**CURRICULUM VITAE SARA CRISTINA OLIVEIRA MARTINS MOREIRA**

**Address 1** Rua D. António Caetano de Sousa, 3, 2º DTO. 1500-222 Lisboa – Portugal

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**Skype** Moreira.Sara73

**Nationality** Portuguese

**Professional Experience**

Since 1 April 2015

Technical Officer@Domestic Violence / Gender Violence Department

Commission for Citizenship and Gender Equality’s ([CIG](http://www.cig.gov.pt/))

October 2011 → March 2015

Social Worker@Institute of Social Security, IP (ISS, IP)

Intervention areas:

* National Network for Continuous Care ([RNCCI](http://www.rncci.min-saude.pt/rncci/Paginas/ARede.aspx))
* Monitoring / supervision of institutionalized people in private homes
* Management of Social Security vacancies in Private Institutions of Social Solidarity

ISS, IP – [www.seg-social.pt](http://www.seg-social.pt)

2003 → 2008

Teacher in Social Inclusion and Rehabilitation Post Graduation

ISPA – [www.ispa.pt](http://www.ispa.pt) (Applied Psychology Superior Institute - Portugal)

30 November 2000 → 15 October 2010

Health Professional in Drugs and Addiction

* Drug addiction helpline counselling and email counselling
* Trainer for the International/National Training for Counsellors / providing support to management
* Website coordinator [www.tu-alinhas.pt](http://www.tu-alinhas.pt) - Health Promotion and Drug Prevention Young People’s Website, designed according to young people’s orientations and preferences. The target group was young people with ages between 10 and 21. This website provides information for parents, health and education professionals who, together with young people, can find new ways of communicating, learning and inter-relating.
* Content management on prevention training materials
* Content management collaboration in EELDA Project (Evidence Based Electronic Library on Drug Addiction - [www.eelda.org](http://www.eelda.org) )
* Trainer on counselling techniques

IDT, IP - Drug and Addition Institute – Government/Portugal

Presently known as **SICAD - Intervention Services in Addiction and Dependency Behaviours** - [www.sicad.pt](http://www.sicad.pt) - Government/Portugal

23 January 2002 → 31 July 2011

Co-founder and President of the Board Sentidos e Sensações – Non Governmental Organization on Health Education and Promotion

Project Management:

* Community Intervention and empowerment;
* Parenting Training in social disadvantaged communities
* Sex Education and Sexual and Reproductive Health for young people and specific groups (physical and mental challenged)

Trainer/content management and counselling:

* Target: Young people, parents, teachers, medical staff.
* Contents: Health Education and Promotion, sexuality, sex education and sexual and reproductive health, drug prevention, gender and equality, HIV, conflict management, counselling techniques.

Sentidos e Sensações – [www.sentidosesensacoes.pthttp://www.sentidosesensacoes.pt/](http://www.sentidosesensacoes.pt)

[http://www.sentidosesensacoes.pt/](http://www.sentidosesensacoes.pt)

1 March 2000 → 30 November 2000

Community Intervention and empowerment in social disadvantaged communities

APF- [www.apf.pt](http://www.apf.pt) (Portuguese Family Planning Association)

1 June 1998 → 31 January 2002

Health Professional - Counselling on Sexual and Reproductive Health

* Face to face, telephone and e-mail counselling on sexual and reproductive health
* Content management on sexual and reproductive health
* Production of training materials content management for teenagers and young adults
* Providing support to management

APF- [www.apf.pt](http://www.apf.pt) (Portuguese Family Planning Association)

1 January 1999 → 31 December 1999

Sexual and Reproductive Health Advocacy Project Coordinator

Advocacy among Portuguese Parliamentarians regarding sexual and reproductive health on former African Portuguese Colonies – Project implementation and evaluation; Planning field studies to local family planning organizations; Networking with European IPPF; Participation in the *International Advocacy Workshops* conducted by IPPF; Participation as the Portuguese FPA representative in *the Youth International Forum – The Hague – CAIRO +5. -* APF- [www.apf.pt](http://www.apf.pt) (Portuguese Family Planning Association)

**Education and Training**

2001→ 2005

Master in Health Psychology

Health Psychology, Intervention Levels in Health Psychology, Investigation Methodologies, Statistics, Psychological Health Evaluation, Psychiatric Psychology, Pregnancy and Maternity, Health Psychology and AIDS.

Final thesis - health and education professionals attitudes towards sex education in schools

ISPA – [www.ispa.pt](http://www.ispa.pt) (Applied Psychology Superior Institute - Portugal)

1991→ 1995

Bachelors in International Relations

Social Sciences, Anthropology, International Relations, Political Science, Demographics, International Law, Social Politics, EU, ONU, Languages – English, French and German

ISCSP - [www.iscsp.utl.pt](http://www.iscsp.utl.pt) (Political and Social Sciences Superior Institute – Portugal)

**Languages and Translation Experience**

Mother Tongue – Portuguese English - Proficient user

French – Independent user Spanish - Independent user

2005 - Course on English writing Techniques - National Administration Institute (Portuguese Government)

*My working experience allowed me a daily contact and a continuous learning on International Issues: International Law, Social Sciences, Political Science, Demographics, Social Politics, EU, ONU, Human Rights and Gender Issues. My master’s degree in Health Psychology and also my professional experience in Health Education demanded translation and proofreading work in related subjects as Psychology, Statistics, Drug Abuse, HIV/AIDS, Cancer, Stress, Obesity, Eating Disorders and Reproductive Health. For the last 2 years I have been working in the Social Security Institute (Portuguese Government), consequently I am familiar with social politics issues such as: Poverty, Children’s Rights, Unemployment, Homelessness, Violence, Parenting and Ageing.*

**Social Skills and Competences**

High skills in team work (member of several teams in different working areas), commitment and involvement in social issues (work and volunteer in various NGOs, co-founder and member of a nonprofit organization); working experience with disadvantaged and socially excluded populations, performed with high spirit of responsibility and commitment.

**Organization Skills and Competences**

Coordination and management skills: planning, organization and evaluation, production of technical and financial reports, high sense of initiative and autonomy. Experience in designing, implementing and monitoring projects.

**Computer Skills and Competences**

* Microsoft Office tools (Word, Excel, Power-Point) - Advanced knowledge;
* DreamWeaver, PageMaker, KCMS, Joomla - Basic knowledge;
* CAT Tools - Wordfast (and basic knowledge of SDL Trados).

**Other Skills and Competences**

* Professional Trainer - certified by the Portuguese Employment and Professional Training Institute - EDF 40511/2004 DL
* Certified Trainer on drug prevention and sex education by the Continuous Training Pedagogical and Scientific Counsel from Minho University
* Portuguese drivers license Nº L-1324581 0. Category B vehicle

**Additional Information**

I have a keen interest in reading & writing, both in Portuguese and English. I love travelling and experiencing new cultures: I have spent 1 month in São Tomé e Príncipe working at the local Family Planning Association and visited several European and South American countries. I have also been to Ireland in a Counselling Service on Drugs and HIV for an exchange training programme and to RUStelefonen - Norway in a Learning Exchange Visit as part of the FESAT Best Practice Exchange Partnership I wish to experience other countries´ work and social cultures and learn from them, developing myself both personally and professionally.