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PREPARED FOR A TRUE TOMORROW

EDITION02

LIVING IN A TECH WORLD

THE PARADOX OF TECHNOLOGY AND CREATIVITY

ALLY OR ADVERSARY?

HOW TO EDUCATE YOUNG PEOPLE

WITHOUT TECHNOLOGICAL INTERVENTION

LAWTECHS

BALANCING INNOVATION AND RESPONSIBILITY IN LAW

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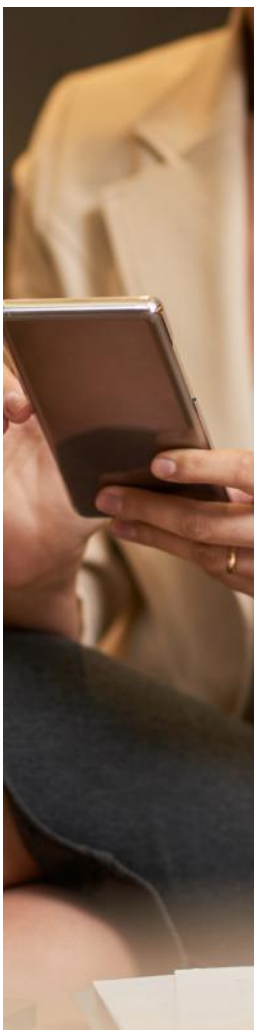
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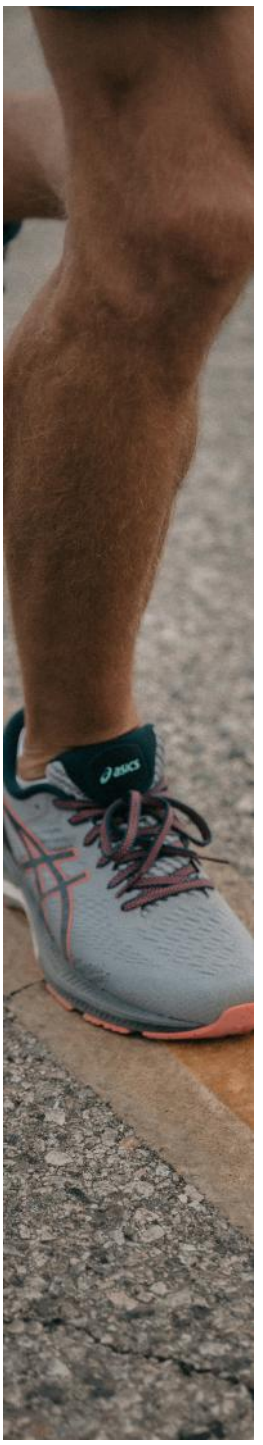
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Lawtechs

BALANCING INNOVATION AND RESPONSIBILITY IN LAW

In the current scenario, constant technological innovation is profoundly changing the way we build our societies and institutions. In the legal world, this revolution is not only evident but also deeply transformative, challenging the conventional notion that legal practice is inherently complex and inaccessible to many.

Lawtechs have an ambitious mission: to democratize access to legal services, making them more accessible, efficient, and transparent.



The role of Lawtechs

IN DEMOCRATIZING JUSTICE

One of the greatest contributions of Lawtechs is the expanded access to legal services. Previously, the cost associated with hiring lawyers and other legal professionals was often a barrier for many individuals and small businesses. However, LawTechs are changing this paradigm by offering solutions (online platforms and self-service approaches) that make legal services accessible to a broader range of people. This means that legal issues that could previously be overlooked due to costs can now be handled effectively and affordably. As Richard Susskind, the author of "The Future of the Professions," asserts, "LawTechs have the potential to democratize access to justice, allowing individuals and small businesses to obtain legal guidance at more reasonable prices."

Furthermore, these companies are reducing the costs associated with legal services. Through the automation of routine and repetitive tasks, such as legal document review, it is possible to lower legal fees and make the process more efficient. Mary Shen O'Carroll, Director of Innovation at Microsoft, emphasizes that "Automating tasks like document review and information screening allows legal professionals to focus their time on higher-value strategic issues." In other words, this automation not only increases process efficiency but also reduces the risk of human errors and frees up valuable resources for activities that require critical analysis and creativity.

Artificial intelligence (AI) has also played a transformative role in these companies, being capable of analyzing large volumes of legal data, identifying patterns, predicting judicial outcomes, and providing strategic insights. According to the Harvard Law Review, "AI is revolutionizing legal research, empowering lawyers to access relevant information quickly, accurately, and unprecedentedly." Moreover, it enables risk analysis, assists in complex decision-making, and enhances legal strategies. Its ability to process information on a scale that surpasses human capabilities allows legal professionals to offer more informed and data-driven advice.

Transparency is also a fundamental aspect of democratizing justice, and LawTechs are making the legal process more transparent for clients, providing them with greater clarity on legal procedures and associated costs. Another significant advancement is the development of self-service platforms through user-friendly interfaces and interactive tools. These platforms enable people to handle some legal issues on their own, without the assistance of lawyers. This may include creating legal documents, filling out forms, and obtaining basic legal guidance.

Ethical and Legal

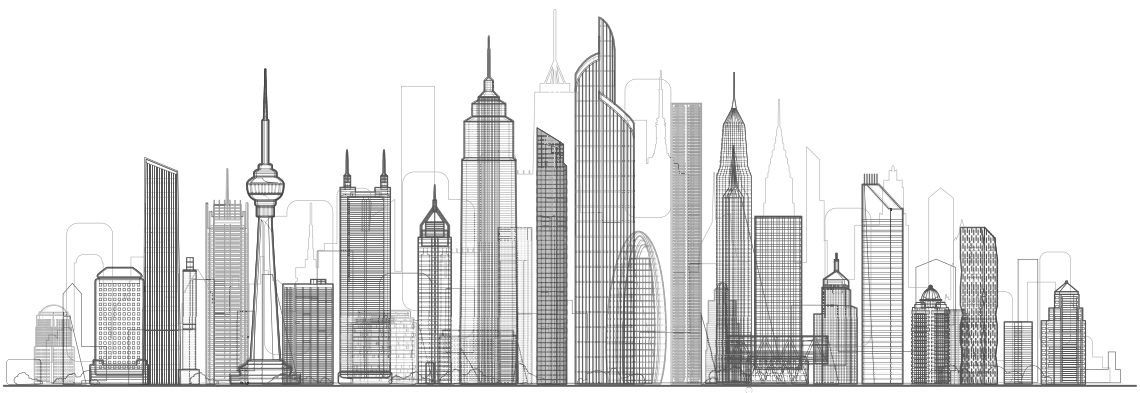
CHALLENGES

There is no denying that the rise of LawTechs is transforming the field of law, bringing innovations that make legal services more accessible and efficient. However, this technological advancement also brings a series of ethical and legal challenges that need to be addressed seriously. The American Bar Association warns that

> **The adoption of technology in the legal market must be accompanied by an ongoing assessment of its ethical and legal impacts.**

with the digitization of legal processes, sensitive information and personal data are being stored and shared digitally, raising significant concerns about client data privacy. LawTechs handle a considerable amount of confidential information, such as details of legal cases, medical records, and financial information. Therefore, it is essential for these companies to adopt rigorous cybersecurity measures in compliance with data protection regulations, such as the General Data Protection Regulation (GDPR).

The algorithms used are trained based on historical data, meaning they may inherit biases or inequalities present in that data. This algorithmic bias can lead to discriminatory or unjust decisions, compromising justice and equality in the legal system. It is crucial for LawTechs to take measures to identify and mitigate bias in algorithms, ensuring that decisions made are fair and impartial.



Determining legal responsibility in cases of errors committed by algorithms is also a complex issue. Who should be held accountable when a decision is made by a machine? How to determine responsability in situations where technology plays a central role? These are the questions that the legal system needs to address as LawTechs become more prevalent. Establishing clear guidelines and legal responsibilities is essential to ensure a fair application of the law.

The automation of legal tasks raises ethical concerns about the replacement of legal professionals by machines. While automation improves efficiency, there are fears that it could result in job loss and a lack of empathy in handling complex legal issues. It is important to find a balance between automation and preserving human elements, such as empathetic understanding and legal interpretation.

It is noteworthy that LawTechs are playing a crucial role in transforming the legal field, but these changes come with ethical and legal responsibilities. Addressing concerns related to data privacy, algorithmic bias, and legal responsibility is essential to ensure that technology benefits justice and equality, rather than harming them. Ongoing dialogue between the legal, technological, and regulatory sectors is indispensable to tackle these challenges and ensure that LawTechs operate ethically and legally responsibly.

Technological Evolution

IN A LEGAL CORPORATION

In today's dynamic business world, it's essential to have a good digital company that plays a crucial role in the success and growth of today's technology-driven business world.

Debt collection and Credit management have been an important part of Castilho International Legal Corp since its founding days.

After all these years of research and improvement , one thing we've learned is how crucial and revolutionary an inhouse database can be. All departments, especially the Skip department, provide the best information using customized tools that help reach better decisions or agreements.

Selecting the top digital partners, however, is an investment in future success. Castilho continuously looks for methods to get better, to give to clients the finest services possible, we selected specialized digital partners. Aligned with that we introduce VISMA/Onguard!

Efficient case management is vital to a company's success. VISMA/Onguard-CaseControl is a robust solution that provides a comprehensive suite of tools to streamline and optimise case-related processes. CaseControl is a cutting-edge case management solution that will allow Castilho to process cases with precision and flexibility.

CaseControl has an intuitive dashboard that provides an overview of all current cases, facilitating proactive decision-making and ensuring timely resolution. Automating routine tasks and providing real-time insights can significantly increase operational efficiency.

Additionally, a platform for partners, clients, and debtors is provided by this software. They can communicate with the case manager and see how their cases are progressing using this online tool. With that, we can provide more thorough details on every case.

VISMA/Onguard CaseControl is a powerful instrument that companies may use to enhance their case management procedures. Among these organizations that prioritize improvement is Castilho International Legal Corp!

In terms of digital investments, however, cybersecurity and data protection rank highest for businesses. In today's digital world, when individuals, organizations, and businesses are exposed to a variety of cyber dangers due to the interconnection of systems and reliance on technology, cybersecurity and data protection are critical.

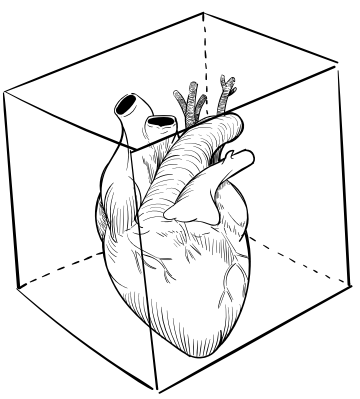
A cyberattack or data breach can cause a company to lose a lot of customers and damage its brand. Putting in place robust cybersecurity safeguards shows a dedication to safeguarding client data, building confidence, and upholding a favourable brand reputation. Additionally, Castilho strives extensively to ensure that we fulfill all criteria because we deal with sensitive and legal information regularly.

The goal of Castilho International Legal Corporation is to constantly improve the services we provide so that we can supply better internal management and even better outcomes to our Clients and partners.

GONÇALO FIGUEIREDO
IT Assistant Manager
Castilho international legal corporation



The European Health Data Space



In the contemporary scenario in which we live, is undeniable the rise of the digital world, which has radically transformed the way we interact, work and live. In this context, the European Commission approved, on December 13 of 2023, a proposal for a regulation aimed to create the European Health Data Space (EHDS), which will have a significant impact on our daily lives. It is important to note that the Directive 2011/24/EU, already established, in its Article 14(1), cooperation and the exchange of scientific information among Member States, although on a voluntary basis. Therefore, the EHDS consists in a framework based on facilitating, exchanging and accessing personal health data within the European Union (EU), resulting in a single market for digital health products and services, where users can consult, download, add data, rectify incorrect or outdated information, and restrict access to third parties.

In the initial stage of use, the EHDS aims to uniform the cross-border circulation and the storage of all personal health data of the EU citizens, providing them with full, immediate and

free control and access to their medical data in any Member State through the MyHealth@EU platform. On a second phase of use, through HealthData@EU, the EHDS towards to explore and investigate the wide range of anonymous data, contributing to the advancement of science and the pursuit of disease prevention and early detection.

Following this and given that the EHDS will disclose a significant amount of sensitive data, the effective guarantee of protection of personal data of EU individuals is a crucial concern. In this way, an efficient interoperability has been stipulated to ensure data protection regardless of the Member State or healthcare provider, in order to circumvent differences in the application of the General Data Protection Regulation across Member States. Furthermore, Article 14(1) of the Directive ensures that the holders of the personal health data receive information about the specific purpose for which the data is being used.

But who regulates the access to these data? The EHDS, in accordance with Article 8(3) of the Charter of Fundamental Rights of the European Union, determines access control mechanisms through the appointment of Digital Health Authorities in all Member States. These authorities, integrated into a transnational digital infrastructure, are responsible for granting duly justified authorizations and supervising the specific objectives for obtaining health data, safeguarding citizens' rights to security and privacy. Therefore, any use of personal data that proves to be harmful to EU citizens, such as the commercialization of products or services or an increase in insurance premiums, is strictly prohibited.

In conclusion, concerning the fundamental rights and freedoms of individuals, as enshrined in Regulation (EU) 2018/1725, which classifies health data as a special category, providing additional guarantees for their use, the establishment of a common digital platform that can be shared with healthcare professionals and those responsible for research, both from the Member State of origin and the country which they are located, promotes a certain parity of treatment and a continuous improvement in the field of public health.

MARIA INÊS OLIVEIRA
Legal Counsel & Assistant
Castilho international legal corporation





Fintechs

TECHNOLOGY SHAPING THE FINANCIAL FUTURE

In recent years, we have witnessed a significant transformation in how we interact with financial services. The emergence and growth of Fintechs, companies that blend finance and technology to create innovative solutions, have had a profound impact on our lives. From digital payments to online loans, these companies are redefining the way we handle money and financial transactions.

Technological innovations

TRANSFORMING THE FINANCIAL FUTURE

One of the key reasons behind the success of these companies is how they adopt and apply technological innovations to redefine the way we handle money and financial transactions.

Artificial Intelligence (AI): Leveraging AI, they employ machine learning algorithms to analyze real-time financial data. This allows for the customization of financial offerings, such as investment plans tailored to the client's profile and the detection of suspicious fraud activities.

Blockchain: The blockchain technology, primarily known as the foundation of cryptocurrencies, is being applied to make financial transactions more secure and transparent. Blockchain-based smart contracts simplify the automation of financial agreements.

Big Data Analysis: The use of large datasets (big data) enables more accurate credit risk assessment and the provision of more accessible loans. Additionally, data analysis is used to provide valuable insights to investors.

Another important aspect is innovation in payment methods. These companies have been promoting the adoption of technologies such as digital wallets and contactless payments, making transactions faster and more secure. Security concerns are addressed through measures such as two-factor authentication and biometrics, providing an additional layer of protection.



IMPACT ON

consumer experience

A key point to consider is the primary advantage of these technological innovations: the simplification of the consumer experience. In the past, accessing financial services often required a visit to a bank branch, filling out forms, and enduring long waits. Today, thanks to online platforms, many financial services are available anytime, anywhere. Banking operations such as money transfers, payments, and investments can be quickly conducted with just a few clicks, significantly impacting international remittances and e-commerce.

It's important to highlight that these solutions are shaping the landscape of financial inclusion. In many regions of the world, people who previously lacked access to traditional banking services can now use mobile applications to open accounts, save money, and obtain credit. Even those without a strong credit history can access services such as loans and credit cards through alternative risk assessment approaches.

Fintechs also contribute to greater transparency in individual financial management. Consumers now have access to detailed information about their transactions and investments through user-friendly interfaces. This helps increase control over their finances and make more informed decisions. Additionally, these platforms often offer financial management tools such as automatic budgeting and expense categorization. These features assist consumers in tracking their spending and taking steps to achieve their financial goals.

In the investment sector, these companies are democratizing access to financial markets, enabling individuals to invest in assets such as stocks, bonds, and cryptocurrencies with smaller amounts and without the need for intermediaries. Online trading platforms and robo-advisors make it possible for even inexperienced investors to invest and diversify their portfolios relatively easily, enhancing the financial literacy as people become more actively involved in managing their finances.

There is also a reduction in costs associated with financial services. Peer-to-peer lending platforms, for example, eliminate intermediaries, making loans more accessible for both borrowers and lenders. Furthermore, the use of technologies like big data analysis allows these platforms to make lending decisions based on more comprehensive data, offering more competitive interest rates.

How they make money?

A common approach to generating revenue in the financial sector is the application of fees and commissions for services rendered. This is evident in online payment platforms, where a small percentage is added to each processed transaction. Additionally, services such as prepaid and virtual cards may include fees for theft, currency conversions, or reloads.

Another method is offering premium services or subscription plans with advanced or exclusive features. These services may encompass detailed financial analysis, access to specific investment products, or additional benefits for users.

In the realm of loans and credits, many fintechs act as intermediaries, efficiently connecting borrowers to lenders. This connection generates revenue through the interest charged on granted loans. An example of this is peer-to-peer lending models, where investors directly fund borrowers' loans and receive a portion of the interest as a return.

Automated investment management platforms, known as robo-advisors, are also a source of profit. Typically, a fee is charged based on assets under management or a percentage of the gains generated.

In the crowdfunding space, profits come from charging a percentage of the funds raised, whether for investments or donations. This is especially visible on platforms focused on artistic projects, entrepreneurship, or social causes.

Another strategy used by these companies is establishing partnerships and integrations. Some fintechs collaborate with other companies to integrate their services into larger platforms. In these situations, they share revenues whenever users access financial services through that platform.

