

# Jornal O Cola

*From Humanities to Humanities*



## THE IMPORTANCE OF STUDENT ACTIVISM IN HUMANITIES

«What we mean is that university life is much more than books and classes. It's about finding your voice, exploring your passions, and building memories that will last forever. At the School of Arts and Humanities of the University of Lisbon (FLUL), student nuclei are the heart of this experience, providing a space for each student to find their place, make friends and leave their mark.»

### ACADEMIC AGENDA



Jornal O Cola lets you know about the events that the Faculty of Arts and Humanities of the University of Lisbon has organised for you: from parties to workshops, congresses, and more!

### My mother p. 31

«I've long accepted that this is my fate, but I don't know why looking at her, with all its fragility characteristic of age, weighs me so much. Maybe it's the innocence that she carries, an innocence that I've long lost.»



### Backyard Well p. 16

«And with it we water flowers, as my grandmother does, tending to her garden in the backyard behind the house, while my grandfather, seated, watches her, sighs, and utters phrases that she does not hear»

---

# Opening Note

Dear readers,

This is the final edition we are releasing as the Directors of *O Cola*. It has been a pleasure to be part of this team for the past two years, first as members and eventually as part of the Board. Being part of *O Cola* has given us the opportunity to experience the true spirit of student activism within the School of Arts and Humanities, allowing us not only to collaborate with students we would not have met otherwise, but also to know the other nuclei in this community better. All of this has enriched our experience at this faculty.

We decided to dedicate the first edition of this academic year - the 12th of the newspaper - to the importance of Student Activism. We believe that participating in the academic life of the School of Arts and Humanities has added immense value to us both personally and academically. We believe that all of you would benefit from engaging with the student nuclei that exist in this faculty. Therefore, we have compiled testimonials and messages that members of each nucleus have for you, in an attempt to make it easier to connect with them and anticipate your involvement so you can start benefiting from it as soon as possible in your academic journey.

In this edition, you will also find literary texts about inspiration, liberation, hope, loss, remorse, confusion, love, and other aspects intrinsic to the human experience, which will undoubtedly be part of your personal journey in the coming years.

We bid you farewell with an appeal to get involved in academic life, join student nucleus, and participate in the activities they organize. These are the type of events that make our time at the School of Arts and Humanities more beautiful.

We wish you a fantastic academic year and an excellent academic journey – make the most of everything this institution has to offer!

The Director and Subdirector,  
Matilde Mala e Mafalda Vale

# Top 5

## Useful Apps For Students

### 1. Quizlet

Quizlet creates flashcards and interactive games to help in memorisation of contents. This app é great to revise topics and to prepare for tests in an amusing and interactive way. With over 700 million flashcard packs, AI technology and the possibility to create your own pack, this is a fantastic option for all types of students.

### 2. My Study Life

Organise and receive notifications about your schedule, homework, studies and exams here. With this app, you can accompany your progress and evaluations anywhere in any device, as it can also be accessed via web and perfectly syncs between your phone and computer.

### 3. Flashcards World

This app allows you to create and study with unlimited digital flashcards efficiently, which allows you to memorise with ease, study anywhere, follow your progress and customise your experience. It works completely offline and allows total management of the card decks in any device. With test modes, memory games and revision cards, it's perfect for those who prefer an AI-free flashcards app.

### 4. Evernote

Evernote is the ideal app to organise notes, ideas and important information, all synced in all your devices. With this app, you can create notebooks, add tags and attach archives. You can assemble your notes, tasks and chronograms to stay up-to-date with your daily program, using tools like Tasks and Google Calendar together.

### 5. Forest

Forest will help you maintaining focus and preventing distractions during your study, transforming your focusing time in virtual trees. After planting your seed, it will become a fully grown tree and later a forest, allowing you to visualise your progress. With the PRO version, you're contributing with real trees on Earth, with financial restrictions, with the NGO Trees for the Future.

end

Author: Xavier Cardoso  
Translator: Maria Rodrigues  
Illustrator: Maia Aguiar

I could never kill myself,  
tomorrow there is a sunset to watch,  
I can't end it all and not come back,  
I have many books to read.

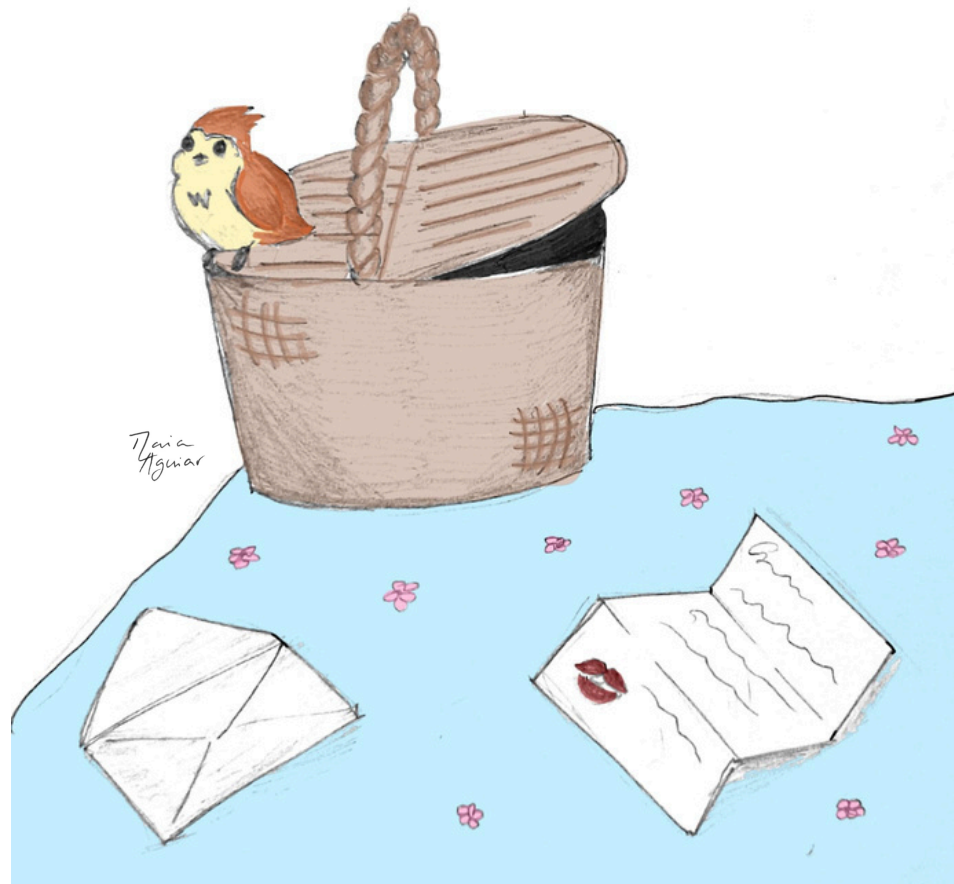
the end of life doesn't appeal to me,  
as long as there's a bird that sings.

it's when the sea dries up  
that I'll deal with killing myself.

we are eternal,  
external beings,  
insides like hells,  
hearts like winters.

tomorrow I'll be here,  
and I hope you will too.  
living isn't beautiful  
without our someone.

give me a kiss before you walk out the door.  
let's have a picnic in this dead spring.



# At the bottom of a pomegranate tree

Author: Carson  
Editor: Ricardo Cerdeira  
Illustrator: Maia Aguiar

At the bottom of a pomegranate tree, I sit in silence. From this spot I've watched, ever since my early years, the seasons pass by, one by one, taking the leaves and the flowers with them, only leaving me and this trunk, its branches having never laid any fruit. It's been my refuge and only friend ever since I can remember. That was until I met you.

At the bottom of a pomegranate tree, I sit in silence. I have entered the habit of bringing a basket of fruits with me, too ripe to sell and yet too flavourful to throw out. And, as I tear through them one by one, I catch a glimpse of a shadow – your shadow – coming closer and closer until, finally, I hear you ask if you can join me. That is how we came to meet each other every day on that fateful summer, exchanging not only our harvest but our time, quick glances and, later on, our love.



At the bottom of a pomegranate tree, we sit together. I tell you of my past and you tell me of yours – how you used to spend every summer at that old house near the river, and your hopes that, one day, your children would do the same. We eat baskets of ripe fruit – figs, peaches, grapes – and talk every day, about our fears and dreams, making plans together, not knowing they would be

cut short. And, on that hot summer day, feeling a sense of strength stronger than my own, maybe a work of the fates, perhaps because they knew it would be the last time I would ever see you, we finally laid bare all our feelings, yours and mine, and in that crucial moment exchanged the sweetest of embraces, becoming one. If only I had known someone had been watching us.

