

ACTIVITY NOTEBOOK

- EXPLORATORY ACTIVITIES ALONG THE COASTAL ALENTEJO WITH THE MANUSCRIPTS OF AN OLD FISHERMAN

The Activity Notebook aims at inspiring visitors to explore interact with locals and get knowledge about the territory and the evolution of local Maritime Culture of Coastal Alentejo.

The starting point is a set of commented excerpts of rare manuscripts from an old fisherman, born in 1893, in Cercal do Alentejo, in the South of Portugal. The fisherman wrote short notes about his everyday life, about the fisheries, the marine species he and his team captured at the sea and sold at the fish markets such as Sines, Sesimbra, or Cascais. The excerpts are from the book *"Entre o Cabo Sardão e o Cabo da Roca. A pesca e a vida quotidiana (1927-1958), nos Diários do "Mano Mário" pescador do Alentejo Litoral"* / "Between Cape Sardão and Cape da Roca. Fishing and daily life (1927-1958), in the Diaries of "Brother Mário", a fisherman of the Coastal Alentejo".

Gather your friends or family members and choose the Activity that appeals more to you. Search for information to be compared with the notes the fisherman wrote almost 90 years ago. Enjoy visiting the fish markets, chatting with fishermen and fisherwomen and sellers, getting information about the maritime species, their habitat. Or you may be curious about the kind of traditional meals and snacks the fisherman and his friends had when they joined together in Porto Covo, Sines, or Vila Nova de Mil Fontes.

Activities 13 and 14 are designed especially for the elderly staying at nursing homes.

The Activity Notebook is also for you to make your own notes!

ACTIVITY.01 - "Calculating the distance travelled by the fishing boats on the fishing routes to the North and South of Sines"

Suggested Objective

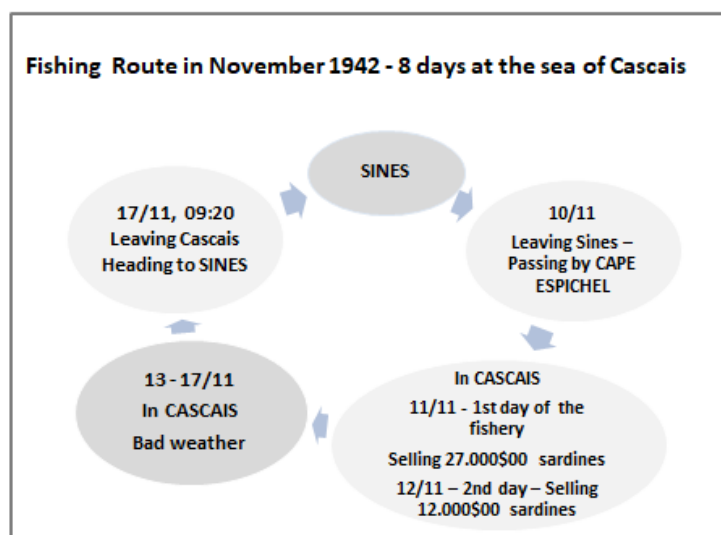
To calculate the distance travelled by the fishing boat to fish sardines in one of the Routes (Route North 1, Route South, or Route North 2), mentioned in the manuscripts.

Clues

- 1 Maritime mile = 1.852 meters
- Use a map that represents the Atlantic continental coast of Portugal.
- Make use of a ruler. Take into account that the Route was not like a straight line. Factors such as the wind, the waves and safety issues, as well as the availability of the sea fish influenced the direction the trawler would take.
- Mark Sines on the map as the starting point of the Route you have chosen. Then mark the coastal places he mentioned until the boat reaches its destination (Sintra, Cape Sardão, ...).
- Please read the following data about **3 fishing Routes** in order to accomplish the activity.

