

## Personal Project themes

Designing public spaces in the school
Recovering my physical condition after injury
HIV Discrimination
Allergy management through health & sports
Compose and produce 4 songs using “Logic Pro”
Holistic Medicine in psychiatric patients
Responsibility when driving
How to gain muscle and lose fat
Learn a new style of dance
How to benefit from reusing plastic
Become volunteer from the Red Cross and promote it
Involving 10 <sup>th</sup> grade students in the campaign “Soy Capaz” (Peace campaign)
Improve my physical condition through nutrition
Injuries from football
How photography can change peoples’ perception
Entertainment for children in hospitals
Educating children with famous people who promote healthy lives and drug prevention
Creating my own Art Exhibition
To jump 1:40 metres with my new horse
Improve my physical endurance by finding the effect of different genre of music while exercising.
Improve my asthma status doing exercise
Learn to dive finding ways to move to the next level
To help the community in the prevention of sport injuries
Learn about the c-brace and educate people from a bio medical engineering faculty
Prepare students from a public school to participate in an MUN to develop more as a global citizen.
Design a obstacle-free house
Organise a 5k race
Raise awareness of the beauty of my country and its value for tourism
Motivation for high achieving sports students at school
Analyse if the school works as a community
Raise awareness of the need of using sun block to prevent skin disease.
Achieve healthy eating habits
Explore how modifying different variables in photography to achieve the desired effects
Make an art exhibition in a public place
Educate students to have healthy habits
Improve art skills through learning new techniques
Study alternative ways of electrical conduction
School based Podcasting
Prepare to run a 10K race
Educating to manage finances well
Learn how to do a graffiti and create social awareness of how it isn’t vandalism but urban art.
Time management
How nutrition affects my achievement in sports

Develop golf techniques
To promote non-popular touristic places in the city I live
Benefits of hockey to become a balanced person
Discover the most challenging aspects for a graduate from school and how to face them
Learn an object programming language: Swift
Analysis of how advertising affects the desire to eat
Create awareness of the unknown culture of a local city
How awareness of a balanced diet contributes to our health
Develop a choreography that expresses a message
Learn a new language: Portuguese
Define whether flying is my future
Experimenting with vegetarianism
Show how art helps children with Down's Syndrome
Designing a dream home
Draw an architectural design
How to improve the environment for a patient during chemotherapy
Learn an OO Programming language "C++"
To advance in scuba diving
How to gain self-confidence
How lighting works in film
Use social documentary photography to show the essence of members of the community
Healthy eating for people with diabetes.
Skills and values that video games have
Learn to kite surf and show people what you are capable of learning if you set your mind to it
Create a guide to fishing in local waters
What to wear for each occasion depending on your body shape
Gaining weight and strength while controlling my diabetes
Perspectives of beauty through black and white photography
Develop a story based on my mum's history
Prepare my brother to be a good footballer
Learn how ocular prosthesis work
To learn strategies to control my mind to live without concerns, with happiness and productivity
Create and produce my own CD and songs
How the creation of a blog of healthy recipes can improve my health and my perception of myself
Organise and produce a concert
Run a 10K mountain race
How horse therapy helps children with difficulties
Improve my game of golf by attaining greater distance with the driver
Create consciousness of the importance of stretching and warming up in adolescents
How sport helps to form people
Decide whether my future is to study infant pedagogy
Creation of a biomedical engineering device
Create a musical piece, record and produce it.
Amplify my knowledge of international negotiations in the world economy
Improve my artistic skills using 3 new techniques and developing my own technique

How to learn rhythms from different genres and apply them to music
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How to attain excellence in football
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Prepare my body physically and mentally to run a 10K marathon in less than 1 hour and a half.
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The composition and production of two songs
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