



Schedule 2026/27

Edition 1 | september



Quarteira
Longevidade
com qualidade.



Information

CALENDAR

Registration period:

1st phase from September 7 to 18, 2026

2nd phase from October 12, 2026

Classes start: October 12, 2026

Christmas vacations: 21 December 2026 to 31 December 2026

Carnival vacations: 8 to 10 February 2027

Easter vacations: 22 March to 2 April 2027

Classes end: 4 June 2027

REGISTRATION

Registration in person or via the website
www.jf-quarteira.pt/academiadosaber

Registration is valid for the current school year only, and participation is subject to availability.

MANDATORY DOCUMENTS FOR IN-PERSON REGISTRATION

- Presentation of Identification Document
- Presentation of Tax Identification Number (TIN)
- Presentation of proof of residence for those not registered in the parish of Quarteira.

SELECTION CRITERIA

1. Be registered in the parish of Quarteira
2. Reside in the parish of Quarteira
3. Be registered/resident in the Municipality of Loulé
4. Other interested parties
5. Order of registration

ADMISSION CONDITIONS

- Be physically and mentally robust, suitable for the activities to be carried out.
- Accept and respect the Organization and Operating Rules of the AS at www.jf-quarteira.pt/academiadosaber.
- Pay the registration fee for the current school year by the deadline.
- Formalize registration by signing the following documents: Registration, Processing of Personal Data - Right to Information (Art. 13 GDPR) and Declaration for the Processing of Personal Data - Image and Voice, by October 12, 2026.

Only registrants who have received confirmation by message on their national mobile contact or who have confirmed their admission at the JFQ offices will be able to pay the registration fee and subsequently take part in the activities.

**Schedule subject to change.*



Informações

OPERATION

1. The AS operates from October to June of each academic year;
2. The AS has its holiday periods at Christmas, Carnival and Easter;
3. Modules run with a minimum of six students;
4. The materials required for each module, as specified by the instructors, are the responsibility of the students;
5. Requests to change modules must be submitted to the Parish Council services;
6. Each module may have a student representative, who will be responsible for liaising with the other students, the instructors and the project coordination team;
7. A monthly attendance record must be kept for each module;
8. Students must take particular care to justify their absences within five working days, so as to avoid exclusion from the module concerned;
9. Justifications for absences are accepted in accordance with Article 249 of Law No. 7/2009 – the Labour Code, provided that they are duly evidenced, in writing, and submitted to the (competent) administrative services of the Parish Council or sent to the email address geral@jfquarteira.pt.
10. Five unjustified absences (consecutive and/or non-consecutive) per module result in the student's immediate exclusion from that module;
11. Activities take place at venues to be determined by the coordination team each academic year.

RIGHTS AND DUTIES OF PARTICIPANTS

1. The following constitute rights:
 - a) To be acquainted with the AS Organisation and Operating Rules;
 - b) To enjoy a good environment for work, learning and social interaction;
 - c) To have their individuality and confidentiality respected.
2. The following constitute duties:
 - a) To use the participants' personal data supplied by the services to the instructors solely and exclusively for matters relating to the AS;
 - b) Not to carry out any sale of goods or services, or to charge any monetary or other amounts;
 - c) To bring the materials specified by the instructors that are required for attendance of the module concerned;
 - d) To keep the premises used for the activities in good condition;
 - e) To maintain a good relationship with the other people involved (students, instructors, coordination team, staff and others in general).

Please consult the Academia do Saber Organisation and Operating Rules on the website
www.jf-quarteira.pt/projetos/sociocultural/academia-do-saber

NEW

The Art of Breathing

Manuela Furlani

Training in good posture and the practice of a range of breathing techniques. Conscious breathing frees the mind!

The Art of Knitting

Maria Dinora Lopes e Roseta Assis (assessora)

Learning the fundamentals of making knitted pieces.

Materials: Knitting and sewing needles, wool and scissors.

NEW

Beyond Movement

Bianco Scaravaggi e Salila Radesca

Beyond Movement is a path towards recognising what the body feels - expressing yourself, and coming to know yourself and others through breathing, movement, play and dance. It is a space in which each individual's creativity can be set free and the magic of movement and expressiveness discovered, connecting body, mind, emotions and soul.

Angelology

Valter Encarnação

How to discover the magic of angels in your everyday life.