*Video "Mar de Sines" / "Sea of Sines" (2013)

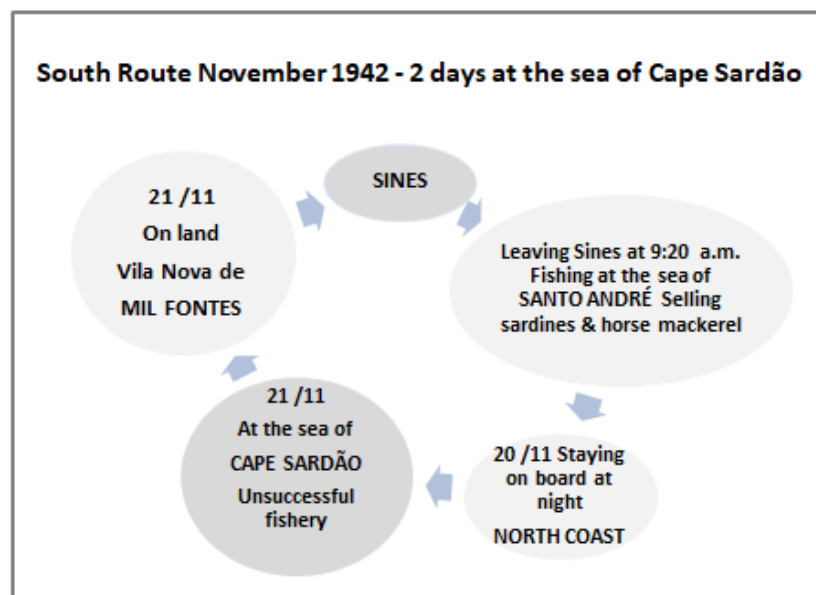
(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)



NORTH ROUTE 1 - What information can we get from Mário Zurego's diaries?

1942, November

- Day 10, Tuesday: "I left Sines to Cascais on board of the trawler of Sines at 4 p.m. we travelled with strong North wind at 11 a.m. we passed the Cape Espichel we arrived at Cascais at 3 a.m."
- Day 11, Wednesday: "in Cascais 1st fishing day We sold 27.00.00 of sardines" [twenty seven thousand escudos* of sardines]
- Day 12, Thursday: "2nd day We sold 12.000.00 sardines" [twelve thousand escudos of sardines] "Escudos"- Old Portuguese currency, prior to Euro.
- Day 13, Friday: "in Cascais Still having bad weather Sprinkles and East wind"
- Day 15, Sunday: "in Cascais It's windy We are expecting South wind We didn't caught anything at all"
- Day 16, Monday: "Cascais Strong wind and big waves we couldn't make it in the fishery"
- Day 17, Tuesday: "we started sailing back to Sines at 9.20 a.m."

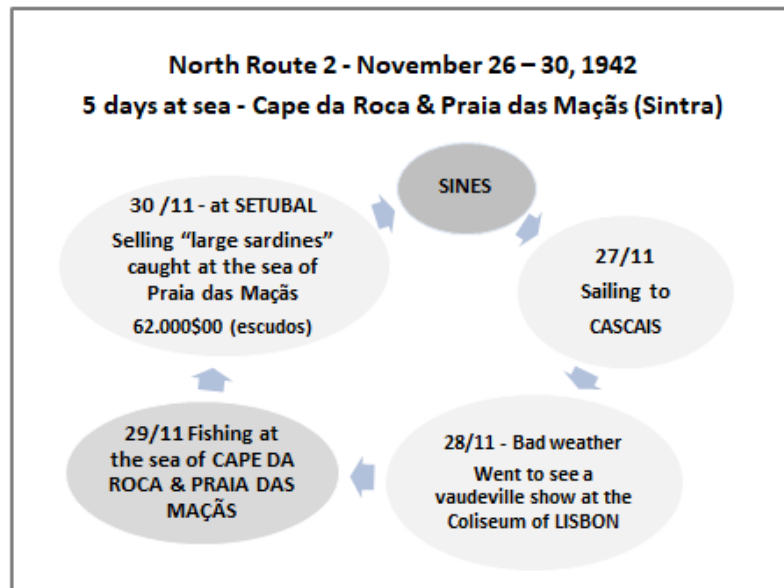


SOUTH ROUTE - What information can we get from Mário Zurego's diaries?

