



ASSOCIAÇÃO
DE SOLIDARIEDADE
SUBUD

Nature, Community, and Solidarity Fair in November!

Growing with Nature



In addition to the 'Me, Us, Us in the World' methodology, ASSUBUD is developing the '**Growing with Nature**' project. This project aims to promote the well-being and holistic development of children, youth, and adults through outdoor activities, strengthening their connection with nature and raising awareness of each individual as an agent of change in protecting the planet. 🌍

Playing in natural environments is essential for childhood development, stimulating creativity, problem-solving, and social interactions. By exploring nature freely, children develop skills such as cooperation and environmental care, which help prevent issues like sedentary lifestyles, obesity, and excessive screen time, which negatively impact their development. 🌳🌻

Activities such as gardening, recycling, and playground maintenance promote environmental responsibility and reinforce the understanding that each child can be

an agent of change. 🌿



Using recyclable and natural materials like sticks, stones, and leaves become "loose parts" that encourage imagination and discovery. These items allow children to build, investigate, and solve challenges independently and creatively, promoting critical thinking skills and autonomy. 🍁



Incorporating natural materials in indoor spaces, such as wood, pinecones, and plants, strengthens the connection with nature, gradually replacing plastic toys and promoting sustainability. 🍁





Hands-on outdoor learning, regardless of weather conditions, enriches the school environment and promotes children's well-being and focus. Contact with nature supports psychological well-being and enhances mental health. Even on rainy days, outdoor activities prove to be educational and fun, allowing children, for example, to jump in puddles, observe water flow, or discover which objects float. Providing children with these outdoor experiences, fully equipped, enriches their development and promotes a comprehensive and engaging environmental learning experience. 🍂

A Garden of Discovery: How Our Children Are Growing with Nature!

We're delighted to share how the children at ASSUBUD's Nursery on Estrada de Alfragide benefit from the new spaces created by dedicated **CISCO** volunteers who joined us in the "Growing with Nature" project. Thanks to their efforts and generosity, the nursery's garden has been transformed into a true space for adventure and learning! 🌿🌈

Since the new areas—like the mud kitchen and beach zone—were opened, the children have been enthusiastically exploring every corner. They create imaginative "recipes" in the mud kitchen and experiment with different textures. At the same time, the beach zone has become an ideal spot for sand play, stimulating their imagination and encouraging social interactions. 🧑🌻

These spaces are more than just places for fun; they play a vital role in developing children's motor and social skills, allowing them to learn about nature and the environment in an engaging, hands-on way.

We deeply thank all **CISCO** volunteers for their tireless work, time, and resources dedicated to our project. Initiatives like these help us build a future where our children can grow healthy by exploring and connecting with nature. We look forward to all the new adventures yet to come! 🌈🌻



Invitation to the November Solidarity Fair – Growing with Nature Project

On **November 23 and 24**, in the late afternoon, we invite you to join us at our **Solidarity Fair** in **Alfragide**, at the entrance to the **Igreja da Divina**

