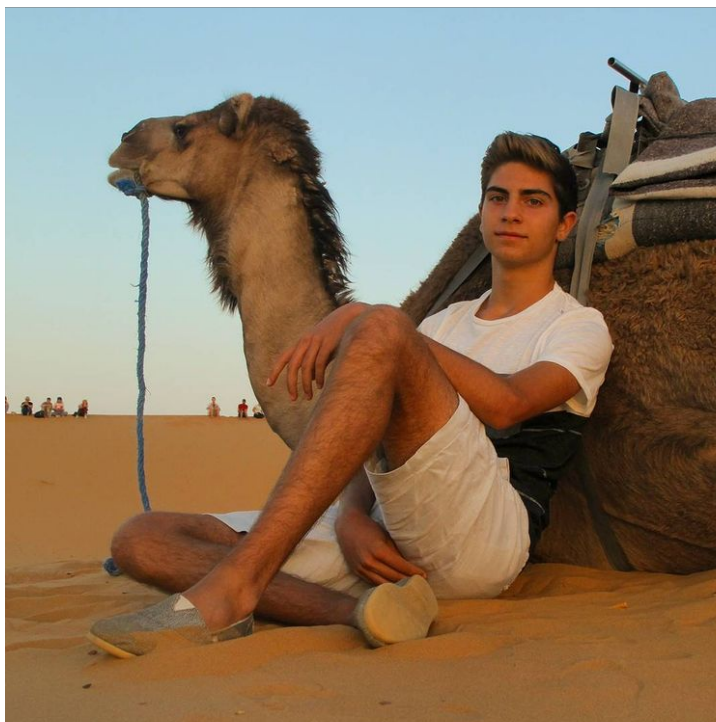


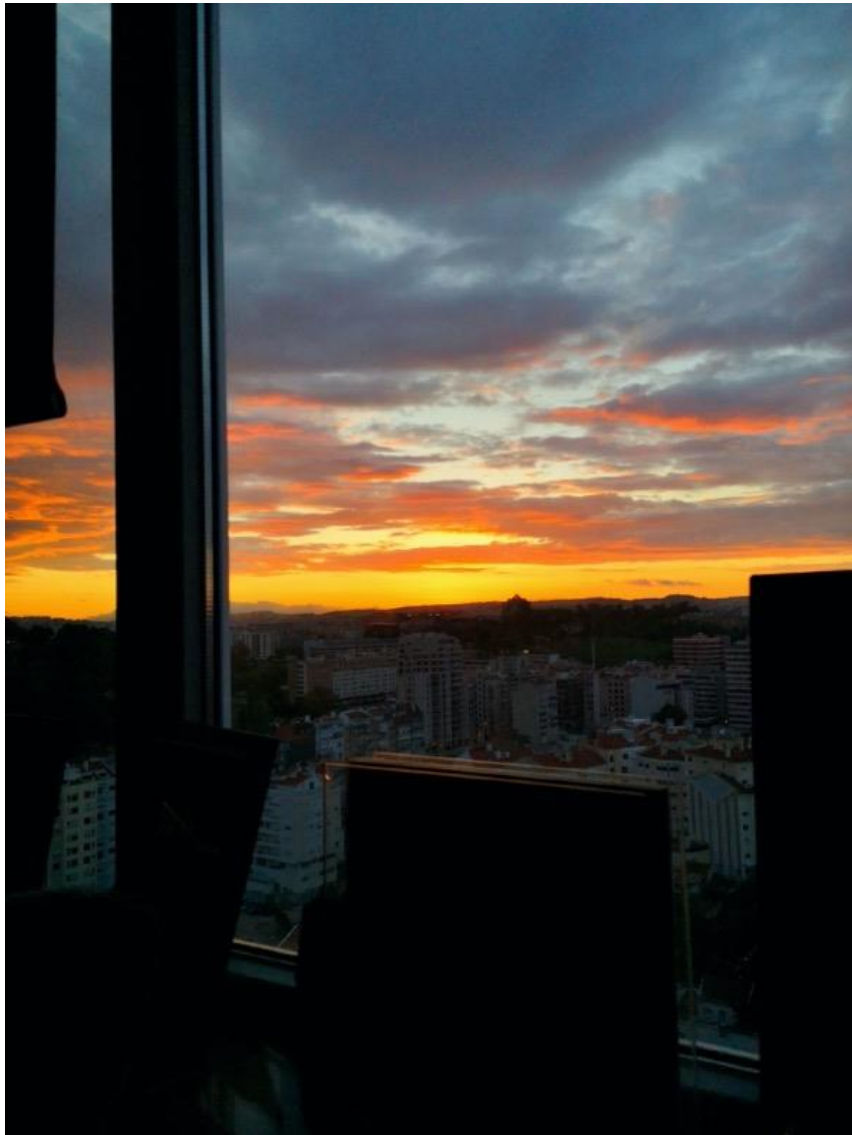


# João Pontes

My partner for this assignment is João Diogo Pontes, he told me to just call him João, so João it is. He was born on the eleventh of June of 2001 in the city of Lisbon, so we are just one year apart, and he's a second year student of Biology at the University of Lisbon. We have been chatting all week through WhatsApp and he's quite interesting and we have quite a few things in common. He has a lot of different hobbies like tennis and drawing and two of them have to do with the sea: spearfishing and taking care of his shell collection (He says shells but he admits to collect everything that can be collectable from the ocean) and he spends hours and hours classifying and cleaning them. I, myself, am a big fan of the sea, I snorkel and sail and have my own little collection of shells (not as good or tidy as his though) although lately since I came across an article against picking up shells at the sea I've stopped doing it as much, however the temptation is sometimes too high, they are so pretty!. He doesn't eat red meat due to his commitment to the planet and its protection, and I'm a vegetarian for the same reason, so we have that in common as well! He, and I quote, "loves everything that brings me [him] closer to nature" and as such trekking up mountains or strolling on the beach or snorkeling, etc. are all things on his to do list. He's not much of a reader but he really liked the book *Perfume* by Patrick Süskind and although he listens to all kinds of music he was able to name these artists/bands as his favourites although he emphasizes that music taste is so variable that really it is impossible to choose: Frank Ocean, Anderson Paak, still woozy, alt-j. We are both big fans of Pink Floyd too! On his most artsy side, he really likes drawing. He has attended two separate drawing courses, one on scientific illustration, so he specializes in drawing animals. He likes animals and the ocean so much that he takes care of four different aquariums at his house. In conclusion, he seems like a very passionate person that would be very fun to be around!! I really like the experience of getting to know a totally random person from another country, that speaks another language and with a very different background and still finding things in common, very enriching and interesting.

This is what he looks like compared to a camel (just kidding ;) )







# Social Networking Activity 5

One of my biggest passions is spearfishing, and so, my favourite dishes are the ones I make with the fish I catch, because they bring me a sense of connection with nature. But, for this propose, I think I must show you my 2 favourite recipes:



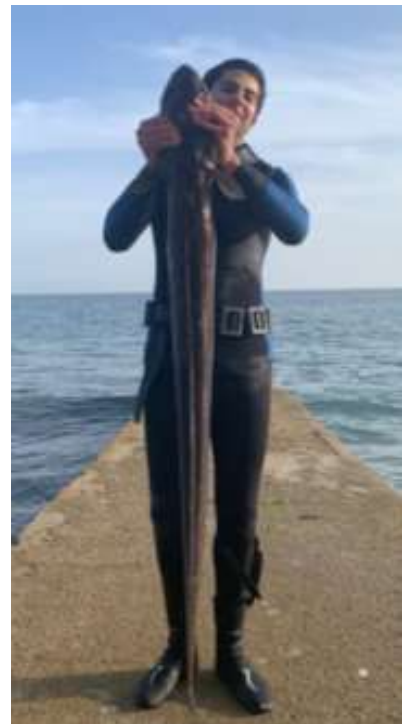
## Spider Crabs

This dish is as simple as it gets. Simply boil water in a big pan with a hand-full of salt and then cook the spider crab for about 15 minutes. For the pate you just need to mix it well and maybe add some bread and eggs to make it ticker. The hardest part is really to catch them, be careful with the spikes! Also, please don't boil them alive like some recipes say. Instead, put them in ice for a few hours and that will numb their nervous system, killing them much more humanely.



## Conger eel stew

Conger eels are really big fish, and so just one fish can provide for a lot of occasions! This recipe is also very simple, you just add a layer of potato slices, a layer of tomato slices, a layer of onion slices, a layer with the fish, and then do this all over again ,all this in a big pan, and between every layer add salt and olive oil. After 30-45 minutes, turn off the stove and add some spearmint to intensify the flavor!

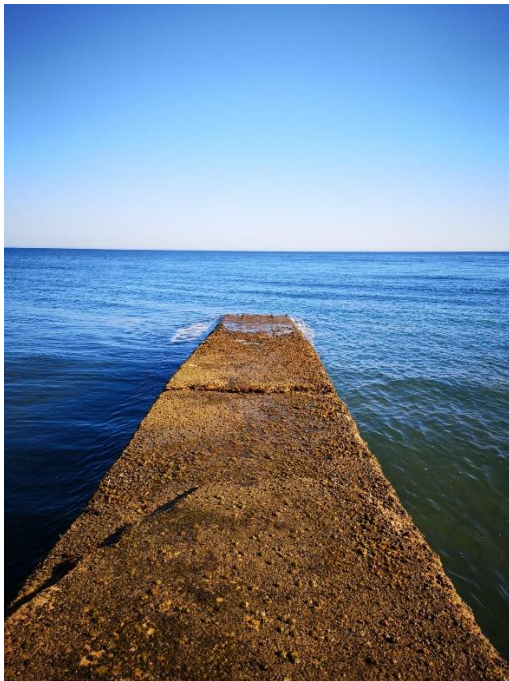




# Social Networking Activity 7

I was born in Lisbon and have always lived here. Yet, I feel like my hometown is in another place, Armação de Pêra, in the Algarve. There I made my happiest memories and spent most of my free time, so I think I would definitely take my colleague there.

Lisbon is the capital of Portugal so I guess it is the most obvious place to go when visiting my country. But I think the purpose of this activity is to show something that is not on the travel books. Armação de Pêra is a small town between Portimão and Albufeira. It is really beautiful and the people are great and very nice, but in the summer it gets full of people and it is a bit overwhelming. For that reason, I usually go to the small hidden beaches just west of Armação de Pêra. For me, they are without a doubt the most beautiful beaches we have in Portugal, and I know a lot of them. Of those, I think I would take my college to Praia dos Tremoços to have a great beach day, because it is the nearest to my house and also the one I spend the most time in! I'll leave you with a photo!



# João Reis

Let me introduce...

# JOÃO REIS

**Date of birth**

18.07.1998

**Home country**

Portugal

**University in which he/she is enrolled**

Faculty of Science of the University of Lisbon

**Current (and eventually) past study programmes**

Bsc. Biochemistry

**Favorite hobby**

Watching tv (anime, documentaries, comedy..)

**Favorite book and writer**

The Lord of the Rings by J. R. R. Tolkien

**Favorite music artist (or band)**

Arctic monkeys

**One relevant personal characteristic**

He describes himself as a Master-Procrastinator

**Something you have in common**

We are both older than most other students in our course, because we didn't start the study program we are currently doing straight out of high school. João did two semesters of medicine first while I did a gap year in Australia.



João at *matrafona*, a tradition in his village



Tradition in his village - matrafona





Time: 19h58min

Date: 16/04/2021

Location: A-do-Baço, Arruda dos Vinhos, Portugal

## Social Networking Activity 5

The dish I chose was “bacalhau à brás”. I chose it because it is one of my favorite dishes, I cook it often with my family, and it is a very traditional dish of the Portuguese cuisine.

### Ingredients:

cod  
potato straws  
onion  
garlic  
olive oil  
white pepper  
piri piri sauce  
parsley  
eggs  
béchamel sauce  
olives



### Recipe:

1. Boil the cod.
2. After boiled, remove the skin and the bones, and shred it. Reserve some of the water used to boil the cod.
3. In a pot, pour the olive oil and add chopped onion and garlic. Let it braise.
4. Add the cod to the pot.
5. Put the potato straws and the water from the cod.
6. Season with the white pepper and the piri piri sauce, and add the béchamel sauce, always stirring.
7. Add the beaten eggs and stir.
8. Lastly, season with the chopped parsley.
9. Serve in a tray, decorated with the olives on top.

## Social Networking Activity 7

The Ulisses experiences has been truly amazing, but this edition will always have a negative aspect: the fact that it will be entirely online, due to the pandemic. Because of this, one of the coolest things that could happen would be to receive a fellow ULisser in my hometown.

I live in Arruda dos Vinhos, in the district of Lisbon. It is a very rich town with many points of interest, and in this document I am going to name just a few:

### Church of the Our Lady of Salvation



This is the mother church of Arruda dos Vinhos. Its origin is very ancient, having been rebuilt in the XVI century. Its main features are the Manueline style doorway, very well decorated, the bell tower and the paintings on the inside (all from the XVI century), and the tile flooring and Baroque carving (from the XVIII century).

### **Pombaline fountain**



As its name suggests, it was built in the Pombaline era (second half of the XVIII century), more precisely in 1789. As you can see in the picture, it is quite large, with three taps on the top and a large tank at the bottom, accessible through a staircase. Fun fact: this fountain is one of the main settings of the Arruda dos Vinhos bull-runs, and sometimes the bulls even enter the tank!

### **Morgado palace**



Located at the center of Arruda dos Vinhos, it is an XVIII century aristocratic manor. It features a big garden (visible in the image) and an adjacent chapel. After requalification works, it now serves as the cultural pole of Arruda, housing the Municipal Library, Auditorium and Gallery.



### Cooperative winery



As you can guess from the name of the town, the wine industry is one of the dearests to Arruda dos Vinhos. For centuries, this region has specialized in this “art”, to the point that in the present times there have been a load of prizes for wines from Arruda. Therefore, one of the most important places of interest in my hometown is the cooperative winery, where you can learn more about the process of making this sweet nectar.

### Carvalha fort



This fort is located in the highest point of the municipality and provided protection of the Arruda valley against the French soldiers in the Napoleonic Invasions. It worked in tandem with the Cego fort, allowing crossfire of any forces that tried to enter this region.

To conclude, despite its small size, Arruda dos Vinhos is an amazing place to visit, and I welcome all ULissers that might want to visit it.

# Johanna Frost

### Meet Johanna



Johanna Sofia Louise Frost is a 27-year-old student from Stockholm, Sweden, born on the 11<sup>th</sup> of October. She studies at KTH, Royal Institute of Technology. Currently she is enrolled in a master program where she studies Applied and Computational Mathematics. In the past Johanna finished her bachelor's degree in Engineering Physics, also at KTH.

When she is not occupied with schoolwork, Johanna's favourite hobby is exercising. She enjoys staying active through some type of sport, at the moment she likes spending her free time practicing paddle tennis.

Although Johanna only reads when on holiday, her favourite author is Dan Brown because his books are thrilling, and science related. One of her favourite books, also written by Dan Brown, is *Origin*. When it comes to music Johanna's taste is versified, she enjoys listening to a lot of different kinds of music, most times she listens to playlists on Spotify that contain songs from a variety of artists. However, in the evening or when she studies, Johanna likes to listen to classical music featuring the piano, the violin, or the acoustic guitar. Her favorite band is 2Cellos, they do covers of famous songs on cellos and electrical cellos.

Johanna is an open minded individual, never fearful to step out of her comfort zone and try new things. She is always eager to learn and have new experiences, like participating in the Ulisses program, because she had never studied or worked in this field, but she had always found it interesting.

Meeting Johanna was great! We got to know each other and throughout our conversation we learnt that we both love to spend time outside enjoying nature, doing activities like hiking and running.







# José Cristiano Vieira

## Project ULisses 2021-1º Assignment

- **Name:** Cristiano Vieira
- **Date of Birth:** 21<sup>st</sup> of January 1997
- **Home country:** Portugal
- **University in which he/she is enrolled:** University of Lisbon
- **Current (and eventually) past study programmes:** Master Degree in Ecology and Environmental Management
- **Favorite hobby:** Watch a movie
- **Favorite book and writer:** My favorite book is The subtle art of not giving a f\*ck. I don't have a favorite writer
- **Favorite music artist (or band):** My favorite music artist is Jungle
- **One relevant personal characteristic:** I guess I could say I'm a cooperative person
- **Something you have in common:** I really like to just wander through nature, watch or admiring the ocean and listening to the sound of waves.

**Don't forget to include a fun old photograph.**



**The cutest and weirdest little thing in my apartment**



**Amadora (Portugal) 22/04/2021 11h20m**



## Social Networking Activity 5

- **Recipe** The traditional "Espetada"

- **Ingredients:**

- 1 kg of sirloin
- 2 garlic heads
- 1 laurel stick
- salt

1. Cut the meat into small cubes. Crush the unpeeled garlic and the bay leaf.
2. Skew meat on laurel sticks, leaving the fat to face the same side.
3. Season and bake on both sides. When you remove it from the coal, remove the excess salt, beating with the skewers.

**Obs:** It's delicious if served with bolo do caco, a wonder of Madeira, or even with fried corn and garlic butter.

This recipe is very simple yet very delicious. In my opinion, this is one of the recipes that best represent my home, Madeira Island. Everytime I eat this wonderful food, even when I'm away from Madeira, I feel like I'm at home.





## Social Networking Activity 7

On Madeira Island, we have many trails (called “levadas”) that allow people to walk through nature and enjoy the beauty of the Laurissilva forest. One of the most interesting trails take us to an equal gorgeous place called Lagoa do Vento. The Lagoa do Vento waterfall hike is a great adventure, which only takes 3.3 kilometres to get the lagoon. At the end, you have the opportunity to enjoy a swim in the massive lagoon at the base of Lagoa do Vento waterfall, which is a pretty magical spot to spend a pleasant afternoon.



# Juan David Barragan

## Activity 1

My fellow ULisser is Juan Aleman and he was born on 8<sup>th</sup> July 1996. He's from Ecuador but he is currently on Germany, where he is taking a master's degree in Environmental Engineering, in TU Darmstadt.

One of his favorite hobby is photography and we actually found that we share that passion, for nature photography!! One of the books that he likes the most is "El Túnel", written by the spanish Ernesto Sabato. Regarding music, one of his favorite bands is The Cure.

One of his relevant personal characteristics is knowing a lot of languages, as German, Italian and Spanish.

Finally, here's a fun old photograph of Juan with his dad!!

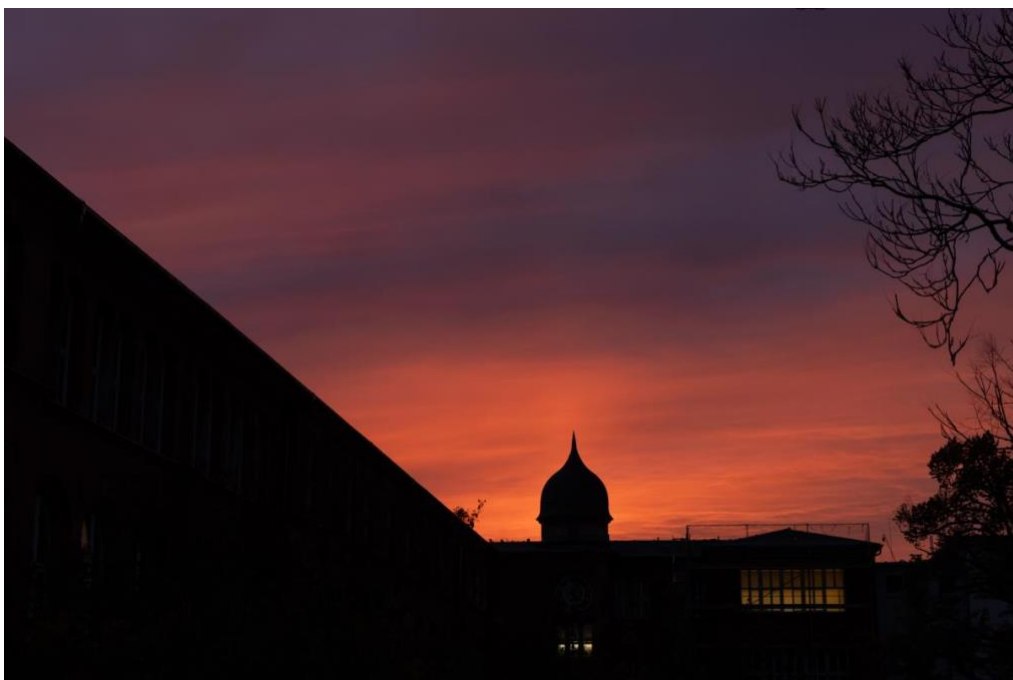




The Cow at our wall's kitchen in our share-flat



Darmstadt – Germany (22.04.2021 around 20:30)

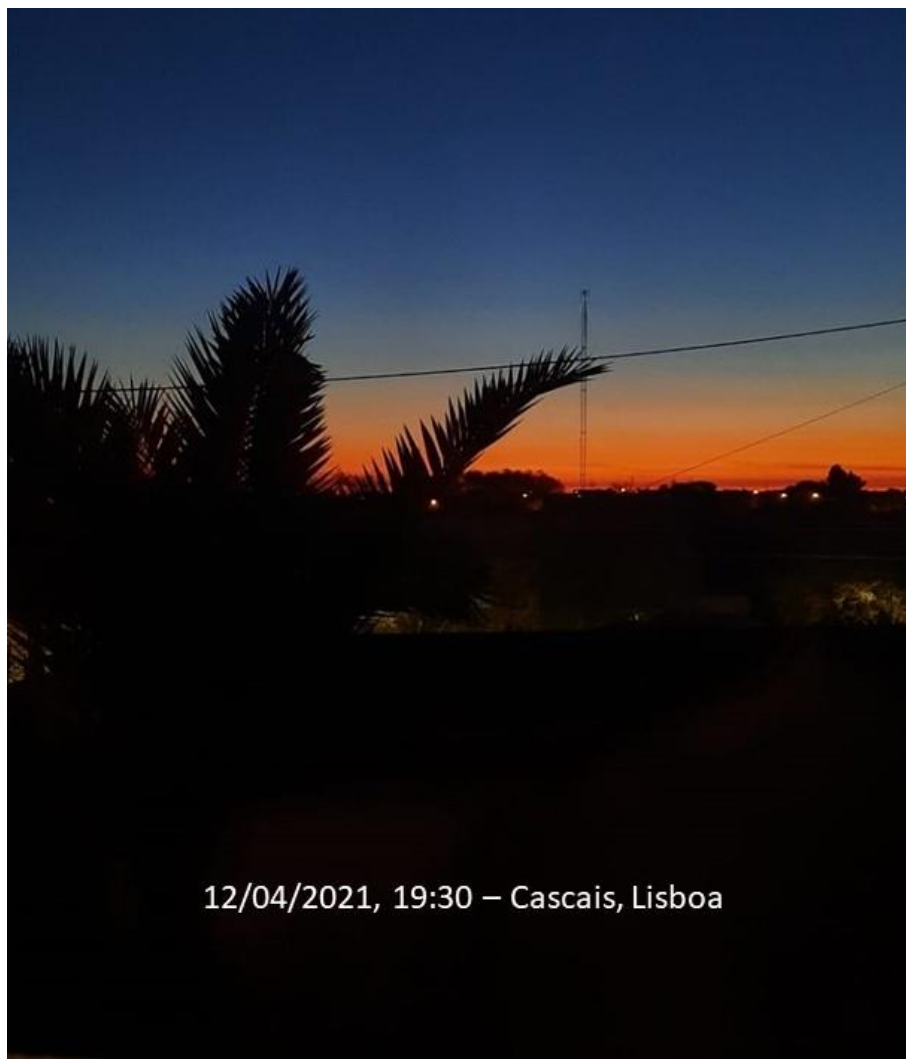




# Júlia Coelho

- Her name is Júlia Eduarda Coelho
- She has been born in Brazil, on the 12<sup>th</sup> of July year 200, but has been living in Portugal for the last 4 years
- Currently studying environmental engineering at Instituto Superior de Agronomia
- Dancing is her favourite hobby
- Her preferred book is “The Collector” by John Fowles and her favourite author is Edgar Allen Poe
- As a singer, Aurora is definitely the most praised artist
- When she is nervous/anxious she likes to dance to relieve stress
- Both of our favourite subject at school was biology despite neither of us had biology as our best grade at the time





12/04/2021, 19:30 – Cascais, Lisboa

# *“TORTA DE ATUM”*

RECIPE BY JÚLIA COELHO

## INGREDIENTS:

- 2 EGGS
- 2 CUPS OF MILK
- 2 CUPS OF FLOUR
- $\frac{3}{4}$  CUP OF OIL
- 1 TEASPOON OF YEAST
- SALT

## FOR THE FILLING:

- TUNA FISH
- PEA
- CORN
- CARROT
- TOMATO
- BOILED EGG
- SEA DELIGHTS

## DIRECTIONS:

1. MIX ALL THE FIRST SIX INGREDIENTS USING A BLENDER;
2. WITH BUTTER AND FLOUR GREASE THE BAKING TRAY;
3. PUT HALF OF THE MIXTURE IN THE BAKING TRAY;
4. PUT ALL THE INGREDIENTS FOR THE FILLING WHICHEVER WAY YOU PREFER;
5. PUT THE REST OF THE MIXTURE IN THE BAKING TRAY;
6. TAKE IT TO THE MEDIUM OVEN FOR APPROXIMATELY 1 HOUR;
7. ENJOY IT 😊





This recipe is important for me because it was the first dish that my parent teach me to do, and since then, I'm almost the only one to do it, because, according to them, I do it better (honestly, I just think that is because when they don't want to do anything in the kitchen, they ask me to...but it's okay, because I like to cook this). I hope you guys try to do this dish, it's really good, and for the ones who don't eat meat since you can add almost any ingredient that you want, it should be good, and for the ones who like chicken, it's also a good alternative for the tuna fish!!

