



FMWW

# GLOBAL ADVENTURES

2025

**PORTUGAL**



# GLOBAL ADVENTURES!

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## **GLOBAL ADVENTURES!**

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# Thanks for joining the adventure!



## THEME VERSE

*Sing to the LORD a new song; sing to the LORD, all the earth.*

*Sing to the LORD, praise his name; proclaim his salvation day after day.*

*Declare his glory among the nations, his marvelous deeds among all peoples.*

*Psalms 96:1-3*



## Explore the Country

*General Information, Interesting Facts and An Up-Close Focus*



## Explore God's Work

*Learn about Free Methodist Ministries*



## Adventure Story

*Enjoy a Story from the Field & Explore More*



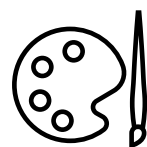
## People on Adventure

*Meet the Missionaries or Country Leaders*



## Adventure in Prayer

*Walk Through a Prayer Activity*



## Adventures in Culture

*Participate in Culture Through Language, Music, Games, Crafts and Food*



# EXPLORE THE COUNTRY



Photo: Jan Coates

## PORTUGAL

*Use the facts and information here to help your students learn about the country. (An accompanying PowerPoint presentation can be found on our website: [fmwm.org/resources/children](http://fmwm.org/resources/children).)*

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**Capital:** Lisbon

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**Government Type:** constitutional republic

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**Population:** 10.2 million

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**Area:** 92,090 square kilometers, about the size of Indiana

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**Major Cities:** Lisbon (517,802), Porto (249,633), Amadora (178,858)

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**Climate:** hot, dry summers and short, mild winters; considered a subtropical climate

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**Terrain:** one-quarter of the country is covered by forests

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**Language:** Portuguese (official)

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**Religions:** Roman Catholic 80% (but only one-third attend church regularly), Protestant 2%, none 14%

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**Currency:** Euro

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Photo: Clem Around the Corner/Unsplash

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**National Symbol:** the Barcelos Rooster

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**Agricultural Products:** milk, tomatoes, olives, grapes, maize, potatoes, pork, apples, oranges, poultry

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**Industries:** clothing, textiles, canned sardines, tuna, tomato concentrate, cement, paper pulp, fertilizers

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**Natural Resources:** fish, forests (cork), iron ore, copper, zinc, tin, silver, gold, uranium, marble, clay, gypsum, salt, arable land, hydropower

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**Major Exports:** cars and vehicle parts, refined petroleum, leather footwear, tires, paper

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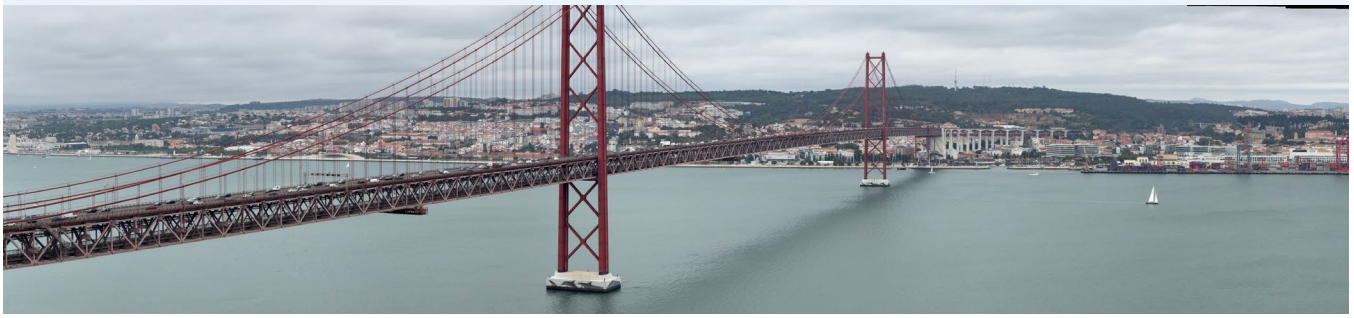


Photo: Jan Coates

## Interesting Facts:

- Portuguese is the seventh most widely spoken language in the world.
- Portugal does not grow enough food to feed itself. Meat, corn and wheat are imported.
- A single-span rail bridge in the city of Oporto was designed by Gustave Eiffel, famous for building the Eiffel Tower in France.
- People in Portugal love to eat codfish. They even eat it for Christmas dinner.
- In Portugal, motorcyclists are required to wear helmets, and motorists are required to wear seatbelts. Like North Americans, they drive on the right side of the road.
- Lisbon has one of Europe's longest suspension bridges, the Salazar Bridge, also called the April 25th Bridge. It looks very similar to the Golden Gate Bridge in California.
- Portugal has an 80-page list of illegal names – names you cannot name your baby.
- Portugal is one of the world's best surfing spots. It is known as "Surfing Paradise."
- The oldest operating bookstore in the world, Bertrand Bookshop, is in Lisbon. It first opened in 1732.
- More than half of the world's cork comes from Portugal.

