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# Rodrigo Bravo Lima Vilarinho

Nationality Portuguese  
Birthday 17<sup>th</sup> of February 1979

Academic Education Since 08/2010 UNIVERSITY OF DANCE AND CIRCUS, Stockholm, Sweden  
Dansarutbildningen – 3 year education as a dancer at DOCH

10/1998 – 12/2002 LISBON CIENCE UNIVERSITY (FCUL), Lisboa  
3<sup>rd</sup> Year of BIOLOGY – Access grade of 17,3/20

Languages

- Portuguese: Mother tongue
- Italian: High
- French: High
- English: Fluent
- Spanish: Medium
- Swedish: Basic

Education and Training  
**Training of Trainers**

01/2021 - 06/2021 ERASMUS+, Online  
Training of trainers “Design2Learn – Learning Experience Design”, selected to be part of the Learning Experience Design (LXD) pool of trainers (6 months)

09/2007 - 7/2008 YOUTH IN ACTION (EU), Austria, Turkey and Germany  
ToT – Training of Trainers, selected by the Portuguese National Agency for the European Union (EU) “Youth in Action” program (1 year)

Work Experience  
**Training**

National and international Trainer since 2004 in the areas of youth, animation, project management, teambuilding, group dynamics, intercultural learning, volunteering, active participation, creativity, communication, non-formal education, art as a social instrument, summer camps, the game as an instrument. At a Glance:

Since 2013 PORTUGUESE NATIONAL AGENCY FOR THE YOUTH IN ACTION – ERASMUS+ POOL OF TRAINERS, Portugal

Selected for Pool of Trainers of the National Agency including the delivery of the training of trainers for the rest of the pool (02/2014 and 11/2014 – Aveiro, 3 days each)

2009 CNJ POOL OF TRAINERS, Portugal

Trainer selected for Trainers Pool of the National Youth Council for the 2009 mandate

2004/2009 PUZZLE – ASSOCIAÇÃO DE IDEIAS, Lisboa, Portugal

Continuous training of all animators Puzzle

2004, 2007 e 2009 PROJECTO NOVAS DESCOBERTAS, Lagos, Portugal

Intensive Training of PND Animators

## List of trainings:

12/2023 ERASMUS+ ESC-European Solidarity Corps (EU), Lisboa, Portugal

Trainer. ESC – Volunteering project “On Arrival” training organized by the Portuguese National Agency (5 days)

Areas: Intercultural Learning, ESC, Learn to Learn, Team Building, Youth in Action.

06/2023 ERASMUS+ ESC-EUROPEAN SOLIDARITY CORPS(EU), Covilhã, Portugal

Trainer. ESC – Volunteering project “Mid Term” training organized by the Portuguese National Agency (3 days)

Areas: Conflict handling, ESC, Learn to Learn

04/2023 ERASMUS+ YOUTH(EU), Tallinn, Estonia

Trainer. Training Course "LXD Lab - Learning Experience Design Lab" organized by the Estonian National Agency. TCA (2 days)

Areas: Training of Trainers, Learning Experience Design, creativity, design of learning experiences.

04/2023 ERASMUS+ YOUTH(EU), Viljandi, Estonia

Trainer. Training Course "A Training for Beginner Trainers" organized by the Estonian National Agency. TCA (5 days)

Areas: Training of Trainers, Team Building, Learning Experience Design.

11/2022 ERASMUS+ YOUTH(EU), Tallinn, Estonia

Trainer. "Salto Youth Participation Forum", organized by SALTO Participation in partnership with the Estonian National Agency (5 days)

Areas: Getting to know each other, Participation, International cooperation.

10/2022 ERASMUS+ YOUTH(EU), Bonn, Germany

Guest Expert. "Expert Seminar on Learning Environments", organized by SALTO Training and Cooperation in partnership with the German National Agency (4 days)

Areas: Quality in Learning projects, Learning Environments.

