



Project 2025-1-PT01-KA210-SCH-000353927  
**Empowering AI for Sustainability Education**



**Portugal Mobility**  
9th - 13th February 2026, in Leiria

A close-up photograph of a woman's face, showing a look of intense shock or fear. Her eyes are wide open, her eyebrows are raised, and her mouth is agape, revealing her teeth. The background is a plain, light-colored wall.

**AI EVERYWHERE**

**F** **O** **B** **O**

**Fear**

**of**

**Being**

**Obsolet**



Não morram na praia

**JOBBRR**

Joy

of

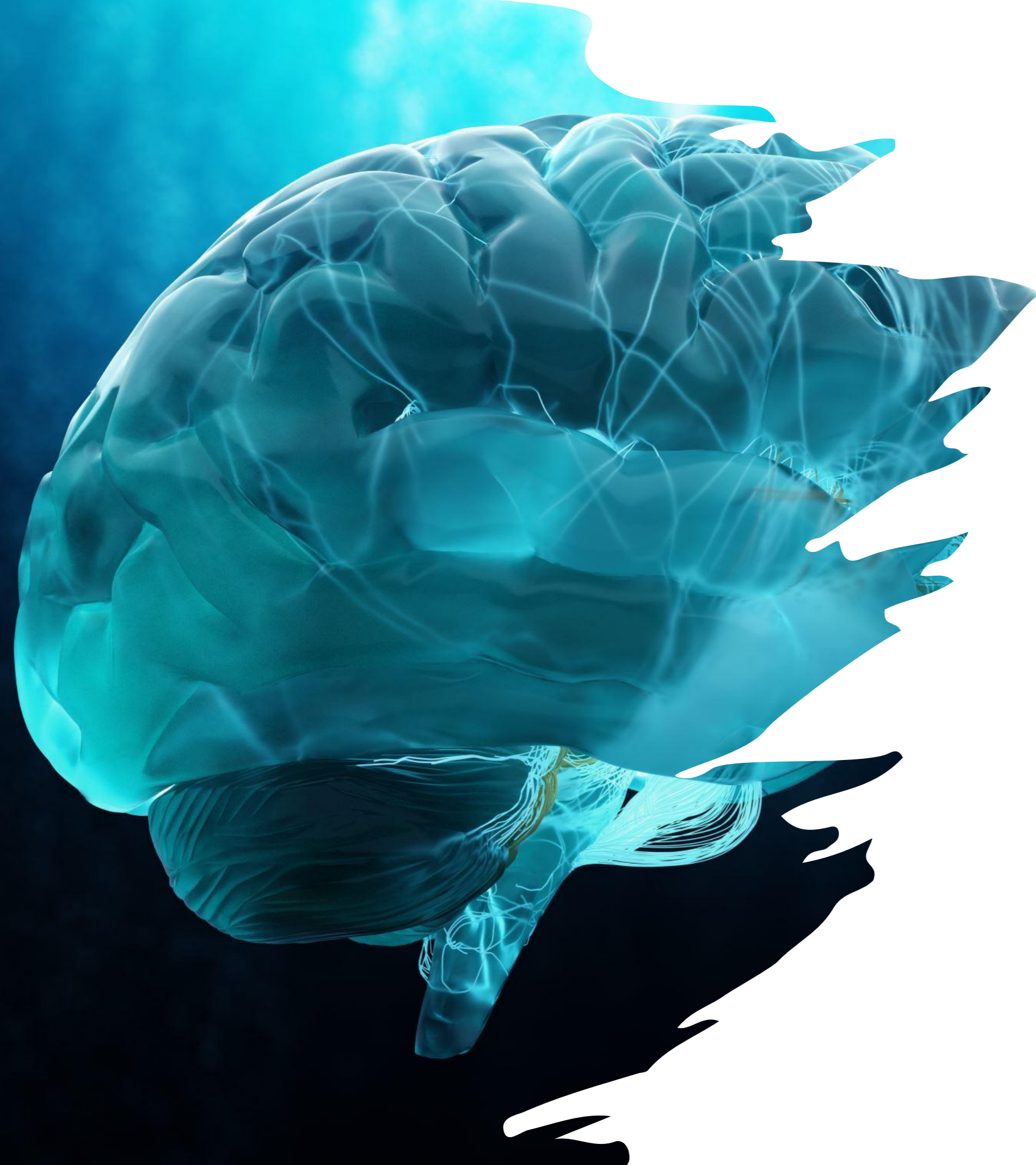
being

Relevant



# Artificial Intelligence

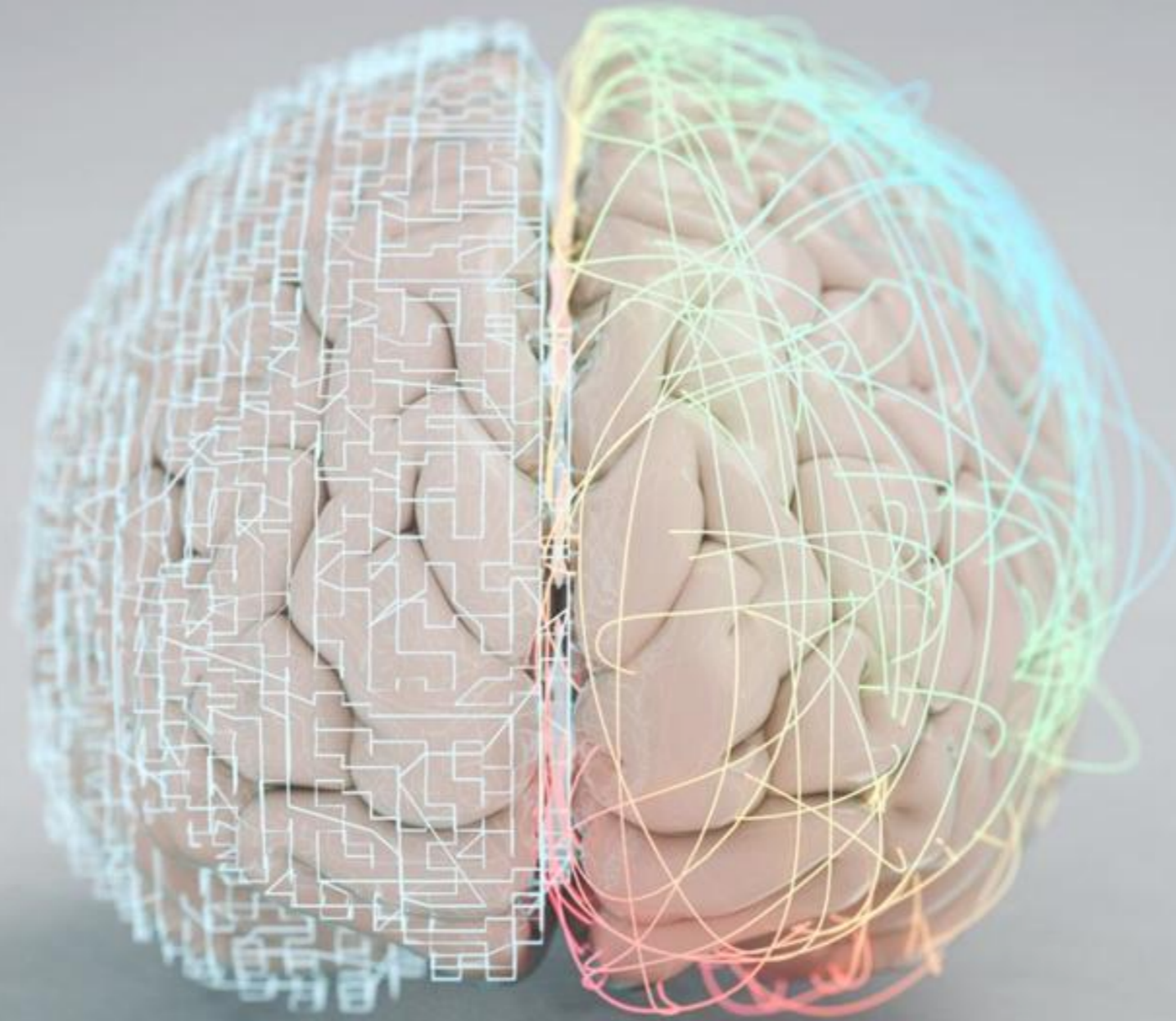




In the past, we created  
technology to “amplify” our  
**MUSCLES.**

---

Today, we are creating  
technology to “amplify” our  
**BRAIN.**



# Consciousness

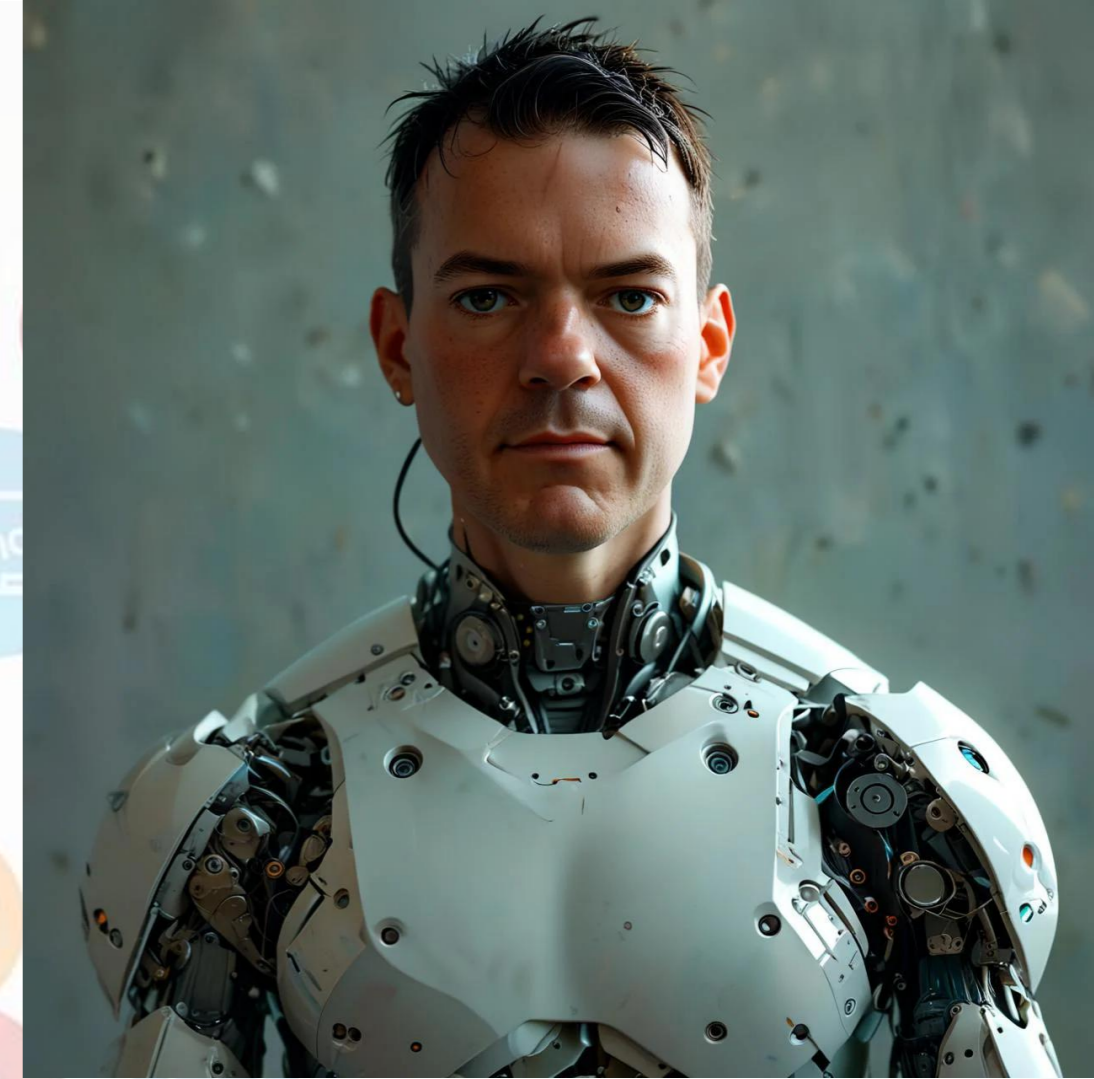
**Do machines have consciousness ?**



**Luciano Floridi**

The (Fourth) Revolution





# WHERE WE CAN FIND AI?





**NETFLIX**

**HBO**

amazon  





11816

11811

11883

11886

118362

11890

11852

11911

11850  
11030

11845







VICE.COM

## AI Has Successfully Piloted a U.S. F-16 Fighter Jet, DARPA Says

The fighter aircraft that was first introduced in 1978 has now seemingly evolved i...