# Activity 7

Júlia Coelho



Hello guys! I've been planning a wonderful weekend in Cascais, Lisboa, for us. Hope you enjoy it.

I choose these places because I think that you can't pass by Lisboa and don't visit them.

So here we go!!

- ✚ Azenhas do Mar;
- ✚ Praia do Guincho;
- ✚ Quinta do Pisão.
- ✚ Center of Cascais;
- ✚ Praias (da Rainha, da Conceição, do Peixe, etc.);
- ✚ Parque Marechal Carmona;

And the part that we are all waiting for: FOOD. I choose one restaurant that I really enjoy called Jardim dos Frangos.



# Juliana Desiderati

## Activity 1 – Meet the Ulissers



In the following pages I will introduce my partner of the week, Juliana Rodrigues Desiderati. Juliana is now 19 years old. She is born in June 20th 2001 in Rio de Janeiro, Brazil.

After school she started studying in Lisbon at the Instituto Superior Tecnico (IST) of the University of Lisbon. At first she started studying Civil Engineering. But after one year she decided to change the subject

and started studying Ocean Engineering and Naval Architecture at the same university. The change had different sources. The first reason accrued out of an curiosity. She wanted to know how humans were able to put something in the water that wouldn't drown. With that she wasn't only thinking about the present but much more about the first steps of trying to bring something in the water that floats. First she thought that just a curiosity wouldn't be enough to start study in this area. But after a while she get comfortable with the idea and changed the subject. The other reason was, that she could never imagine herself working with anything else than math and physics. To quote her "I love the security and the feeling of unraveling the law of the world that those two subjects give me". Until now she didn't regret the decision, but love the course.

Beside the thought about the history of shipping she also likes to learn things of different centuries. Therefore she chooses books and series that approach different aspects of human history. So history is more like a hobby for her, than something she is suppose to learn. If she is more likely to watch a series or read a book depends on the extents of her free time. Based on her historical interest the book she is most proud of to read is "Jane Eyre", from Charlotte Bronte. She intentionally used the word proud and not favourite because it may not be the best book but the first one she read in English. Moreover did she felt that the book was impressive, because it showed her, how woman of that time were already thinking about some matters that nowadays are obvious, but weren't in that



period. That make her think about how we see the past and what we believe has just been achieved now and what has already been achieved earlier. Except from the mentioned book she recently discovered the books from Tess Gerritsen. Juliana likes the writer because she made her get interested in different kinds of books. One example of these books are medical thriller novels.

Alongside reading books or watching series to educate herself in history she also likes to hang out with her friends or spend time with her family. The time she spends with her friends includes mostly going out for dinner, taking a walk or going to the beach. On the other hand is the family time. At this time, they often watch TV together. When she is not busy with other things she also likes to listen to music. That was one part of our conversation where we totally agree with each other. Because we both said that good music is not about one good artist, but a matter of good songs. However she said that if she had to pick one person to be her favourite artist she would choose Ludovico Einaudi. The reason therefor was, that she always wanted to go to a concert of him.

Beside the agreement about good music we both agree that there is not one specific sport or thing we both like or do. Even so we still have non material things in common. First we think about a lot of things, that are going on in our environment in the same way. Also we both want to improve ourselves in many ways. One example therefor is that we want to learn to value the people and things we have in live more. We also agreed that knowledge is not only a box we try to fit in, but something much more embracing. The last aspect we have in common is that we both do not like to go shopping and that it seems like we never find cloths that we like.

Some other aspects we talked about were how we would describe ourselves characteristics. During the conversation I learned a lot about Juliana. First she told me about her faith. For her, as a protestant faith is not only going to church but it is also the way she sees the world and life itself. The faith makes her who she is today. Furthermore she is, like I wrote earlier passionate about history and also she loves travelling and meeting new people. All in all she loves learning new things because that makes her feel like she could discover the whole world.







# RECEITA DA FEIJOADA COMPLETA

## Ingredientes:

1 Kg de feijão preto  
100 g de carne seca  
70 g de orelha de porco  
70 g de rabo de porco  
70 g de pé de porco  
100 g de costelinha de porco  
50 g de lombo de porco  
100 g de paio  
150 g de linguiça portuguesa

## Tempero:

2 cebolas grandes picadinhas  
1 maço de cebolinha verde picadinha  
3 folhas de louro  
6 dentes de alho  
Pimenta do reino a gosto  
1 ou 2 laranjas  
40 ml de pinga  
Sal se precisar

## Modo de preparo:

Coloque as carnes de molho por 36 horas ou mais, vá trocando a água várias vezes, se for ambiente quente ou verão, coloque gelo por cima ou em camadas frias

Coloque para cozinhar passo a passo as carnes duras, em seguida as carnes moles

Quando estiver mole coloque o feijão, e retire as carnes

Finalmente tempere o feijão

## Acompanhamentos:

Couve, arroz branco, laranja, bistecas, farofa, quibebe de abóbora, baião de dois, bacon, torresmo, linguiçinha e caldinho temperado - copinhos





**Laura Freitas**





# MY SPECIAL DISH-FEIJOADA



One of my favourite dishes is *feijoada*, as you can see in the picture on the left. It is my dad's speciality! He usually cooks it for the whole family when we go to a picnic or a family gathering. Therefore, I associate this dish with good times spent with the family, talking and laughing, just enjoying each other's company.

The ingredients are in the photo on the left if you want to try it out!

Laura Anaísa Freitas



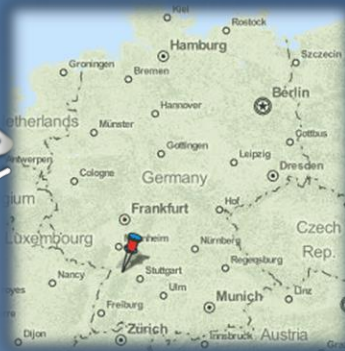
Back at home, in Madeira, one of my favourite places is a local beach in Paul do mar. I've discovered this place when I was a child, in a family vacation in a hotel nearby. Near the beach there is a bar with cocktails, good to have a nice chat and relax. It's a nice place to be especially in the summer. Sometimes I go there with my friends as well. We usually stay there the hole day, diving at the pier and catching some sun on the rocks (yes, there's no sand). The water is crystal clear and has fishes, as matter of fact, is a place where some people who practise deep sea fishing go. My favourite part is at the end of the day, when we get to watch the sunset, because of the peace you feel and that summer feeling I can't explain. Therefore, if anyone came by to visit me, I would take them here.



**Laura Loreth**



# LET'S EMBARK IN THIS JOURNEY TO MEET LAURA SOPHIE LORETH



- SHE'S FROM KARLSRUHE, GERMANY
- BORN ON THE 27<sup>TH</sup> OF AUGUST IN 1997

WHERE IS SHE NOW YOU ASK?

SHE'S STUDYING AT THE UNIVERSITY OF DARMSTADT IN GERMANY, CURRENTLY ENROLLED IN A BACHELOR'S DEGREE IN ENVIRONMENTAL ENGINEERING



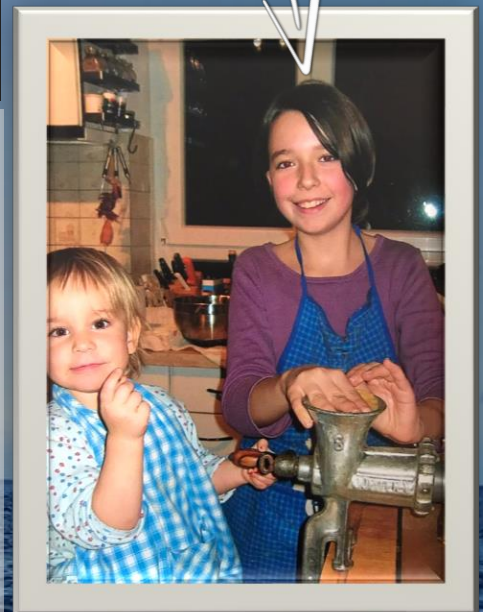
TECHNISCHE UNIVERSITÄT DARMSTADT

AND IF YOU WERE WONDERING WHAT SHE LOOKS LIKE...NOT NOW THOUGH

## LET'S TRY TO FISH OUT SOME OF HER FAVORITE STUFF...

- ✓ FAVOURITE HOBBY - KNOTTING MACRAME
- ✓ FAVOURITE BOOK AND WRITER - MARGARETE STOKOWSKI "DIE LETZTEN TAGE DES PARTIACHATS"
- ✓ FAVOURITE BAND- THE WOMBATS

**FUN FACT, SHE LIKES CAKE!**



IN THIS JOURNEY, WE DISCOVERED THAT WE BOTH LIKE WATCHING MODERN FAMILY



modern family







# Vegetable Lasagne



My homemade Lasagne is one of my favourite dishes because it is super easy to make a vegetarian/vegan version of it and if I cook it for myself, I can eat it for 5 days long.

For the recipe you will need the following ingredients:

- Lasagne Pasta
- 2 Carrots
- 1 Zucchini
- 5 Mushrooms
- 1 Leek
- 1 Onions
- Garlic
- 1 Canned tomato's
- Cheese (optional vegan)
- Salt, pepper, chilli, bay leaves

First you have to fry the onions and the garlic. After that add the very small cut carrots, zucchini and mushrooms and fry it together in a big pan. When the carrots are slightly cooked, add the Leek, canned tomatoes and the spices and stew it for some minutes. Maybe you have to add some water to the sauce to make it more liquid.

For the Lasagne you need an ovenproof mold. You start with a layer of the vegetable sauce and then you put a layer of pasta. Then a layer of sauce, pasta, sauce, ...till the sauce is finished. On top of the last layer of sauce you put the cheese (a lot of it).

After finishing the preparing of the Lasagne you bake it in the oven for around 40min on 180°C.

I love to have it with a fresh green salad or tomato salad like in the picture.

# One day in Darmstadt

Germany

Darmstadt is a medium size city in the middle of Germany. It has around 150.000 residents and 20.000 students because of two universities. Because it is not too big you can reach every place in Darmstadt by bike.

If you would visit me, I would show you first the castle of Darmstadt in the middle of the city and after that we would make a tour to the so called "Mathildenhöhe". The Mathildenhöhe is with her art nouveau ensemble the highlight of Darmstadt. You can find one of the most popular orthodox churches there.



After a visit there I would show you a nice park with the so called "Orangerie". It is named like oranges because in the baroque times there were orange trees stored inside during the winter. That's why the building has such big windows. In summer the orange trees were put out in the big garden.

After all the sightseeing I would bring you to the forest to a so called "forest art trail". In the middle of the forest, you can find many different kinds of artwork made out of wood. It is very calming and relaxing in comparison to the city.



For some more fun and sportive activities we could go to the climbing forest next to the university where you can climb 10 different kinds of parkours through the forest in different heights and levels. Of course you can rent safety equipment there so you don't have to worry about your safety.

To end the day comfortably I would invite you to a drink and a black german bread with vegetable spread at the castle garden. There we could have a nice chat about the day and the upcoming project in a very relaxing atmosphere.



# Leah Lucke

# Leah Lücke

MY FELLOW ULISSEER WAS BORN ON 06.12.1995, IN GERMANY, AND SHE IS CURRENTLY ENROLLED IN THE MASTER'S PROGRAM OF ENVIRONMENTAL ENGINEERING, AT TU DARMSTADT.

EVEN THOUGH IT IS NOT POSSIBLE RIGHT NOW, HER FAVORITE HOBBY IS BOULDERING BUT WHAT SHE CAN CERTAINLY DO DURING THESE TIMES IS LISTEN TO HER FAVORITE BOOK IN THE AUDIBLE VERSION, HARRY POTTER. ACCORDING TO HER LISTENING TO THESE AUDIO BOOKS IS THE MOST RELAXING THING SHE CAN DO BUT LISTENING TO BUKAHARA (HER FAVORITE BAND) IS ALSO A GOOD OPTION RIGHT NOW. SHE DESCRIBES HERSELF AS A "CARE TANKING PERSON" AND THAT'S WHAT LEAD HER TO HER STUDIES, SINCE FOR HER IT IS QUITE IMPORTANT TO "TAKE CARE" OF OUR ENVIRONMENT AND GIVE EVERYONE THE POSSIBILITY TO LIVE A GOOD LIFE ON OUR PLANET.

MARIA INÊS SILVA





A vibrant underwater photograph of a coral reef. The foreground is filled with various types of coral, including large, rounded, brownish-purple ones and smaller, yellowish ones. Numerous small, colorful fish, mostly yellow and blue, are swimming around the coral. Sunlight rays penetrate the clear blue water from the surface, creating a bright and lively atmosphere.

AS FOR SOMETHING LEAH AND I HAVE IN  
COMMON...  
WE BOTH LOVE CLIMBING WHETHER IT IS  
OUTSIDE OR INDOORS, BUT ALSO **OUR LOVE**  
**FOR THE SEA AND KEEPING IT HEALTHY FOR A**  
**LONG TIME TO COME.**

MARIA INÊS SILVA



Darmstadt, April 2021, 4:30 pm





## Favourite dish

Following you can see a photo of one of my favourite dishes. It is coming from the region in Germany where I grew up: "Hessen" and is not really known in the rest of Germany. You eat it cold with potatoes and egg. I love when my dad is doing some, because he figured a way to prepare it vegan for me. It contains seven herbs that are only growing in the spring time, so its also a really seasonal dish as well.



# Leonardo Cangelmi



### Activity 1 – Meet the ULissers

Name	Leonardo Cangelmi
Date of Birth	30 de abril de 1995 (24 anos)
Home Country	Italy
University in which he is enrolled	Polytechnic University of Turin
Current and past study programmes	MSc in Renewable Energy Engineering BSc in Mechanical Engineering (past)
Favorite hobby	Reading books and newspapers
Favorite book and writer	Cicero's Trilogy by Robert Harris; Herman Hess
Favorite music artist (or band)	Beethoven, Queen and Pink Floyd
One relevant personal characteristic	Curiosity and indecisiveness
Something we have in common	We both speak Portuguese We have both been to Coimbra We both like rock and classical music We are both indecisive people



Leonardo (4 years old)

**Awkward object**



# Leonie Tanzeglock

## Activity 1- Meet the ULissers

My fellow ULisser's name is Leonid Tanzeglok. She was born on the 9<sup>th</sup> of December of 1997, which means she is 23 years old. She was born and lives in Germany, currently attending the bachelor's degree in Industrial Engineering at Technische Universität Darmstadt.

Her favorite hobby is travelling, given that she has visited most of the European countries, Vietnam, Thailand and more. But the country she likes the most is Australia, which she already visited several times and calls her "second home". As for her favorite book and artist, she especially likes the Harry Potter series, written by J. K. Rowling, and Khalid, respectively.

One relevant personal characteristic is her perfectionism. A couple of things we both have in common is the fact we are both older than most of our colleagues of the same grade, albeit for different reasons (I attended a different course and she took a gap year), and our procrastination.

To conclude, here is a funny old photo of Leonid's first trip to Australia.







Darmstadt, Germany  
26.04.21 12:18 noon





# Malena Trost





UNIVERSITY OF LISBON  
INTERDISCIPLINARY STUDIES  
ON SUSTAINABLE ENVIRONMENT AND SEAS

# Meet the ULisser

Malena Trost

unite!

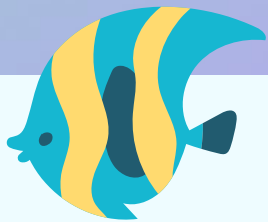
University Network for Innovation,  
Technology and Engineering

U  
LISBOA  
UNIVERSIDADE  
DE LISBOA



# MALENA TROST

TU Darmstadt ● Bachelor in environmental engineering





 **22 years old, born in July 2nd of 1998**

 **Living in Darmstadt, Germany**

Currently finishing her Bachelor's degree in environmental engineering with a full intention of pursuing a Master's in the same career.

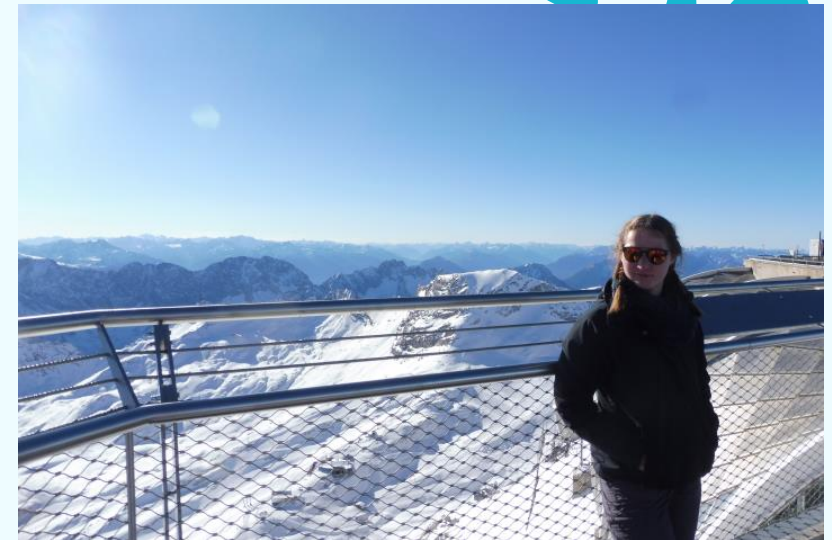
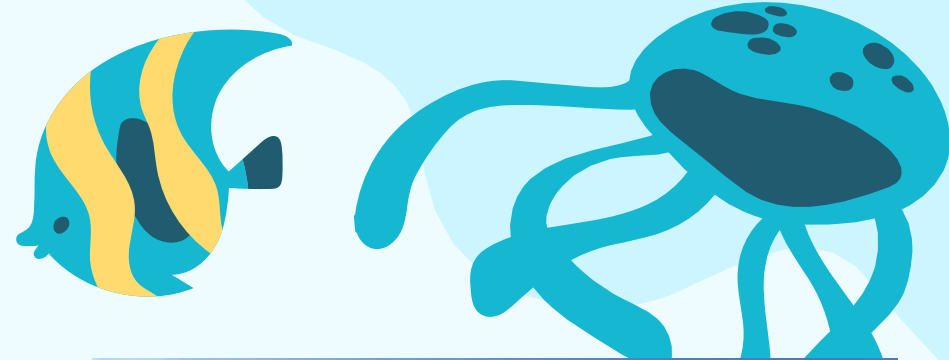
# GET TO KNOW HER!

## HOBBIES

- She's a big sports enthusiast and during the week she usually goes running and does acrobatics, but her favorite hobbies are rock climbing, hiking (especially in the mountains) and swimming when she gets the chance.

This is her last year, at the top of Zugspitze (the highest mountain in Germany), when all the cable cars were closed because of Corona and almost nobody was there. Really cool!

- Additionally she likes to hang out with friends, play games and cook
- She's also active in a political group that works on the right of refugees in Germany and Europe!



# GET TO KNOW HER!

## EXPERIENCES

- Malena last year has done a Erasmus in Valencia, Spain.

## RELEVANT PERSONAL TRAIT

- One of her personal characteristics is endurance, she stays motivated once she starts something and keeps up with it usually until it's finished or for a really long time.

## THINGS IN COMMON

- We both really love to travel and learn languages. A funny thing is that Malena already did a Portuguese course at university for one semester and now I'm currently trying to learn German.

## OTHER FAVORITES OF HER

- She's a big fan of literature about journeys, one of her favorite books is "Into the wild" by Jon Krakauer, who is also one of her favorite authors.
- Regarding music one of her favorite bands is Calle 13.





**READY TO SET  
SAIL!**

Strange object



# Manuela Arztmann

## Introducing Manuela Arztmann



Manuela Bianca Arztmann is from Austria and she is 26 years old as she was born on the 21th July of 1994. Manuela holds a BSc in Chemistry at Graz University of Technology (TUG) and is currently in the Chemistry MSc program at (TUG), but she also was selected before for a Research stay at POSTECH in South Korea.

Her favorite hobby is painting, and her favorite book is “The hitchhiker’s guide to the galaxy – Douglas Adams”. Regarding her favorite music artists, her main top is Hozier & One Ok Rock.

One of her personal characteristics is being curious and something we both have in common is that we both have a dog. Manuela’s dog is named Dobby, because he was shy at the beginning, and mine is called Zuke 😊





Spittal an der Drau,  
Carinthia  
April 17, morning

## AUSTRIAN PANCAKES WITH ICE CREAM - EISPALATACHINKE

### Recipe for 4 pancakes:

250ml milk  
Pinch of salt  
6 Tablespoon flour  
1 egg

Mix milk and flour in a bowl, add salt and egg and mix again. Pre-heat a non-stick pan on full heat, add a ladle full of the batter and spread it evenly in the pan by slightly tilting the pan to get an even pancake. The pancake should be thicker than crêpes. Turn the pancake when bubbles start forming on the surface. Wait a few seconds and turn it again. The pancake should be golden-brown.

Fill the pancake with two scoops of ice cream and serve with some fruit. Cream and chocolate sauce are optional additions.

However, people also like to just eat them with jam. Or, if you are feeling adventurous, you can add finely sliced champions, tomatoes, zucchini, and cheese to the batter and serve it with hummus.

