

**Lifelong Learning Program  
Erasmus+  
Mobility Action – KA1**

*Project title*

**"LevelUpStruke / LevelUpProffesion"**

*Project code*

**2024-1-HR01-KA122-VET-000228205**

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## **FINAL REPORT**

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**Sending Organization:**

**Srednja strukovna škola Marko Babić / Vocational High School Marko Babić**  
Domovinskog rata 58,  
32010 Vukovar,  
Croatia

**Intermediary Organization:**

**Braga Mobility Open - APLICAPROPOSTA LDA**  
Travessa de S. José nº 41 – 1º  
São Victor  
4710-438 Braga  
Portugal

### Participants:

- 1) Ana Marija Josić
- 2) Lanna Marinković
- 3) Lara Mirić
- 4) Lea Obajdin
- 5) Ana Korać
- 6) Ana Petrih
- 7) Stela Andžaković
- 8) Franjo Dinješ
- 9) Antonio Knežević
- 10) Miloš Kojić
- 11) Ena Batos
- 12) Lana Vidović
- 13) Dunja Kordić
- 14) Lara Marjanović
- 15) Paula Pamicki

### Responsible person:

Tiago Costa

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### **Duration of the Mobility:**

14 days

### **Starting date of the Mobility:**

11 May 2025

### **Ending date of the Mobility:**

25 May 2025

We confirm that the official starting date of the project was **11 May 2025** and the official ending date was **25 May 2025**.

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## **Accommodation**

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The participant of the project was accommodated in the Pousada de Juventude, a comfortable, quality inn located in the heart of the center of the city of Braga, allowing for easy mobility and leisure walks.



## Content and realized aims of the Project

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The main objective of this project was to give the opportunity to the participants to improve their personal skills and to acquire new technical and professional know-how, through their insertion within a receiving organization which offered them hands-on experience with their entrepreneurial system, which is different from their local system, i.e. the Croatian system. The training programme was organized in order to improve the students employability; to obtain and improve entrepreneurship skills within these professional sectors; to adapt to the new work team and environment; to acquire new professional, language and intercultural skills; to develop team work spirit; and to raise his/her self-confidence and awareness of European citizenship while contributing to an international work experience.

International work experience is an essential factor in the creation of a development strategy for companies striving to establish themselves in their respective industries. The training experience aimed to, first and foremost, import innovation in the local environment which would result in improving the enterprises profiles by adding to the value of the product/service, and also to optimize productive processes, organization and communication. The professional qualifications to be achieved at the end of the work placements were therefore those pertaining to being an expert on an international point of view in the fields of **Hairdressers and Beauticians and Cooks**, as well as seeking the improvement of professional and entrepreneurship skills and competences related to these professional areas.

Experts on an international point of view are essential today because they help from the articulation of the international vision to resolving concrete issues, not to mention the support they provide on the preparation and execution of international plans. Companies want help and advice from experienced people, especially people with international networks established which could act as "door openers" for the enterprises.

In order to achieve these international competencies, the participants underwent a mobility period of **14 days**. Before departure, they attended a preparation which provided them with crucial knowledge pertaining to the host country, in order to allow them to integrate themselves with immediacy once arrived.

Participants, during their period in Braga, Portugal have been tutored and mentored by the staff of the host organizations. Regularly, the tutor/s of the hosting organizations monitored and evaluated the project in order to guarantee its correct progression and to achieve the best results.

The host organization, other than providing indications specific to the content of the training experience, has also indicated didactic methodologies to undertake, which were:

- The focus on practical aspects rather than theoretical aspects;
- Usage of enterprise case studies which represent actual experiences;
- The possibility of holding simulations and acquire hands-on experience in the choice of presented work-related means and techniques.

The participants started by familiarising themselves with the culture of the company, being gradually introduced to more demanding and more complex information and tasks requiring more responsibility. They acquired first-hand experience with practical training through work placement at the employer abroad and new knowledge to their area of expertise. Communication in foreign language (English) at the workplace helped the participant to improve his knowledge of the foreign language in his profession. By engaging in foreign social environment, the participants formulated personal identity and reinforced self-confidence.