Selling data and analytics is not a revenue source. Fintechs that collect and process large volumes of financial data can monetize this information by selling insights and analyses to companies, investors, and financial institutions interested in understanding market trends, consumer behavior, and risks.

Some companies in this category also stand out in developing innovative technologies, such as payment systems, biometric authentication, or risk analysis software. In this case, they can profit by licensing these technologies to other companies or financial institutions.

Financial regulation

One of the key regulatory aspects for fintechs is the issue of licensing and supervision. Many countries require fintechs to obtain specific licenses to operate in different financial segments, such as payments, loans, insurance, and investments. These licenses often involve demonstrating financial capability, solid governance, and anti-money laundering procedures.

Another critical aspect is consumer protection. Since fintechs often operate digitally and without a physical presence, ensuring customer trust is essential. Rules regarding information disclosure, privacy policies, and cybersecurity are fundamental elements in this regard. Additionally, transparency in fees and terms is crucial to prevent predatory or deceptive practices.

Concerning the prevention of financial crimes, such as money laundering and terrorist financing, fintechs must comply with rigorous due diligence requirements. Many jurisdictions impose obligations for customer identity verification and continuous monitoring of transactions to identify suspicious activities.

The regulation of fintechs varies considerably from country to country, reflecting the different priorities and approaches of global jurisdictions. In many nations, the challenge lies in creating a regulatory environment that fosters innovation while protecting consumers and maintaining financial integrity.

The truth is that the challenge of regulation transcends national borders. The global nature of fintechs often requires collaboration between countries to address issues such as cooperation in cross-border criminal investigations and the exchange of information between regulators. International organizations such as the G20 and the Financial Stability Board have played a significant role in promoting harmonized regulatory standards.

THE HARMONY BETWEEN

Lawtechs and Fintechs

The advancement of fintechs and lawtechs, two seemingly distinct spheres, have brought about a surprising synergy, creating a relationship that revolutionizes how businesses and individuals handle their own affairs and legal matters.

Although fintechs and lawtechs may seem to operate in different spheres, their convergence is becoming increasingly evident. Fintechs face complex regulatory challenges as they expand operations, and this is where lawtechs come into play. Offering tailor-made solutions to deal with compliance issues, contract structuring, and regulatory matters, enabling fintechs to navigate regulatory issues successfully.

For example, the use of artificial intelligence for contract analysis allows fintechs to automate the review of legal documents, saving time and minimizing errors. Furthermore, data analysis through advanced algorithms can identify emerging regulatory trends, helping fintechs stay ahead of legislative changes.

Another notable point of intersection is cybersecurity. Both fintechs and lawtechs share concern for the protection of sensitive data and confidential information. Partnerships between these two types of companies can result in integrated solutions that ensure the security of financial transactions and data privacy.

Additionally, artificial intelligence plays a crucial role in automating processes within both fintechs and lawtechs. As these technologies evolve, their ability to learn and improve becomes more evident. This means that as fintechs and lawtechs interact more, their solutions become more sophisticated and effective.

The relationship between these two areas is a clear example of how technological innovation can transcend seemingly rigid and traditional boundaries. As these two fields continue to converge, we are likely to see a series of developments that will redefine the legal and financial landscape.

One of the most notable benefits of this partnership is accessibility. Small businesses and startups now have access to high-level legal and financial solutions that were previously the privilege of large corporations.

Furthermore, transparency is the crucial pillar of this relationship. Fintechs seek to operate in a transparent environment to gain the trust of their clients and regulators, and lawtechs contribute to this transparency, ensuring that all legal and regulatory aspects are handled clearly and appropriately.





FINANCIAL SYMBIOSIS

Traditional Banking and Fintechs

IN A TRANSFORMING WORLD

The evolution of the global financial landscape has been marked by the emergence and rapid growth of Fintechs. However, the rise of these financial start-ups not only poses a challenge to traditional banking but also serves as a stimulus for both parties to redefine their strategies and embrace a more efficient and adaptable financial future.

Traditional banking, rooted in centuries-old traditions and consolidated structures, faces a scenario where agility and personalization are increasingly valued. Fintechs have demonstrated the ability to create innovative financial products and services, driven by technologies such as artificial intelligence and blockchain. These technologies enable Fintechs to simplify processes, reduce operational costs, and offer a more customer-centric experience.

On the other hand, traditional banking also holds valuable advantages. It has an established and trusted customer base, as well as an extensive experience in managing complex financial risks. Its physical presence in the form of branches still provides a human point of contact that many customers value. However, adapting to the digital world has become essential to compete with Fintechs.

Fintechs, while promising, also face their own challenges. Their speed in innovation may be accompanied by the need to prove their stability and security to a more skeptical audience. The absence of a consolidated history and regulation can raise concerns, especially when it comes to customer data trust and protection.

However, a cooperation between traditional banking and Fintechs can create a beneficial financial symbiosis for both parties. Strategic partnerships have become more common, allowing the incorporation of innovative technologies into traditional structures, as well as Fintechs' access to the banks' customer base. These collaborations can result in hybrid products that combine the experience of traditional banking with the agility of Fintechs.

As the financial landscape continues to evolve, the relationship between traditional banking and Fintechs reveals itself more as a symbiosis than direct competition. Both parties have the opportunity to learn from each other, absorb best practices, and create a more diverse and resilient financial ecosystem. The interaction between tradition and innovation is what will drive the next phase of the financial revolution, benefiting customers and the global economy as a whole.

THE TRANSFORMATIVE ROLE OF

Fintechs in Credit Recovery

In the financial landscape of the European Union, a silent yet profoundly significant revolution is taking place, reshaping the conventional way credit recovery is practiced. Innovative companies, known as fintechs, are introducing an entirely new perspective and refreshing effectiveness into a sector historically recognized for its bureaucracy and complexity.

At the core of this transformation lies technology. Fintechs are using sophisticated algorithms and artificial intelligence to implement a more insightful approach to credit recovery. Through intelligent platforms, these companies can accurately identify debtors, assess the risks involved, and personalize recovery strategies. This data-driven approach is making the process more efficient and cost-effective.

One distinctive feature of fintechs is their dedication to the customer experience. In





credit recovery, this translates into simpler and more transparent processes. Debtors feel less pressured and more informed about their options, creating an environment conducive to resolving their financial commitments.

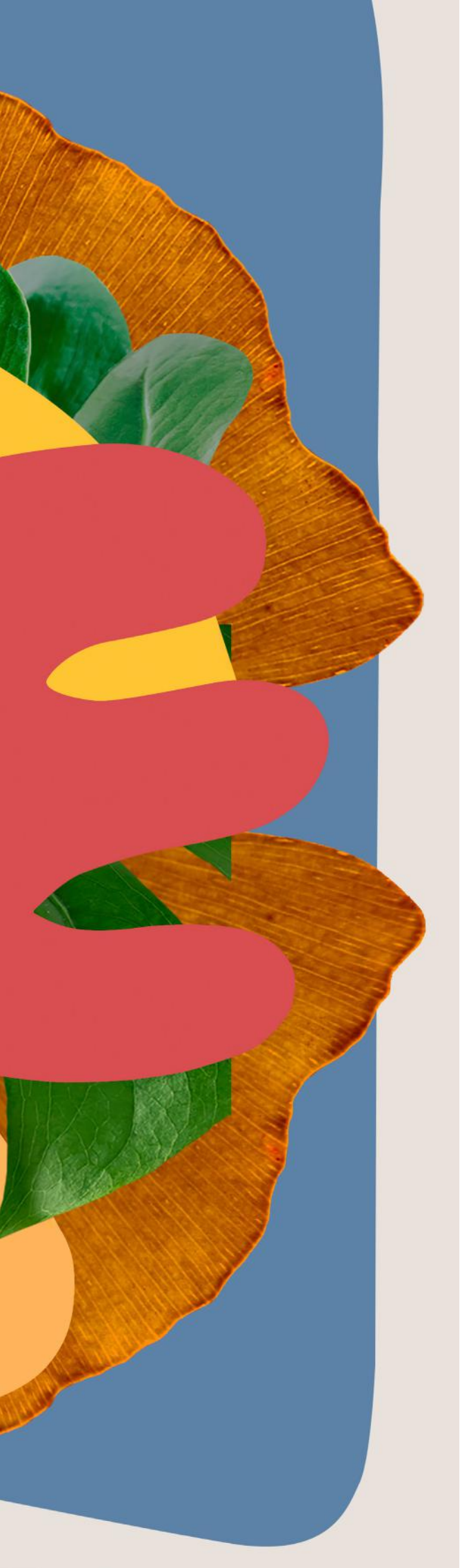
These companies demonstrate a unique ability to adapt to changes. As the situation of debtors evolves, they can adjust their recovery strategies with agility. This implies that the proposed solutions can be more precisely tailored to debtors' realities, significantly increasing the chances of success.

One of the most evident advantages resulting from the entry of fintechs into the credit recovery market is the significant reduction in costs. Manual and time-consuming processes are being replaced by automated and effective approaches. This transition not only benefits credit recovery companies but also eases the financial burdens of debtors, allowing them to avoid unnecessary additional costs.

As fintechs continue to shape credit recovery in the European Union, we are witnessing a revolution that, though silent, is profoundly impactful. Technology is being brilliantly utilized to create more efficient processes and more satisfactory experiences for all parties involved. The customer-centric approach, adaptability, and cost reduction make fintechs a driving force for the future of credit recovery in the European Union, promising a more effective reality for all stakeholders in the financial process.

The Paradox of Technology and Creativity





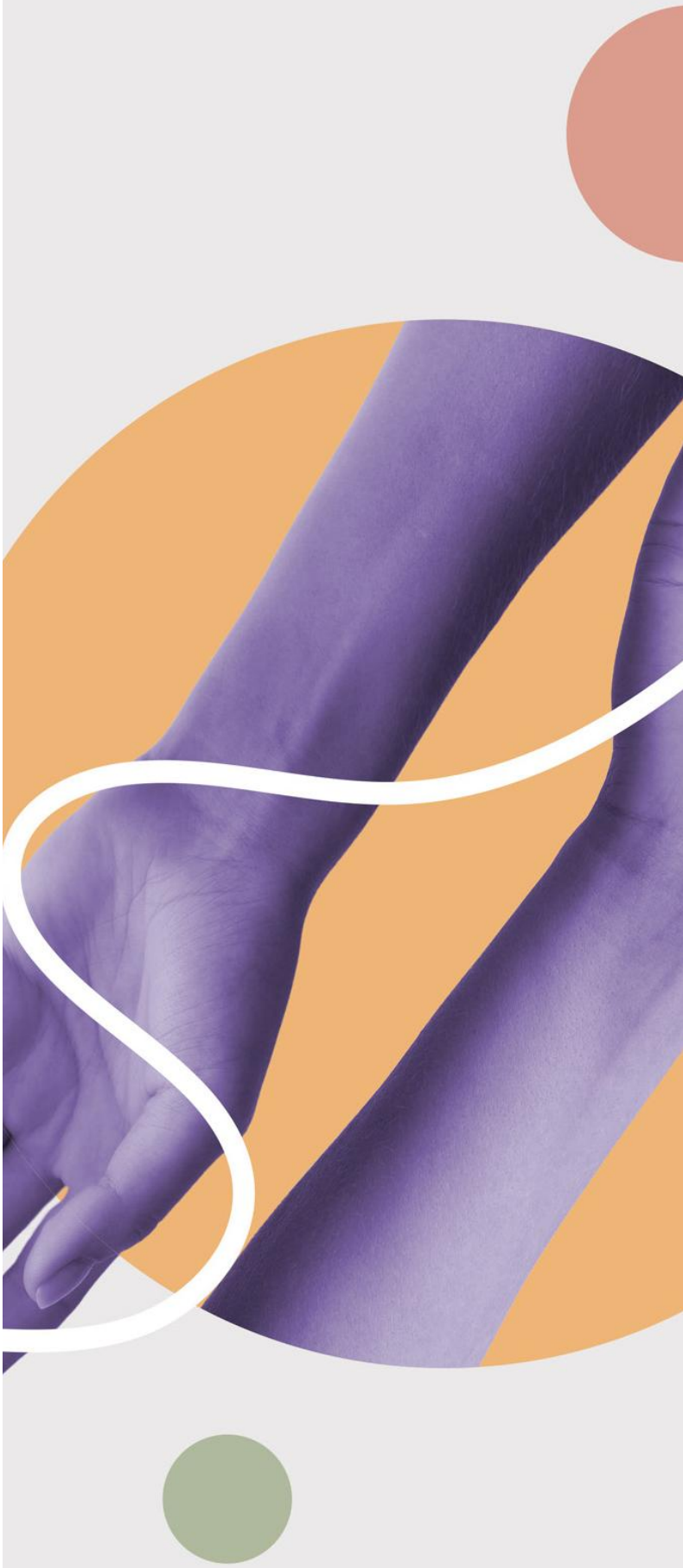
ALLY OR ADVERSARY?

Throughout history, we have observed humanity's somewhat paradoxical connection with technology. Although it is a constant object of fascination, there is always a lasting sense of caution attached to it. This residual fear towards technology appears to be deeply ingrained in our psyche. We must look no further than ancient Greece to find the ill-fated case of Prometheus, who defied Zeus by stealing fire from the gods and giving it to humanity, an act for which he suffered severe punishment. Or Icarus, who exhilarated by the sensation of flying, flew too close to the sun and tragically plummeted to his death. Turning our attention to a biblical account, the Tower of Babel illustrates how humanity's hubris resulted in their downfall when they attempted to construct a tower that would reach the heavens. In Jewish folklore, the legend of the Golem recounts the tale of a rabbi who created a humanoid being out of clay to defend and protect the Jewish community, however, the creature grew too uncontrollable and destructive. In the 19th century, Mary Shelley's Frankenstein comes to life: a story that portrays the consequences of a scientist's obsessive pursuit of knowledge and the creation of a being made from stolen body parts, ultimately leading to tragedy.

As technology continues to advance and becomes an ever-more integral part of our lives, it raises questions about the impact of its unchecked use. These cautionary tales remind us that with great power comes great responsibility, and we must always weigh the potential benefits of technological advancement against the

risks it poses. This raises the question of whether technology is the ultimate temptation and one of humankind's greatest tests. However, as we delve into these stories, we notice another re-curring theme - the characters are using their creativity to exceed the limitations of what is deemed achievable. Does this connection be-tween creativity and technology truly come as a surprise? The interdependence of these two domains has always been complex and intertwined. Creative pursuits have often driven technological progress, and in turn, technology has provided the necessary resources and tools for creative expression.

When considering the subject matter for this article, it became evident that the topic of discussion should be centered around the technology trend that has seized our society's attention - AI (artificial intelligence). AI has the potential to transform our society by improving efficiency, productivity, and decision-making in various fields. In healthcare, AI can help diagnose diseases, develop new drugs, and provide personalized treatment plans, ultimately leading to better health outcomes. In transportation, self-driving cars and AI-powered traffic management systems can reduce accidents and congestion on the roads. In finance, AI can help identify fraudulent activities and optimize investment strategies. In education, AI has the potential to personalize learning for individual students and aid in evaluating their progress in education. To put it briefly, the list is of potential applications is endless. However, due to the limited scope of this article and to avoid overwhelming the reader, we will refrain from listing the numerous possibilities, and focus solely on our field of expertise, the web.



SOFTWAY



At Softway we have been exploring generative AI programs, such as ChatGPT and Midjourney. These programs are designed to create new and original content, such as images, music, text, and other forms of media, by using .techniques. They are capable of generating content that is similar to what a human might produce. At this juncture, the reader may be contemplating whether this technology renders human creativity redundant or superfluous. However, we perceive it as quite the opposite. Based on our experience, we believe that this technology can serve as a catalyst for human creativity. In essence, we see it as a partner to creativity, serving as either a source of inspiration or a means of expressing that inspiration. Let us provide you with a concrete illustration. At times, we may invest an enormous amount of time scouring through numerous image databases in search of the ideal picture. The most exasperating scenario, nonetheless, is when we can envision precisely what we want, yet it is not obtainable in reality. With Midjourney, due to its text-to-picture technology, we can create images based on written descriptions. Furthermore, the generated images can encompass various artistic styles, ranging from realistic to abstract. In addition to supporting our creative process, this technology delivers fully tailored and distinctive images to clients, which image databases can't guarantee.

In conclusion, as we continue to integrate technology into our daily lives, we must remain aware of its potential risks and benefits. Over the course of history, we have witnessed the repercussions of unbridled technological progress, but we have also experienced the incredible progress made possible by creative pursuits and technological progress. AI has the potential to revolutionize various fields, by providing a new source of creative inspiration and expression. Rather than replacing human creativity, we believe that these programs serve as valuable tools for artists, designers, and creators to expand their horizons and bring their visions to life in new and exciting ways. The combination of human creativity and AI technology is an exciting frontier with endless possibilities, and we look forward to seeing how it will continue to shape the future of our society.

CASA D'ALMEAR
CLASSIC VINEYARDS



Harmonized vinification

In a constantly evolving world where technology has become an undeniable part of our daily lives, it is important to reflect on how to find the right balance between nature and technological innovations. As we navigate this complex maze of technological advancements, we glimpse the possibility of harmonizing these two seemingly opposite worlds.

Grape farming and wine production are practices deeply rooted in human history. The art of winemaking is a tradition that has been passed down from generation to generation, often with a touch of secrecy and mystery. Wine is the result of the complex interaction between the land, climate, grapes, and the skilled hand of the winemaker. However, nowadays, technology is offering new perspectives on how we can enhance the quality of wine without compromising the integrity of the environment.

