

Setembro 2024

# NEWSLETTER



— ESTIEM LOCAL GROUP AVEIRO —

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Dear reader,  
Welcome to the  
ESTIEM LG Aveiro  
Newsletter!

Starting from the beginning, our Newsletter will always cover a wide variety of topics, from industry news and updates to the most delicious recipes you'll want to try. In this first edition, we want to show you a bit of our work and adventures from last year, and for you, readers who just entered our course, we want to show you why IEM is the best course at the University of Aveiro.





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# LET'S TAKE A LOOK AT THE SPECIAL YEAR THAT JUST PASSED, WHICH LEFT FOND MEMORIES FOR THOSE WHO STAYED...



During the term, we organized the following

## EVENTS

### • *TIMES Local Qualification*

An almost mandatory event in our LG, as we've been hosting it for more than five consecutive years (and we intend to keep this streak!).

This event tackles a case study from a specific company, and teams of 4 students have about one afternoon to solve it in the best way possible. At the end, everyone presents their solutions to a selected jury that decides who won the "competition."

The champions will then have the opportunity to attend the semi-finals in a European city of their choice.

### • *LSS - Lean Six Sigma Green Belt Course*

LSS is another recurring event where participants have the opportunity to obtain a highly valued certificate in the world of engineering and industry. The course takes place at the University and is taught by experts in the field.

To complete the course, participants will need to do an internship at a selected company.

## Local Group Exchange

Unlike TIMES and LSS, the Exchange is a cultural event that involves “exchanging” cities, homes, and cultures for a few days with another LG. In our case, it was with the city of Hamburg, and it was undoubtedly one of the best experiences for our Local Group.

\*Note: You can read more about our adventures in Hamburg on page 7.



## National Motivational Weekend

This was an event initiated during the previous term that brought together all the Local Groups in Portugal (Lisboa, Porto, Coimbra, Minho and Aveiro). Besides fostering interaction and good relationships among Local Groups, the main goal was to solve specific problems of each LG with the help of everyone present.

## CM - Council Meeting

The CM is the biggest event organized by ESTIEM Central, with over 350 participants. It takes place twice a year in different cities and gathers all ESTIEM Local Groups, where people experience vastly different customs and cultures from our own, and where the future of ESTIEM Central is decided. It was the biggest event our LG ever dared to host and we are proud to say it was a success!

\*Note: You can also read more about the CM on page 15.



With this brief summary of our work, I now invite you to read the rest of the newsletter, which I guarantee will surprise you!

FOR THOSE OF YOU NEW TO OUR COURSE, LET US START BY INTRODUCING OURSELVES:

Hello, we are the ESTIEM Local Group Aveiro, and we are part of the largest association of IEM students in ALL EUROPE!!

ESTIEM has members from over 21 different countries, and throughout Europe, a wide variety of themed events are organized so YOU can participate in.

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*\*Note: On the previous page, we listed the events held last year, and don't worry, you'll also be able to learn more about us in the following pages.\**

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To help you better understand our dynamics, let's first explain how we operate. The Local Group is organized into 4 teams:

- *Activities and Logistics*
- *Corporate Relations*
- *Public Relations*
- *Human Resources*

Each of these teams has a Vice President who coordinates all the underlying work and, leading the entire team, we have a LR (Local Responsible), a Vice-LR, and a VP of Finance.

(AL)

## *Activities and Logistics*

As the name suggests, this team handles all logistics before, during, and after an event, from party decorations to reserving rooms for educational sessions and/or activities. In other words, they organize the whole team to ensure that an event can happen smoothly.

(Oh, and AL is also the team that wrote this lovely thing you're reading!)

(CR)

## *Corporate Relations*

This team manages all contact with the outside world, whether with speakers or companies for future partnerships. In short, they ensure the funding for all our events through the sponsorships they establish.

(PR)

## *Public Relations*

They transform the raw ideas of the team into works of art, adding creativity and uniqueness, whether on social media with stories and posts or in real life with Welcome Packs, podcasts, and of course, the Newsletter (It looks nice, doesn't it?!).

