



# MARA RODRIGUES

European Trainer  
Project Coordinator

## PERSONAL PROFILE:

I am a team work person, who is passionate about learning, looking for opportunities to understand the world better, the way it changes and what influences those changes. I do am curious about the way individuals think, develop learning strategies and work hard to chieve their goals. I am open mind to understand different perspectives and lifestyles and draw understandings on it. I am I am very focus on communication and common understanding, flexible in matter of work, well organized.

## PROFESSIONAL SKILLS:

- Leadership and intercultural Communication
- Teamwork
- EU Project Management
- Creative and Critical Thinking
- Coaching and Mentoring
- Intercultural Communication and Partnerships building

## CONTACT DETAILS:

Nationality: Portuguese  
Residence: Leszno, Poland  
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Email mara.adr@gmail.com  
LinkedIn

## EMPLOYMENT HISTORY:

### VICE-PRESIDENT, FUNDER, INTERNATIONAL PROJECT COORDINATOR AND INTERNATIONAL TRAINER

*Fundacja Arena i Swiat - Leszno, Poland  
2016-2019*

#### Vice-President and Funder of Fundacja Arena i Swiat

- International Project Coordinator of Erasmus+ Projects
- International Trainer in the field of creativity, youth work & youth policy, Nonformal education methods, Erasmus+ Programme, sports as a tool for inclusion, local activity and engagement,
- international and intercultural awareness, identity, inclusion.

### PROJECT COORDINATOR/ TRAINER

*Fundacja Arena i Swiat, Fundacja Centrum Aktywnosci Twórczej, Leszno, Poland  
January 2014 -2019*

#### ERASMUS + Training course coordinator and trainer:

Conference "iDevelop": Speaker "Volunteering abroad as a chance for professional development", Workshop delivered for coordinators "Methods of evaluation of work in volunteering projects"

"ArtStreet" Training Course: Reflection and evaluation Facilitator and performance facilitator for the event „AOL – Aktywne Obywatelskie Leszno”

"Youth work in rural areas", training course on the topic of youth work around Europe.

"Think Out of the Box", training course to develop methods of creative thinkinh to work with youth

"Move On", training course to promote inclusion through sport, dances and games

"Now GO!", seminar about youth empowerment and youth involvement in community work through NGOs

"Be and Entrepreneur and Create", TC on creativity and entrepreneurship "ABCreativity", TC on creativity and methods of creative thinking.

Work with European group dynamics, develop methods of group work, facilitate learning process (in topics as problem solving, learning goals achievement reflections, discussion of new concepts and its implementation in real life).

Portfolio online here - [link](#)

Salto Youth Profile here - [link](#)

## EDUCATOR

*Arena Kreatywnej Edukacji, Leszno, Poland  
2016-2019*

#### Creative workshops for kids as educator.

Facilitator on creative workshops to develop skills and soft skills development (children between 2-13 years old).

Language workshops - English, at cinversation level

### ANIMATOR AT LOCAL LEVEL IN EVENTS FOR YOUNGSTERS AND CHILDREN 2014 -2017

Free time animator – Facepainting, balloon modeling, team building activities, games.

## EVS VOLUNTEER

*Fundacja Centrum Aktywnosci Twórczej, Leszno, Poland  
Jan - Mar 2014*

#### Volunteer Service

Workshops with kids and youngsters on intrcultural education and awareness, European Identity, creativity and creative thinking, local activities.

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## LANGUAGES

POLISH - fluent  
ENGLISH - fluent

## COMPUTER SKILLS:

Domain of optical computing as user in windows environment (word, excel, Powerpoint, forontPage, Publisher) and chrome, Internet explorer and mozilla firefox. Domain of video editing and social networks as linkedIn, facebook and google plus.

## MATERIALS DEVELOPED FROM PROJECTS

Magazine Move On, - [link](#);  
Magazine Now GO! - [link](#),  
Magazine "Be an Entrepreneur and Create" - [link](#),  
Magazine ABCreativity - [link](#).

## ACADEMIC BACKGROUND:

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### UNIVERSITY ADAM MICKIEWICZ, POZNAN, POLAND

*Faculty of Political Science and Journalism*

#### 2014-2016

International Relations, Creative Thinking, Public Relations, Critical Analysis of Public Communication, Political Campaigns, Comparative Politics, How to Reach Success in International Business, Monetary, Fiscal, Trade Policy in European Union, UE projects creation, Intercultural Communication, European Borders and Cross-Border Cooperation, International Negotiations, International Law, International Political Economy. Language of teaching: English.

Paperwork defended:  
<https://drive.google.com/file/d/OByKPGpuawyvjME5KV003MXc5aG8/view?usp=sharing>

### HANZE UNIVERSITY OF GROENINGEN

*School of Communication and Media*

#### 2012-2013

Video-Tools, Interviewing, Press Media Theory, Journalistic Writing, Audiovisual Media

### COIMBRA INSTITUTE, COIMBRA

*Superior Education School of Coimbra*

#### 2010-2013

Oral and Written Communication for the Media; Writing for the Media; Social Psychology of Groups; Theories of Communication; Contemporary History of Portugal;  
Workshop of Media Speech; Interpersonal Relationships; Ethics and Citizenship; Types of Journalistic articles; Journalistic Writing Workshop; Social Psychology of Communication; Sociology of Communication; Introduction to Television Production; Social Problems in Contemporary Society; Workshop of multimedia and Cyberculture; Organizational Communication; Journalism Press; French; Research Methods for Social Communication; Sociology of Media; Radio  
Journalism Workshop; Communication through the image; Law rights of Media;  
History of Media; Digital and online Journalism; Television Journalism.