SCMP.COM

## In China, AI warship designer did nearly a year's work in a day

It took humans 300 times longer to complete the same tasks, according to study...



# AI GENERATED



EXPRESSO.PT

**O estilista artificial: em Viana do Castelo já há roupa desenhada por 'software'**



TOT

0-1

LIV

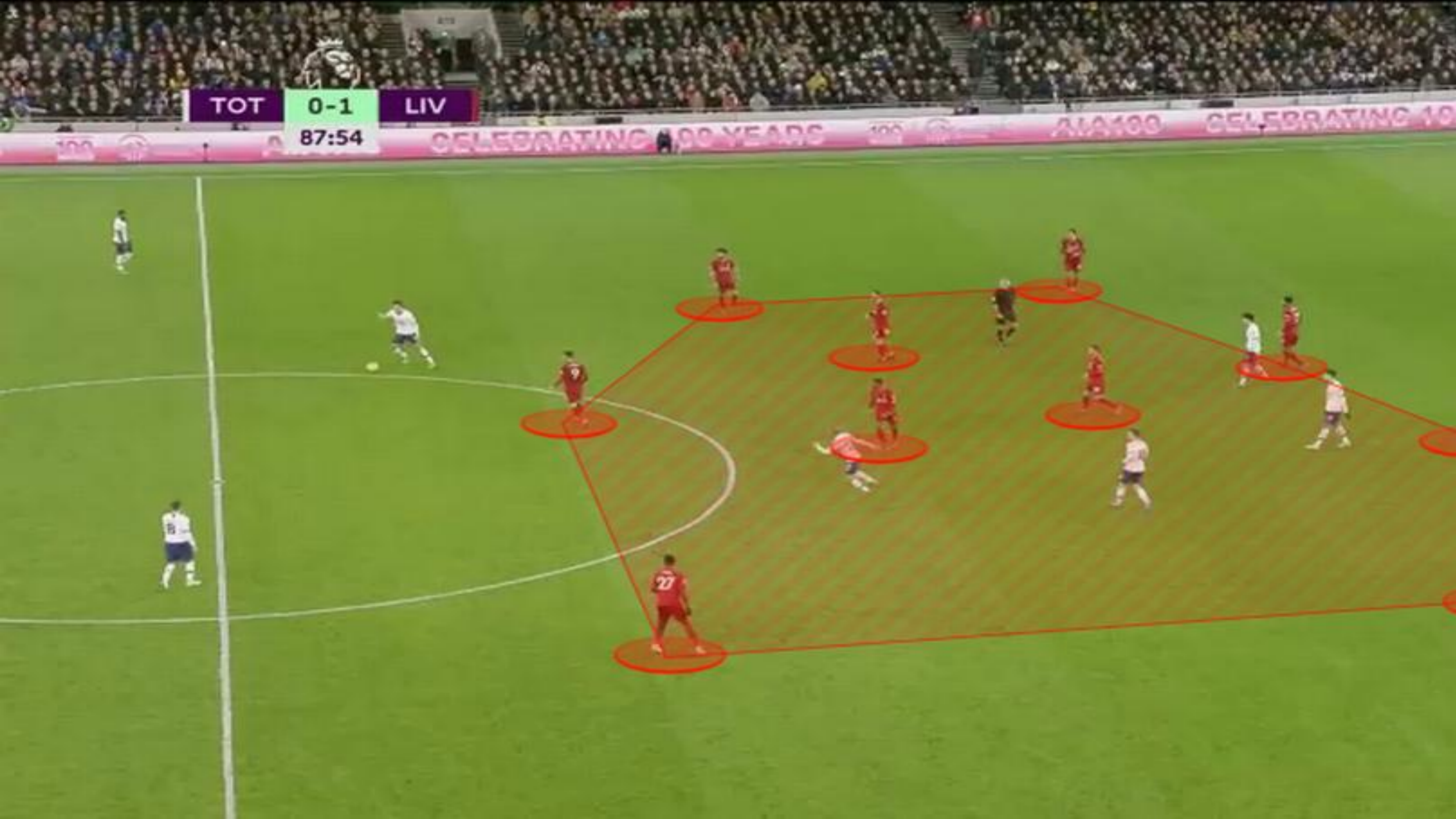
87:54

CELEBRATING 100 YEARS

100

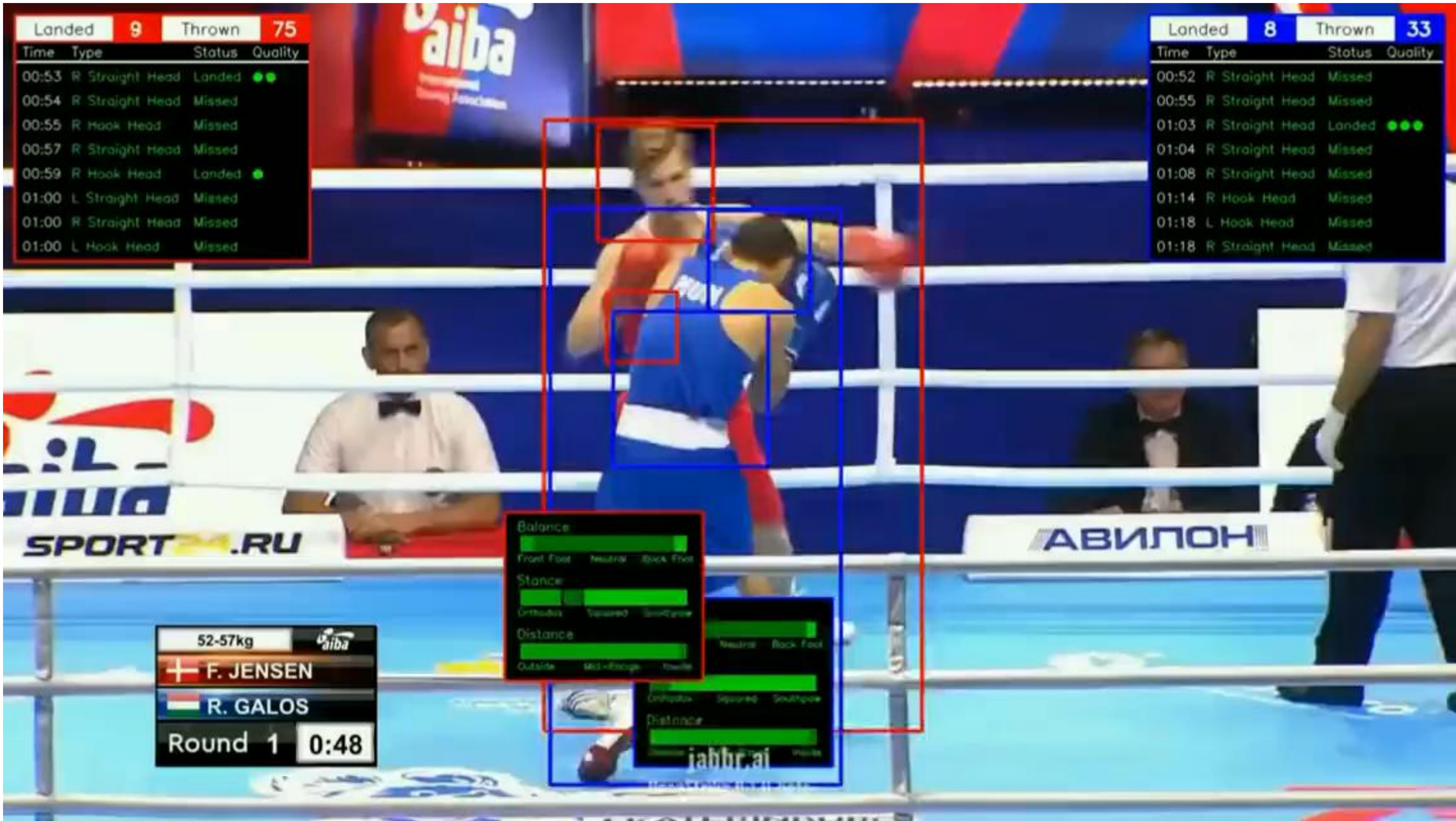
ALL 100

CELEBRATING 100



Landed	9	Thrown	75
Time	Type	Status	Quality
00:53	R Straight Head	Landed	●●
00:54	R Straight Head	Missed	
00:55	R Hook Head	Missed	
00:57	R Straight Head	Missed	
00:59	R Hook Head	Landed	●
01:00	L Straight Head	Missed	
01:00	R Straight Head	Missed	
01:00	L Hook Head	Missed	

Landed	8	Thrown	33
Time	Type	Status	Quality
00:52	R Straight Head	Missed	
00:55	R Straight Head	Missed	
01:03	R Straight Head	Landed	●●●
01:04	R Straight Head	Missed	
01:08	R Straight Head	Missed	
01:14	R Hook Head	Missed	
01:18	L Hook Head	Missed	
01:18	R Straight Head	Missed	



52-57kg

F. JENSEN

R. GALOS

Round 1 0:48

Balance

Front Foot Neutral Back Foot

Stance

Orthodox Squared Southpaw

Distance

Outside Mid-Range Inside

Balance

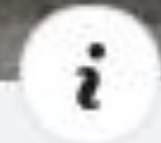
Front Foot Neutral Back Foot

Stance

Orthodox Squared Southpaw

Distance

"What's cool about having significant parts of your body be designable and synthetic, is that you can be upgraded" Hugh Herr



MEDGADGET.COM

**Dr. Hugh Herr, Founder of BionX: On The Superpowers of Bionic Technologies |**

# Mind Over Paralysis: AI Helps Quadriplegic Man Move and Feel Again

The impossible became possible after a medical team performed a double neural bypass.



