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WORK EXPERIENCE

01/03/2022 – 03/03/2022 – Berlin, Germany

Contributor - ETS Conference: The Quality Bonus

JUGEND für Europa

ETS Competence Model for Youth Workers to Work Internationally on a national level(s)

To explore opportunities for training and education of youth workers on the international (European) level and their impact on the national level. The workshop will provide you with an insight into the YOCOMO project for training youth workers based on ETS Competence Model for Youth Workers to Work Internationally and the diverse opportunities it offers for youth workers. You will have a chance to reflect on the connection between national and international training and education opportunities and how they could be brought closer in the future.

10/2020 – CURRENT – Vizela, Portugal

Sociologist - Personal, social and community development plan - National Plan To promote School Success

Ministry of Education

Provide students with personal, social, and academic/professional skills in order to contribute to their training and social integration

Promote a better transition between school cycles

Promote protective factors in young people and reduce risk factors

Promote an inclusive, safe and healthy school environment (Motivator for learning and interpersonal relationships)

Contribute to the promotion of healthy lifestyles and behaviors

Train active and responsible citizens

06/2021 – 12/2021 – Online

Expert in Youth Work

Portuguese National Agency Erasmus + Program

Expert in Youth Work within the scope of the implementation of strategic cooperation projects of the European National Agencies. I was involved in the SNACs: Democracy Reloading; Europe Goes Local; European Youth Work Agenda and Bonn Process.

The main activities were:

Management, follow-up and monitoring, implementation and facilitation, reporting and follow up general, of the Strategic Cooperation Projects (TCA);

Preparation, follow-up, and monitoring, implementation, and facilitation, reporting and follow up of specific tasks, activities, and meetings, as well as documents, resources, tools, and platforms related to the TCA Projects previously mentioned;

Coordination of working groups and/or stakeholder´s involvement;

Planning and elaboration of national and transnational work plans;

Participation and/or representation of the National Agency, in national activities and transnationals;

Review, monitor, and management of content, resources, tools, documents, and outputs produced within the scope of these projects;

Communication, sharing, dissemination, and multiplication of activities and results;

Other activities and tasks, such as collecting data, need mapping, analysis, and review of documents and contents.

Online

Trainer of the Portuguese Delegation - 3rd European Convention of Youth Work

Portuguese National Agency Erasmus + Program

Create an opportunity for delegates to know each other;

Share experiences regarding initiatives and/or works implemented in the context of youth work;

Reflect on the role of youth technicians in Portugal and which the expected results of the Convention and the European Agenda for

Youth Coaches

Understand the theme of the Convention and its content and program of activities.

Formulate and collect ideas for the implementation of the Agenda - (Brainstorming about potential multiplication activities and

national follow-up; a collection of proposals/ideas that can in the final declaration of the convention) Reflect on what can be done after the Convention – How does the agenda can help the development of the role of workers in

youth in Portugal

13/09/2021 – 17/09/2021 – Budapest, Hungary

Trainer- Democracy Reloading – Training Module B

Tempus Közalapítvány / Tempus Public Foundation

“Democracy Reloading – Training Module B” was a training course included in the Democracy Reloading partnership, the training course will support municipality staff in designing, developing, and implementing youth participation in decision making and improving local democracy using the Democracy Reloading online Toolkit.

Specific objectives:

To share experience, existing practices amongst the participants regarding local youth participation in decision-making.

To understand the content and the functions of the online toolkit, and to prepare the participants for further independent use.

To understand the potentials of Erasmus + Youth key actions, European Solidarity Corps, Democracy Reloading, and Europe Goes Local tools in further developing youth participation in decision-making.

To identify ways and ideas to further develop the local scene of youth participation in decision-making.

Through the principles and practices of non-formal education and in an atmosphere where participants can learn and share from each other, “Democracy Reloading – Training Module B” wanted to explore how we can involve the young people in decision-making at the municipal level.

05/05/2021 – 07/05/2021 – Online

Trainer - CONNECTION - “Youth worker on ESC - Develop Skills and Increase the quality of the projects”

Portuguese National Agency Erasmus+ Program

“CONNECTION” was a Training Course (TC) that aimed to improve the quality of European solidarity projects and supported youth workers in the development of key skills involved in the construction, development, and evaluation of projects.

The activity was especially addressed to Youth workers; Trainers; Youth leaders; Youth project managers; Volunteering mentors and Youth coaches, and had the following objectives:

To understand the role of youth workers in the ESC program;

To explore the ETS competence model for youth workers;

To explore how to use the competencies of the youth worker (based on the ETS Competence Model for Youth Worker) in the ESC;

To increase the quality of ESC projects through recognition of the Youth Worker and the competencies of ETS competence model.