At the bottom of a pomegranate tree, I sit in silence. Many years have passed since our last encounter. The river flows no more, perhaps feeling your absence as much as I do. I was told that after being caught, you were prohibited from spending time at that old house and, later on, forced to marry him – the one who caught us, out of everyone – and maybe even had children. I can't help but feel a sort of heaviness, whether on the conscience or in the heart, knowing that I'm the one responsible for it.

Suddenly, a lone pomegranate falls on my lap – small and tender – and, as I split it in half, one for me and one for you, always for you, this tender fruit, born out of our love and time spent together, leaves the taste of what was and could have been on my tongue. Now, after all these years, I am finally enveloped by you – your touch, your voice, your presence. I close my eyes and listen to the sound of the wind rushing through the leaves and the grass, pretending that it is your voice I hear.

Soon, there will only be silence.

## Sinking

Author: Laura Rosetti  
Translator: Catarina Almeida  
Illustrator: Maia Aguiar

I bid farewell to the past that is  
left

I do not gather the pieces  
that sunk

dry land, finally, drown the  
weights  
that have no one to carry them

downward the cargo goes  
to the bottom of the sea

that the old is not enough, nor  
good  
circles, tears me to shreds

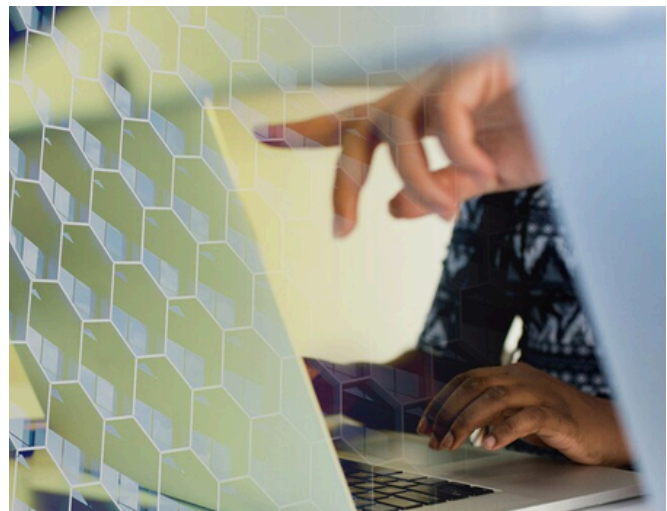
the only thing left  
is coming out of my shell

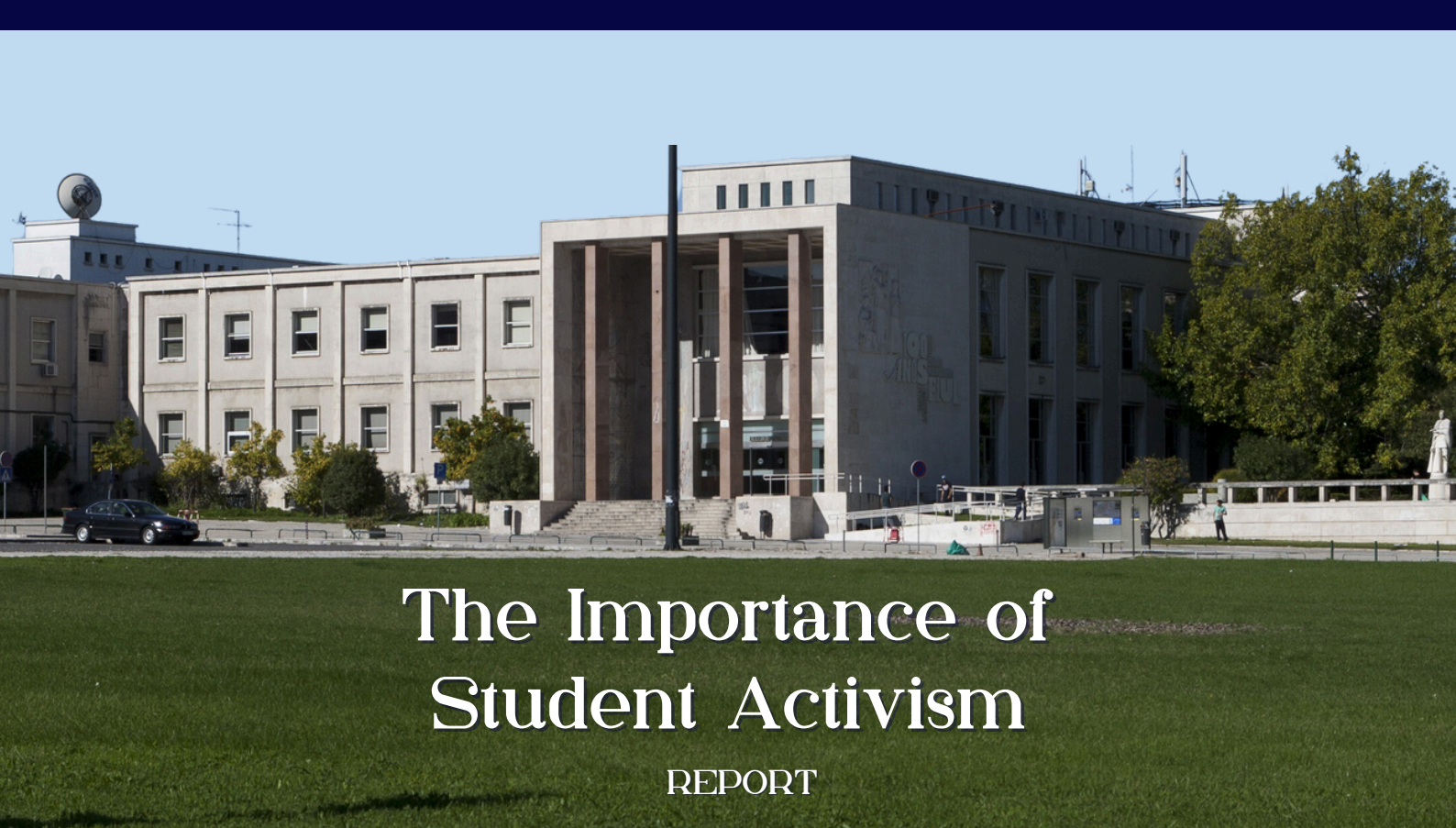


### Workshop 4: HE Projetos Colaborativos Introdutório

This workshop is part of the ULisboa training for the preparation of applications for European research funding. The focus will be on general and specific writing principles, such as objectives, state-of-the-art, methodology, impact, activities and quality. All sessions will be held in Portuguese, but the training material will be in English.

The event will take place from October 8th to 10th, at the Rectory of the University of Lisbon.





# The Importance of Student Activism

## REPORT

Student activism is one of the main components of university life, present in all organisations and nuclei created by students. This fundamental academic pillar is a concept, sometimes forgotten, that refers to the mobilisation of students in groups. In summary, these groups are 'student associations that represent the students of their educational establishment [...]' (Official Gazette, n.d.)

These associations have their distinct goals and interests in various fields, but all share a common goal: foster active participation in student and university life. After all, 'Youth Activism is an important learning space', through which young people 'have the opportunity to deepen relationships, knowledge and experiences, thus contributing in a common and plural way, in a sociocultural and socio-educational dimension, to the progressive improvement of society.' (Education and Association - Beyond School..., 2001, p. 18)

What we mean is that university life is much more than books and classes. It's about finding your voice, exploring your passions, and building memories that will last forever. At the School of Arts and Humanities of the University of Lisbon (FLUL), student nuclei are the heart of this experience, providing a space for each student to find their place,

make friends and leave their mark.

For NECA, student activism is crucial for students to have an active voice at university. It's a way to enrich academic life by serving as a channel to express the interests and needs of everyone from freshman to senior. It is for this reason that NECA has organised project such as the short-film *Auspicium*, which will be available soon, and the exhibition *Conta-me Uma História* [Tell Me A Story], where the participants tell stories and relive memories through art. But the fun does not end there. Besides their personal and group projects, NECA coordinates incredible events. The *NEC'onversa* [Conversation with NECA], *NEC'lamação de Poesia* [Poetry Recital], *Jam Sessions* and *NECARaoke*. And although it is still not possible due to the lack of members, NECA wants to do field trips to museums and cinemas. This experience can be enriching

for any student, but especially for new students, as it provides a safe basis, so they don't feel lost. In addition, these groups form an ideal community for meeting people, making friends, and developing new skills and projects. Furthermore, NAH highlight that student activism is a way to help and accompany students from each institution, through support measures, social events and their promotion. NEG agrees and stresses the importance of being involved with academic life for personal growth.