By [Jose Antonio Lanz](#)

📅 Aug 3, 2023

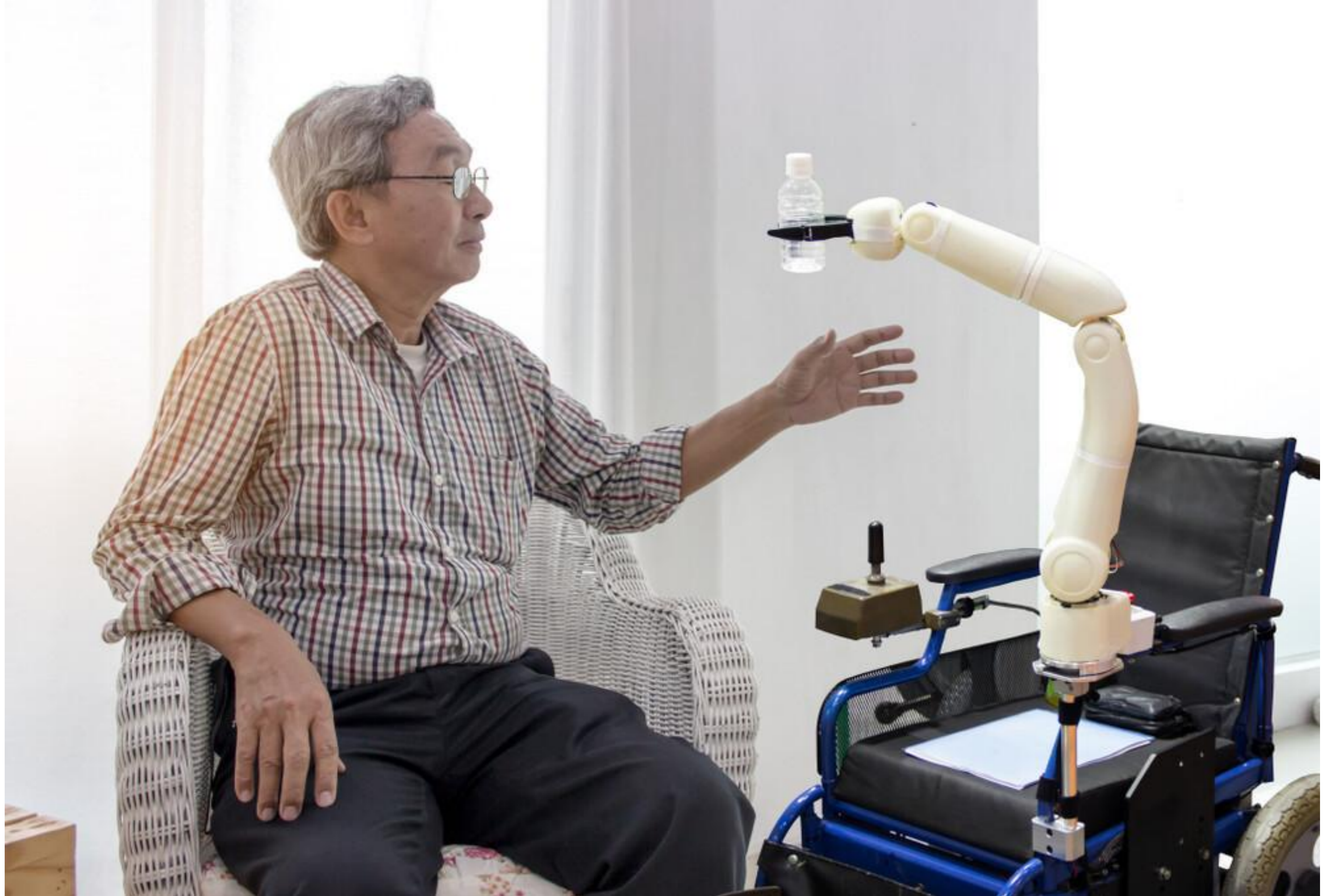
🕒 3 min read





From: [NewsFeed](#)

## Blind runner completes solo 5k guided by AI





<https://thispersondoesnotexist.com/>

# Test Yourself: Which Faces Were Made by A.I.?

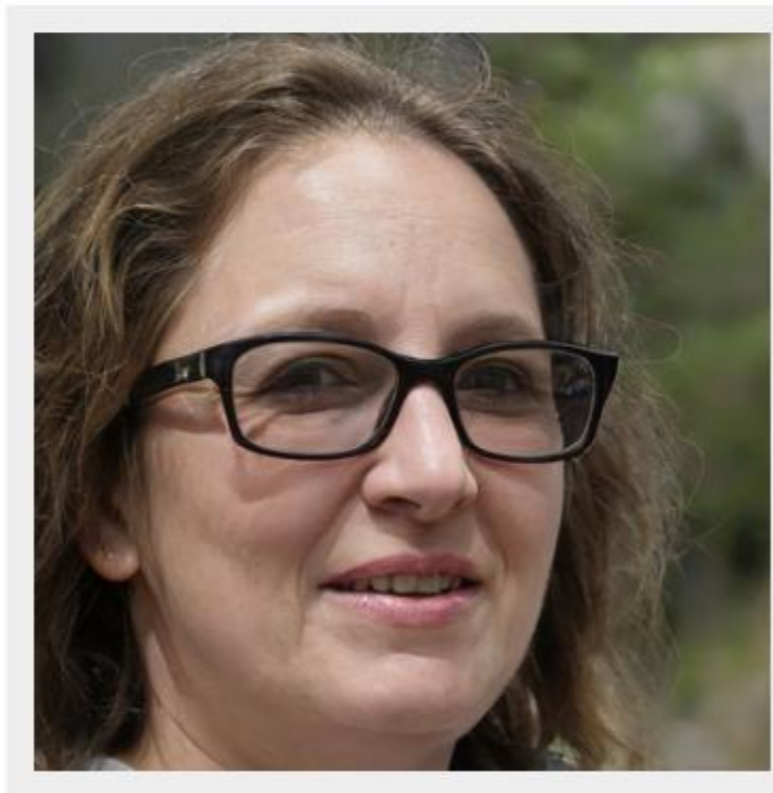
By [Stuart A. Thompson](#) Jan. 19, 2024

Tools powered by artificial intelligence can create lifelike images of people who do not exist.

See if you can identify which of these images are real people and which are A.I.-generated.

Was this made by A.I.?

1/10



A.I.

Real

[Test Yourself : Faces Real or AI](#)



**The journey begins!**

**BC**

**Before**

**ChatGPT**

**?**

**AC**

**After**

**ChatGPT**





Generative  
Artificial  
Intelligence...

# EXPLAINED By CRISTIANO RONALDO

Artificial Intelligence (AI) is like a football team. We have the machine, which is our player, and we have the data, which are the instructions we give to the player.

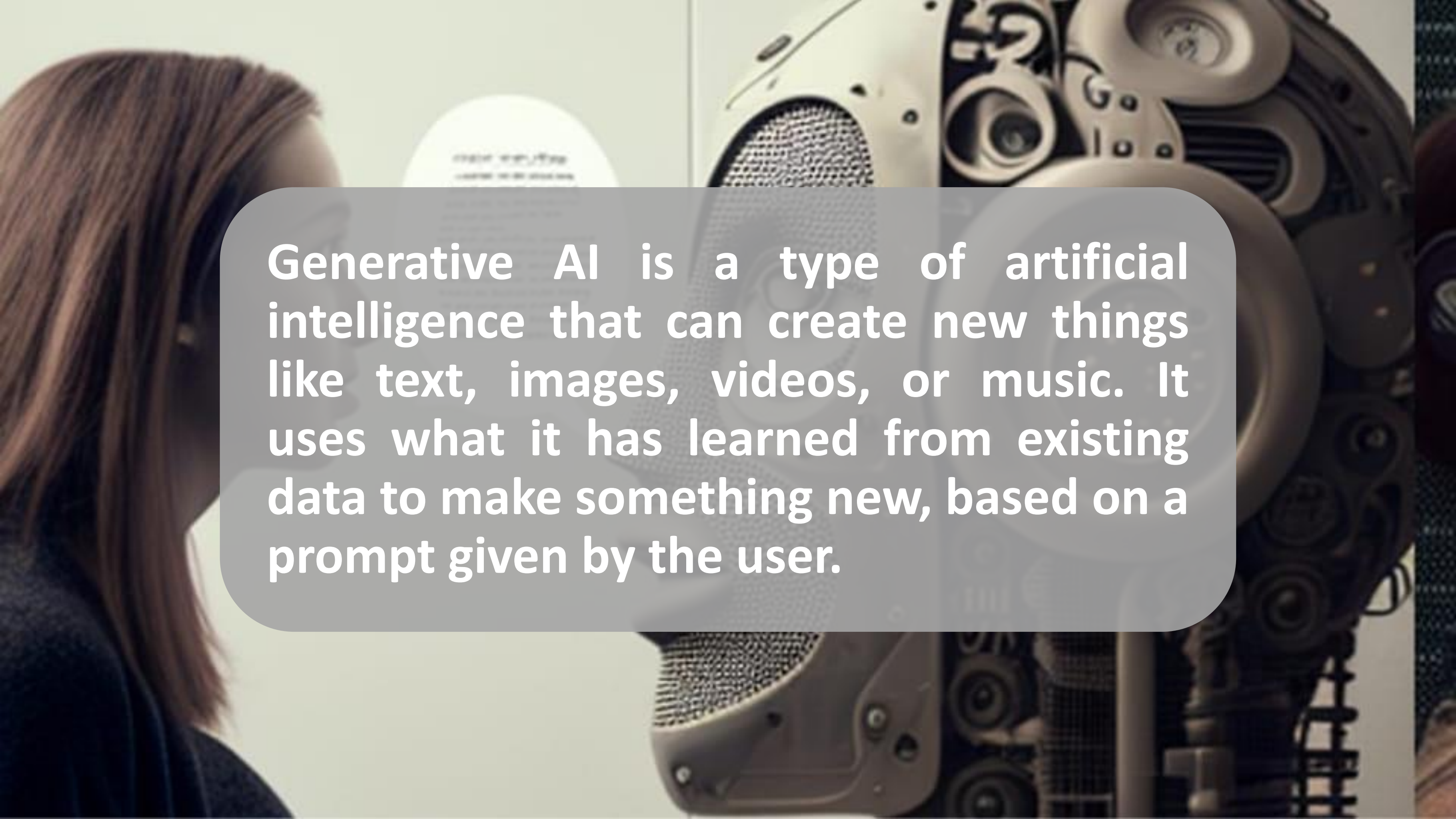
The coach here is the algorithm, which trains the player based on the data it receives.

You train the machine with lots of data, and it starts learning and improving, making decisions almost automatically.

Just like in football, you need a good strategy to get the best out of AI — with the right data and algorithm working together.

That's how AI can “play” and solve problems efficiently.



