



CV

Kristina Castronovo (born 1986)

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Work Experience

2021-currently

Supervisor

Art Psychology Institute, Moscow, Russia

-supervising works of Neurographics Instructor and Aesthetic Coach course students

2021-currently

Project Coordinator

Grem, Riga, Latvia

-fundraising and project coordinating for the youtube news channel

2021-currently

Trainer

Agency for International Programs for Youth, Riga, Latvia

-leading non-formal education group trainings

2020-currently

Freelance life-coach

-aesthetic coaching with neurographics

-individual coaching with tarot cards

2020

Project Assistant

University of Latvia, Riga, Latvia

-Writing Erasmus+ project applications

2019-currently

Freelance group trainer

-leading non-formal education trainings within Erasmus+ projects

2019-currently

Founder, board member

Miromida, Daugavpils region, Latvia

-NGO strategical managing in terms of project coordination

June 2019

Coach

Istituto Tecnico Nautico Trasporti & Logistica G. La Pira, Pozzalo, Italy

-individual workshops with students about youth opportunities in Europe

2018-2020

Coach

Acquario Giocattoli, Modica, Italy

-training on leadership and group communication for the workers

2018-2019

Volunteer

Attiva-Mente, Modica, Italy/Istituto Marcelliano, Chiari, Italy

-workshops for school students

-pre-departure trainings for participants and volunteers going abroad

-research on young people's attitude towards refugees

-project work

- 2011-2018 **Project Manager** (fulltime) and **board member** during some years
 Association Framtidståget, Hägersten, Sweden
-being responsible for the project department in the organization
-managing international projects for youth and youth workers
(incl. project idea, project description, grant application, preparation, implementation, training and leading workshops, evaluation, report)
-searching and coordinating organization grants
-cooperating and broadening the partners network in Sweden and abroad
-cooperating with the branch organization in Morocco
-organizing project trips and local activities (courses, seminars, etc.)
-coordinating the work of project group staff and being a mentor for EVS volunteers
-administrative tasks
- 2011-2013 **Media Analyst**
 Mediapilot, Stockholm, Sweden
-analyzing and summarizing articles from Latvian, Russian and Swedish social media
- 2011-2013 **Course Teacher in Latvian**
 Medborgarskolan, Stockholm, Sweden
- 2007-2009 **Freelance translator**
 Translation office "Language Master", Riga, Latvia
-for English, Latvian, Polish, Russian and Ukrainian languages
- 2007-2009 **President**
 The Union of Polish Youth in Latvia, Riga, Latvia
-representing the NGO in state and international level
-coordinating the whole work of the organization
-cooperating with other organizations, institutions and Polish Embassy in Riga
-managing projects
-preparing reports
- 2007-2009 **Editor of Youth Pages**
 Magazine „Polak na Łotwie”, Riga, Latvia
-exploring Polish culture in Latvia, writing articles, gathering materials
- 2008 **Intern**
 Secretariat of the Special Assignments Minister for Social Integration, Department for National Minority Affairs, Riga, Latvia
-exploring the work of ethnic minorities' organizations in Latvia
-systemizing the data base of organizations
- 2007-2008 **Research Assistant**
 Advanced Social and Political Research Institute, Riga, Latvia
-evaluating projects of Social Integration Fund in the framework of the research

Education

2020	Neurographics Instructor and Aesthetic Coach Art Psychology Institute, Moscow, Russia
2008-2010	Humanities Master in Baltic Sea Region Studies University of Latvia, Riga, Latvia; 3rd semester at University of Turku, Turku, Finland
2008-2009	Foreign Service Specialist The Academy of Young Diplomats, Warsaw, Poland
2005-2008	Social Science Bachelor in Political Science, International Relations University of Latvia, Riga, Latvia

Other courses

2021–currently	Arabic language, A1 / Folkuniversitetet, Stockholm, Sweden
2021–currently	French language for Beginners / Bilda, Stockholm, Sweden
2020	Training of Trainers (of non-formal education) / Agency for International Programs for Youth, Riga, Latvia
2020	Fortune/telling and divination by stones / Esoteric club “Voult”, Moscow, Russia
2020	Coach of Leela Game of Life/Evgeny Zemlyanin, Vilnius, Lithuania
2020	Magic of Candles/The Institute of Practical Spirituality, Moscow, Russia
2020	Tarot cards: Tarot for Professionals, Tarot Consulting, Tarot for Beginners/The Institute of Practical Spirituality, Moscow, Russia
2017-2018	Italian – level 1, 2/Hermods, Stockholm, Sweden
2017	Hosting (tourism)/Omsorgslyftet Utbildningar, Stockholm, Sweden
2017	Psychology – level 1, 2a, 2b/Hermods, Stockholm, Sweden
2017	Course on Strategic Partnership projects/German and Greek NAs, Athens, Greece
2016	Brussels Study Trip “Brysselröstresa” /LSU, Stockholm, Sweden – Brussels, Belgium
2015	Qualified Contact Person /Framtidståget, Stockholm, Sweden – Minsk, Belarus
2015	Work in the organization board /Grant Thornton, Stockholm, Sweden
2012	Communicate, Motivate, Reflect /Medborgarskolan, Stockholm, Sweden
2011	Swedish as the Second Language /Hermods, Stockholm, Sweden
2011	Basic Education in Work Environment /Coompanion, Stockholm, Sweden
2011	Project Management /Coompanion, Stockholm, Sweden
2011	Coaching Leadership /Coompanion, Stockholm, Sweden
2010	Swedish for Immigrants /Hermods, Stockholm, Sweden
2006, 2008	Leader School /Semper Polonia, Warsaw, Poland
2006	Course on Voluntary Work/Semper Polonia, Warsaw, Poland
2002 - 2004	Macramé /Jaunatne, Daugavpils, Latvia

Language Skills

English	Fluent
Italian	Good
Latvian	Fluent
Polish	Fluent
Russian	Fluent
Swedish	Fluent
Ukrainian	Good
French	Beginner
Arabic	Beginner

Interests

Member of International Association Neuro Gestalt

International projects and exchanges, work with young people, NGO work

Identity, integration and migration issues, especially ethnic minorities (incl. publications in this field)

Human rights in Eastern Europe

Individual and group coaching with various applied methods

Esoterics

Languages and literature

Church music

Handicraft

Fishing and mushrooming

References available upon request