05/2022 ERASMUS+ ESC-EUROPEAN SOLIDARITY CORPS(EU), Viseu, Portugal

Trainer. ESC – Volunteering project "Mid Term" training organized by the Portuguese National Agency (3 days)

Areas: Conflict handling, ESC, Learn to Learn

05/2022 ERASMUS+ YOUTH(EU), Viljandi, Estonia

Trainer. Training Course "A Training for Beginner Trainers" organized by the Estonian National Agency. TCA (5 days)

Areas: Training of Trainers, Team Building, Learning Experience Design.

10/2021 VIDA + VIVA, Cascais, Portugal

Trainer. Workshop "Learning Experience Design - an informal experience", organized by Vida + Viva (2 days)

Areas: Learning Experience Design, Training of Trainers

10/2021 ERASMUS+ YOUTH(EU), Viljandi, Estónia

Trainer. Training Course "A Training for Beginner Trainers" organized by the Estonian National Agency. TCA (5 days)

Areas: Training of Trainers, Team Building, Learning Experience Design.

06/2021 ERASMUS+ ESC-European Solidarity Corps (EU), Online

Trainer. ESC – Volunteering project "On Arrival" training organized by the Portuguese National Agency (5 days)

Areas: Intercultural Learning, ESC, Learn to Learn, Team Building, Youth in Action.

05/2021 ERASMUS+ YOUTH (EU), Online

Trainer. Training Course "Youth Leadership for Sustainable Development" organized by the Portuguese National Agency TCA (4 days)

Areas: Sustainable Development Goals, Empowerment and Youth participation, Erasmus+ Youth.

04/2021 ERASMUS+ ESC-European Solidarity Corps (EU), Online

Trainer. ESC – Volunteering project "On Arrival" training organized by the Portuguese National Agency (5 days)

Areas: Intercultural Learning, ESC, Learn to Learn, Team Building, Youth in Action.

04/2021 ERASMUS+ ESC-European Solidarity Corps (EU), Online  
Trainer. ESC – Volunteering project “On Arrival” training organized by the Portuguese National Agency (5 days) (second in the same month)

Areas: Intercultural Learning, ESC, Learn to Learn, Team Building, Youth in Action.

02/2021 ERASMUS+ ESC-European Solidarity Corps (EU), Online  
Trainer. ESC – Volunteering project “On Arrival” training organized by the Portuguese National Agency (5 days)

Areas: Intercultural Learning, ESC, Learn to Learn, Team Building, Youth in Action.

12/2020 ERASMUS+ ESC-European Solidarity Corps (EU), Online  
Trainer. ESC – Volunteering project “On Arrival” training organized by the Portuguese National Agency (5 days)

Areas: Intercultural Learning, ESC, Learn to Learn, Team Building, Youth in Action.

12/2020 ERASMUS+ ESC-European Solidarity Corps (EU), Online  
Trainer. ESC Annual Event of Accredited Organizations organized by the Portuguese National Agency (1 day)

Areas: ESC, Assessment and Evaluation of Projects

06/2020 ERASMUS+ ESC-European Solidarity Corps (EU), Online  
Trainer. ESC – Volunteering project “Mid Term” training organized by the Portuguese National Agency (3 days)

Areas: Conflict handling, ESC, Learn to Learn

02/2020 ERASMUS+YOUTH IN ACTION (EU), Rome, Italy  
Trainer. Training Course “Game of Cultures: new challenge for our communities” organized by the Italian National Agency TCA (7 days)

Areas: Intercultural Learning, Inclusion, Project Design, Team Building, Erasmus+ Youth in Action.