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## Host Companies & Training Contents

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### *Patricia Rodrigues Cabelo, Corpo & Arte*

Ana Marija Josić carried out her internship experience with Patricia Rodrigues Cabelo, Corpo & Arte.

Rua Stª Margarida Nº 164,  
4710-306 Braga – Portugal  
+351 253 107 414

<https://www.facebook.com/PatriciaRodriguesCabeloCorpoArte>

A space of beauty care and well-being where modernity meets quality – it's in this manner that Patricia Rodrigues Cabelo, Corpo & Arte presents itself. Located in the city of Braga, the salon fuses hairdressing services with aesthetics, relying on the experience of the professional staff.

Services provided by the company include manicure, pedicure, eyebrow extensions, depilation, body and face treatments, among many others, making it one of the youngest spaces in the district for beauty care and well-being.

#### **Activities/tasks carried out:**

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- Talking to clients about their requirements
  - Cutting hair using clippers, scissors or razors
  - Shampooing, conditioning and rinsing hair
  - Providing services such as colouring, bleaching, applying treatment, permanent waving (with chemical solutions), straightening and tinting
  - Drying hair and styling it using brushes, combs, straightening irons and other equipment
  - Shaving and trimming beards and moustaches
  - Advising clients on hair care
  - Operate a cash register and computer
  - Perform reception duties such as making appointments
  - Selling retail products
  - Maintaining client records
  - Cleaning the salon, work areas and equipment
  - Perform other tasks as assigned by the mentor/supervisor
- 

#### **Knowledge, skills and competences acquired:**

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- The importance of communication and punctuality in this field of work
  - Understand how learners' mobility enhances their personal development
  - Perfected team-work and individual work skills
  - Development of work habits, entrepreneur spirit and sense of professional responsibility
  - Improvement of language level and communication at work
  - Acquiring new knowledge and contact with techniques that are beyond the situations available during training
  - Learned different work methodologies and ideas
  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers
-

## ***Beleza Oculta***

**Lanna Marinković** carried out her internship experience with **Beleza Oculta**.

Rua Araújo Caranda nº 97,

4715-005 Braga, Portugal

+351 910 483 361

<https://www.facebook.com/Beleza-Oculta-577996278901541/timeline>

Beleza Oculta is a hairdresser and beauty center right in the center of Braga, where various types of beauty and hair treatments are carried out.

### **Activities/tasks carried out:**

- 
- talking to clients about their requirements
  - cutting hair using clippers, scissors or razors
  - shampooing, conditioning and rinsing hair
  - providing services such as colouring, bleaching, applying treatment, permanent waving (with chemical solutions), straightening and tinting
  - drying hair and styling it using brushes, combs, straightening irons and other equipment
  - shaving and trimming beards and moustaches
  - advising clients on hair care
  - operate a cash register and computer
  - perform reception duties such as making appointments
  - selling retail products
  - maintaining client records
  - cleaning the salon, work areas and equipment
  - performing other tasks as assigned by the supervisor.
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### **Knowledge, skills and competences acquired:**

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- The importance of communication and punctuality in this field of work
  - Understand how learners' mobility enhances their personal development
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  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers
-

## ***Beleza Oculta***

Lara Mirić carried out her internship experience with **Beleza Oculta**.

Rua Araújo Caranda nº 97,

4715-005 Braga, Portugal

+351 910 483 361

<https://www.facebook.com/Beleza-Oculta-577996278901541/timeline>

Beleza Oculta is a hairdresser and beauty center right in the center of Braga, where various types of beauty and hair treatments are carried out.

### **Activities/tasks carried out:**

- 
- Carrying out skin analysis and giving advice about skin and body care
  - Performing facial or body massage and aromatherapy treatment
  - Analysing body type and advising on exercise programmes and nutrition
  - Using a variety of treatments and electrical equipment to treat skin and body conditions
  - Removing facial and body hair by electrolysis or waxing
  - Applying make-up
  - Performing manicures, pedicures, nail extensions and eyelash and brow tinting
  - Performing reception duties (such as receiving bookings and arranging appointments)
  - Maintaining client records
  - Providing advice about and sell cosmetic products and related beauty equipment
  - Perform other tasks as assigned by the supervisor.
- 

### **Knowledge, skills and competences acquired:**

- 
- The importance of communication and punctuality in this field of work
  - Understand how learners' mobility enhances their personal development
  - Perfected team-work and individual work skills
  - Development of work habits, entrepreneur spirit and sense of professional responsibility
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  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers
-



## ***Espaço Nice***

Lea Obajdin and Ana Korać carried out their internship experiences with **Espaço Nice**.

