

CURRICULUM VITAE



PERSONAL INFORMATION

Name Sónia Maria Rocha Vieira
Address Vivenda Carpe Diem, na travessa ao nº74, S. Sebastião, 8500-522 Portimão (Portugal)
Mobile (+351) 964 201 829
E-mail sonia.vieira@criaroutraescola.com (professional e-mail)
maria.2512@hotmail.com (personal e-mail)

Nationality Portuguese
Date of birth 25/12/1980

Desired occupation - Fitness Instructor (Pilates, Aerobics, Step, Cycling, Yoga, ...)

EDUCATION AND TRAINING

Date 1998 - 2003
Title or qualification awarded Degree in Biology and Geology (teaching of)
Institution University of Trás-os-Montes and Alto Douro
Final grade 17 (seventeen)

Dates 2003 - 2004
Title or qualification awarded Post - Graduate in Biology and Geology (teaching of)
Institution University of Trás-os-Montes and Alto Douro

Date 2010
Title or qualification awarded Obtainment of the title of Instructor in Fitness, specialized in "Guidance and Conduct of the Exercise in Physical and Sporting Activities"
Institution Sports Institute of Portugal, I.P.

PROFESSIONAL EXPERIENCE

- Date 2002-2003
- Name and address of employer Escola Básica 2,3/S de Carrazeda de Ansiães (District of Bragança)
- Occupation or position held Pedagogical Internship held in middle school and high schools' classes
- Main activities and responsibilities Teacher of Natural Sciences, Earth and Life Sciences, Project Area and Assisted Study; Organizer and promoter of several study visits;

- Date 2003-2004
- Name and address of employer Escola Básica 2,3 Sophia de Mello Breyner (Arcozelo-Vila Nova de Gaia)
- Occupation or position held Middle school teacher
- Main activities and responsibilities Teacher of Natural Sciences, Project Area and Assisted Study; Organizer and promoter of several study visits;

- Date 2004-2005
 - Name and address of employer Escola Secundária de Alcochete (Alcochete)
 - Occupation and position held Highschool teacher
- Main activities and responsibilities Teacher of Biology-Geology, Biology in Sports, Biology Laboratory Techniques
- Date 2005-2006
 - Name and address of employer Escola Básica 2,3 José dos Anjos (District of Vila Real)
 - Occupation or position held Middle school teacher
- Main activities and responsibilities Teacher of Natural Sciences, Project Area, Assisted Study and Civic Training; Class Director; Organizer and promoter of several study visits;
- Date 2006-2007
 - Name and address of employer Escola Básica 2,3 Professor José Buisel (Portimão)
 - Occupation or position held Middle school teacher
- Main activities and responsibilities Teacher of Natural Sciences; Co-responsible for the Sexuality Office
Organizer and promoter of several study visits;
- Date 2007- until today
 - Name and address of employer Project Create Another School (www.criaroutraescola.com)
 - Occupation or position held Sub-Director
- Main activities and responsibilities Investigation and application of new teaching methods; Organization of events;
Promoter of the COE Blog, Author of articles/posts in the COE Blog
- Date 2007-2008
 - Name and address of employer Escola Básica 2,3 Professor José Buisel (Portimão)
 - Occupation or position held Middle school teacher
- Main activities and responsibilities Teacher of Natural Sciences;
Co-Responsible of the Project Jardim Escola;
- Date 2008-2009
 - Name and address of employer Escola Básica 2,3 Professor José Buisel (Portimão)
 - Occupation or position held Middle school teacher
- Date 2009-2010
 - Name and address of employer Escola Básica 2,3 D. José I (Vila Real Santo António)
 - Occupation or position held Middle school teacher
- Date 2009-2010
 - Name and address of employer Nautical Club of Guadiana
 - Occupation or position held Pilates Instructor
- Date 2010-2011
 - Name and address of employer Nautical Club of Guadiana
 - Occupation or position held Pilates Instructor
- Date 2010-2011
 - Name and address of employer Escola Básica 2,3 D. José I (Vila Real Santo António)
 - Occupation or position held Middle school teacher and Class Director;
- Main activities and responsibilities Teacher of Natural Sciences;
Organizer and promoter of several study visits
- Date De 2002 until today
- Conducting of several training session in pedagogic, artistic and sports areas.

PERSONAL SKILLS AND COMPETENCES

Mother Tongue Portuguese

OTHER LANGUAGES English (Note: Currently an English student in order to achieve the C1/C2 Level "Proficient User")

- Understanding B2
- Writing A1
- Speaking A2

SOCIAL SKILLS AND COMPETENCES Great communication, oral and writing; great empathy skills.

ORGANIZATIONAL SKILLS AND COMPETENCES Experience in organizing several activities: study visits, summer camps, theme weeks, lectures, conferences, workshops, seminars.

ARTISTIC SKILLS AND COMPETENCES Experience in amateur theatre and music.

OTHER SKILLS AND COMPETENCES Schiwnn Cycling Instructor (trained by Nautilus Institute)
Pilates Instructor (trained by ALM Pilates Studio)
Practitioner of several uncompetitive sports.

DRIVERS LICENSE category B

More information

- Significant experience as a sports practitioner: football, handball, athletics.
- Practitioner of gymnasium activities: cycling, step, localized, body pump, body combat, body balance ...
- Interest in acquiring knowledge in areas like complementary medicine and in other areas of fitness/sports to access in new professional careers.

- **Main motivations to work abroad:** a) Professional frustration due to the lack of appreciation, recognition and support to innovative and valid projects in Portugal; b) Continue to develop and perfect practical and theoretical knowledge in areas like sports training, fitness, personal trainer ...; c) Develop and perfect the English language; d) Live in a country where one can have quality of life and not just survive, like it happens in Portugal.

References::

University of Trás-os-Montes and Alto Douro (www.utad.pt/pt)
Escola Básica 2,3/S de Carrazeda de Ansiães (www.eb23-carrazeda-ansiaes.rcts.pt)
Escola Básica 2,3 Sophia de Mello Breyner (www.eb23-s-mello-breyner.rcts.pt/)
Escola Secundária de Alcochete (www.esalcochete.eu)
Escola Básica 2,3 José dos Anjos (www.eb23-jose-anjos.rcts.pt)
Escola Básica 2,3 Professor José Buisel (www.eps-portimao.rcts.pt/)
Project Create Another School (www.criaroutraescola.com)
Gen 21 – Academy of Sports, Arts and Training
Escola Básica 2,3 D. José I (www.aedji.pt)
Sports Institute of Portugal, I.P. (<http://www.idesporto.pt/>)
Nautical Club of Gadiana (www.cm-vrsa.pt)
Nautilus Institute (www.nautilusinstituteinternational.org/)
ALM Pilates Studio (www.almpilates.com/)

Annexes Due to the large number of existing certificates, they will be provided upon request.