

PERSONAL INFORMATION

PREFERRED JOB

WORK EXPERIENCE

08/2016–Present

08/2015–07/2016

08/2014–07/2015

Curriculum vitae

Carlos [Carlos.365709@2freemail.com](mailto:Carlos.365709@2freemail.com)

Physical Education and Sports Teacher, English Teacher, Portuguese Teacher, Spanish Teacher



Head of Physical Education Department, Physical Education Teacher, Swimming

Teacher

elc International School

Lingkaran Cyber Point Barat, 63000 Selangor CYberjaya (Malaysia

Works as Head of PE Department, planning and organizing all the sports activities in this campus.

Also bears the function of Physical Education Teacher and Swimming Teacher, teaching Pre-School, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 9th, 10th and 11th grades, a total of twelve classes and 168 students. Also holds the functions of Swimming coach, Football coach and Athletics coach for the school team, participating in several tournaments and friendly matches. Organized the School Sports Day for Lower Primary students, including 16 different events for 144 students. Organized the School Sports Day for Upper Primary and Secondary, including 88 events for 248 students. Trained and coached 28 students, representing elc International School on the U13 FOBISIA Games, of which elc was the host school. Organized and supervised all the competitions for this event.

Business or sector Education

Head of Physical Education Department, Physical Education Teacher, Swimming

Teacher

elc International School

Lingkaran Cyber Point Barat, 63000 Selangor CYberjaya (Malaysia)

Works as Head of PE Department, planning and organizing all the sports activities in this campus.

Also bears the function of Physical Education Teacher and Swimming Teacher, teaching Pre-School, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th and 11th grades, a total of twelve classes and 187 students. Also holds the functions of Swimming coach, Football coach and Athletics coach for the school team, participating in several tournaments and friendly matches. Organized the School Sports Day for Lower Primary students, including 16 different events for 141 students. Organized the School Sports Day for Upper Primary and Secondary, including 88 events for 222 students. Trained and coached 42 students, representing elc International School on the Primary FOBISIA Games, hosted by S. Christopher International School in Penang, Malaysia.

Business or sector Education

Physical Education Teacher

elc International School

Lingkaran Cyber Point Barat, 63000 Selangor Cyberjaya (Malaysia)

1/6/16 Page 1 / 7

08/2013–07/2014

08/2012–07/2013

08/2011–07/2012

09/2010–07/2011

Worked as Physical Education Teacher and Swimming Teacher, teaching Pre-School, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th and 8th grades, a total of thirteen classes and 214 students. Also held the positions of Basketball coach, Football coach and Athletics coach for the school team, participating in several tournaments and friendly matches. Organized the School Sports Day for Lower Primary students, including 15 different events for 102 students. Organized the School Sports Day for Upper Primary and Secondary, including 28 events for 204 students. Trained and coached 42 students, representing elc International School on the Primary FOBISIA Games, hosted by Harrows International School in Beijing, China.

Business or sector Education

Physical Education Teacher, Swimming Teacher

elc International School

Lingkaran Cyber Point Barat, 63000 Selangor Cyberjaya (Malaysia)

Worked as Physical Education Teacher, teaching Pre-School, 1st, 2nd, 3rd, 5th, 6th, 8th and 9th grades, a total of twelve classes and 202 students. Also held the positions of Basketball coach, Football coach and Athletics coach for the school team, participating in several tournaments and friendly matches. Organized the School Sports Day for Lower Primary students, including 15 different events for 88 students. Organized the School Sports Day for Upper Primary and Secondary, including 28 events for 139 students. Trained and prepared 42 students for the Primary FOBISIA Games, hosted by elc International School in Selangor, Malaysia.

Business or sector Education

Physical Education Teacher

elc International School

Lingkaran Cyber Point Barat, 63000 Selangor Cyberjaya (Malaysia)

Worked as Physical Education Teacher, teaching Pre-School, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th and 8th grades, a total of ten classes and 184 students. Also held the positions of Basketball coach and Football coach for the school team, participating in several tournaments and friendly matches. Organized the School Sports Day for Lower Primary students, including 15 different events for 82 students. Organized the School Sports Day for Upper Primary and Secondary, including 25 events for 126 students. Trained and prepared 24 students for the U15 FOBISIA Games, hosted by Kolej Tuanku Ja'afar in Nilai, Malaysia.

Business or sector Education

Physical Education Teacher

elc International School

Lingkaran Cyber Point Barat, 63000 Selangor Cyberjaya (Malaysia)

Worked as Physical Education Teacher, teaching Pre-School, 1st, 2nd, 3rd, 4th, 5th, 6th and 7th grades, a total of eight classes and 112 students. Also held the positions of Basketball coach and Football coach for the school team. Organized the School Sports Day for Lower Primary students, including 5 different events.