05/2019 ERASMUS+ (EU), Cascais, Portugal  
Trainer. Training Course “Mediculture” organized by Vida+Viva (3 days)

Areas: Intercultural Learning, Inclusion, Tools for ICL, Team Building

11/2018 ERASMUS+YOUTH IN ACTION (EU), Split, Croatia  
Trainer. Workshop “Dance for empowerment – a personal and community approach” presented in the 13<sup>th</sup> TOOLFAIR as part of the “Tools to Explore” program. Organized by S.A.L.T.O. and National Agencies (3 days)

Areas: Art as a social tool, Active participation, Team Building

09/2018 ERASMUS+YOUTH IN ACTION (EU), Campo Gerês  
Trainer. EVS - European Voluntary Service “On Arrival” training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

06/2018 ERASMUS+YOUTH IN ACTION (EU), Viseu  
Trainer. EVS - European Voluntary Service “Mid Term” training organized by the Portuguese National Agency (4 days)

Areas: Conflict handling, EVS, Learn to Learn

01/2018 ERASMUS+YOUTH IN ACTION (EU), Cascais  
Trainer. Training Course “Game of Cultures: inclusion of young migrants and refugees” organized by the Portuguese National Agency TCA (7 days)

Areas: Intercultural Learning, Inclusion, Project Design, Team Building, Erasmus+ Youth in Action.

01/2018 ERASMUS+YOUTH IN ACTION (EU), Viseu

Trainer. EVS - European Voluntary Service "Mid Term" training organized by the Portuguese National Agency (4 days)

Areas: Conflict handling, EVS, Learn to Learn

**12/2017 ERASMUS+YOUTH IN ACTION (EU), Braga**

Trainer. EVS - European Voluntary Service "Ex-Volunteers Annual meeting" organized by the Portuguese National Agency (3 days)

Areas: Reflection and Evaluation, Future planning, Team Building.

**11/2017 ERASMUS+YOUTH IN ACTION (EU), Guimarães**

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

**11/2017 ERASMUS+YOUTH IN ACTION (EU), Funchal**

Trainer. Workshop "Key Action 2 – Cooperation for Innovation and exchange of good practices" organized by the Portuguese National Agency and Madeira Region Youth and Sport department (2 days)

Areas: Erasmus+Youth in Action program, Key Action 2, Project Design

**09/2017 ERASMUS+YOUTH IN ACTION (EU), Guimarães**

Trainer. EVS - European Voluntary Service "Mid Term" training organized by the Portuguese National Agency (4 days)

Areas: Conflict handling, EVS, Learn to Learn

**02/2017 ERASMUS+YOUTH IN ACTION (EU), Guimarães**

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

**01/2017 ERASMUS+YOUTH IN ACTION (EU), Cascais**

Trainer. Training Course "Sense of Initiative and Entrepreneurship" organized by Junta de Freguesia de Cascais e Estoril (6 days)

Areas: Social Entrepreneurship, Creativity, Project Management, Youth Work, Erasmus+ Youth in Action.

**01/2017 ERASMUS+YOUTH IN ACTION (EU), Cascais**

Trainer. Training Course "Game of Cultures: active communities for the inclusion of young migrants and refugees" organized by Vida+Viva (8 days)

Areas: Intercultural Learning, Inclusion, Project Design, Team Building, Erasmus+ Youth in Action.

**12/2016 ERASMUS+YOUTH IN ACTION (EU), Porto**

Trainer. EVS - European Voluntary Service "Ex-Volunteers Annual meeting" organized by the Portuguese National Agency (3 days)

Areas: Reflection and Evaluation, Future planning, Team Building.

**10/2016 ERASMUS+ (EU), Bitonto, Italy**

Trainer. Training Course "TC Plan Be - Active senior volunteers" organized by Sinergia Cooperativa (7 days)

Areas: Intercultural Learning, Non Formal Education as a Social tool, Training of Facilitators, Working in a team, Communication, Facilitation methods.

**05/2016 ERASMUS+YOUTH IN ACTION (EU), Braga**

Trainer. Training Course "Including Refugees through Erasmus+ Projects and Activities" organized by the Portuguese National Agency TCA in cooperation with PAR - Plataforma de Apoio aos Refugiados (Platform for Refugees Support) (6 days)

Areas: Intercultural Learning, Non Formal Education as a Social tool, Inclusion, Communication, Facilitation methods, Erasmus+ Youth in Action.