## Up Close – Portugal The Country

Portugal is rectangular shaped. The land area is 362 miles north to south and no more than 150 miles east to west. Portugal's fishing waters are 20 times larger than the actual land where the people live. One might see windmills in Portugal that farmers use to grind grain and bring water to the land. Although the country does not grow enough crops

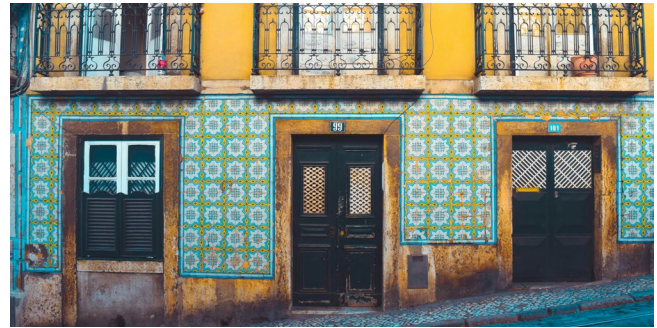


Photo: Diego Garcia/Unsplash



Photo: Jan Coates

to feed itself, people grow grapes, olives, oats, rice, apples, pears, oranges, peaches and tomatoes. One-quarter of the land is covered by forest, either pine trees or eucalyptus. Cork oak trees are also important to Portugal. The bark makes up 80% of the bottle stoppers used worldwide. Cork is also used for insulation, fishing floats, tiles and soundproofing. There is a law to protect the trees; the law says cork bark may only be stripped from a tree every 11 years.

## Explorers

Portuguese explorers include Vasco da Gama, Ferdinand Magellan and Bartolomeu Dias (who



rounded the Cape of Good Hope, Africa, in 1488). In 1500, Pedro Alvares Cabral's boat was pushed off course. He landed in Brazil, South America, and claimed it for Portugal. He was on his way to India.

Prince Henry the Navigator, the king's fifth son, founded a school of navigation. His team of navigators, mapmakers and astronomers improved navigational instruments, taught sailors to determine their position by the stars, and designed a ship that could sail against the wind. Prince Henry planned many expeditions but never went on one himself.

### Recreation

People enjoy pottery, tapestry, embroidery, making China, carving, painting, crocheting, basketry and weaving. Azulejos (ah-zoo-LAYshoss) are ceramic tiles used to decorate the inside and outside of buildings and are one of the most popular art forms. In general, the Portuguese like colorful art and patterns.

Popular sports include soccer – called futebol (FOO-ti-bal), gymnastics, golf, tennis, water sports, ice hockey, fishing, hiking, horseback riding and motor racing. Bullfighting is also an attraction.

### Things to Do if You Visit

- Visit the oceanarium in Lisbon.
- Take a train across the 25th of April Bridge (Lisbon).
- Walk along the beautiful Cabo da Roca coastal trail.
- Hit the beach. Portugal has many miles of beautiful coast and beaches. You might even try surfing.
- Portuguese people enjoy eating a variety of seafood. See how many different kinds of seafood you can try.
- Enjoy a pastel *de nata*, a small egg custard tart.



Photo: Diliara Garifullina/Unsplash



Photo: Jan Coates



Photo: Borasurfer/Unsplash





# EXPLORE GOD'S WORK



Photo: Jan Coates

*Use the facts and information found here to help your students learn about the church in Portugal. (You will find photos in the accompanying PowerPoint presentation for Portugal on our website: [fmwm.org/resources/children](http://fmwm.org/resources/children).)*



Photo: Eduardo & Cindi Angelo

There are four Free Methodist churches in Portugal. They meet in different towns:

- One is in **Corroios**, led by missionaries **Eduardo and Cindi Angelo**.
- One is in **Lisbon**, led by Pastors Santiago and **Laysse Magalhães**.
- One is in **Barreiro**, led by Pastors Hugo and **Carla Conceição**.
- One is in **Amiais-de-Baixo**, led by **Fabiano and Aline Souza**, who are learning to be pastors.