A woman with long brown hair is seen from the side, looking towards a large, intricate mechanical structure. The structure is composed of various metal parts, including gears, pipes, and a large circular component with a grid-like pattern. A semi-transparent grey text box is overlaid on the image, containing the following text:

**Generative AI is a type of artificial intelligence that can create new things like text, images, videos, or music. It uses what it has learned from existing data to make something new, based on a prompt given by the user.**

## GPT

Large language model (LLM)



- Gives AI apps the ability to generate text
- One of the largest neural networks, with hundreds of billions of parameters

VS

## ChatGPT

Chatbot app powered by GPT



- Relies on a set of GPT's parameters
- Optimized for dialogue
- Has content filters

# Language Models

GPT 3.5

GPT 4

GPT 4o

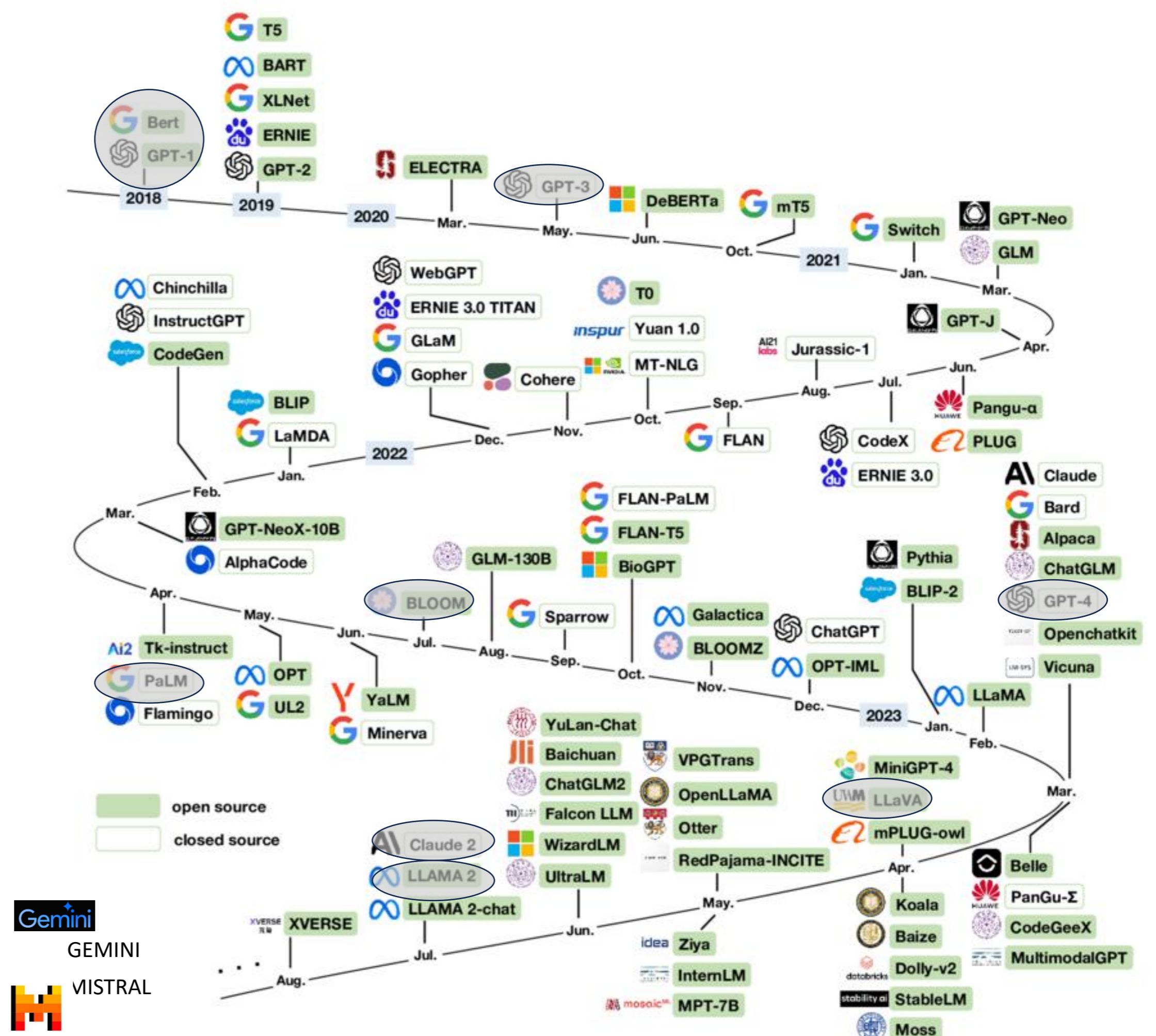
Palm 2

GEMINI Nano/Pro/Ultra

CLAUDE 3.5

MISTRAL

Llama2



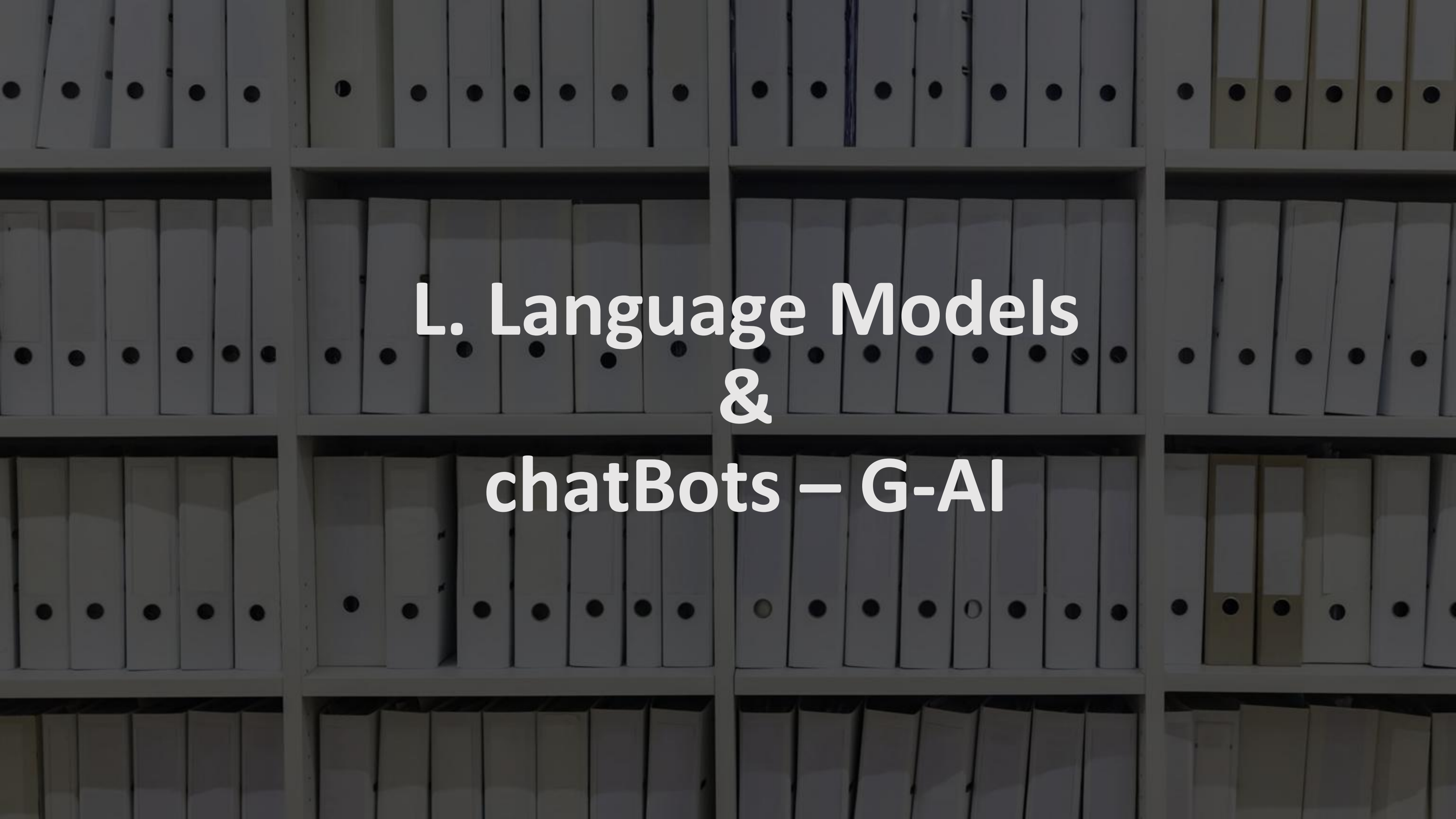
GEMINI



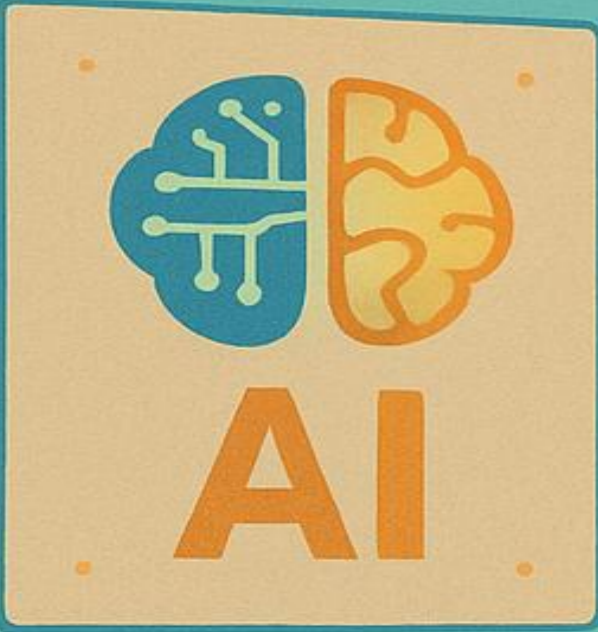
MISTRAL



**WHAT WE CAN CREATE WITH  
GENERATIVE AI ?**



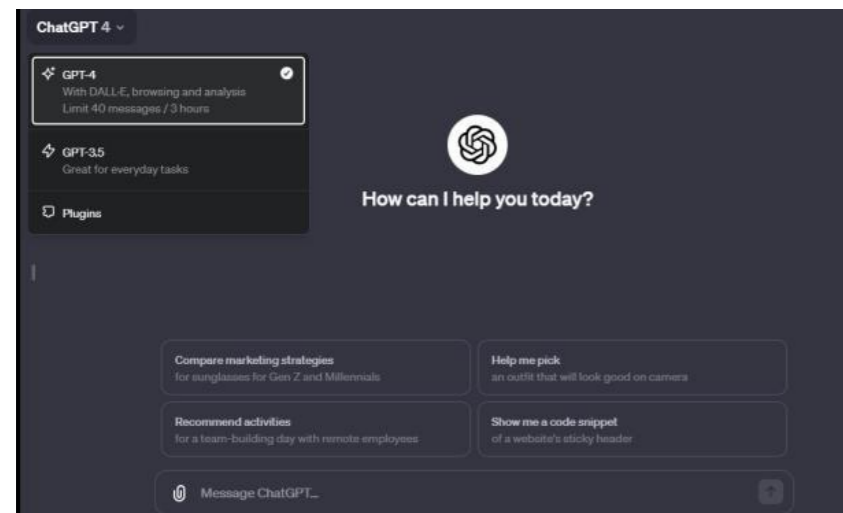
**L. Language Models  
&  
chatBots – G-AI**



