

NEWSLETTER

2026

SEPTEMBER

OCTOBER



We hope you all had great holidays!
Now it's back to school / work.
The teachers (Alex, Michelle, Manny,
Paula, Rafael, Maggie and Fernanda)
would like to wish you all a great year
of learning. We hope you have fun
while you learn!

Don't forget to follow the INSTITUTE on Social Media 😊😊😊 [@INSTITUTO_DE_LINGUAS](https://www.instagram.com/INSTITUTO_DE_LINGUAS)



HAPPY BIRTHDAY

September birthdays

1 st	Bárbara	B1	T
5 th	João	B1+	ST
10 th	Luisa	A ch	ST
11 th	Constança	B1+	ST
12 th	Diogo	B1	T
16 th	Francisca	B1+	T
16 th	Ricardo	A2	ST
18 th	Victoria	Aa	T
22 nd	Gil	B2	ST

23 rd	Leonor	C1	T
24 th	Raul	B2	T
27 th	Inês	B2	T
28 th	Leonor	B1+	ST
29 th	Sara	A2+ teens	T
30 th	Francisco	A2	ST
30 th	Gabriela	A2+ teens	T
30 th	Beatriz	A2+ teens	T

October birthdays

1 st	Matilde	B2	ST
3 rd	Joana	Beg ch	ST
3 rd	Fabio	A2+	ST
4 th	Mafalda	Aa2	ST
6 th	Filipe	A2+	ST
8 th	Eduarda	A ch	T
10 th	José	A2+ teens	T
11 th	Maria Clara	Beg ch	T
11 th	Iara	A ch	ST
11 th	Leonor	C1	ST
12 th	Martim	A ch	ST
13 th	Joana	B2	T
18 th	João	Beg ch	ST
18 th	Gonçalo	A2	ST

19 th	Beatriz	B ch	ST
20 th	Maria Luis	Beg ch	ST
20 th	Tiago	B1	T
21 st	Margarida	B ch	ST
21 st	Matilde	A2+ teens	ST
22 nd	Isabel	B ch	T
24 th	Sofia	Aa	T
24 th	Maria	C1	T
26 th	Mia	Beg ch	ST
27 th	Luca	A ch	T
27 th	Francisca	B1+	ST
28 th	Salvador	B ch	ST
29 th	Benedita	A ch	ST
29 th	Benedita	A2+ teens	T



I prefer to go out instead of staying at home, so in my free time, I normally hang out with my friends and we sometimes go to our dance studio to practise our routines. I am an incredible dancer, just like my friends, of course!

I'm really into trigonometry, so I'm the most focused one in my maths class. I love it!

This year is decisive because it's the first year that I have to do at least one exam. It is really important for me to have amazing grades to access university. I want to study economics in Porto. It's my dream!

(Francisca, B1+)

My name is Luísa. In my free time, I usually stay at home and watch some interesting videos. I also study a lot because I want to get very good grades. I go to the gym twice a week because I like sports. My school is Colégio da Trofa. It's small but the teachers are very friendly and responsible. My favourite subjects are maths and physics and chemistry and I like to learn new formulas.

This year, I hope to make new friends, hang out with more people, develop my skills and speak English better!

(Luísa, B1+)



It is a sunny day and Mary went to the circus. She saw many clowns and many people there. She went to the Ferris-wheel, a tent and Merry-go-round! She was very happy! She went to talk with a trainer. He told her to go to the hot-air balloon. And she went and had fun!!

(Beatriz, B Children)



I see a picture with kids playing in the park. The kids are playing in the black slides and in the sand pit.

One kid is cycling with his bike in the long track.

The park has dark green grass,

(Manuel, B Children)



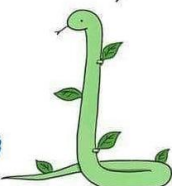
The kids are building a castle and the friends are surfing in the waves. The lifeguard is watching the people in the sea. The umbrella is yellow and white. The weather is sunny.