These churches love helping people learn about Jesus. They have small groups every week for both kids and grownups. In these groups, children learn how to pray and trust God.

They also have special times for families and teach people how to share Jesus with others around the world. The churches are known for their great music!



There is a special school called a **seminary** that helps train people to become pastors and leaders.

The **Barnabas Project** helps families who don't have enough food or a place to live.

The churches in Portugal are now sending missionaries to other countries! One family, the **Souzas**, went to **São Tomé and Príncipe** in Africa to start new churches. The churches in Portugal also helped start a Free Methodist Church in **Guinea Bissau**, another country in Africa.



Photo: Jan Coates

### Let's Pray For:

- people who are learning to be pastors
- people in Portugal who don't know Jesus yet
- new believers to grow strong in their faith
- the Souza family, as they help start churches in Africa



Photo: Eduardo & Cindi Angelo



Photo: Cindi Angelo





## ADVENTURE STORY

# I Want to Grow in God and Learn

*Adapted from a story by Cindi Angelo*

Have you ever told a friend about something really special to you? That's what Catarina did at her job. She loved Jesus and wanted others to know about Him, too.

One day, Catarina was talking to her coworker Tiago. He was 24 years old and worked at a big company in Portugal. Tiago didn't know much about God, but he noticed how kind and joyful Catarina was. During her breaks, she told Tiago about God's love.

Tiago got curious. He wasn't sure if he believed in God yet, but he wanted to learn more. Catarina told him about a Free Methodist church near where he lived, so he looked up the church on Instagram and asked questions. Pastor Cindi answered him and prayed for him.

That Sunday, Tiago came to church for the first time. Pastor Cindi greeted him with a big smile and a hug. Tiago listened carefully during the songs and the message, even though he felt a little unsure. Most people in Portugal go to a different kind of church, so this was all new to him.

But something special happened – Tiago felt something in his heart. He didn't know it yet, but his spirit was thirsty for God's truth. Catarina had helped open the door to Jesus.

Everyone at church was kind to Tiago. He got a Bible and was invited to the young people's group. He kept coming back, and soon, Tiago decided to follow Jesus! He was baptized and started learning more about God – just like a little plant growing with water and sunshine.

One day, Tiago told Pastor Cindi, "I want to grow in God and learn more. I want to be a disciple of Jesus. Someday, I want to help start churches so more people can know Him!"

Isn't that amazing? God used one person – Catarina – to help Tiago find Jesus. And now Tiago wants to help others, too! He is singing a new song about his love for Jesus!



Photo: Eduardo & Cindi Angelo

## EXPLORE MORE



In our story, Tiago met Jesus and decided to follow Him. But Tiago knew that just meeting Jesus wasn't enough—he needed to grow and learn how to live like Jesus every day!

Think about how babies grow. They need food and love from their parents to grow big and strong. When we follow Jesus, we also need special care and “spiritual food” to grow in our faith. That means learning more about Jesus and how to live like Him.

When someone helps us grow in our faith, it's called **discipleship**. That person might be a parent, a church teacher or a pastor. They help us become better followers of Jesus!

### The Bible says:

*“Just as you accepted Christ Jesus as your Lord, you must continue to follow Him. Let your roots grow down into Him, and let your lives be built on Him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.”*

— Colossians 2:6-7

### Spiritual Food to Help Us Grow

Here are five ways we can grow strong in Jesus:

1. Prayer – Talking to Jesus and listening to Him.  
*“Don't worry about anything. Instead, pray about everything.”*  
— Philippians 4:6-7
2. Reading the Bible – Learning what God says and how He wants us to live.  
*“Your word is a lamp to guide my feet and a light for my path.”*  
— Psalms 119:105
3. Worshiping Together – Singing, praying and learning with other Christians.  
*“Let's not stop meeting together. Let's encourage each other!”*  
— Hebrews 10:24-25
4. Giving and Serving – Helping others because Jesus loves us.  
*“Whoever wants to be great must serve others.”*  
— Matthew 20:26-28
5. Going and Telling – Sharing the good news about Jesus with others.  
*“Go and make disciples of all nations.”*  
— Matthew 28:19-20

Students can use a special calendar (page 11) to track how they're doing with their daily spiritual food – like praying, reading their Bible and helping others! Encourage them to identify the people who are helping them grow in their faith (discipling them).