As wine producers, one of the challenges that we face is climate change. Changes in weather conditions affect grape ripening and can have a significant impact on wine quality. Here, technology steps in as a vital ally. Through advanced climate monitoring systems and weather forecasting, vineyards can be managed more precisely. This allows producers to anticipate issues and adjust cultivation practices to ensure high-quality harvests.

The perfect balance between nature and technology





Furthermore, technology plays a crucial role in environmental preservation. Sustainable agriculture has become a priority for many wineries. Efficient irrigation systems, waste management, responsible use of chemicals, and renewable energy are some of the ways technology can help minimize the environmental impact of wine production.

However, it is essential not to lose sight of the essence of winemaking. Technology should be used to enhance, not replace it. The knowledge and intuition of the winemaker are still invaluable for creating truly exceptional wines. Technology can provide data and tools, but the magic of winemaking lies in the connection between the viticulturist, the land, and the grapes.

At Casa D'Almear, we view the balance between nature and technology as a constant challenge. We deeply value our heritage and the relationship with the land that sustains our vineyards. At the same time, we embrace innovation to improve the quality of our wines and minimize our environmental impact.

In this ever-changing world, achieving the perfect balance between nature and technology in winemaking is possible. From vineyard management to the winemaking process, technology can be a powerful ally. However, we never forget that the true essence of wine is rooted in the land and the passion we dedicate to each bottle we produce. This is our commitment to the harmony between nature and technology, a constant pursuit of excellence in winemaking.



Paper is an ancient resource with a history dating back centuries. For a long time, it was the primary means of storing and communicating information. However, the digital revolution of recent years has profoundly changed the landscape. Today, information is frequently created, shared, and stored digitally. Documents, books, newspapers, and even personal correspondence are increasingly being replaced by electronic versions.





THE PARADOX OF

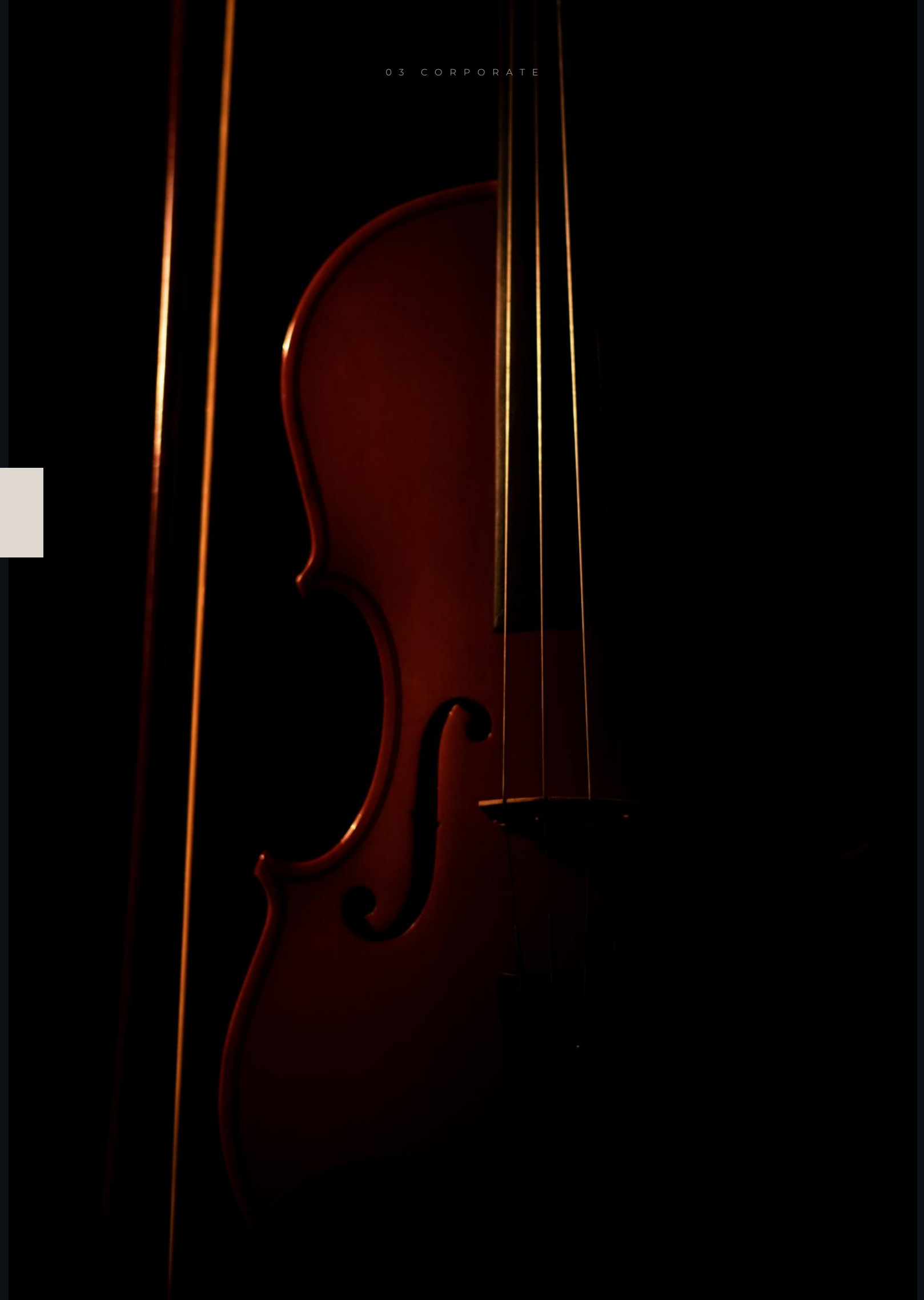
Technology and Paper

Despite the growing digitization and the convenience of digital information, paper holds a special place in people's hearts. Many individuals still appreciate the tangible sensation of holding a physical book, the satisfaction of writing on a sheet of paper, or the joy of flipping through a printed newspaper. In this context, nostalgia plays a fundamental role, keeping alive the emotional appeal of paper. The connection between people and paper is rooted in cultural traditions, personal memories, and a sense of authenticity that the digital medium often struggles to replicate.

It's important to emphasize that technology and paper are not mutually exclusive. In fact, they can coexist harmoniously and, in some cases, even complement each other. A notable example is the use of modern printing technologies, enabling the production of high-quality printed materials efficiently and sustainably. Moreover, paper is often used together with electronic devices such as tablets and smartphones to create hybrid reading experiences, combining the best of both worlds.

The issue of sustainability plays a crucial role in this paradox. Technology is not always environmentally friendly, as electronic devices consume valuable resources and generate polluting waste. In contrast, paper can be a more ecological option, especially when paper companies have committed to adopting more environmentally conscious approaches to their production, thereby contributing to the reduction of environmental impact.

The paradox of technology and paper illustrates how digital evolution doesn't necessarily eliminate the need for and appreciation of paper. Although digital information is highly convenient and accessible, paper maintains its emotional, sustainable, and aesthetic value. As technology and paper continue to coexist and complement each other, companies in this sector have the opportunity to reinvent themselves and thrive in the digital era, meeting the demands of a society seeking a balance between the old and the new.



a pauta

How to educate young people

WITHOUT TECHNOLOGICAL INTERVENTION

In this increasingly digital world, where technology touches almost every aspect of life, it is fascinating to discover initiatives that resist the tide and embrace traditional, time-tested methods to educate young minds. “A Pauta” Music School, located in Porto, is one such educational gem. Founded 26 years ago by Joana Seybert Jesus, the school adopts the innovative Suzuki method to teach music to children from as young as 2 and a half years old. Amidst a society becoming more digitally connected, Pauta stands out as an oasis of learning that values human connection, daily practice, and individual development. The following interview provides a unique insight into the history, philosophy, and challenges faced by the founders of Pauta, Joana Seybert Jesus and José Paulo Jesus, throughout their remarkable educational journey.

CASTILHO ILC: Please allow me to ask you how the idea of creating a music school using the Suzuki method came about, especially 26 years ago, in a country still strongly tied to traditional education. Would you like to share a bit of your story with us?

Joana Seybert Jesus (Music Educator): What happened was that my journey took a late start; I began studying the violin at the age of 13, but I was fortunate to have great teachers. Towards the end of one phase of my training, I had lessons with Professor Gerardo Ribeiro, who knew my story, the fact that I started late, knew about my abilities and skills, but also recognized my limitations as a violinist. However, he felt that I had something very special – my affinity with pedagogy. That's when he introduced me to the Suzuki method for the first time.

I conducted an in-depth study of the method and all its nuances. During that time, Professor Gerardo Ribeiro introduced me to Professor Betty Haag-Kuhnke, who had a music school in Chicago. After completing my course, I went to the United States, specifically to Chicago, where I had the opportunity to have private lessons with Professor Gerardo Ribeiro and Professor Betty Haag-Kuhnke. I lived there for 9 months, intensely living the life of a Suzuki method teacher. This school was wonderful, with a very high level of teaching. After my training, I returned to Portugal with the desire to continue the pedagogy I had learned.

I started by creating a Suzuki violin class at the "Luso-International School" in Porto. Simultaneously, I was invited to teach Suzuki method at the "Academia de Santa Maria da Feira", and later at the "Academia de Música de Paços de Brandão". In all these places, I felt pedagogical limitations in the development of the method. The Suzuki method's fundamental principles,

in addition to parents attending their children's classes, include allowing each child to learn at their own pace. Shinichi Suzuki believed that everyone has the ability to learn the instrument, a belief I share. With dedication, everyone can achieve great things, although some children may find it easier than others.

That's when I talked to my husband, also a teacher and musician, and said, 'Zé Paulo, I think it's time for us to create a school where I can truly be who I want to be, pedagogically speaking.' And that's how it all started. I am deeply grateful to Professor Gerardo Ribeiro and Professor Betty Haag-Kuhnke, with whom I maintained constant contact, for being essential in the formation and development of this school. We started small, but over time, we grew, and our goal remained the same: to give everyone the opportunity to chart their own path in music.





CASTILHO ILC: How was the experience for Professor José Paulo collaborating with Professor Joana Seybert in developing Pauta?

José Paulo Jesus (Music Educator): The truth is, initially, my involvement was smaller because I had other responsibilities. However, gradually, we both came together to embrace this project.

I was a teacher at the Porto Conservatory of Music, and I ended up leaving that professional experience behind to dedicate myself to Pauta precisely because I believe in the teaching method we apply here. The Suzuki method's principle is challenging to implement in Portugal, and I believe it is not a common practice. It's about giving everyone the opportunity to progress at their own pace, without the constant pressure of assessment. I know assessment can be motivating for children, but it can also be limiting and even stifling at times. There's the fear of failure and the feeling of falling behind. At Pauta, we offer each student the opportunity to progress at their own pace, and I believe this makes a significant difference in children's lives.

CASTILHO ILC: Currently, we see various music schools, both classical and otherwise, around the world adopting different teaching methods to help students develop their musical skills. Among these approaches, we can highlight the methodology you use, the Suzuki method, which emphasizes musical learning from a very young age, mirroring the natural language acquisition process. However, what is the essence of the Suzuki Method? How can this method help educate young people through music?

Joana Seybert Jesus (Music Educator): The essence of the Suzuki method lies in a very special set of characteristics: rituals (inherent in a Japanese method), daily routines with the instrument, and the presence of parents. All of this, using processes very similar to learning a mother tongue.

The crucial moment for me as a director is undoubtedly the interview with the parents, where we explain their role in the entire process. Our success depends on them. Parents act as our assistants at home. During this interview, I introduce them to the method and show them the benefits but also the challenges. One of the biggest challenges is ensuring that parents have time for the lessons, as their presence is mandatory in individual lessons.

Regarding the teaching dynamic, Professor Eva and I are the teachers for the initiation classes. José Paulo only works with students once they reach a certain level. Teaching children from two and a half years old means that the teaching is not just for the student but also for the respective parents. For example, the first song we teach is the "Mi-La" song (a song with only three musical notes), and this music is learned simultaneously by parents

and children. Both learn to sing, dance, and play. Parents also learn how to teach this music to their child so they can accompany them during the week at home – moments with the violin. These moments do not have a specific time; they can be one minute, five minutes, ten minutes, depending on the child. It cannot be standardized.

A two and a half-year-old child obviously cannot concentrate for long. But the truth is that, in just 15 minutes, we teach many things. Some parents may be surprised during the interview and think that this time is not sufficient at all, but the truth is, it is! 15 minutes can be incredibly productive and pass in an instant. The crucial issue is that this moment has to be daily; it cannot be sporadic. And how do we explain this to children? In a very simple way: '

> **What happens if we don't brush our teeth every day? We get toothaches. What happens when we don't practice the instrument? We don't have muscles to handle the instrument.**

So, it's an accessible explanation, and children understand. Some absorb more easily than others, but all end up understanding.

Therefore, this daily work throughout the week is vital, although I understand that it is a challenge for parents due to time constraints. However, once they commit during the interview, they end up following the rules and supporting the method.

José Paulo Jesus (Music Educator): There are also rituals that I consider very important. Since this is a method from the East, we have created the habit of bowing at the beginning or end of each class. This simple gesture helps define moments of concentration, marking the beginning and end of them.

Joana Seybert Jesus (Music Educator): Not forgetting that there is always a moment to reward the child. It's not with candy or chocolates but by writing a comment at the end of each class. In this comment, we make a work plan until the next class (essentially serving as a diary for parents), and we evaluate how the class went, giving three stars and a smiling face, meaning the teacher is very pleased, or a very long word (because children still can't write). The word in question is 'bravissimo.' When they receive a 'bravissimo,' they get to choose a sticker. Not receiving the 'bravíssimo'* is a great sadness for the child. Sometimes, parents come to class and say, 'For my child, the most important part of the class is the sticker!'"

> ***Bravíssimo**



CASTILHO ILC: Based on your experience, what are the main obstacles you have encountered in applying the Suzuki method? What are the biggest challenges that need to be overcome?

Joana Seybert Jesus (Music Educator): Unfortunately, the biggest challenge is time. Parents work a lot. Comparing Portugal to the United States, where I studied, there's a significant difference. In the United States, we worked with many Asians, some Americans, but the majority were Asians. Mothers stayed at home taking care of the children while fathers worked, being very present in their education. Here in Portugal, it's more challenging. Since I embarked on this project, the greatest difficulty is getting parents to be present. That's why I am very strict in presenting the method, showing its challenges. Once parents commit to facing this challenge, they ponder:

> **Should I spend a moment playing the violin with my child or preparing dinner? Responding to an email or playing with my child and the violin?**

So what happens? Parents in Portugal have very demanding lives! Children spend many hours in school, which confuses me a lot. They leave school around four-thirty/five o'clock, extending the day with extracurricular activities, only returning home around seven in the evening, where they still have the rituals of bathing, toilet, and bed. Often, it's only after dinner that the violin moment can take place, which becomes very late and intense for both.

I am glad to be able to help parents face this issue. I try to talk to them and share ideas, such as waking up a few minutes earlier to have a violin moment before going to school or, if the children have lunch at home, having that moment during lunchtime. The truth is that with a simple exchange of ideas on how we can optimize our time, we can get parents to commit to incorporating a violin moment into their routines. Sometimes it's not daily, and that's okay; it happens. I usually make a schedule to facilitate this organization for parents, indicating that on the days when students have individual or ensemble lessons, they don't need to have a violin moment, as they have already done it. Not to mention that there is always a rest day, which, by the way, is very valuable. I was also a 'Suzuki mom,' and I know how important this rest day is because we are free from that commitment.

Stimulating parents' imagination is also a challenge nowadays. Parents are constantly under pressure, and although they want to have children, time is always limited. Imagining how to captivate children for the violin moment is sometimes difficult, but with our support and the sharing of ideas, we can help overcome these problems.

José Paulo Jesus (Music Educator): What really sustains this project are people who value quality time with their children. Because, nowadays, that quality time is very rare and is not measured by the quantity of time spent with children. There is no denying that the study time accompanied by the violin is considered quality time with children.

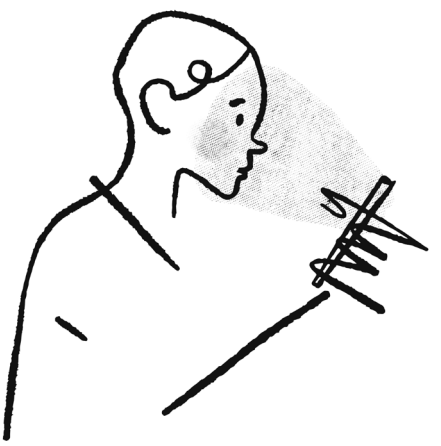
CASTILHO ILC: What is your perspective on the main benefits of the Suzuki method, both for children and parents, encompassing not only musical development but also personal aspects and family cohesion? Because I believe all of this is interconnected.

Joana Seybert Jesus (Music Educator): Yes, undoubtedly, everything is interconnected. Very strong bonds are created between parents, children, and teachers, and in my opinion, this is one of the most beautiful aspects of the Suzuki method. By working with children from a young age, it is inevitable that we create these bonds.

I feel very fortunate to be able to accompany children from two and a half years old to 18 years old. I mean, I know that sometimes I don't go all the way because I pass my students on to Zé Paulo, but the Joana/student relationship is extremely strong, as well as with the parents.

CASTILHO ILC: In this slightly more digital era, where children themselves are willing to absorb a lot of information from many sources, also musically, is there any way, when being taught in this method, to create their own filters or ways of selecting what they want to receive?

José Paulo Jesus (Music Educator): I think so. What often happens is the abuse, the addiction to technology. People have the habit of constantly having technology in their hands. During individual and group lessons, parents are present and can watch. The group lesson is open to the public, for family and friends to watch, which is great. If parents want to record moments of the children, it's okay, no problem. The problem arises when parents start dealing with emails or other distractions.