Rua do Raio, 286  
4710-924 Braga, Portugal  
+351 938 438 320  
[ildasjorge@gmail.com](mailto:ildasjorge@gmail.com)

At Espaço Nice Hairdresser and Beauty, clients are treated in a complete and personalized manner, with a unisex service that includes beauty services, massages, laser hair removal, facial treatments and makeup. Located in the city center of Braga.

### **Activities/tasks carried out:**

- 
- talking to clients about their requirements
  - cutting hair using clippers, scissors or razors
  - shampooing, conditioning and rinsing hair
  - providing services such as colouring, bleaching, applying treatment, permanent waving (with chemical solutions), straightening and tinting
  - drying hair and styling it using brushes, combs, straightening irons and other equipment
  - shaving and trimming beards and moustaches
  - advising clients on hair care
  - operate a cash register and computer
  - perform reception duties such as making appointments
  - selling retail products
  - maintaining client records
  - cleaning the salon, work areas and equipment
  - performing other tasks as assigned by the supervisor.
- 

### **Knowledge, skills and competences acquired:**

- 
- The importance of communication and punctuality in this field of work
  - Understand how learners' mobility enhances their personal development
  - Perfected team-work and individual work skills
  - Development of work habits, entrepreneur spirit and sense of professional responsibility
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  - Learned different work methodologies and ideas
  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers
-

## **Marco Antônio Cabeleireiro**

Ana Petrih and Stela Andžaković carried out their internship experiences with **Marco Antônio Cabeleireiro**.

Rua da Restauração Nº 115,

4710-428 Braga, Portugal

tel: +351 932 622 364

[https://www.facebook.com/marcoantonioacabeleireir/?locale=pt\\_BR](https://www.facebook.com/marcoantonioacabeleireir/?locale=pt_BR)

[spaziohair@hotmail.com](mailto:spaziohair@hotmail.com)

Marco Antônio Cabeleireiro is a hairdressing saloon located in the city of Braga.

### **Activities/tasks carried out:**

- 
- Talking to clients about their requirements
  - Cutting hair using clippers, scissors or razors
  - Shampooing, conditioning and rinsing hair
  - Providing services such as colouring, bleaching, applying treatment, permanent waving (with chemical solutions), straightening and tinting
  - Drying hair and styling it using brushes, combs, straightening irons and other equipment
  - Shaving and trimming beards and moustaches
  - Advising clients on hair care
  - Operate a cash register and computer
  - Perform reception duties such as making appointments
  - Selling retail products
  - Maintaining client records
  - Cleaning the salon, work areas and equipment
  - Perform other tasks as assigned by the mentor/supervisor
- 

### **Knowledge, skills and competences acquired:**

- 
- The importance of communication and punctuality in this field of work
  - Understand how learners' mobility enhances their personal development
  - Perfected team-work and individual work skills
  - Development of work habits, entrepreneur spirit and sense of professional responsibility
  - Improvement of language level and communication at work
  - Acquiring new knowledge and contact with techniques that are beyond the situations available during training
  - Learned different work methodologies and ideas
  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers
-



## ***Restaurante Britos***

**Franjo Dinješ** carried out his internship experience with **Restaurante Britos**

Largo da Senhora-a-Branca 92-94,  
4710-926 Braga, Portugal  
+351 253 200 180

[www.hotelresidencialdora.com](http://www.hotelresidencialdora.com)

[reservas@residencialdora.com](mailto:reservas@residencialdora.com)

Located in Mouzinho de Albuquerque square, two minutes' walk from the city center of Braga, Brito's Restaurant in Braga is already a reference for its high gastronomic quality and its calm and welcoming atmosphere.

Here, at Brito's Restaurant, traditional Portuguese cuisine with a subtle creative and innovative touch is in its splendor, allowing you to taste the most varied dishes that our country offers, such as lamb (only on Sundays), octopus à lagareiro, Britos cod, among others.