18/03/2021 – 17/06/2021 – Online

Trainer - Democracy Reloading Toolkit Webinars 2021

Tempus Közalapítvány / Tempus Public Foundation

Democracy Reloading is a partnership of Erasmus+ Youth national agencies since 2015 that was established as a strategic approach to working with local and regional public authorities in planning, developing, maintaining, and reforming democratic youth participation structures for dialogue, co-decision, and co-management. Based on the lessons learned during the activities of the last 5 years a reference model was designed out of the competencies required for municipalities for engaging youth in decision-making and an online Toolkit was developed to support the development of these competencies. This Toolkit is the basis of a long-term strategic development plan to address municipalities through the Erasmus + Youth program. It is designed to help youth policy-related municipality staff to become empowered, competent, and ready to engage young people in decision making and thus improving active citizenship and democracy in local communities.

The Webinars are designed for municipality officers and youth workers working in close cooperation with municipalities who want to improve their youth policies, structures, and projects engaging young people in municipal decision making. The Webinars aim to support the development of their competencies through using the online Toolkit. Each Webinar will have the following program:

- Introduction to the Democracy Reloading Partnership
- Presenting the online Toolkit
- How to develop (individual and collective) competencies with the help of the Toolkit
- Further learning opportunities

24/11/2020 – 27/11/2020 – Online

Trainer- "PLAY-Plan For Active Youth" (online)

Portuguese National Agency

"PLAY-Plan for Active Youth" was a Training Course included in the Transnational Cooperation Activity (TCA) that aimed to increase the impact of youth participation in local communities by sharing methods and good practices.

The activity was especially addressed to Youth Workers, Trainers, Youth leaders, Youth project managers, Youth policy makers and had the following objectives; to explore the concept of Youth Participation and Empowerment and the role it has in the local communities; to equip youth workers and leaders with tools necessary to support youth participation amongst young people; to reflect on youth workers' own paths of participation; to exchange good practices of youth participation, empowerment and Learning and develop new ideas for local youth work; to encourage the participants to work together in other Key Actions of the E+ Youth in Action Programme.

2020 – Online, Portugal

Trainer - "Jump into Solidarity" (Online)

Portuguese National Agency

"Jump into Solidarity" is a Training Course (CF) divided into two phases, which aims to improve the quality of European solidarity projects and support organizations in the development of key skills

related to projects. 1st Phase: 27 | 28 | 29 July 2020 | Online, 2nd Phase: 9 | 10 | 11 September 2020 | August - Coaching Session |

Aims: Understand the meaning of Solidarity and Volunteering and its context; Explore the different activities of the European Solidarity Corps (Stamp of Quality, Volunteering, Internships, and Jobs, and Solidarity Projects) as a way to promote Solidarity between young people and their communities; Ensure an understanding of the European Solidarity Corps, exploring and discovering its main Actions, its different actors and roles within a project; Discover different digital tools for personal and professional development; explore recent developments in the field of European Solidarity Corps Projects in general terms and their activities in specific terms; Feel inspiration by the methods and activities of non-formal education that can empower organizations and their actors with new skills; Enable for a strategic approach in volunteering projects throughout the project cycle; Provide space for sharing experiences and examples of good practice. Provide space for networking between participating organizations and planning other activities to strengthen partnerships, seminars, volunteer projects, solidarity projects, internships, and others.

06/2020 – Portugal

Trainer

Portuguese National Agency - Erasmus + Programme

Transpose the methodology of Non Formal Education, to the Online format - European Solidarity Corps (Volunteer Projects) - Mid Term training and On Arrival training

03/2020 – Lisbon, Portugal

Trainer

CAIS - Association

Meeting District and Regional Promoters and Training Non-formal Education - Football Project Street | Association CAIS; Principles of Non-formal Education; Principles of collaborative work; Map of skills of youth workers; The Skills Training Manual (introduction and implementation of activities); Conflict Management Styles Communication tools (feedback, active listening, rules effective communication)

03/2020 – Lisbon, Portugal

Trainer

IPDJ - Instituto Português do Desporto e Juventude

"Flirt with Fair play"

To train young people who will be part of the Local Animators Exchange for the development of awareness - raising actions in schools; Promote interpersonal and social relationships that promote gender equality with a view to promoting a culture of active citizenship and non-violence.

02/2020

Trainer

Portuguese National Youth Council

I/ON in partnership with the Municipality of Vila Nova de Gaia, activity - Young Dialogue to Connect Gaia to the European Youth Agenda.