Joana usually intervenes in these cases, trying to alert the parents themselves that this is one of the few opportunities to closely follow their children's musical development. However, often parents don't like it, but they understand. Because children observe their parents and become sad when they are distracted with their phones.

Joana Seybert Jesus (Music Educator): It's not just a matter of distraction. What happens is that here we emphasize a lot on respect for others. If a parent or a group of parents are on the phone while the children play, the children

feel that the parents are not valuing what they are doing. In group lessons, children play as if in a small concert. They can play from the very beginning, make music for someone, and they are educated for that. So if someone is on the phone, I intervene.

But beware, before the digital era, I already taught and there were no mobile phones; there were books and newspapers, and the same thing happened: parents reading newspapers during lessons, and I would say,

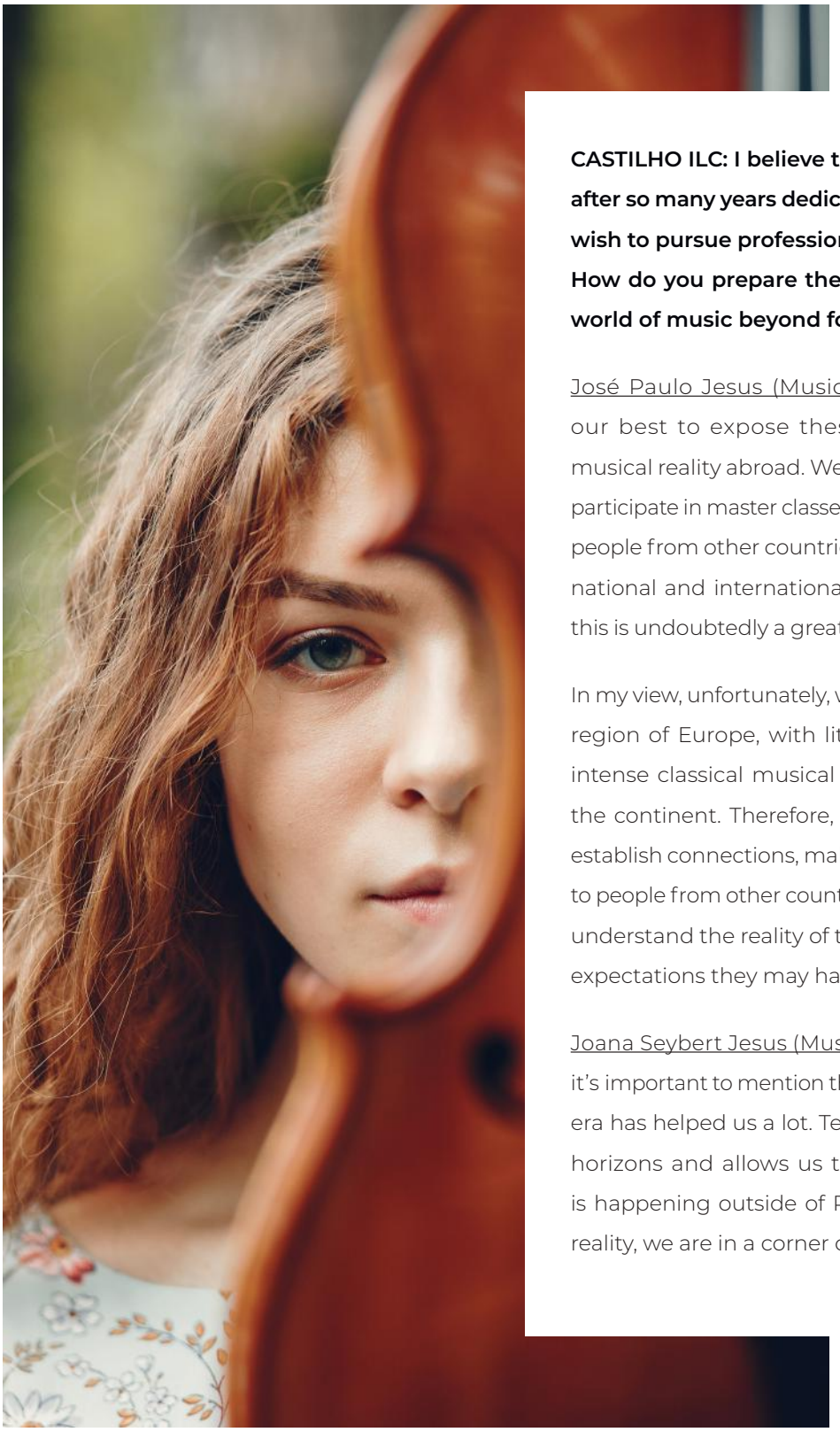
> **Enough. If you want to read the newspaper, feel free, but go outside. You are not obliged to be here, but if you are here, you must respect the music that your children are making with so much effort.**

A group lesson requires a lot of concentration, not only from those sitting but also from those playing. We have to respect the child, and that's something we work on a lot. In a digital world, Pauta's children understand the importance of being present and focused during certain moments.

I also notice this issue outside of lessons. We have our corner of Legos and toys, where children are happily playing and love that moment. Most parents play with their children, but there are also some who prefer to be distracted with their phones, which bothers me a lot. I usually intervene, suggesting that they play with their child.

At Pauta, we specialize in teaching students effective time management skills, allowing for moments for everything in their studies. Pauta's good students are excellent students in compulsory education and encouraged them to explore a diverse range of courses, making an extraordinary academic journey and always telling me:

> **I learned a lot at Pauta, especially how to manage my time.**



CASTILHO ILC: I believe that many students, after so many years dedicated to this art, may wish to pursue professional musical careers. How do you prepare these students for the world of music beyond formal education?

José Paulo Jesus (Music Educator): We try our best to expose these students to the musical reality abroad. We encourage them to participate in master classes, join orchestras with people from other countries, and participate in national and international competitions. And this is undoubtedly a great challenge for them.

In my view, unfortunately, we are in a peripheral region of Europe, with little exposure to the intense classical musical life in the center of the continent. Therefore, it is crucial to try to establish connections, make friends, and relate to people from other countries, at least to better understand the reality of those places and the expectations they may have for their careers.

Joana Seybert Jesus (Music Educator): I think it's important to mention that this technological era has helped us a lot. Technology opens our horizons and allows us to understand what is happening outside of Portugal because, in reality, we are in a corner of Europe.

CASTILHO ILC: Technology can help make music education more accessible to a greater number of young people, regardless of their location or resources. But I also believe that online music education has its limitations in terms of immediate feedback, emotional connection, among other important aspects. In the context of the Suzuki method, is there any flexibility for distance learning, or is it fundamentally in-person?

Joana Seybert Jesus (Music Educator): Yes, of course. At the moment, we give online lessons to three students, two siblings, and an older girl aged 7 or 8. These two siblings are in Barcelona, the brother started at 3 years old and is doing an incredible job, and the sister is almost 5 years old and is also doing very well.

Firstly, the COVID-19 pandemic drove the development of these online tools, as it forced us to adapt. It was a period of intensive learning. The reality is that everything changed during this period, and nowadays, we are aware of what the best platforms are to work with. However, it's also important to mention that I have never had a completely online student. This 3-year-old boy who just started has never been in-person with me, but he will be. It's important to understand that physical contact at this age is extremely important, even in adulthood, to help guide movements and shape the child. In the case of this specific student, the fact that the mother studied the violin helps us a lot in online classes to overcome these barriers, and her presence in the classes ends up being indispensable. But not every student is fortunate to have someone who supports them in this way at home, and, in my view, physical contact makes all the difference.

José Paulo Jesus (Music Educator): I would just like to emphasize that, although these students are having online lessons, we make a constant effort to fully integrate them into the Pauta experience, leveraging the technology at our disposal. We have a student who attended Pauta's in-person classes for many years, and when her parents emigrated, she continued to have lessons, but through online mode. I remember a moment when she couldn't be physically present at one of our recitals. On that occasion, we asked her to make a recording of her performance, allowing her to participate in the recital, even from a distance. With these two siblings in Catalonia, the situation is similar. Ensemble classes are conducted online, and they actively participate. If we play a game or if they want to share something with the class, we turn the camera to the group, allowing them to have an active role and feel integrated.

José Paulo Jesus (Music Educator): COVID-19, inevitably, opened many doors for us to this new digital era. Currently, we regularly use these tools and end up creating videos to support parents and students at home. If needed, we ask students to record and send us videos, allowing us to monitor their progress throughout the week and help them overcome their difficulties. So, we cannot deny that technology has been a valuable ally in our work.

CASTILHO ILC: I wanted to ask you, since you started until now, what have been the biggest developments in terms of acceptance and implementation of this method in Portugal? Considering Professor Joana's extensive experience in applying this method in a broader context, what achievements have already been reached, and what challenges still persist?

Joana Seybert Jesus (Music Educator): I think there are things that were conquered and then lost. Almost 30 years have passed on this journey, and three decades ago, the Suzuki Method was a great novelty and a wonderful approach to childhood music education. However, nowadays, there are many other demands and challenges. I won't say that music is the best of all these activities because it's not fair to make that comparison. But the truth is that music requires a lot of daily work and commitment from parents. For example, swimming also involves a lot of daily work for the child or young person in question, but it is not imposed on parents in the same way.

There was a time when parents were able to be very involved in their children's education; however, in recent years, it seems that this commitment has diminished. In my perspective, it is a cyclical issue; society faces considerable challenges when it comes to raising and educating children in Portugal.

José Paulo Jesus (Music Educator): However, currently, there is greater awareness of Pauta and what it represents. People know that the Suzuki philosophy is lived here thanks to how we work directly with parents and implement our rules, which allow space for each student to learn at their own pace. Most of our students can achieve success, but success may come at different times. Some children flourish only after 10 years, while others make remarkable progress after 4 or 5 years. Each child is unique! In the traditional method, I can say that these children would easily be put aside due to a lack of time. However, with the Suzuki Method, we invest time to help each child realize their potential, and this is the crucial point that makes a difference in their success.

This also shows that, despite predictions about artificial intelligence replacing some professions, this is an area that I believe will be difficult to replace. Each child is unique, with their sensitivities, coordination, and specific development. And artificial intelligence cannot replicate this individuality. In addition to this, the Suzuki Method involves feelings and affects specific muscles and tendons in each child, something that artificial intelligence cannot understand or replicate.



CASTILHO ILC: Can you share with us an inspiring story of one of your students that has positively marked you by how they overcame challenges and achieved success in music?

Joana Seybert Jesus (Music Educator): What I find very important for people to understand is that the way we teach here at Pauta involves repetition, parental involvement, visual guidance, and this is especially valuable for children who may have a less developed internal ear initially or who face challenges such as dyslexia or Down syndrome. For all these cases, we find individually adapted solutions. With the Suzuki philosophy, working so closely with parents and children, we as teachers can identify and address even the subtlest sensitivities of the children. This results in remarkable success and a personalized approach for each child, covering all the stimuli they need.

One story that deeply marked me is the one of Benedita, a student with Down syndrome. I give her lessons twice a week, and every time I get happier and prouder to see her achieve something new every day. She is now 20 years old, started classes with me at the age of 10, and recently she surprised me so much that it left me speechless. She had a performance at school, in which she played the violin for her classmates, creating an incredible atmosphere. A teacher recorded that moment, and when I watched the video, I was moved to see how she managed to impress everyone with her interpretation of “Somewhere Over the Rainbow.” She simply managed to create an atmosphere of absolute silence while everyone listened to her play, surprising everyone.

This is just one of the few examples that demonstrates the infinite pleasure our students have in performing on stage. Even the shyest ones develop this confidence, and those who already love the stage can express themselves fully. The stage is something that our students really appreciate, and that’s why they are so successful in competitions because they enjoy playing for people they don’t know. For some, initial shyness gradually fades as they gain confidence overtime and with achievements, but it’s important to highlight that nothing happens without hard work, both from the

students and the parents and teachers. There is no magic formula; it takes time and effort.

CASTILHO ILC: Do you have any reading suggestions that you want to share with us that could help parents choose an extracurricular activity for their child, be it theater, painting, a soundtrack?

José Paulo Jesus (Music Educator): There is a book that I like a lot that can help parents better understand suitable activities for their children and the underlying reasons. The title of the book is "The Talent Code," written by Daniel Coyle. In this work, the author explores the relevance of brain development from an early age and how different activities can influence brain growth in unique ways. Some children may show a more gradual development, but participation in certain activities can accelerate this process. I believe that this book is an excellent recommendation for parents who have doubts or want to deepen their knowledge on this topic. Additionally, I invite everyone to visit our website, where they will find concerts featuring our students.

CASTILHO ILC: And now, to conclude, what is it for each of you to live in FREEDOM and in TRUTH?

José Paulo Jesus (Music Educator): For me, living in freedom and truth is intrinsically linked to this project, to Pauta. Here, we have the freedom to be true and honest with our students. We can tell a student that, even if they have talent, if they don't make an effort, they will have to leave the school. And this has happened. Similarly, we have the truth that any student, regardless of their abilities or difficulties, as long as they make an effort, will always have an opportunity here. No one is sent away for not having innate talent. Unfortunately, this is not something that happens everywhere and in all areas. So, here at Pauta, we live freedom and truth 100%. This is the essence of our project.

Professor Joana Seybert Jesus: I fully agree with José Paulo. For me, living in freedom and truth is exactly what we experience at Pauta. I have nothing else to add.

Listen to the podcast on our Spotify channel **Be Free, Be True.**

Technological sustainability

THE ROLE OF THE CONSCIENTIOUS CONSUMER

We are increasingly aware of the environmental challenges our planet faces; therefore, it is essential to explore how technology can contribute, or not, to sustainability.



At the heart of this issue is how we use and shape technology to meet our needs while balancing respect for the environment. In many cases, technology has the potential to be a crucial tool in the pursuit of sustainability. One of the most notable examples is in the production of renewable energies, allowing the generation of electricity from clean sources such as the sun and wind, thus significantly reducing greenhouse gas emissions.

Furthermore, technology plays a key role in monitoring and analyzing the environment. Sensors, satellites, and geographic information systems allow us to track climate change, deforestation, and pollution. This precise data is essential for making informed decisions and implementing effective environmental policies.

We are increasingly aware of the environmental challenges our planet faces; therefore, it is essential to explore how technology can contribute, or not, to sustainability.

Automation and efficiency are also powerful allies of sustainability. Industries can use technology to optimize processes, reduce waste, and minimize resource consumption. Precision agriculture, for example, uses sensors and algorithms to optimize water and fertilizer use, thus reducing the environmental footprint in food production.

However, we cannot ignore the challenges that technology poses to sustainability. The production of electronic devices, for instance, requires rare minerals and generates a significant amount of electronic waste, much of which is not properly recycled. Additionally, the increasing energy consumption due to technology, especially in data centers and digital infrastructure, is a growing concern.

Technology can also create an illusion of sustainability. Electric vehicles, for example, are praised as a cleaner alternative to gasoline cars, but their true sustainability depends on how electricity is produced. If generated from fossil sources, the environmental benefit is limited.

Global connectivity, although beneficial in many aspects, can also result in excessive resource consumption due to global trade and mass production. The constant demand for new devices and frequent upgrades also fuels a cycle of unsustainable consumption.

Therefore, the relationship between technology and sustainability is complex and multifaceted. Technology can be a powerful force for good, but it can also create significant challenges. The success of technology in contributing to the sustainability of the planet will depend on our ability to adopt a responsible and critical approach to its use.

Cases where technology is

The European Union (EU) is a pioneer in using technology to promote environmental sustainability, having launched a series of initiatives and projects that serve as examples for the rest of the world.

Renewable Energies and the Wind Revolution: The EU has been striving to reduce dependence on fossil fuels by promoting renewable energies. A notable example is the expansion of offshore wind energy. Countries such as Denmark and Germany lead the way in building offshore wind farms in the North Sea, using advanced technology to maximize clean energy production. This not only reduces carbon emissions but also creates jobs and boosts the economy.

Sustainable Transportation and Smart Urban Mobility: The EU is actively promoting sustainable transportation by encouraging the electrification of vehicles and building infrastructure for electric vehicles. Moreover, many European cities are investing in smart public transportation systems, including mobile apps for route planning and the sharing of electric bikes and cars, playing a crucial role in reducing air pollution and congested traffic.

Precision Agriculture and Sustainable Resource Use: This is a key area for the EU, and technology plays a crucial role in promoting sustainability in this sector. Precision agriculture uses sensors, drones, and geographic information systems to optimize the use of water, fertilizers, and pesticides, thus reducing environmental impacts and increasing efficiency in agricultural production.

Circular Economy and Smart Waste Management: Efforts are being made to promote a circular economy, where products and materials are reused and recycled rather than discarded. Technology plays a key role in smart waste management, including the implementation of selective collection systems and traceability of electronic waste to ensure proper treatment.

USED TO ITS ADVANTAGE

Environmental Monitoring and Biodiversity Protection: Advanced technology is being invested in monitoring air and water quality, as well as tracking biodiversity. This allows for the early identification of environmental problems and the implementation of protective measures.



These are just a few examples of the EU's efforts to use technology for sustainability. However, it is important to note that these successes result from a combination of ambitious policies, investment in research and development, and cooperation among member countries.