(HR)

## *Human Resources*

Like any company, the LG also has a Human Resources team that, in addition to fostering good relationships among the entire team, ensures that there's mutual help among all the IEM associations. They are responsible for supporting each member and organizing the most unforgettable and fun social gatherings.

First of all, I hope everything is clear, but if you have any questions, don't hesitate to contact any of the members mentioned above!  
If you're someone who wants to develop yourself, get to know new cultures, and experience unforgettable moments, ESTIEM is the right place for you!  
TAKE THE RISK! You have nothing to lose!



The Exchange was the first "real challenge" of our past term, being the first international event of the year.

Since it was such a special event for us, we thought we should tell you all about it, and so, you may find yourself intrigued in the following pages.



## INTRODUÇÃO - GERAL

Since the beginning of the year, the board has been eager to organize an Exchange, and from February 22nd to 28th, we realized our dream and hosted 17 German students in our city.

For those more interested, the Exchange is one of ESTIEM's intercultural events, which essentially involves the exchange of city, home and culture for a few days.

It's a great opportunity for newbies to start feeling the ESTIEM Spirit and also sparking more interest in ESTIEM central.

During their stay, they immediately showed themselves to be charismatic and fun.

They taught us how to drink from a funnel (as stupid as it may seem, it's pretty cool and gets you drunk without even knowing it) and showed us how little things can make a difference, like going to the beach to watch the sea. Weeks and weeks of ideas, contacts, work and exhaustion resulted in a complete and unique event.

We visited Costa Nova and the salt flats, prepared bacalhau à brás, visited museums and exhibitions and got a lot of rain.

I dare say it was the worst week of the year.

They were really unlucky, poor guys...

**SIMPLE AND CALM PEOPLE  
WHO MADE ALL THE WORK  
REWARDING AND OUR EXCHANGE REAL!**







# RE EXCHANGE -HAMBURGO

## INTRODUCTION

But since life isn't all about work, from May 8th to 13th, LG Aveiro had the excellent opportunity to visit, get to know and rekindle connections with LG Hamburg.

Leo and Diana, along with the rest of the group, warmly welcomed us and made us feel at home during a week full of sun, activities and, of course, plenty of beer.



# FOOD EXPERIENCES

REGARDING THE FOOD,  
I HAVE MIXED OPINIONS.



*The weirdest typical things we were given were:*

\* Sandwich with raw herring (fish), mayonnaise, and lettuce;

\* Sandwich with raw pork, margarine, and onion.

(Apparently, they really like raw food and bread)



*More typical but “normal”, we eat:*

\* Sausage with a ketchup, mustard, and honey sauce;

\* Falafel, usually in burritos with various toppings;

\* Döner Kebab (which, in my opinion, is worse than the kebab from Praça).



*In my opinion, the best meals were:*

\* Salami pizza;

\* Chinese noodles;

\* Sandwich with prosciutto, pesto, basil and tomato.

(all of which are far from typical)

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# ATIVIDADES

We did a wide variety of things, from going to a planetarium, playing mini golf, watching fireworks, visiting the Elbphilharmonie and going to an animal museum, to my favorite museum, the Miniatur Wunderland.

This museum featured several cities, such as Hamburg, Paris, Venice, Zurich, Rio de Janeiro,..., in miniature, with the finest details, making it seem like you were looking down on and entering the city directly.

What impressed me the most about this museum was how everything is meticulously studied and crafted to depict reality. Every 10 minutes, the lights would go out and the museum would show the cities at nighttime, with illuminated houses, no workers, active boats and cars, among other particularities. If we pressed certain buttons, music would start playing, a carousel would start moving or even a plane would take off. One of the most interesting and intriguing things I have ever seen.

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As I mentioned earlier, Hamburg has vast green areas, which are very beautiful and pleasant for sunbathing, relaxing with friends and playing games.

Our dear hosts, in addition to providing us with everything mentioned above, also gave us beer (three racks per day), although warm, so we could experience their reality - beer lovers.

This was an unexpected offer from our side but was clearly well received.



# PARTIES

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In my opinion, the parties were very well organized and cultural.

