

SABURA

Tourism in Cova da Moura



Africa is so near!

**Come with friends to discover Africa
in "Alto da Couva da Moura"**



Our provisions

- The delicious taste of African cookery in the restaurants: the “cachuppa”, the “Moamba”, fish soup with manioc, the “calulu” of fish, coco sweets, the “acucarinha”...
 - The fruits and vegetable and African spices
 - Maize, maize and semolina meal, Congo and other beans, African mentholated? Grog, punch;
 - CD shops with African music;
 - Art of hair stylists, the African plaits
 - The “uril” game and its application in the learning of Mathematics
 - The African handcraft
 - African literature in the Moinho library
 - The “Batucadeira” the African dance that bears the cultural expression of the XVII century
 - The harmony of the rhythm pipe and the “ferrinha”- the small triangular iron musical instrument in the traditional “Funaná” song; dances with “Ta kai ta Rabida”;
 - Exuberance of festivities of Kola San Jon in June;
 - A course of African dances with the professional dancer and choreographer Cristovão;
 - Multiple services in the proximity of the city quarter mainly for mediator
 - The African community with initiatives and creativity
 - The photograph exhibition entitled “CRESCER COM DIGNIDADE” to grow up with dignity;
 - St. Gregory’s Rivulet tea and cucumber tincture, two medicinal plants that spontaneously grow in our city quarter and which alleviate pain and contribute to well-being of a person;
 - The history of the quarter: its being self made and the installation of the community, the majority of which is of African origin, where the members of this community survive and procreate and reproduce values such as love to cultural roots and cohabitation that reinforces the spirit of neighbourhood and mutual cooperation;
 - Our proposals for the re-qualifying of the city quarter.

Contacts

The cultural Association of “MOINHO DA JUVENTUDE”
 Call or contact Heidir or Cristina
 Address:
 Travessa do Outeiro, N.º 1 Alto da Cova da Moura
 2610 201 Buraca Amadora
 Telephone: 21 4971070/ 21 4905120
 Fax: 21 4974027 tjuv0091@mail.telepac.pt
acmoinhojuventude@mail.telepac.pt



It is an initiative of the project “Interculturalidade” which has as an objective the promotion of tourist tour in the form of enhancing cultural exchange within the confluence of the city quarters of the Bairro Alto, Bica and Madragoa. The Trilhos aims, taking the point of departure, the historic cultural heritage that since various centuries have become features of Lisbon, offering the vision of various cultures and traditions, or ... of know how and flavours.

Through this action, it is also aimed at enhancing the employment of the local community, forming tourist guides who are capable to show these realities.

The objective of the tourist tour is to get in touch with different parts of the population, schools and tourists in general.

These itineraries contemplate the cultural, historical, ethnographic and gastronomic aspects mainly focusing on the zones of Chiado, Principe Real and São Bento. Visits to museums churches, convents, gardens yards, belvederes and other places that are considered to be of cultural interests such as art galleries are to be realised, and always accompanied with providing dishes of various ethnic backgrounds of the different restaurants of these zones.

How did this idea emerge?

The idea of realising “Trilhos, Saberes e Sabores” was inspired by the experience of the initiative of the “Sabura” the Cultural Association known as the “Moinho da Juventude” which is the Youth Association - that is focused on diffusing the historical musical and gastronomic wealth of the inhabitants of the quarter of “Bairro da Cova da Moura” who are predominantly of Cape Verde origin. Through a diversified programme (taste of joys, little shows, etc.) the visitors have the opportunity of getting acquainted with the daily activities of this community.

Trilhos, Saberes e Sabores