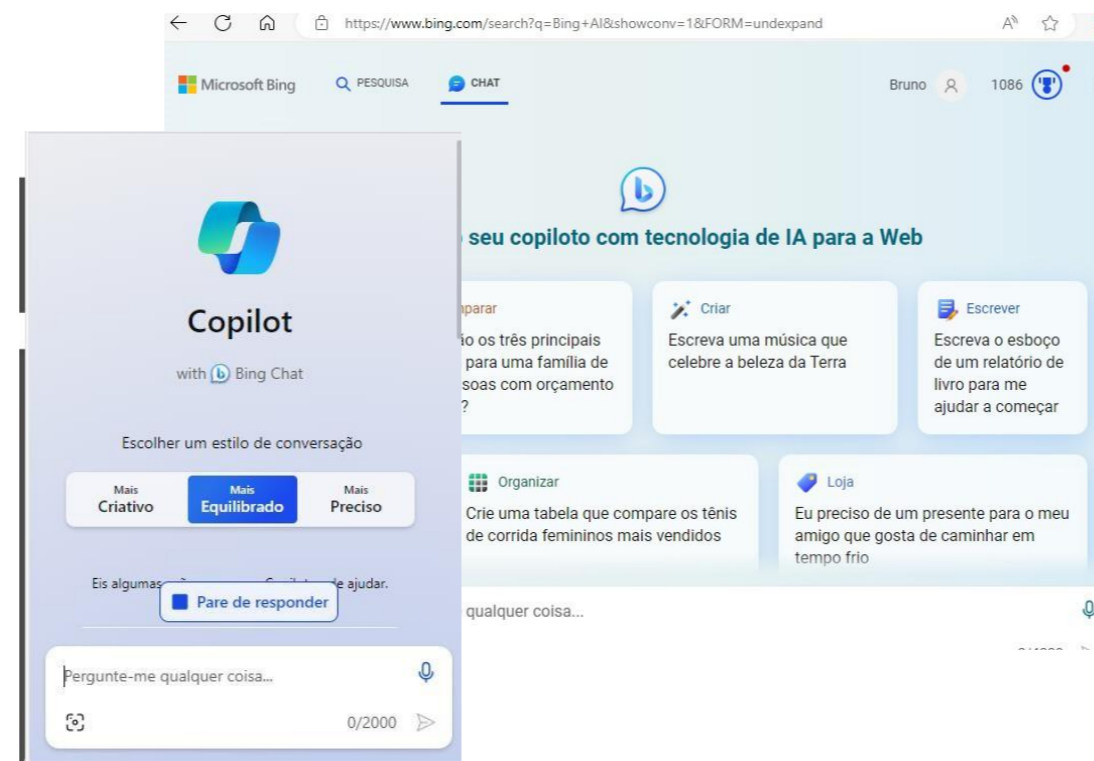
ChatGPT



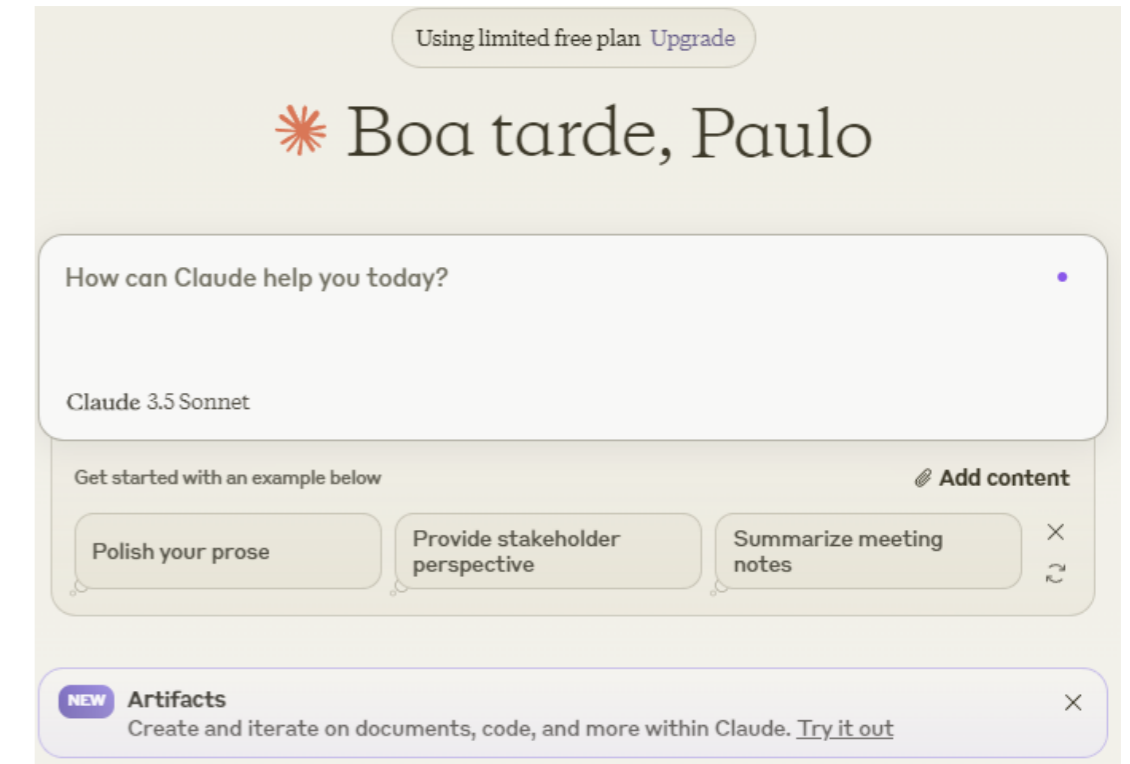
# Chatbots, that help us reflect and learn



[ChatGPT \(openai.com\)](https://openai.com)



COPILOT



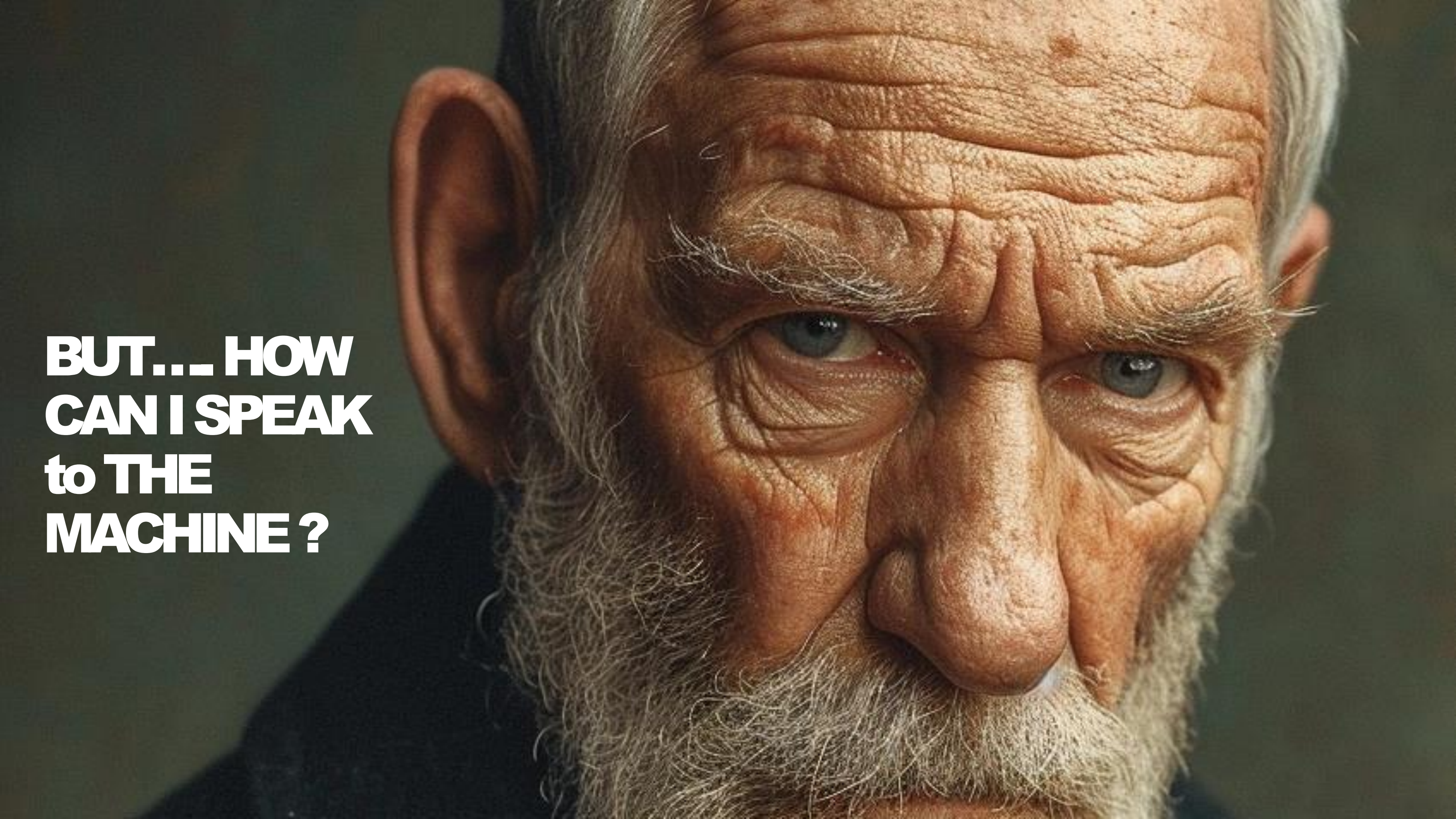
[Claude \(claude.ai\)](https://claude.ai)



Olá, Paulo  
Em que posso ser útil?



[Gemini \(google.com\)](https://google.com)



**BUT... HOW  
CAN I SPEAK  
to THE  
MACHINE ?**



## WHAT IS THE STRUCTURE OF A PROMPT (INSTRUCTION)?

1. What I WANT
2. Who I want the “machine” to be
3. What it has to do
4. Context – the scope of the project, information about the history or the context
5. What the limitations are
6. How I want the answer
7. Do you have any questions? (the machine)

## Example of a Well-Written Prompt

### 1 What I want

I want you to write a short and fun story.

### 2 Who I want the "machine" to be

You are a creative writer who specialises in stories for children.

### 3 What it has to do

Write a story of about 200 words.

### 4 Context / project scope

The story will be read aloud in class to 12-year-old students, so it should be easy to understand and funny.

The main character is a robot named Zipo who wants to be friends with humans.

### 5 What the limitations are

No violence or difficult words. Must be school-appropriate.

### 6 How I want the answer

Use a light tone, short sentences, and include some dialogue.

### 7 Do you have any questions? (for the machine)

Did you understand what I want? If you have any doubts, ask before you begin.

Create a hyper-realistic portrait of an elegant man seated inside a luxury private jet. The man is in a composed, authoritative posture, sitting on a beige leather armchair, with his legs crossed and one hand resting on the armrest.