We went to the bar streets (similar to Rua da Oura in Albufeira), where we found the most unique and different bars\* and visited the LG Hamburg “sede”, a very pleasant social spot.

Unfortunately, we didn't have a gala dinner, but we had a proper International Night, with many different drinks and (of course) beer.

**TOP Secret:** what happens in Hamburg stays in Hamburg...

I won't go into detail about how the nights went, sorry readers.

That remains a story for those who were there ;)

**\* Fun fact:** there is a street in this area called Reeperbahn, where women and children are not allowed, and recording videos, taking photos, etc., is prohibited.

I think I'll leave you in suspense and you need to find out why there are so many rules on this street (oops).



In conclusion and with a heavy heart as I say goodbye to Hamburg once again, I just want to thank the Local Group in question for providing us with such a great vacation, with free time to relax and activities to learn more about the city and the German ESTIEM culture. It was the first trip for several ESTIEMers from Aveiro (including myself) and I believe it sparked a greater desire in all of us to get involved and travel with ESTIEM.

Beautiful memories that will stay with our LG forever!  
On behalf of everyone, thank you for the amazing opportunity!

*Final note:* Personally, outside of ESTIEM, I loved Hamburg and recommend any student to visit this beautiful city.

*Maria Mesquita*





# NEWS

# ARTIFICIAL INTELLIGENCE OF INDUSTRY

*Artificial intelligence (AI) is becoming increasingly prevalent in industry, but do you really know how it affects or changes the work of an industrial engineer and manager?*

We are steadily entering a new era defined by artificial intelligence. The use of AI in complex tasks is becoming more frequent, whether for conducting quick research or optimizing business management.

AI is a resource that has a significant impact on Industry 4.0, which is characterized by the integration of various technologies into industrial processes, providing real-time solutions and data. This integration offers valuable insights for more accurate decision-making and shapes new approaches.

Among the main applications of artificial intelligence in industrial management, **process optimization** stands out. AI is capable of analyzing large volumes of real-time data to improve processes such as demand forecasting, supply chain management, predictive maintenance of equipment, and production optimization.

Additionally, AI contributes to **improving quality and production control** by identifying hidden patterns in the data that might go unnoticed by human workers, including real-time defect detection and automatic adjustments to enhance precision and uniformity.

In the field of **logistics and supply chain management**, AI optimizes transport routes, manages inventory more efficiently and predicts demand with greater accuracy, resulting in cost reduction and higher operational efficiency.

Finally, AI facilitates **data-driven decision-making**, enabling managers to make more informed decisions, which aids in strategic planning, resource allocation, and risk management.

As you can see, artificial intelligence is transforming the way industrial engineers and managers work. However, there is still a critical need for engineers to design, supervise, and adjust these systems.

Therefore, an IEM will not lose their job to AI, but rather see a change in how the job is done, requiring professionals in our field to adapt to new technologies and shift their focus to skills that demand human abilities, such as creativity, innovation, complex problem-solving, and communication.

## THE DEVELOPMENT OF EMOTIONAL INTELLIGENCE IN AI: ADVANTAGE OR DISADVANTAGE?

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“The attempt to develop emotional intelligence in AI can be both an advantage and a disadvantage. Emotional intelligence may allow automated systems to interact more naturally with humans, better understanding their emotions and needs. This can be useful in areas like sales and e-commerce, for example.