Those pancakes are also commonly served with vegetable broth. For this the pancakes are cut into ~1cmx5cm stripes and served with sliced carrots in vegetable broth. In German it is called Frittatensuppe. It is my go-to soup recipe when I catch a cold during winter.





## Social Networking Activity 7

### Visiting Carinthia

Carinthia lies in the southern part of Austria, close to both the Slovenian and Italian border. The region is most well-known for its lakes, skiing areas and mountains. There are an estimated number of 1270 lakes in the region, so if you ever get to visit the area visiting some of the lakes is a must. Lake Faak is famous for its luminous turquoise color and lies right next to Villach. Nearby, there is also Lake Ossiach, the third largest lake in the region. Despite its size it is not as well known as, for example, lake Faak, thus making it ideal for hiking. Right next to the lake is the Bleistätter moor. It is mesmerizing to sit there and watch the movement of the water. Additionally, the Finsterbach waterfalls are also in walking distance. Over the hiking trail of 1.5 km there are 3 small waterfalls with a height of 23 m, 31 m and 21 m, respectively. The hike is somewhat steep and without safety railings, so it is mostly only known to locals. However, once reaching the highest point of the trail one has a marvelous view over lake Ossiach, making it worth the efforts.



Figure 1: Lake Faak



Figure 2: Lake Ossiach



Figure 3: Finsterbach waterfalls

# Márcia Figueira



# Activity 1 – Meet the Ulissers

My associated colleague is: **Marcia Alexandra Rodrigues Figueira**

She was born on the 9<sup>th</sup> July 1996 in Portugal. She studied agronomic engineering for her Bachelor's degree and is now enrolled in environmental engineering at the Institute of Agriculture of the University of Lisbon for her Master's degree. Marcia is focusing her studies on circular economy and community systems, like synergies and efficiencies between people, local businesses, their outside environment, but is also interested in traditional ecological knowledge.

In her free time she goes to the beach and barbecues with her friends, when the weather is good. On the other days, she prefers to read and play the guitar. Regardless of the weather she likes to go on walks in nature or the city.

Her favourite book is "The Waves" from her favourite author Virginia Woolf. She often listens to the band "Bon Iver" and their calm song "Perth".

Marcia is a very social and thoughtful person. We both study environmental engineering, like to go on walks and read classical books.



Strange object



# Margarida Ferreira



My fellow Ulisser is Margarida Ferreira from Portugal, living in Sintra, Lisboa. She is 19 years old, born 26th of April. She is a second year student at the Faculty of Sciences of the University of Lisbon studying Meteorology, Oceanography and Geophysics. In the free time she enjoys exercising, especially hiking and running in nature which is something that we have in common. She also enjoys a good book and the favorite writer is Agatha Christie because of the love for crime mysteries. Despite this her favorite book is *The Giver* by Louis Lowry, since it is a short and easy read but very thought-provoking. She listens to a lot of different music, but a lot of movie soundtracks. The favorite composer is John Powell. As a person, she is selfless and empathetic and loves to help others by e.g., volunteering, where she has helped in daycares for children and participated in an environmental project where they cleaned up beaches. She found it to be an real eye-opener to see how much plastic there was in the sand and water.



The oddest object I found in my house was this frame with some handmade flowers made with fish scales.



This picture was taken at 09:30 on 23/04/2021 from my house in Sintra, Portugal.



## Ulisses – Social networking activity 5

Margarida Bento Ferreira

### Carrot cake with chocolate topping



This is a recipe for a delicious carrot cake with chocolate topping. I chose this recipe because it's a cake my mother used to bake a lot when I was little, it brings back a lot of good memories! I hope you try the recipe and like it!

#### Ingredients:

For the cake:

- 3 carrots
- 4 eggs
- 250 g of sugar
- 120 g of oil
- 250 g of flour
- 1 small spoon of baking powder

For the chocolate topping:

- 2 eggs
- 150 g sugar
- 150 g unsalted butter
- 150 g dark chocolate

**Recipe (chocolate topping):**

1. Mix the eggs in a bowl and add the sugar.
2. Melt the butter and the chocolate.
3. Add to the previous mix.

**Recipe (carrot cake):**

1. Cut the carrots into small pieces, add the sugar and grind both of these ingredients together for 20 seconds using a proper machine.
2. Add the eggs and the oil and mix.
3. Add the flour and baking powder.
4. Bake in a preheated oven at 180 °C for 45 minutes.
5. Place the cake in a plate and cover it with the chocolate mix. Add any other toppings you like, we added raspberries and almonds.
6. Enjoy :D



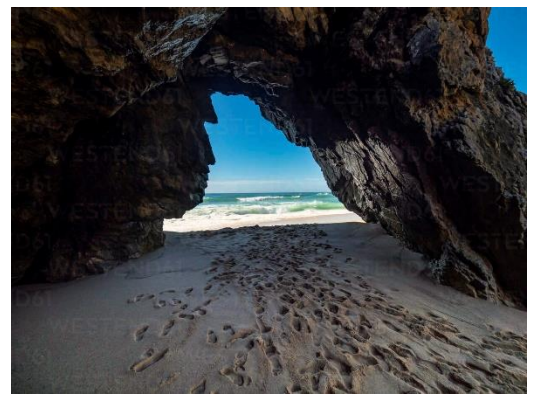
## Ulisses – Social networking activity 7

Margarida Bento Ferreira

I live in the small town of Colares in Sintra, a wonderful and calm town. Here we are surrounded by nature: the beautiful Serra de Sintra, the Pinhal da Nazaré and the serene (and cold) beaches. I decided to share with you some of my favorite beaches in Colares, I thought it was fitting since the Ulisses project is about the oceans and also because I have great memories attached to these places. I will share pictures from google because I'm not that great of a photographer.

### Praia da Adraga

This beach has many rock formations, the most unique is an arch that you can walk through. This beach is quite remote, and the parking spots are limited so make sure to get there early 😊



### Praia Grande

This is probably the most famous beach in Colares, it is also the biggest ("Grande" means "Big"). In Summer this beach is always full! There are a lot of restaurants and bars, there is also a pool and a hotel. This beach is quite interesting to visit due to the dinosaur footprint fossils on one end of the beach. It is also a great spot to practice surfing, especially for more experienced surfers because the waves can get really big! Some surf and bodyboard competitions take place here! I took the second photo in April.





### **Azenhas do Mar**

This is a really small beach that you can only use on the low tide, it also has a natural pool that fills up in the high tide! This small village has been gaining some popularity in recent years, it is a gorgeous place to visit and a prime location to watch the sunset (one of my favorite things to do after a long day).



# Margarida Oliveira

# Margarida

PEREIRA DE  
OLIVEIRA



Date of Birth

24-05-1997

Home Country

Portugal

University

Instituto Superior de Agronomia

Current Study Program

Engenharia do Ambiente

## FAVORITE HOBBY

To make music, more specifically to sing and play.  
I play the Guitar and the Piano.

## FAVORITE BOOK AND WRITER

### The Tattooist Of Auschwitz

A book by Heather Morris.

Is based on a true story about a Jewish man, who is put to work as a tattooist at Auschwitz, the infamous German concentration camp.

### Fernando Pessoa

One of the most famous poets in Portuguese Literature.

## FAVORITE BAND

### Queen

A British rock band formed in London in 1970.

## PERSONAL CHARACTERISTIC

- Love to Travel

## SOMETHING WE HAVE IN COMMON

We both love to Travel and coincidently we have both been to Crakow and absolutely loved it.



I have no idea what this  
is or what it's for 🤔🤔



📍 AMEIXOEIRA, LISBOA, PORTUGAL

12-04-2021

14:11





## Cheese Stuffed Bread

This is something I make around the holidays (Christmas and New Year's Eve) and some other events (e.g., birthdays).

It is basically an opened bread (a big one) with a cooked mixture of 2 types of cheese (mozzarella and emmental cheese), béchamel sauce, lemon juice, lardon and cilantro. I just put them all inside a pan and bake it until it's all mixed. Then I put the mixture in the bread (with most of the Crumb removed) and it goes to the oven until it is deliciously toasted.

It is served as an appetizer and we usually eat it (the filling) on mini toasts and on its own bread when the toasts run out.

This dish is very special to me because I always make it at my grandmother's house, right before the whole family joins in (parents, siblings, aunts, uncles, cousins,...), and I really enjoy those moments when everybody is together.

# WELCOME TO LISBON!

Hello fellow Ulisser! Can't wait for your visit next weekend!

I've been planning a wonderful stay for you, choosing the best spots in town to visit. Just to give you a little glimpse, among them are some historical places, like:

- ♥ São Jorge Castle
- ♥ Jerónimos Monastery
- ♥ Belém Tower
- ♥ Praça do Comércio

In addition to these, I've chosen some other places, that we, nature lovers, absolutely have to go to:

- ♥ Lisbon Oceanarium
- ♥ Lisbon Zoo

As we might get hungry during our tour, I thought of some fantastic places where we can eat, such as:

- ♥ A little pastry shop called Careca, which serves the BEST croissants in town.
- ♥ And, of course, the Pastéis de Belém shop (you couldn't come to Lisbon without tasting the city's most famous sweet pastry!).

Last, but not least, I would like to take you to my faculty (School of Agriculture), which is very special and like a home to me. It is hauntingly beautiful, it is full of colour and life and it has an amazing view over the city. You will love it!

This is just a taste of all the fun we'll have together. Counting the minutes down for the weekend!

See you there!

Margarida



# Maria Beatriz Nobre



# Maria Beatriz Nobre



Meet the ULissers

Let's do a brief introduction about my new friend! Beatriz was born on 4th June 1999 in Lisbon, Portugal. It was definitely a hot and sunny day, probably the reason why she loves summer! Currently, she is doing a MSc in Pharmaceutical Sciences at the Faculty of Pharmacy of the University of Lisbon (FLUL).

## DID YOU KNOW?

She couldn't decide her favorite hobby! She likes to paint, draw and read. She also plays volleyball since she was 6 years old.



Beatriz doesn't have a favorite book or author. Her favorite books are about self-development and historical fiction. She is also a fan of classic books.

Her musical tastes are very varied! For her, each music style is unique and good. Beatriz is an excellent friend to join you at parties.



## PERSONAL CHARACTERISTIC

Beatriz is passionate about soft-skills so she decided to be a soft-skill trainer!

She is an animal lover and nature enthusiast girl. Her goal is to achieve a minimalistic and sustainable life. She is also a sucker for volunteering (her words!!)

## WHAT WE HAVE IN COMMON

Boy-band lovers  
Disney movie fans  
Nature enthusiasts

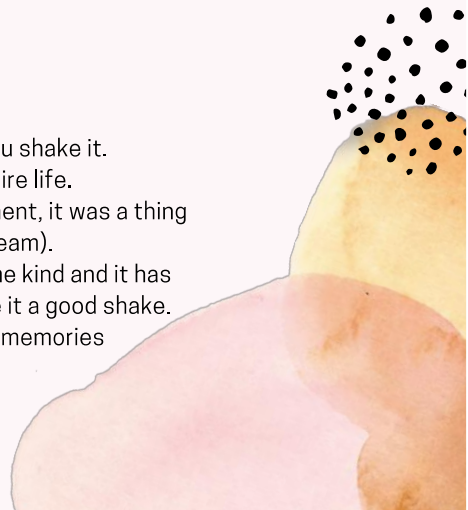


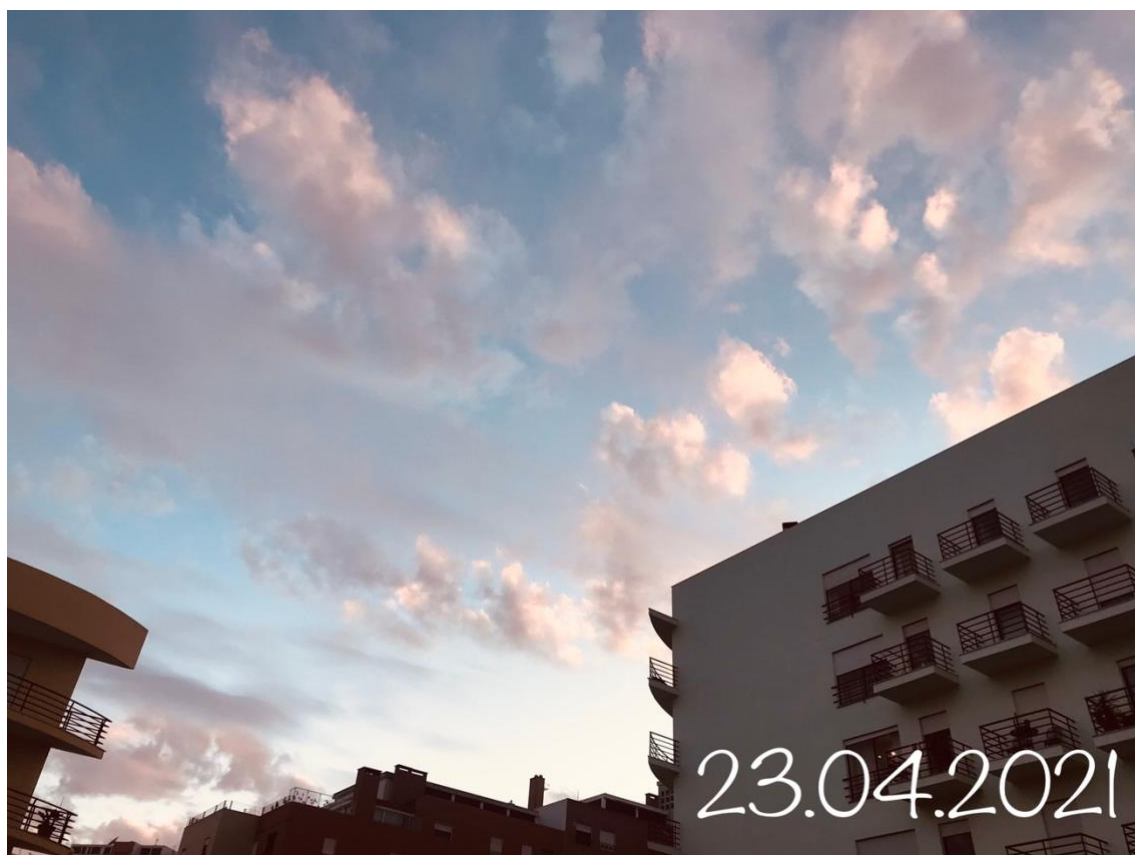


ME AND MY FAMILY  
CALL THIS THE

# DEMON MARACA

It is essentially and literally a *maraca*, it makes noise when you shake it. However... it is **THE loudest thing** I have ever heard in my entire life. So whenever me and my sister played at some sports tournament, it was a thing to bring this to cheer us on (and eventually annoy the other team). It is made from a super dry, hard and emptied pumpkin of some kind and it has some beads on it that make the devilish sound when you give it a good shake. I consider it quite odd and also is part of some odd and funny memories definitely! Hoping that you will never experience such sound,  
Sincerely,  
Beatriz







ULISSES

# *How my family does fried cuttlefish*

Social Networking Activity 5

Original picture :D



MARIA BEATRIZ NOBRE

# *How do we do it?*

I'LL LEAVE HERE THE RECIPE WE USUALLY FOLLOW!

## Ingredients

- 2 tablespoons salt
- 3 to 4 teaspoons Szechuan peppercorn (freshly ground, to taste) - we change this bit :P
- 1 egg
- 3/4 cup water (ice cold)
- 1 cup all-purpose flour
- 3 to 4 cups oil
- 2 pounds squid, cleaned; both with whole tubes in tact and tentacles
- Optional: cilantro leaves, to garnish

## Steps how to make it

1. Gather the ingredients.
2. In a heavy skillet on medium to medium-low heat, brown the 2 tablespoons of salt and 3 to 4 teaspoons of Szechuan peppercorns, shaking the pan occasionally, until the peppercorns are fragrant and the salt turns a light brown color.
3. Remove from the heat. Allow to cool to room temperature.
4. Use a mortar and pestle to grind the cooled mixture or grind in a blender. Set aside.
5. In a small bowl, stir the egg into the 3/4 cup of ice water.
6. Stir in 1 cup of flour to form a thick, lumpy batter, being careful not to overmix (the batter should resemble a pancake batter).
7. Heat the oil around 180deg. Celsius in a heavy bottom pot over medium-high heat.
8. Dip the squid tubes and tentacles into the tempura batter, using your fingers to coat the squid pieces.
9. Add the squid and deep-fry until golden brown and crispy. Drain.
10. Serve garnished with the coriander leaves, and with the salt and pepper mix for dipping.

This is the recipe we usually follow but we tend to change some things :P because made with one or two twists and with my family makes it more authentic and tastes great!! We really like to eat this dish when it's summer and we have a big family lunch!

And it's always fun to do this all together since it often gets messy and our cat loves cooked squid and asks for a bit all the time XD



# A DIFFERENT SETTING IN LISBON

*If I could take a Ulisser to a place in Lisbon, it would have to be Gulbenkian's Garden, even though it is fairly known by Portuguese people, it slips past through the touristic common places and it makes it even more special!*



## GULBENKIAN'S GARDEN

*A different setting in Lisbon*

Here is some historical information on this place: Built in the 1960s, according to a project by landscape architects António Viana Barreto and Gonçalo Ribeiro Telles, the Calouste Gulbenkian Foundation Garden is one of the most emblematic gardens of the modern movement in Portugal and a reference for Portuguese landscape architecture.

There's a couple of things that I consider unique about this place, personally I think this is not a very common place to visit when you are travelling to Lisbon which means it is such a calm and refreshing place to be. It really is as peaceful and pretty as it can get, so you can bring a book or a sketchbook that if you want a moment to relax or to boost creativity is serves great for that purpose. But I when I think about it and why I would bring a participant to this garden is because 1. is free and 2. it gives that nature touch to Lisbon, that sometimes falls a bit behind, since it is the capital. And because nature means so much to me and all the sustainability matters can relate to it, it holds a very special place in my heart.

If someone from ULISSes from abroad came to Portugal, this is the place that I would show him or her around!!

# Maria Gabriela Horst

## Project ULisses 2021-1º Assignment

**Name: Cristiano Vieira**

**Colleague: Maria Horst**

As part of the first activity, we, the participants of the ULisses project, were paired with another colleague, in order to interact and get to know our future project colleagues better. In that sense, the colleague I had the pleasure of meeting was Maria Horst. Maria was born on 18th August, 1998, in Germany. Maria studies at the Technical University of Darmstadt, where she pursues a master's degree in mechanical engineering. With regard to leisure activities, Maria's favourite hobby is playing football. Additionally, in relation to literary and musical preferences, Maria particularly likes the book Northern Lights by Philip Pullman and the songs produced by the artist Hozier. With regard to her personal characteristics, Maria describes herself as a good listener and shares, like me, a particular taste for nature, so we both like to stroll through the forest, enjoying the various pleasures that nature offers us. .

Finally, an old photo of Maria is included where it is possible to observe a small Maria Horst, completely equipped to confront the cold weather.



# Maria Inês Silva



# MARIA INÊS SILVIA

Date of Birth: 20.02.2000

Home Country: Portugal

## Current study programm:

Bachelor student in Biology at the Lisbon University, Faculty of sciences

## Favorite hobby

Hiking (since she was a young girl)

## Favorite book

O gene inteligente by Sharon Moalen

## Favorite band

Maroon 5 (out of competition)

## Relevant Characteristic

Maria is a adventurous person, who is always looking forward to discover new places, try new outdoor sports and activities, as long as it is outdoors.

## Something we have in common

Besides the shared love for outdoors activities like climbing, we are of course also sharing the love to our oceans which leaded both of us to our Padi Open Water Diving License.

**Strange object**



# Maria Leonor Mendonça

## MEET THE ULISSES

# MARIA LEONOR MENDONÇA

To get to know each other, me and Maria decided to arrange a casual meeting via zoom. It was a nice and pleasant conversation because she is very communicative and funny.

Maria Leonor was born on September 17 of 1998, in Portugal and she is from Lisbon. At the moment, she studies Physics Engineering at IST-ULisboa. Last year, she went to India for Erasmus during the first semester, and she loved it. I really liked to listen some of her experiences there and I think that what she liked the most and the reason to go to India in the first place was the huge difference between cultures. She wanted something totally different from European culture.

Her favourite hobby has been practicing *Yoga* and her two favourite books are the “1984”, from George Orwell and “The Catcher in the Rye”, from J. D. Salinger. Her favourite band are the *The Strokes*.

One of her characteristics is being funny and lively (as we can see in the photo below).

Finally, as we met, we found that loving to travel it's what we have in common.

I look forward to knowing more about Maria. 😊

### AN OLD AND FUNNY PICTURE OF MARIA!





Strange object



# Maria Lluna Cernadas

# MARIA LLUNA FORNELLS CERNADAS



In this assignment, we were asked to interact with another member of the ULISSES project. I was fortunate to meet Maria!

She is from Barcelona, in Spain, and most people call her Lluna, which means moon in catalan. However, she has actually lived in other countries such as the US and Bolivia, because her mother is a journalist. She was born April 15th 2002, so she is just a little bit younger than me. She is currently studying Environmental Engineering at the Polytechnic University of Catalonia.

Maria has a lot of hobbies, she is a huge fan of art as a concept: she loves to attend orchestra concerts or dance performances (specially contemporary dance – Alvin Ailey American Dance Theater is her favorite) and also going to art galleries. And even though she doesn't consider herself much of an artist, she really loves to play the guitar and sing. Besides that, she also enjoys rock climbing (currently healing from an injury on her shoulder), cooking, taking care of her garden and embroidery. She also snorkels and sails, so she is planning to take some classes on scuba diving and sailing this year.

She spends a lot of time reading and her favorite book is Leviathan by Paul Auster (it was really hard for her to choose). In addition to that, she also loves listening to music and she has no doubt that Pink Floyd is her favorite band!

It was a pleasure to meet Maria, she really is an amazing person who definitely shares her passion for the sea with me! It would be wonderful if I end up working with her in the team fase!

João Pontes, 31/03/2021

Hi!

When I started thinking about what the oddest object in my house was suddenly everything around me started to seem like the most ordinary thing ever, even my super cool accordion that I am absolutely unable to play or my extremely creepy meter high paper mache sculpture of Woody Allen. Finally I had to ask my friends what was the thing that surprised them the most when going into my house, and this painting rose to the occasion. Lighting wouldn't agree with me so I'm unsure if you can see the details but it's a painting of a woman walking a fish with a leash, so it is indeed quite curious, its author is called Sheep Johnes also a quite curious name ;)



The typical april cloudy sky off my bedroom window at 8.40 AM (in Spain time) the 26th of April at Sant Cugat del Vallès (a twenty minute drive from Barcelona)



Hiii!! So, in my case, the dish in question doesn't have a long profound history, however, after a year of covid it has grown into my heart as well as my family's and friend's. It all started on the 15th of April of 2020. My 18th birthday. We had been in complete lock down for almost a month and we saw little to no light at the end of the tunnel. It was illegal and irresponsible to see any of my friends so understandably I was rather unexcited for life at the moment (I am being a bit of a drama queen it wasn't really that bad). I am the kind of person that just really likes their birthday, you know? And me and my school friends were all turning 18 so it was especially depressing because growing up we all had looked forward to the super parties we would go to, but Covid said nope, it is what it is. Anyhow, my mom decided to bake the most amazing pie to cheer me up and she surely succeeded. It's a very american recipe because we lived in the United States for a couple of years and picked up a couple of pie tips along the way. I am talking about a peach pie, by name, intriguing, but by taste, mesmerizing, trust me.