In courses that allow students to take such different paths such as General Studies and Arts and Humanities, the involvement with the course nuclei – NEG and NAH, respectively – can be even more important. The idea behind NAH came from the perception that the students' different academic paths in Arts and Humanities can struggle to bond. The nucleus tries to break that barrier with a relaxed and welcoming environment, where everyone feels comfortable to share their doubts and make



NECA

friends. At NEG is something similar: the nucleus was looking to 'be a refuge for students that, a lot of the time, feels disoriented amongst the numerous options and challenges of the course'. As such, these nuclei are privileged spaces where you'll find a welcoming ambient, of help and support, favourable to making new friendships and long-life partnerships, which will contribute to a better experience during your bachelor's.

As Nostra indicates, being part of a nucleus is not only doing and participating in something we like, but also learning and creating relationships, whether with others or the community. Student activism is, without a doubt, a movement that emanates from students themselves and is dedicated to all dimensions of university life. As NUCIVO highlights, it embraces and drives both the

social and academic spheres, creating a space of belonging and integral development. A relevant example is the environmental movement, which finds an echo in the actions of SEE FLUL. The fight for sustainability requires collective action, and student activism is key to bringing together people who share the same values and concerns. In these nuclei, a sense of community flourishes, where inclusion and solidarity are prevalent. But activism goes beyond unity through causes. It is a catalyst for active citizenship, driving the organisation of sociocultural activities that boosts academic life. These initiatives not only strengthen the bonds between students and group dynamics, but also develop individual skills that are critical to each student's personal, academic, and professional success.

RATA, as an academic tuna, is actively dedicated to defending the rights of students and creating a safe space where everyone can freely express themselves. With this goal in mind, they strive to offer free musical learning opportunities, somewhat democratising access to culture. RATA stands out for its active participation in initiatives that promote the well-being of the academic community, as these experiences are essential to combat the loneliness and monotony that may arise during university years. They understand that student



**'It's a refuge for those looking for a space for socialising and sharing, especially to freshmen that feel a little lost at the beginning of university.'**

**– Nostratuna.**



NostraTuna

activism only strengthens when everyone actively engages for the greater good. But they are not the only ones! At Inoportuna, the associative and student movement is so relevant that its participation was incorporated in the bylaws of the tuna. They recognise that this movement is the result of a long struggle by students for their rights, from resistance to the dictatorship to the most recent battles, such as the fight against tuition fees and the creation of a public canteen. It is through student activism that students unite and develop their causes,



R.A.T.A.

organising rallies such as National Student Day and claiming concrete improvements for education. As a tuna deeply connected to academic life and revising themselves in their just claims, they consider these struggles essential to ensuring a fairer and more accessible higher education. Inoportuna believes that, without student activism, the already limited space for culture and leisure in universities would be even more threatened.

LEA points out one fact: All these extracurricular activities help develop civic, social, and professional skills that may be useful in the future, as well as facilitate the creation of interpersonal relationships and provide a sense of belonging to a group of people with a common purpose or interests. As you can see, you have at your disposal a big range of nuclei. From nuclei with activities that feel like activities with friends to ones where you can enrich your intellectual journey.

As the nucleus Páginas Trascendentes points out, it is critical to the healthy function of a university that students can be a creative force capable of energising and enriching academic life through new ideas, projects, and perspectives. This academic year their activities will expand beyond the already existing reading club and

conferences to provide activities outside of university! Here you will be able to actively participate in activities and build a community of curious and dedicated colleagues who, like you, look to go 'beyond the necessary path' imposed by the course.

In addition to the evident social benefits mentioned above by LEA, the collective character of student nuclei also promotes dialogue between different areas of knowledge. This creates a fertile space for interdisciplinary development and discussion, both of which are of utmost importance for the formation of critical citizens. The biggest event organised by LEA, done every year at the end of each academic year, is the Asian Cultures Festival, which is divided in four days: East Asian, Southeast Asia, the Middle East and South Asia.

After all, the academy is not limited to a subject or discipline, and student activism disseminates and promotes activities from recreational and social to history. An example of this is NEH, which not only features course dinners and small-scale events, but also activities such as the Quiz Histórico [History Quiz] and História ao Anoitecer [History by Nightfall]. Of course, NEH also has initiatives focused on academic work, such as the event À Conversa com o Futuro [Talking with the Future]. This is characterised by open conversations where some first and second-year students of the master's in history can give their perspective on the experience they are having by answering questions from a moderator and the audience. These events open horizons as master's colleagues can ask questions, think more clearly about their future and consequently support their bachelor colleagues. Besides, this nucleus offers the opportunity to develop abilities which university doesn't always offer at its core and go beyond the classroom, such as



Liga de Estudos Asiáticos

human and financial resources, marketing, scientific communications on social media. Along with the History Centre of the University of Lisbon, they also create a volunteer program open to all History students at FLUL.

But student activism is not limited to each nucleus individually, it extends to the community. NEH, NEA, NEP, NESTEU and LEA organised the event 50 Anos, 5 Visões [50 Year, 5 Vision] to celebrate, in freedom and science, the 50th anniversary of April 25th. As NEH explains, on that day, each nucleus invited a teacher or specialist in their field to contribute to the effects of the revolution in their respective areas. Thus, it was possible to celebrate the 50 years since the revolution with freedom and science, through the sharing of ideas between the nuclei and between the nuclei and the academic community. This type of event allows students to play an active role in improving the academic environment and defending their interests. It is through their nuclei that students can organise events, discuss ideas, and influence decisions that impact their academic journey, as NEP explains. These projects complement the theoretical training they are used to in classes with practical experiences, strengthening skills such as project management, communication and collaboration.

At the end of the day, as NESTEU indicates, student activism has, through its



Eventos, 50 Anos, 5 Visões para celebrar as associações, a great objective: the continuous improvement of the education system. The many concerns raised by these centres have played, and will continue to play, a key role in the national and international dynamization of activities of a sociocultural and formative scope. In the case of NESTEU, these associations and initiatives are a force promoting the

importance and urgency of the presence of young people in European matters in Portugal, but this is a concept applicable to any core. Students need to express their own vision regarding the way higher education works. This is entitled, as well as to the other branches it covers, and to strive for these changes to take place. It is vitally important to promote higher education capable of responding to the needs of its students, and this mission is also in the hands of the students. Providing a space to promote and share knowledge through lectures and conferences and speaking about current and relevant subjects amongst professionals and students, helping them throughout their studies, NESTEU offers opportunities for students to expand their knowledge, therefore, supporting their personal, academic and professional development. They also offer mentoring programs and other opportunities to develop competences valued in the job market internationally. Besides that, they highlight the importance of an active citizenship and the participation in initiatives that promote the comprehension of the European reality, as well as new ideas for an inclusive and sustainable Europe. Before you sign-up for any nuclei make sure to read their bylaws, since your participation is a commitment to the project. There are nuclei that are more flexible with the participation of the



“The tuna is the ideal complement to the university journey: it’s a space where students can let go of the pressure from their studies and develop their musical and creative competence” – Inoportuna.



Inoportuna

members and others stricter, so make sure you are choosing the nucleus that best matches your availability and interests.

Finally, we cannot fail to highlight the mother of the FLUL nuclei: the School of Arts and Humanities Student Association (AEFLUL). AEFLUL is deeply connected with the Student Associative Movement (MAE), since communication with the various student organisations is crucial to understanding the reality of students at the national level. Only through this knowledge, dialogue and unity can we report problems and find solutions. This contact occurs both at the institutional level, through meetings and gatherings, as well as with fighting together, with actions that lead students from various institutions to speak up. A milestone of the importance of this cooperation was the rally on March 21st, National Student Day, bringing together more than 2,000 students from all over the country. Without the contact of AEFLUL and other associations with the MAE, this moment of union would not have been possible. AEFLUL played a crucial role in organising and promoting this national fight for higher education. Another important example of institutional contact with MAE is the Encontros Nacionais de Direções Associativas [National Meetings of Associative Directorates, ENDA). In these forums, the associative directions present their positions and proposals for higher education. AEFLUL has been striving to bring MAE closer and take FLUL students' problems to this space, as demonstrated by the recent approval of a motion on the status of PALOP (Portuguese-speaking African Countries) students, an important achievement after a long period of no approvals. Dialogue, working together, exchanging experiences, openness and cooperation are pillars of AEFLUL's work, both with FLUL's activism and with any group of students in the country. Without this contact, many struggles and achievements would not be possible. Aware of this, AEFLUL will continue to approach and engage with MAE and all students.