05/2016 ERASMUS+YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

04/2016 ERASMUS+YOUTH IN ACTION (EU), Oliveira de Azemeis

Trainer. International Training Course "The Future of Democracy: The role of youth workers and youth leaders", organized by the Portuguese National Agency TCA (8 days)

Areas: Intercultural Learning, Democracy, Participation, Team Building, Youth in Action.

01/2016 ERASMUS+YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

12/2015 ERASMUS+YOUTH IN ACTION (EU), Estarreja

Trainer. International Training Course "The Erasmus Code: a program for everyone", organized by the Portuguese National Agency TCA (7 days)

Areas: Erasmus+ Youth in Action, Intercultural Learning, Inclusion, Learn to Learn, Partnership building, Project Design.

09/2015 ERASMUS+YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

06/2015 ERASMUS+YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (6 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

11/2014 ERASMUS+YOUTH IN ACTION (EU), Aveiro

Trainer. Training of trainers for the Erasmus+ Youth In Action Pool of trainers organized by the Portuguese National Agency (3 days)

Areas: Creativity, Non Formal Education as a tool for social change, The Game as a tool for learning.

10/2014 IL FOMICAIO, Lecce, Italy

Trainer. Workshop "A non theoretical workshop on Non Formal Education", delivered in Italian and part of the Laboratori Del Basso training project organized by Il Fomicaio with the support of Lecce Municipality(3 dias)

Areas: Non Formal Education, Working with youngsters, Planning and implementing activities.

09/2014 ERASMUS+YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "Mid Term" training organized by the Portuguese National Agency (4 days)

Areas: Conflict handling, EVS, Learn to Learn

03/2014 YOUTH IN ACTION (EU), Praia Grande

Trainer. International Training Course "The Future of Democracy", organized by Vida+Viva (8 days)

Areas: Intercultural Learning, Democracy, Participation, Inclusion, Team Building, Youth in Action.

03/2014 YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "Mid Term" training organized by the Portuguese National Agency (4 days)

Areas: Conflict handling, EVS, Learn to Learn

02/2014 YOUTH IN ACTION (EU), Aveiro

Trainer. Training of trainers for the Erasmus+ Youth In Action Pool of trainers organized by the Portuguese National Agency (3 days)

Areas: Design and planning of activities, Learning environment, The Game as a tool for learning.

10/2013 YOUTH IN ACTION (EU), Braga

Trainer. EVS - European Voluntary Service "On Arrival" training organized by the Portuguese National Agency (4 days)

Areas: Intercultural Learning, EVS, Learn to Learn, Team Building, Youth in Action.

10/2013 YOUTH IN ACTION (EU), Praia Grande

Trainer. International Training Course "Captain Culture – Mission Employment", organized by Vida+Viva (7 days)

Areas: Intercultural Learning, Employability, Diversity, Creativity, Project design, Team Building, Youth in Action.

09/2013 GRUNDTVIG (EU), Cascais

Trainer. International Training Course "Empowering Education: Creating an approach of excellence using Coaching methodologies and Neuro-Linguistic Programming (NLP) tools", organized by Vida+Viva (7 days)

Areas: Learn to Learn, Team Building, Perception and mapping of reality, Facilitation methods, Non Formal Education, Communication

12/2012 YOUTH IN ACTION (EU), Weimar, Germany

Trainer. International Training Course "Facing Europe 2020: Key Competences for Youth Workers in Non-formal Education", organized by CGE – Culture goes Europe (9 days)

Areas: Learn to Learn, Intercultural Learning, Diversity, Leadership, Design of activities, Project Management, Team Building, Youth in Action.

