

Dates	1997 / 1999
Course Designation	Specialized Higher Studies Course in Mechanical Engineering - Production Management
Educational Entity	Higher Institute of Engineering of Porto

Dates	1992 / 1995
course designation	Bachelor's Degree in Mechanical Engineering - Production Management
Educational Entity	Higher Institute of Engineering of Porto

Most relevant professional training

Dates	2018
Training Designation	Training in Information Architecture (35 hours)
Educational Entity	Link Consulting – Tecnologias de Informação, S.A.
Dates	2016
Training Designation	First Aid European Course (14 hours)
Educational Entity	Cruz Vermelha Portuguesa
Dates	2013
Training Designation	Professional Training Course “Lean Six Sigma Leadership Training” (8 hours)
Educational Entity	SGS – Sociedade Geral de Superintendência, SA
Dates	2012
Training Designation	Professional Training Course “AP Management and Innovation” (18 hours)
Educational Entity	Union of State Technical Staff
Dates	2010
Training Designation	Erseforma Energy Consumer (16 hours)
Educational Entity	Regulatory Authority for Energy Services
Dates	2008
Course Designation	Senior Management Course in Public Administration (330 hours)
Educational Entity	National Institute of Public Administration
Dates	2006
training title	Time Management and the Effectiveness of Personal Organization (36 hours)
Training Entity	Meaning –Consultoria, Formação e Informática, L.da

Personal skills and competences

Mother tongue	Portuguese		
Other languages)	English	Spanish	French
Written expression	Very good	Weak	Weak
oral expression	Very good	Well	Average

Sport skills and competences

Dates	2018-Present
Occupation or position held	Vice-President on the Portuguese Canoe Federation with the responsibility for Marathon, coordination with National Referee Council and administrative services

Dates	2018
Occupation or position held	Technical Diretor of 2018 World Marathon Championships
Dates	2013-2016
Occupation or position held	President of the North of Portugal Canoeing Association
Dates	2010-2012 and 2014-2016
Occupation or position held	Diretor of Crestuma Nautical Club
Dates	2003
Occupation or position held	Canoeing referee course – Referee in several slalom competitions
Dates	1992
Occupation or position held	Canoeing Coach Course - Level 1
Dates	1988-Present
Occupation or position held	Canoeing athlete (Sprint, Slalom, Canoe Polo, Marathon, Sea Kayak and Surfski) having been part of the national team several times (Sprint and Maratlhon)
Computer skills and competences	Good knowledge of MS Word, Access, Excel, Internet, PowerPoint, Solid Works, Auto Cad, Smartdocs, Fabasoft.
Other skills	President of the Association of Employees of DRE-Norte between 2002/03 Court Expert

Portugal, july, 2021