01/2020 – 01/2021 – Vizela, Portugal

Coach - (Online and Face-to- Face)

Youth Association Vizela Imaginactiva

Coach, in the project Lix` Arte, funded by the European Solidarity Corps. This project relates art to environmental awareness through

various local activities with multiple partners. Follow the learning process of the participants through coach sessions.

2019 - CURRENT

Pool of Trainers

Portuguese Youth Council

Non- Formal Education; Youth Policies

2016 - CURRENT - Portugal

Trainer

CAIS Social Solidarity Association

Trainer in the training actions of the Project "Futebol de Rua" - Training of personal skills and Social.

2013 - CURRENT - Portugal

Trainer

Portuguese National Agency Erasmus + Program

The pool of Trainers- Portuguese National Agency Erasmus + Program Youth in action, consists of a group of trainers, facilitators, animators, and independent experts in various areas related to Youth and Non-Education Formal, available to put into practice, on behalf of the national agency, the pursuit of mission and objectives of the Youth in Action Program; The pool of trainers is a space for practice and for the recognition of non-formal education in the most diverse dimensions; The scholarship is a space for innovation and quality; training and development tool for competences for quality action, ensuring the adequacy of methodologies and objectives to the different target audiences. Trainer in training actions integrated in the Erasmus + Program - Youth in Action: European Voluntary Service; "On Arrival" and "Mid-Term" Formation (Evaluation of the volunteering; Reassessment and implementation of new ideas in the volunteer project; Employability); Training on the Erasmus + Program - Youth in Action and European Solidarity Corps.

07/2019 - 06/2020 - Vizela, Portugal

Coordinator of the Academies of Knowledge Program

Calouste de Gulbenkian Foundation and Youth Organisation Vizela Imaginactiva

Within the Gulbenkian Academies of Knowledge, the Vizela Imaginactiva Youth Association implement the Socio-emotional Learning Program of the 3rd Cycle. Program Positive Attitude project, which was created by Académico Torres Vedras. This program has as main objectives the development of socio-emotional skills which are identified as protecting healthy lifestyles and as influential factors in a more effective integration into school life. In this sense, it promotes the healthy and full development of children and young people, being expected to become more confident and competent to deal with the challenges of everyday life, promoting integration and, consequently, school success.

2017 - 2019 - Vila Nova de Famalicão

Trainer

Municipality of Vila Nova de Famalicão

Facilitator in the More Citizenship Project - Youth participation

05/2019 - 06/2019 - Bari, Italy

Trainer

Salto-Youth; Italian National Agency Erasmus + Program

Replay « - Training Course

- Identify and recognize the challenges in working with youth
- Explore the skills model (ETS Model) for youth workers
- Explore practical tools to be used by youth workers in activities educational
- Recognize the value of non-formal education in the empowerment of youth workers

06/2019 – Lisboa

Trainer

Lisbon Youth Centre (CJL), Dypall, Portuguese National Agency Erasmus + Program

"Democracy Reloaded"; strengthen local democracy by developing skills of stakeholders in youth policies to update (redefine, create, reform) the participation of youth in decision-making. The central point of this training is part of the training of municipal technicians who work with young people, aiming at the creation of new tools for this important mission and the acquisition of more quality in the carrying out the tasks.

03/2019 – Vila Nova de Gaia, Portugal

Trainer

National Agency for the Erasmus + Program

"Democracy Reloaded" is a partnership under the TCA, composed of the National Agencies of the Erasmus + Program that manage the youth sector of Portugal, Belgium, Italy, Croatia, Hungary, Estonia and Finland with the central objective of strengthening democracy, developing the skills of stakeholders in development policies youth to update (redefine, create, reform) youth participation in decision-making decision. The central point of this training is the training of municipal technicians who work with young people, aiming to create new tools for this important mission and the acquisition of more quality in carrying out tasks.

2017 – 2018

Trainer

Bloom Association

Trainer and Mentor of Portuguese participants in the Hate speech disarmament project -Equipping youth workers to manage and transform hate speech, in partnership with Ireland, Slovenia, United Kingdom and Finland.

12/2018 – Lisbon, Portugal

Trainer

IPDJ - Instituto Português do Desporto e Juventude

Flirt with "Fair - Play"- Training Course

Train young people, who will be part of the Local Bolsa de Animadores for the development of awareness raising actions in schools;

Promote interpersonal and social relationships that promote gender equality with a view to promoting a culture of active citizenship and non-violence.

12/2018 – Lisbon, Portugal

Trainer

Portuguese National Agency Erasmus + Program

"Jump into Solidarity": European Solidarity Corps". Improve the quality of projects, within the European Solidarity Corps Program and support organizations in acquiring the skills needed for projects.