1942, December

- Day 17, Tuesday: "sailing to Sines at 9.20 a.m. we have been fishing near the coast of Santo André We sold 4.000.00 of sardines and horse mackerel"[four thousand escudos. Portuguese currency prior to Euro]
- Day 20, Friday: "I went out to the sea on board of the trawler of Sines I stayed on board all night near the North Coast"
- Day 21, Saturday: "we sailed towards the South We have been fishing at Cape Sardão we couldn't make it I went to Mil Fontes I stayed on land and then had

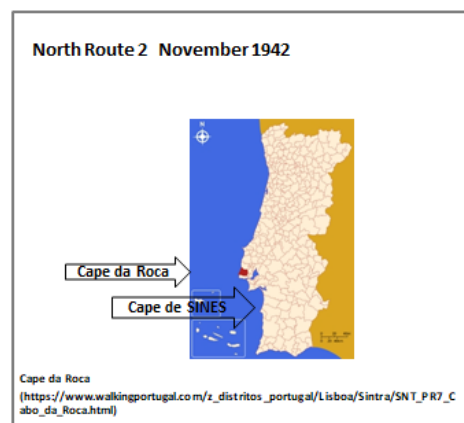
lunch on board we went out to the high seas at 4:30 p.m. We came back and stayed at Sines"



NORTH ROUTE 2 - What information can we get from of Mário Zurego's diaries?

1942, November

- Day 26, Thursday: "we sailed towards Cascais"
- Day 27, Friday: "in Cascais"
- Day 28, Saturday: "we sailed back to Lisbon with bad weather I went to the Coliseum in Lisbon to see the vaudeville show "The World Moving On""
- Day 29, Sunday: "Fishing at the sea of Cape da Roca"
- Day 30, Monday: "in Setubal we sold 62.000.00 escudos of large sardines, caught at the sea of Praia das Maças [beach near Sintra] We went back to Setubal at 1.20 a.m."



MY NOTES

ACTIVITY.02 - "Tracing the provenance of the fish for sale"

Suggested Objectives

1. To collect information about the fish for sale and its provenance. Is it local? Or is it from Setúbal, or some other provenance?
2. To talk to the sellers and make a check-list of the marine species that are for sale at the fish stalls you are visiting. Are they the same mentioned by Mário Zurego?

Clues for objectives 1 & 2

- Take a look at the *Summary of the maritime species*** mentioned in the manuscripts.
- *Recommended places for you to visit:* Auction in Sines; Fish section of the local Market of Sines, Porto Covo, Santiago do Cacém, Cercal do Alentejo, Odemira, Zambujeira; Restaurants specialized in menus with fish from the sea of Coastal Alentejo.

*Video "Mar de Sines" / "Sea of Sines"

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

Summary - Other marine species mentioned on the manuscripts

USES	SPECIES					
	Sea urchins	Oyster	Razor clam	Limpet	Sea snail	Lobster
For trade	-	?	?	?	-	X
For private consumption	X	X	X	X	X	-

MY NOTES

ACTIVITY.03 - "Chatting with fishermen and ship-owners of traditional fishing"

Suggested Objectives

1. To collect information from the fishermen about the species of fish they easily fish more often and the fishing spots where the fish can be found.
2. To collect information about what would be the best conditions for a fine and safe fishery.
3. To identify the safety rules fishermen should follow in order to prevent accidents in the fishing spots of the rocky coastline.

Clues

Get related information on

- (<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)
- ICNF-Instituto de Conservação da Natureza
(<https://www.icnf.pt/pesca/pescaludicaedesportiva/pescaludicameioseprocessos>)
- Pesca.pt - Pesca Lúdica e Desportiva (<https://www.pesca-pt.com/perigos-pesca>)
- (https://bd-afl.net/Mutua_docs/GuiaSegurancaSaudeTrabalhoSetorPesca.pdf)

**Video "Mar de Sines" / "Sea of Sines"*

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

MY NOTES

ACTIVITY.04 - "Drawing a picture of Mário Zurego, a man of many trades"

Suggested Objectives

1. To draw the picture of the fisherman when he sailed on the trawler.
2. To draw the picture of Mário Zurego and the birds he went hunting.
3. To draw the picture of Mário Zurego the "cooker", when he prepared a fish stew (*caldeirada*, in Portuguese) for their friends.
4. To draw, on a map of the coastal line in Portugal, the way that the fisherman's friend Venturinha would have made between Murtosa, his homeland, district of Aveiro, and Sines as his arrival point.