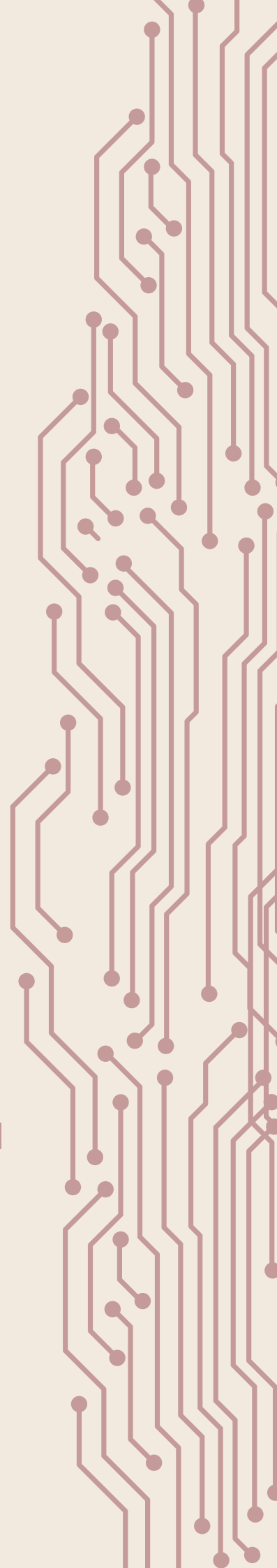
By understanding people's emotions in the moment, it becomes much easier to sell a product that meets the user's needs and desires. Currently, AI-powered sentiment analysis systems are already used for these tasks, but once AI 'gains' emotions and a better understanding of them, it will become a top-tier tool for any business. However, this leads us to its main flaw: the records from these sentiment analysis are often used to train the model itself to recognize patterns.

Thus, an AI can learn how to manipulate us based on our responses. Combine this with a vision and auditory system in a robot, enabling it to understand beyond emotions, including our body language and tone of voice, and we would have machines capable of manipulating us just as well as... other humans!

In my opinion, the only downside is that an AI can replicate a human's action multiple times, and when trained with this information, it will become a tool to carry out actions (whether good or bad) on a large scale.

It seems to me that we are still far from a 'robot that will take over the world by its own will,' but we are at a stage where it's beginning to seem possible for someone with that intention to use a well-trained 'robot' to do so.”

**DANIEL COSTA**



## Do you know what the CM is?

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The Council Meeting is the ESTIEM's largest event, held twice a year in different cities across Europe, gathering over 250 students and bringing together delegates from multiple ESTIEM Local Groups to make crucial decisions about the future of the organization. This event lasts for five days and includes General Assemblies that provide updates on what is happening within ESTIEM. Additionally, there are Parallel Sessions and Training Sessions that contribute both to the development of ESTIEM and the enhancement of individual skills.

However, the CM is not just about the official and more serious side; it also offers a unique opportunity to socialize with ESTIEMers from all over Europe, build connections, and experience and share the true ESTIEM Spirit.

## Where It All Began:

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It was with great enthusiasm that on April 30th, 2023, in Porto, Mariana Silva and Luciana Oliveira decided to accept the challenge of organizing this event, applying and becoming our Project Leaders. That was the day it all started: the thoughts, the plans, the ideas and building a team with over 60 members to welcome 350 students from all over Europe.



## The LXVIII Council Meeting Arrived in Aveiro!

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On April 9th, 2024, everything became real, marking the beginning of the LXVIII Council Meeting, for the second time in the history of the Local Group and the city of Aveiro. These were five magical days that will forever be etched in the memory of all those who were present!

Everything began with the Opening Ceremony, but this was not a common session, it was quite the opposite. In addition to the traditional speeches, the session had a unique performance by a typical folk group from Cacia, which delighted the audience with their dancing and traditional costumes from bygone times. The University of Aveiro's tuna (musical group) also participated in this opening, making it a memorable moment of the event and one of the favorite parts for many attendees.

Moving on to the General Assemblies, as mentioned earlier, these are crucial moments for decision-making about the future. A significant portion of the agenda was dedicated to these activities. An amusing detail about the assemblies is that at the beginning of each one, a roll call is conducted in which delegates from each Local Group must mark their presence, often by singing traditional songs from their course or their Local Group. If a Local Group's delegates are not present for this roll call, they lose their voting rights for that day.



There are several General Assemblies covering different topics, offering a valuable opportunity to learn about the structure and functioning of Central ESTIEM. You might think they are boring, they're not. During the assemblies there were questions, technicals, motions, and votes. At the Aveiro CM, the new leaders and the new ESTIEM board was elected.

Beyond the assemblies, we had the Parallel Sessions/Training Sessions, which, as the name suggests, are sessions on various topics that take place simultaneously, allowing you to choose the one that interests you the most. This is another moment for sharing knowledge with other ESTIEMers, where you can continue to develop personally, improving and acquiring new skills.



