



# ASSOCIAÇÃO DE SOLIDARIEDADE SUBUD

## Moments of Unity and Joy: Subud Congress, Summer, and School Festivities

### Subud World Congress

This year, ASSUBUD once again participated in the Subud World Congress, which took place in Kalimantan, Indonesia. Subud is a spiritual association that transcends borders, bringing together members from all over the world. This global congress, which occurs every four years, is a true celebration of our international community and the projects that improve people's lives in our communities. 🌍

During this congress, meetings were held for the different projects within the Susila Dharma network, of which ASSUBUD is a part. Susila Dharma is a fundamental area of Subud's work, putting the spiritual movement's philosophy of life into service for those most in need through social projects. Thanks to the financial support and collective effort of Susila Dharma, we have improved our services and facilities in Portugal, positively impacting our community.

ASSUBUD was present at this congress, where it had the opportunity to present its educational project in a panel on education and child development, along with other projects from different parts of the world. It was a unique opportunity to exchange experiences, celebrate achievements, and discuss challenges with project representatives from other countries. ✨

The Subud World Congress is a moment of learning, growth, and strengthening the bonds between Subud members and the social projects we support. 🌱💖



## Summer Adventures: Fun at the Beach and Pool for Our Little Explorers

Summer has arrived and brought a series of exciting activities for the children and young people in our nursery, preschool, and after-school care programs. Trips to the beach and pool activities were moments of great fun, providing unforgettable experiences for our little explorers. 🏖️

At the beach, children showed all their creativity and enthusiasm by building sandcastles 🏰. With buckets, shovels, and molds, they created true works of art, developing motor skills, creativity, and teamwork. 🧡

Exploring nature was another activity that delighted our little ones. With their attentive eyes 👁️, they collected shells 🐚 and stones, promoting curiosity and highlighting the importance of preserving the environment. 🌍



Water games, of course, 🌊 could not be missed on the beach and in the pool! Jumping the waves 🌊 and running along the shore brought joy and helped build water confidence. The activities in the pools generated contagious joy. These activities are fundamental for developing skills: playing in the water promotes motor coordination and builds confidence and safety in the water. Interaction with colorful toys and other children stimulates curiosity and socialization. 😊

Activities at the beach and pool are not just fun; they are valuable opportunities for the development and socialization of our children. These outdoor experiences provide physical, emotional, and social benefits that contribute to the healthy and happy growth of our little ones. ☀️



## End of the School Year: Unforgettable Celebrations!

At ASSUBUD, we celebrated the end of the school year with two lively parties filled with memorable moments under the theme "We will march in the world to save the

planet". 🌍

The festivities began in the nursery and Preschool with the charming Nature Parades 🌿, led by our little ones. Their creative and beautiful costumes and accessories and enthusiasm for environmental protection 🌱 were truly inspiring. Their role in the celebrations made us all proud and connected, reflecting the importance of preserving nature.

Following this, the Preschool hosted an exciting dance performance by the After-School Care Program (CATL) 🧒🧒, a true spectacle of rhythm and energy that captured the festive spirit 🎉. The engaging choreography and the children's joy were a delight for all who watched.

Next came the tribute to our graduates 🎓. It was a moment of great pride and celebration, with diplomas awarded to our children about to embark on a new stage. The air was filled with emotion, reflecting the effort and dedication of each one throughout the school year. ✨

The celebration concluded with a delicious snack time 🍪🍰, where families had the opportunity to enjoy a pleasant moment, savoring treats prepared with care. This gathering allowed everyone to come together, share experiences, and celebrate the end of another school year.

We want to extend our gratitude to everyone who contributed to the success of these celebrations: the children, their families, and the entire ASSUBUD team. 🙏 These events would not have been so special and joyful without each person's commitment and passion. ❤️

May the spirit of celebration and commitment to the future inspire us through the challenges ahead! 🚀

Until the next school year, with new adventures and achievements!



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Associação de Solidariedade SUBUD, Rua da Imprensa, nº 12 A, 2610-087 Alfragide, Amadora,  
Portugal, 214 715 914

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