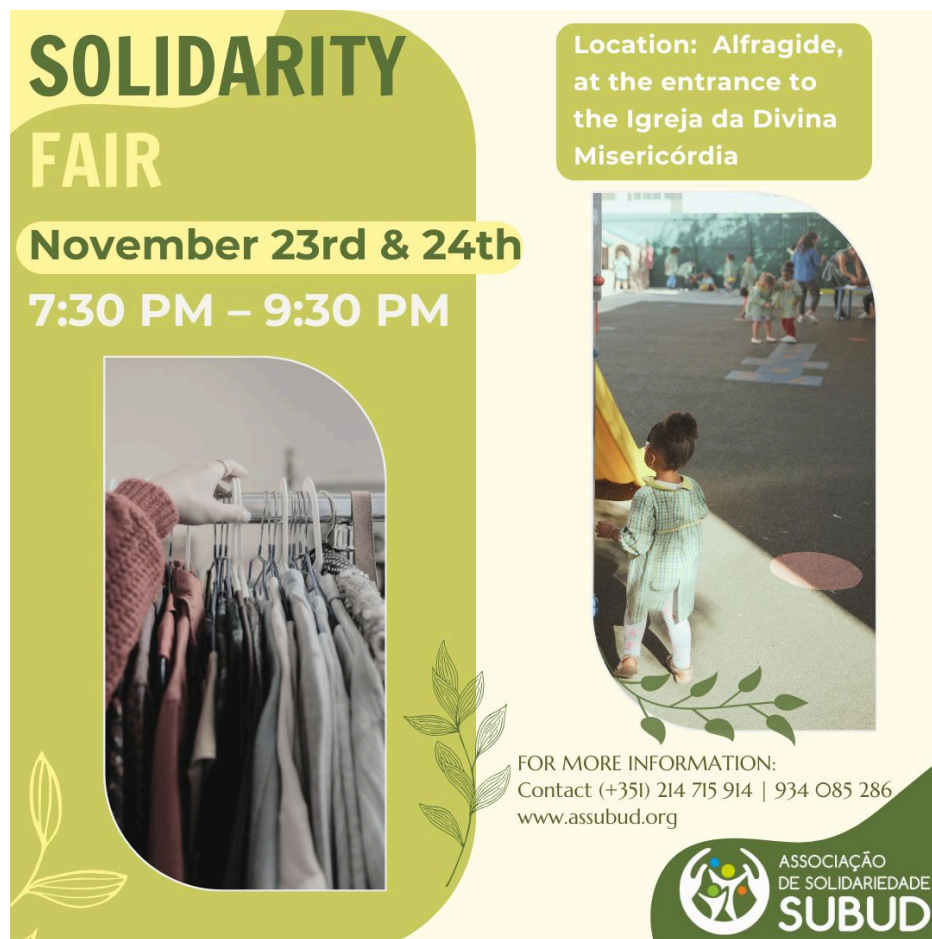
Misericórdia, to support the "Growing with Nature" project! 🌱

Through this event, we aim to raise funds to renovate ASSUBUD's outdoor space on Rua da Imprensa and acquire psychomotor materials, which are also essential for therapeutic activities.

Our goal is to create enriching spaces that foster child development, offering children diverse and engaging sensory experiences in contact with nature. 🌿

At the fair, you will find a selection of new and second-hand clothing, toys, and other items that promote reuse and encourage more sustainable consumption. Each contribution helps build a healthier and more inclusive future for our children, while supporting eco-friendly practices. 🌍

Join this cause! With your help, we can transform ASSUBUD's space into a more welcoming and stimulating environment for children. Your participation is essential! 👤



SOLIDARITY FAIR

November 23rd & 24th
7:30 PM – 9:30 PM

Location: Alfragide,
at the entrance to
the Igreja da Divina
Misericórdia

FOR MORE INFORMATION:
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The poster features a green and yellow color scheme. On the left, there is a photograph of a hand selecting a garment from a rack. On the right, there is a photograph of a child in a green patterned outfit standing in an outdoor area. The text is arranged in a clean, modern font, with the event title and dates in large, bold letters. The ASSUBUD logo is positioned in the bottom right corner.

For location details of the Solidarity Fair, click here:

Fair Location

International Visit from Subud Members



Following ASSUBUD's participation in the Subud World Congress held in Indonesia last July, we had the honor of receiving several Subud members from different countries in October. It was a pleasure to show them our facilities and to share our work and commitment for the well-being of children and their families. 🌍

ASSUBUD is part of the Susila Dharma network, a vital branch of the Subud movement that applies its principles and philosophy to various social projects, supporting those most in need. Thanks to the valuable financial support and collective efforts of the Susila Dharma network, we have enhanced our services and facilities in Portugal and made a lasting, positive impact on our community. 🍌

We are deeply grateful for this support, which enables us to move forward in our mission to assist those in vulnerable situations. 🙏

To read our article on the Subud World Congress featured in the August newsletter, click here!

[Newsletters](#)

Strengthening Bonds and Creating Memories: An Unforgettable Team Building Day



This month, the ASSUBUD team embarked on a unique team-building session to strengthen connections and promote collaboration among all members. 💛 In a

relaxed setting, we engaged in activities that encouraged communication and team spirit, allowing us to get to know each other better and reinforce our commitment to ASSUBUD's goals. It was an incredible opportunity to bring the team closer, create unforgettable memories, and strengthen the bonds that motivate us to face future challenges. 🌍🚀

**Join us to build a world where
all children can have equal
opportunities.**

**Join our Solidarity Fair on
November 23rd and 24th!**

**Your donation makes all the
difference!**



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