Páginas Transcendentes

That is why, as a student at the School of Arts and Humanities and collaborator of the newspaper O Cola, I want to reinforce this message: be the change you want to see in the world, fight for your convictions, and don't let yourself be hit by obstacles. They're part of the way, and no matter how cliché it sounds, it's the purest truth. As Nelson Mandela said, 'Education is the most powerful weapon which you can use to change the world.' And as students at this university, you have the privilege of having this education at your fingertips.

# We present to you

NESTEU is the link between students of European Studies and the organisations to which they relate, such as the National Federation of European Studies or the University of Lisbon. This nucleus aims to represent all students who want to join their action through cooperation with other universities, research centres, government institutions and NGOs. NESTEU offers a space to debate and exchange knowledge and opinions.

Anyone who is interested in joining the branch will be able to complete an enrolment sheet available across all their social media and will later be scheduled to have a small conversation with members of the General Management.



If you are a student of Arts and Humanities at FLUL, NAH-FLUL is your meeting point! Designed to ease your integration and build bonds among colleagues, you will find course guidance, attend social events and connect with other students via social media. In addition, the nucleus collaborates with the Mentoring Program, which puts you in contact with a Mentor who can help you on this journey.

If you want to be part of this community, join NAH! Just access Instagram @nahflul, fill out the form in the bio and be added to the WhatsApp group. If you still have questions, please visit NAH at the club branch show on September 30th.

The Nucleus of Portuguese Studies has been spreading Portuguese culture and literature since 2018, disseminating and organising initiatives that draw attention to the Bachelor of Portuguese Studies. Via fundraisers, such as the six-monthly 'Tuga-fair' and the sale of merchandising, they promote communications and collaborations amongst the students of Portuguese Studies. NEP also organises course dinners, creating a sense of unity amongst colleagues and promoting hangouts.

Applications are open until the end of October, and any bachelor student in Portuguese Studies can register via email or social media (Instagram: @nucleo.estudosportugueses).



# the Nuclei of FLUL!



The History Students Nucleus is an organism of student activism in which there are students of various degrees of education in History, with the mission of promoting reflection in this area, joint work, and unity. At NEH, you'll find a welcoming and varied community, with students of different years and cycles, from freshman to doctoral candidates, allowing for the most diverse connections. It's the ideal place to make new friends and exchange experiences, as well as a safe space to acquire new skills and functionalities and put yourself to the test.

All History students of the faculty are automatically NEH members, entitled to participate in the activities and apply for positions. If you want to engage more actively, you can become a collaborator by completing the application form at the beginning of each term.

The Asian Students League is the meeting point for students of Asian Studies of the Faculty of Arts and Humanities. Since 2012, LEA has promoted a cultural and historical exchange, in collaboration with other identities such as embassies, cultural foundations and teachers, to bring knowledge about Asia to every corner of college and beyond. LEA seeks to promote the culture, customs and languages of the various Asian countries, not only among the course students, but also by the public, simultaneously disseminating and informing potential students about the Asian Studies course.

If you are an Asian Studies Student and are interested, join LEA! Reach out to one of the branch members in person or via social media and find out everything that awaits you in this community.



The General Studies Students Nucleus main mission is to represent students in General Studies, offering support along the academic path through initiatives such as the Buddy System and online/face-to-face support. In addition, the Nucleus is dedicated to promoting fun and formative activities that enrich students' extracurricular lives, such as lectures, workshops, social gatherings, meetings and celebrations.

All students are welcome, regardless of their year. Contact the nucleus at [neg@aaul.pt](mailto:neg@aaul.pt), Instagram @neg.ulisboa or in person. The only requirement is the willingness to help, since even with a short amount of time, there is always something simple that anyone can do!

# Recreative Nuclei

If you're passionate about cinema, NUCIVO - Núcleo de Cinema e Vídeo [Nucleus of Cinema and Video] of the School of Arts and Humanities is perfect for you! This vibrant and welcoming nucleus is dedicated to sharing the love of the seventh art in a variety of ways, promoting free film screenings, podcasts, reviews and retrospectives. The goal is clear: to democratise access to cinema and create a space where everyone, regardless of their previous knowledge, can connect, discuss and learn more about film.

Are you interested in being part of this community? Joining NUCIVO is easy! Just visit the Instagram profile @nucivo\_flul, follow the instructions in the link in the bio and fill in the application form!



At NECA – Article 42 (Student Nucleus for Artistic Creation), diversity is our motto: here you'll find drawing, music, writing, theatre... As well as developing personal and collective projects, such as short films or exhibitions, NECA also organises notable events. This nucleus is casual and free of expectations or obligatory activities. Everyone is accepted and welcome, as long as they have an interest in creating and developing artistic skills.

To connect with this nucleus, simply go to their Instagram page @artigo.42 and access the linktree in the bio, where you'll need to fill in a form, or get in touch via DM!

If you're looking for a nucleus that intellectually challenges you and provides you with an environment of learning and exchange, Páginas Transcendentes is for you! This nucleus is, after all, a student collective dedicated to the Hermeneutic reflection of the various works that marked the History of Human Thinking, whether these are artistic, philosophical, literary, among others. Through reading clubs, conferences and other cultural activities, Páginas Transcendentes offers you the opportunity to develop your critical thinking and connect with other students.

To join, simply fill the form available on linktree from Instagram (@paginastranscendentes) or in the 'About Us' section of the official website.



If you care about the environment and are looking for a space to turn that passion into action, SEE Student Ecological Society is the place for you! The purpose of this nucleus is to raise awareness among students at the School of Arts and Humanities about the importance of sustainability and the ecological movement. Throughout the year, they promote discussions, conferences, workshops and social moments, often with the participation of experts and special guests such as teachers, politicians and activists.

Ready to be part of the change? Fill the application form at their website or Instagram (@see.flul) and participate in an interview to tell them more about your interests and motivations. They are waiting for you!



With five years of history and melodies scattered across festivals and cities, NostraTuna is more than a feminine tuna at the Faculty of Arts and Humanities. It is a safe and welcoming space where each member develops their musical skills and expresses themselves freely while building strong friendships and personal development. This nucleus takes you beyond the limits of university, giving you the opportunity to travel and act in new places, creating unforgettable memories.

Are you interested in embarking on a trip with NostraTuna? Fill out the form on Instagram @nostratunaflul and come to one of the rehearsals to get to know this group!

**Inoportuna**, the male *tuna* of the School of Arts and Humanities of the University of Lisbon, goes beyond music. It is dedicated to the cultural and personal development of their members, offering activities that enrich academic life and promote a spirit of friendship, collaboration and mutual assistance. Through trips and performances across the country, they promote their fun and culturally enriching musical repertoire, bringing the joy of music to different audiences, showing that university life can be much more than just study.

Want to be part of this family? Simply head to the rehearsal site where you will be greeted with open arms and get all the information you need to join the nucleus!



**RATA** – Real Académica Tuna Acapella [Real Academic Tuna Acapella] is a female tuna from the School of Arts and Humanities that stands out for its originality and passion for music. Founded in 2015, it is the only acapella tuna in the country! Their members combine the love of music with the creation of bonds and memories that will last forever. With performances ranging from the streets of iconic Lisbon to travels throughout the country, this tuna raises the standard of the School of Arts and Humanities, representing it with original arrangements and songs.

If you are interested in being part of this unique musical journey, or if you have any questions, please contact RATA at Instagram @realacademicatunacapella or by email: realacademicatunaacapella@gmail.com.

# Our Student Union!

The Faculty of Arts and Humanities should be more than an academic learning place, and this is where the Student Association comes in. The full integration of the individual goes beyond curricular disciplines and covers the development of critical thinking, cultural experience, sports, politics and well-being.

AEFLUL represents the voice of the students as a channel of dialogue and claim, striving for quality higher education accessible to all. Through their nuclei, tunes and other initiatives, they promote an academic, cultural, sports, political and democratic life of the Institutions. After all, these are fundamental to the formation of conscious and participatory citizens.

For AEFLUL, contact with the Student Associative Movement (MAE) is extremely important. It is only through the various forms of student organisation that it is possible to get to know the reality experienced by students at a national level, which is essential for locating and solving the problems they face. This contact with MAE also happens by fighting alongside each other, with actions built jointly, from scratch, that bring students from the various educational institutions out onto the streets and make themselves heard.