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## BREATHING THROUGH COSTA NOVA

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As an essential part of the agenda for an ESTIEM event, we had a city tour in Costa Nova. After the assemblies and sessions, the city tour provided an opportunity to relax, breathe in the sea air, take a stroll, and even buy some souvenirs. During this tour, we had a cultural showcase to give participants a glimpse of our local traditions and a chance to enjoy the best tripa in the country. The city tour ended in the best possible way, with a perfect sunset at Barra Beach, followed by a beach party.



# DREAMING ABOUT CM NIGHTS?

SPEAKING OF PARTIES, THE NIGHTS AT CM AVEIRO ARE STILL FRESH IN OUR MEMORIES.



There were five nights, each with a different theme, but always full of energy and joy.

Every night we got to fully experience the ESTIEM Spirit.



Of course, the much-anticipated and traditional International Night did not disappoint: over 20 tables with typical foods and drinks from various countries. It was a unique opportunity to explore new flavors and have different experiences, and of course, don't forget the MINTTU!



We also had the Gala Dinner, where there's always room in the suitcase for formal attire for this special night. However, it's common for us Portuguese to wear our university's academic dress, which sparks great curiosity and admiration among the other participants.

DREAMING  
ABOUT THOSE  
CM NIGHTS  
AVEIRO

*PS:* Always team up with someone to explore the tables together!

All the CM nights are incredible, so enjoy them until the very last minute. Live the true ESTIEM Spirit!

Having the opportunity to participate in a CM is unforgettable, from the Opening Session to the iconic final photo. Each moment is an emotional whirlwind, where, even when you're tired, you wish it would never end. And when the event is over, the only thing you think is, "When's the next one?"

## THE EXPERIENCE IS LIVED...



“This was a unique and amazing experience that i will cherish forever”

*Nicolas, LG Brussels*

“Full of experiences with lovely people and a great organization”

*Osman, LG Istanbul-ITU*

Attending CM was one of the best experiences I've had, it truly embodied the spirit of ESTIEM Work Hard, Play Hard(er)”

*Inci, LG Ankara Metu*

“Attending CM Aveiro was an unforgettable experience where I had the opportunity to meet passionate people and gain a deeper understanding of ESTIEM's structure and values.

The impeccable organization of the event, combined with valuable discussions on leadership and successful strategies, helped me strengthen international connections and acquire new knowledge essential for my future projects.”

*Andreea, LG Târgu-Mures*

# CHRONICLES ABOUT EUROPE

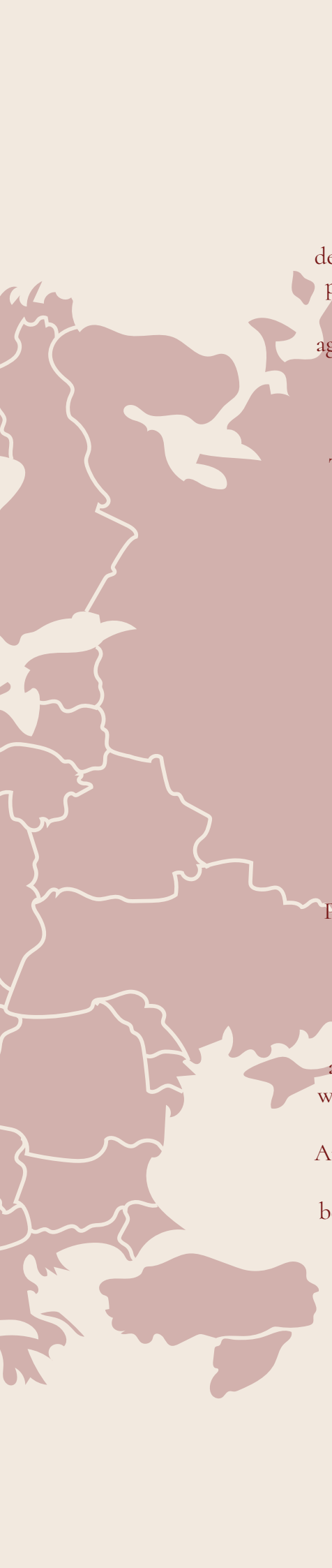


THIS PART OF THE NEWSLETTER IS INTENDED FOR ALL READERS INTERESTED IN STAYING INFORMED ABOUT WHAT'S HAPPENING ACROSS EUROPE. THIS TIME, WE HAVE PREPARED A BRIEF INSIGHT INTO THE RISE OF POLITICAL EXTREMES.