Business or sector Education

Physical Education Teacher, Support Teacher, Music Teacher

Escola Portuguesa de Dili

Rua de Balide, Dili (Timor-Leste (East Timor))

Worked in school Escola Portuguesa de Dili, Timor Leste (Portuguese International School), teaching Physical Education to 5th, 6th and 7th grades, a total of six classes and 159 students. English support teacher from 1st to 3rd level students. He also held the positions of the Disciplinary Officer and Delegate of School Sports. Still carried the post of Responsible for two group / team of School Sports

Curriculum vitae

10/2009–07/2010

09/2008–08/2009

09/2007–08/2008

09/2006–08/2007

09/2005–08/2006

(Volleyball, from 7th to 12th grade and Handball, to 5th and 6th grade), running the tournaments for all classes. Has organized the activity of Cross Country competition. Organized a traditional/etnical music group with 7 students, as a support to the school dance group.

Business or sector Education

Main English Teacher

Initiation Chinese-English and Art Kindergarten

Tian He Bei Lu, Guangzhou (Guangdong Province) (China)

Work as main English Teacher in kindergarten, teaching english language from ages 2 to 5, a total of 12 classes and 169 students. Organized all teaching program and class materials to teach this classes through all terms. Also organized some extra curricular activities, such as sport competition, dance class, drawing and cooking. Organized english classes for kids from ages 6 to 10 as a support to their curricular activity.

Business or sector Education

Physical Education Teacher, School Sports Responsible, Sports Coach

Alcáçovas Secondary School, Alcáçovas (Portugal)

Worked in school EBI/JI de Alcáçovas, Portugal, and teaching Physical Education to 5th, 6th, 7th, 8th and 9th grades, a total of six classes and 112 students. English support teacher from 1st to 3rd level students. Yet he taught two classes in Pre-School (3 to 5 years of age), a total of 36 students.He also bears the functions of the Disciplinary Officer and Delegate of School Sports. Still carries the post of Responsible for two group / team of School Sports (Basketball, Step Starter Female with 15 athletes and Badminton, multi-level mixed with 19 athletes). Has organized the activities of Cross Country competition, CompalAir 3x3(basketball) and MegaSprinter(Track and field).

Business or sector Education

Physical Education Teacher, School Sports Responsible, Sports Coach

Alcáçovas Secondary School, Alcáçovas (Portugal)

Worked in school EBI / JI of Alcáçovas, Portugal, teaching Physical Education to 5th, 6th, 7th, 8th and 9th grades, a total of five classes and 91 students. English support teacher from 1st to 3rd level students. Yet he taught two classes in Pre-School (3 to 5 years of age), a total of 36 students. Also held the duties of the Disciplinary Officer and Delegate of School Sports. Was also the responsible for two groups / team of School Sports: Basketball, Step Starter Female, 15 athletes (who participated in various meetings of the regional championship) and Badminton, Step Starter Male Children and Beginners with 14 athletes (who participated in various meetings of the regional championship). Organized the activities of Cross Country competition, CompalAir 3x3 (basketball) and MegaSprinter (track & field). Participated in the inter-regional stages and with an athlete for the national stage of MegaSprinter.

Business or sector Education

Physical Education Support Teacher

Pedro Nunes Secondary School, Alcácer do Sal (Portugal)

Exercised the functions of Support Teacher (direct support in the classroom) in the discipline of Physical Education. Supported seven students with various complications in various degrees of severity (Down Syndrome, mild autism, Asperger syndrome). Co-organized and promoted the activities of: Week of Physical Education, School Cross Country competition, MegaSprinter (track & field), CompalAir 3x3 (basketball) and all meetings of the Sports School in this school. Participated in all of the evidence phase of the District School Sports. Also supported five students in English discipline.

Business or sector Education

Primary Division Support Teacher

09/2004–08/2005

09/2003–08/2004

09/2002–08/2003

09/2001–08/2002

09/2000–08/2001

Lourinhã Elementary School, Lourinhã (Portugal)

Was highlighted as a Support Teacher for Primary School. Held, within the Group of Schools of Lourinhã (county of Lourinhã), the duties of direct support in the classroom and indirect support outside the classroom. Had to support four students, one with Down's syndrome and three with varying degrees of learning difficulties and concentration. Supported all these students in English discipline

Business or sector Education

Primary School Teacher, English Support Teacher

Sobral Monte Agraço Primary and SecondarySchool, Sobral Monte Agraço (Portugal)

Placed in school EBI Sobral de Monte Agraço and teaching the second grade of Primary School. Fulfilled all the content in the program of this school grade and graduated all the 19 students. Exercised the functions of Head of Class in this group of students. Accompanied the students on Extra Curricular Activities(Physical Expression, Music and Handicraft), replacing their teachers in classes, when needed. Co-organized and participated as an animator in the Carnival parade, carried out through the streets of the city by all students of the school. Supported all the students in English discipline, beginner level.