A milestone of the importance of this cooperation was the rally on March 21st, National Student Day, bringing together more than 2,000 students from all over the country with their respective Student Associations. This moment of protest demonstrated the unity of student sentiment towards Portuguese higher education, and AEFLUL played a constructive, dynamic and very open role in making it possible.

AEFLUL also contacts the MAE through the Encontros Nacionais de Direções Associativas [National Meetings of Associative Directorates, ENDA). These meetings are discussion forums that bring together the various student representative associations in order to discuss the reality of higher education and propose ideas for its transformation, so that it corresponds to the wishes of the students. Through this contact, AEFLUL brings FLUL and its problems and proposals to this space.

Dialogue, working together, exchanging experiences and realities, openness and cooperation are the pillars of AEFLUL's work and what supports the various struggles that students are fighting for: the reduction in the price of social meals, the annual demonstrations on National Student Day and the approval of fair motions at ENDA, such as the recently approved motion in favour of PALOP students.

If you want to build a School of Arts and Humanities that goes beyond your expectations and promotes the personal and collective development of all students, consider joining the Student Association!



## Backyard Well

Author: Rita Coelho  
Translator: Maria Pires  
Illustrator: Maia Aguiar

Maria, you are a well of confusion”, grandfather said to grandmother.

What a desolation to hear him and to not have disagreed with him.

So I sometimes think of her, when I realise the well in me.

The well, almost always full, in the scarcity of the lucid moment seems to empty and then I no longer feel it.

We are all wells overflowing with confusion. In it we drown, we sink or we row. We also drink from it. And with it we water flowers, as my grandmother does, tending to her garden in the backyard behind the house, while my grandfather, seated, watches her, sighs, and utters phrases that she does not hear, busy gathering buckets of water from that well as she sings. And he, choosing to be silent so he can listen to her, waits for her to return to love her.

That well too fills with a torrential feeling – a love as vast as the flood it stirs.



## Revolution In The Bookshelf

Author: Vitor Vieira  
Translated: Maria Pires  
Illustrator: Maia Aguiar

The sleep was not heavy nor was the night deep.

I woke up abruptly

Not that it had been a singular event, more of a common occurrence in matters of nightly sleep patterns.

I didn't get up right away, lingering there in an attempt to be lulled back to sleep. However, I could not and began to hear a sort of wind.

Without knowing the source, I was led to the living room. There wasn't a single window open or even ajar.

I continued searching for that wind and, to my astonishment, I came face to face with an army of books descending from the shelves, with their pages wide open

The mystery of that nocturnal wind was solved: it was the pages of the books that opened on their own, producing the wind.

Bewildered, I stood there watching the parade of books, which had the particularity of being composed only of books I had never read.

In a rather heated conversation, I was harshly accused of not reading some books, by the supposed leader of the rebels, the Tropic of Capricorn by Henry Miller- like the pig from Animal Farm by George Orwell. They wanted and deserved to be read!

And more: moved to the section of the already-read!

The leader explained that it was the oldest book in the house and that it had never been read.

I had no arguments to counter that fact/particularity, having merely promised that I would place it on the shelf of books to be read soon.

I rehearsed excuses along the lines of, similarly to many other books I haven't read, my time isn't elastic and I won't live another life. And, above all, that I spend many hours in my weekday imprisonment.

Talking to myself, I wished it were possible to read all those books and that list would be much shorter,

I tried to convince the rebel leader that, oftentimes, I buy books, borrow others from the public libraries, and, thus, leave aside some that I have at home collecting dust.

It wasn't out of malice, disrespect or gratuitous neglect, but it happened.

Listening to my lamentations, Tropic of Capricorn concluded, saying: "But this kind of disgrace doesn't happen with CDs; as soon as you buy them, you listen to them all." I didn't formally or explicitly confront it, but I had to admit it was right.



After a few minutes, the chief rebel dusted itself off, closed up and returned to its former position on the shelf, but not before ordering its followers to disperse.

With not a hint of sleep, I watched the silent spectacle of them all, orderly, returning to their usual spots.

Only after they were all neatly in place did I muster the courage to return to my room and my bed.

I quickly fell asleep and began dreaming that I was reading a book whose title I can't remember.

**LOCUS Seminary # 45: "Mujeres en el paisaje. Trabajo y representación artística colectiva"**

The 45th Research Seminar of the LOCUS Group invites Gema Pastor Andrés, professor, artist and researcher at the Universidad Rey Juan Carlos de Madrid (Spain), to present: "Mujeres en el paisaje. Trabajo y representación artística colectiva."

The event takes place on October 1st, between 11am and 12:30pm in room B112.D.



For more information, see the agenda of the Faculty of Arts and Humanities.

# A Letter to Rilke

Author: Alexandra Guçu  
Translator: Sara Sachetti Fernandes  
Illustrator: Maia Aguiar

Lisbon, May 20th, 2024

Dear Rilke,

Your letter arrived late, in the following decade. You're no longer here but your words moved me the same way, as if your soul lives within them, and it is that way indeed. You told me to look into the reason that compels me to write – as if the lack of this necessity was the same as lack of air to breathe - if I would be able to live if this possibility was taken away from me, and if I should write about anything at all You told me that if life didn't force me to put it into words, the fault would be mine alone and not hers. You were right. Your words gave me the courage I needed to write poetry, to write and summon the riches of life. I was weak. I blamed the most trivial place for my inability to write. In this prison, I was able to invoke memories, to look within in search for my reason to write. My art was born out of necessity: necessity to voice the inconceivable, the sorrow, the desirable, and the most trivial! I threw away the fear and was able to voice the intensity, the uneasiness, the restlessness. However, I wouldn't be capable without the voices of those who came before me. I will continue to grow like a tree, setting the fluidity free, for summer and the leaves will come. And, for someone else who reads these words of mine, may they serve as something, may they serve as hope.. May you never be prevented from writing, for art should always flourish.

With love,

The Poet.



## Debate 'Ciência e Arte'

On October 30th, at 6:30pm, the “Ciência and Arte” debate will be held in the Nobre Hall of the Rectory of the University of Lisbon. This is the second debate of the cycle “Pensar a dois tempos”, organised by Gonçalo M. Tavares.

The entrance is free, limited to the space's capacity.



## Building Empires:

### The story of the prosperous rise and subsequent fall of the Roman Empire

When we think of the Roman Empire, we think of a vast and grand empire that expanded quickly and exorbitantly. This expansion happened not only due to territorial conquests, but also to the internal stability that was experienced within. Roman power based itself on the wisdom built through several centuries, preserved in the memory of generations. Respect for ancestors was one of the factors that allowed Rome to expand like few others. The internal prosperity of the Roman Empire depended on the stability of several areas: religion; expansion and diversity; politics and administration; citizenship, slavery and population; monuments and agriculture; among others. The chapter under analysis, titled «The union and internal prosperity of the Roman Empire. The provinces and monuments. The increase in agriculture» and taken from the book *History of the Decline and Fall of the Roman Empire*, as mentioned in the bibliography, delves into these themes. This essay seeks to summarize the chapter studied in order to convey all the main ideas succinctly.

#### Mutual indulgence and religious concord

Religion is, historically, a divisive topic. To this day, it is the reason behind endless wars and both international and national conflicts. In the Roman Empire, religion was treated differently, as we can tell from the population's behavior and ideals. All forms of worship were considered equally true by the people, equally false by philosophers and equally useful by magistrates. This meant that popular superstition coexisted with a variety of cults and that the Romans accepted religious diversity, which, in turn, promoted the peaceful coexistence of different cults in the empire. Whether Greek, Roman or barbarian, it was believed that everyone worshiped the same deities on their respective altars and under various names and rituals. One of the big reasons behind this was the polytheistic devotion.

Even philosophers, known for their skepticism, formulated the moral concepts of human nature and speculated about Divine Nature. The Stoics and Platonists tried to reconcile devotion and reason while the

Academicians and Epicureans had less religious views. Two very well-known examples are Cicero and Lucian. Cicero used eloquence against popular religion, while Lucian used satire as a weapon against the gods. Still, despite their skepticism, these philosophers contributed to an attitude of tolerance and religious debate, as they despised all religions equally. In the century of the Antonines, despite the prevailing irreligiosity, both the priests and the people were respected, as the independence of reason was promoted.