This is the recipe that my mum has until now asked me to keep secret because, in her words, "it's ours and only ours", but I believe she would allow this little exception. The recipe isn't exactly ours, some lady on the internet created it but we don't remember the page in question so I am unable to give credit to anyone, my apologies xD.

## A very American Peach Pie

### Ingredients\*

- 2 store bought pie dough
- 32 oz canned peaches drained
- 1 cup white sugar
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp lemon juice
- 1 tbsp vanilla extract
- 1/2 cup all purpose flour
- 1 1/2 tsp unsalted butter
- 1 egg beaten

\*As you can see the measurements are in American units, very confusing I agree, but it's easily translatable looking it up on Google so it shouldn't be a problem, but if you have tablespoons (tbsp), teaspoons (tsp) and cups at home it is indeed much easier.

### Instructions

- Preheat the oven to 180°C
- Grab a pie dish (it should be a little deep), and add in one of the pie crusts.
- In a mixing bowl add in the peaches (they should be drained on a colander previously so that none of that sugary water comes with them), sugar, vanilla, lemon juice, cinnamon, and nutmeg. Stir until well combined.

- Now sprinkle in the all purpose flour, and fold the ingredients until everything is well incorporated.
- Toss in the butter, and fold the ingredients. It may look weird, but it isn't don't worry this cake always works out.
- Pour the peach mixture into the pie dish on top of the crust.
- Top off with the remaining crust. What we do is cut the dough into little strips and then put them on like you will see in the picture.
- Brush the crust with the beaten egg. (Important don't forget this step or else the pie will look all white and sad and we don't want that)
- Bake the pie in the oven for 50-55 minutes.
- Et voilà! The oven part is a little long but the preparation is really quick and the results are amazing. Also, you should wait until it's cold to eat it. Enjoy!!

Pre-oven pie:



Post-oven pie plus me eating a very delicious watermelon during my birthday last year (this is me before ever trying the pie, which is life changing so you wouldn't recognize me now):



# Maria Miguel Matos

## Activity 1: Meet the ULissers

My partner for this activity was Maria. Her full name is Maria Miguel da Cruz Fonseca de Matos and she was born on the 20<sup>th</sup> of December 1999. She is Portuguese and lives in Azeitão, about 1 hour away from Lisbon. Maria is currently studying Food Engineering in the School of Agriculture of the University of Lisbon. Her favorite hobby is doing sports whether it's running, working out or doing yoga. Her favorite books (it's hard to pick just one) are *The Quiet End* by Nelson DeMille, a detective story, and *Becoming* by Michelle Obama, the memoir of the former First Lady of the United States. Her favorite music artist is Russ. Maria thinks of herself as a curious person, a characteristic we found to have in common since we both love to travel. Here is a funny picture of Maria from her first year of university.





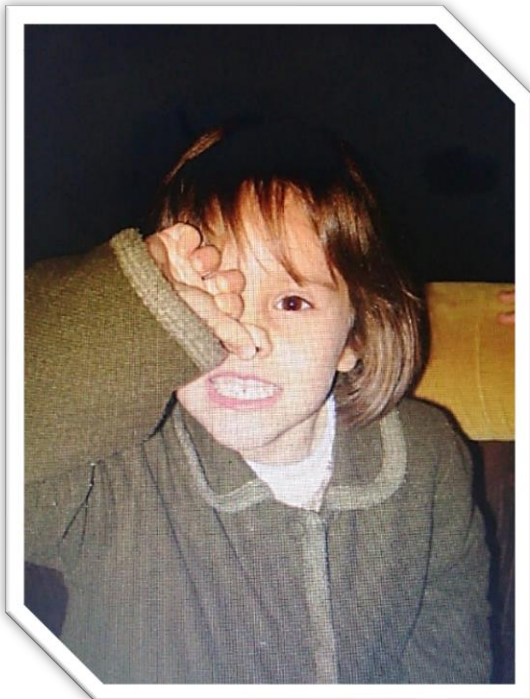
### Oddest object in my house



For me, the oddest one is definitely this lamp, that is a kind of bedside table light, made by me! It's cool because I made it, but at the same time its shape and design for a lamp... is very "unusual"!! At least it gives us light!



# Maria Rita Fonseca



Maria Rita at 5 years old

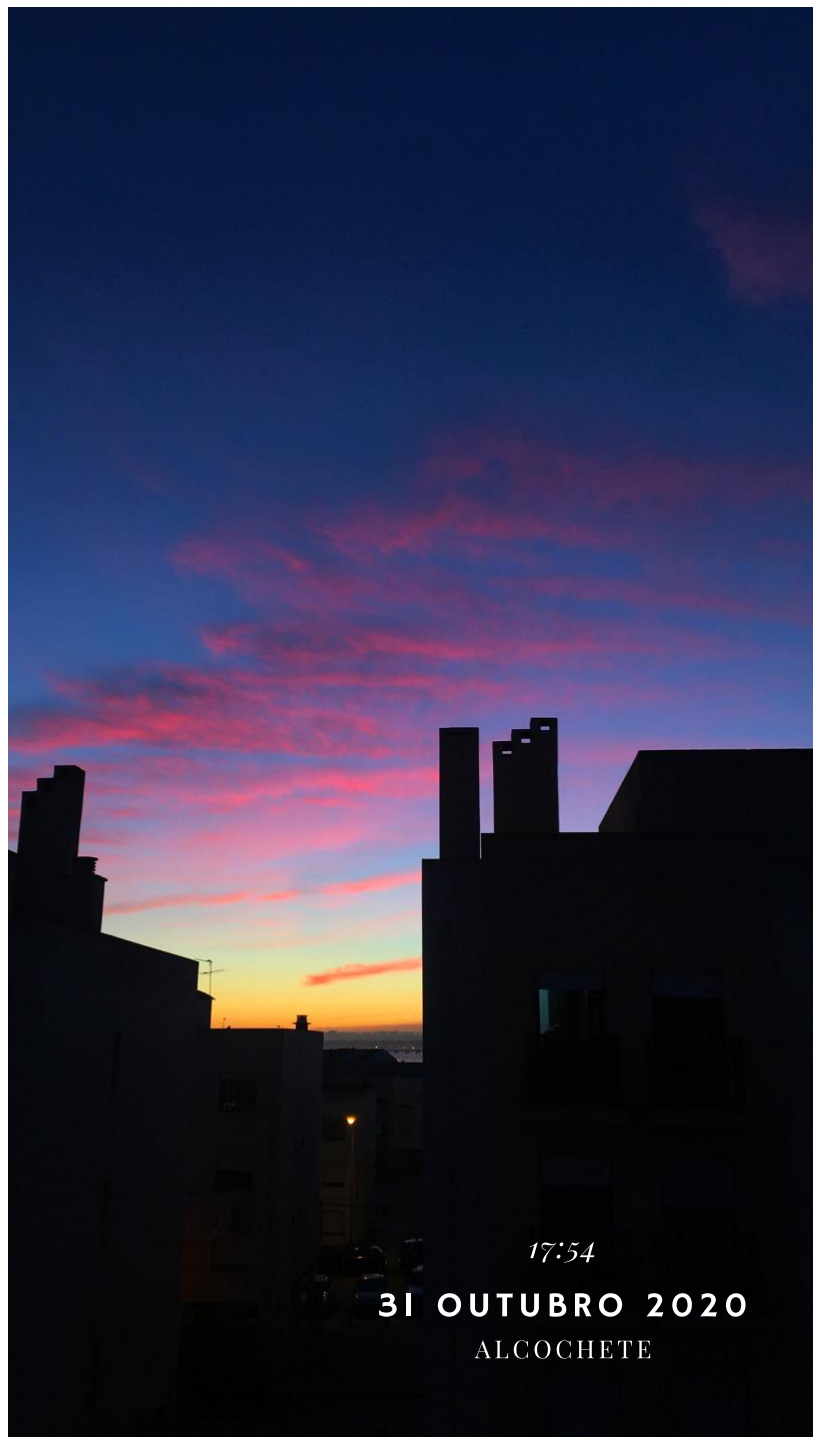
This is **Maria Rita Vicente Fonseca**. She was born on October 27, 2000. Her home country is Portugal and she is an MSc Pharmaceutical Sciences student from the Faculty of Pharmacy of the University of Lisbon.

Her favourite hobby is to take long walks, her favourite book is Eragon, her favourite writer is Saramago and her favourite band is Kodakline.

One of her personal characteristics is her belief in Spiritualism.

Something that she and I have in common (aside from the fact that both our names start with an “M”) is that we’ve both been to Krakow, Poland, and we loved it!

It was very nice to meet her! 😊







# PORTUGUESE

# PRIDE

The Portuguese are famous for going out and spending the entire day in a bar, drinking, and hanging with friends.

For this reason, I choose a dish that represents Portugal in its entirety. The famous Beer and Lupines Food.

We are the 24th European country in consumption per capita, which reveals the moderate and responsible way in which the Portuguese appreciate beer.

And I am proud to contribute to this achievement.

# Mariana Carvalho

## Activity 1 – Meet the Ulissers

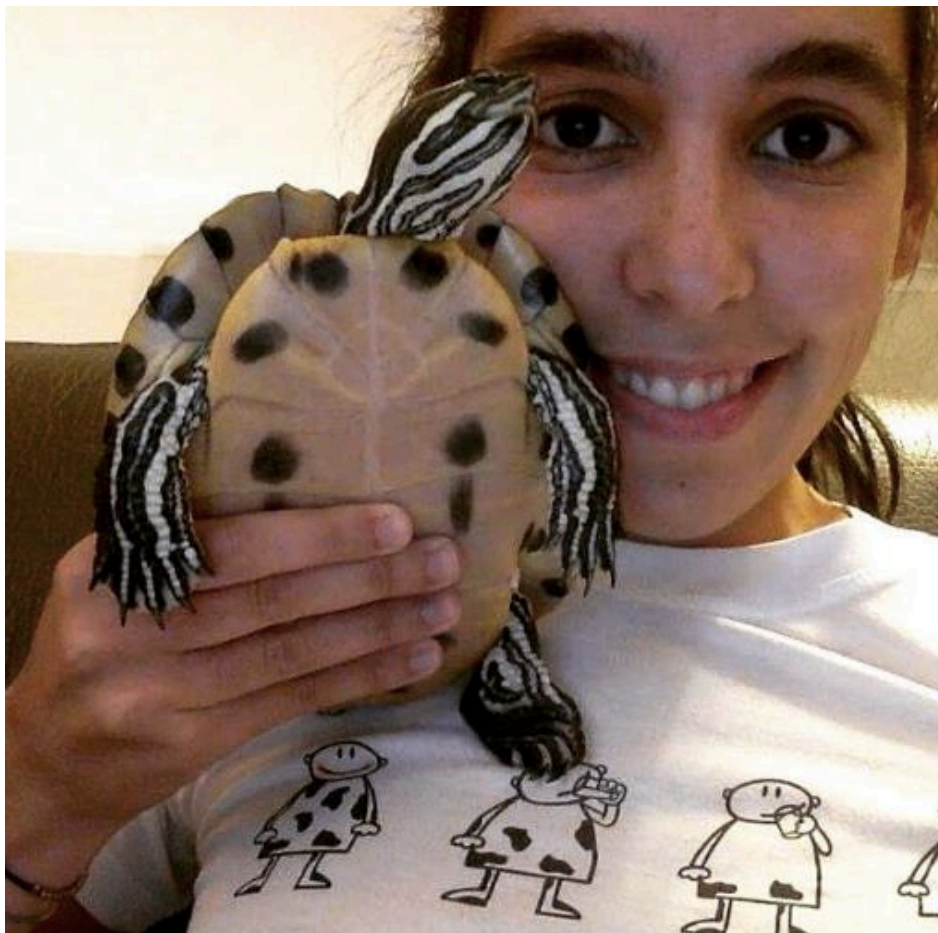
Markus Lenehan

I got matched with Mariana Leitão Carvalho.

The information I got regarding Mariana is as follows:

- Name: Mariana Leitão Carvalho
- Date of birth: 27/10/96
- Home Country: Portugal
- University in which she is enrolled: FMV-ULisboa
- Current (and eventually) past study programmes: Veterinary Medicine
- Favorite hobby: Hiking
- Favorite book and writer: Seven Years in Tibet and António Lobo Antunes
- Favorite music artist (or band): Guns N' Roses
- One relevant personal characteristic: devoted
- Something you have in common: we both love animals

Also, here is a picture Mariana shared of her and her pet turtle.





18h30 15/04/2021 Portalegre





## *Lentil Bolognese*

by Mariana Leitão Carvalho

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- 250g dried brown lentils; 1 teaspoon salt, plus more to taste; 350g dried spaghetti; 1 onion; 3 garlic cloves; 200 ml natural tomato pulp; 1 tomato; 1 teaspoon cayenne pepper powder, plus more to spice up; 2 tablespoons olive oil.

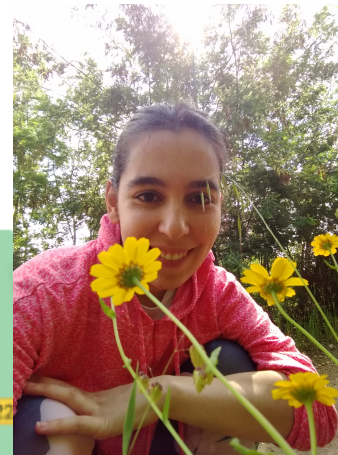
1. Start by soaking the lentils, placing them in abundant water overnight or for 6 hours. Once soaked, cook the lentils in a pan with twice the water for 10 to 15 minutes (don't overcook). When they are almost cooked, add salt. Drain the water from the lentils and set them aside.

2. In another pan, cook the spaghetti with water seasoned, according to the instructions on the package.

3. In a wok, add the oil with the peeled and chopped onion and garlic, then add the tomato pulp and the tomato. Cook for 4 minutes, add the lentils and spices to the wok and stir. Taste and rectify the seasonings. Serve the dough in a bowl and add the lentil bolognese on top.

**I strongly recommend this recipe because it's simple, comforting, flavorwise, healthy and an easy way to replace meat 😊**

## Social Networking Activity 7



In my hometown I recommend to try **PR 6 PTG Salão Frio trail**. **PR 6 PTG Salão Frio** is a 9.7 km moderately trafficked loop trail that features beautiful wild flowers and is good for all skill levels. You can start near the city center and the trail offers a number of activity options and is accessible all year. You can also bring your dogs for a very nice walk. Just enjoy what the nature can give, hear the birds or actually see them!

# Mariana Rodrigues dos Santos



- Name: Mariana Rodrigues Dos Santos
- Date of birth: 27/05/2000
- Home country: Portugal
- University in which he/she is enrolled: Faculty of Sciences of the University of Lisbon
- Current (and eventually) past study programmes: BSc in Biochemistry
- Favorite hobby: swimming and painting
- Favorite book and writer: The Night Circus (by Erin Morgenstern)
- Favorite music artist (or band): Regina Spektor (also Tchaikovsky e Arcade Fire)
- One relevant personal characteristic: introvert
- Something you have in common: we are both quite indecisive (and both like Tchaikovsky).

Photo from when she was 9 or 10 years old







12:23 19/04/2021  
Mafra, Lisboa, Portugal

# Social Networking Activity 5

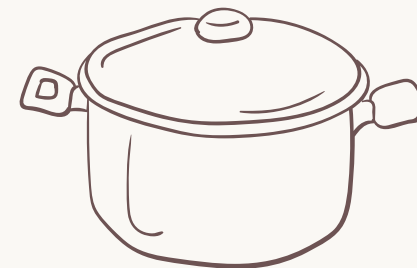
Mariana Santos



# *"Bacalhau com natas" (Codfish with cream)*

## *Ingredients (for 4 people)*

- 500 g of codfish
- 300 g of shoestring potatoes
- 500 mL of bechamel sauce
- Onions
- Garlic
- Breadcrumbs
- Shrimp (optional)



## Recipe

- 01 Preheat the oven at 250 °C
- 02 Cook the codfish; Shred it and reserve
- 03 Put olive oil, onion and garlic in a frying pan; mix until it is golden
- 04 Add the codfish and mix for 1 min  
Add salt and pepper
- 05 Add the potatoes and mix everything



- 06 Add the bechamel sauce and mix vigorously until it is a paste
- 07 Add previously cooked shrimp to the mixture (optional)
- 08 Put it all in a oven-safe platter and cover it with breadcrumbs
- 09 Put it in the oven at 250 °C for 5 min or until it is toasted







*Happy  
Cooking!!!*

# Social Networking Activity 7

## Parque Municipal do Cabeço de Montachique

There are some very beautiful places near my hometown, like the *Palácio de Mafra* (built in the 18<sup>th</sup> century) or the *Tapada de Mafra* (that used to be a royal hunting reserve), but both of these places are very well known and have actual guided tours. So, if I was receiving a colleague from Ulisses, I would take them to the *Parque Municipal do Cabeço de Montachique*, which is a very beautiful natural park near my hometown that has a lot of hiking trails and picnic tables. It is the perfect spot to spend a day in nature, it has a beautiful view and very pure air.



Mariana Santos

# Mariana Lemos Parada

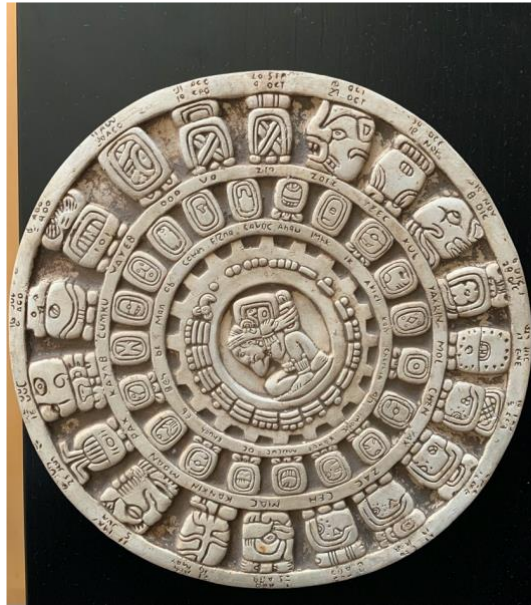


Mariana's Information:

Name	Mariana Parada
Date of Birth	4.2.2020
Home country	Portugal
University in which she is enrolled	University of Lisbon
Current study Programmes	Science Faculty / Biochemistry
Favorite hobby	Sports
Favorite book and writer	Paper Towns – John Green
Favorite music artist	Coldplay
One relevant personal characteristic	Perseverant
Something we have in common	Nature Photography







After being looking around my whole house for some odd object, I found this one. Doesn't this look like some sort of secret code that will lead you to a big secret treasure? Well, actually is a Mayan Calendary, my parents bought it when we went to Mexico. No one here knows how to read it, very useful :) At least, it reminds us of our wonderful trip to Mexico!!



# Markus Lenehan

# MARKUS LENEHAN

ULisses Project Participant | Date of Birth: 18-07-2000 | Home Country: Portugal

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## UNIVERSITY IN WHICH HE IS ENROLLED | CURRENT (AND EVENTUALLY) PAST STUDY PROGRAMMES



Ciências  
ULisboa | Biochemistry


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## FAVORITE HOBBY | FAVORITE BOOK AND WRITER | FAVORITE BAND

Reading  | The Way of Kings and Brandon Sanderson | Trivium 

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## ONE RELEVANT PERSONAL CHARACTERISTIC

He loves nature, especially animals! 

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## SOMETHING WE HAVE IN COMMON

We both love animals and besides we are from





The oddest thing I found in my house is this cute mummified seahorse. Found the poor guy already dried by the sun while walking in the beach when I was a kid.



My front door view.

Location: Cavaleiro, Odemira, Portugal

25/04/2021 – 15:40



## Social Networking Activity 5

Markus Lenehan

This is a Ramen bowl I tried to make on my own.



Before the lockdown I had plans to meet a friend to eat ramen for the first time and we had to cancel so I decided to try on my own. Since I had to do the lockdown in my hometown and it's a really isolated area it took me a few weeks to gather all the ingredients and i felt really proud i was able to do it.

Quick recipe:

For the broth I heated minced garlic, ginger and miso paste and mixed in chicken stock.

The meat was minced pork with ginger and soy sauce.

On top is shredded cabbage and mung beans.

And on the side is a nice soft boiled egg (boiled for 7 min).

The noodles are simple instant noodles boiled in water...

## Social Networking Activity 7

**Markus Lenehan**

I live in a really small town, the only famous spot is a lighthouse near cliffs where storks make nests (the only place in Europe where they do so). There is are also some streches of a famous walking route that pass through here called Rota Vicentina that has over 750 Km of routes near the coast.

After visiting the lighthouse (who wouldn't want to see that?) I would show them my favourite route through the fields and woods nearb my house where I use to go with my friends. It passes through fields, over a canal, connecting with the Rota Vicentina near the coast and ending near the cliffside overlooking the ocean.

I love it because we always see a lot of wildlife, mainly reptiles and birds (and once a very angry big dog!). We are also consistently able to see owls because of various box nests we helped a highschool group set in the fields.

# Mirjam Voigt

# MEET THE ULISSEERS

**NAME**

Mirjam Voigt

**DATE OF BIRTH**

04/04/2000

**HOME COUNTRY**

Germany

**UNIVERSITY**

TU Darmstadt

**CURRENT PROGRAMMES**

Environmental Engineering

**FAVORITE HOBBY**

Playing the ukulele

**FAVORITE BOOK AND WRITER**

Throne of Glass by Sarah J. Maas

**FAVORITE MUSIC BAND**

Thyphoon

**ONE RELEVANT PERSONAL CHARACTERISTIC**

Empathic

**SOMETHING YOU HAVE IN COMMON**

love for the ocean, travel and cultures



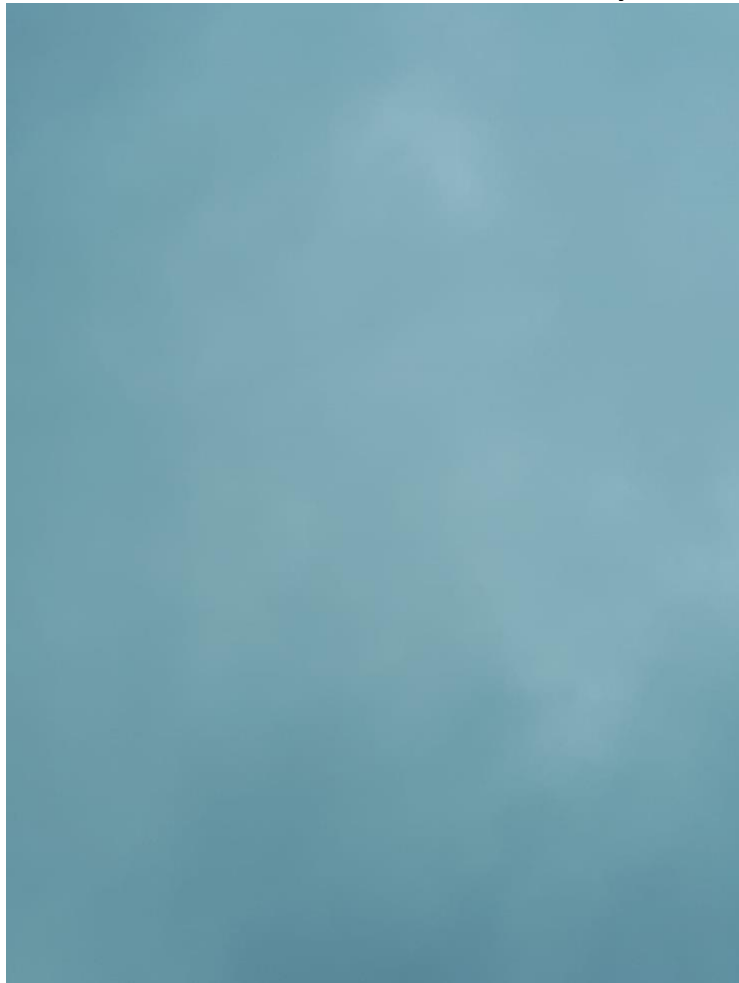
fun old photograph

## ACTIVITY 1





18.04.2021, 10.33 am, Bonn- Germany



## Social Networking Activity 5

Mirjam Voigt



### Recipe:

- Udon noodles
- Broccoli
- Stock as base for the soup
- Ginger
- Butter
- Garlic
- Spices
- Sesame oil

This dish is quite easy to prepare. You cook the Udon noodles, and you add the stock for the soup. Meanwhile you cut the broccoli and cook it for 3 minutes. Then you fry it in a pan with a mixture of butter, sesame oil, ginger, garlic, salt and pepper. Afterwards you put all of it together in a bowl.