(Tiago, B Children)

what are
you guys
dressed as?



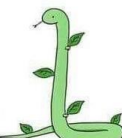
social
media-
I'm
twitter



I'm
vine



I'm
facebook!



hey there,
pretty lady.
why
so sad?



dude, that's
a hose.



Nicknames of countries around the world

Do you know which country is known as:

- 1. the land of Liberty?
- 2. the land of Love?
- 3. the land of Passion?
- 4. the land of the Rising Sun?
- 5. the land of the Vikings?
- 6. the land of Hope and Glory?
- 7. the land Down Under?
- 8. the land of Fire and Ice?
- 9. the land of the Midnight Sun?
- 10. the land of Poets?



- 11. the Cradle of Western Civilization?
- 12. the Roof of the World?
- 13. the Lion city?
- 14. the Emerald Isle?
- 15. Paradise Islands?
- 16. Pearl of the Orient?
- 17. Heart of South America?
- 18. the Red Island?
- 19. the Great White North?
- 20. the land of Explorers?



1. USA / 2. France / 3. Spain / 4. Japan / 5. Denmark / 6. UK / 7. Australia / 8. Iceland / 9. Sweden / 10. Chile / 11. Greece / 12. Nepal / 13. Singapore / 14. Ireland / 15. Seychelles / 16. Hong Kong / 17. Paraguay / 18. Madagascar / 19. Canada / 20. Portugal

DID YOU KNOW...?

- 1. Chickpeas and almonds have almost as much protein as a steak.
- 2. Sharks have no bones, only cartilage.
- 3. Elephants can't jump.
- 4. You can buy square watermelon in Japan.
- 5. No number before 1,000 contains the letter "A" when spelled out.
- 6. Human babies have more bones than adult
- 7. Women's hearts beat faster than men's.
- 8. You can't hum while holding your nose.
- 9. Strawberries are the only fruits with their seeds on the outside.
- 10. Chocolate-covered ants are eaten as a treat in Mexico.
- 11. About 80% of all living things on Earth are insects.
- 12. You cannot smell while you sleep.

RIDDLES: What....

- 1. has hands but cannot clap?
- 2. gets wetter the more it dries?
- 3. must be broken before you can use it?
- 4. is full of holes but still holds water?
- 5. is a kind of room with no doors or windows?
- 6. starts with P and ends with E and has thousands of letters?
- 7. are two things you can never eat for breakfast?
- 8. goes up but never comes down?
- 9. is always in front of you but can never be seen?
- 10. belongs to you but other people use it more than you?

1. a clock
2. a towel
3. an egg
4. sponge
5. mushroom
6. post office
7. lunch & dinner
8. your age
9. future
10. your name

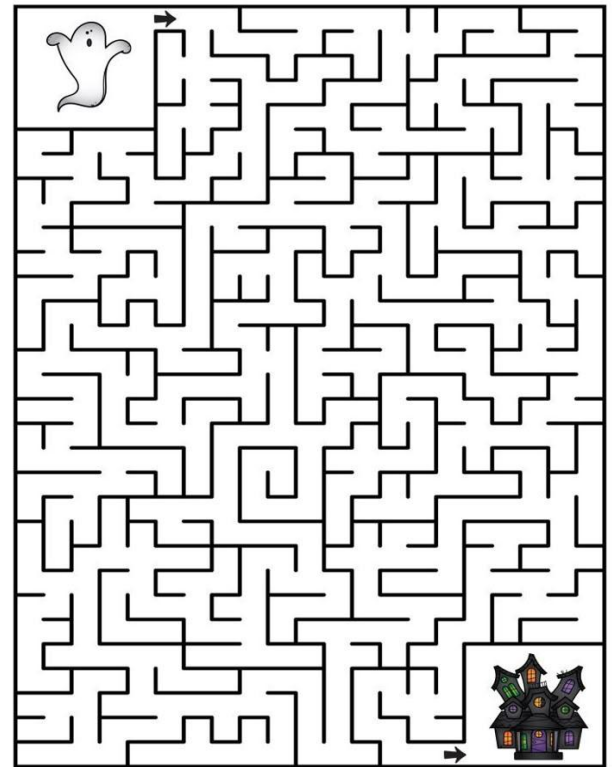
What word do these picture make?

