

- ✱ 24-year-teaching experience both in Portuguese and English Language and Literature with high and secondary school levels, though the last 5 years exclusively in the English department, focusing on building capacities, developing and implementing new curricula, interdisciplinary approach and activity focus on innovation and creativity;
- ✱ 8-year-teaching experience in High School of Education of the Polytechnic Institute of Castelo Branco, in the area of teachers formation and training, in primary and middle school levels;
- ✱ Active engagement in national projects and Erasmus+, such as *Food on Canvas* (2014/2016, awarded as Good Practice Example by EU) and *Food at Europe's Table* (2017/2018);
- ✱ Currently teaching at Camões Secondary School to 10th grade students and a member of the school theater group, GTESC.