10/2012 YOUTH IN ACTION (EU), Stockholm, Sweden

Trainer. International Training Course "Captain Culture – Creativity in Intercultural Learning", organized by Kvinnofridskompetens (7 days)

Areas: Intercultural Learning, Diversity, Creativity, Design of Activities, Team Building, Youth in Action.

07/2012 YOUTH TIME, Czech Republic

Trainer. Workshop part of the Youth Time Summer School 2012 (2 days)

Areas: The Game as a social tool, Game creation and adaptation

06/2012 YOUTH IN ACTION (EU), Nicolosi, Italy

Trainer. International Training Course "Super Volunteer – Intercultural Voluntary Mission", organized by Arci Catania (6 days)

Areas: Intercultural Learning, Volunteering, Design of Activities, Team Building, Youth in Action.

01/2012 GRUNDTVIG (EU), Catania, Italy

Trainer. Workshop on Non Formal Education and Social Work part of the Training of Trainers of Arci Catania (2 days)

Areas: Creativity and planning, Design of activities, Facilitation methods, The Game as a social tool, Non Formal Education

09/2011 COUNCIL OF EUROPE (EU), London, UK

Trainer. International Training Course "TC Youth And Theater", organized by INCA UK (7 days)

Areas: Team Building, Theater and dance as social tools, Non Formal Education

03/2011 GRUNDTVIG (EU), Catania, Italy

Trainer. International Training Course "The Next Step: communicate in English!", organized by Arci Catania (7 days)

Areas: Self confidence in the use of English, Vocabulary and the use of English on daily day, Intercultural Learning, Team Building, Communication.

03/2011 ROTA JOVEM, Cascais

Trainer. Workshop "Movimento e Expressão Corporal Como Ferramenta Social" ("Movement and Physical Expression as a Social Tool", prt of the event "TRAMPOLIM 2011" organized by Rota Jovemin partnership with the project QuiLT (Grundtvig program (5h)

12/2010 YOUTH IN ACTION (EU), Nicosia, Cyprus

Trainer. International Training Course "Captain Culture – Creativity in Intercultural Learning", organized by Politistiko Ergastiri (7 days)

Areas: Intercultural Learning, Diversity, Outdoor Activities as Tools, Creativity, Team Building, Youth in Action.

11/2009 YOUTH IN ACTION (EU), Catania, Italy

Trainer. International Training Course "Captain Culture – Creativity in Intercultural Learning", organized by Arci Catania (7 days)

Areas: Intercultural Learning, Diversity, Outdoor Activities as Tools, Creativity, Team Building, Youth in Action.

07/2009 PROJECTO NOVAS DESCOBERTAS, Lagos

Trainer. Intensive Training Course for Animators PND (Project New Discoveries), supported by IPJ – Portuguese Youth Institute (16h)

Areas: Animation, Structure and Organization of Activities, Group Dynamics, Team Building, Summer Camps, Games and Creativity

07/2009 CNJ POOL OF TRAINERS, Lisboa

Trainer. Workshop of Project Management organized by Juvemedia (12h)

Areas: Project Management, Communication, Problem resolution, Needs Analyses

05/2009 CNJ POOL OF TRAINERS, Aveiro

Facilitator. National meeting of the project "Tu na Europa" ("You in Europe") related with the European Parliament Elections

04/2009 YOUTH IN ACTION (EU), Funchal

Coordinator. International Training Course "Universal Dialogue – Tools of Animation", organized by Associação Cultural O Dragoeiro (8 days)

09/2008 COUNCIL OF EUROPE (EU), Umbria, Italy

Trainer. International Training Course "TC Tools of Performing and Visual Arts for Social Change", Organized by INCA Italia (8 days)

Areas: Animation, Team Building, Art as a social tool, Non Formal Education

10/2008 LAGOS MUNICIPALITY, Lagos

Trainer. Workshop "Non Formal Education" part of the Festa da Juventude de Lagos 2008 (youth Fest) (2h)

09/2008 YOUTH IN ACTION (EU), Barcelona, Spain

Trainer. International Training Course "Instrumentos de Animación – Tools of Animation", organized by INCA Cataluña (8 days)

Areas: Animation, Team Building, The game as a tool, Non Formal Education

06/2008 YOUTH IN ACTION (EU), Birmingham, UK

Facilitator. Partnership Building Activity "Linking Paths of European Citizens", organized by INCA UK (7 days)

Areas: Partnership and project building, Financing, Communication, Youth in Action.