# LEARNING TO FOLLOW JESUS

	Bible Reading	Praying	Giving & Serving	Sharing the Good News	Worship
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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# PEOPLE ON ADVENTURE



## Eduardo and Cindi Angelo

### Portugal – International Missionaries

Cindi and Eduardo Angelo have planted and pastored churches near Lisbon since 1999. They focus on starting new churches, reaching the lost, and training and releasing new Christians as leaders of small groups and future churches. They also encourage the churches to be globally minded, and in 2019, the FMC in Portugal sent a family to plant churches and develop leaders in the former Portuguese colony of São Tomé and Príncipe (Africa).

#### Pray for:

- new believers learning to leave their old lifestyles and follow Jesus
- their work with training new pastors
- new connections and opportunities in their community



## Cida Matos

### Portugal – International Missionary

Cida Matos has been a missionary in Portugal since September 2000, supporting church-planting work and developing leaders. As an ordained elder in the Free Methodist Church, she leads the small-group network in Portugal. Cida also teaches at the seminary classes to train new pastors and works with groups who are going out to share the good news in the community.

#### Pray for:

- the leaders of the small groups
- God to help all of the church members to keep growing in their love for Jesus
- good health and strength





# ADVENTURE IN PRAYER

## PRAYER FOR GROWTH

### Supplies needed:

Cotton balls or cotton rounds

Seeds: marigolds, zinnias or another fast-growing flower seed

Small Ziploc plastic bags

Water

### Recite together the following scripture:

*This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.*

— John 15:8 (NIV)



Have students wet the cotton ball or cotton round by sprinkling it with water. (The cotton should not be soaked with water, so if it is too wet, have the children squeeze out some water.)

**Pause and pray with the children – Lord, show me how I can grow as a disciple (follower) and produce fruit, helping others know about you.**

Sprinkle some seed on the cotton and place it in the plastic bag.

**Pause and pray again – Lord, how can I show others that I am your disciple (follower)? Please help me find someone at school or in my neighborhood who I can tell about You.**

Send the baggies with seeds home as a reminder to continue these prayers. (Students should keep them in a sunny place and watch the seeds sprout.)





# EXPLORE THE CULTURE

## LANGUAGE

### Portuguese

Olá  
Como está?  
Bom dia  
Boa tarde  
Boa noite  
Please  
Sim  
Não  
Obrigada (female)  
Obrigado (male)  
Adeus or Tchau

### English

Hello  
How are you?  
Good morning  
Good afternoon  
Good night  
Por favor  
Yes  
No  
Thank you  
Goodbye

Como está?

Olá!

Por favor

## MUSIC

### God Is So Good

#### Portuguese

*words traditional*

Deus é tão bom  
Deus é tão bom  
Deus é tão bom  
É tão bom p'ra mim.

#### Pronunciation:

DAY-oos eh ton bom.  
DAY-oos eh ton bom.  
DAY-oos eh ton bom.  
Eh ton bom prah me.

#### Translation:

God is so good,  
God is so good,  
God is so good,  
He's so good to me.





# GAMES

## The Snail Game

The Snail Game is a traditional game called *Caracol* in Portuguese.

### What you need:

Masking tape or sidewalk chalk

Several small stones (big enough for the children to kick)

### Preparation:

If you are playing outside, use the chalk to prepare several snail shell patterns on the pavement or sidewalk (one for every three to four children). They should all be about the same size. If you are playing indoors, use masking tape to create your snail shells on the floor. (See pattern on page 16.)