1  + 	2  + 	3  + 	4  + 
5  + 	6  + 	7  + 	8  + 
9  + 	10  + 	11  + 	12  + 

1. snowman/2. startfish/3. lipstick/4. lighthouse/5. cowboy/6. seahorse/7. sandcastle/8. keyboard/9. raincoat/10. rainbow/11. treehouse/12. handbag

Puzzle Corner

Help the ghost find his way back to the haunted house!



Halloween Word Search

(words hidden horizontally, vertically and diagonally)

Words to find:

- HALLOWEEN
- SPOOKY
- WITCH
- TRICK
- PUMPKIN
- GHOSTS
- CANDY
- MUMMY
- SKELETON
- TREAT
- JACK-O-LANTERN
- CAULDRON
- CAT
- MONSTER
- SPIDER
- PRANK
- OCTOBER
- COSTUME
- BROOMSTICK
- DEVIL
- SCARECROW
- ZOMBIE

O	E	D	U	W	P	P	D	Z	M	V	G	G	X	A	Z	O	M	B	I	E	S	O	J	F
V	P	T	R	E	A	T	U	F	U	W	B	Y	H	D	H	A	L	D	A	C	M	C	F	W
F	N	P	T	C	L	F	D	M	Y	U	B	X	Y	O	X	D	U	S	K	R	A	T	W	N
F	C	P	O	T	H	D	X	M	P	O	W	D	P	C	S	T	O	P	F	T	C	O	U	U
T	L	X	R	C	E	X	M	I	F	G	A	N	B	E	K	U	S	T	B	O	G	B	N	B
R	B	R	L	R	T	A	U	H	P	F	K	I	N	M	E	L	U	S	Q	S	O	M	B	Z
R	B	C	T	T	M	U	P	T	C	M	V	N	M	I	U	Z	R	K	C	Q	F	R	F	U
R	R	A	C	V	M	N	L	R	B	K	C	O	S	T	U	M	E	Y	D	J	E	A	N	W
O	I	T	A	I	M	V	E	D	M	P	C	M	W	F	G	F	U	G	C	T	S	C	J	I
C	G	B	C	M	D	T	Z	S	R	P	F	N	S	X	C	S	V	G	N	B	C	P	Q	T
M	C	B	S	I	S	T	R	W	L	O	H	B	A	K	A	Q	P	A	J	W	A	S	S	C
J	Y	I	Y	N	N	R	H	A	P	M	N	A	N	I	P	F	L	I	R	R	R	C	K	H
J	R	V	O	J	E	I	X	G	S	Q	C	A	L	P	W	O	C	J	D	A	E	L	E	
O	C	M	R	A	L	C	R	L	Q	G	R	C	Q	L	K	T	T	S	J	E	C	Z	L	
X	G	A	H	D	J	K	B	I	X	P	E	H	I	C	O	Y	D	R	O	I	R	H	E	
Z	O	Z	S	A	S	P	C	C	U	D	W	X	A	L	J	W	O	T	U	D	O	J	T	
H	O	U	J	V	L	N	N	B	Y	R	Z	J	U	T	U	C	E	I	R	E	W	F	O	
O	R	B	R	O	O	M	S	T	I	C	K	H	E	E	D	K	K	E	U	V	Y	N	M	
T	U	V	H	K	C	R	U	Q	K	J	N	M	M	P	C	Z	B	U	N	I	X	V	N	
D	Q	B	F	E	B	Y	L	F	W	M	A	U	M	Y	Q	C	C	K	B	L	U	W	N	