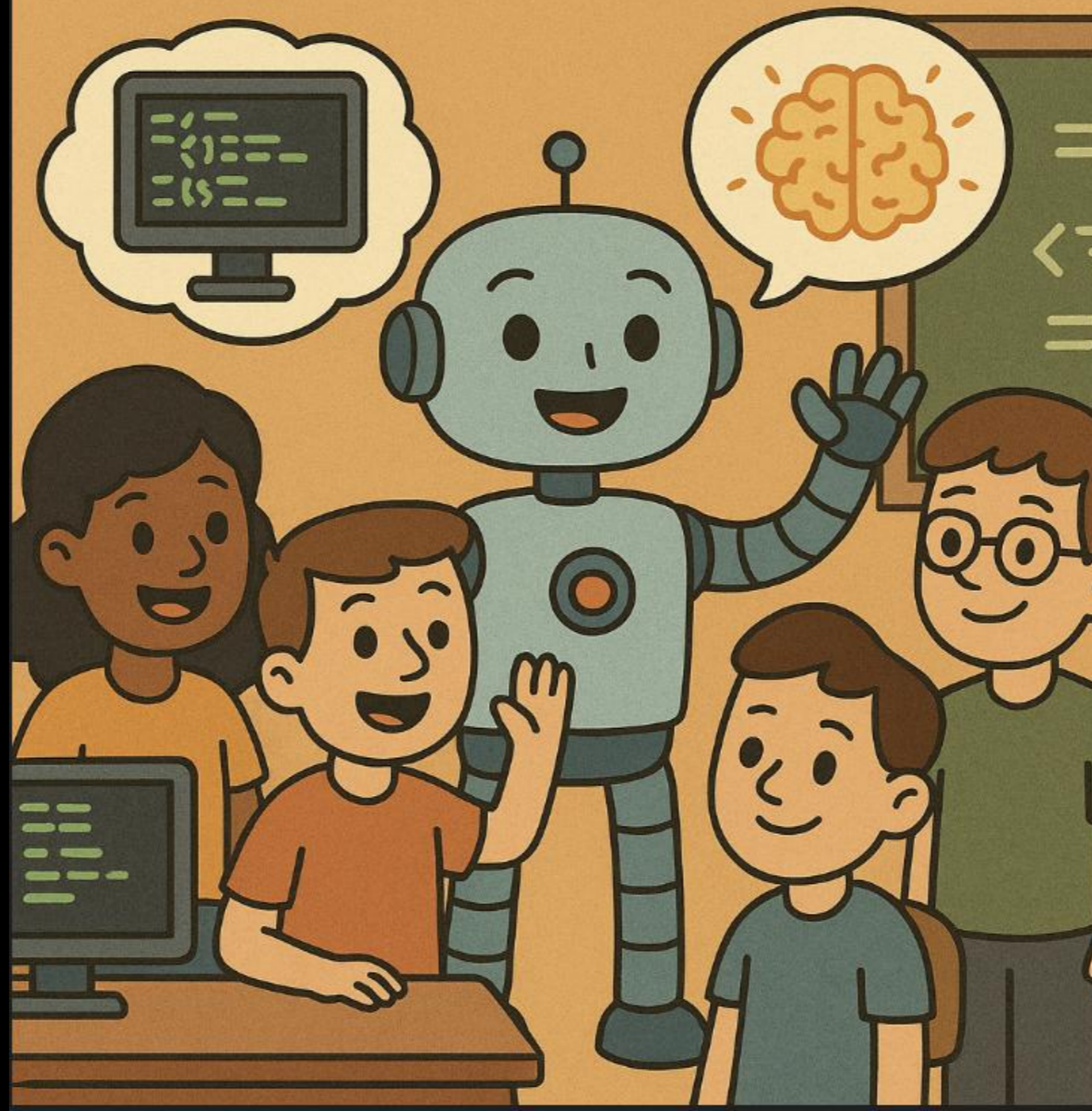
He is wearing a perfectly tailored dark blue suit, an impeccable white shirt, and a tone-on-tone blue tie. On his feet, polished brown leather shoes. He is wearing a modern wristwatch on his left wrist.

His expression is serious, professional, and confident, looking directly at the camera. He has short, neatly styled hair and a well-groomed beard. Soft light comes through the jet's side windows, naturally illuminating his face and creating a premium editorial look.



# HOW MACHINES THINK

Machines learn from examples.  
The more examples, the  
smarter the machine!



**DON`T FORGET**

Ask smart, Get smart

Garbage in, Garbage out



# EXAMPLE

SO

Paulo

I have a book, 9 eggs, a laptop, a bottle and a nail. Please tell me how to stack them onto each other in a stable manner.



Stacking these items in a stable manner requires careful consideration of their shape, size, and fragility. Here's a suggested order:



1. **Laptop:** Start with the laptop as the base. It's likely the largest and flattest item, providing a good foundation.
2. **Book:** Next, place the book on top of the laptop. Books are flat and can provide a stable base for the next items.
3. **Bottle:** If the bottle has a flat bottom, it can go on top of the book. Make sure it's unopened or full so it's heavy enough not to tip over.
4. **Nail:** The nail is small and light. You can place it on top of the bottle if the bottle is stable. If not, you can put the nail on top of the book.
5. **Eggs:** Eggs are fragile and not flat, making them unsuitable for stacking. It's best to leave them aside to prevent them from breaking.

Remember, safety is important. If the stack seems unstable at any point, it's better not to continue stacking.

- 🌀 ChatGPT
- 🌐 Sora
- 📖 Biblioteca 134
- 🌐 Erasmus+ Evaluator
- 🌐 Erasmus+ 2025 - KA1...

- 🎨 Canva
- 🌑 Monday
- 🌈 DALL-E
- 🔗 Explorar GPTs

📁 Projetos  
➕ Novo projeto

- 📅 Hoje
- Hidden Fear Unpacked
  - Jogo Batalha Naval C
  - Comparação diabetes tipo 1 e
  - Bruxismo associado ao stress

🏠 Ver planos  
Acesso ilimitado, funcionalidade...

# Em que posso ajudar?

| Pergunte qualquer coisa

+
🌐 Procurar
🔍 Investigar a fundo
🎨 Criar imagem
⋮
🎤
🔊

# AI Tools That Will Give You Superpowers



https://theresanaiforthat.com/

Sign in to save AIs for later (it's free.)

# THERE'S AN AI FOR THAT\*

13,028 AIs for 14,364 tasks and 4,803 jobs.

Spotlight: [QuillBot: AI writing companion \(Writing\)](#)

Find AIs using AI

#1 AI aggregator. Updated daily. Used by 20M+ humans.

AIs For You **New AIs** Tasks For You

**New** Check out the **Most Popular** section

## Just Launched

**ON** OrgaNice  
 Team management  
 Free + from \$1/mo

**U** Upsend  
 Coding interview prep...  
 Free + from \$14.99/...

**tr** Relight  
 Image enhancement  
 Free + from \$9/mo

**CC** Upscaler CC  
 Image enhancement  
 Free + from \$5

**grid** SlikSafe Email Ge...  
 Email writing  
 Free + from \$20/mo

**E** EzNewsletterScan  
 Brand monitoring  
 No pricing

**Guidejar**  
 Step-by-step guides  
 Free + from \$18/mo

**SmartPlate**  
 Recipes  
 Free + from \$7.99/mo

**P** Probz  
 Audience research  
 Free + from \$299/mo

## Featured

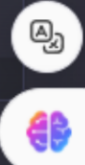
**Flowpoint**  
 Website Analysis  
 Free + from \$59

**P** PrometAI  
 Business plans  
 Free + from \$29/mo

**Jovu**  
 coding  
 No pricing

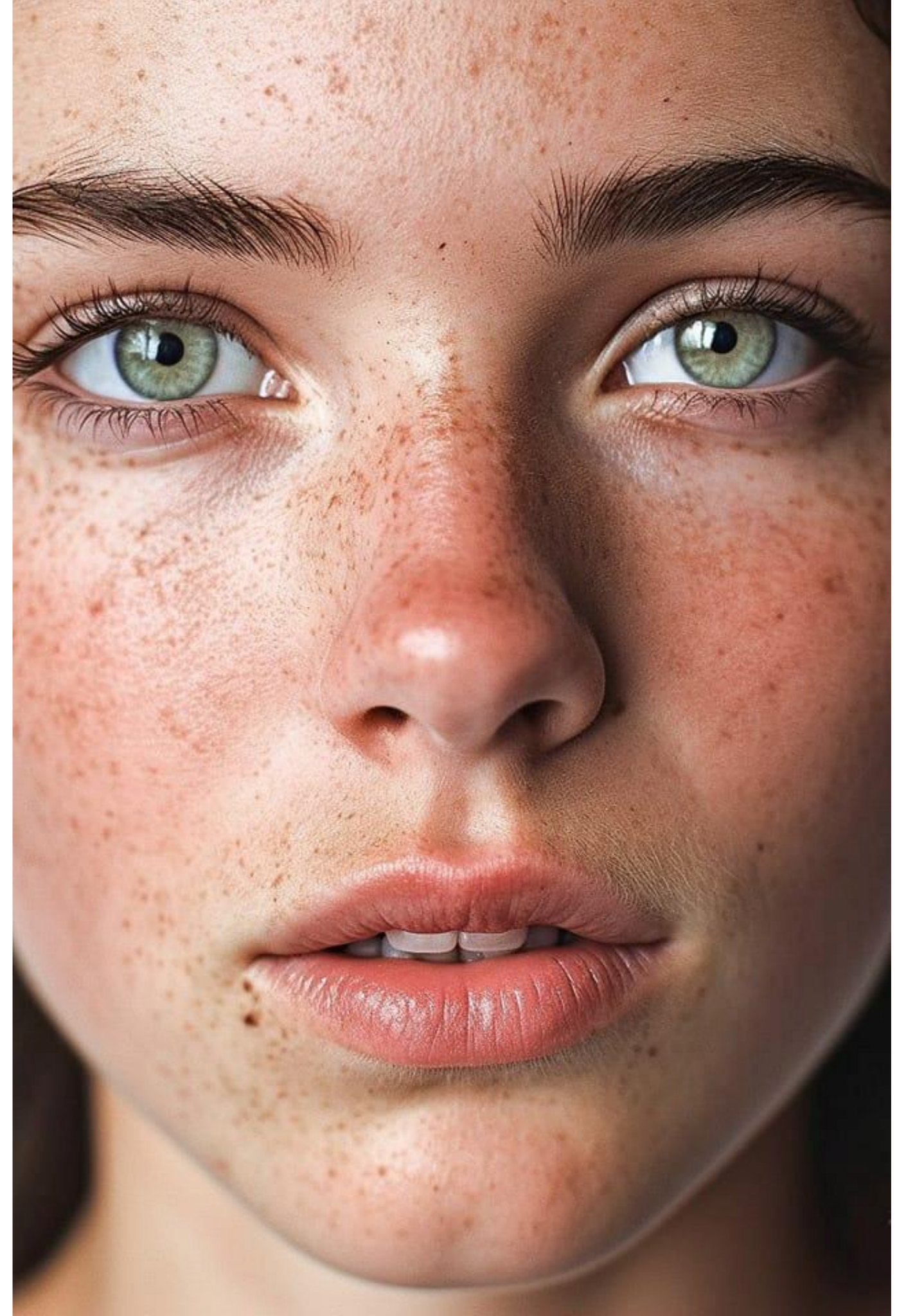
- Home
- Search
- Free signup
- Just Launched
- Featured
- Popular **New**
- Requests
- Tasks
- Timeline
- Job Impact Index