I chose this dish because it is tasty and easy. I have a friend who loves to try out Japanese food. So, one time she wanted to prepare something in my house, and I did not have the ingredients for a typical Japanese dish, so this one was the closest thing we had in mind.

## Social Networking Activity 7

Mirjam Voigt

When I receive a colleague from Ulisses (for example Raquel, my partner from the first activity) to show her my hometown, I will take her to many different places. I live in Darmstadt, Germany, and there many cool things to do. First, I will show her around in the city. There is a castle with beautiful parks to relax. Every park has its own purpose. In the "Herrengarten" you can meet friends and chill out because it is in the centre of Darmstadt. The "Bürgerpark" is perfect to do every kind of sports, skating, basketball, volleyball, athletics, football, ice-skating, dancing and much more. The "Rosenhöhe" is a nice place for people with botanic interest. There grow many different flowers and plants. The "Mathildenhöhe" is a small mountain in Darmstadt. On top of it there are a beautiful chapel and a tower which are the towns landmark. From this point you have a view over the whole city, and you can enjoy the most breath-taking sunsets! I would also love to take her to cafes and food restaurants with the most delicious food in Darmstadt (in my opinion). There are also some typical drinks in this region, like apple cider, which every visitor should try. But my favourite place where I would like to take her, is the lake "Grube Prinz von Hessen". It is some kilometres outside the city. There is a small beach, and it is great to swim in this lake during the warm months of summer. The lake is surrounded by a huge forest and a landscape of hills which makes every hiking tour an adventure.

# Mona Ingeborg Goebel



## **ACTIVITY 1** MEET THE ULISSERS. Márcia Figueira. 08/04/2021.

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My fellow German associate Ulisser is Mona Ingeborg Goebel, born 25 years ago, on the 15th of February in France. She did her Bachelors and currently also her Masters in Environmental Engineering at the Technische Universität Darmstadt. From her interest in observing the planet, Mona decided to focus her just-about-to-start thesis on remote sensing, and she seems quite happy about it!

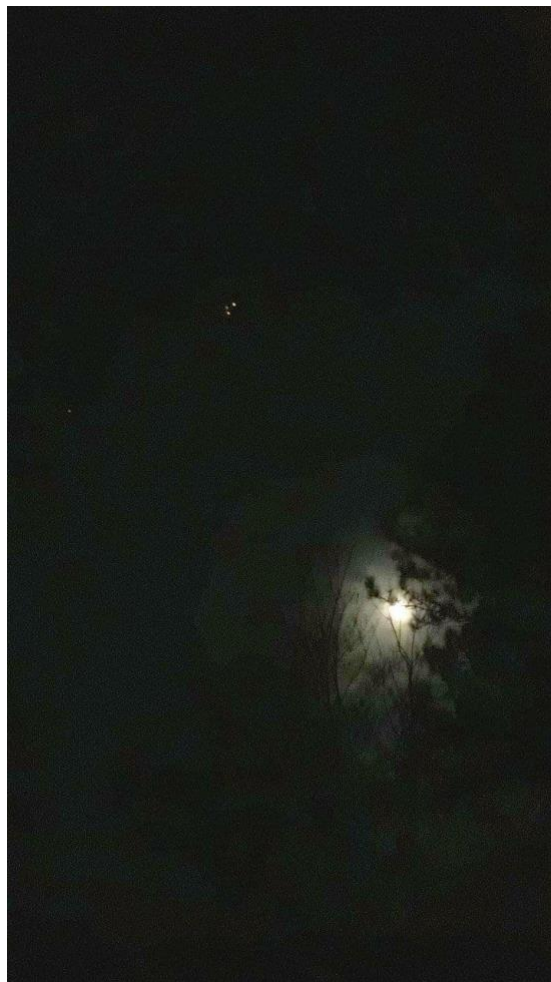
Mona doesn't have a lot of free time, but when she does, she enjoys gathering with friends. She also enjoys walking through forests and up the hills to look over the landscape, and to read a book in the park or before bed. Her favourite one is a collection of "weird and unpredictable" short stories by Ronald Dahl: "Kiss Kiss". Regarding music, Mona has a diverse taste which changes "almost every week". At the time we talked about it (26/03/2021 21:45 GMT), her favourite was "A Good Song Never Dies" by Saint Motel.

Besides our current field of studies, I learnt that Mona, as I did, was not very resolute in figuring out what path to follow after high school, so we share that little existentialist struggle. We also share the love for reading, being in nature and by the ocean, or river, or creek, or even a lake. She is a calm and easy-going person.





**25Apr2021, 22h04m, Darmstadt**

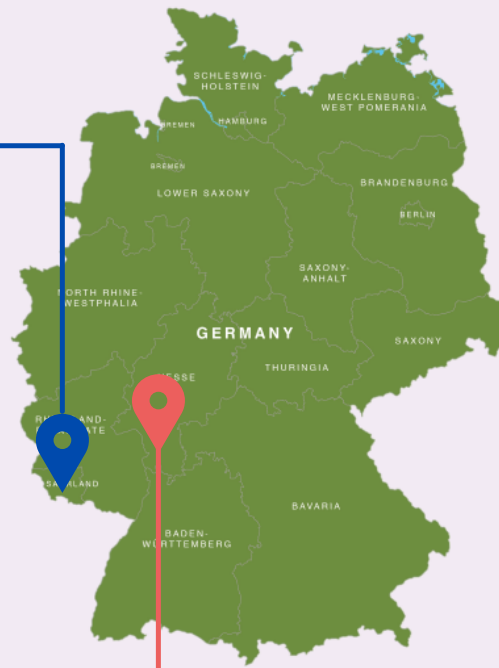


# Natascha Heim

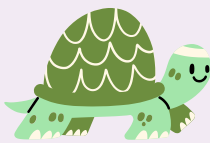
# Meet the ULisser...

## Natascha Heim

Natascha was born on the 12th April 1997 in Saarbrücken, Germany. She is very organized and has planning skills that she thinks are very valuable in her daily life.



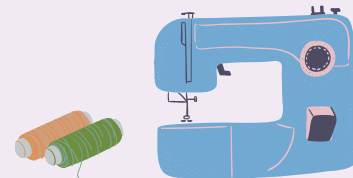
She is currently studying  
Environmental Engineering at  
Technischen Universität Darmstadt.



In her free time she likes to read fantasy books, mainly the ones written by Terry Pratchett, like "Reaper Man", and to listen to music by KraftKlub, Panic! at the Disco, Fall out boy and, just like me, Imagine Dragons.

We found out that we have a passion for sewing in common, and we both have cats!

Last but not least, our interest in the environment was what impelled us to sign up for this project.



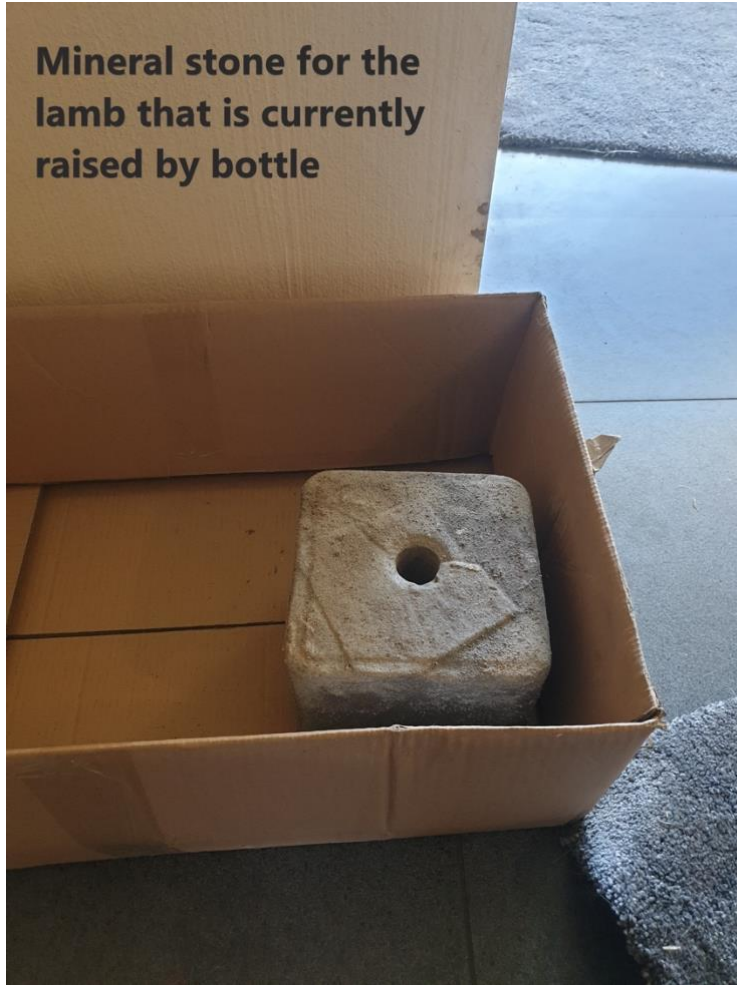
Work made by: Joana Almeida, ULisboa

**Ulisses**

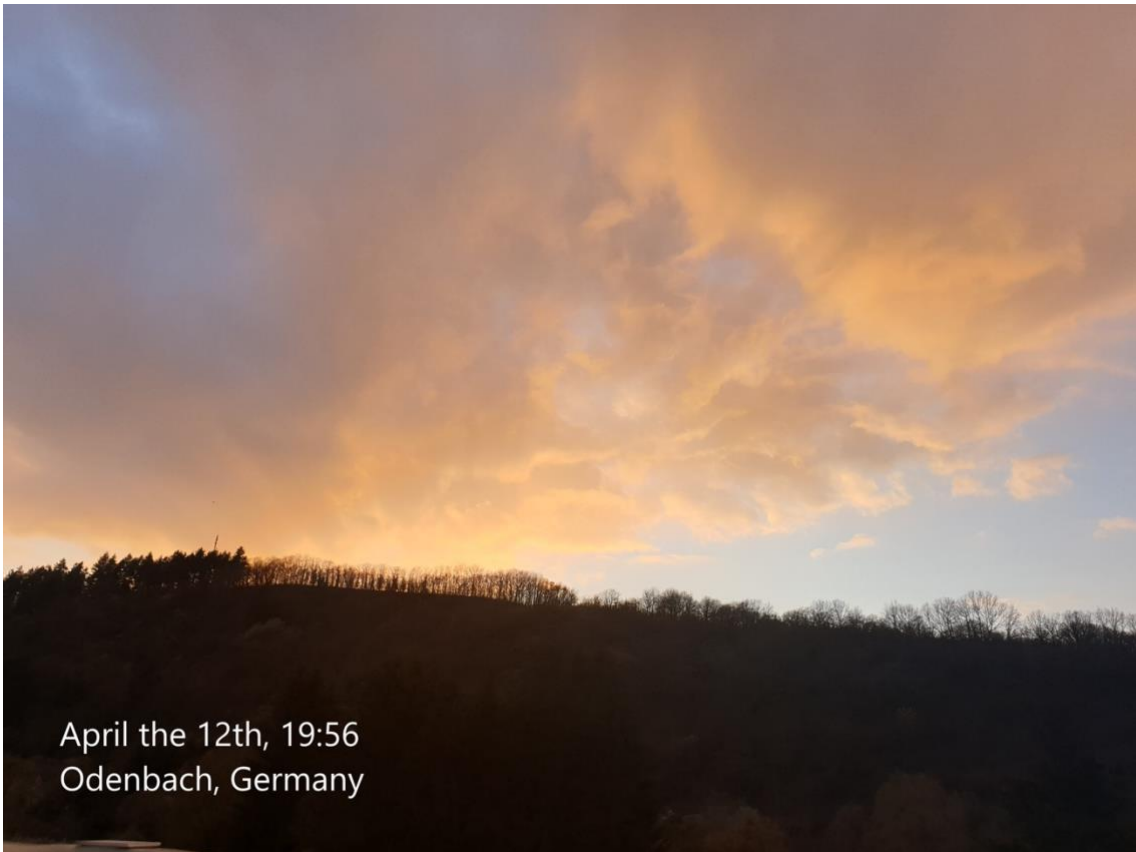
UNIVERSITY OF LISBON  
INTERDISCIPLINARY STUDIES  
ON SUSTAINABLE ENVIRONMENT AND SEAS



**Mineral stone for the  
lamb that is currently  
raised by bottle**



April the 12th, 19:56  
Odenbach, Germany





## Entre-Côte with Potatoes au Gratin and Green Pepper Sauce

This is one of my favourite dishes. Although it isn't really a traditionally German dish, it is one my family makes often at Christmas, so that's why I choose it. Plus, my aunt used to have a farm, so we could get (very delicious) meat directly from her.

### Recipe:

For the potatoes au gratin, the potatoes are peeled raw, and then cut into thin slices. They are layered in a casserole dish with salt and pepper between every layer. When the dish is full, fill it up with cream and put it in an oven at 200°C. After 50 minutes, add a layer of parmesan cheese on top and continue backing until the gratin is soft when poked with a fork.

For the entre-côte, heat some palm fat and some butter up in a pan. Salt and pepper both sides of the meat. When the pan is hot, the meat can be put in and fried for 5 to 10 minutes on both sides (depending on the thickness of the piece). Shortly before the steak has reached its desired doneness, it should be taken out of the pan, and left to rest for approximately 10 minutes. During this time, the green pepper sauce can be made. For that, simply put whole green pepper corns into the pan used to fry the meat, with some more butter. After 2 Minutes of stirring the pepper, add some cream and salt and let this reduce for the rest of the 10 Minutes.

Now, all three parts of the dish, the potatoes au gratin, the entre-côte and the green pepper sauce should be done. They taste great together :D



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## Social Networking Activity 7:

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<https://d2exd72xrrp1s7.cloudfront.net/www/000/1k1/1i/1iwznsuf1nmohxhxx9nl9r6st263oyqh6-uhi952058/0?width=768&height=576&crop=true>

While Darmstadt (Germany) has many beautiful places and sights to visit, one of my favourite places in Darmstadt is the “Steinbrücker Teich”. It is a small lake about 2 km east of Darmstadt, surrounded mostly by forest. Besides being a beautiful place to take walks or go hiking, but there are also several other activities to do there.

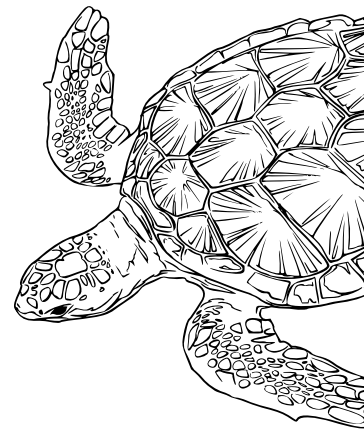
One of these activities is the minigolf course. When I visit this course, I usually try to go there on a weekday around noon, otherwise, it might be a little full. However, if it isn't too full there are many cool lanes to play.

If you don't feel like minigolf, you can also rent a pedal boat to out on the lake. This has to be my favourite activity to do at the Steinbrücker Teich Especially in the summer with all the ducks and geese, this is truly the best way to explore the lake. One can even visit a small island in the middle of the lake like this, which is hard to see from any place on the shore.

To finish the day, one could eat at the restaurant “Oberwaldhaus” at the lake. It is especially nice to sit on the terrasse in the evening, from where you can still see the lake.

# Nayana Cordeiro da Silva





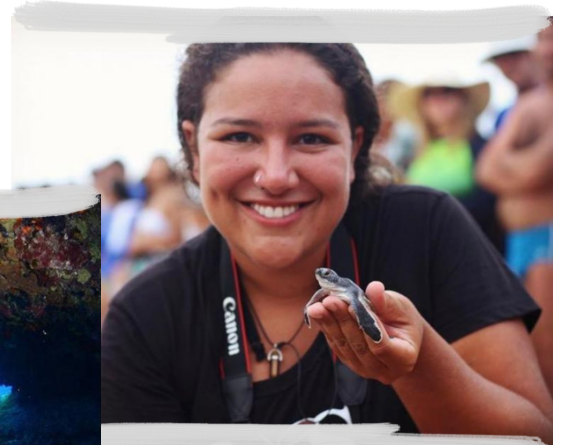
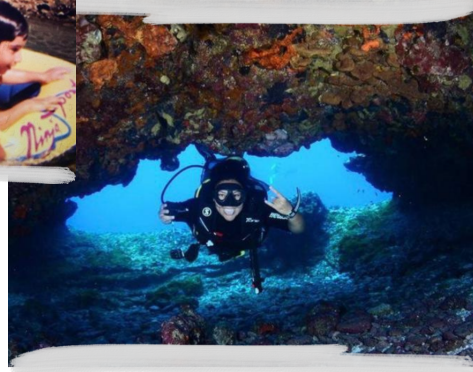
# Activity 1

## Meet the ULissers

For this first U<sup>L</sup>isses activity, I was associated with my colleague Nayana Cordeiro. She was born on the 24th of June in 1992 in Brazil.

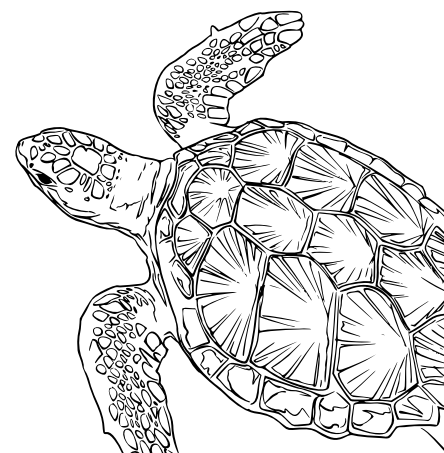
Currently, she is making an MBA in Sustainable Projects and Environmental Innovations at Federal University of Paraná (UFPR) and she already has a bachelor's degree in biology.

She likes scuba diving, cooking, and photography. Besides that, she also enjoys listening to music, especially her favourite artist Amy Lee, the vocalist of her favourite band Evanescence. She also likes to read, and her favourite book is *One Day* by David Nicholls.



These two photos were taken when she volunteered to monitor turtle spawning in Fernando de Noronha.

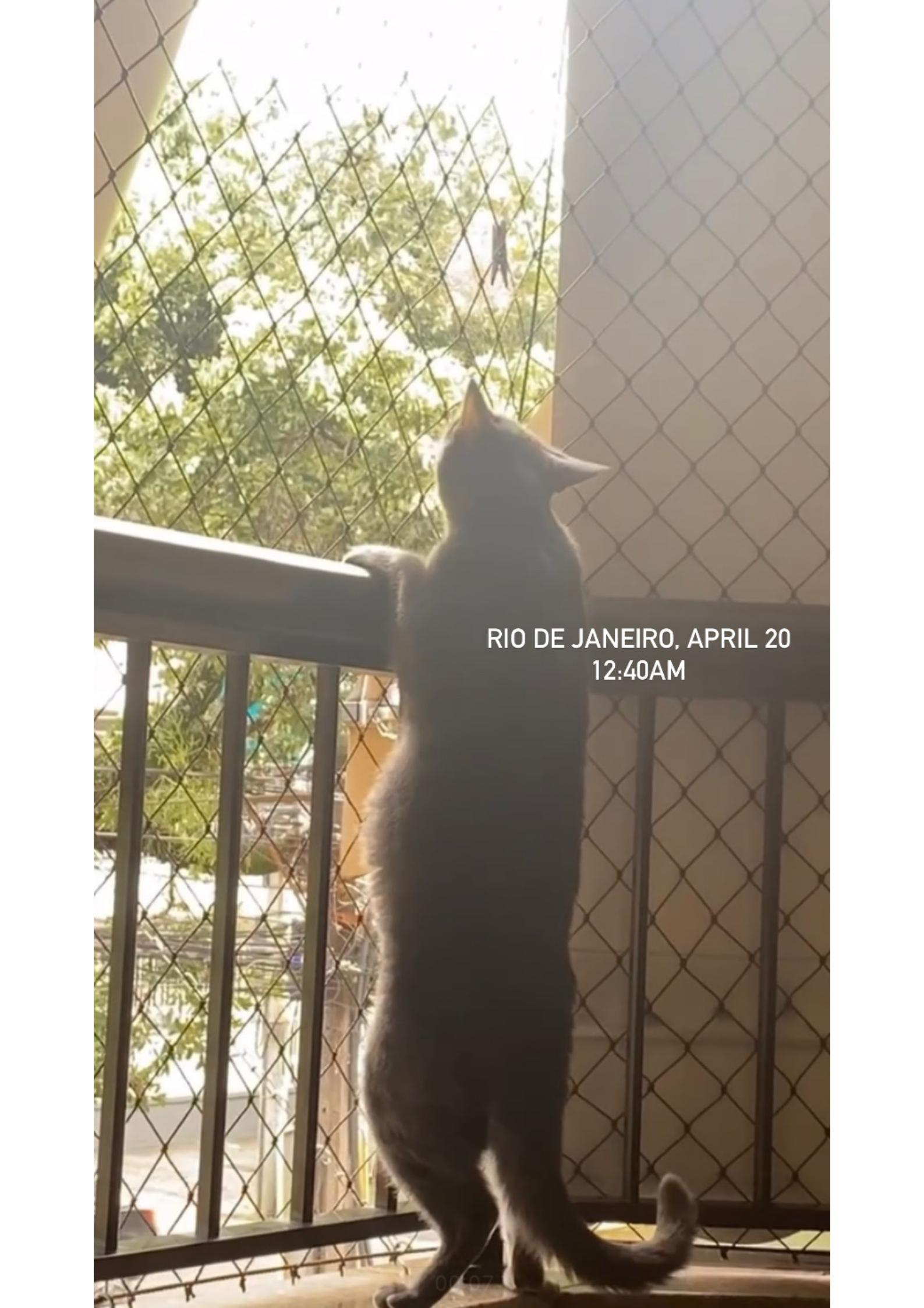
While talking to her I realise that her most relevant personal characteristic is her resiliency. Besides that, I also notice that we both like José Saramago books, photography, and Amy Lee/Evanescence.



Oddest object





A black and white cat is standing on its hind legs on a balcony, looking up at a clothesline. A clothespin is attached to the clothesline, and the cat is looking at it. The balcony has a metal railing and a chain-link fence. The background shows trees and a building.