Business or sector Education

Physical Education Teacher, Sports Coach

Olaias Secondary School, Lisbon (Portugal)

Placed in Olaias School in Lisbon, teaching Physical Education. Taught Physical Education and Project Planning to the 5th and 6th grades, a total of 5 classes and 121 students. Also had the post of Football Coach of the group/team football (team 5) of the Child B Male (12 athletes), participating in the regional championship of this sport. Co-organized the School Cross Country competition and participated in Regional Cross Country meeting.

Business or sector Education

Primary Division Support Teacher

Peniche Primary School nº5, Peniche (Portugal)

Placed as a Support Teacher on Primary School and performing these functions in the Peniche Group of Schools (Peniche County). His activity was in many ways identical to the previous year. The main difference was the temporarly replacement of two main teachers, holders of class post, in 2nd and 3rd grades.

Business or sector Education

Primary Division Support Teacher

Atouguia da Baleia Elementary School, Atouguia da Baleia (Portugal)

Placed as a Support Teacher, and performing these functions in Atouguia da Baleia Group of Schools (Peniche County). The teaching activity consisted of direct support in the classroom to f different grades in the national program of Primary School, in Casal da Vala, Lugar da Estrada and Geraldes (all in Peniche County). Still in his office he had the individualized support to three students with varying degrees of learning difficulties and concentration. Also supported ten students in English discipline

Business or sector Education

Physical Education Teacher, Sports Coach, Support Teacher

Peniche Secondary School Nº2, Peniche (Portugal)

Placed in school EBI Peniche teaching Physical Education. Taught two classes of 5th grade and three classes of Lower Primary School (1st, 2nd and 3rd grade). Also supported four teachers of Primary

Curriculum vitae

09/1999–08/2000

09/1998–08/1999

09/1997–08/1998

09/1996–08/1997

School in the area of Physical Education. Under the School Sports, he held the post of Coach for the group/team football (team of 5) in the step of Beginners Men taking part in the regional championship. Organized and promoted a range of Portuguese Traditional Games, with around 30 students, which participated in a National Meeting held in Lisbon. Co-organized and promoted the Sports Week at the end of the school year and School Cross Country competition. Also participated in the Cross Country regional meeting and Water Activities meeting performed in the S. Martinho do Porto, staged for all students belonging to the core of the West Schools Sports.

Business or sector Education

Physical Education Teacher, Sports Coach

S. Martinho do Porto Secondary School, S. Martinho do Porto (Portugal)

Placed in school EB 2,3/S of S. Martinho do Porto teaching Physical Education. Was awarded two classes of 7th grade and a class of 6th grade. From October 1999 to February 2000, he taught two classes of 11th grade and one of 12th grade for temporary replacement. He was also coordinator and promoter of PRODEFDE (Program for Development of Physical Education and Sports) for Primary Schools, in several schools around Alcobaça County (7 classes, a total of 137 students). In School Sports, was given the post of Coach of the Gymnastics school team, which participated in some meetings and category establishments, particularly in Óbidos and Nazaré. Co-organized with other teachers of this school, the National Water Activities Festival, held in St. Martinho do Porto on 29 May 2000, which brought together over 3000 students from schools throughout the country.

Business or sector Education

Physical Education Teacher

Peniche Secondary School Nº1, Peniche (Portugal)

Placed in school EB 2,3 D. Luis de Ataíde in Peniche, teaching Physical Education. Was included in the project TEIP (Territorial Education Intervention Priority) to promote the improvement of the various areas of Expression (Music, Handicraft, Physical Education and English) in primary schools .Taught to 11 classes, a total of 193 students from 1st to 4th grades.

Business or sector Education

Physical Education Teacher , Sports Director

D. João II Secondary School, Caldas da Rainha (Portugal)

Placed in school C + S D. João II in Caldas da Rainha, teaching Physical Education. Was assigned five classes, two of the 7th grade and three of the 8th grade. Was also supporting a student in the 7th grade, recovering from overall growing delay. Under the School Sports, organized and coordinated the internal activity, with a Football tournament (5 a-side) in which all classes of this school were included. Co-organized and promoted the School Cross Country competition and participated in the Regional Cross Country meeting. Co-organized and promoted three study visits in various activities (beach sports, trekking, camping and cave exploring) at S. Pedro de Moel, Évora and Serra de Aires e Candeeiros.