Arraiolos (Class 1 and 2)

Maria do Carmo Martins

Arraiolos classes teach the fundamentals of the technique used to make Arraiolos rugs and cushions, familiarise students with the materials, and develop the execution technique as the handcrafted piece takes shape.

NEW

Creative Corner

Filomena Ramos

Handicrafts using EVA foam, recyclable materials and a variety of creative techniques. This module encourages imagination, motor coordination and sustainability through the creation of decorative pieces, toys, keepsakes and artistic projects made from simple, readily accessible materials.

Materials: Required materials will be specified by the instructor for each session.

Capoeira

Belinha

A blend of sport, dance, music, self-defence, popular culture and play.

Materials: Comfortable clothing, trainers or non-slip socks, a towel and an exercise mat.

Capolates

Francisco Moita e Sara Pakita

A fusion of Capoeira and Pilates designed to promote longevity with quality of life and an active, healthy lifestyle.

Science for All

Carlos Antunes

How the innovations of the past 100 years have changed our lives, and what science may offer humankind in the century to come.

Modules 2026/2027

Body in Motion: Active Longevity

Fidel Gongga

A physical exercise programme specially designed for adults aged 50 and over, focusing on mobility, strength, balance and overall well-being. Classes respect individual limits and promote independence, cardiovascular health, posture and quality of life. Ideal for anyone wishing to stay active, prevent pain and falls, and live with more energy and joy at every stage of life.

Material: Comfortable clothing, trainers or non-slip socks, a mat and a towel.

Law

Manuela Loulé

Know your rights and duties in society.

Holistic Disciplines

Maurizio Scotti

In Greek, "holos" means "wholeness". Through Holistic Disciplines such as Reiki, Mental Dynamics and Ayurveda, among others, we will delve deeper into this concept, which speaks of health in its entirety and of the union of body, mind and spirit.

Materials: Comfortable clothing, a mat, a notebook and a pen.

NEW

A Journey Through Our History

Specialists from the Loulé Municipal Museum

A journey through the history, art and heritage of our municipality, guided by specialists from different fields, including historians, archaeologists and other experts.

Spiritual Study

Valter Encarnação

Spiritual study is a journey of learning across a range of topics. Understanding the origins of Divine energies and how to work with them. Topics to be studied include Feng Shui, Reiki, alternative therapies and music therapy.

NEW

Neuro-Synchronous Flow Exercises

Vanda de La Salette e Ilídio Pereira (assessor)

Whatever our age, we must preserve our brain, for it is what enables us to exist. This course is designed to train and encourage the brain to function with greater agility, versatility and coordination.

French - Level I

Bernard Boschung

Developing knowledge of the language across vocabulary, pronunciation and comprehension.

French - Level II

Bernard Boschung

Deepening knowledge of the language across vocabulary, pronunciation and comprehension.

Guitar

Marc Policarpo

Guitar lessons for beginners.

Materials: Guitar, notebook, pen, pencil, rubber and tuner.

NEW

The History of the Portuguese Discoveries

Pedro Machado

History of the Portuguese Discoveries invites participants to journey through one of the most fascinating chapters in the History of Portugal. Throughout the course, we will examine the motivations that drove the Maritime Expansion, the great voyages of exploration, the key figures, the contacts between different peoples and cultures, and the impact of the Discoveries on shaping the World as we know it.

NEW

History of Ancient Peoples and Civilisations

Maria das Mercês Pais

A journey through the people and civilisations connected to Biblical history, exploring the Egyptians, Philistines, Assyrians, Babylonians, and others who shaped the ancient world.

English - Level I

Olga Calado

Learn essential English through practice and role-play. An enjoyable way of learning English without worrying about grammar. For beginners.

English - Level II

Idalina Andrade

Improving conversational skills in English.

English Conversation - Level II

José das Neves

Improving conversational skills in English.

Interculturality (Us and Others)

Olga Calado

What separates us? What unites us? Discovering the essence of Portuguese culture and comparing it with other cultures through discussions, experiences, stories and personal accounts. A journey that brings cultures closer together!

Introduction to Computing - Beginners

João Calado

Simplifying the use of a computer running Microsoft Windows 11 and of an ANDROID mobile phone or tablet.

Learning to use the keyboard and handle the mouse, making the computer's programs (applications) easier to use.

Note: This module is intended for those who own a computer with Microsoft Windows 11, a mobile phone/tablet with ANDROID and Internet access at home.