RIO DE JANEIRO, APRIL 20  
12:40AM



## **Feijão Amigo (Black beans soup)**

### **Ingredients**

**2 cups dried black beans**

**8 cups water, plus more for soaking**

**2 bay leaves**

**1 thick slice of bacon**

**1 linguica or kielbasa sausage (15 to 20 cm)**

**1 medium white onion, chopped**

**4 cloves garlic, chopped**

**3 tablespoons olive oil**

**Salt and pepper to taste**

**Chopped cilantro, for garnish**

**Chopped green onions, for garnish**

**Hard-boiled eggs, for garnish**



## **Pico de gallo, for garnish**

### **Method:**

1. Soak the beans overnight in some water or use this quick-boil method: Place the beans in a saucepan and add cold water until the beans are covered by about an inch of water. Bring the beans to a brisk boil over medium-high heat and let them boil for a minute, then remove the pan from heat. Cover the pan and let the beans soften for an hour and then drain.
2. Put the beans in a heavy, medium-sized saucepan with the water, bay leaves, bacon and sausage. Bring to a boil, then reduce the heat and simmer until the beans are very tender, 40 minutes to an hour. Let the mixture cool in the saucepan.
3. Remove the sausage from the bean mixture, slice thinly and reserve. Remove the bacon from the bean mixture, chop into small pieces and reserve.
4. In a heavy frying pan, heat up the olive oil and add the onions and sweat them for a bit before adding the garlic. Stir-fry until softened, then add the bacon and sausage bits and cook until fragrant.
5. Add the bacon and sausage into the saucepan with the bean mixture. Season with salt and pepper to taste.
6. Bring to a boil then reduce the heat and let simmer for 10 minutes. Remove from the heat. Let cool for 15 minutes, then carefully blend the mixture in a blender or food processor until smooth.
7. Return the mixture to the saucepan and heat for serving.
8. To serve, ladle into small bowls or cups and garnish with chopped cilantro and green

onions. You may also add additional garnishes such as chopped hard-boiled eggs or Mexican-style pico de gallo.

Nothing is more Brazilian than rice and beans, but as I don't really like rice I chose this recipe instead. It feels like a soup and it's great to warm at night.

As variations of this dish we have the traditional rice and beans and feijoada as well. 😊





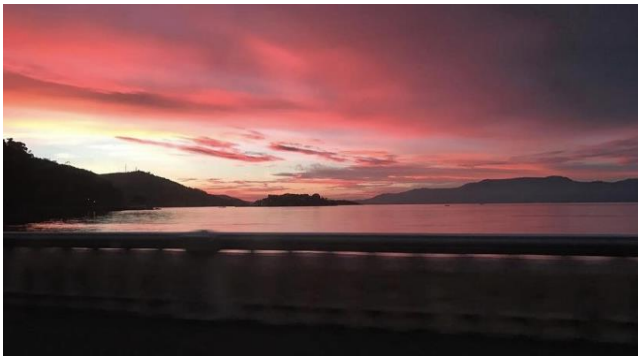
## Rio de Janeiro | Brazil

Nayana Cordeiro

From natural monuments to parties and nightlife, Rio de Janeiro has many touristic attractions.



Apart from the pandemic situation, I love to receive friends during carnival because we can enjoy the best of the both worlds in terms of social/cultural aspects while partying outside.



As a tour guide, I'd take my colleague Ulisser to remarkable places for me, as the Cagarras Island (photos 1 & 2), which have been recently declared a Hope Spot by international marine conservation nonprofit Mission Blue in support of the Hope Spot Champions' goals to heighten public awareness of the magnificent marine ecosystem just off Rio de Janeiro's coast and to build



upon marine conservation practices to reduce marine pollution and ensure the integrity of the area's natural processes and environmental balance.



With a little road trip we can get to Angra dos Reis and Ilha Grande (2 hours from the city of Rio), where I grown up going on vacations with my family and Paraty (photos 5 & 6), a place rich in biological and cultural diversity, 2 hours away from Angra.



# Nele Drott

# Ulisses – 1<sup>st</sup> Assignment

Done by Catarina Silva ; friasramosdasilva@gmail.com

NELE DROTT

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Date of birth:	15.04.1999
Home country:	Germany
University in which she is enrolled:	Technical University Darmstadt
Current (and eventually) past study programmes:	Environmental Engineering B.Sc.
Favourite hobby:	Drawing
Favourite book and writer:	Island of the blue dolphins (Scott O'Dell) – no favourite writer
Favourite music artist (or band):	Depends on situation and mood (e.g., Sade, Bob Marley etc.)
One relevant personal characteristic:	Introversion
Something you have in common:	Critical view on plastic. Passioned about doing sport. Curiosity and Inquisitiveness.

## Whole grain pasta with pesto and vegetables



I quite often cook pasta dishes as they are usually simple to prepare, cheap and (if everything worked out) delicious. You can easily vary the ingredients and change up the dish to switch it up. I normally just follow my gut feeling when cooking and despise following a recipe, because I consider it much more fun to just be creative and prepare something according to your wants and needs in the respective moment.

Ingredients:

Pasta	Pesto	Toppings
Whole grain pasta (as much as you want) Salt to taste Water	Nuts of your choice Herbs of your choice Garlic Olive oil Pepper Salt	Seeds or nuts of your choice Spinach leaves (pictured here, but any vegetable of your choice will work out as well)

Preparation:

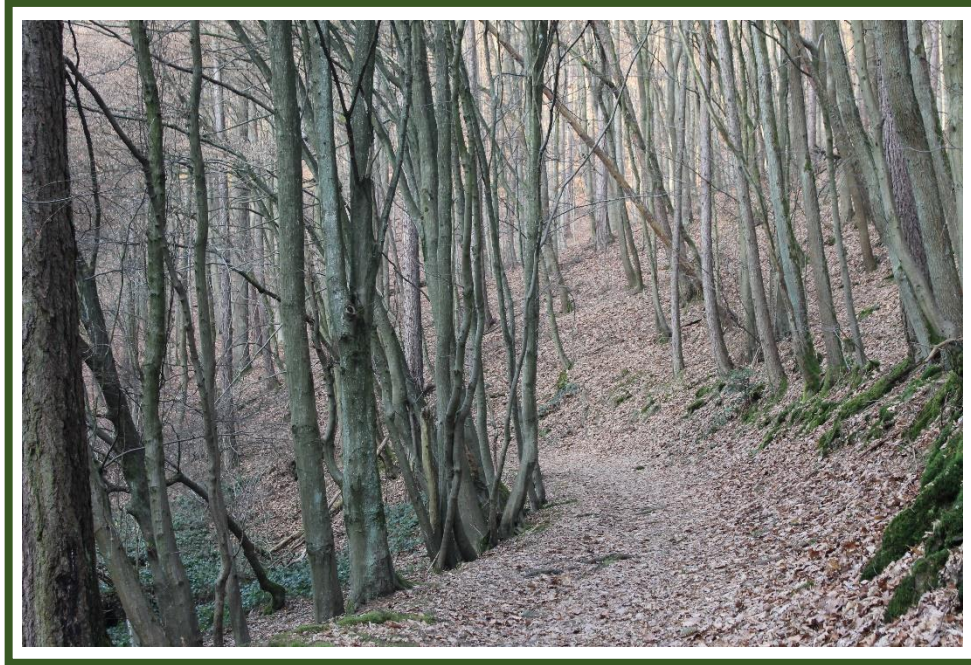
Put water in a pot and bring it to a boil as this will take a while. When the water is boiling add salt to it and follow up with the desired amount of pasta. Salt should not be added when you are still heating up the water as this leads to an increased boiling point which elongates the time needed until it boils. Follow the suggested time on the pasta packaging, try the pasta when the time is up and adjust the cooking time to achieve the consistency you prefer.

In the meanwhile, you can prepare the pesto by dry roasting seeds or nuts of your choice in a pan (no oil needed at this point). I quite enjoy adding walnuts to my pesto. After roasting you carefully add them to a blender. Aside from the walnuts you add herbs of your choice. In the picture I added parsley, but basil for instance works out very nicely as well. I recommend adding the herbs to the bottom of the blender as they then get weight down by the other ingredients also when blending which leads to a smoother pesto in a shorter amount of time. After adding the herbs and nuts, add garlic, olive oil, pepper and salt. Regarding the garlic, salt and pepper the amount is really dependant on your preference. Concerning the olive oil, you keep adding the oil until you get a smooth paste. Finally prepare the vegetables. In the picture above I simply washed some baby spinach and added it to the hot pasta, but pan frying some tomatoes, some paprika or broccoli with some olive oil and salt (or other spices/herbs) works out very well too. Again, just follow your gut! Finally assemble the pasta, the pesto and your vegetables. For a finishing touch you can dry roast some seeds, in the picture above I used some sunflower and pumpkin seeds, and add them as a final toping. In German I would only be left to say: Guten Appetit! 😊



*"Das süße Gründchen "*

*-The forest close to my home-*



I would take a colleague from ULisses when visiting my hometown to a small forest 5min walk from my apartment I grew up in. It is a nice place to go for a walk with friends to have a chat or by yourself for some self-reflection. At parts it seems enchanted with small pathways and areas where not so many people come by on a daily basis. It offers space to take a breath and leave stressors from daily life behind. It also has an integral nature reserve which are meadows in the midst of the forest with lots of wildflowers blooming in spring, insects, birds and if you are lucky you can spot a deer. Every time I enter this beautiful forest, I feel grateful and calm. I love to share this experience with other people and would accordingly do so with a visitor from ULisses program! 😊

**Ngoc Huynh**

Hi!

My name is Pedro Eça and this is my submission for the Activity 1 of the Ulisses project, I got paired with ulisser Ngoc Bao Huynh whom I had the pleasure to meet.

Ngoc is a 29-year-old Vietnamese woman born in September 19, 1991. She studied Materials Engineering – Polymers and Composites at Vietnam National University in Ho Chi Minh City, after that she did her masters at Tampere University of Technology in Finland, majoring in Polymers and Biomaterials! She has been in Finland for more than 5 years now and since January this year, she has been taking her PhD in Bioproducts and Biochemistry at Aalto University, School of Chemical Engineering, when I asked her what Finland was like compared to her home country Vietnam, she said “it’s cold here, and quiet, but I’m used to it by now!”.



Ngoc claims to not be much of a bookworm, although her favorite collection of books are the Harry Potter series (she has read them a lot of times and frequently listens to their audiobook version), she spends a lot of time reading newspapers, articles, and scientific literature such as Materials and the Environment by Michael F. Ashby, she then counter-balances these interests with works like Harry Potter because topics like a life in a world full of magic and mystery give her a sense of escape and adventure! When she is not listening to audiobooks, she likes to listen to bands like Linkin Park, Imagine Dragons and, her favorite, Cold Play, their music ‘Don’t Panic’ being her recommendation.

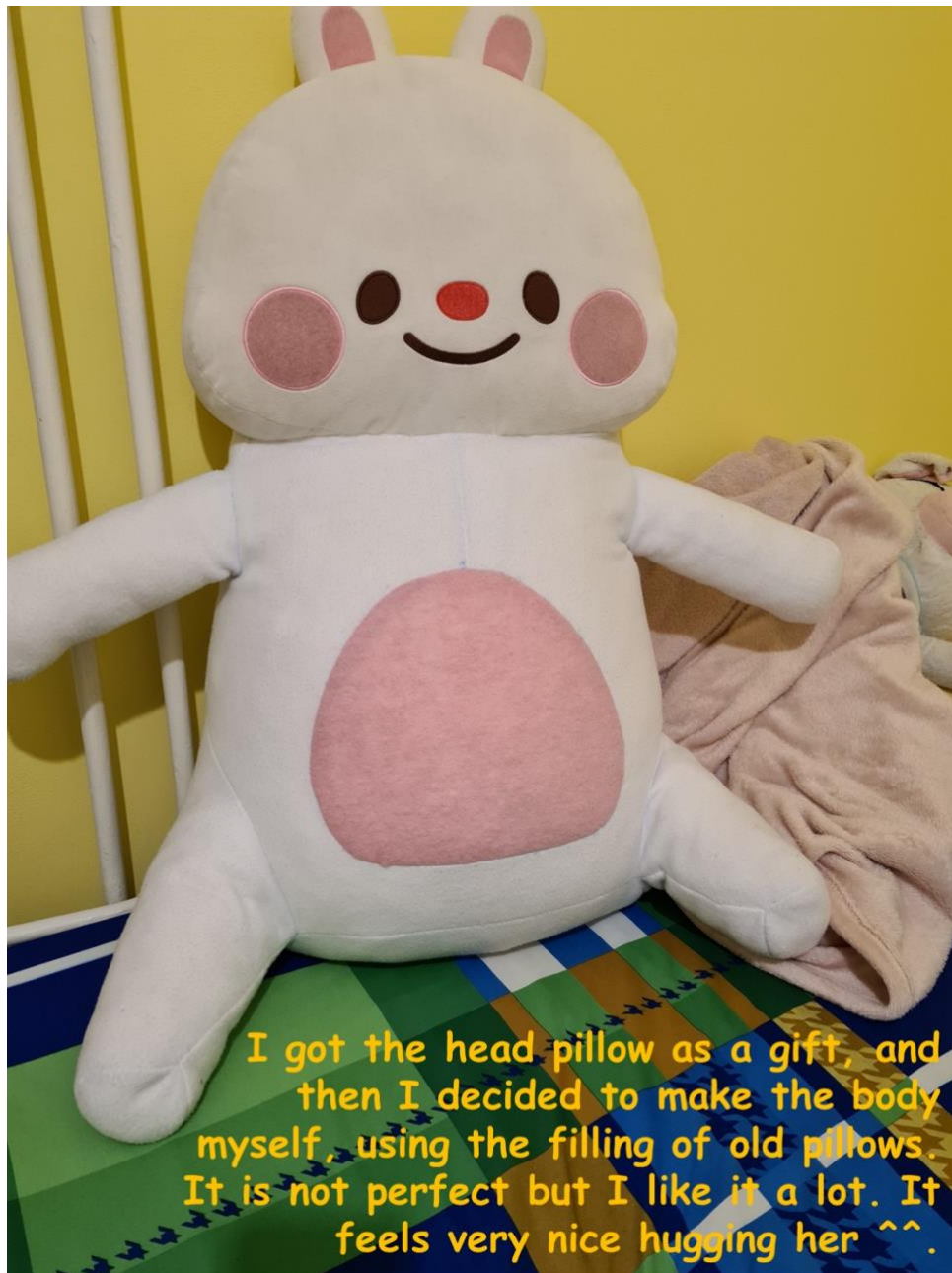
When talking about a relevant personality characteristic, she described herself as a “Truth seeker” who likes to read about science and debunk myths, spending a lot of time to learn about things like from the most basic stuff to the most advanced stuff!

Her favorite hobbies involve cooking, playing League of Legends, and blogging, when I asked her about tips in relation to cooking, she said “Keep trying, it’s very useful if you can make good dishes, I myself got more involved in cooking since I came to Finland because there are not many Vietnamese restaurants when I got here!”.

We both have many things in common! Things like cooking (I try), we both play League of Legends, we both like Coldplay but most important, we both care a lot about the environment, we want oceans without plastics, and we are willing to learn and grow to make these dreams a reality!

Thank you for this opportunity,

Pedro Eça.



I got the head pillow as a gift, and then I decided to make the body myself, using the filling of old pillows. It is not perfect but I like it a lot. It feels very nice hugging her ^^.



# **ULISSES PROJECT 2021**

## **NGOC HUYNH - VIETNAM**



Here is the  
sky out of my  
window -  
Helsinki -  
Finland. A  
great Sunday.



# ULISSES PROJECT 2021

## NGOC HUYNH — VIETNAM



On the left here is an ordinary dinner with my friends, also a typical meal of Vietnamese people, where you can see white rice as the main staple, some savoury dish (in the blue dish), and some delicious soup in the pot. There was also some fried spring rolls, which is an add-on. This is a bit richer than usual, since it's the meal I prepared for the Lunar New Year's Eve.

On the right is a special dish original from the Middle part of Vietnam. Our country is geographically long from North to South so there are several dishes that are typical for each part of the country. Their taste are also quite distinctive according to where they are originated. There are some rice cakes as the base, with the topping being minced pork paste. This is served with some fish sauce.



# ULISSES PROJECT 2021 NGOC HUYNH - VIETNAM



If a Uliesses colleague comes to Vietnam, I would take him or her to Hang Son Doong (Son Doong Cave) if he or she likes to explore nature and immerse in the greatness of a wild and pristine natural cave system of the world.

Or if he or she likes to observe the cheerful pace of life of ordinary people, I would take him or her to Cai Rang Floating Market in Can Tho - a Southern City. Here you can see an lively market with hundreds of boats gathering around every day, buying and selling agricultural foods, goods and even eating directly on the river.

I think Gordon Ramsay has come here once and he has very high opinion about a small bowl of vermicelli noodle soup for less than a dollar.





# Nina Grujicic



## **Activity 1 – Meet the Ulissers**

### **Ana Vítor meets Nina Grujicic.**

Name: Nina Grujicic.

Date of birth: Oc. 11<sup>th</sup> 1992.

Home country: Austria.

University in which she is enrolled: University of Technology in Graz.

Current and past study programs: Currently doing a master in Biotechnology and finished a bachelor in Molecular Biology at the University of Salzburg.

Favorite hobby: Nina says that it is constantly changing, but she prefers social activities and creativity over sports. She spends her free time hanging with friends and family but she also enjoys spending time with herself doing some creative work, like writing and reading. She also enjoys cooking and to try new recipes. She says that now she really is into macrame!!

Favourite book and writer: “The picture of Dorian Gray” by Oscar Wilde. It is not particularly her favourite but she really enjoys English literature in general.

Favourite music artist: An all-time favourite would be Queen. She says that she enjoys very different kinds of genres and it is very mood-dependent.

One relevant personal characteristic: curiosity and open-mindedness.

Something we have in common: we both like to spend time with ourselves cultivating our inner creativity whether through writing or whether through reading. We both consider ourselves curious persons and I think that's why we ended up getting to know each other 😊.



## Social networking activity 5 – Favourite recipe

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Dear (hungry) mentors! (:

In general – I have to start with telling you that I am a pasta fanatic. I just **love** all version and forms of it. So when reading the instructions for this networking activity it was absolutely clear to me that it will be a pasta dish which I will present. But, making the decision on *which one* to show you was not that easy. After giving it some thoughts, though, I decided to show you my *first* favourite pasta dish – of course following my grandmother's recipe. (:

As you may have guessed by my last name, I originally come from Serbia. So the dish I will present to you originates from Eastern Europe. It is actually known for being, what my grandma always called "after-war-food", because it consists of very little ingredients and is very simple to make. I guess that is why it does not even have a proper name. Nevertheless, I have always loved it, and I think it is a good example for that one does not need much to make something great!

So here it goes, I hope you enjoy it, and trust me – it may seem weird, but it really tastes amazing!

### Step 1 - Necessary ingredients:

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- 500g potatoes
- 300g flour
- 2 middle sized eggs
- Butter/margarine
- 1 rather big onion
- Salt & pepper
- Oil
- Pickles

### Step 2 – The cooking magic

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1. Peel and cook the potatoes



2. Mix the flour, the eggs and a little bit of salt and knead dough  
(Pro tip: it should be rather hard – but if it's too hard, add a little water)



3. Roll the dough – it should not be too thick, otherwise it takes quite long time to cook, but also not too thin, because then there is not much left to bite.



4. Cut the dough – first into stripes, afterwards into squares and cook it.



5. Cut the onions and deep fry them in an excessive amount of oil.

6. In the meantime, the potatoes should be cooked. Mash them rather roughly, add a little bit of butter or margarine and season to taste with salt and pepper (you can also add a little bit of milk or nutmeg – I use oat milk, and it works perfectly good also in the vegan variation).
7. As soon it is cooked, add the pasta to the mashed potatoes and merge it together. When the onions are fried, add them to the mixture too, and mix it together again. (Protip: it tastes best when the onion is slightly burnt)



8. Serve it with cold pickles – and enjoy! (:



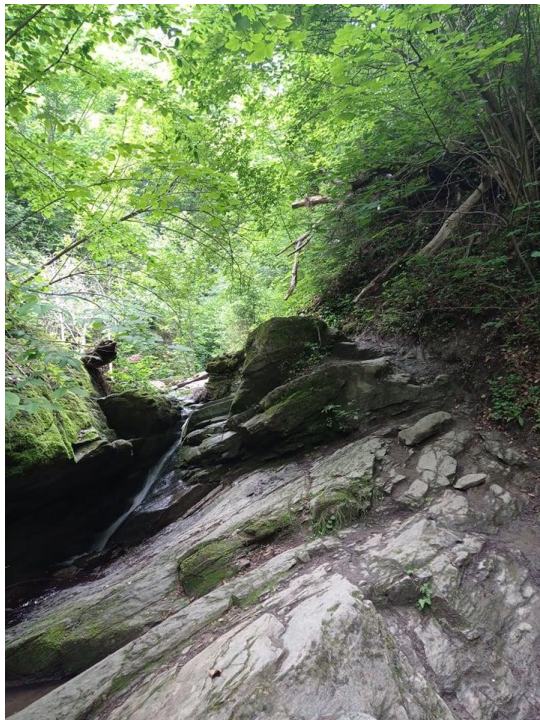


### *Social Networking Activity 7: Special place in my hometown – Welcome to Graz! (:*

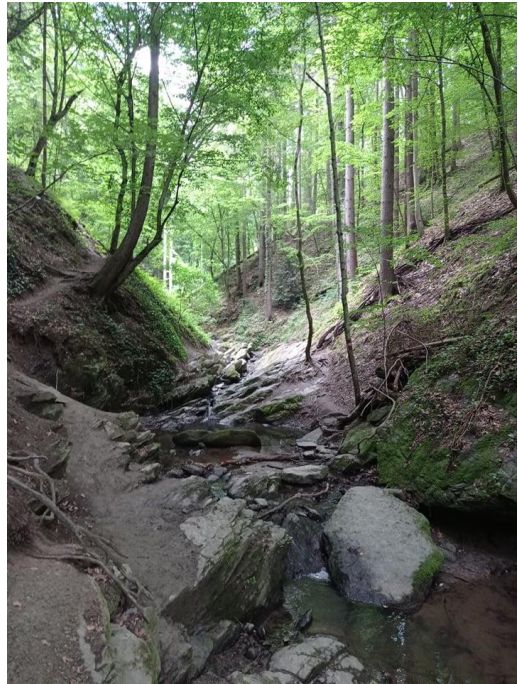
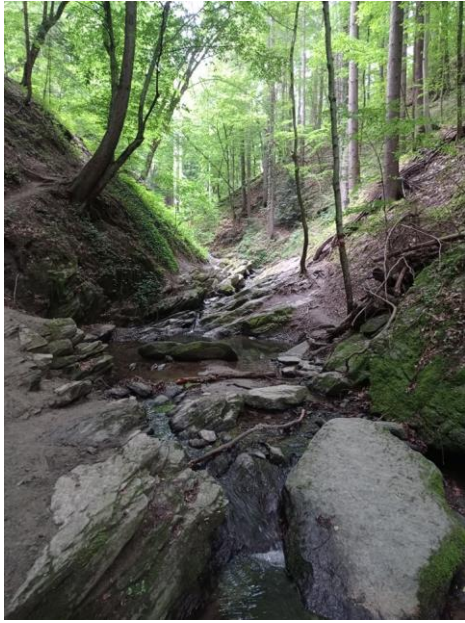
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To be honest - Graz is not really my hometown. The first 11 years of my life, I grew up in a small town in Serbia, before moving to Austria. Afterwards, my hometown in Austria was Salzburg for 15 years. Finally, when making the decision which masters' program I wanted to attend - I chose Graz as my adoptive hometown and I appreciate it really a lot! Graz is known for its very lively and diverse cultural scene, warm climate (at least compared to Salzburg and colder regions in Austria) and the proximity to Austrian vineyard region, which invites for long walks on weekends. A friend of mine once called the region around Graz "the Tuscany of Austria" which I think describes it very good. So there are a lot of spots and attractions I would take my colleague to!