Clues

- *For Objective 1* - To watch old photos of fishermen and trawlers from Coastal Alentejo; visiting the Facebook group "*Pescadores de Sines*" / Fishermen of Sines and *Redes do Tempo*, the newspaper of the Municipal Museum of Sines (<https://www.sines.pt/pages/738>)

**Video "Mar de Sines" / "Sea of Sines"*

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

(https://www.sines.pt/cmsines/uploads/document/file/11552/visit_sines__en.pdf)

(https://www.sines.pt/cmsines/uploads/writer_file/document/334/Museu_de_Sines_-_Localiza_o_dos Equipamentos.pdf)

(https://www.sines.pt/cmsines/uploads/document/file/12159/historic_centre_guide__en.pdf)

- *For Objective 2* - Read the information about each bird.

(<https://natural.pt/news/alcaravao-burhinus-oedicnemus?locale=en>) (2024)

Listen to the stone curlew singing: (<https://xeno-canto.org/37535>)

(<https://creativecommons.org/licenses/by-nc-sa/3.0/>)

(https://www.avesdeportugal.info/wp-content/uploads/2023/07/LV_2005_Coturnix-coturnix)

(<https://avesdomundo.info/todas-as-paginas/alaudidae/>)

(<https://diariodoalentejo.pt/pt/etc/17796/macarico-bastardo-tringa-glareola.aspx>)

(https://www.tempo.pt/noticias/ciencia/biologos-declaram-extinto-o-macarico-de-bico-fino-e-a-segunda-especie-de-ave-que-desaparece-na-europa.html#google_vignette)

- For Objective 3 - Ask the fish sellers which marine species they chose to make traditional fish stew (*caldeirada*) of Sines. How do they cut the potatoes according to the local tradition? As cubes? As thin round slices?

MY NOTES

ACTIVITY.05 - "Drawing rocks where some marine species are observable between tides"

Suggested Objectives

1. To draw the rocks on a beach, with some marine species that are observable during low tide.
2. To draw a goby fish moving along the rocks out of the water.

Clues

- For Objectives 1 & 2: Get information about the marine species of the Coastal Alentejo (see *References*).

- For Objective 2: Watch the photos in scientific texts from marine biologists. Take into account the membranes the goby fish uses when moving along the rocks out of the water.

(<https://www.museubiodiversidade.uevora.pt/?s=caboz>)

(<https://www.biodiversity4all.org/taxa/118706-Gobius-paganellus>)

(https://www.nationalgeographic.pt/meio-ambiente/o-peixe-que-da-o-ar-pelos-filhos_2451)

- Reading the manuscripts from 1943.

Video <https://www.youtube.com/watch?v=chHdfDekk1I> (2024.06.30) (Ecoalga)
"Lage Sebastião Fernandes", sea of Porto Covo

Manuscripts

- 1943 31 January: "I went to catch goby fish in the South Coast with friends" (South of the Cape of Sines)

MY NOTES

ACTIVITY.06 - "To make the work Schedule of Mário Zurego - Is it possible?"

Suggested Objective

To debate the question "Are fishermen of traditional fishing allowed to have a fixed schedule?" Which factors may restrict a fixed professional schedule?

Clues

Read the excerpts of the manuscripts about the activities of Mário Zurego. Check which are the days of the week and the part of the day (morning or afternoon) devoted to the work on the *almadrava* (*armação*), the professional fishing, and work in agriculture.

Manuscripts

1930 July 22, Tuesday: "1st day working with the tractor"

1934 January 22, Tuesday: "I have sown 2½ *arrobas* [37,5Kg] of potatoes and tick-beans"

1937 July 5, Monday: "Reparing the thresher ½ day I start threshing oat at noon I received 100\$00 [100 escudos, Portuguese currency prior to Euro]"

1945 March 31, Saturday: "today the fishing frame was left to fish"

1945 May 13, Monday: "this fortnight we could not go sailing I didn't earn anything because of the bad weather"

1945 July 1, Sunday: "no fish in the fishing frame"

1946 September 3, Tuesday: "1st trip with Aurelio to sell fish at Odemira and S. Teotónio [Odemira, South of Sines]"

1950, April 06, Tuesday: "*I picked potatoes at Lameira [an old farm on the outskirts of the village of Sines] I went to the sea*"

1958 February 27, Thursday: "1 day scraping off the boat hull of the fishing frame/almadrava"

MY NOTES

ACTIVITY.07 - "Collecting information about countries of provenance of fishermen of traditional fishing in the 21st Century"

Suggested Objectives

1. On the 21st Century which is the schedule for fishermen who came from Cape Verde, Senegal, or the Portuguese Madeira Island? Will it be a schedule depending on the tides, or the professional schedule outside fishing activity?
2. To mark on the map the starting point and the arrival point of the way fishermen in Sines made from other countries or from Madeira Island, on the 21st Century.