Rome allowed the practice of various religions, although it sometimes intervened to restrict certain foreign rites, such as Egyptian superstition, which was considered the most despicable and abject. This superstition suffered frequent prohibitions, having had its temples demolished and its worshipers banished from Rome and Italy. Eventually, religious zeal triumphed over the political efforts. This religion ended up being accepted and the Egyptian deities Isis and Serapis came to take their place among the Roman deities.

In short, Rome's imperial policy adopted a pragmatic and tolerant stance towards different religions, prioritizing the empire's stability and cohesion above all. Rome became a common temple for all its devotees, granting citizenship rights to the gods of all nations. The spirit of Ancient times valued similarity over difference.

#### Expansion and diversity in the Roman Empire

The vastness of the Roman Empire was not limited to its territorial expansion. This vastness covered the entire foundation of Rome, from the number of citizens to their diversity. This can be explained by the Roman mentality of the time: a person's virtue and merit was more important than their social status. The city adopted a policy of incorporating foreigners, barbarians and slaves, which contributed immensely to the growth and success of the empire. When contrasted with other cities, we can tell that this was the exception, not the rule. The

The politics of Athens and Sparta, for example, valued the preservation of pure blood, believing that it was more important than the individuals' qualities. Therefore, while the number of citizens in the Athenian Republic gradually decreased, in the Roman Republic the increase was significant, which may seem counterintuitive due to the wars and colonization.

Italy was the privileged political center of the Empire, and, therefore, it demanded to be the cradle, or at least the residence, of the State. Thus, its citizens were entitled to exclusive privileges. Since Italy was considered the center of public unity and the basis of the Constitution, anyone born there was considered a Roman citizen, which allowed them to enjoy tax exemptions and other advantages. Only after the privileges of the Romans were progressively extended to all inhabitants of the empire did the distinction between Italy and the other provinces begin to soften. Differences were put aside and a notion of unity was promoted, through language, customs, civil institutions, and others. As Rome recognized and rewarded the merit of citizens from other regions, a policy of cultural assimilation was implemented, which promoted the cohesion and development of the empire.

The merit and service of all citizens, from Roman to barbarian, contributed to the glory and greatness of Rome and some names remain in the memory of generations to this day. Virgil, Horace, Mario and Cicero are men who came from different regions, but who still illustrate the diversity and expansion of the empire. They serve as an example of how generous the Roman policy was.

#### **The provinces: politics and administration**

Unlike Rome, the empire's provinces were devoid of any public power or constitutional freedom. The Senate and Roman emperors dissolved dangerous confederations in order to maintain their dominance and absolute authority, simultaneously avoiding a union against Rome. Not even local princes maintained positions of power, as they were removed from jurisdiction after completing their tasks of subduing the defeated nations. Therefore, public authority was absolutely and unlimitedly held by Senate ministers and emperors. With the phenomenon of Romanization, Rome established colonies and granted Roman citizenship to loyal provincials. Furthermore, it also accommodated veterans as colonizers to spread Roman customs and laws.

The establishment of colonies gradually united the provinces to the Roman name and people, which generated a spread of cultural diversity. The eastern regions, unlike the western ones, showed greater resistance to Roman cultural assimilation, maintaining Greek and local influences. Even so, despite resistance from the eastern provinces, the Latin language was promoted as the official language, and, among the Greek, exercised separate jurisdiction throughout the empire. Latin was strictly and inflexibly used as the official dialect of public transactions and in the administration of civil and military governments. In turn, Greek was used as the natural language of science. Ultimately, these institutions led to the empire's nations becoming one with the Roman name and people.

#### **The provinces: citizenship, slavery and population**

There is, however, one institution that was still widespread in the empire, which was at the center of every province and within every family: slavery. Slaves, whose social class was the lowest in the hierarchy, made up a considerable part of the population. These were mostly barbarian captives with a thirst for revenge, as they were bought cheaply and were previously accustomed to a life of independence. Rome, faced with a slave crisis due to the decrease in the foreign sources of supply, had to find a solution. Hence, to reduce dependence on foreign captives, the reproduction of slaves was encouraged and laws were enacted to protect their rights against cruel treatment and the possibility of manumission. The slaves' rights to life and death were reserved for Magistrates and underground prisons were abolished. The changes that arose from this gradually improved the condition of this social class.

It is difficult to determine the total of the Roman population, but a census carried out by Emperor Claudius determined the existence of approximately six million Roman citizens, not including women, provincials or slaves. The best estimate we have, including women and children, is of around 20 million people. However, this number would increase even more if the lower class subjects were counted. It is estimated that there were twice as many provincials as citizens, of both sexes and of all ages, which represents the largest society that has ever existed under the same government.

One of the reasons that made it possible for an empire of such size to remain completely functional was the Roman policy of

moderation, which had peace and internal unification as its goal, contrasting immensely with the disorder and weakness of the Asian monarchies. Obedience to the Roman government was uniform, voluntary and constant, which allowed for its stable growth. Having established this general security, resources were dedicated to improving and beautifying the Roman Empire.

**Roman monuments: Architectural grandeur**

Roman monuments are a great representation of the architectural grandeur of the Roman Empire and are one of the symbols of the empire's power and influence in its various provinces. Few monuments have survived the test of time due to erosion, but even so, the ruins that remain mark what was one of the most important empires of the ancient times. These monuments were built with public or private financing. Roman emperors, such as Augustus, Vespasian, Trajan and Hadrian, left monumental works throughout the empire as their legacy. However, monuments were also erected by individuals and local communities, almost always intended for public benefit. Herod Atticus is an example of a wealthy citizen who was a patron of the arts and financed public works in Athens and other regions.

Instead of being simple symbols of imperial power, these monuments also served practical purposes. From theaters and amphitheaters to aqueducts and temples, structures were intended not only to benefit but also entertain local populations, while also extolling the glory and prosperity of the empire.

Some notable examples remain as tourist attractions to this day, such as the Colosseum, one of the most emblematic Roman structures, built by Vespasian and financed with the spoils of military conquests. The Colosseum served as a location for shows and games for the Roman people. In turn, Herod Atticus financed, among many other things, the construction of a stadium in Athens and a theater in honor of his wife, as well as ornamentation in several temples, such as the Temple of Neptune on the Isthmus. However, Roman monuments today do not limit their usefulness to leisure and distraction, they are also important milestones in the history of Roman infrastructure and, consequently, global infrastructure. The Romans built a vast network of roads and aqueducts throughout the empire, which facilitated transportation and communication. Changing stations were built along roads to allow quick and efficient

travel, and ports, such as Ostia, were developed to facilitate trade and maritime communication between provinces.

Ultimately, Roman monuments are a testament to the grandeur of the empire at its height, but also significantly influenced architecture and culture all throughout the Western world. They are a historical landmark that has left lasting references until the present time.

**The increase in agriculture: trade, luxury and the decline of the empire**

Agriculture played a crucial role in the development of the Roman Empire. Under Roman rule, there was a gradual introduction of agricultural products, industries, crops and techniques into Western Europe. These came from more civilized regions, which encouraged trade and improved social life. The spread of agricultural crops, such as wine, olive oil, fruits and flax, contributed to increased production and economic prosperity, as it enriched the diversity of crops. The introduction of new techniques led to improvements in the production of wine and olive oil, which expanded into regions previously considered unsuitable for such production. The successful introduction of flax cultivation and the adoption of artificial grasslands, in turn, increased the availability of raw materials and feed for livestock.

Agriculture workers were highly valued and, therefore, the Romans demonstrated a constant commitment to their development, paying attention to their well-being. After all, this workforce played a central role in the development of agriculture, which, in turn, contributed substantially to social and economic prosperity.

Luxury trade was present in every branch of society, and agriculture was no exception. In fact, this type of trade was an important economic motor, as it brought wealth but also stimulated improvements in agriculture and related industries, which contributed to the economic stability of the empire. Therefore, although luxury trade is often criticized, especially by moralists, it is undeniable that it played a crucial role in distributing wealth and stimulating the economy.

Economic prosperity was then widespread, leading to improvements in several commercial sectors. Maritime trade flourished through commercial exchanges between the East and Rome, there was a great increase in the circulation of silver in the empire and agriculture served as the basis for the development of various manufactures, since

natural products were the main materials used in production.

The prosperity of agriculture contributed to the political stability and economic prosperity of the Roman Empire, as it mitigated the frequency of famines and ensured a constant supply of food for the population, but it was not all positive. Rome also showed some signs of decline, as during this period of stability, decay and corruption increased. There was a stagnation of critical thinking, creative thinking, military spirit and the fire of genius that existed until then. This lack of intellectual and cultural innovation led to the decline of the Roman Empire.