However, my favourite spot in town is a rather quiet one. It is called the Rettenbach-Klamm. It is a small and short gorge, formed by a small stream called Rettenbach. It's located within city borders, and very easily reachable, but it offers a great opportunity to get away from the urban city life and enjoy the nature. Of course it is a very popular destination! That is why I like to visit during the weekdays, very early in the morning, because usually I do not meet anyone there. Last trip I had on Wednesday (09.06.) and I took some pictures for you, which you can find below. I think it is a beautiful, spot in nature and I think everyone visiting Graz should get the opportunity to see the small waterfalls and wander the narrow forest paths.







# Pedro Almeida de Eça

## Activity 1

### MEET THE ULISERS

For this first activity, I was paired with Pedro Eça – a fellow Ulisser from Portugal. He was born on May 21<sup>st</sup>, 2001, so he is about to turn 20 years old. I am 10 years older than him, so I feel a bit old ^^, but he asked for my advice, as a more experienced fellow, so maybe it is not so bad being older than others.

He is currently enrolled in the Faculty of Sciences of the University of Lisbon majoring in Biology. He shared that in a few years, he hopes to continue his study to Master's level in Bird Ecology.

His hobby is studying home botany in general, and he has been growing moss also. I think it is interesting. My parents grew a lot of plants back in Vietnam, where the climate is more friendly for most plants. Here in Finland the weather is harsh, so we only have summer as the only chance to grow some plants, in our balcony.

His favourite book is Chuck Palahnuik's 'Survivor'. He told me it is about a suicidal cult survivor telling his story on a crashing plane's black box about how he got to be the biggest religious celebrity and everything that went on behind the scenes. It is a very strange ride at times but it is a very nice fiction about trauma, self-deception and pain. He likes B Fachada – a famous music artist. According to Pedro, B Fachada is a great singer and composer. He sings a lot about what it means to be a portuguese in a very satirical way and touches on a lot of sore spots on portuguese history. He is sort of a revival of what were some of the best revolutionary portuguese singers (like Sergio Godinho and Zeca Afonso) but he plays on a variety of instruments from very based synth music to synth mixed with traditional portuguese instruments.

He shared that he is a “green” person. I think it makes sense since he is into biology, ecology and botany. Anyway, he tries to keep himself as open minded as possible and always willing to learn.

I have to say that Pedro and I don't have much in common, except from occasional playing League of Legend and cooking. He is a very romantic and artistic person while I am a practical person. But in the end, I think he and I have some thing in common that we both care about the ocean and the environment, and we wish to find solutions to the problem of ocean pollution, ultimately to see a clean and healthy ocean. I think that is important starting point and a good foundation for us Uliusers to work together on this project. I am really looking forwards to get to know other fellows and also to learn more in the next few weeks.

This is a picture of him, taken when he didn't have much patience to get a much-needed haircut ^^ . I think it's cute ^^.







# Raquel Coimbra

# MEET THE ULISSEERS

## NAME

Raquel Reis Coimbra

## DATE OF BIRTH

17/10/2001

## HOME COUNTRY

Portugal



## UNIVERSITY

Faculty of Science Of University of Lisbon

## CURRENT PROGRAMMES

Biology

## FAVORITE HOBBY

Meet with friends

## FAVORITE BOOK AND WRITER

Antarctic Experience, José Xavier

## FAVORITE MUSIC ARTIST (OR BAND)

Halsey

## ONE RELEVANT PERSONAL CHARACTERISTIC

Humble

## SOMETHING YOU HAVE IN COMMON

love for the ocean, travel and cultures

## ACTIVITY 1







I would take them to **“Cais do Ginjal”** and then to **“Casa da Cerca”**.

It’s near my house, and it would be a perfect sunny evening, by the river while walking together.

Raquel Coimbra

**May 31<sup>th</sup> 2021**

**Rita Melo**

## Activity 1 | “Meet the ULissers”



Rita Medeiros Melo was born on September 21, 1996 in São Miguel, Azores. Recently, she completed her master's degree in Veterinary Medicine from the Faculty of Veterinary Medicine of the University of Lisbon. As we attended neighboring colleges, such proximity made our paths cross in the past without knowing each other, being this funny incident addressed later. Rita proves to be a very proactive and dedicated person. Currently, and considering the pandemic situation we are experiencing, she is taking an online English and Psychology course in order to keep her mind busy and active.

When it comes to personal tastes, her favorite hobby is to go to the beach, feel the sand on her feet and read a book to the sound of the waves and seabirds. Her favorite book is the science fiction novel “Brave New World” by English author Aldous Huxley. Still on the same theme, she has been reading and loving “Sapiens” by Yuval Harari. As a musical explorer, Rita listens to different musical genres where she highlights Electronic music, Hip-Hop, R&B and Soul. Thus, the musical groups Metronomy and Elder Island and singer-songwriter Anderson Paak are her most recurring musical choices.

In addition to the highlighted aspects, Rita is a very passionately curious person, considering that there is always something waiting to be known. Surprisingly, we immediately found something in common between the two of us. As already mentioned above, we attended neighboring colleges having both, coincidentally, participated in the same FAUNA lecture cycle at the Faculty of Veterinary Medicine. So, it was very interesting and funny to realize that, unknowingly, we were classmates. In addition, we share the experience and charm of having already done diving in Portuguese islands.

This is Rita Medeiros Melo. An extremely friendly and empathetic “Ulisser” with whom I intend to continue to talk and get to know.



# Rita Calado dos Santos





FELLOW ULISSEERS, GET TO KNOW

# RITA FARIA CALADO DOS SANTOS

SHE WAS STILL LUCKY ENOUGH TO GET IN THE GOLDEN ERA TRAIN, ALSO KNOWN AS THE NINETIES. SHE WAS BORN ON THE APRIL 1ST OF 99. I DON'T KNOW IF YOU ARE AWARE, BUT IN PORTUGAL, THE APRIL 1ST IS ACTUALLY THE LIE'S DAY. I FIND IT RATHER CURIOUS THAT IN PORTUGAL WE FELT THE NEED TO CELEBRATE THIS RANDOM DAY BY SAYING MADE UP STORIES, SO I CAN IMAGINE HER FAMILY'S REACTION WHEN THEY WERE TOLD THAT RITA WAS BORN ON THIS DAY. SHE IS FROM AVEIRAS DE CIMA, A RURAL TOWN 60KM AWAY FROM LISBON.

RITA JUST FINISHED HER BACHELOR'S IN BIOLOGY, IN INSTITUTO SUPERIOR DE AGRONOMIA, WHICH IS A HUGE UNIVERSITY AND SOMETIMES THERE'S REALLY COOL PARTIES OVER THERE. OUR UNIVERSITIES ARE REALLY CLOSE TO EACH OTHER, I HAVE THE FAUNA AND SHE HAS THE FLORA. SPEAKING OF FAUNA, SHE CAME SEVERAL TIMES TO MY UNIVERSITY TO ATTEND THE FAUNA INTERNATIONAL CONFERENCE, WHICH IS ABOUT CONSERVATION OF WILDLIFE. IN THIS CONFERENCE YOU CAN LEARN ABOUT AMAZING AND NOT SO OUTSPOKEN TOPICS, BUT THIS CONFERENCE IS ALSO KNOWN FOR THE COFFEE BREAKS, AND I'M SURE THE LATTER PLAYED A ROLE IN RITA'S DECISION.



SHE HAS MULTIPLE INTERESTS, SO IT WAS SLIGHTLY HARD FOR HER TO CHOOSE ONLY ONE. SHE LIKES TO COOK AND TO PRACTICE SPORTS LIKE VOLLEYBALL. CONCERNING HER READINGS, SHE HAS A DEEP ADMIRATION BY PERFUME, THE STORY OF A MURDERER BY PATRICK SUSKIND. REGARDING THE MUSIC'S THAT SETS HER IN A GOOD MOOD SHE SAYS IT'S MAINLY DANCE POP, R&B, WHERE BRUNO MARS PLAYS A MAJOR ROLE. SHE IS A QUITE CREATIVE PERSON, SHE LOVES ARTS AND MUSIC. SHE ACTUALLY PLAYED THE TRUMPET IN A BAND. WE FOUND OUT THAT WE BOTH SCUBA DIVE





For this week's challenge, we were asked to photograph and share the "oddiest/awkward object we have at home". Challenge accepted!

So, I started my search for something weird and quickly realized that my house is a "double 'b' house": basic and boring. I was about to lose hope when, suddenly, the ideal "odd object" appeared!

In this photo we have an antique. It is my great-grandmother's washbasin, which is currently in the hallway dignifying the decoration of my house as a plant pot.



14/04/2021 12:04:40  
Aveiras de Cima



# “Torricado”

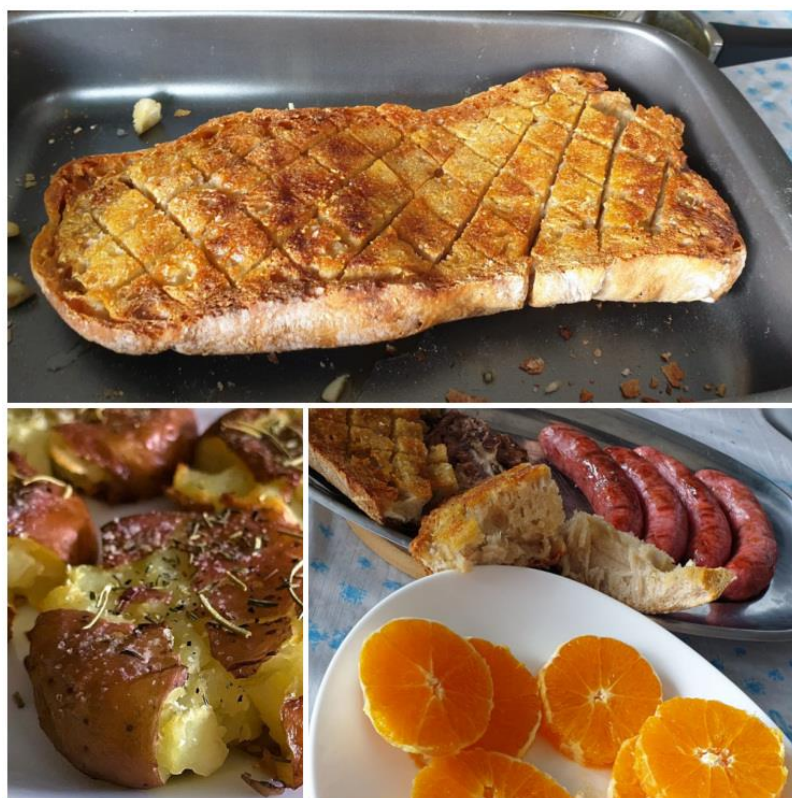
## With Roasted Sausage, Grilled Pork Chop and “Punched” Potato



PREPARATION  
45 MINUTES



SERVES  
8 PERSONS



### CHEFF'S WORDS

I chose this dish because “Torricado” is a culinary specialty from the Ribatejo region where I live, in Portugal, consisting of pieces of bread roasted on charcoal, soaked in olive oil and brushed with garlic and salt. It is served mainly as a side dish for grilled cod, but also for pork as in this recipe. This dish has origins with rural workers who made it as a cheap and filling lunch to take in the fields.



- 8 pork chops
- 8 pork sausages
- 1 large rustic bread
- 10 potatoes
- 8 garlic cloves
- olive oil
- coarse salt
- black pepper
- thyme

**“Torricado”** – Cut the bread in half horizontally and then make some shallow cuts on the side of the crumb to form lozenges. Place the bread over the embers, let it toast on both sides, remove from the heat and rub with garlic also on both sides. Then sprinkle the bread with coarse salt, drizzle generously with olive oil, place again on the grill over the embers, letting it toast on both sides. When the bread starts to “squeak”, it's a sign that it's ready. Remove from heat and season with a little ground black pepper.

**“Punched” Potatoes** – Wash the potatoes. Dry and pierce them with a fork, grease them with olive oil, season with salt and thyme and wrap in aluminum foil. Roast them on the embers until they are soft (≈ 45 minutes). Remove the potatoes from the heat and, with your hand, give the potatoes a small punch.

**Pork Chops and Sausages** - Place the pork chops and sausages seasoned with salt and pepper over the embers and let it grill. Remove them when they get a golden brown color. It can be served with orange slices.



## Social Networking Activity 7

Like most of the world's population, I was one of the restless souls who surrendered to the art of walking during the most critical moments of the covid-19 horror movie. Since the beginning of the pandemic, according to my sport application, I have already walked 287.5 km. Not bad at all, right? But we wouldn't have to walk that far to get to the place where I would take my fellow Ulisser for a fantastic afternoon.

It's my favorite place to go whenever I feel like I need some fresh air. It's a relatively little-known place, so the only people we see are farmers

taking care of their land and, every now and then, some flocks of sheep or goats grazing in the wide green fields, always controlled by their shepherd and watchdog. Usually, I take my four dogs with me and release them from the leash so they can do their hygienic routine at will. They run, stop and look at me. They run a little longer, smell the herbs and look at me again. Bark, bark, bark ... and you already know what comes next ... exactly, they look at me again. As you can see from the photos, we are surrounded by nature wherever we turn. And when the wind rises, real magic happens. If we close our



eyes and listen to the wind passing through the leaves of the trees, it almost gives the impression

that we are on the beach listening to the waves of the sea. And when birds join this symphony of sounds with their beautiful melodies ... everything else no longer matters. That's when I feel at peace with myself, and the world and I feel that nothing can bother me at that given moment.



So, I would definitely take my colleague there. We would take a towel, good food and have a nice picnic under one of the imposing pines that exist there. We would spend the whole afternoon getting to know each other better, telling stories, exchanging silly jokes, laughing, playing cards, taking pictures and, at the end of the day, having a great time in communion with nature.



**Rita Pedrosa**

## Activity 1 – Meet the ULissers

**Partner name:** Rita Pedrosa

**Date of birth:** April 1<sup>st</sup>, 2000

**Home country:** Portugal

**University in which she is enrolled:** University of Lisbon

**Current (and eventually) past study programmes:** Veterinary Medicine at FMV (3<sup>rd</sup> year)

**Favorite hobby:** Play the piano and exercise

**Favorite book and writer:** The Declaration from Gemma Malley

**Favorite music artist (or band):** Bruno Mars

**One relevant personal characteristic:** Kind

**Something you have in common:** We are both shy

**A fun old photo of Rita spreading some flower power!**



Sara Patão



# Roberta Busca



Alexandra Azevedo  
Ulisses Activity 1  
Meet the Ulissers  
31 March 2021



My partner is named Roberta Busca, her date of birth is 5 September 1992, and she is originally from Italy. She is enrolled at Politecnico di Torino and in her 3<sup>rd</sup> year of her P.h.D in material science and previously studied chemistry. Her favorite hobby is trekking and sailing or sometimes staying in and reading and baking! Her favorite book is 'My family and other animals', and her favorite bands are ACDC and Guns 'n' Roses. Her personal characteristics include using her passion for the natural environment to fuel her innovation and creativity. We have a lot in common, some being spending time in nature, baking, and traveling. I am grateful for the opportunity to introduced to such a likeminded person and I look forward to seeing and hearing the insights Roberta brings to Ulisses 2021!

Oddest object



**Sara Peça**

# Activity 1

Meet the Ulissers

- **Name:** Sara Peça
- **Date of Birth:** 7<sup>th</sup> of August 1999
- **Home country:** Portugal
- **University in which she is enrolled:** University of Lisbon – IST
- **Current (and eventually) past study programmes:** Engineering physics (4<sup>th</sup> Year)
- **Favorite hobby:** She enjoys practicing exercise
- **Favorite book and writer:** “My Brilliant Friend” of Elena Ferrante
- **Favorite music artist:** Harry Styles
- **One relevant personal characteristic:** She considers herself a leader
- **Something you have in common:** While we were talking, we discovered that both of us are planning to go to Munich next year to study abroad.

Fun old photograph:





**Sara Patão**

This is Sara Patão,



She was born in Portugal on the 5<sup>th</sup> of March in the year 2000.

Sara is currently studying Biochemistry at the Faculty of Sciences, which belongs to the University of Lisbon.

Sewing is her hobby. Besides using this skill to reutilize old clothes that she would otherwise never wear again, during the pandemic she has made a bunch of incredible personalized face masks.

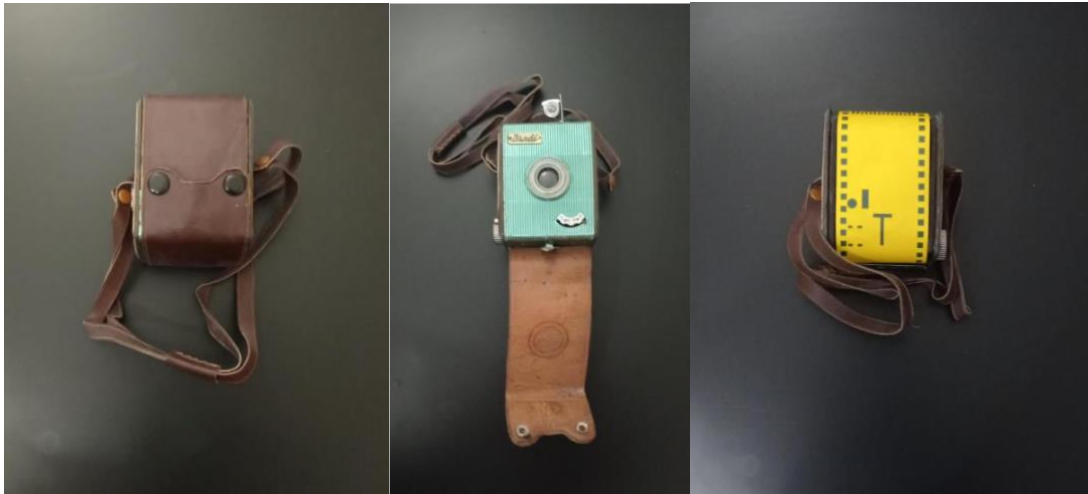
In addition, she enjoys reading. Her favorite book is A Lua de Joana by Maria Teresa Maia Gonzalez.

Portuguese Rap is the type of music she likes the most, being ProfJam her favorite singer.

Sara describes herself as a hardworking and happy person.

We found out that along with the motivation to be a part of a project like Ulisses, we also have in common being a bit shy.

This object is not exactly odd, but I would say it is quite rare. It is a Brandy-Box camera from the 1950's, inherited from my grandfather!



Cloudy afternoon sky after a rainy day, taken in Lisbon (24<sup>th</sup> of April, 18h30).

## Social Networking Activity 5

### Chocolate Mug Cake

This is my go-to recipe for when I am having a good day and just need something to top it off! I learnt it on the internet and made a few changes to my taste. I love the way the cake rises in a fluffy way and dissolves in my mouth. It's super chocolaty and moist.

Sometimes, I like to add melted chocolate on top for an even fudgier experience. This cake is best when it is still warm.



### Ingredients

- Chocolate powder
- All-purpose flour
- Refined or yellow sugar
- Vegetable or olive oil
- Any type of milk
- Fine salt
- Vanilla extract (optional)
- Cinnamon powder (optional)



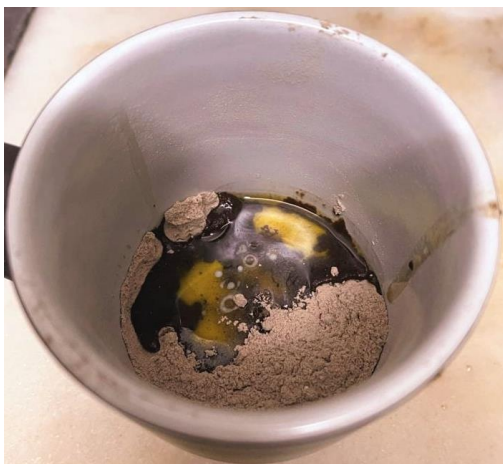


## Preparation steps

1. Mix chocolate and flour, 2 tablespoons each, with sugar (1 tablespoon). Add a pinch of salt. If you choose to use cinnamon, you can also add a pinch of it now.



2. Add 2 tablespoons of olive oil and 3 drops of your vanilla extract. Drop a bit of milk and mix. Keep adding the milk until you reached the right thickness, a bit less thick than honey.



3. Work some air into the batter by beating it with a fork for 2-3 minutes. It should be forming some air bubbles at the top, like this:



4. Throw in the microwave for 1 minute and 30 seconds at maximum power. And your Chocolate Mug Cake is done! Be sure to let it cool for a few minutes before eating.

## Social Networking Activity 7

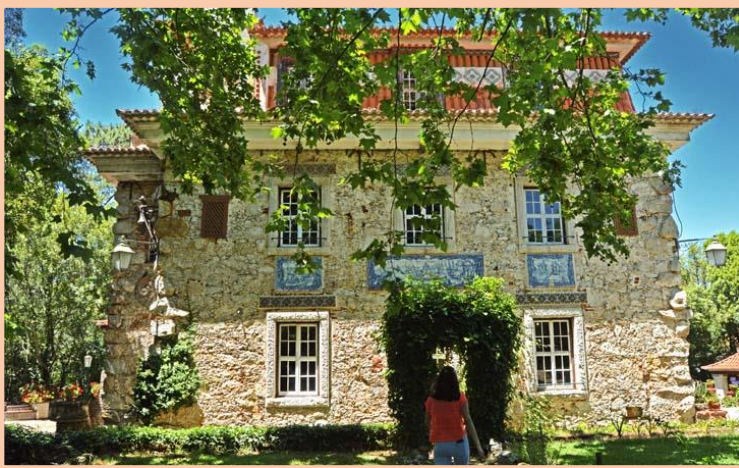
I would take my fellow ULisser to Caldas da Rainha, in Leiria, Portugal. Although I am from Lisbon, my summer vacations and Christmas were spent in Caldas da Rainha with friends and family for the first 14 years of my life. In 2019, 37 % of the people in Caldas da Rainha were foreign tourists. However, there are a few hidden golden spots. Growing up here, my favourite places were outdoors, surrounded by wildlife and greenery, and the beaches, which are near Caldas da Rainha in Óbidos, on the west coast of Portugal.

Legend has it that Leonor de Avis, during her reign in 1484, visited a place where people often bathed in strong smelling waters. Upon asking why they were bathing there, the Queen was told that the waters had healing properties. It is thought that Queen Leonor herself had an unknown injury, so she bathed in those waters to find out she would be healed shortly after. Forwarding a year, she founded a thermal hospital in that territory. In this way was born the name Caldas da Rainha, “caldas” meaning a “piece of land with thermal waters” and “rainha” meaning “queen” – Queen’s piece of land with thermal waters!



Thermal Hospital founded by Queen Leonor in 1485, parish Nossa Senhora do Pópulo.

On a different note, Caldas da Rainha is a center of art. Its abundance in clay allowed for the growth of ceramic factories, making the village a primary supplier to Portugal. Way was made for other plastic arts to thrive, such as sculpting, as well as painting. Accordingly, the city is abundant in museums.