- Forum
- Newsletter
- Submit / Advertise



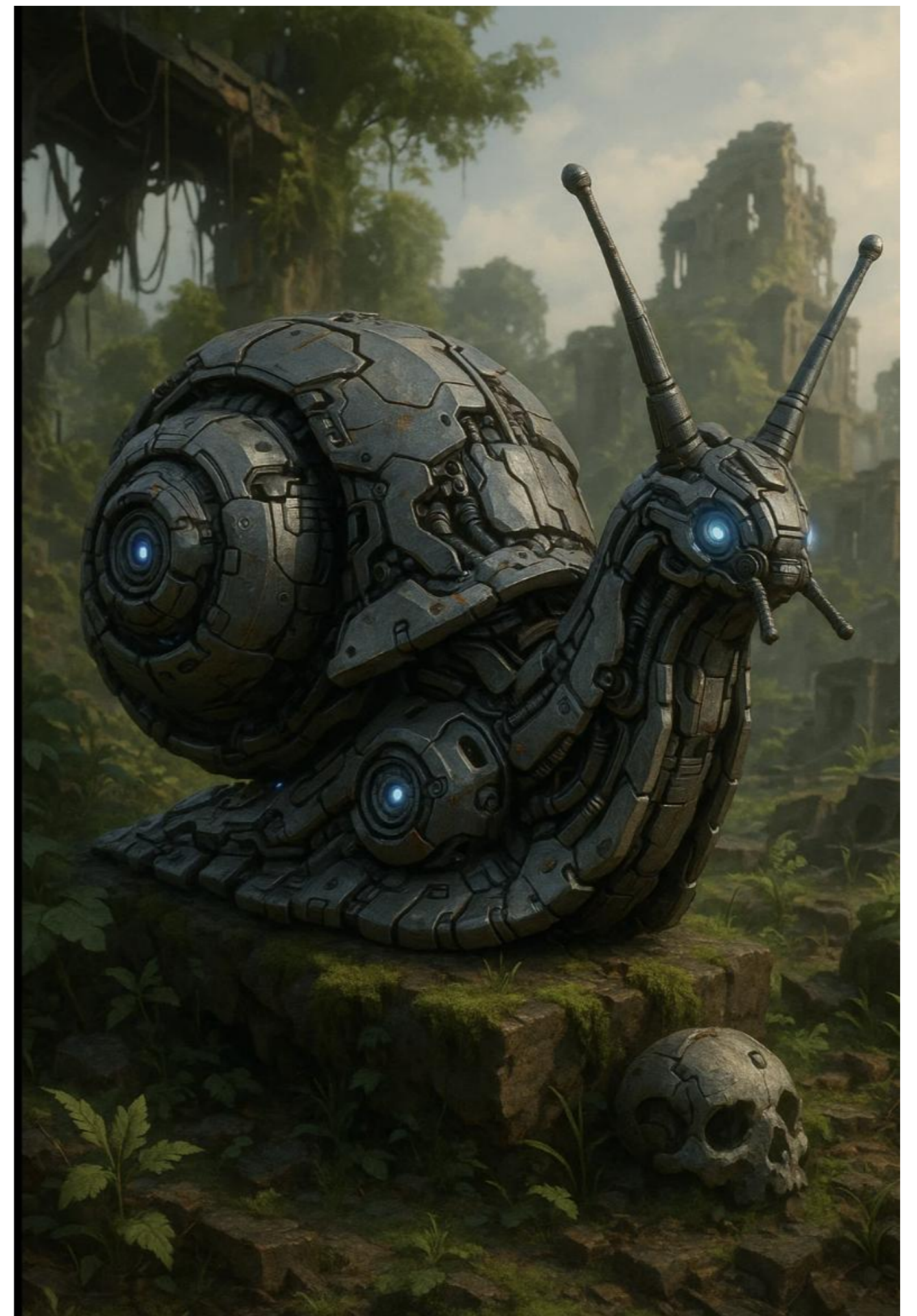
# IMAGES - MidJourney

"award winning close up detailed bright eyes, 200mm macro lens, in the heart of the historic district of Lisbon, a close-up of a woman, a beautiful mix of Portuguese and Irish descent. Her face, proudly displaying acne, blemishes, and the shine of natural oils, is a celebration of genuine beauty. This 21-year-old embodies the unique blend of cultures, her eyes as deep as the Atlantic Ocean, Extreme Facial Detail with Visible Acne, Blemishes, and Natural Oils taken with Canon EOS R3 mirrorless camera, hyper-realistic skin rendering showcasing every pore, hair, acne, blemish, and trace of oil, dynamic evening illumination, natural beauty, realistic features, Vogue Portugal cover photo style, f/11 --uplight --ar 2:3 --q 2 --style raw --v 5.1"



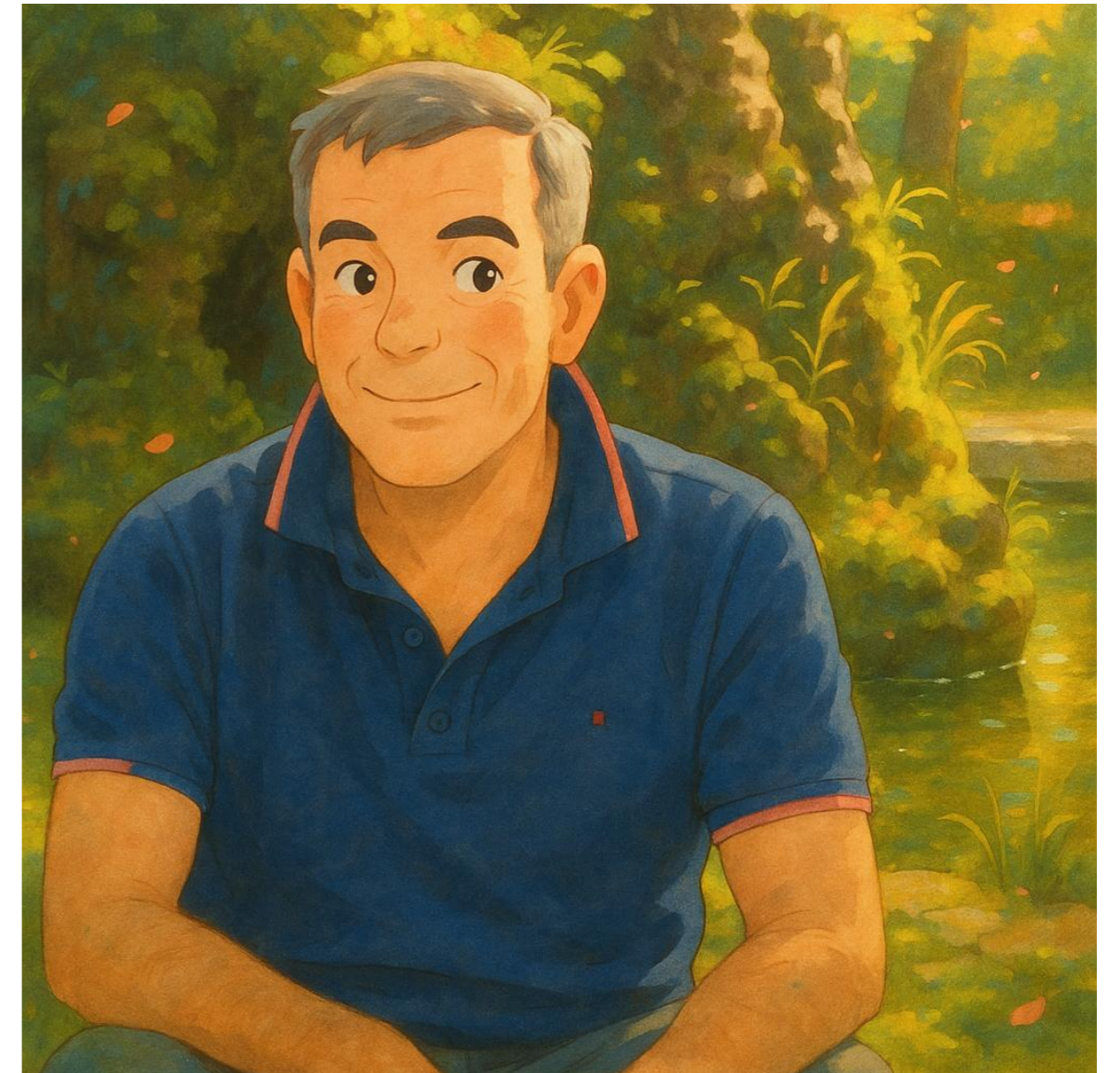
# IMAGES – DALL-E

" A highly detailed robotic snail inspired by the Horizon Zero Dawn universe. The snail has intricate mechanical parts, sleek metallic elements, and advanced technology fused with organic designs. Its shell is a mix of armor plating, circuits, and gears, with glowing blue lights embedded in its structure. The environment is set in a post-apocalyptic world, blending lush greenery, ruined technology, and remnants of the past, creating a contrast between nature and futuristic technology. The style reflects the iconic look of Horizon Zero Dawn machines with a cinematic, immersive atmosphere. "



# IMAGES – DALL-E

Transform this photo into a whimsical digital painting in the style of Studio Ghibli. Preserve the original composition and elements, but reimagine everything with soft, hand-painted textures, warm lighting, and lush, fantastical scenery. The characters should have expressive faces and slightly exaggerated features typical of Ghibli films. The environment should include vibrant natural elements like moss-covered stones, drifting petals, and magical forest details. The atmosphere must feel serene, nostalgic, and dreamlike, as if it belongs in a Ghibli film such as *My Neighbor Totoro* or *Spirited Away*. Add subtle magical touches while maintaining a grounded, nature-filled aesthetic.



# IMAGES – DALL-E

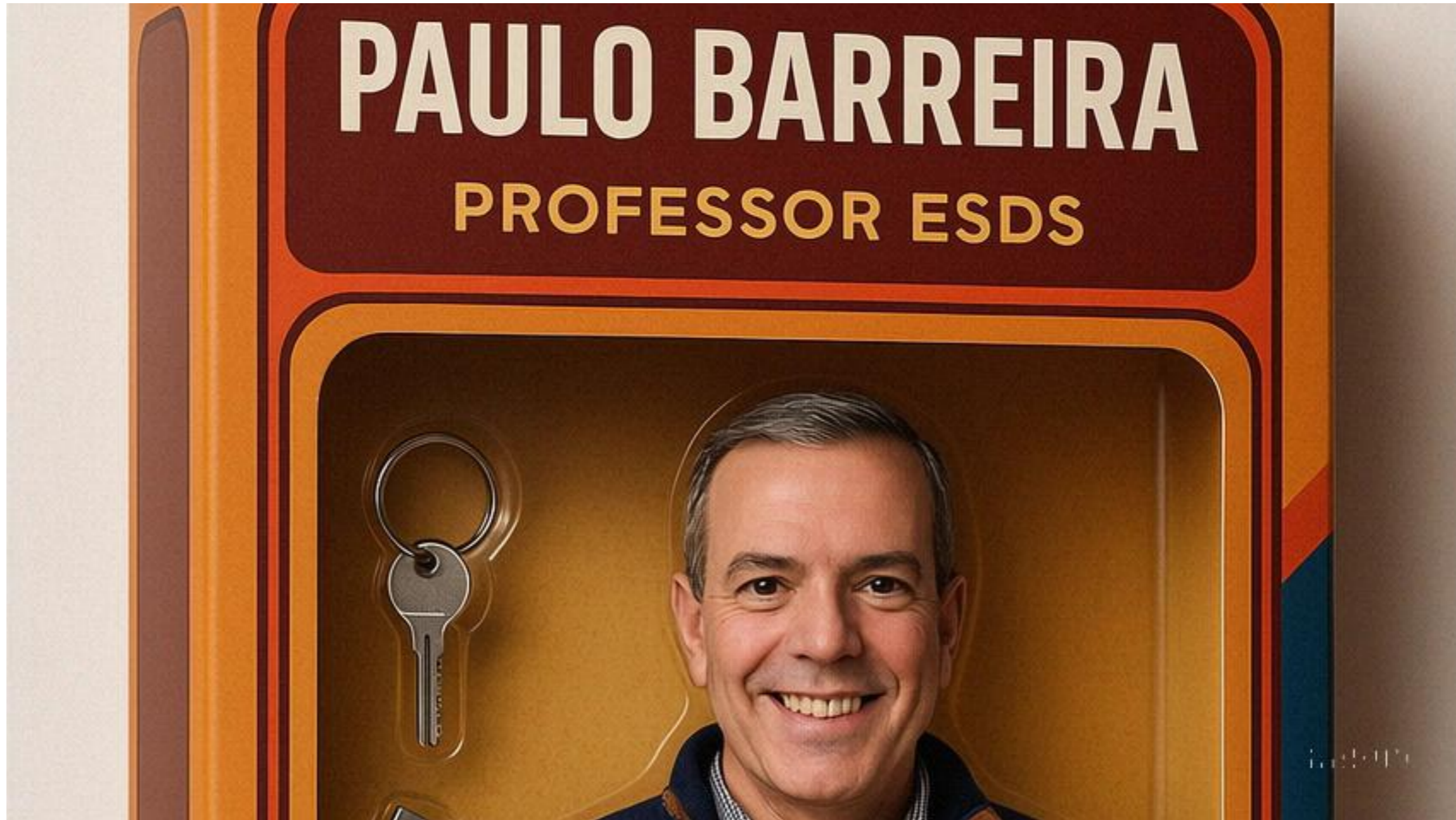
Highly detailed, hyper-realistic Panini football sticker, showing the man in the picture football player breaking out of the card with explosive motion, wearing the official red and white Benfica kit (Emirates Fly Better sponsor, Benfica logo on chest), athletic build, determined facial expression, kicking a classic black and white football towards the camera. Background of the sticker cracked dramatically, intense lighting effects with rays bursting out. "PANINI" logo at the top left, yellow nameplate at the bottom with "PAULO BARREIRA" in bold black capital letters. Focus on energy, realism, dramatic action, cinematic style.