Technology and corporate sustainability

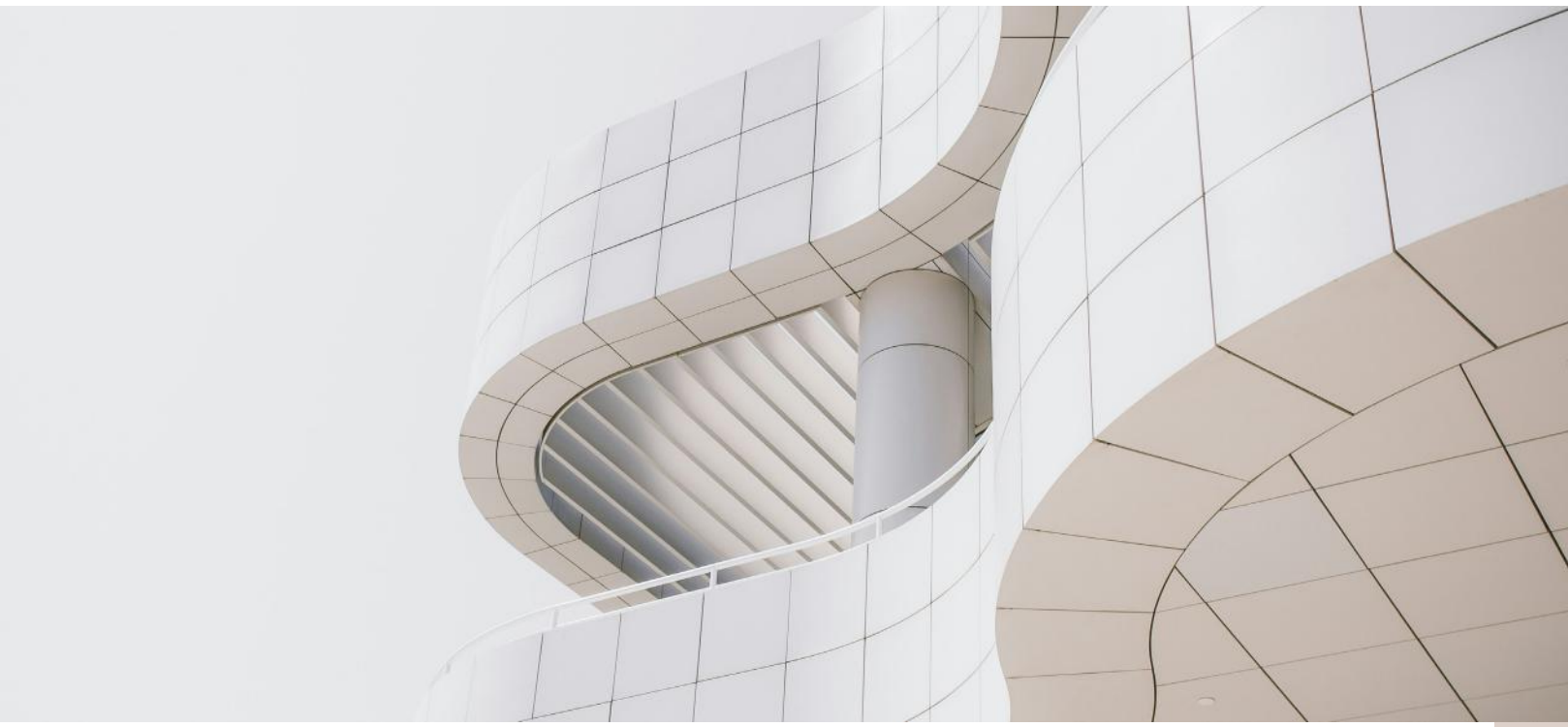
THE PATH TO 100% GREEN ENERGY

In an increasingly climate-conscious world, aware of the threats of climate change and the urgent need to reduce our ecological footprint, the quest for sustainable energy sources has become a global priority. Companies, as significant economic agents, play a crucial role in this transformation towards a greener economy. In this context, technology emerges as the master key for achieving 100% green energy and ensuring corporate sustainability.

Green energy, also known as renewable energy, comes from natural and inexhaustible sources such as the sun, wind, water, and biomass. Its main advantage lies in the fact that it does not emit greenhouse gases or other pollutants, making it a viable and environmentally friendly alternative. However, its intermittency and the need for effective storage have posed a challenge that only technology can address.

Solar and wind energy are two fundamental pillars of renewable energy, and technology has played a crucial role in their evolution. Photovoltaic solar panels, for example, have become more efficient and affordable thanks to technological advances, allowing effective harnessing of solar energy for electricity production. Wind farms, equipped with state-of-the-art turbines, can transform the force of the winds into clean energy more efficiently than ever.

Moreover, energy storage technology, such as high-performance lithium-ion batteries, has become essential for integrating intermittent sources of green energy into electrical grids. These batteries enable surplus energy to be stored when conditions are favorable and used when needed, ensuring a stable and continuous electricity supply.

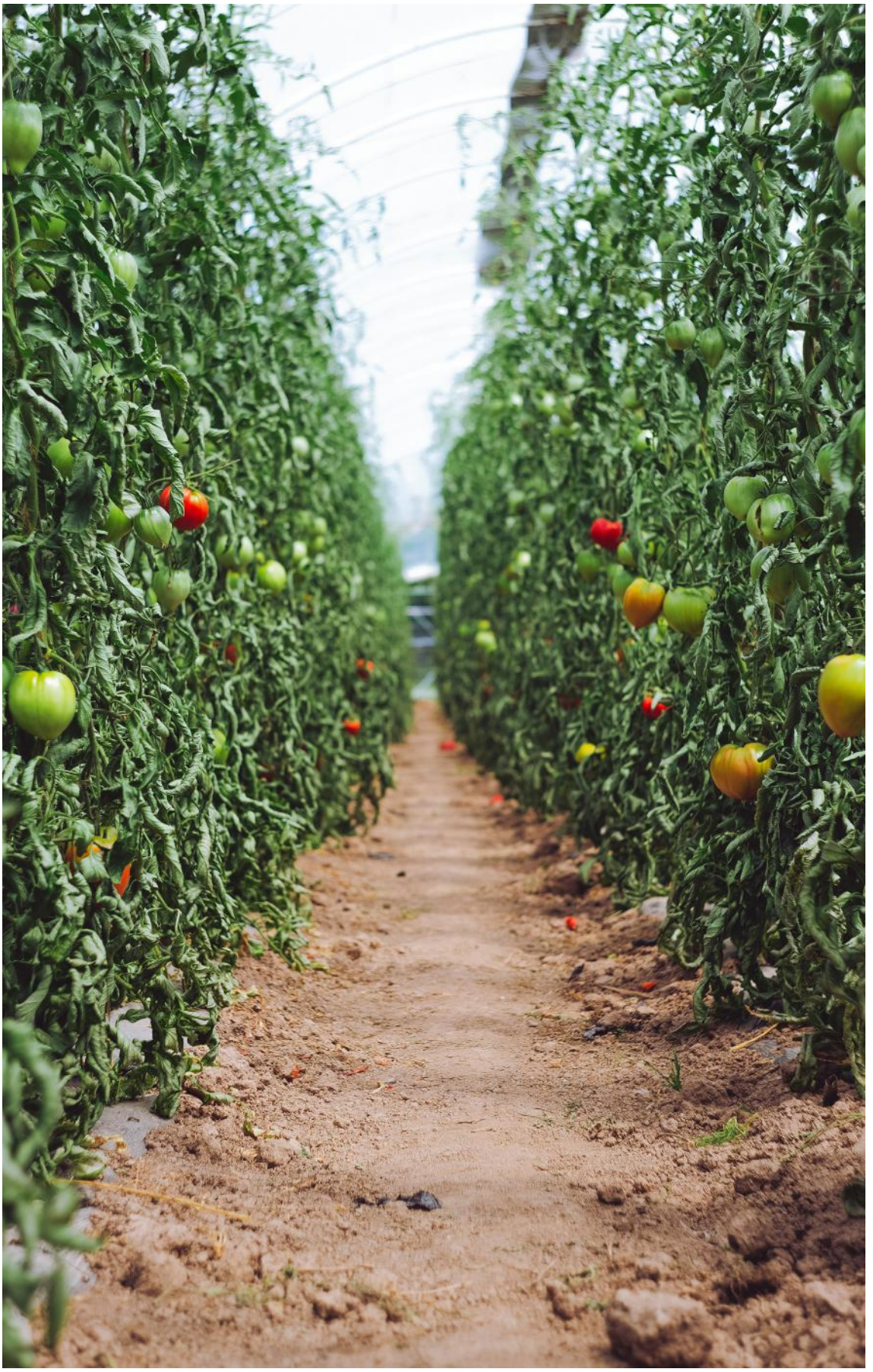


But technology is not limited to the generation and storage of green energy; it plays a fundamental role in its intelligent management. Advanced monitoring and control systems allow companies to optimize energy consumption by identifying areas of waste and implementing corrective measures.

The Internet of Things (IoT) plays a vital role in this management, enabling the interconnection of devices and systems for real-time supervision. Smart sensors can detect excessive energy consumption in buildings, machinery, or production processes, allowing immediate adjustments to reduce costs and environmental impact.

Sustainable mobility is another area where technology is significantly contributing to corporate sustainability. Electric vehicles (EVs) and their charging infrastructure are driven by continuous technological advancements. With the expansion of fast-charging networks and the development of higher-capacity batteries, companies can adopt fleets of EVs, drastically reducing carbon emissions associated with their transportation operations.

The relationship between technology and corporate sustainability is undeniable. Technology has not only made it possible to achieve 100% green energy but also plays a crucial role in reducing energy consumption, optimizing processes, and adopting more sustainable practices. As technology continues to evolve, companies have the opportunity not only to reduce their environmental impact but also to thrive in a world where sustainability is an essential value. The path to 100% green energy and corporate sustainability inevitably passes through technological innovation.



Solutions beyond technology

There is no doubt that technology is a powerful force that has played a significant role in the pursuit of a more sustainable future. However, it is essential to remember that high technology is not always necessary to address sustainability issues. Sometimes, simpler solutions are equally if not more effective.

Energy efficiency is an area where technology plays a crucial role. Clean energy production and the implementation of smart grids are examples of technological advances that help reduce carbon footprint in our society. However, we often overlook that simple measures, such as proper building insulation, choosing energy-efficient appliances, and being mindful of energy consumption, can have an equally positive impact on reducing energy consumption.

Mobility is another area where technology has brought remarkable advancements, with electric vehicles and intelligent public transportation systems. However, promoting sustainable mobility alternatives such as walking, cycling, or car-sharing does not require advanced technology and can be easily incorporated into our daily lives.

Agriculture is another sector where technology has been widely used to increase productivity. Nevertheless, organic farming and small-scale agriculture demonstrate that it is possible to cultivate food sustainably without relying on chemicals and advanced technologies.

Waste management is another issue where technology is often seen as the solution. However, reducing, reusing, and recycling materials are approaches that do not require complex technology but significantly contribute to waste reduction.

The truth is that education and awareness are fundamental to sustainability, and while technology can play a role in disseminating information, word of mouth communication, local campaigns, and traditional teaching practices are equally effective in promoting sustainable practices.

A sustainable change

A NEW CHAPTER IN OUR FACILITIES

On August 30, 2023, Castilho International Legal Corporation took a significant step in the pursuit of a more sustainable and eco-conscious future by moving to its new facilities at Avenida Lourenço Peixinho in Aveiro. The office relocation was not just a matter of location and growth but an opportunity to demonstrate a commitment to sustainability in all aspects of operation. In this transition, the selection of sustainable materials and brands played a crucial role.

DIVILUX®

Divilux: Sustainable Partitions and Woods

The choice of Divilux to provide partitions and woods for the office was a deliberate decision based on sustainability concerns. This brand is known for its commitment to responsible forest management, ensuring that the woods used in its products come from sustainable sources. Additionally, the company prioritizes efficient resource use and waste reduction. With Divilux partitions, we not only created functional and aesthetically pleasing spaces but also contributed to forest preservation and reduced carbon footprint.

Tork: Eco-Conscious Paper

Paper is a fundamental resource in any office, and choosing Tork to supply these products was a natural extension of our commitment to sustainability. Tork is known for adopting ecological practices throughout its production chain. The company employs sustainable manufacturing processes, promotes paper recycling, and is committed to reducing the use of natural resources. By opting for Tork products, we are reducing environmental impact and supporting a brand that values environmental responsibility.

Saint-Gobain: Environment-Respecting Flooring

The selection of Saint-Gobain flooring also reflects the commitment to creating a sustainable work environment. Saint-Gobain is a global leader in construction solutions, and its products are known for durability and performance. Moreover, the company integrates sustainability principles at every stage of the manufacturing process, from raw material selection to carbon emission reduction. Choosing Saint-Gobain flooring not only contributes to an attractive and functional space but also to a more ecological environment.

Fossil Limestone: Sustainable Beauty from the Depths of the Earth

Fossil limestone has been incorporated into the new workplace's decoration. This remarkable choice, with natural origins and durability forged over thousands of years, features fossil and mineral inclusions that give a unique pattern. This option not only emphasizes the value of natural resources, waste reduction, and decreased carbon footprint but also adds a touch of natural beauty and a connection to history.

Aligned with that, we believe that companies have an undeniable responsibility towards the planet and future generations. Together, we can make a difference not only in our workplaces but in the world at scale, by building a greener and more prosperous future for all. Come and visit our new facilities at Av. Dr. Lourenço Peixinho 55, 3rd-4th floor, 3800-165 Aveiro.



THE TRANSFORMATIVE IMPACT OF TECHNOLOGY ON

sports performance

The world of sports has always been a stage for fierce competition, where athletes and teams strive to their highest potential to achieve victories. However, in recent years, technology has emerged as a crucial factor that has significantly influenced sports outcomes. From advanced data analysis to innovations in the manufacturing of sports equipment, technology is shaping the future of sports.

One of the most evident ways in which technology is influencing sports outcomes is through advanced data analysis and statistics. Teams and athletes now have access to a vast array of information that allows them to better understand their performance and their opponents. This includes data on athletes' physiology, training statistics, movement patterns, and even video analysis of previous matches.

By leveraging machine learning algorithms, this data can be transformed into valuable insights. Teams can identify trends, weaknesses and strengths, optimize strategies, and make informed decisions during matches. This not only enhances performance but also increases competitiveness, making it more thrilling for spectators.

Another technological advancement revolutionizing the world of sports is the use of wearables to monitor athletes. Smartwatches, heart rate sensors, and motion tracking devices provide real-time data on the physical condition of athletes. This allows more effective training management and injury prevention.

Furthermore, continuous monitoring can help athletes adjust their strategies based on real-time conditions. For example, a cyclist can adapt their speed according to their energy levels and heart rate.

Technology is also transforming the design and manufacturing of sports equipment. From running shoes with innovative soles to tennis rackets with embedded sensors, athletes have access to more advanced gear than ever. These innovations not only improve comfort and safety but can also have a significant impact on performance. For example, advanced aerodynamics in racing bikes can help cyclists gain precious seconds, and high-tech sneakers can provide superior cushioning, reducing the risk of injuries and enabling players to move more agilely.

Advanced data analysis, athlete monitoring, and innovations in sports equipment are raising the bar for performance and creating more exciting sports experiences. However, it's important to note that while technology can provide substantial benefits, it does not replace the dedication, passion, and hard training that are fundamental to success in sports. Technology is a valuable tool that complements athletes' efforts, but true talent and determination remain the primary drivers of success.

The role of technology in ASICS

PHILOSOPHY

ASICS' philosophy, promoting the idea of 'a sound mind in a sound body' since 1949, is the driving force behind innovation. ASICS is committed to creating high-quality products that help people maintain both physical and mental well-being, enabling them to perform at their best. Whether in running, volleyball, tennis, or other sports, ASICS manufactures products specially designed to cater to specific sports and different types of athletes.



The ASICS Institute of Sport Science (ISS) plays a special role in the uniqueness of this brand. This is a space dedicated to innovation, where products are developed with a continuous focus on performance excellence. The company uses challenges and problems as a starting point to find new and exciting solutions. At the ISS, researchers conduct extensive studies on the form and movement of the human body, aiming to create technologies that enhance athletes and the research itself.

Advanced technology is what makes ASICS products truly special. Some of the most notable technological advancements include:

- **GEL™ Technology:** This iconic technology is designed to enhance shock absorption and provide comfort, applied in strategic impact areas such as the heel and forefoot. It has transformed ASICS' high-performance footwear across various sports. Although it has been around for almost 40 years, it continues to be constantly refined and developed.
- **FLYTEFOAM™ Technology:** Another exclusive ASICS technology, this lightweight



and soft foam is placed in the midsole to smooth runners' gait cycles, offering comfort, cushioning, and durability.