### **Activities/tasks carried out:**

- 
- Interact with customers, take orders and serve snacks and drinks
  - Assess customers' needs and preferences and make recommendations
  - Support in cleaning/maintenance of the workplace
  - Preparing food for processing and planning and preparing the service table/bar
  - Helping the cook in his activity
  - Cleaning of the kitchen and respective utensils
  - Performing the reception of the client in the service table/bar
  - Preparing and serving fish courses, pastries, salads
  - Planning and executing the services of regular and special table
  - Learning about local traditional ingredients, wines and cheese
  - Researching the specificities and the market tendencies associated with the table and the bar
  - Preparing and serving those gastronomic specialities
  - Implementing the national Health and Safety laws
  - Elaborating reports and filling in the technical documentation concerning the activity developed
  - Perform other tasks as assigned by the mentor/supervisor
- 

### **Knowledge, skills and competences acquired:**

- 
- The importance of communication and punctuality in this field of work
  - Understand how learners' mobility enhances their personal development
  - Perfected team-work and individual work skills
  - Development of work habits, entrepreneur spirit and sense of professional responsibility
  - Improvement of language level and communication at work
  - Acquiring new knowledge and contact with techniques that are beyond the situations available during training
  - Learned different work methodologies and ideas
  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers.
-

## **Café Vianna**

**Antonio Knežević and Miloš Kojić** carried out their internship experiences with **Café Vianna**.

Praça da República,  
4710-305 Braga, Portugal  
+351 253 262 336  
<https://www.facebook.com/CafeVianna/>  
[cafevianna1858@gmail.com](mailto:cafevianna1858@gmail.com)

One of the most iconic spaces of the city is located in the center, under the arcade that appears in all the postcards. Vianna has been a stop-over since 1858 of the noblest Bracaran society, and from year to year it has received illustrious figures such as Eça de Queirós and Camilo Castelo Branco. But Café Vianna is not just a point in the history of Braga, it is much more than that. It is part of the present and will certainly make part of the future. There they serve breakfast, lunch, snacks, dinners and even brunches. Vianna has all the facilities to have a drink before or after dinner and receives tourists from all over the world - after all, this is a unique and grandiose space, full of History (the history that the remodeling that is being done does not erase, only excel).

### **Activities/tasks carried out:**

- 
- Interact with customers, take orders and serve snacks and drinks
  - Assess customers' needs and preferences and make recommendations
  - Support in cleaning/maintenance of the workplace
  - Planning and preparing the service table/bar
  - Performing the reception of the client in the service table/bar
  - Planning and executing the services of regular and special table
  - Learning about local traditional ingredients, wines and cheese
  - Researching the specificities and the market tendencies associated with the table and the bar
  - Preparing and serving those gastronomic specialities
  - Implementing the national Health and Safety laws
  - Perform other tasks as assigned by the mentor/supervisor
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### **Knowledge, skills and competences acquired:**

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- The importance of communication and punctuality in this field of work
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  - Accurate and respectful attitude towards employers
-

## ***Elegance Cabeleireiro & Estética***

**Ena Batos, Lana Vidović and Dunja Kordić** carried out their internship experiences with **Elegance Cabeleireiro & Estética**.

Rua Ambrósio dos Santos 22,  
4715-242 Braga - Portugal  
+351 253 193 564  
[www.facebook.com/Elegance.Braga](http://www.facebook.com/Elegance.Braga)  
[elegance.cris@hotmail.com](mailto:elegance.cris@hotmail.com)

Elegance Cabeleireiro & Estética is the ideal place to take care of one's image. The salon's greatest concern is the well-being and satisfaction of their customers, in a space specialized in hairdressing and aesthetics services. An exquisite and luxurious space, with a professional staff capable of handling the most various tasks to meet their client's expectations and demands, Elegance provides a wide variety of services to their clients, from hairdressing and make-up services, to massage and body treatments.