### How to play:

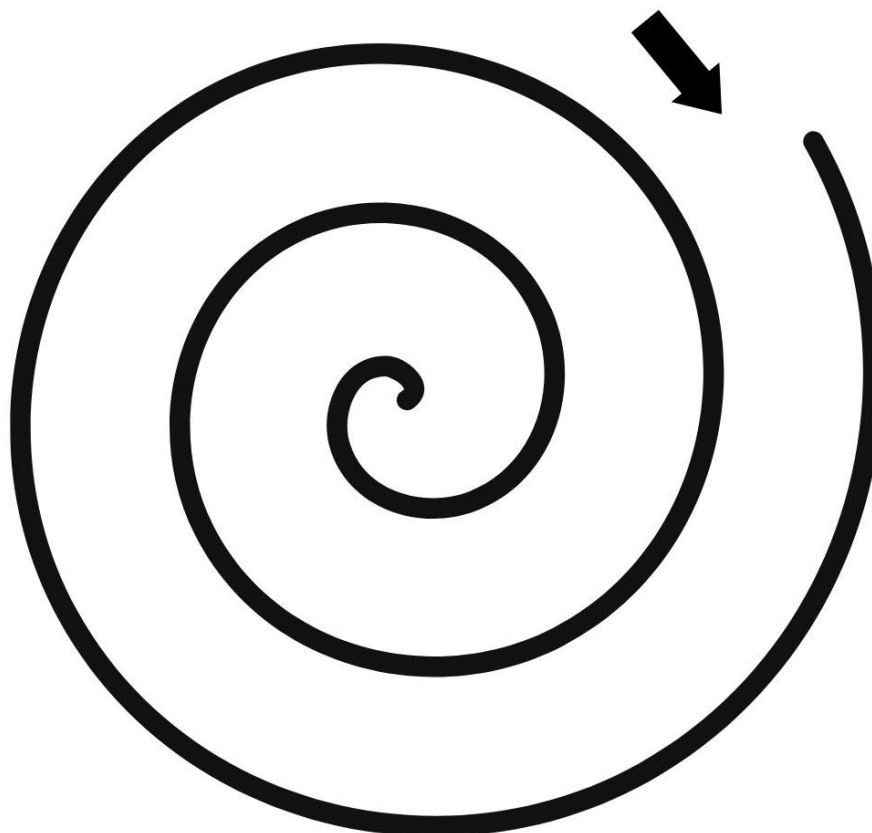
With children in groups of three to four, the first player places their stone at the opening of the spiral. They gently begin to kick the stone into the spiral, staying within the pattern of the spiral, until they reach the center. If they miss and go outside the ring of the spiral at any point, it is the next player's turn. The goal is to reach the center without messing up. Each child should have at least one turn.



# SNAIL PATTERN



DRAW A PATTERN SIIMILAR TO THIS FOR THE SNAIL GAME. IT CAN BE LARGER OR SMALLER DEPENDING ON THE AGE OF YOUR STUDENTS.





# CRAFT

## Tile Art (Portugal)

*Azulejos* is the art of Portuguese tiles. These tiles are everywhere, decorating churches, palaces, homes, parks, fountains and shops. They create intricate patterns and large murals. You can even visit the National Tile Museum in Lisbon.

### Supplies:

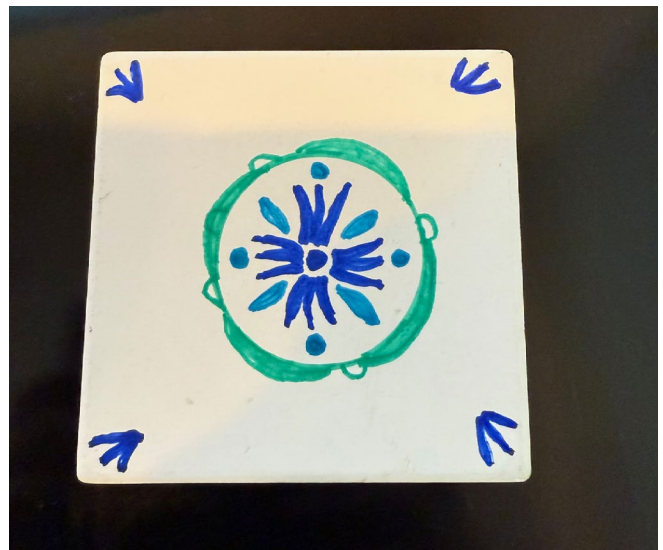
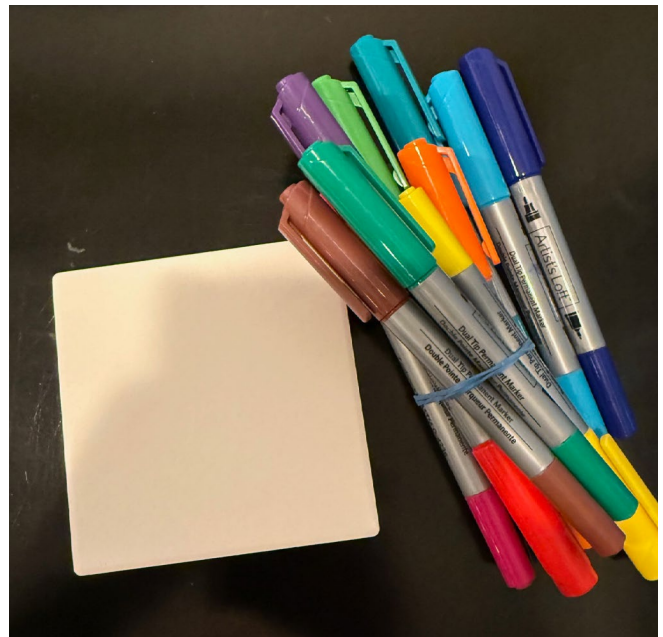
- small white, unglazed ceramic tiles (4x4" or 5x5") that can be purchased from a home improvement store, craft store or online
- permanent markers in a variety of bright colors
- Mod Podge
- sponge brushes for applying Mod Podge
- thin cork sheets cut in squares slightly smaller than the tile
- glue gun