After centuries of decline, what eventually led to cultural resurgence and the restoration of freedom may be unexpected to some: it was none other than the barbarian invasions of the North. These invasions are seen as a reinvigorating element, as they brought values of freedom and courage that were previously forgotten and abandoned. Thus, the Roman Empire flourished again and overcame one of the most culturally weakened periods it went through.

### Conclusion

In short, Roman imperial policy was what allowed the empire to prosper as exorbitantly and quickly as it did. Among the factors at play, the most notable are: tolerance and religious concord, which promoted the peaceful coexistence of diverse faiths; the policy of incorporating foreigners, which enriched cultural diversity and gave everyone an opportunity to be recognized and valued for their merit; the efficient administration of the provinces; the valorization of slave labor; and, finally, the construction of monuments and the increase in agriculture, through, again, the valorization of labor, this time agricultural. However, despite the economic and cultural prosperity of the Roman Empire, intellectual stagnation and corruption eventually grew, which led to the inevitable decline of the empire. Still, it is an undeniable historical landmark that lives on to this day, having influenced multiple aspects of Western culture and societies.

### Bibliografia

Gibbon, Edward, e D. M. Low. «A união e a prosperidade interna do Império Romano. As províncias e os monumentos. O incremento da agricultura.» *História Do Declínio E Queda Do Império Romano*, Vol. I, traduzido por Maria Emília Ferros De Moura, 1ª ed., Bookbuilders / Letras Errantes, Lda., 2022, pp. 40–64.

## we set off towards happiness

Author: Ricardo Boura  
Translator: Carolina Franco

we set off towards happiness  
together, yet lost in love,  
cursed by my spontaneity  
we collided head-on with pain.

such a troubled journey,  
marked by the indecision of your mind  
and the mirage that shocked me head-on  
left me with nothing.  
so many curves left me dizzy,  
soothed by a love straight out of a fairytale,  
a tale without fairies or dragons,  
just a collection of songs  
and a figure who breaks hearts.

arriving at the destination of our lives,  
I realised you had made up your mind.  
we delighted on the beach, listening to the sea,  
together with a promise of eternal love

then the driver revealed himself:  
it was the cruelest of them all, Cupid  
and then he whispered in my ear,  
'she never loved you'.

### Lisbon Lectures in the Humanities with Christine Korsgaard

The moral philosopher Christine Korsgaard, known for her reflections on practical reason, personal identity and human-animal relationships, will present a conference in Lisbon. It touches on the notion of good, the central theme of her recent researches. Korsgaard is the author of several influential pieces, including "The Sources of Normativity" and "Self-Constitution: Agency, Identity, and Integrity". The event will take place on October 2nd at 6:30pm at the Faculty of Arts and Humanities of the University of Lisbon.



# Academic Agenda

Do you want to get involved in the academic spirit? In this Academic Agenda, we present you some events that will take place at the University of Lisbon in which you can participate for free.



## Arraial do Santo Caloiro - Beginning of School Year party

On September 26th, from 7pm to 9pm, Arraial do Santo Caloiro, the beginning of school year party will take place.

The party is organised by the Faculty of Art and Humanities' Student Union and will take place in Bar Novo.

## Visiting the Lisbon Astronomical Observatory

The Real Observatório Astronómico de Lisboa, in Tapada da Ajuda, was built by King Pedro V. Nowadays renamed Observatório Astronómico de Lisboa, was the Portuguese National Observatory, a referential institution.

Visits occur every Wednesday and are completely free (except visits from schools).



## Cycle of Guided Tours Alumni 2024 - Tour #4: Tapada da Ajuda

The ULisboa Alumni organise, from May to September 2024, the cycle of guided tours to the green spaces of the University of Lisbon.

Tour #4 will be done at Tapada da Ajuda, on September 12th at 10am.

More information at <https://www.ulisboa.pt/evento/ciclo-de-visitas-guiadas-alumni-2024-visita-4-tapada-da-ajuda>



Here you can find events such as concerts, congresses and colloquies of academic interest, as well as events of an intellectual nature and with social impact. You can find more information about them in the 'Agenda' section of the University of Lisbon and Faculty of Art of Humanities websites.



### Debate "Tradição e Contemporaneidade"

On November 27th, at 6:30pm, the debate "Tradição e Contemporaneidade" will be held in the Nobre Hall of the Rectory of the University of Lisbon. The third debate of the cycle "Pensar a dois tempos", organised by Gonçalo M. Tavares.

The entrance is free, limited to the space's capacity.

### Conference 30 Anos Fundação BIAL: "Sobre a Fisiologia da Mente 2024"

To indicate its 30th anniversary, the BIAL Foundation brings neuroscientists António Damásio and Hanna Damásio to Portugal for a conference, prepared together and headlined by the prestigious scientist, called "Sobre a Fisiologia da Mente 2024".

Entrance is free, with mandatory signups until the September 30th. The even will also be transmitted online.



### International Congress "Women and Writing in the Roman West"

The congress "Women and Writing in the Roman West", held at the Faculty of Arts and Humanities of the University of Lisbon, on November 21st and 22nd has as its objective analyse the feminine use of writing and women's partaking in different manifestations of written culture of the Roman West.



## I don't know how to swim

Author: Eva Torres  
Translator: Catarina Pereira  
Illustrator: Maia Aguiar

I lost myself in you,  
I got lost in the waves of your hair.  
In them I tried to swim.  
And on the street, when I walk,  
I got lost in the cigarette butts  
thrown to the floor,  
as you talked my head off.

I drowned in you,  
because I didn't know how to swim,  
stunned by something I didn't see,  
but which I always feared.

At the end of the night,  
I said goodbye to you,  
already thinking about seeing you again,  
and, without even knowing,  
I lost myself in your charm  
and drowned  
unintentionally.



## To no one

Author: Maia Aguiar

Translator: Sara Sachetti Fernandes

Illustrator: Maia Aguiar

She loved books and everything about them: the made-up worlds she dove into, the characters she followed through the hardest of times, the love stories she read that fed the dream that, one day, she would also live a fairy tale. They made her feel good, even when she was devastated by a sad story that made her cry her eyes out in her room. Cintia has always been fascinated with how people found a sort of connection with books. That was what made her want to start writing. She longed for the day when people would also connect with her stories and find comfort in them.

When she was eight, she started to write her dreams and fantasies on paper. In 2004, at Christmas, her mother gave her and her brother each a leather diary. 'Write a page a day', she said. But one page wasn't enough. She always wrote three or four. And when there were no pages left, she took her brothers' diary, who was more preoccupied with playing football with the neighbours' children. While she saw the children run and hurt their knees on the street, Cintia dived into her writing.

At fifteen she abandoned her stories and tales, feeling too grown up for them. Leaving behind her literary interest, she discovered and got comfortable with her necessity to write to the people she cared about. The gift to control words according to her emotions called for her, but still she struggled. Using her voice to express herself was scary. She'd rather take refuge in the pages, hiding behind her blue pen, writing what she felt. Cintia realised that what she was doing was, actually, writing letters. She wrote to Helena after her walk in Belém; to Mateus, who opened the door for her when they were both late; to her English teacher, Susana, who always helped with her problems at school; she wrote tones to her family, mostly to her mother, who always supported her. None of these people ever read the letters Cintia wrote them. The fear of being judged kept stopping her from sharing her true feelings with them. While she kept her words in the leather diary, Cintia gave away a few 'thanks' along with a shy smile.

Today, at twenty-five, Cintia writes about her feelings and what she could say if she had the courage. Growing up isn't as fascinating as she'd dreamt, and each day of adult life terrorized her more and more. Very little of it allures her. She doesn't know how to deal with the responsibilities or her feelings, let alone her fears. While walking downtown, looking for answers, she scribbles a word or two. Adulthood is scary – she's always been told but refused to believe it. After all, she's always been a radiant and ambitious young lady. However, the confrontation with raw reality had destroyed the naïve version of Cintia and left her adrift in sorrow and sadness. Yes, she still writes letters. She doesn't know who they're for. She doesn't know if the letter doesn't have an addressee because she doesn't have anyone to write to or if people are no longer worthy of her writing. Like her fascination with books and tails, Cintia realised that the love she felt throughout her life had vanished.