Important: These classes do not cater for users of Apple iPhone mobile phones, iPad tablets or Apple MAC computers

Introduction to Computing - Advanced

João Calado

We will explore the main computing tools for personal use: word processing (WORD), spreadsheets (EXCEL) and presentations (POWERPOINT).

Note: This module is intended for those who own a computer with Microsoft Windows 11, a mobile phone/tablet with ANDROID and Internet access at home.

Important: These classes do not cater for users of Apple iPhone mobile phones, iPad tablets or Apple MAC computers

NEW

Italian

Silvia Vaccaneo

The method centres on communication linked to genuine passions, such as culture, gastronomy and social interaction. The approach aims to enrich participants' experiences and respect their pace of learning, prioritising communication over perfect grammar. To deepen the experience, aspects of Portuguese history and culture will be explored, with Italian serving as a bridge.

Materials: A pocket Portuguese-Italian dictionary and writing materials.

Senior Karate

Fernando Romão e Helder Guerreiro (assistant)

A sport that exercises both mind and body, developing the following qualities: concentration, speed of thought, flexibility, motor coordination and muscular strength.

NOVO

Mindfulness – A Path to Well-Being

Manuela Pereira

An invitation to slow down, breathe, feel and live more consciously. Through simple Mindfulness, meditation and relaxation practices, you will develop tools to promote well-being, serenity and quality of life.

Moments of Poetry

Maria Albertina Farinho

Nurturing a love of Poetry through the reading of Portuguese poets. Discovering and promoting the oral heritage of the Algarve.

The Awakening of Consciousness

Fernanda Diniz

Classes combining theory and practice, exploring a range of topics in spirituality and complementary therapies.

Pastel Painting

Valentina Coelho

Pastel painting offers a practical approach to the various techniques of artistic expression. Pastel is prized for its softness and its matt tones.

Materials: 1 sheet of CANSON paper or white 120 g/m² paper, a palette of dry pastels, a blending stump or cotton buds, and fixative or hairspray.

NEW

Acrylic Painting (Class 1 and 2)

Delfina Santana

Giving participants a grounding in acrylic painting

Materials: Brushes, paints, canvases and a palette.

Portuguese for Foreigners - Level I (Class 1)

Olga Calado

Learn essential Portuguese through practice and role-play. An enjoyable way of learning Portuguese without worrying about grammar. For beginners.

Portuguese for Foreigners - Level I (Class 2)

Deolinda Boschung

Helping students acquire communication skills in Portuguese.

Portuguese for Foreigners - Level II

Deolinda Boschung

Improving communication skills in Portuguese.

Portuguese for Foreigners - Level III

Sónia Tavares-Teles

Students learn to converse on a wide range of topics, recount experiences and dreams, justify their opinions and use more complex grammatical structures.

NEW

Portuguese for Foreigners - Level IV

Sónia Tavares-Teles

Consolidating learners' independent command of the Portuguese language and exploring advanced grammar in greater depth.

Portuguese for French Speakers

Aurora Belchiorinho

Helping students acquire communication skills in Portuguese. Improving their ability to read, understand and write texts in the Portuguese language.

NEW

Knowing Is Being

Sione Antônia

Knowing: understanding your own history and that of your ancestors. Knowing what is yours and what is not.

Being: living lightly, anew, in alignment and with self-love.

Loving: honouring those who came before you. Practising the forgiveness that sets you free.

Health and Well-Being

Valentina de Sousa

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (World Health Organization)".

Tai Chi - Level I

António Albuquerque, Claude Grenier
e Glauco da Silva

Tai Chi is the art of longevity. Its aim is to restore, through slow, graceful movements, the faculties that fade with time - balance, flexibility, reflexes, concentration and memory. Beneficial to our health, this art of movement reconnects us with our body. Tai Chi can be practised at any age.

NEW

Tai Chi - Level II

António Albuquerque, Claude Grenier
e Glauco da Silva

Tai Chi – Level II classes are intended for practitioners who have already mastered the fundamentals of the discipline and wish to refine their technique, develop body awareness and perfect the fluidity of their movements in the Yang style.

Self-Defence Techniques

Maurizio Scotti

Through exercises in breathing, self-control and awareness, we will learn techniques of self-defence. These involve mastering physical, mental and emotional defence strategies to protect and preserve personal safety in situations of danger or aggression.