Clues

- Take a look at the recommended readings.
- To talk to Associação Cabo-Verdiana de Sines e Santiago do Cacém (<https://www.acssc.com.pt/a-associacao/>).
- For *Objective 2*
- Use a map that represents the country of provenance or Madeira Island, and Sines as the arrival point in Portugal.
- Make use of the map scale and take measurements with a ruler. The measured distance might be greater than the distance traveled, depending on the means of transportation.

Web

Oliveira, J. C. (2011). The fisherman and his double: transnational migration in the European sea. *Etnografica*, 15(3), Pp. 441-464.

(<https://doi.org/10.4000/etnografica.1030>)

(<https://journals.openedition.org/etnografica/1030>)

"This paper analyzes the transnational migration in the fisheries sector, taking as case study the -phenomenon of temporary migration in the European seas and their specific economic and social logic. In this project we present some empirical work situations of Portuguese fishermen and political practices that tend to derive from these options. The theoretical approach intersects with the discourses of fishermen with different life itineraries and a particular look of a labour union representative over the recent changes arising from the relations of production and new challenges to a union in a context of rapid economic and political transformation."

(<https://www.dn.pt/sociedade/sem-imigrantes-indonesios-ja-nao-havia-pesca-em-portugal-dizem-organizacoes>)

MY NOTES

ACTIVITY.08 - "Debating "When you encounter a stone curlew (*algrivão*): what did they do on the 1940's, what should we do in the 21st Century?"

Suggested Objectives

1. To draw a stone curlew (*algrivão*, *alcaravão*, in Portuguese) in its habitat.
2. To debate in a small group how Mário Zurego could hunt a stone curlew, knowing that this bird hides so well among the stones and in the bushes.
3. To debate in a small group the question "To hunt the stone curlew? To protect the stone curlew? Why?"
4. To debate in a small group the question "To hunt larks? To protect larks? Why?"

Clues

- Listening to the singing of the bird stone curlew / *algrivão* (<https://xeno-canto.org/37535>)
- Recommendation for the objectives 1 to 4: To look for specific information on the *References - Birds*, the information about the bird and the state of its situation nowadays.
- Read the manuscripts excerpts below, on the 4th January and March 1937, on hunting at the place called Chãos (nowadays ZIL 2- Industrial Zone).

Video Curlew bird (<https://www.facebook.com/watch?v=3158643670949517>)

Stone-curlew

"The googly-eyed Stone-curlew" (https://www.rspb.org.uk/whats-happening/news/stone-curlew-projects-anniversary?fbclid=IwY2xjawKchfpleHRuA2FlbQlXMAbicmlkETBQZDU3V1ZNUkttZDVyS2V6AR73h3mmpGuxBHnTswneVlyVmzuyCPEe_dB_ZT7z7JF1V5H_QVlvW3XAKjGzIQ_aem_jRIIDjqRymRZOgnwTM4QZw)
(<https://www.facebook.com/photo/?fbid=1007231254836818&set=a.455172733376009>)

Manuscripts

1937 December 23, Thursday: "I did not work I went hunting larks in chãos*"

(*) Hunting on a hill called *Monte dos Chãos*, a former agricultural land. Since the 1970's an industrial area of Sines took place (ZIL II- Zona Industrial Ligeira II).

1942 January 4, Sunday: "in the farmstead [*monte*] I killed a quail and a stone curlew [*algrivão*, *alcaravão*]"

MY NOTES

ACTIVITY.09 - "Preparing a party with grilled sea urchins /ouriçada"

Suggested Objective

- To make a plan for a party with grilled sea urchins (*ouriçada*).