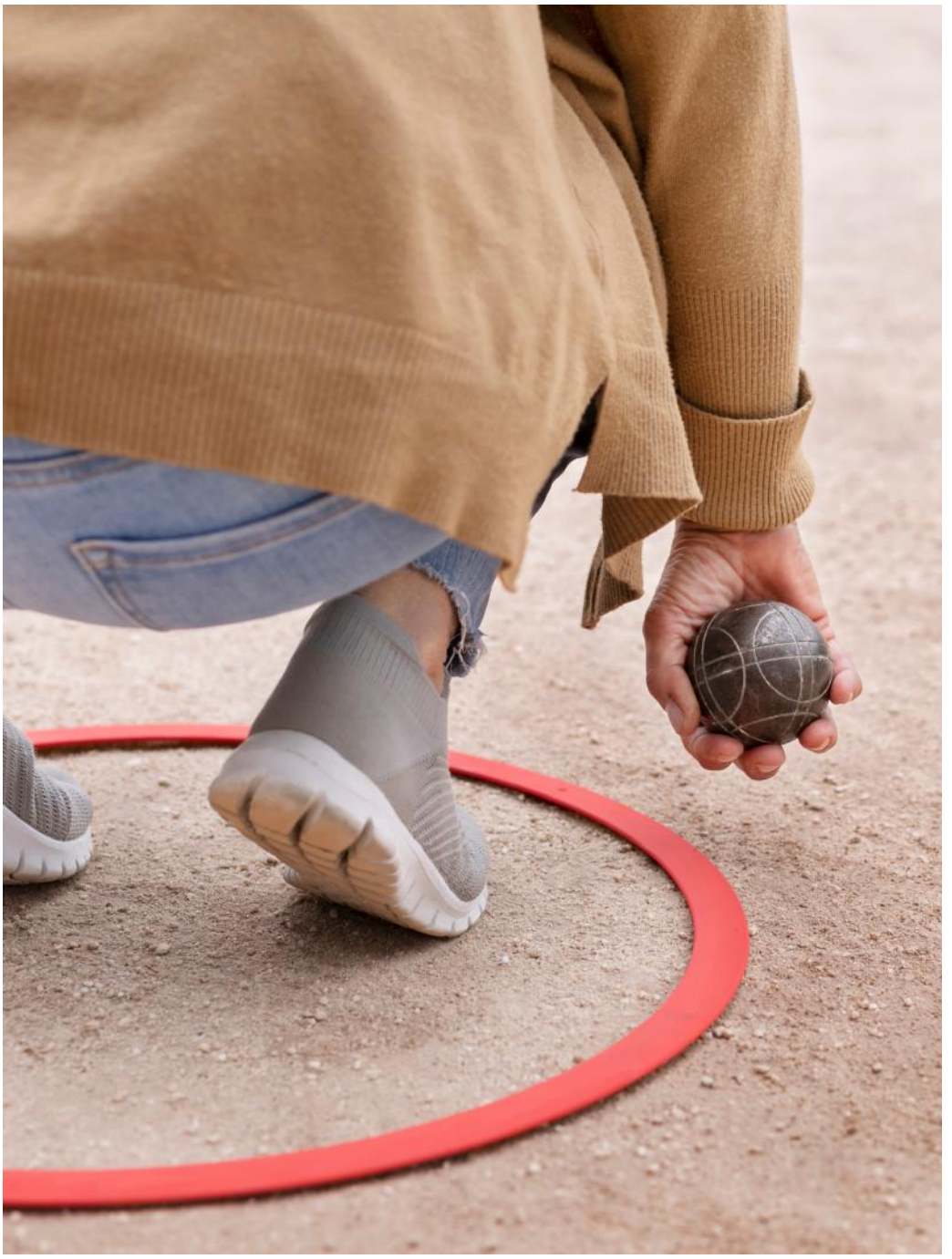
- **DUOMAX™ Technology:** DUOMAX™ technology provides support through different densities located in the medial area of the midsole. This system helps prevent midsole deformation in the medial zone when the foot moves due to the runner's pronation, offering increased stability, enhanced efficiency, and reducing running-related injuries.

There is no doubt that technology plays a crucial role in both the performance and exceptional comfort of ASICS products. Moreover, their unique approach in supporting athletes goes beyond mere marketing strategy. The company works closely with a wide range of athletes to continually improve its products. Additionally, over 80 internationally recognized athletes from more than 16 countries collaborate with the company in track and field events.

In addition to collaborating with individual athletes, ASICS partners with associations, leagues, and teams in 20 different sports, aiming to develop specific footwear and apparel for each of them.

ASICS
www.asics.com





Traditional games

VALUING SIMPLICITY

In contrast to sports in this digital age, traditional sports are a genuine expression of human creativity and skill. From the ancient Olympic Games in Greece to horse racing on Native American prairies, sports have been a way to celebrate human strength, agility, and endurance. Traditional sports often relied on natural resources such as stones, sticks, or nature itself, and did not depend on electronic devices or high technology.

One of the most fascinating aspects of traditional sports is their role in building communities and preserving culture. Many traditional sports are rooted in ancient traditions and play a vital role in transmitting the history and cultural values of a society. For example, street soccer in Portugal is a sport that has been played generation after generation in local neighborhoods, promoting camaraderie and community identity.

EXAMPLES OF TRADITIONAL SPORTS

- **Sack Race:** A simple activity where participants compete in races while hopping inside potato sacks. This is a popular game at parties and events.
- **Knurr and Spell:** A traditional game where players throw iron discs (knurrs) on a dirt field, attempting to knock down discs placed on the ground.
- **Dodgeball:** A competitive game in which two teams try to eliminate opposing players by hitting them with a ball and getting them out of the playing area. The goal is to avoid being hit by the ball while attempting to eliminate opponents. Dodgeball is often played in schools, parks, or community events, and is enjoyed for its fast-paced action and teamwork.

The truth is that engaging in traditional sports offers several benefits: it promotes physical exercise and health, even without the need for technological monitoring devices. Many traditional sports are conducted outdoors, allowing for a deeper connection with nature and the natural environment. They also encourage greater involvement and face-to-face interaction with other participants, fostering social bonds and friendships.

While technology continues to advance and play an increasing role in how we practice sports, it is essential not to forget the lasting value and beauty of traditional sports. This type of sport does not require sophisticated equipment or electronic gadgets but provides a profound connection to our history and culture, promoting physical and mental health and building strong social relationships. Therefore, despite the allure of technology, we should always find time to appreciate and celebrate the simplicity of traditional sports.



HOW TECHNOLOGY IS

shaping our cities

Technological development has been a driving force in the evolution of societies throughout history, and today is no different. As the world's population continues to grow and urban areas rapidly expand, a pressing question arises: how can we ensure that our cities continue to thrive and offer a high quality of life to their inhabitants? The answer seems to lie in the construction of smart cities, where technology plays a fundamental role.

The term "smart city" refers to an urban community that uses technology in an integrated manner to improve efficiency, sustainability, and the quality of life for its residents. This vision for the future has propelled the development and implementation of various interconnected technologies.

One of the cornerstones of smart cities is the Internet of Things (IoT), which involves connecting devices and sensors to the internet to collect and transmit real-time data. This allows cities to monitor and manage a wide range of information, from traffic and air quality to energy consumption and waste management. Through IoT, cities can make more informed decisions and implement corrective measures effectively.

Technology is revolutionizing how we move within cities. Autonomous vehicles and connected public transportation systems are making traffic more efficient and reducing congestion. Additionally, bike and scooter-sharing applications are encouraging more sustainable and accessible modes of transportation.

Smart cities also prioritize environmental sustainability. Technology is being used to optimize the use of resources such as water and energy and to promote the transition to clean energy sources. Moreover, environmental sensors enable continuous monitoring of air and water quality, helping improve the health of population.

But technology is not limited to physical infrastructure; it is also driving citizen participation. Digital platforms allow residents to express their opinions, report issues, and collaborate with local authorities in decision-making. This strengthens democracy and increases transparency in public management.

While the role of technology in building smart cities is promising, it also raises important concerns. Cybersecurity is one of them, as the interconnection of systems exposes cities to digital threats. Additionally, privacy issues need to be carefully addressed to ensure the protection of citizens' data.

The most technological and innovative cities in the world

THE FUTURE IS NOW

We already know that cities are evolving at a dizzying pace, driven by technological advances and innovations that are transforming the way we live, work, and interact with the urban environment. Around the world, some cities stand out as true beacons of innovation, setting new standards for the future of metropolises.

1. Tokyo, Japan: The Technological Epicenter of the East

Tokyo, the capital of Japan, has long been recognized as a global technological epicenter. This futuristic city is home to world-renowned companies such as Sony and Toyota, which continue to shape the future of technology and innovation. Moreover, Tokyo is leading the way in implementing smart infrastructures, from high-tech public transportation systems to energy-efficient buildings.

2. Singapore: The Future City-State

Singapore, a small island nation in Southeast Asia, has become a notable example of how innovation can transform a country. With effective governance and a serious commitment to research and development, Singapore is at the forefront of technologies like artificial intelligence. Its vision is to create a “smart garden city,” combining natural beauty with technological efficiency.

3. San Francisco, USA: The Heart of the Technological Revolution

San Francisco, California, is recognized as the epicenter of the technological revolution. Silicon Valley, home to tech giants like Apple, Google, and Facebook, is nearby. The city is a hotbed of innovation, attracting entrepreneurs and visionaries from around the world. Advances in areas such as artificial intelligence, virtual reality, and biotechnology emerge from there.



4. Stockholm, Sweden: The Model Smart City

Stockholm is a notable example of how a city can become more sustainable and efficient through technology. The Swedish capital is one of the world leaders in the development of smart cities, with innovative solutions for public transportation, renewable energy, and urban quality of life. Stockholm is on track to become a carbon-neutral city by 2040.

5. Barcelona, Spain: The City of Startups

Barcelona has emerged as one of the most dynamic cities for startups and entrepreneurship in Europe. With its commitment to innovation and active support for the startup ecosystem, the city has attracted significant talent and investments. Additionally, Barcelona is at the forefront of smart cities, using technology to improve urban mobility and quality of life.

As the world continues to evolve, these cities are at the forefront of the technological revolution and innovation. They demonstrate how the intelligent application of technology can improve the quality of life, promote sustainability, and drive economic growth. As we look to the future, these cities will continue to serve as inspiring models for metropolises worldwide, proving that the future has already begun.

Cities without technology

A LOOK AT THE PAST AND THE FUTURE

While we celebrate technological progress, it is equally important to consider the opposite: cities that choose to embrace a simpler lifestyle, away from digital advances. Technology is an ubiquitous force that permeates all aspects of our lives and our cities. However, there is an interesting counterpoint to this narrative of constant technological advancement: “Cities Without Technology.” These communities, often situated in rural or remote regions, opt for a different approach to urban life, avoiding the full adoption of digital technology.

What makes these cities notable is how they preserve cultural traditions that may be threatened by globalization and rampant urbanization. Here, ancestral practices, local craftsmanship, and traditional festivals are valued and kept alive, providing a vital connection to the past. This commitment to cultural roots offers a unique and authentic experience for residents and visitors.

However, the absence of technology also presents significant challenges. Access to information and essential services, such as education and health, can be limited. Nevertheless, these cities develop creative solutions to overcome these barriers, often relying on strengthening community relationships and mutual aid.













Additionally, cities without technology often stand out for their more sustainable approach to the environment. The lack of technological infrastructure results in a smaller carbon footprint, which is increasingly relevant in a world concerned about climate change.

Another notable aspect of these cities is how social relationships flourish without the mediation of social networks and instant messaging applications. People connect in a more authentic way, strengthening community ties and providing a unique sense of belonging.

It is not uncommon for these technology-free cities to attract tourists seeking authentic and disconnected experiences. The promise of escaping digital hustle and embracing a simpler and traditional lifestyle is an attraction for visitors who cherish peace and tranquility.

However, it is important to recognize that these cities also face challenges. Lack of access to advanced services and limited economic development can create significant obstacles. Balancing the preservation of cultural roots with adapting to the needs of the future is a constant challenge. As technology continues to advance, these cities without technology may face pressures to modernize. The question that arises is how these communities will balance preserving their traditions while adapting to the needs of the 21st century."



EXAMPLES OF TECHNOLOGY-FREE CITIES

The enchantment of the past in the digital world

These ‘Cities Without Technology’ are authentic havens of simplicity in an increasingly digitized world.

1. Amish Country, USA:

In the United States, Amish communities are famous for their resistance to modern technology. The Amish choose a simple lifestyle, avoiding electricity, cars, and most electronic devices. Life in these places is characterized by traditional agriculture, horse-drawn transportation, and manual craftsmanship.

2. Ikaria Island, Greece:

Ikaria Island is known as one of the “blue zones” in the world, where people remarkably live longer. Here, the pace of life is slow and uncomplicated. The lack of technological hustle is seen as a contributing factor to the longevity and quality of life of the inhabitants.

3. Pitcairn, British Overseas Territory:

Pitcairn is a remote island in the South Pacific, with a population of fewer than 50 people, limited internet access, and a reliance on traditional methods of fishing and farming. Life on the island is defined by simplicity and a strong sense of community.







4. Giethoorn, Netherlands:

Giethoorn, often called the 'Venice of the North,' is known for its tranquil canals and picturesque houses. This village prohibits cars, and residents and visitors navigate the canals using boats. The lack of roads and cars is a testament to Giethoorn's commitment to a quieter, technology-free lifestyle.

5. Taos Pueblo, New Mexico, USA:

Taos Pueblo is an ancient Pueblo community that has existed for over a thousand years. The lack of electricity and running water in some homes is a conscious choice by residents to preserve their traditions and connection to the land.

Those examples illustrate how 'Cities Without Technology' can thrive worldwide by maintaining cultural traditions, embracing simpler lifestyles, and promoting community connection. Although these communities may seem like a glimpse of the past, they also challenge us to rethink our relationship with technology in an increasingly digital world.



The city that defies the limits of technology

In the era of advanced technology, we immerse ourselves in an experience that redefines the boundaries of innovation and transforms how we interact with the world around us. In Tokyo, this captivating city, the present and the future collide remarkably, and at every corner, we encounter experiences that force us to reconsider what technology can achieve.

Tokyo

WHERE THE FUTURE COMES TO LIFE

The Future of Luxury: Aman Tokyo Hotel

Aman Tokyo is the perfect fusion of luxury and technology, offering rooms where technology serves as an ally in creating a uniquely personalized experience. It's easy to control lighting and temperature with a simple click, adapting the environment as desired.

Moreover, Aman Tokyo incorporates technology into customer service, ensuring attentive and personalized service. Meticulously trained staff are ready to meet all your needs efficiently and courteously.

In the spa, innovative therapies such as virtual reality provide a distinctive relaxation experience. Situated atop a skyscraper, the hotel offers technologically stunning views of the city.

Miraikan: The Gateway to Tomorrow

Miraikan, the National Museum of Emerging Science and Innovation, offers a fascinating technological experience. With advanced robots, virtual reality, and interactive artificial intelligence, visitors explore the latest innovations in science and technology. It's a window to the future that combines education and entertainment, making it a must-visit for technology enthusiasts.

Gastronomic Innovation at Sushi Singularity

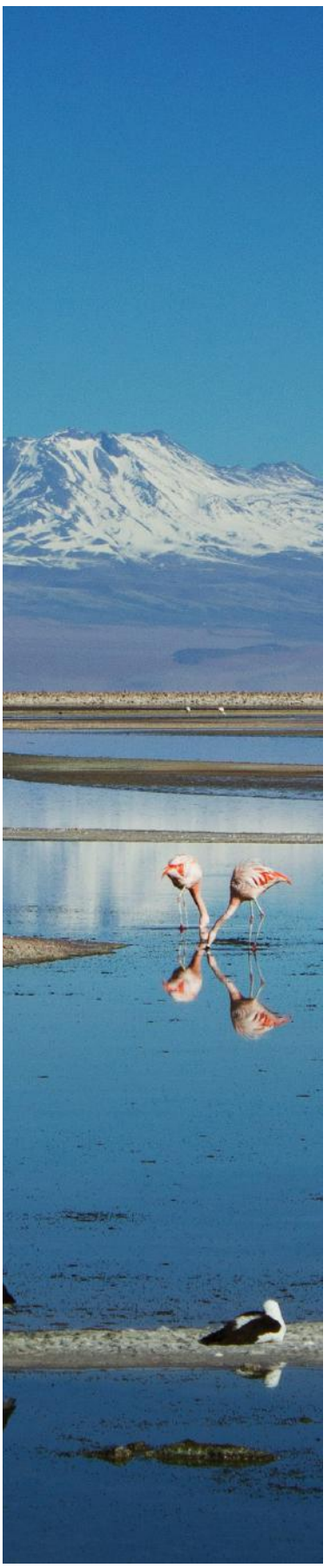
At Sushi Singularity, innovation reaches new heights in Japanese cuisine, thanks to the fusion of technology and culinary traditions. This pioneering restaurant uses 3D printing to craft personalized sushi dishes, meticulously adapting to each customer's tastes, providing a truly singular culinary experience.

Explore the Digital Depths of "Dune" by Frank Herbert

Embark on a unique journey with 'Dune,' a science fiction classic that has captivated readers for decades. In this masterpiece, Frank Herbert creates a dystopian landscape rich in political intrigue, power struggles, and barren landscapes that challenge the mind. The compelling characters and absorbing plot transport you to a distant future where technology and politics intertwine masterfully. Immerse yourself in this epic saga that has inspired generations of readers, now available in a digital experience that breaks boundaries. Let your imagination soar as you dive into the digital pages of this timeless classic.







Disconnect

DISCOVER THE CHARM OF CHILE AND THE SERENITY OF PATAGONIA

In a world where the constant presence of technology has become challenging, the need to disconnect plays an essential role in recharging and appreciating the beauty the world has to offer. In this context, Chile and Patagonia stand out as ideal destinations for a temporary break from the technological world, offering the opportunity to reconnect with nature, culture, and youreself.

Here, the idea is to set aside electronic devices and embrace the experience of a technology-free escape, allowing yourself to appreciate the most genuine and valuable aspects life has to offer. These incredible places invite you to remember that true wealth lies in the experiences lived and the memories created, much more than in the bright screens that surround us.









THE ENCHANTMENT OF

Chile



Chile is an incredibly diverse country that stretches along an extensive portion of the west coast of South America. With landscapes ranging from the driest desert in the world to lush forests and snowy peaks, it offers a variety of unique experiences that provide a refuge from omnipresent technology.

Pablo Neruda and the Charm of Poetry

Begin your journey through Chile by exploring the work of Pablo Neruda, one of the country's most esteemed poets. His book 'Twenty Love Poems and a Song of Despair' captivates with its passionate words and vivid imagery. Notably, in 1971, Neruda was awarded the Nobel Prize in Literature for his exceptional contribution. While in Santiago, visit La Chascona House Museum, one of Neruda's residences, paying tribute to his life and work.