04/2008 YOUTH IN ACTION (EU), Birmingham, UK

Trainer. International Training Course "Theatre for Active Citizens - Training for Trainers", organized

by INCA UK (8 Days)

Areas: The role of the trainer, theatrical game as a tool, Communication, Intercultural learning, Team Building, Youth in Action.

03/2008 YOUTH IN ACTION (EU), Bohinj, Eslovénia

Trainer. International Training Course “Captain Culture – intercultural navigation training course”, organized by Slovenian, Portuguese, Turkish, Romanian and Danish National Agencies (6 dias)

Areas: Intercultural Learning, Diversity, Outdoor activities as a tool, Team Building, Youth in Action.

01/2008 YOUTH IN ACTION (EU), Umbria, Italy

Trainer. International Training Course “Diversity as resource – Theatre as a tool for Equal Opportunities”, organized by INCA Italia (8 days)

Areas: Theater as a social tool, Team Building, Youth in Action.

12/2007 YOUTH IN ACTION (EU), Antalya, Turkey

Workshop. International Seminar “Toolfair 2<sup>nd</sup> Edition”, organized by SALTO and Turkish National Agency (4 days)

Areas: Workshop “Social Life in the City”, Immigration, Discrimination, Role-play

10/2007 YOUTH IN ACTION (EU), Birmingham, UK

Trainer. International Training Course “Active European Citizens sharing their cultures - Tools of Animation”, organized by INCA UK (8 days)

Areas: Animation, Team Building, Introduction to Juggling, Non Formal Education

04/2007 PROJECTO NOVAS DESCOBERTAS, Lagos

Trainer. Intensive Training Course for Animators PND (Project New Discoveries), supported by IPJ – Portuguese Youth Institute and Leader Program (50h)

Areas: Animation, Structure and Organization of Activities, Group Dynamics, Team Building, Summer Camps, Games

12/2006 YOUTH PROGRAM (EU), Mainz, Germany

Trainer. International Training Course “BRIDGE”, organized by INBI (8 days)

Areas: European Citizenship, Animation, Team Building, YouthPass, Non Formal Education, Intercultural Learning

11/2006 PUZZLE – GRUPO DE ANIMAÇÃO, Montemor-o-Novo

Trainer. 1st Intensive Training Course for Animators Puzzle (36h)

Areas: Animation, Games, Dramatic Expression, Team Building

11/2006 ASSOCIAÇÃO JOVEM A JOVEM, Lisboa

Trainer. Workshop “Animation as a weapon for social inclusion” (3h)

11/2004 YOUTH PROGRAM (EU), Targu Jiu, Romania

Trainer. Feasibility Visit for an International Action Training, organized by ENOA (3 days)

Areas: Member of the ENOA team of trainers planning and analyzing the feasibility of the project

09/2004 YOUTH PROGRAM (EU), Wroclaw, Poland

Trainer. Contact Making Seminar “Getting Closer” (Euro-Med), organized by The Point (6 days)

Areas: Group Dynamic, Project Creation

04/2004 PROJECTO NOVAS DESCOBERTAS, Lagos

Trainer. Intensive Training Course for Animators PND, supported by IPJ – Portuguese Youth Institute and Lagos Municipality (80h)

Areas: Animation, Structure and Organization of Activities, Group Dynamics, Team Building, Summer Camps, Games

03/2004 1<sup>st</sup> PORTIMÃO ASSOCIATIONS MEETING, Portimão

Speaker. Panel “An Association Experience”, organized by Portimão Municipality

## Animation and Social Work

Several international trainings and workshops in the areas of social work, youth work and animation. At a Glance:

- 05/2020 **ONLINE TRAINING AND EVALUATION CYCLE**, Online
- 12/2016 **GOING ON & ON: INSIDE EVS CYCLE**, Molina, Spain
- 12/2014 **BRIDGES FOR TRAINERS**, Bonn, Germany (Erasmus+ YiA)
- 09/2008 **PENTEDATTOLO FUTURE FORUM 2008 – FROM INTERCULTURAL DIALOGUE TO EUROPEAN IDENTITY**, Melito di Porto Salvo, Italy (Grundtvig)
- 05/2008 **OVERCOMING BORDERS – PROMOTING MUTUAL RESPECT**, Passau, Germany (YiA)
- 05/2008 **YOUTHPASS: RECOGNIZING RECOGNITION – FUTILE OR FUTURE?**, Chiflik, Bulgaria (YiA)
- 12/2007 **TOOLFAIR 2<sup>ND</sup> EDITION**, Antalya, Turkey (YiA)
- 2006/2007 **TOOLS OF ANIMATION FOR AN ACTIVE EUROPEAN CITIZENSHIP**, Benevento, Italy (2006) e Berlin, Germany (2007) (YiA)
- 05/2006 **WORKING IN INTERNATIONAL TEAMS**, Bonn, Germany (YiA)
- 09/2003 **ENCOURAGE YOUTH INITIATIVES**, Olsztynek, Poland (YiA)
- 05/2003 **INTERCULTURAL LEARNING WITH CHILDREN AND YOUNGSTERS IN DAILY WORK**, Pénestin, France (Council of Europe)

## Work Experience

### Animation and Social Work

Several local, national and international projects in the field of animation and social work ether with a more pedagogical approach or a more artistic one. Roles: project coordinator, pedagogical coordinator, organizer, animator and counselor. At a Glance:

2004 to 2011 **PUZZLE – ASSOCIAÇÃO DE IDEIAS**, Lisboa

President from 2007 to 2011. Youth NGO that works as a platform for youngster projects

2001 to 2004 and 2009 **PROJECTO NOVAS DESCOBERTAS**, Lagos

NGO for the inclusion and education of children and youth based on volunteering

2004/2007 **ASSOCIAÇÃO PROGRAMA EDUCAÇÃO DO PARQUE DAS NAÇÕES**, Lisboa

Member of the pool of animators. NGO working with non-formal education in Schools

2004 to 2009 **YOUTH IN ACTION PROGRAM (EU)**

Organizer, coordinator, or leader of the portuguese group in several Youth Exchanges

2003 **LEONARDO DA VINCI (EU)**, Lisboa

Project Manager. Coordinator. “European Work Placement Program” (6 weeks, 12 British disadvantaged youngsters), organized by The Prince's Trust (UK) and by PND with the partnership of the Lisbon Zoo

Since 2003 **MEETINGS AND SEMINARS**

Several meetings and seminars on animation, NGO's and social work ether nationally and internationally (Denmark, UK, Egypt, Germany, Poland, Turkey, Sweden, Cyprus, France)

## Education and Training

### Arts

Several trainings and workshops on Theater, Circus and Dance (Portugal, Spain, Sweden, Czech Republic, Belgium).

## Work Experience

### Arts

Creator and performer of many pieces and shows mostly in Street Theater and Dance in several countries (Portugal, Sweden, Greece, Germany, Italy, Iceland, Denmark, Netherlands, France, Finland, Austria, Switzerland, UK). Participation in Art Festivals, Dance videos, and international projects. Some highlights:

Since 09/2011 **REACT PUBLIC PERFORMANCES**, Stockholm, Sweden

Founder, Artistic Coordinator, Creator and Performer. Company of performance in public spaces with more than 550 shows in Europe. [www.reactperformances.com](http://www.reactperformances.com) (previously ReAct! - Actions moving)