### Directions:

Students will use the permanent markers to draw a picture or create brightly colored patterns on their tile. Once the tile design is complete, they will use a sponge brush to apply one or two layers of Mod Podge to the tile, creating a glaze effect. Allow this to dry. After the glaze is dry, glue a piece of cork to the bottom of the tile. The tile can be used as a coaster or a small trivet.



Photo: Annie Spratt/Unsplash



# FOOD

## Simple Snacks:

Grapes, oranges or cherries, almonds, jam or cheese sandwiches.

## Easy Portuguese Donuts

*Portugal has several traditional deep-fried treats. They vary from one region to another. Different varieties take different forms, have unique spices and additions. These are a no-hole variety made with a yeast dough. Try our simplified version.*

### Ingredients:

1 can refrigerated biscuit dough (flaky kind works best)

1/2 cup granulated sugar

1 teaspoon cinnamon

Optional: Chocolate chips

### Directions:

Heat a pot of vegetable oil to 350 degrees.

Take the biscuit dough out of the can and cut each biscuit into three or four pieces. Round each piece slightly without handling it too much. Mix together the sugar and cinnamon in a small bowl.

Drop into hot oil and fry until golden brown. Use tongs to remove the donuts and place them on a plate lined with paper towels. Once they're cool enough to handle, roll each donut in the cinnamon and sugar mixture. You may also dip in melted chocolate.