Clues

- Select the months mentioned by Mário Zurego when he went to catch sea urchins on the rocky coastline.
- Read the information on leaflets or posters announcing *ouriçadas* in Porto Covo.
- Consult the *References*.
- Contact the municipality in Porto Covo (Telephone: 269 959 120).
(<https://www.freguesiadeportocovo.pt/informacoes/contactos-freguesia>)

*Video "Mar de Sines" / "Sea of Sines"

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

Manuscripts

1937 March 15, Monday: "to catch sea urchins I did not work"

1939 February 5, Sunday: "I went to catch sea urchins with Mr Ernesto"

MY NOTES

ACTIVITY.10 - "Making a map of the fishing spots in the coastal line of Sines and Porto Covo"

Suggested Objectives

1. Mark on a map the location of the fishing spots of the coastal line of Alentejo.
2. Which languages do the fishermen speak, apart from the Portuguese language?
How do they name the fish of the coastal sea and the freshwater fish?

Clues

- Names of the fishing spots. Examples: North Coast, S. Torpes, Morgavel.
- Chat with fishermen and fish sellers about the materials and the conditions that are favourable to a good and safe fishery, the recommended period of the year for fishing, and the closed season.
- Consult the *Summary*** of the fish species mentioned by the old fisherman.

*Video "Mar de Sines" / "Sea of Sines"

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

MY NOTES

ACTIVITY.11 - "Making an electronic album of fishing vessels"

Suggested Objectives

1. To make an electronic album with pictures of traditional fishing vessels used in coastal Alentejo.
2. Select images of vessels used nowadays in Sines and in Porto Covo.

Clues

- Consult the excerpts of Mário Zurego's manuscripts about the name of each type of vessel. Examples: *bote*, *traineira*, *barca*.
- Talk to fishermen in Sines and Porto Covo about vessels used nowadays and those which have been abandoned. Ask for permission to capture images of vessels.
- Find information about the construction of traditional fishing vessels in the Museum of Sines, located inside the Castle.
- Consult the magazine *Marés*, edited by the Society Mútua dos Pescadores (<https://www.mutuapescadores.pt/comunicacao/revista-mares/>)

Nr. 91/2024 of the magazine *Marés* shows, on page 58, a photo of the trawler "*Estrela- do-Mar*" ("Starfish") (https://www.mutuapescadores.pt/docs/Mares_91.pdf)

*Video "Mar de Sines" / "Sea of Sines"

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

Manuscripts

1939 November 9: "I sailed to Cascais on board of the trawler of Sines at 4 p.m. we sailed with strong North wind"

1942

- April 9: "today the trawler "Starfish" ("*Estrela do Mar*") arrived to Sines it's the one that came from Peniche I went to place its engine"
- April 22: "1 day repairing the trawler "1st of May""
- June 18: "*chinha* sold 13.000\$00 of mackerel fish" [*"chinha"* refers to both a specific vessel and its respective traditional fishing art]
- October 11: "I went fishing with Henrique in the rowing boat [*bote*] of Mr. D. Venturinha"

MY NOTES

ACTIVITY.12 - "To make a calendar based on the recommended period of the year for consuming the favourite fish"

Suggested Objective

To make a calendar based on the recommended period of the year for consuming each species.

Clues

- To select specific fish.
- Consult scientific texts about the cycle of life of each chosen marine fish species.
- Talk to fishermen in Sines and Porto Covo about the best period of the year to market and consume the chosen marine fish species. Example: sardine, sharpsnout, horse mackerel, moray, sea urchins.
- Collect information about canned fish of the local brand "*Secreta Tradição*" and the species available all year round.

(<https://www.secretatradicao.pt/>)

Video "*Secreta Tradição*" (2015) (<https://www.youtube.com/watch?v=WQNMSa-O72A>)

** Summary - Fishing and selling spots and species captured, mentioned on the manuscripts

MY NOTES

ACTIVITY.13 - "Fishing the favourite fish"

This Activity is designed for elderly people who might be interested on stimulating memory abilities and communication skills, oral and written communication. Content of the manuscripts: fishing routes and the fish that was captured and sold.

Suggested Objectives

1. Telling the name of the each fish and the place where it was sold.
2. To talk about their favourite fish that were mentioned, or those that were not mentioned.
3. Throwing into a traditional fishing net, or into a basket, a fish made on a card, with the name of the fish named by each participant.
4. To summarize the names of the fish that "felled" into the net.
5. To make a list of the favourite fish that is not mentioned on the manuscripts.
6. To negotiate the price of the fish that felled into the net.