Exploring the Atacama Desert

The Atacama Desert is recognized as the driest in the world but also reveals itself as a truly extraordinary place to visit. Among its attractions are the Valley of the Moon, where you can walk among rock formations reminiscent of the lunar landscape, the Salar de Atacama, where you can float due to the high salt concentration in the water, and the Geysers del Tatio, which provide impressive geothermal spectacles at dawn. At night, it becomes one of the world's privileged locations for astronomical observation. San Pedro de Atacama serves as the ideal base for exploring this truly unique region.

Chiloé: Immersion in Chilota Culture

Chiloé is a charming island that allows you to explore stilt houses over the water, admire churches designated as UNESCO World Heritage, and savor traditional dishes like "curanto." The stunning beaches and cultural festivals add a special touch to the visit. It's a perfect destination to immerse yourself in genuine Chilota culture.

Chilean Mate Tea: A Tradition of Flavor and Sharing

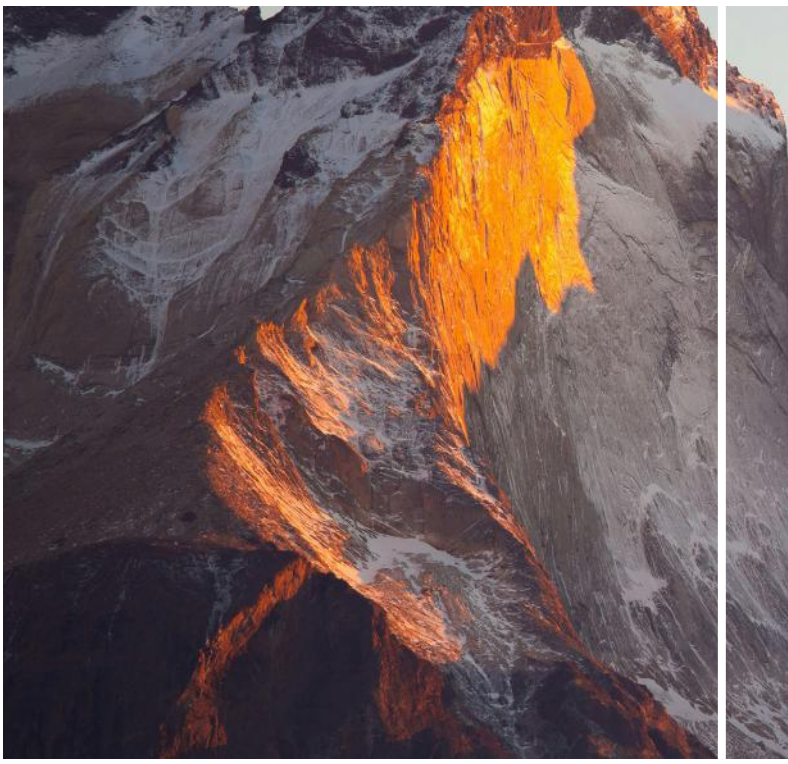
Mate tea in Chile is a tradition of sharing. Prepared with yerba mate, it is served cold, known as "tereré." The act of sharing mate strengthens social bonds, often enjoyed among friends and family in casual gatherings and celebrations. It is a symbol of Chilean hospitality and culture, as well as a unique way to engage in the country's social life.

Connect with Nature and Sustainability

Exploring organic gardens is an excellent way to reconnect with nature. You can harvest your own fresh vegetables, learn about sustainable agriculture, and indulge in meals prepared with organic ingredients, as in the El Naturista restaurant in Santiago. Additionally, throughout the country, farmers' markets offer fresh organic products, and eco-lodgings serve meals prepared with organic ingredients, many of which are grown in their own gardens, promoting sustainable practices.

THE SERENITY OF

Patagonia



Patagonia becomes the ideal destination to disconnect from technology, thanks to its vast and untouched landscapes, challenging trails, and unique opportunities to connect with nature. The stunning scenery of the region invites digital detox, providing a tranquil retreat to appreciate the real world.

Nature as an Ally: Disconnection in the Land of Fire

Its landscapes, featuring national parks and majestic glaciers, invite travelers to leave behind digital hustle and embrace the serenity of nature. Exploring trails, taking cruises, and observing wildlife become opportunities for a true disconnection from daily life. Furthermore, be sure to savor the delicious Fueguinian crab with white wine, one of the great gastronomic treasures of the Atlantic, caught in the Beagle Channel. With its delicate and meaty flavor, this crustacean is an unmissable culinary experience, offering a delightful pause in your journey of disconnection.

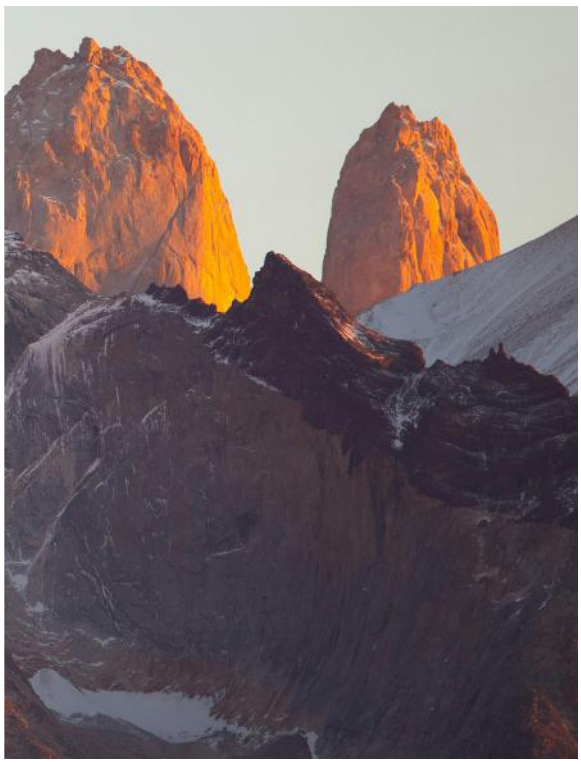
Trekking in the Peaks of Torres del Paine National Park

Torres del Paine National Park is a true paradise for adventure and nature lovers. Its trekking trails provide an opportunity to explore some of the most spectacular landscapes in Patagonia, including majestic mountains, crystal-clear lakes, and impressive glaciers. During the journey, it's also possible to witness the wildlife of guanacos and condors.

The Magic of Glaciers: Nature in its Purest State

Patagonia is famous for its impressive glaciers. The Perito Moreno Glacier in Argentina is a marvel of nature that leaves anyone speechless. Walking through passages near the immense ice and listening to the roar of breaking icebergs is a unique experience that doesn't require any electronic device to be appreciated.





Authentic Flavors of Patagonia: A Culinary Journey

The lamb is more than a culinary delicacy; it is a gustatory masterpiece that defines the region. Prepared in outdoor barbecues, each piece of this lamb, seasoned with coarse salt and local herbs, tells a story of succulence and authenticity.

In addition to this gastronomic treasure, the Curanto, originating from southern Chile and spread throughout Patagonia, reveals itself in a slow underground cooking, combining meats and vegetables under hot stones, culminating in an irresistible smoky experience.

Patagonian Trout, a culinary jewel, is a must for food enthusiasts. The Welsh Cake, a legacy from Welsh colonizers, defies time with its richness of spices and lasting flavors. Mushrooms of the forest, harvested and transformed into delicious sauces, complete this unique gastronomic journey.

Exploring Patagonia Through Words: 'Cuentos de la Patagonia' by Francisco Coloane

Francisco Coloane, a renowned author of Patagonian literature, presents a collection of tales depicting the beauty and harshness of the region, addressing themes such as the relationship between humans and nature, loneliness, and survival. His book "Cuentos de la Patagonia" takes readers to the south of Chile and Argentina, with stories full of adventure, drama, and stunning landscapes inhabited by wild creatures. Moreover, the work incorporates local legends, offering a unique insight into Patagonia and providing engaging reading for those wishing to explore the region through literature.

An inspirational case

RENATO CONDE

A Portuguese sailor who can read tides and winds like no one else. He knows all the tricks of the trade and how to make the most of every situation. In addition to his achievements in national and international competitions, Renato is also a staunch advocate for ocean preservation. Discover all his sea adventures, his achievements, and, of course, some valuable tips for those who want to enter the world of sailing.




SAIL RACING


ROCKWOOL
DEN

CASTILHO ILC: Tell us a bit about yourself and your journey. How did your connection to the sea come about, and how did sailing become your sport of choice? At what age did you start sailing?

Renato Conde: Well, my journey with the sea began with a deep family connection. My father, a skilled boat designer, ventured out of Portugal about 65 years ago in search of better opportunities, ultimately settling in Germany where he worked in boat construction and fishing. Growing up, I was immersed in a world where the sea, boats, and water were integral aspects of daily life. About 45 years ago, my father started building boats in Germany, focusing on fiberglass craftsmanship in a shipyard.

I came into the picture 40 years ago, born in Germany alongside my sister, already embedded in this maritime culture. However, before I entered school, my father decided it was the opportune moment for a change. We relocated back to our roots, ensuring a shift in environment before my formal education began, a decision driven by strategic timing and intelligence.

CASTILHO ILC: So, did your inspiration for sailing originate within your family? And how did the opportunity to participate in major events like the Volvo Ocean Race, the Prince of Asturias, and the America's Cup come about?

Renato Conde: In the initial stages, my father specialized in crafting entirely bespoke boats. To showcase our boats' capabilities, performance, and success in sports, we had to participate in events ourselves since we lacked the resources to hire sailors for this purpose. Thus, from a very young age, I found myself on the boat with my parents. As an active and perhaps a bit mischievous child, my parents couldn't leave me with someone else, making my inclusion on the boat a necessity.

Our primary goal was to establish a presence in the Portuguese market, and as a family, we relocated to various key locations such as Lisbon, Porto, and Algarve, strategically positioning ourselves to participate in significant races over a span of 10 to 15 years. During this period, due to financial constraints, we sailed as a family unit rather than individually, unlike most young sailors who typically start with boats like Optimist or Laser.

Despite our limitations, we began to achieve notable results, catching the attention of professional teams. Over the next two to three years, these teams invited us to join them for trials, seeking a team member who could balance the demands of racing and training with family commitments. After a rigorous trial process in Portugal involving 13 young boys from the age of 16 to 17, my brother and I seized the opportunity to join a professional team.

While some of our peers were enticed by the allure of glamorous locations and hotels, we remained focused on our goal. Over time my brother and I emerged as the only young members amidst a high-level professional lineup.

CASTILHO ILC: How did your early hands-on involvement in sailing, including tasks like building and repairs, shape your skills and contribute to your success in professional racing, particularly in events like the Volvo Ocean Race and the America's Cup?

Renato Conde: Having been introduced to sailing early on, our involvement went beyond the races themselves. We were immersed in every aspect, from building and maintaining to handling repairs, as financial constraints necessitated a hands-on approach. This not only equipped us with essential skills but was the primary objective in reaching a high level of proficiency.

Upon transitioning to professional racing, we encountered numerous seasoned sailors who approached their craft like Formula 1 drivers—performing their tasks and leaving the rest to a support team. However, our approach differed. We sought to be intimately involved in every aspect, being on the boat before and after others, akin to a comprehensive understanding of a racing car by its driver. This hands-on involvement became an asset for professional teams, as we could navigate various areas on the boat and offer a unique advantage. Professional sailors recognized the value of having someone on board who could not only race but also understand the intricacies of preparation and address any issues that might arise during a race.

This philosophy guided our participation in events such as the Volvo Ocean Race and the America's Cup, where our comprehensive knowledge and hands-on approach set us apart.

CASTILHO ILC: In 2015, you became known as the Portuguese sailor who saved the masts of the Volvo Ocean Race, the world's premier round-the-world regatta held every three years. How did it feel to be the only sailor in the Volvo Ocean Race assisting competing teams?

Renato Conde: That's indeed a compelling and, in retrospect, a beautiful story. However, at the time, it was a challenging experience, especially within the demanding environment of the Volvo Ocean Race circuit, known for its high-caliber sailors and intense competition. The journey began with a complex problem that took nearly 13 months to identify and resolve, spanning from the United States to Lisbon.

Fortunately, I was part of a team that believed in me and acknowledged my expertise. When they brought me on board, they entrusted me

with a unique role, putting me in charge of team management due to my intimate knowledge of the issue. This decision aimed to streamline communication and avoid any gaps between team members. As a result, I found myself facilitating meetings and directly engaging with various stakeholders, including the boat builder, Volvo Ocean Race officials, and boat charters.

Given my relatively young age compared to others with extensive experience, I often found myself in opposition, advocating for an opinion that wasn't universally favored. The challenge stemmed from the fact that, at the time, the Volvo Ocean Race had shifted to a monohull design, a uniform boat for all teams, departing from the previous approach where each team built their own unique boats.

This change aimed to reduce costs and allowed teams to participate in multiple editions with the same boat. While some teams embraced this new model, it presented its own set of challenges. Despite the initial difficulties and resistance, our team committed to this approach, making the necessary investments for two consecutive editions of the race with the same boat version, a decision that ultimately proved to be a strategic move.



CASTILHO ILC: How did you conclude that the problem was isolated to that specific boat, or could it potentially affect every boat?

Renato Conde: Yeah, that's a challenge in the one-design circuit. When a problem arises in one boat, it could potentially affect all boats. It's rare to encounter a problem limited to just one vessel. Human error is always a factor, as people are responsible for designing and building these boats. Mistakes can happen, but the unique aspect is that once a design or manufacturing decision is made, there's limited time for thorough testing.

The construction timeline is tight, with subsequent boats already in progress as the first one hits the water. The pressure to build quickly often means that the product is essentially being tested on the go. Consequently, if there's an issue with one boat, it can extend to impact the entire fleet. That was the primary challenge we faced. It was a tough situation at the time, bad times then, but now it's part of our history.

CASTILHO ILC: What is it like to be considered one of the leading experts in mast and cable construction?

Renato Conde: The description doesn't precisely capture my expertise, which extends beyond cable construction, as some have mentioned. I leverage a wealth of experience and a diverse background. Currently, I continue to manage my boatyard, transitioning its focus from custom boat building, a trade my father pursued throughout his life, to a more direct emphasis on racing.





Unlike the past, where we catered to individual customers building unique boats, we shifted our approach. My brother and I dedicated ourselves to reaching the pinnacle of sailing excellence, understanding that achieving the highest level required standing out in the sailing world. To make our mark, we needed to present something different, something outside the norm in the eyes of those accustomed to traditional practices.

In the sailing community, trust plays a crucial role. Once a team places trust in a certain builder, changing that allegiance is challenging, even in the face of better alternatives. Breaking into this circle was particularly tough for us, given our Portuguese origins, which presented logistical challenges, especially in our city. Despite these hurdles, we made significant headway by initially connecting with top Olympic teams, navigating the intricacies of Olympic Games preparation, qualification, and country qualifications.

During this journey, we built relationships and showcased our work ethic. What set us apart was not only our ability to perform the work but also our willingness to personally test it. In contrast to conventional boatyards, where clients are left to test the provided work themselves, my brother and I, along with the coach and another experienced sailor, actively participated in proving the quality of our work. This hands-on approach fostered trust, and soon, people started to rely on us.

In Brazil, for instance, our efforts yielded four gold medals, seven silver medals, and numerous diplomas, a testament to the enduring success of our approach.

CASTILHO ILC: So, considering your achievements and your brother's achievements, I must ask, what kind of support did you receive from the Portuguese community?

Renato Conde: None, to be honest. Reflecting on it now, I can understand the lack of support. Back then, it was perplexing, but today, I have a broader perspective, considering the size of our country and the prevailing misconceptions. Portugal is often overshadowed, and some still mistakenly believe it's part of Spain. Even some of my friends in Portugal refer to themselves as Spanish, albeit jokingly. It's a subtle sentiment, but we learned not to rely on external expectations.

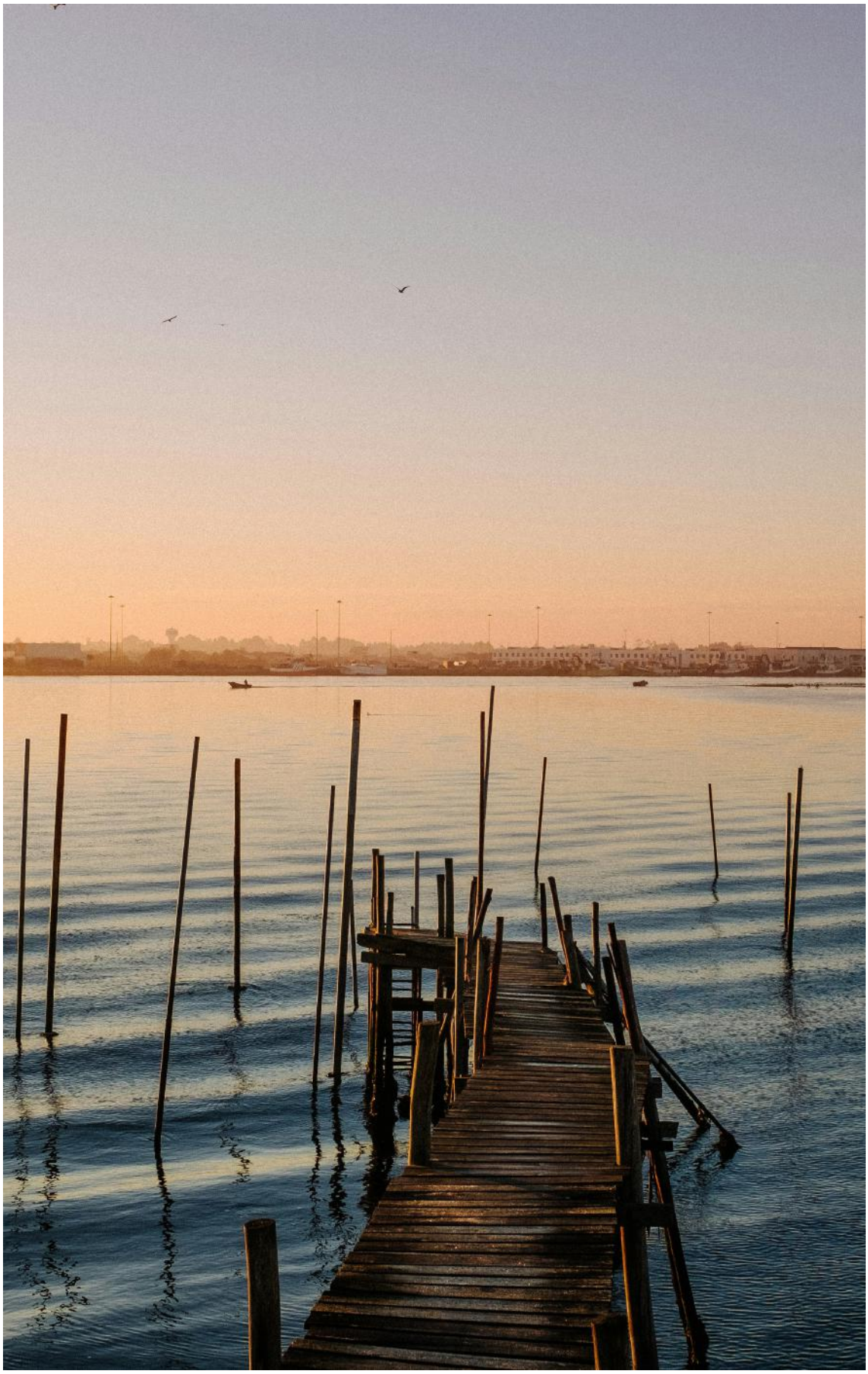
Securing support is challenging, especially when our cultural mindset isn't attuned to it. Whenever we needed assistance, whether from the Port Authority or the police for special boats and teams in our modest yard, it was an uphill battle. Over the years, despite our remarkable achievements, many still struggle to believe that we can accomplish such work in our relatively small facility. Interestingly, some peers in our industry have invested in expansive facilities with excellent conditions, yet they find themselves short on work.