Photo:Cristiano Pinto/ Unsplash

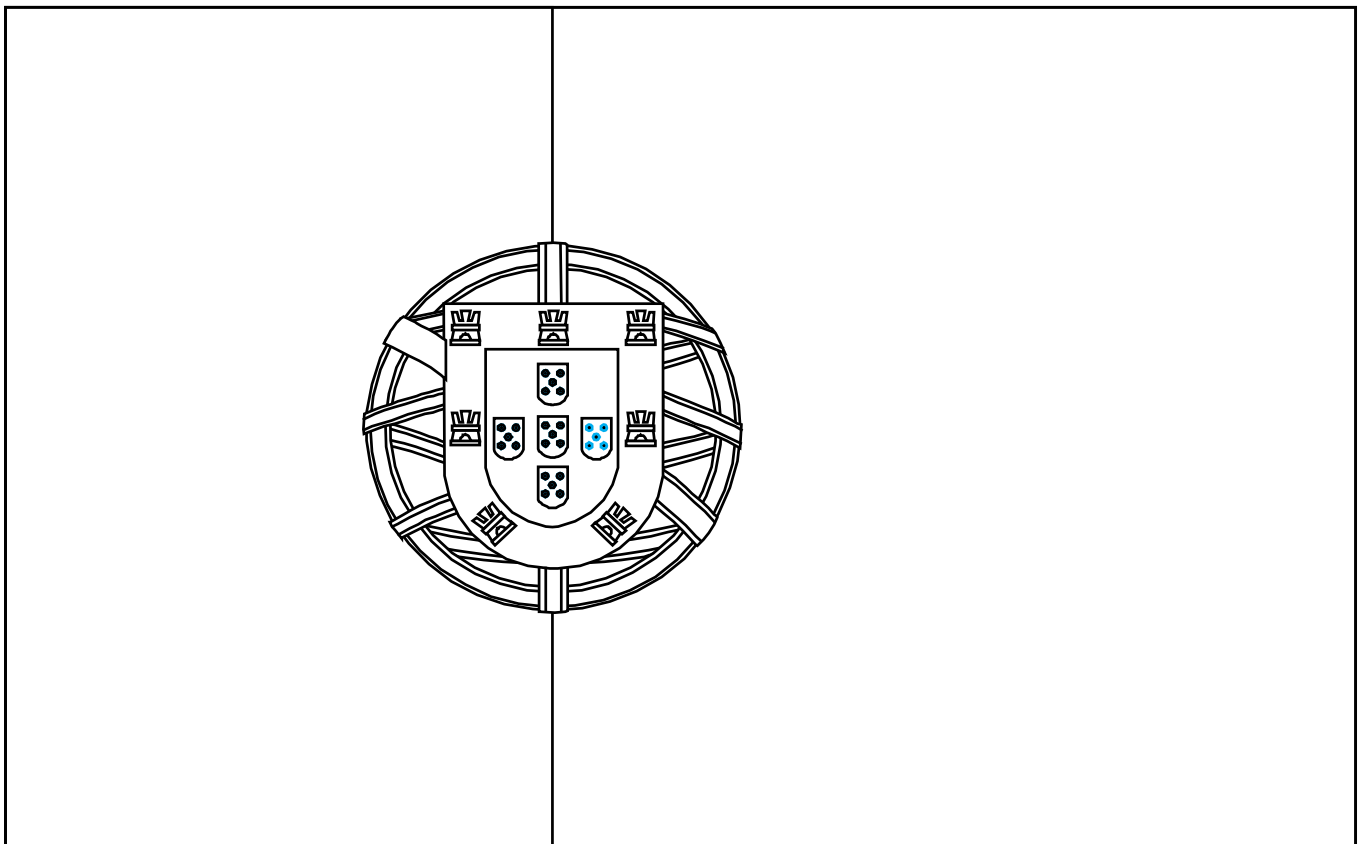


# FLAG, MAP AND PUZZLES

## Portugal Flag



This version of the PORTUGAL flag was first used in 1911. The yellow sphere is a navigational instrument, a reminder of the country's seafaring tradition. The five yellow shields represent Christian victory over the Muslims (they were called the Moors). The seven yellow castles represent the marriage of King Alfonso III to Beatrice of Castile in 1252.



## Portugal Map

Label the map with capital and major cities. Draw pictures of things like a rooster, a bridge, a fish, a surfer, or other things that represent Portugal.



# Portugal



Read the sentences about Portugal and fill in the blank.  
Use the list of words to help.

Rectangular	Euro	Angelo	windmills
Thank you	four	Lisbon	Azulejos
Good Morning	half	codfish	Paradise

- 1 The capital is \_\_\_\_\_
- 2 The \_\_\_\_\_ is the currency used in Portugal.
- 3 More than \_\_\_\_\_ of the world's cork comes from Portugal.
- 4 People in Portugal love to eat \_\_\_\_\_
- 5 The country's shape is \_\_\_\_\_
- 6 Portugal is known as Surfing \_\_\_\_\_
- 7 Farmers use \_\_\_\_\_ to grind grain.
- 8 Buildings are decorated with colorful tiles called \_\_\_\_\_
- 9 Obrigada means \_\_\_\_\_
- 10 Eduardo and Cindi \_\_\_\_\_ lead the churches in Portugal.
- 11 Bom dia means \_\_\_\_\_ Portuguese.
- 12 There are currently \_\_\_\_\_ Free Methodist churches.



Created Using Canva



# Cork Match

More than half the world's cork comes from Portugal.  
Match the correct cork with the English word or phrase.



● How are you?



● Thank you



● Good Morning



● Goodbye



● Good Night



● Yes

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# PORTUGAL



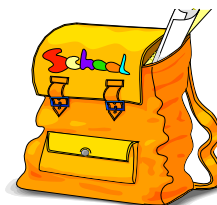
Capital city: Lisbon  
Main language: Portuguese  
Religion: Roman Catholic

## Did you know?

Portugal is the world's largest producer of cork.

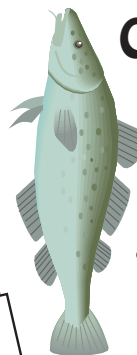
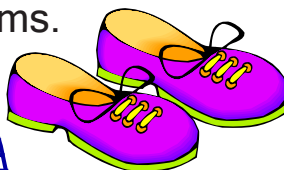


Portugal's Maderia Island has 695 species of beetles.