Clues

- Participants listen to the reading of excerpts of the manuscripts and recall the names of the fish.
- The leader draws a fish measuring about 20 cm long, in each card format A5. The participants may also enjoy drawing their favourite fish with, or without scales.
- The leader invites each participant to repeat the name of a fish that was mentioned during the conversation and writes the name in CAPITAL magnified letter size so that it can be easily perceived by participants who need it.
- One participant checks out loud the name of each fish that "fell" into the fishing net.

**Video "Mar de Sines" / "Sea of Sines"*

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

**** Summary** - Fishing and selling spots and species captured, mentioned on the manuscripts

MY NOTES

ACTIVITY.14 - "Describing the preparation of the favourite food"

This Activity is designed for elderly people who might be interested on stimulating the memory abilities and communication skills. Content of the manuscripts: the food mentioned by the fisherman about the lunching with his friends. Examples: "garlic soup", grilled sardines, grilled sea urchins, fried moray and chicken stew with potatoes.

Suggested objectives

1. Telling the name of the food mentioned by the author of the manuscripts.
2. Each participant elects the favourite food.
3. Explaining what the traditional "garlic soup" consists of, when the fisherman ate at the village of Porto Covo with his friends.
4. Finding the differences between the old "chicken stew with potatoes" and the modern roasted chicken with (fried) potatoes.

Clue

Make a list of the ingredients, with 2 columns, one for the old way of cooking the chicken and another column for the current way of cooking chicken with potatoes.

General clues

Recommended sequence: listening the reading out loud, talking about what they just listened, expressing preferences or adding personal knowledge, writing the names in CAPITAL letters.

Manuscripts about menus

1942

January

- Day 14, Wednesday: "I had lunch at the winery"
- Day 27, Tuesday: "I had supper with friends. The menu was chicken with potatoes"

February

- Day 03, Tuesday: "snack grilled sardines at the cottage of a friend"
- Day 04, Wednesday: "lunch with clams and oysters", at Vila Nova de Mil Fontes

April day 13, Monday: "in the evening I have been eating fried moray with some friends"

September day 23, Wednesday: "I have been to Porto Covo lunch was garlic soup*"

(*) "Garlic soup" may correspond nowadays to "*açorda*", a typical dish of Alentejo. It's made of a garlic broth and smashed coriander leaves, coarse salt, olive oil and thin slices of traditional wheat bread.

December day 06, Sunday: "I've been at the Village in the evening with friends I ate chicken with boiled potatoes"

1943 March day 09: "I joined my friends and we ate grilled sardines".

MY NOTES

References

*Video "*Mar de Sines*" / "Sea of Sines"

(<https://www.youtube.com/watch?v=ttOoqeL2qPk&t=440s>)

"The film sets out in search of the strategies that these communities have adopted to live in an inaccessible and inhospitable environment. From a simple raft of reeds, passing through shellfish gatherers and the most complex arts, such as trammel nets and siege, we discover the importance of gestures, sounds and artifacts that today are on the threshold of existence, such as *zinga*, *chui*, *ribileva*, clay buckets or "*aparelho*" crates.

Starting from the collective memory, narrated in the first person, in a cinema process with the community, three generations that made fishing their life are portrayed".

(**) **Summary - Fishing and selling spots and species captured, mentioned on the manuscripts**

Fishing spots	Species captured	Fish markets
Cape da Roca, Sintra	Sardine	Setúbal
Cascais	Sardine	Cascais
Praia das Mações, Sintra	"Large sardine"	Cascais, Setúbal
Santo André Coast, Santiago	Sardine; Horse mackerel	Sines? Santo André?
?	Sardine	Colos & S. Martinho das Amoreiras, Odemira

?	Horse mackerel	Colos
?	Corvine	Traditional almadravas/ Special fishing nets in "Armação de Sines" 1945
	Swordfish	?
?	<i>Salema (Sarpa salpa)</i>	?
Sines	Freckle	Sines
Traditional almadravas/ Special fishing nets in "Armação de Sines" 1958	White horse mackerel	Sines

Summary - Fish species and respective uses mentioned in the manuscripts

USES	FISH SPECIES								
	sardine	horse mackerel	corvine	bogue	goby fish	moray	sword-fish	mackerel	<i>Salema Sarpa salpa</i>
Trade	X	X	X	-	-	-	X	X	X
Private use	X	X	-	X	X	X	-	-	-