*WE HOPE YOU ENJOY IT!*

From all across Europe, we have been hearing about the rise of new extremist political parties. Through the news we read about calls for action against immigration and the implementation of harsher criminal punishments. Turning on the TV, we see crimes of hate and discrimination rising.

In fact, the world isn't in its prime age. The housing prices have reached never-seen highs and every day we hear about new cases of corruption. Many villages are losing their cultural heritage due to mass tourism and new wars are hatching. Nevertheless, weaponizing these social issues, speaking against the system as a whole and blaming minorities for all the problems that arise is not the democratic way of paving a better future.



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Europe has come a long way regarding the construction of its democracies and its fundamental rights. From the contributions of philosophers, politicians and lawyers since the Roman age. To the Partigiani, in Italy, or the military, in Portugal, who have fought against dictatorships, many were the small steps taken to build the freedom we claim as a right of ours today.

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This April of 2024, Portugal celebrated its 50th anniversary of the 25th of April's Revolution, which deposed the dictatorship and paved the way to decolonization and the construction of the current democracy. This April of 2024, the streets of Lisbon were filled with people celebrating the joy of living in peace and being free. This April of 2024, many voices were heard claiming "dictatorship never again". And, this April of 2024, anyone who was there or has seen the footage of it will be sure that the democratic spirit is very alive.

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That is what this text is about. When you read, hear or see about the rise of extremism and the weaponization of social issues, remember that even if it does not seem so, people still believe in democracy. People still believe in debate over speeches of rage. People are still willing to give the system a try and to slowly make it better.

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Just like any continuous improvement project, democracy is all about the people. Laws and principles are just like the small steps we take to make a factory more productive. It has to take time, for people need to embrace it as their own principles for it to work. And it has to consider all the perspectives and restrictions for it to be embraced. Never have big promises and big actions led us to a better future. In fact, it is the small steps that we have been taking for centuries that have given us all that we have today. It is up to us to embrace, nourish and slowly help our democracies flourish.

# FLAVOR PASSPORT

*Dear reader, this is the part where you're supposed to get your ass off your sofa and try some new delicious things!*

*As you've probably already read and seen, German cuisine is a little different from the Portuguese one.*

*Despite that, today I'll bring you a delicious German Franzbrötchen for all the cinnamon lovers.*

*This delicacy from the city of Hamburg is a light and doughy sweet roll, loaded with cinnamon and sugar.*

*It's time to get to work! Go to the kitchen and grab:*

*(12 servings)*

## *For the dough:*

450g all-purpose flour;  
50g butter;  
200mL oat milk;  
1 packet active dry yeast;  
1 tbsp sugar;  
pinch of salt.

## *For the filling:*

2 tsp cinnamon;  
100g sugar;  
100g butter.



## *Now let's get our hands dirty:*

1. Place the active dry yeast, flour and sugar in a large bowl. Melt butter in milk in a sauce pan. Add milk to the flour mixture and work it to a smooth dough.
2. Cover the dough with a towel and keep it in a warm place for 1 hour.
3. Mix butter, sugar and cinnamon to a smooth paste.
4. Preheat the oven to 200°C.
5. Spread flour on a surface and roll the dough into a large rectangle.
6. Spread the surface with the butter and cinnamon mixture.
7. Roll the dough from the long side and cut the roll into 12 pieces (as you can see in the picture).
8. Use a wooden spoon handle to press down in the center of each piece. Brush with an egg wash or butter and sprinkle with cinnamon sugar mix.
9. Bake in the oven for 20 minutes.



*After that you can enjoy them with a good cup of milk with coffee.*



*“Because remembering is living, relive the best moments that marked our journey and where it has always been present the ESTIEM Spirit...”*