Sitting by the Tagus, Cintia took out her notebook while looking for a pen at the bottom of her bag. She hesitated, pen resting on the paper. All of a sudden, it's dark. She was accompanied by her sorrows, which sunk deeper and deeper. When she's aware of the ink stain taking over the white, she starts to write.

*Dear someone,*

*I feel lost in life and don't know who to ask for help. I remember when I was a child and I remember being a determined little girl. I remember excitedly running to the kitchen to show my stories to my mother. 'One day, you'll be a writer', she said lovingly. And I believed her. There was no way it could go wrong. What happened? This is all so new to me. Shouldn't I, a 25-year-old, know what I want in life? Am I still too young and have things to figure out? Or am I too old to know what I'm supposed to do? Do I have a goal in life? I'm tired of the worry I carry. I just want to rip it off. I don't want to worry about my future just for a few moments.*

*I just want to live a fairy tale and...*

She stopped writing. A sad thought interrupted her.

She realised that none of this mattered. One way or another, no one would ever know about this letter, or about any of the others. No one will ever know about her fear and disappointments. No one has ever read them, and no one ever will.

## First International Colloquy of Art, Language and Culture

The First International Colloquy of Art, Language and Culture comes as an answer to the necessity of creating a new meeting point that promotes the interdisciplinary analysis and the exchange of perspectives about questions related to art, language and culture.

The event takes place from December 4th to 6th at FBAUL and online.



## may her silence me

Author: Xavier Cardoso  
Translator: Maria Pires  
Illustrator: Maia Aguiar

I came from the north,  
in search of a stronger cause.  
I walk into dark paths,  
realizing that no people are pure,  
for this disease of thinking there is no cure,  
I'll surrender to madness.  
turn off the lights and leave me alone.  
I'll lie down and cry, I've said I'm not capable.

I'm unwell.  
I'm unwell and will continue to be unwell.  
an abyssal pain, I had ever felt before.  
a lament is worthless to me,  
I need death,  
may her silence me.

may her silence me,  
may her muffle my thoughts,  
may her allow me to sleep,  
may her lie me down in peace,  
may her not force me to see anyone,  
may her not force me to hear anyone.  
may her silence me,  
only death is of value to me.



### My mother

Author: Carolina Franco  
Translator: Catarina Pereira  
Illustrator: Maia Aguiar

I'm just like my mother. I noticed this when I held my daughter for the first time, after we left the hospital. She was lying in her crib, adorned with multi-colored flowers, painted by me nights to end. The night is quiet, melancholic, lonely, filled only by my thinking and her bubbling. I think, smile and cry for everything that I was, for all I could have been, and for all I am and am not.

I've long accepted that this is my fate, but I don't know why looking at her, with all its fragility characteristic of age, weighs me so much. Maybe it's the innocence that she carries, an innocence that I've long lost. She makes me question if I can consider myself a good mom when I'm the spitting image of mine. I make the same mistakes, I follow the same lessons. Until the existence of my girl, an existence devoid of any paternal figure, just like me, is a reminder of my failures.

As you grow between the sword and the wall, the perception of discomfort changes in an astronomical way. I was always able to sleep the entire duration of an eight-hour flight with a child crying as if the plane were going to fall, I waited dozens of times in a row of three hours in customs like a walk in the park, I've grown up with my poorly paid boss yelling at me as if I were the culprit of his wife meeting a younger man. The point is that I usually have no problems overcoming whatever it is – nothing can be as heavy as my mother's words and my stepfathers' hand (one, two, three, so many that I don't know the name of any).

It's not surprising that when my foundations, which I've always been proud of, started cracking, everything around me seemed to collapse as well. The child's cry on the plane became frighteningly similar to my sister, who spent hours with hunger while my mom drank in the room. The wait at customs brought back memories from the hospital waiting room, when my brother threw the bridge car, certainly so tired of this family as much I (at least he managed to escape). My boss's voice was slowly transforming into my mother's who insisted that I would never be someone in life. The courage, which has always accompanied me, has fluctuated. The weight of memories weighs as much, or more, than age.

I thought I could stand it, I had the strength to break the cycle, but I realized how wrong I was when I woke up on the living room floor, with an empty bottle of wine by my side and my daughter crying in the crib. That day, I hugged her, cried and begged her forgiveness. I whispered my regrets to her ear, hoping she would be too young to remember, young enough for me to still be able to change.

What started as an occasional occurrence quickly became an daily occurrence Alcohol has become a constant presence and the need to apologize became a morning routine that I couldn't break. Day after day, she looked more fragile, nestled in the sheets, so delicate and fragile that I was afraid to pick her up like a porcelain doll about to break. I sat next to her crib, I don't know how or when, much less how long I spent there.

I was watching her, the alcohol that was running in my veins made me deaf to her cries. I admired and admired how beautiful she was, asked how I had created such a perfect baby. I touched her face, nose, ears, mouth, everything so small and perfectly formed. If God existed, her existence was proof. I have never felt so much love in my heart, but that love was overshadowed by fear.



The fear of being like my mother, the fear of not being enough, of neglecting her. When she fell asleep, I admired her and admired her and admired her. When child protective services took her, I noticed. My fear of becoming my mother was exactly what made me her. Only there, alone with a crib flowered and empty, I realized it was too late.

I'm just like my mother.

### Saudade

Author: Maria Moiteira  
Editor: Inês Cândido

Dear Rose,

I'm writing you this letter to make sure age never takes our memories away from me. I already feel it, you know? It hides in the phone numbers I now need to check twice, in the faceless war mates. I usually call them by that: "mates." They believe it's an endearment, but we both know the truth, Rose. I just don't remember their real names. I try to, but it's like an endless hole in my brain: there's nothing. I feel it coming for me, it's like a vulture patiently waiting for the right time, taking everything from me slowly and carefully, in a way I only know it did it when I need it back. But not you, Pumpkin, I couldn't bear it if it took you from me. So, I've decided to write every detail about us that cruel time hasn't taken from your old man.

I met you way before you met me, you know? You would always read your books in the garden, right next to where I worked, and I would, between my shifts, glance at you, observing your peace and how you always looked so serene. It gave me comfort; it was like every piece of evil in the world ended with you. Then one day, to the sound of old Sammy Crue singing in the middle of the street with his little hat and begging for merciful coins, I sat next to you. You looked at me and smiled, the warm sun was hitting your perfectly sweet face and I remember memorizing each and every detail of you – your soft rosy cheeks I've kissed so many times, your forest green eyes, your long brown hair that cancer took away from you. Oh, how I wish that age had taken that memory from me, but it's as tricky as a fox and this pain is already carved in me, running through my lungs as I breathe, reminding me of your sweet vanilla perfume, the one I'll never smell again, the one I gave you on our first anniversary. You loved it so much you cried for hours when Emily broke it, our sweet girl, my biggest reminder of our love.

"If it is between us both, promise me, you'll choose our baby." You've said with your hoarse begging voice as my hands wiped away your painful tears, "Promise me, Robert! Promise me you'll keep our Emily safe!"

"I... I promise, baby." I answered you as the doctors took you away from me. I didn't sleep that night, not even for one hour. But I prayed, I prayed so much, even though, until that moment, I didn't believe in God. I begged the angels not to take you with them. The next morning, I remember holding you so tight and thanking the doctors a thousand times as I also held our sweet daughter. Tomorrow I'll be walking her down the aisle as she wears your flawless wedding dress, and I know for a fact she's going to look almost as perfect as you did sixty years ago. I just wish you were here to see it for yourself, Rose, because life hasn't shined as bright as it did since you left, and there's no illness capable of making me forget that.

Forever yours,  
Robert

## FOLLOW US ON SOCIAL MEDIA

Follow your newspaper on social media, so you can keep up with our activities!  
We're on *Instagram*, *X* and *Facebook*.



## VISIT OUR WEBSITE

Would you like to access our weekly publications and digital issues?  
Access our website via the linktree on our *Instagram*, or at [www.jornalocola.com](http://www.jornalocola.com)

## JOIN US FOR OUR NEXT ISSUES

The newspaper *O Cola* is a project from Humanities to Humanities, and we would be delighted if you were part of it. If you want your articles to be published or illustrated in our next issue, read our Terms of Submission (available on our website) and e-mail us at [jornalocola@gmail.com](mailto:jornalocola@gmail.com)



*Associação de Estudantes / FLUL*  
*@aeflul*  
*www.aeflul.pt*

***Want to know more about O Cola? Check our socials!***

 *@jornalocola*

 *@jornalocola*

 *Jornal O Cola*

 *jornalocola@gmail.com*

***WWW.JORNALOCOLA.COM***