Materials: Comfortable clothing and an exercise mat.

Artisan Sewing Techniques - Level I

Tiziana Prandina e Maria Carmela Di Franco (assistant)

Learning skills such as taking measurements, hand sewing and basic stitches, pattern making, cutting techniques, positioning on the fabric and garment construction.

Artisan Sewing Techniques - Level II

Tiziana Prandina e Maria Carmela Di Franco (assistant)

Further development of skills such as taking measurements, hand sewing and basic stitches, pattern making, cutting techniques, positioning on the fabric and garment construction.

Painting Techniques - Level II

Magaly Gouveia

Classes run in "workshop" format. Each workshop explores different themes, styles and techniques. These are demonstrated by the instructor for the students to follow.

Essential requirements: Knowledge of the materials and techniques taught in Level I.

Materials: to be specified by the instructor.

NEW

Reflection Circle & Guided Relaxation

Vanda de La Salette e Ilídio Pereira (assistant)

A forum for discussing topical issues relating to the personal Self, followed by a moment of relaxation. Each month will be devoted to a theme such as Anxiety, Depression, Sleep disorders, Fears and phobias, Visible and invisible grief, or Trauma.

Academia do Saber Tuna Ensemble

Miguel José

Academia do Saber Tuna Ensemble – Continuing Group.

Yoga and Posture

Roxana Carnelli

An activity suited to all ages, whatever your circumstances. You will learn to observe your posture and, from there, to transform the poor postural habits of everyday life. We will work with movement, breathing and rest. Strengthen your muscles and joints, gain flexibility, release chronic pain and tension, improve your balance, rest well, and keep your emotions in harmony.

Materials: Socks, an exercise/yoga mat, a yoga strap, a yoga block and a blanket.

NEW

Integral Yoga

Helena Martinho

The practice of Yoga integrates and balances the physical, mental and emotional aspects of the self, fostering profound self-knowledge, whatever one's age or physical condition.



Sociocultural Building

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TUESDAY

Sociocultural Building

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Quarteira	Âncora	Mar	Peixes	Sol	CALQ I	CALQ III
		French Level I 09h30-10h30 Prof. Bernard Boschung	NEW Neuro-Synchronous Flow Exercises 9h15-10h45 Prof. ^a Vanda de La Salete	Capoeira 09h15-10h15 Prof. ^a Belinha		Guitar 09h30-10h30 Prof. Marc Policarpo
	Portuguese for French Speakers 10h30-12h00 Prof. ^a Aurora Belchiorinho	French Level II 10h45-11h45 Prof. Bernard Boschung	NEW Discussion Circle on Being and Guided Relaxation 11h00-12h30 Prof. ^a Vanda de La Salete			NEW Beyond Movement 11h00-12h00 Prof. Bianco Scaravaggi e Prof. ^a Salila Radesca
	Moments of Poetry 15h00-16h00 Prof. ^a Maria Albertina Farinho	Law 14h15-15h15 Prof. ^a Manuela Loulé	Arraiolos Class 1 14h30-16h30 Prof. ^a Maria do Carmo Martins	NEW The Art of Breathing 15h30-16h30 Prof. ^a Manuela Furlani		Body in Motion: Active Longevity 15h00-16h00 Prof. Fidel Gongga
		English Level II 15h30-16h30 Prof. ^a Idalina Andrade				

Sociocultural Building

Quarteira	Âncora	Mar	Peixes	Sol	CALQ I	CALQ III	Outros Espaços
NEW Creative Corner 10h00-12h00 Prof.ª Filomena Ramos		Portuguese for Foreigners Level I Class 2 09h30-10h30 Prof.ª Deolinda Boschung	NEW Encounter with Our History 10h00-11h00 Specialists from the Loulé Municipal Museum	NEW Tai-Chi Level II 09h15-10h30 Prof. Claude Grenier Prof. Glauco da Silva Prof. António Albuquerque	Painting Techniques Level II 10h00-12h00 Prof.ª Magaly Gouveia		
		Portuguese for Foreigners Level II 10h45-11h45 Prof.ª Deolinda Boschung	NEW Mindfulness A Path to Well-Being 11h30-12h30 Prof.ª Manuela Pereira				
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Notes



Registration in person or via the website:

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8125-256 Quarteira

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289 315 235
geral@jf-quarteira.pt