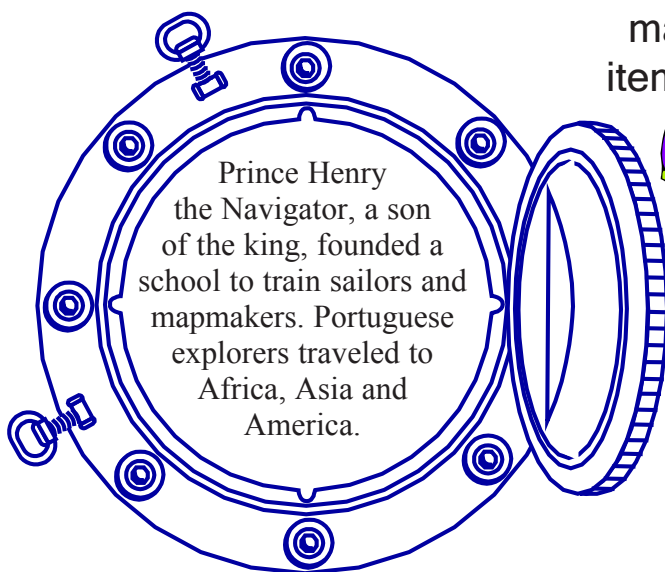


School lasts only half a day for children in Portugal.

Shoes are one of Portugal's leading manufactured items.



Cod fish is so popular for eating that it is called "the faithful friend."



Prince Henry the Navigator, a son of the king, founded a school to train sailors and mapmakers. Portuguese explorers traveled to Africa, Asia and America.

## TO DO:

Solve the math equations. Then use the code to learn what God's Word says in Isaiah 56:7b.

$8 + 1$

$3 + 3$

$4 - 0$

$7 - 5$

$10 - 2$

$6 - 3$

$4 + 2$

$2 + 5$

$5 - 4$

$2 + 3$

$9 + 2$

$12 - 2$

math code:

prayer = 1  
will = 4  
of = 7  
nations = 10

be = 2  
for = 5  
called = 8  
all = 11

a = 3  
house = 6  
my = 9

Answer (hold up to a mirror): W4 jones will be called a nation of

**P** Pray for international missionaries Eduardo and Cindi Angelo's ministries in Portugal.

**r**  
**a**  
**y**  
**f**  
**o**  
**r**

## Portugal



The continued growth and development of global missions through the Free Methodist Church in Portugal.

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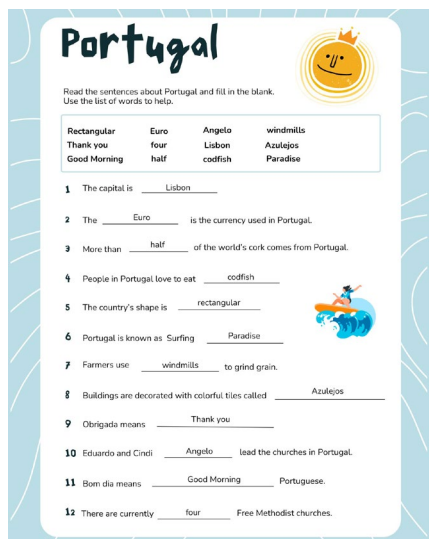
Pearls of Portugal

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The Real World

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## Puzzle Answers:

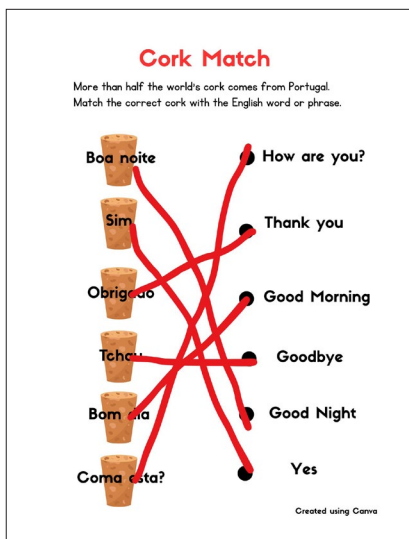


**Portugal**

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- More than half of the world's cork comes from Portugal.
- People in Portugal love to eat codfish.
- The country's shape is rectangular.
- Portugal is known as Surfing Paradise.
- Farmers use windmills to grind grain.
- Buildings are decorated with colorful tiles called Azulejos.
- Obrigada means Thank you.
- Eduardo and Cindi Angelo lead the churches in Portugal.
- Bom dia means Good Morning Portuguese.
- There are currently four Free Methodist churches.



**Cork Match**

More than half the world's cork comes from Portugal. Match the correct cork with the English word or phrase.

Boa noite	How are you?
Sim	Thank you
Obrigado	Good Morning
Tchau	Goodbye
Bom dia	Good Night
Como esta?	Yes

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