# IMAGES – DALL-E



# VIDEO – DALL-E







Explore

<https://sora.chatgpt.com/explore>



Search CtrlK

Explore

Images

Videos

Top

Likes

Library

My media

Favorites

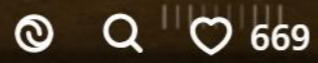
Uploads

Trash

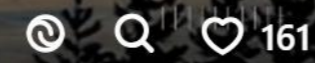
New folder



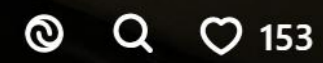
kam-nagi



amber19



rato02



+ Describe your image...

Image

2:3

2v





Home

Playground

Enable saving

Build

Dashboard

Documentation

# Start building with Gemini

Featured

Our top picks including Gemini 3 Pro and Nano Banana Pro.

Code, Reasoning, and Chat

Build chatbots, agents, and code with Gemini 3 Pro and Gemini 3 Flash.

Image Generation

Create and edit images with Nano Banana and Imagen.

Video Generation

Generate videos with Veo models, our state of the art video generation models.

Text to Speech

Convert text to speech with lifelike realism using Gemini TTS.

Real-time

Real-time voice and video with Gemini Live.

Start typing a prompt, use alt + enter to append



Tools

Grounding with Google Search



Run Ctrl

Gemini 3 Pro Preview

gemini-3-pro-preview  
Our most intelligent model with SOTA reasoning and multimodal understanding, and powerful agentic and vibe coding capabilities

System instructions

Optional tone and style instructions for the model

No API Key

Switch to a paid API key to unlock higher quota and more features.

Temperature

Temperature slider set to 1

Media resolution

Default

Thinking level

High

Tools

Structured outputs Edit

Code execution

Let it snow

Get API key

Settings

paulo.barreira@aeds...

**Direct Prompt**

**Chat Prompt**

**Direct Prompt:** French Revolution

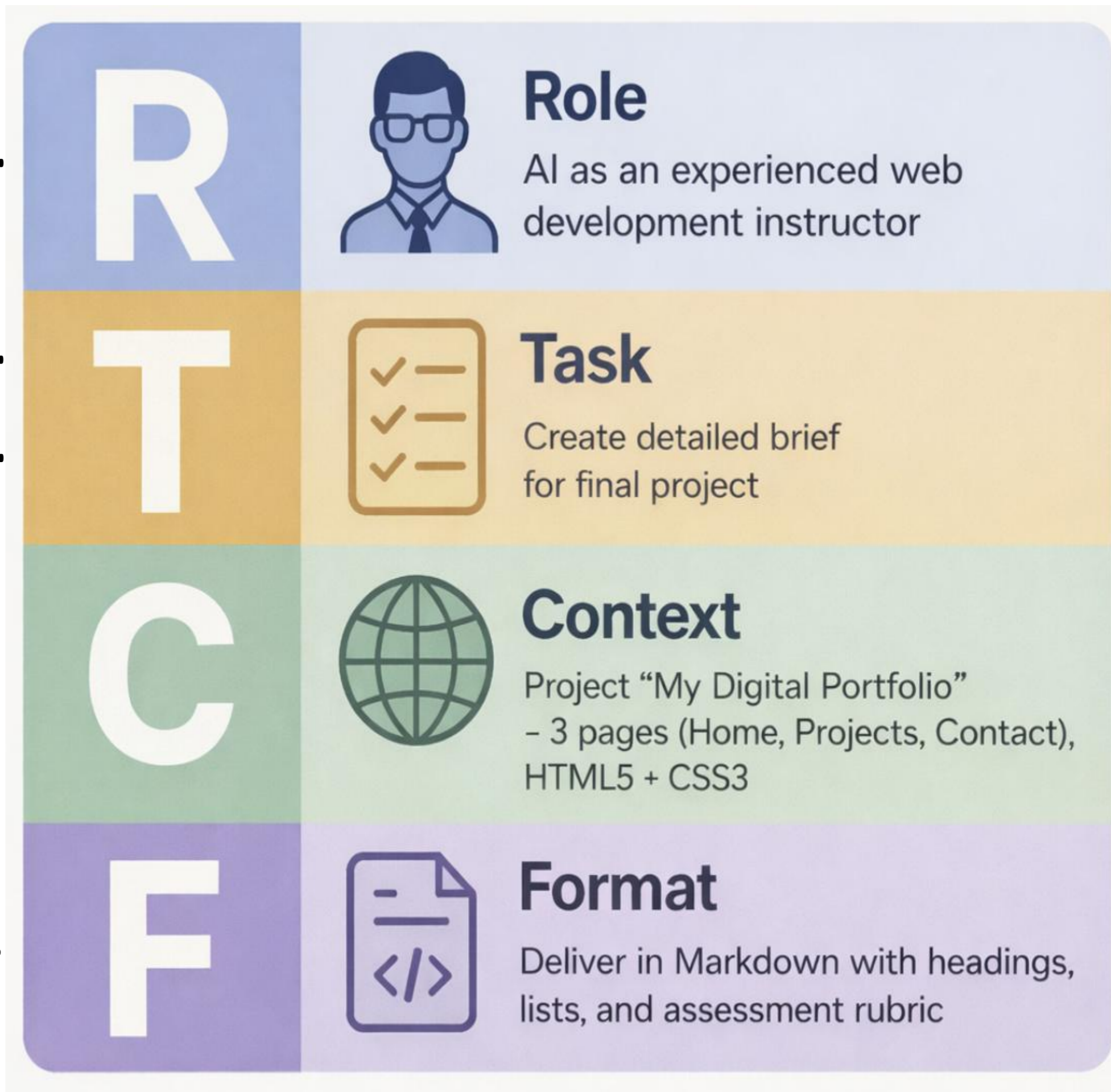
**Direct Prompt more specific:** Create a timeline featuring the five most significant events of the French Revolution, from the Storming of the Bastille to the beginning of the Napoleonic Empire. The answer should be presented as a numbered list, with each point including a date, the name of the event, and a two-sentence description of its importance.

**Chat Prompt:** Let's analyze the poem "Isto" by Fernando Pessoa. What is its central theme?

...answer

**Chat prompt Sequence:** Interesting. How does the repetition of the word "Isto" contribute to that theme?

**Master Instructions with AI (P-T-C-F Method) – Portuguese (Papel – tarefa – contexto – Formato) – English - (Role – Task – Context – Format).. ...to transform simple requests into detailed instructions that generate complex, professional, and ready-to-use educational resources.**



Act as an experienced trainer in a vocational IT course, specialised in web development. **R**

Your task is to create a detailed and complete brief for a final module project. **T**

-The project is called **“My Digital Portfolio”**. It is aimed at 11th-grade students and has a total duration of **12 hours of work**. Students must use **HTML5 and CSS3 only**, with **no frameworks**.

The website must have exactly **3 pages**: **“Home”**, **“Projects”**, and **“Contact”**.

The **“Home”** page must include a professional photo (it may be fictitious) and a short biography.

The **“Projects”** page must display **at least 3 previous school projects**, each with a title, a description, and an image.

The **“Contact”** page must include a simple form with fields for **Name, Email, and Message** (the form does not need to be functional; it is structural only).

The design is free, but it must be **responsive**, adapting to mobile screen sizes. **- C**

-Format the final project brief in **Markdown**, using headings and subheadings for the following sections:

1.Project Title;

2.Learning Objectives (as a list);

3.Mandatory Technical Requirements;

4.Website Structure (with a detailed description of each of the 3 pages);

5.Assessment Criteria (presented in a table with 3 columns: **Criterion**, **Detailed Description of the Maximum Performance Level**, and **Score from 0 to 20**). -- **F**



Create a short, humorous debate-style dialogue between two recycling characters:

- **Blue Bin (Professor Blue)** → Organized, intelligent, explains recycling rules.

- **Yellow Bin (Captain Yellow)** → Energetic, funny, sometimes confused.

They must teach students:

- What recycling is.
- What goes in Blue, Yellow, and Green bins.
- Why recycling matters.

Use simple classroom English, playful humor, and clear educational value.

 **Dialogue — “The Great Recycling Debate”**

 **Captain Yellow:**

Professor Blue! Emergency! I’ve been attacked!

 **Professor Blue:**

Attacked? By whom?

 **Captain Yellow:**

By... a sandwich. A half-eaten sandwich. Thrown into me without mercy!

 **Professor Blue:**

Captain... that is not an attack. That is... a recycling mistake.

 **Captain Yellow:**

Wait — you mean food doesn’t go in me?

 **Professor Blue:**

Correct. You collect **plastic, metal, and drink cartons** — not lunch leftovers.



Create a hyper-realistic portrait of an elegant man seated inside a luxury private jet. The man is in a composed, authoritative posture, sitting on a beige leather armchair, with his legs crossed and one hand resting on the armrest. He is wearing a perfectly tailored dark blue suit, an impeccable white shirt, and a tone-on-tone blue tie. On his feet, polished brown leather shoes. He is wearing a modern wristwatch on his left wrist. His expression is serious, professional, and confident, looking directly at the camera. He has short, neatly styled hair and a well-groomed beard. Soft light comes through the jet's side windows, naturally illuminating his face and creating a premium editorial look.

paulo.barreira@aeds.pt



# Questions and Reflections