Ceramic museum in Nossa Senhora do Pópulo.



Ceramic plate in the shape of a lettuce. In Caldas da Rainha, lettuce shaped bowls, cups and utensils are popular *souvenirs*.

Speaking of plates, Caldas da Rainha is replenished of places to have an outdoor meal, Dom Carlos I Park being one of them. It is known for its romantic gardens, near a beautiful lake facing the Thermal Hospital. Apart from restaurants and



cafés, this park has pic-nic tables, perfect for an afternoon snack! At the entrance of the park there is usually a man selling tremoços (lupini beans) for us to eat and seeds to feed the birds and ducks that live near the lake. In front of the park there is an icecream shop called *Puzzles* and the pastry shop *Machado*. My favourites from these are the icecream flavour “Bubblegum” and the “Triangle” pastry!



Dom Carlos I Park.



Praça da República on a week day.

Walking up between the buildings, we can find Praça da República. It is a big outdoor Marketplace for fruit, vegetables and grain, which is the reason why it is also known as Praça da Fruta, “fruta” meaning “fruit”. A curiosity about this market is that it is the biggest outdoor fruit market in Europe, and the produce is definitely worth a try, as it is super tasty!

Right next to Caldas da Rainha, we can find Óbidos. The main attraction here is the castle, a beautiful piece of portuguese history. Aside from being a monument, there



Ginjinha de Óbidos.

are people still living in the castle to this day! On the inside, there are multiple cafés and restaurants that sell the Ginjinha de Óbidos, liquor made from ginja berries and served on a small white or dark chocolate cup, perfect for those with a sweet tooth.

Moving on to near the coast, I cannot forget about the Lagoa de Óbidos (Óbidos’ lagoon), which starts at the beaches Foz do Arelho and Bom Sucesso. They are separated by the link between the lagoon and the sea, making this a different lanscape compared to what most people imagine when they think of a

beach. Whether you prefer to swim in the sea or in lakes, here you can have the best of both worlds. But be careful with the fishermen, as they love to fish Douradas and Robalos here! As I am passionate about swimming, I would spend most my time at the beach, usually from 10 am to 9 pm. The weather here is

very tempered, characterized by a cool breeze during the day. In contrast, it gets slightly cold during the night, but that doesn't stop people who like to party! In Foz do Arelho beach, there is an event called Festa Branca (white party) occurring in August, where the rules are "dress white" and "have fun"!

Lagoa de Óbidos seems smaller than it is, extending way beyond the beach. Alongside the whole body of water, there are hiking and cycling trails full of pine trees and eucalyptos, providing a fresh aromatic ambiance. Additionally, on the side of the hiking trail there are wild blackberry bushes. I used to pick the berries and eat them during our walks, as they are super pleasant in summertime!

I mainly chose these places because they are very dear to me. But aside from that, they are great destinations for vacations, even during winter. I believe that I haven't been able to see everything I could, even though I have been in Caldas da Rainha and Óbidos so many times, as they are full of little treasures to find! I hope one of my ULisses colleagues can come explore these places with me someday.

Sara Patão



The sea (left) and Lagoa de Óbidos (right). On the far side of the link is Foz do Arelho beach and on this side of the link is Bom Sucesso beach.



# Sofia Nogueira

## ULISSES- ACTIVITY 1- MEET THE ULISSEERS

**Name:** Ana Sofia Nogueira;

**Date of birth:** 13<sup>th</sup> august 1996;

**Home Country:** Portugal;

**University in which she is enrolled:** At the moment she isn't enrolled at university;

**Past study programmes:** Recent MSc graduate in Marine Sciences from Utrecht University (The Netherlands) and has Biology Bachelor from School of Agriculture of the University of Lisbon, Portugal;

**Favorite hobby:** learn about science, listen podcasts, do yoga and do Indoor Climbing! 😊;

**Favorite writer:** she loves Fernando Pessoa's poetry (any heteronym but specially Ricardo Reis) and she also enjoys reading Richard Dawkins;

**Favorite book:** Sofia is interested in books about evolution, such as Why Evolution Is True by Jerry Coyne and The Kingdom of Speech by Tom Wolfe;

**Favorite music artist (or band):** she loves Brazilian artists such as Chico Buarque, Tim Maia, Vinicius de Moraes, Mallu Magalhães and so on... Loves British bands such Radiohead and Arctic Monkeys... American bands like System of a Down and the Strokes... Rock classic bands such the Beatles, Led Zeppelin and Pink Floyd. Also, female singers such as Nina Simone and Billie Holiday;

**One relevant personal characteristic:** the curiosity combined with the search for what is true and the appreciation of the critical sense;

**Something you have in common:** We love Queen. 😊 Also we are both curious and share a common interest in science and sustainability.

**Fun old photography:**

Ana Sofia and her sister dressed as Minho Farmers at the carnival of 1998. So cuteee!! 😊



Oddest object



Vairão (CIBIO), PT  
20 April 2021  
13h23



# Sofia Ferreira



## ULisser presentation:



- Name: Sofia Murteira Ferreira
- Date of birth: 08/02/2000
- Home country: Portugal
- University in which he/she is enrolled: FCUL, University of Lisbon
- Current (and eventually) past study programmes: Biochemistry
- Favorite hobby: Spending time with housemates
- Favorite book and writer: Homo Sapiens, Yuval Noah Harari
- Favorite music artist (or band): She doesn't has a favorite artist/band
- One relevant personal characteristic: Persistent (like when studying for exams)
- Something you have in common: Maybe next year we will both be at Munich



Location: Lumiar, Lisbon, Portugal  
Time: 14:48  
Date: 23/04/2021

# MY FIRST DISH

## *Social Networking activity 5*

When I first moved to Lisbon, I focused all my energies exploring this new world I was presented with - University. It was my first time living alone and I did not pay attention to what I was eating whatsoever, I just ate whenever I had the chance to. Thus, usually, I had lunch in the school canteen and then, when I arrived home I was so tired I only ate a bowl of grapes. Now, I look back and I realize it were not the best dietary choices. At the time that thought did not even cross my mind, since I was so busy meeting new friends. I completely forgot to eat a balanced and healthy diet.



Then, everything changed when exam's season arrived. Every single time I found a way to avoid studying and I procrastinated for extremely long periods of time, and that was why I started cooking and preparing actual meals. This dish I am showing you was my first attempt. It was very simple, and it consisted of roasted fish and vegetables with pasta. I was so proud of my creation I took these three photos! Personally, I found it delicious, and I was really surprised that my first try was so well balanced and colorful. After this, I developed a liking for cooking, and I enjoy trying new ingredients and recipes. If I could do this after a semester of grapes, everyone can!

## Recipe

### INGREDIENTS

2 servings

- 50 g of Penne
- 1 small zucchini
- 2 small carrots
- Olive oil
- 40 mL of white wine
- 2 pieces of fish
- 1 onion
- 4 cloves of garlic
- Garlic powder
- Dry Basil
- Dry oregano
- Salt and Pepper



## INSTRUCTIONS

1. Dice the carrots and the zucchini. It can be any other vegetable that you have left in your kitchen.
2. Chop the onion and garlic finely.
3. In a oven-safe container, season the fish with garlic powder, dry basil, dry oregano, salt and pepper. Put the white wine and drizzle with olive oil until everything is covered and put it in the oven for about 30 min in 180°C, until it has a golden appearance.
4. In another oven-safe container place the diced carrots and zucchini, sprinkle some salt and pepper and drizzle a little bit of olive oil on top of it. Leave it in the oven for about 30 min in 180°C.
5. In a pan cook the pasta for 7 min until it is *al dente* and serve!





## Social Networking Activity 7

### Coimbra's Guidebook

Coimbra is a relatively small town located in the center of Portugal. Being the 9<sup>th</sup> most populated city, it was once the medieval capital of the country. Now, Coimbra is a cultural reference, known as the City of Students, harboring one of oldest universities in continuous operation in the world, which has been awarded “World Heritage Site” by UNESCO in 2013, due to its distinct architecture, unique culture and traditions, and historical role.



*Figure 1 - University of Coimbra*

Considering that approximately half the city's population is composed by students, Coimbra is centered around the university. That is the reason behind the city deserted appearance in the summer and why all local businesses direct all their efforts capitalizing on the academic lifestyle of the students.



*Figure 2 - Sala dos Capelos*

There are several places to visit in this wonderful location such as “Biblioteca Joanina”, which has a massive collection of old books. If you are lucky enough you might encounter little creatures that are responsible for the protection of the precious books – bats. Additionally, a great place to visit is “Sala dos Capelos” which is beautifully decorated with dashes of gold and red. Notwithstanding its popularity as a touristic spot, Sala dos Capelos is actually used in

doctoral thesis's defenses and other academic ceremonies.

Gastronomically speaking, if you have a sweet tooth you will be delighted with the regional pastries “Queijadas de Pereira” and “Pastéis de Tentúgal”.



*Figure 3 - Queijadas de Pereira*



*Figure 4 - Pastéis de Tentúgal*

As an Easter Egg I leave you with “Urso”, a huge structure situated in “Parque Verde”. Due to the common floods, the Green Bear is bathed yearly by Mondego’s River.



*Figure 2 - The "Urso" bathing in Mondego's River*

# Sofia Aleixo

Sofia Nunes Aleixo

8 – 11 – 1998

Portugal

ULisboa – FCUL

Integrated Master Degree in Energy and Environmental Engineering

Reading

Veronica Roth ; Divergent Series

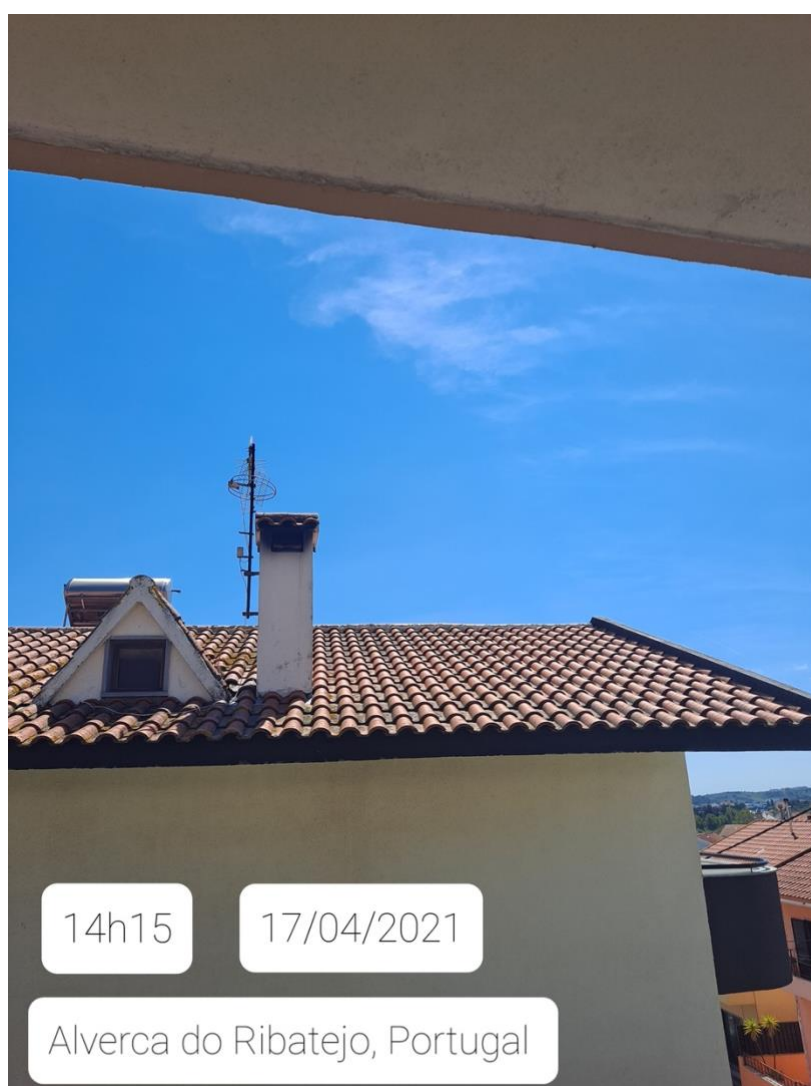
Ed Sheeran

Emphatic

We both love dogs, we have dogs at home.







14h15

17/04/2021

Alverca do Ribatejo, Portugal

# Vegetables à Brás

**Sofia Aleixo**



The original portuguese recipe is called Bacalhau à Brás because the main ingredient is Codfish. However, I decided a few years ago I would start reducing my meat and fish consumption and one day I was eating in a restaurante/bar near the beach and I ordered vegetables à Brás because my favorite meal was always Bacalhau à Brás. My parents and I loved it so much that we went to kitchen to ask the chef how she did it, what were the ingredients! And she told us, and now we do it at home all the time and it has become my favorite meal!

Ingredients:

- Courgette
- Corn
- Carrot
- French fries
- Olive oil
- Onion
- Eggs

How to do it:

Chop up the courgette and the carrots and add them to a different pot along with the corn and fill it up with water and let them cook for about 10 minutes

Chop up an onion and add it to a pan with olive oil and let it fry for a couple minutes

Add your cooked vegetables (without the water) to the pan, and stir to mixed them all together

Add the french fries and stir again

Finally crack the eggs in a bowl, stir them a little bit and then pour them onto the pan and stir immediately so the egg just makes everything creamier. It's importante to stir really well in this final step so you don't get scrambled eggs.

And it's done! I hope you try it out and enjoy it has much as I do!

## Sofia Aleixo - Social Networking Activity 7

I live in Lisbon and the place I love the most is Belém probably because it's the one I know the best. In the morning we could go visit Berardo Museum which has a lot of painting of various artists and underground exhibition that usually have free tours. There is a terrace in the Berardo Museum with a beautiful garden and a bar where we could relax after. We can have lunch in a little place called Pão Pão Queijo Queijo where you can buy sandwiches and take them to the park in front of it and have a picnic. In the afternoon we can visit the MAAT Museum that has two buildings: the old Power Station that provided electricity for all of Lisbon in the 19th century and the new museum with art and technologies that combine different concepts to make the visitors reflect about themselves and the world we live in. At the top of the new building it has an amazing view for pictures of the Tagus River and a part of Lisbon.

For an end of the day treat, we can buy Pastéis de Belém if the line isn't too long!

If we still have time, we can go to the National Coach Museum and after that enjoy the sunset by the river in the park that overlooks the Torre de Belém.



# Theresa Rinner

My fellow Ulisser is Theresa Rinner!

**Date of birth**-11st of June of 1993

**Home Country**-Austria

**University in which he/she is enrolled**- Technical University in Graz

**Current (and eventually) past study programs**-Bachelor's degree in Biology and currently doing a master's in Biotechnology

**Favorite hobby**-skiing during the winter, making films, producing music and playing piano and oboe.

**Favorite books** - "Anleitung zum Unglücklichsein", Harry Potter No.5, 21 lessons for the 21st century

**Favorite writers**- Paul Watzlawick and Yuval Harari

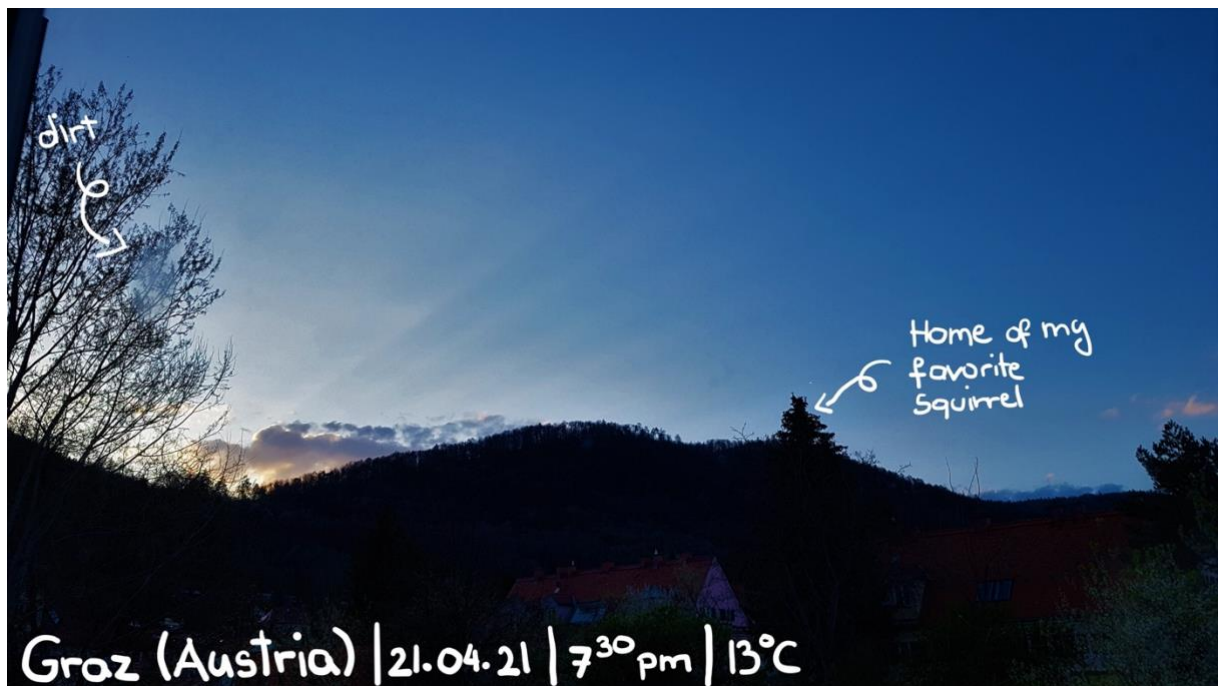
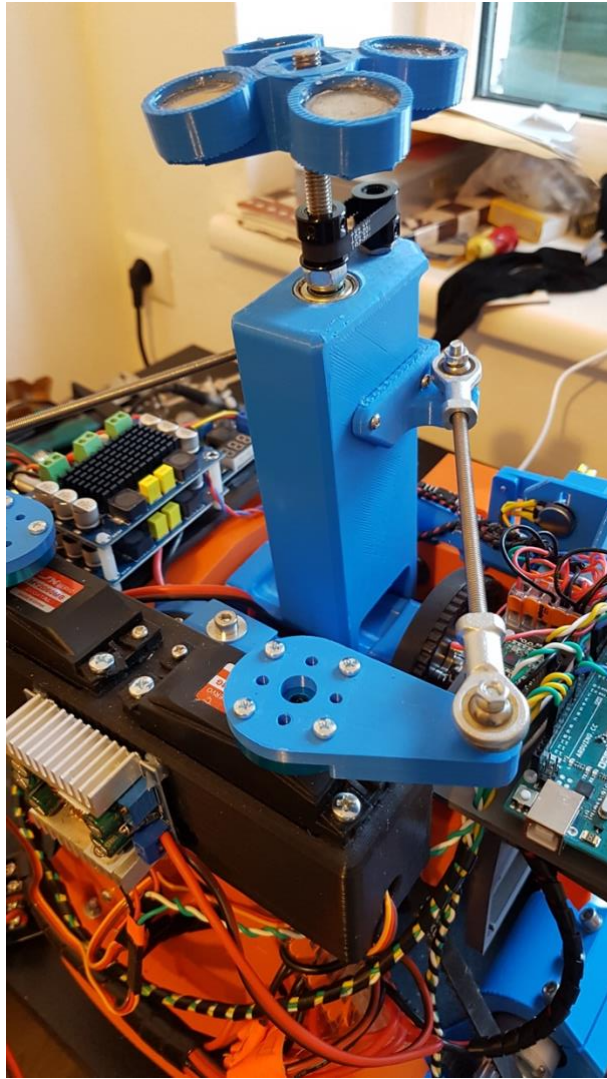
**Favorite music artist (or band)**- No favorite artist or band! Likes music from classical to rap or hip hop!

**One relevant personal characteristic**- always in a good mood, optimistic, happy and resilient!

**Something you have in common**- We are both biologists and play the oboe!

And finally, this is the fun old picture she sent me!







# Steirischer Erdäpfelsalat

[ˈʃtaɪrɪʃe ˈe:ətʃəpfɪlsaˌla:t]

Steirischer Erdäpfelsalat (engl. Styrian Potatosalat) is a typical Styrian side dish with various ways to prepare. However, the most important ingredient is Styrian pumpkin seed oil! This very healthy oil is made of seeds from a special pumpkin „Curcubita pepo var. styriaca“, appears black (see the green bottle in the right picture), and has a nutty taste. It's the perfect dish for a low-budget/no-time-to-cook-lifestyle that never gets boring!

## - Ingredients -

- Potatoes
- Apple Vinegar
- Pumpkin seed oil
- Salt

## - Preparation -

Cook lots of Styrian potatoes for 20 min (with peel).

Grandma's tip: Peel the potatoes as long as they are hot/warm to keep them "compact" (not mushy). Let them cool down a little bit before cutting them into slices.

Pour (Styrian) apple vinegar (premixed with water and salt) over the potato-slices and let them soak for about 10 min.

Pour pumpkin seed oil (yep, it's greenish-black), over the potato-vinegar mix, mix it and enjoy!

Picture background: South Styria





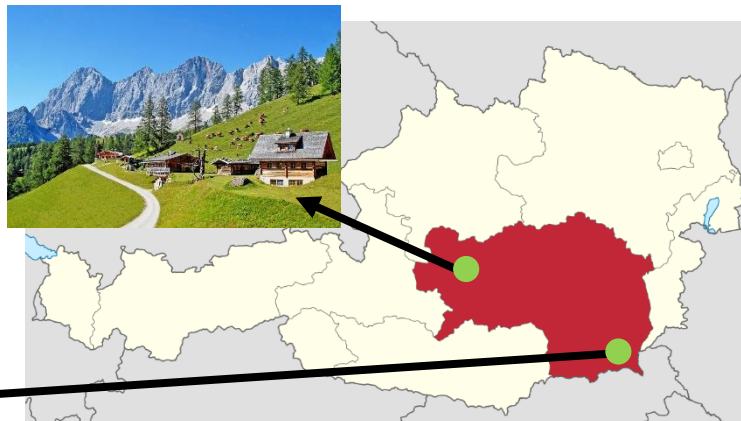


# Welcome to Styria

Social Network Activity 7

You have never been to Styria (Steiermark) so far? You definitely missed something in your life!

Styria is a part of Austria (this one that looks like a sleeping pig – see fig. on the right site) where you can find either mountains for skiing in the north-west or Tuscan-like regions in the south (see picture below).



My favorite spot is located in south-styria: the chocolate factory “**ZOTTER**”!

Close your eyes and imagine being trapped alone in a chocolate factory with more than 500 different kinds of chocolate. What would you do? Eat as much as you can of course! This is exactly what you can do there. You pay for the entrance once (~15-20€) and then you can stay as long as you want and eat as much as you want (Theresa's Tip: start with tiny pieces at the beginning because otherwise you won't survive until the end where you can find the best chocolate types). When I was there last time, it took me 3h to go through because there are so many tasty types of chocolate.

Well, I guess I don't have to say much more; enjoy the pictures.



Website: <https://www.zotter.at/> (here you can also order chocolate)

# Valentina Martin

Valentina Bosqueiro Martin

29/01/2000

Brasil

ISA - ULisboa

Environment engineering

Yoga and surf

Capitães de areia (Jorge amado) / Edgar Alan Poe

Red Hot Chili Peppers

Adventurous

We both have a dog as a pet and we love dogs more than cats.





**Oddest object**