Understand the meaning of Solidarity and Volunteering and its context; Explore the different activities of the European Solidarity Corps (Quality Label, Volunteering, Internships and Jobs and Solidarity Projects) as a way to promote Solidarity among young people and their communities; Ensure an understanding of the European Solidarity Corps, exploring and discovering its main Actions, its different actors and roles within a project; Discover different digital tools for personal and professional development; Explore recent developments in the field of European Solidarity Corps Projects in general terms and their activities in specific terms; Feel inspired by non-formal education methods and activities that can empower organizations and their actors with new skills; Train for a strategic approach to solidarity projects throughout the project cycle; Provide space for sharing experiences and examples of good practice; Provide space for networking between participating organizations and the planning of other activities to strengthen partnerships such as seminars, volunteer projects, solidarity projects, internships, and others.

10/2018 – 11/2018 – Guimarães, Portugal

Trainer

Orientaris - consultancy De Gestão Lda

Training for Inclusion: Conflict Management, Communication, Leadership, Emotional Management

2018 – Cascais, Portugal

Trainer

Portuguese Institute of Sport and Youth

Binational Youth Forum "For Youth Employability", an initiative framed by Cascais European Youth Capital and organized by the Portuguese Institute of Sport and Youth (IPDJ), Spanish Youth Institute (INJUVE) and the International Youth Organization for Ibero-America (OIJ), having as partner the National Youth Council (CNJ).

2018 – Portugal

Trainer

Portuguese Youth Council

Structured Dialogue: "You in Europe"; concealment of young people about Europe, to know what moves them, encourages and worries you, so that opportunities and support meet your needs.

2017 – Funchal - Madeira, Portugal

Trainer

Dragoeiro Association

Formation of the Key Actions of the Erasmus + Youth in Action Program / Key Action 1 - Individual Mobility 1st day - European Voluntary Service 2nd day - Exchanges / Mobility professionals in partnership with Associação Dragoeiro and Regional Directorate for Youth and Sports from Madeira

2016 – Vizela, Portugal

Trainer

City Council of Vizela

Trainer in the Youth Exchange "Time travelers", integrated in the Erasmus + program, with participation of three countries (Portugal, Spain and France). Intergenerational Dialogue; Interculturality; Employability;

2015 – Montalegre, Portugal

Trainer

Animar - Portuguese Association for Local Development

Training Action for Associative Leaders, Youth Technicians on the Program Erasmus + - Youth in Action. (6 Hours); Presentation of the Program; Application Forms

2007 – 2011

Sociologist in “Plano Salute” -Coordinator of the Education and Health Promotion in School Environment Program

Children's Recovery Center of Benavente - in partnership with the City Council of Benavente

Responsible for the intervention in Education and health promotion in schools in the municipality of Benavente - with children and adolescents from 3 to 17 years old and training of teachers and rest of the school community. (Organization, implementation of training actions for students, teachers and school community from primary to secondary education); Member of the Commission for the Protection of Children and Youth. Intervention work in social support and through parental education and partnerships with the different social institutions in the municipality of Benavente and who work with families. Member of the Commission for the Protection of Children and Youth,

2005 – 2007 – Benavente, Portugal

Sociologist in Social Intervention Action - “The School and the Family”

Benavente City Council, in partnership and with protocol with Duarte Lopes School

Development of social, personal and educational skills of families. Endow the school with a technician with competence, in partnership and multidisciplinary, to work with psychologists, teachers, students and the entire school community. Bringing families closer to the school community. Primary Prevention of Tobacco and Alcohol and consumption of illegal substances.

2004 – 2005 – Benavente, Portugal

Superior Technician of Sociology, in the Social Health Intervention Sector of Benavente City Council

Benavente City Council

Multidisciplinary Community Intervention Team

Follow-up work for users and their families, either under the L.S.D. - Fight Against AIDS and Drugs, or within the scope of various social issues, supported by the team. Activities developed in the Social Action of the Municipality of Benavente in the Social Intervention and Health, namely technical in the implementation and monitoring of the Pro-Habitat Program. Implementation activities for the Social Network Program of the municipality of Benavente. Primary Prevention of Tobacco and Alcohol and Substance Use illicit activities, through the Municipal Drug Addiction Prevention Plan of Benavente.