Our approach has been the opposite; we intentionally maintain a smaller facility, focusing on fewer but high-quality jobs. Personally, I've always been adamant about not putting myself in a position where I have to sacrifice sailing to sustain the business due to financial constraints. I prioritize delivering excellence over quantity, steering away from the temptation of taking on numerous jobs with compromised quality.

CASTILHO ILC: As an ambassador for your region and country, do you see Aveiro as an area with great potential for sailing?

Renato Conde: Certainly, it has been a significant topic of discussion, and more recently, I participated in another podcast where this unexpectedly became a focal point. In expressing my personal opinion about Aveiro, I highlighted the immense potential that our river and water resources offer for sailing activities. An illustrative example is our collaboration with the current Olympic, World, and European Champions across various classes. These champions bring their boats and teams to our location, utilizing trucks and containers, occasionally causing curiosity among our neighbors who may not be fully aware of the activities taking place.

Despite the road closures and the presence of people from different countries walking through the streets, our neighbors might not have a clear understanding of the work transpiring inside our facility. We handle everything from receiving clients, completing the necessary tasks, packing the equipment, to venturing out for testing. The limitations of our current location make it necessary for us to conduct certain activities outside our facility, contributing to the bustling international atmosphere in the area.



CASTILHO ILC: Do you think that could change in the future?

Renato Conde: I don't envision that happening. Our mindset is quite conservative, and, in my opinion, the authorities seem to be on the opposing side of progress. Despite the potential, there are many opportunities that could flourish in our region. Speaking for ourselves, we could easily attract sailors from around 15 different countries to train and test our products.

For instance, my brother runs a kitefoil company where he designs, builds, and tests his products. His brand, Flying Sardine, has been selected for the Olympic Games in Paris 2024, one of only three brands worldwide to achieve this recognition. This accomplishment opens up a substantial market. Everything we develop in our yard and lab requires testing outside, pushing us to seek suitable locations.

While we have attempted some top-tier events in the past, such as achieving top five rankings globally on our local beach, there are challenges. We must restrict access, involve the police for control, as the speeds reached can be nearly 90 kilometers per hour, posing potential danger during testing. Permission from the authorities is sought, but their response tends to be indifferent, with little consideration for the activities being conducted. This serves as just one example, reflective of the current state of affairs.

CASTILHO ILC: What role does sailing currently play in your life?

Renato Conde: Everything. Sailing is more than just a passion for me; it's my dream, my lifestyle, my sport, and my profession. What started as a dream has now become an integral part of who I am, creating the perfect bubble where I fully immerse myself.

CASTILHO ILC: What is your biggest dream as a sailor?

Renato Conde: I've been fortunate to witness some of my dreams come to fruition, marking significant milestones in my sailing career. Completing the Volvo Ocean Race, was a pivotal achievement not only for myself but also for my family.

Furthermore, my journey in the America's Cup, following my endeavors in the Volvo Ocean Race, was a remarkable experience. It's challenging to surpass these moments, as they represent the epitome of official racing. The Volvo Ocean Race stands as the pinnacle of offshore racing, while the America's Cup takes precedence in inshore racing.

For many Olympic sailors, achieving a gold medal, a feat I've been fortunate to accomplish, often sets the stage for aspiring to compete in the America's Cup. Finding myself in this esteemed category brings a profound sense of contentment and fulfillment, realizing I've reached the zenith of sailing competitions. It's a source of pride, and I couldn't be happier with the trajectory my journey has taken.

CASTILHO ILC: Congratulations, by the way. But tell us, I've heard you have some other projects in the works. Could you speak a bit about these projects?

Renato Conde: I often mention that I face numerous challenges, most of which are tied to my projects. I am a dedicated worker, and the addiction to my work keeps me going. Despite promising myself and my family that I would ease up a bit by the time I turn 40, it seems I can't slow down. The drive isn't purely financial; it stems from the relentless hard work that Team has invested to reach this level. It's akin to a young boy in our town aspiring to be like Ronaldo. It's not impossible, but it demands unwavering dedication, self-belief, and a forward-looking mindset, a perspective that we've embraced.

Nowadays, teams approach us regularly, seeking our assistance, and we carefully select the clients or teams we collaborate with. There are moments, as I lay down to sleep, when I struggle, knowing that we must decline certain opportunities due to our limited capacity. Our employees, while excellent in their own right, have regular working hours, unlike the dedication required for our projects. The commitment demands constant focus on the end goal, which may only materialize in three or four years.

Managing these ideas can be challenging, but the projects persist, and fortunately, we can be discerning in our choices. We have earned a reputation as a global reference in sailing, acknowledged for our expertise, even if it means being a more expensive choice. Over the past decade, people have eagerly awaited an opportunity to work with us, knowing that our involvement can significantly enhance their projects. We offer technological support, leveraging our expertise to facilitate their work, and despite the costs incurred, many clients choose to return, appreciating the ongoing collaboration.

It's intriguing, though somewhat unusual, to witness the expanding world of sailing, particularly in Portugal. While the sport is growing globally, technology is playing a crucial role. Even those investing in regular cruising boats aspire to incorporate the latest technological advancements, mirroring the trends seen in the America's Cup with foils and innovative ideas. A decade ago, only a few yards globally specialized in this area, but now, even regular boatyards are adapting, customizing projects for their clients and working with carbon to enhance boat performance. Consequently, I find myself approached by various companies seeking assistance in establishing facilities to reach that advanced level, a challenging but rewarding endeavor.

CASTILHO ILC: I believe so. Have you noticed a shift in the sailing community's attitudes towards sustainability over the years?

Renato Conde: Yes, sustainability has become a focal point in the current global discourse, and I've observed a corresponding shift within the sailing community. Many prominent clients and affluent individuals I've encountered in my profession, often linked with major corporations, are increasingly drawn to investing significant sums in boats with a strong emphasis on sustainability. While not the sole motivating factor, it stands out as one of the primary reasons behind their multi-million investments.

Boats offer a unique platform for combining innovative ideas, products, and sustainable practices. This is particularly appealing because sailing directly engages with nature, utilizing elements such as water, wind, sun, and rain. The industry has responded by integrating eco-friendly materials, such as recycled carbon and fiberglass, into boat construction. Furthermore, there's a noticeable trend away from traditional diesel engines toward cleaner, alternative power sources.

It's acknowledged that certain sustainable technologies may currently pose challenges, with higher costs and intricate maintenance. However, ongoing developments and initiatives are actively demonstrating the feasibility of transitioning towards more sustainable practices within the sailing community. It's a positive evolution, aligning with broader global efforts to embrace environmentally conscious choices.

CASTILHO ILC: Can you envision yourself sailing until what age?

Renato Conde: At the moment, I've stepped back from high-level racing on board the boat. I made that decision around the age of 35-36 when I was actively involved in sailing a foiling boat, one that sails above the water. My role encompassed various responsibilities, including serving as the maintenance crew and the boat captain. This meant being on the boat to prepare it for racing, welcoming the team about two to three hours before the race, participating in the race, and then staying back for maintenance after everyone else had left.

During this period, I was primarily involved in the Extreme Sailing Series World, where my onboard position demanded significant physical exertion. Unlike my counterparts in other teams who excelled in cross-fit and were world champions, I found it challenging to maintain peak physical performance while simultaneously handling boat preparation. As a result, I often found myself sailing in high winds and heavy conditions, leaving me fatigued at the end of the day. This led to substantial repair work, as these conditions, combined with our physical capacity, took a toll on the boat.

For almost three years, I spent numerous nights in the container, catching only a few hours of sleep to ensure the boat was ready for the next day's racing. The repairs and maintenance were intensive, especially after days with strong winds, rough seas, and crashes. At a certain point, the teams recognized my dedication but also saw the potential downsides on subsequent days. Consequently, they invited me to transition to the shore side, a role that proved much more manageable. This shift allowed for the hiring of someone dedicated solely to onboard responsibilities, enabling me to focus on overseeing all other ground positions.


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SAILGP TEAM
SAILGP

CASTILHO ILC: How did you prepare yourself mentally and physically for extended races?

Renato Conde: Reaching the pinnacle of sailing requires unwavering commitment and a rigorous preparation routine. In my pursuit of this dream, I found myself waking up in the middle of the night, setting alarms to ensure I could dedicate ample time to training. Training sessions became a twice or thrice-daily ritual, spanning morning, lunchtime, and dinner. This demanding schedule extended over numerous years, with the singular focus of achieving the desired goal.

The intensity of the training regimen often led to a point where the consequences were secondary to the overarching goal. The commitment to reaching that pinnacle meant doing whatever it took, regardless of the toll on mental and physical well-being. Looking back, I recognize that some decisions may not have been optimal, but the satisfaction of achieving the dream overshadows any regrets.

CASTILHO ILC: Do you have any reading suggestions you'd like to share with us?

Renato Conde: Not really, as the world of sailing is a unique field where practical experience often surpasses theoretical knowledge. The challenge lies in finding resources that provide insights into the intricate work involved. Unfortunately, there isn't a dedicated university or school for this, making it essential to dive into the field itself.

One valuable avenue for aspiring individuals, especially the younger generation, is to explore programs initiated by organizations like SailGP and the Ocean Race (formerly Volvo Ocean Race). These programs serve as platforms for young enthusiasts, aged 18 to 25, to join a team. The 'secret,' as we call it, encompasses various areas, including engineering, electronics, hydraulics, systems, boat building, painting, and more.

Aspiring sailors can submit their CVs and dreams, opening doors to work with experienced professionals on a global scale. This opportunity is not only enriching but also comes at no cost. The programs often assist with logistics, making it feasible for young talents to join the best teams and learn from seasoned sailors.

In my time, such opportunities were scarce, but now there are alternative paths to pursue a career in sailing beyond traditional education. The Circuito de la Energía, for instance, has seen a surge of young talents joining its ranks over the past three years. While not a substitute for formal education, these initiatives provide practical exposure and serve as stepping stones for those passionate about making a mark in the sailing world.



CASTILHO ILC: And now, to wrap up, what does it mean for you to live in FREEDOM and TRUTH? From your perspective, how do you feel freedom in the moonlight?

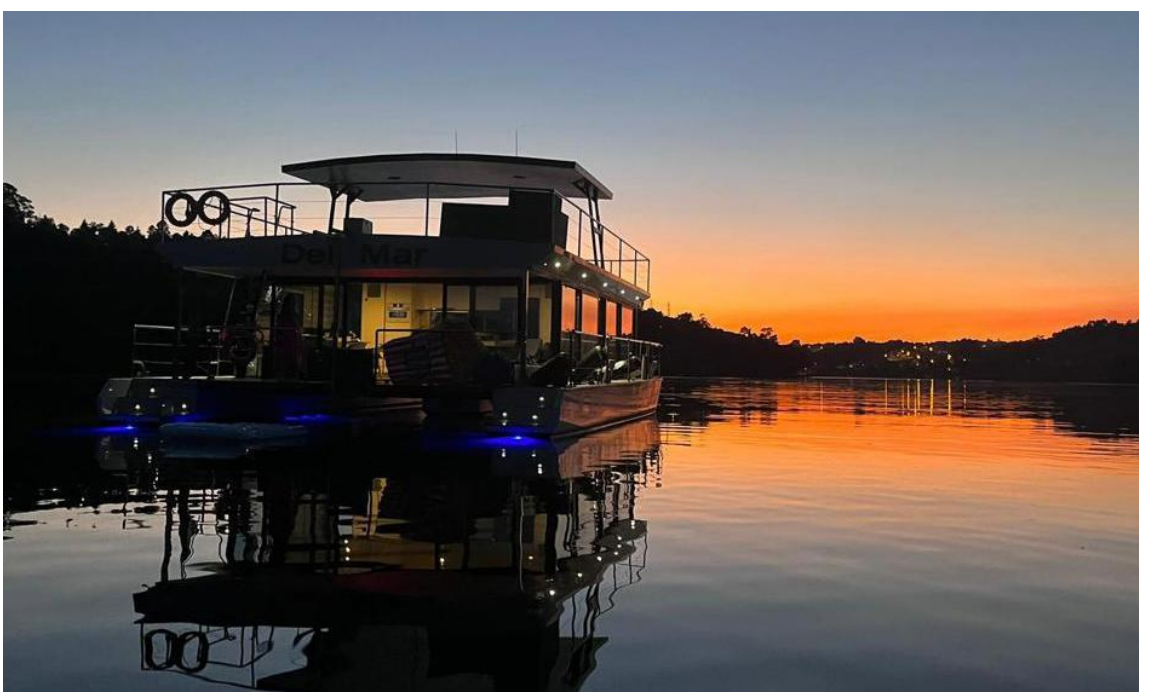
Renato Conde: Everything. I think the sailing world is one of the best examples to specify freedom and truth. The sailing world is really small. So whatever you do, it really will be the truth or you will split out the bad world very fast. And the freedom is all about sailing. You combine your dream with the nature, and you don't have a good or powerful engine or a road or a track to do it. So you have the nature. So you're sailing with a natural environment. So I think it's about the right combination. It's freedom at its best, of course.

Listen to the podcast on our Spotify channel **Be Free, Be True.**



The Del Mar Experience

RENATO CONDE'S BOAT









Renato Conde, passionate about the sea, shares his vision of offering memorable experiences aboard the “Del Mar,” an elegant and spacious boat perfect for private outings, refined lunches, sunset dinners, and personalized events. With meticulous design and exceptional comfort, every detail has been carefully considered to provide a high-standard experience.

Guests can enjoy first-class catering service, panoramic views of the sea, and an ambiance that blends luxury with the serenity of the ocean. Each moment on board is a mix of sophistication and relaxation, ideal for intimate celebrations or corporate events.

For reservations and more information, please contact them at **eventos.rcsailings@gmail.com**. Renato Conde and his team are ready to make your sea event a memorable reality.



SAILGP™

The SailGP Inspire Program, a pioneering global initiative, stands as a transformative force by shaping and inspiring youth worldwide through sailing. Grounded in promoting values such as leadership, teamwork, and environmental awareness, this program transcends the waters of competition to mold the minds of new generations.

Comprising 10 teams, it aspires to be the pinnacle of water sports, challenging even the complexity of Formula 1. The boats, true engineering marvels, stand out with a flight program that pushes the boundaries of control, surpassing even Formula 1 cars.

Beyond the technical challenge, it is deeply committed to environmental sustainability. The boats are constructed with low environmental impact materials, using carbon technology. Teams are encouraged to adopt environmentally responsible practices, from the efficient use of energy to choosing sustainable means of transportation.

SAILING TOWARDS A SUSTAINABLE, INCLUSIVE, AND EDUCATIONAL FUTURE

In this healthy competition among teams, reducing environmental impact is a priority, from the choice of dishes to hotel selection. Proximity to the competition venue is crucial, promoting the use of more sustainable means of transportation, such as bicycles.

SailGP Inspire extends beyond the sport, becoming a driving force for inclusion and education. Under the philosophy “Powered by Nature, Driven by Purpose,” it seeks to eliminate barriers related to race, gender, and socio-economic status.

This core purpose is achieved through collaborations with National Sailing Federations, community sailing clubs, local groups, universities, and schools, ensuring accessible entry points for young enthusiasts. The strength of Inspire lies in strategic partnerships with entities such as Mubadala, WASZP, Rooster, MarkSetBot, Armstrong, and EPropulsion.

In addition to promoting inclusion, it highlights the importance of education. Collaborating with schools and universities, it offers unique educational opportunities related to sailing, from sports science to practical skills needed for navigation.

Each stop or race is not just a sportive event but the creation of a lasting legacy. By empowering youth from diverse backgrounds, it aspires to inspire the next generation of sailors, building a more inclusive future for the sport and the planet.



sailgp.com

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