Since 11/2022 **“GÉNÉRATIONS F”**, France

Choreographer and Consultant. Street theater performance by LUIT - Laboratoire Urbain d'Interventions Temporaires (Fr) and Théâtre Du Voyage Intérieur (Fr)

06-10/2017 **“IMPONDERABILIA”**, Copenhagen, Denmark

Performer. Re-performance of Marina Abramovic for Louisiana Museum (4 months)

2014/15 **“blind spotting”**, Berlin, Germany

Dancer. Dance piece premiered in Sophiensaele and to be toured in 2014/15.  
Choreographer: Margrét Sara Gudjónsdóttir (Iceland)

2013/15 “STEP RIGHT TO IT”, Stockholm, Sweden

Dancer. Dance piece co-produced and premiered in MDT – Modernadansteatern and selected for the Aerowaves network to be toured in Europe in 2014.  
Choreographer: Margrét Sara Gudjónsdóttir (Iceland)

11/2014 PIN FESTIVAL, Stockholm, Sweden

Performer. Improvisation performance by Ingo Reuleck for the PIN festival 2014

07/2013 “SOUNDPAINTING”, Deltebre, Spain

Performer. Soundpainting performance on the festival Deltebre Dansa 2013  
Soundpainter (conductor): Ceren Oran (Turkey)

06/2013 “to come (extended)”, Stockholm, Sweden

Dancer. Dance piece created from the piece “to come” co-produced and premiered in MDT – Modernadansteatern  
Choreographer: Mette Ingvarsen (Denmark)

01/2013 “THIS STAYS BETWEEN US...”, Stockholm, Sweden

Co-creator and dancer with Katrine Johansen. Light design of Magnus Mikaelson. Dance duet based on a love practice.

03/2012 “EINA MEAÖLLU (one with everything on)”, Gothenburg, Sweden

Dancer. Produced by The Göteborg Opera dance company as part of the project *Nudans2012 – I Land*.  
Choreographer: Hlín Diego Hjalmarsdóttir

Presentations: Gothenburg's Opera, Stockholm (Sweden), Spain and France.

04/2011 “MISBEHAVIOR...”, Stockholm, Sweden

Creator, Dancer. Solo performance of contemporary Dance

2006/2010 FILHO PERDIDO, Lisboa

Dancer. A multi-artistic project of live funky music and street dance with some moments of theater and tap dance

09/2008 WHAT A WONDERFUL WORLD, Komotini, Greece

Performer. Street Theater performance on the topic of environmental disasters focusing on last years events. Performance created by No Mass (Gr) in partnership with PUZZLE

09/2007 “PARTIDA! A correVIDA alternativa”, Lisboa

Creator. Street performance and intervention for an alternative mobility and ecological defense (“START!The alternative LIFE/race”), performed by PUZZLE

Others

**Production  
work**

2000/2023 GOOD MOOD, Idanha-A-Nova

Production. “BOOM Festival”

2023, 2022, 2018, 2016, 2014, 2012, 2010, 2008, 2006: Responsible and coordinator of Boom Bank

2004: Coordinator of one team of the Boom Bank

2000: Assistant of production of the Boom Bank (Águas de Moura)

2008 - 2009 ALMADA MUNICIPALITY, Almada

Press Public Relations. 12<sup>nd</sup> and 13<sup>th</sup> Mostra de Teatro de Almada (Almada's Theater Showcase), organized by Almada Municipality

Others

**Taekwondo**

1994/2005 WTTU – WORLD TRADITIONAL TAEKWONDO UNION

- 12/2003 2<sup>o</sup> Dan Black Belt (2BR)
- 11/2001 1<sup>st</sup> Dan Black Belt (1BD) and Pre-certified Instructor
- 04/1999 – 11/2003 Instructor and class coordinator in several schools
- National Group Technique Champion 2005 (WTF – World Taekwondo Federation)
- National Demonstration Champion 2002 (WTTU)