2003 – 2004 – Benavente, Portugal

Professional Internship in Sociology

Benavente City Council

Integrating the Multidisciplinary Community Intervention Team of Benavente within the scope of the Project L.S.D. - Fight Against AIDS and Drugs -, as the promoter of the internship, the City Council from Benavente. During the internship, he develops and integrates the following projects: Multidisciplinary Community Intervention Team

Follow-up work for users and their families, or within the scope of the L.S.D. - Fight Against AIDS and Drugs, either within the scope of social problems, supported by the team. Municipal Plan for Primary Prevention of Drug addiction. Social Network Program. Activities developed in the Chamber's Social Action Municipal of Benavente.

EDUCATION AND TRAINING

06/2019 – Talinn, Estonia

Evaluation Seminar "Democracy Reload"

Erasmus + Program - Youth in Action

<https://www.facebook.com/Democracy-Reloading-110384340508921/>

09/2018 – 07/2019

Training for Trainers (TOT 2018/19)

Erasmus + Youth in Action - (Salto-Youth)

<https://www.facebook.com/groups/311672962736493/>

2017 – Molina, Spain

Queer it up! - including Sexual Orientation and Gender Identity and Expression in Youth Work Practic

Erasmus + Program - National Agency of Spain

<https://www.facebook.com/groups/1929188000674815/>

2016 – Yervan, Armenia

Training Course "Participation for Inclusion"

International Center for Intercultural Research, Learning and Dialogue

<https://orgs.tigweb.org/international-center-for-intercultural-research-learning-and-dialogue>

2016 – Lisbon, Portugal

Training of Multipliers - Education for Democratic Citizenship

Lisbon City Council with Inducar

Molina, Spain

"ZOOM IN - FACILITATING GROUP LEARNING PROCESSES TRAINING COURSE"

Erasmus + Program - National Spain National Agency

http://erasmusplus.injuve.es/programa/?_locale=en

2015 – Molina, Spain

EVS Trainers Meeting From ON ARRIVAL Training To MID TERM Evaluation

Erasmus + Program - Portuguese and Spanish National agency

<https://www.juventude.pt/pt/>

2015 – Guimarães, Portugal

● **Working Genderation: Training for Senior Management of Reconciling Companies: Equality with Quality**

Faculty of Psychology and Education, University of Porto

https://sigarra.up.pt/fpceup/en/web_page.inicial

2015 – Senigallia, Italy

● **"Gender...Let´s Talk!",**

Associazione Merope

<https://www.facebook.com/Associazione.Merope.onlus/>

2014 – Avilez, Spain

● **Symbiosing it! Enhance youth participation - Training course in Asturias, Spain**

Yetoopenose Association

2014 – Lisbon, Portugal

● **Unique Learning Badges training**

Inducar Web

<http://www.inducar.pt/>

2011 – Lisbon, Portugal

● **Initial Pedagogical Training Course for Trainers, under the theme of Social Innovation**

Associação PAR - Social Responses and the consulting and training company SINASE

<http://par.org.pt/>

2010 – Braga, Portugal

● **Training of Trainers in Non Formal Education**

National Youth Council (II School of Youth Development - IV Formation of Formal Education Trainers

<https://www.cnj.pt/>

2010 – Lisbon, Portugal

● **Crisis Intervention in Different Contexts**

ISPA - University Institute of Permanent Training,

<http://www.ispa.pt/>

2010 – Portugal

● **Training Course "School Sexual Education Workshop"**

APF - Association for Family Planning

<http://www.apf.pt/>

2006 – Coimbra, Portugal

● **I Peer Education Training Days, Initiation Course to Peer Education**

Health Association in Portuguese

<https://www.saudeportugues.org/>

2005 – 2006 – Lisbon, Portugal

Post-Graduation in Social Administration

ISSSL - Lisbon Higher Social Service Institute

<http://repositorio.ulusiada.pt/handle/11067/33>

1996 – 2002 – Lisbon, Portugal

Degree in Sociology

Autonomous University of Lisbon

https://en.autonoma.pt/a_autonoma/a-autonoma/

LANGUAGE SKILLS

MOTHER TONGUE(S): Portuguese

OTHER LANGUAGE(S):

English

Listening
B2

Reading
B2

**Spoken
production**
B2

**Spoken
interaction**
B2

Writing
B2

DIGITAL SKILLS

e-learning Plattformen (Moodle Campusonline Canvas Starfish VHL) / Collaboration Tools (MS Teams Zoom Webex Skype for Business) / Jamboard / Mentimeter / Kahoot / Social Media Management (Facebook Twitter LinkedIn YouTube Instagram) / Padlet / Graphic design in Canva / Canvas / LinkedIn / padlet / Microsoft office (Word Excel Powerpoint Outlook) / Microsoft Office Word Excel Access Power Point Outlook