### **Activities/tasks carried out:**

- 
- Carrying out skin analysis and giving advice about skin and body care
  - Performing facial or body massage and aromatherapy treatment
  - Analysing body type and advising on exercise programmes and nutrition
  - Using a variety of treatments and electrical equipment to treat skin and body conditions
  - Removing facial and body hair by electrolysis or waxing
  - Applying make-up
  - Performing manicures, pedicures, nail extensions and eyelash and brow tinting
  - Performing reception duties (such as receiving bookings and arranging appointments)
  - Maintaining client records
  - Providing advice about and sell cosmetic products and related beauty equipment
  - Performing other tasks as assigned by the mentor/supervisor
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  - Acquiring new knowledge and contact with techniques that are beyond the situations available during training
  - Learned different work methodologies and ideas
  - Expanding horizons by acquiring knowledge of other countries and cultures
  - Improved organizational and methodical work-related skills
  - Accurate and respectful attitude towards employers
-

## ***Filipa Abreu Cabeleireiro***

**Lara Marjanović and Paula Parnicki** carried out their internship experiences with ***Filipa Abreu Cabeleireiro***

R. do Fajal N 6,  
4705-097 Braga, Portugal  
+351 966 990 244

<https://www.facebook.com/Filipa-Abreu-Cabeleireiro-104060204552518/>  
[filipaabreucabeleireiros@gmail.com](mailto:filipaabreucabeleireiros@gmail.com)

Filipa Abreu Cabeleireiro is a beauty, hairdressing and aesthetic space, in the city of Braga designed exclusively for you.

### **Activities/tasks carried out:**

- 
- Carrying out skin analysis and giving advice about skin and body care
  - Performing facial or body massage and aromatherapy treatment
  - Analysing body type and advising on exercise programmes and nutrition
  - Using a variety of treatments and electrical equipment to treat skin and body conditions
  - Removing facial and body hair by electrolysis or waxing
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-



## Photo Gallery – Cultural Visits



## CONCLUSION

- During the time the participants were in Braga, they learned basic notions of Portuguese and managed to improve their technical competencies and English language skills; we consider they have developed a new vision about the country, its people, culture and business. In our opinion we can say that the project has been productive for them, considering the goals established to be achieved at the beginning of the training.
- Participants had the opportunity of applying the knowledge acquired to concrete activities in a real context of work, as well as adding to their expertise new technologies & methodologies. They expanded horizons by acquiring knowledge of other countries and cultures.
- Participants made all possible efforts towards the achievement of the programme's objectives and its quality assurance. Furthermore, they followed the programme and the instructions of the staff.
- Participants received by Braga mob were given useful advice and information when necessary, regarding local transportation as well as cultural attractions, the use of utilities and other particular aspects of local life.
- The daily work schedule of each participant was 8 hours, from Monday to Friday, schedule which helped them integrate within the companies alongside other colleagues. The competencies they have acquired during this period enhanced their self-confidence and knowledge related to foreign business environments.
- A programme with cultural visits was established for the participants, without interfering with their mobility (during the weekend), in order for them to enjoy their stay in Portugal to the maximum; participants were able to visit and enjoy the historic cities of Braga (including the Bom Jesus mount and the Sameiro sanctuary), Gerês, Guimarães, Viana do Castelo, the largest northern metropole Porto, Aveiro and the beautiful capital Lisbon (and the nearby religious capital of Portugal, Fátima).
- The participants showed satisfaction concerning their activities inside hosting companies, the relationship with the colleagues, and their stay in Braga in general.
- Cultural and training experiences within Europe reinforce the idea of a "Union" without borders and free mobility of people and workers, which is one of the main aims of the Erasmus+ Programme. Also, they assimilated the cultural differences between their home country and the host country as well as the differences between the companies and the way of life between Croatia and Portugal.

At the end of the placement, the fifteen participants were adapted to the country and had developed a sense of union among them, which suggests that the mobility project was very successful.

Signed in:  
Braga, Portugal



**Mr Tiago Costa**

**(Manager of Braga mob)**

APLICAPROPOSTA LDA – Braga mob  
Travessa de S. José nº 41 – 1º  
São Victor  
4710-438 Braga  
Portugal  
[www.bragamobilityopen.com](http://www.bragamobilityopen.com)  
[bragamobopen@gmail.com](mailto:bragamobopen@gmail.com)  
Tel: +351253054659