Business or sector Education

Physical Education Teacher, Sports Director

Josefa D'Obidos Secondary School, Óbidos (Portugal)

Placed in school C + S Josefa D'Obidos in Obidos city, teaching Physical Education. Was awarded seven classes, two of the 6th grade, three of the 7th grade and two of the 9th grade. One class of 9th grade included a blind student , which was a very enriching experience in this area. In School Sports, organized and promoted domestic football competition (5 a-side), involving 39 teams of both genders. Also organized and promoted a 5 a-side men's football competition with other schools in this region. Participated in the Beach Football Meeting, held in Peniche, with three male teams. Co-organized and promoted the School Cross Country competition and participated in regional Cross Country meeting.

Business or sector Education

09/1995–08/1996

EDUCATION AND TRAINING

10/10/1991–23/06/1995

PERSONAL SKILLS

Mother tongue(s)

Other language(s)

English

Spanish

German

Chinese

Physical Education Teacher, Head of Physical Education Department for Secondary Division, Football Coach

Atouguia da Baleia Secondary School, Atouguia da Baleia (Portugal)

Placed in school C + S Atouguia da Baleia, county of Peniche, teaching Physical Education. Was assigned six classes (two of the 7th grade and four of the 9th grade). Was also awarded the position of Head of PE DEpartment, Secondary Division. Under the School Sports, was the school's team Football Coach (5 a-side) men's Beginners level, participating in the regional championship and finishing as runner-up.

Business or sector Education



Bachelor in Physical Education and Primary School Teaching ISCED 5

Leiria Superior Institute, Leiria (Portugal)

Physical Education and Sports Teacher, Primary School Teacher



Portuguese

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| UNDERSTANDING | | SPEAKING | | WRITING |
|  |  |  |  |  |
| Listening | Reading | Spoken interaction | Spoken production |  |
|  |  |  |  |  |
| C1 | C1 | C1 | C1 | C1 |
|  |  |  |  |  |
| C1 | C1 | C1 | C1 | C1 |
|  |  |  |  |  |
| A1 | A1 | A1 | A1 | A1 |
|  |  |  |  |  |
| A1 | A1 | A1 | A1 | A1 |



Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

[Common European Framework of Reference for Languages](http://europass.cedefop.europa.eu/en/resources/european-language-levels-cefr)

Communication skills Competition Athlete for the following sports: Track and Field, Roller Hockey, Badminton and

Basketball, competing in official championships from 1977 to 1996

Currently road running regularly and competing on several official meetings

Organisational / managerial skills Coaching the Peniche Basketball Team for two years (1997 to 1999)

Job-related skills Lifeguard Certificate "Bronze Medallion" No. 21168 by Life Saving Society Malaysia - 09/2013

EAR Certificate No. 20562 by Life Saving Society Malayisia - 09/2013

Official Sailor Licence (for boats up to 13,7m long; 175 KW power) – 07/1999

Official Basketball Coach Training Licence by LPB – 10/1997

Completed the following training courses:

FIBA Basketball Referee Course Level 2 - 10/2013

Teaching Swim Basics - 08/2013

Teachers Performance Evaluation – 12/2008

ADHD Monitoring – 05/2006

English Teaching and Supporting - 03/2004

|  |  |
| --- | --- |
|  | Curriculum vitae |
|  | Proficiency in Windows and Word – 05/2002 |
|  | Swimming for Little Babies – 06/2001 |
|  | Relaxing and Postural Techniques – 05/2001 |
|  | Sailing and Canoeing – 10/2000 |
|  | Sports Activities for Disabled Persons – 03/1998 |
|  | Popular/Traditional and Sport Dancing – 05/1997 |
|  | Surf and Bodyboard – 06/1996 |
|  | First Aid and Life Support - 07/1987 |
| Digital competence | Competent with most Microsoft programmes and Internet proficient |
| Other skills | Has an excellent cultural and knowledge background in the following fields: Sports, Music, Geography, |
|  | History and Natural Sciences. |
|  | Plays regularly Acoustic Guitar and Drums and can also sing.Competent in drawing skills. |
| Driving licence | A1, B, B1 |
| ADDITIONAL INFORMATION |  |
|  | Loves to travel and experience different cultures and languages. |
|  | Has particular interest in working and living in Asia countries. Loves children and teaching them with |
|  | joy.Loves all kinds of sports, including winter and radical sports. Loves to hear and perform music . |

