# RAFAELA PAULO TEIXEIRA



**MARINE BIOLOGIST, PROJECT LEADER, OCEANOGRAPHER AND GEOSPATIAL ANALYST**

## CONTACT


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Santo Tirso, Portugal
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## LANGUAGES

- Portuguese
- English
- Spanish
- French
- German
- Mandarin

## DIGITAL COMPETENCES

- SPSS, R and SAS;
- QGIS, ArcGIS, MIRONE, MATLAB and MOHID, Jupyter Notebook, Google Earth Engine and Elastic Kibana;
- Office suites, photo editing skills and blog/website/app edition skills, etc.

R Python Java Matlab

## OTHER SKILLS

- Communication skills;
- Organization, management, administration and planning skills;
- Leadership skills: SMART Goal Concept;
- Responsability, autonomy and determination;
- Assiduity and ponctuality.

## ABOUT ME

- BSc Marine Biology at the University of Algarve (UAlg) - Portugal;
- International MSc Marine and Coastal Systems (UAlg) - Portugal;
- Science enthusiast and loves to teach and learn more;
- Effective in planning, managing, executing and obtaining results, as well as in solving and mitigating problems;
- High determination, independent, quick learner with natural leadership skills and a great co-worker;
- Hobby: to study.

## CAREER SUMMARY

| | |
|---|---|
| 2017-Present | **FOUNDER/CEO**<br>*Fish4Me* |
| 2020-Present | **MANAGEMENT AND GRAPHIC DESIGN**<br>*APPBIZ.PT and CERU collaboration* |
| 2017-Present | **SEMINARS AND WORKSHOPS**<br>*Fish4Me (including to SUSI Alumni in the presence of the Ambassadors of the United States to Portugal - Lisbon), Fulbright, University of Algarve (PT), University of Oregon (USA), Bohdan Khmelnytsjyi National University of Cherkasy (UA), SUSI Alumni Conference (HU);* CYMECOP talk with *Erasmus+*. |
| Jun 2023 | **EUROPEAN YOUTH EVENT (EYE2023)**<br>in the European Parliament of Strasbourg (France). |
| Dec 2022 | **CYMECOP FELLOW - MOLDOVA**<br>*"Young Agents of Change" Erasmus+ Trainning* |
| Jul 2022-Oct 2022 | **NASA ARSET TRAINNING COURSE**<br>*Practical remote sensing/coding skills course* |
| Jan 2022-Nov 2022 | **GEOSPATIAL ANALYST**<br>*Staruplo, Lda.* |
| Aug 2021-Set 2021 | **YOUTH REPRESENTATIVE**<br>*"Mandatária da Juventude" for the Santo Tirso Municipality Elections* |
| Oct 2020 | **WORLD RECORD AWARD**<br>*Recognition of the United Nations Development Programme* |
| 2020 | **MASTER THESIS RESEARCH STUDY**<br>*"Impact of Plyamide Microfibers in Marine Organisms using Mytilus galloprovincialis as a model"* |
| 2019 | **SUSI ALUMNI CONFERENCE**<br>*U.S. Department of State full funded participation in the SUSI Alumni Conference – Budapest, Hungary* |
| 2018-2019 | **AWARDS, HONORATIONS AND DISTINCTIONS**<br>*Santo Tirso Municipality, fhi360, Fulbright, Santo Tirso TV* |
| April 2018 | **RESEARCH STUDY**<br>*MaCS Oceanographic Cruise Campaign and Scientific poster presented at the IX Symposium MIA2018* |
| Jun 2016-Jul 2016 | **SUSI *ALUMNA***<br>*Fulbright and U.S. Department of State Program SUSI-SLE on Environmental Issues at the University of Oregon (United States of America).* |
| Sep 2015-Aug 2016 | **GENERAL SECRETARY**<br>*Nucleum of Biology Students of the University of Algarve (NEBUA)* |

## REFERENCES

1. **Margarida Castro**
Associate Professor • CCMar
mcastro@ualg.pt

2. **Monika Wilcox**
Program Director • fhi360
mwilcox@fhi360.org

3. **Carlos Travassos**
Managing Partner • Staruplo
carlos.travassos@staruplo.com

## EDUCATION AND TRAINNING

### FELLOWSHIP IN MOLDOVA PROGRAM

Dec 2, 2022 - Dec 13, 2022

*Chisinau, Bălți, Cahul and Cimișlia (Moldova)*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

- Fellowship in Moldova that is part of the project "Strengthening Capacities of Young Leaders and Youth Organisations for Meaningful Community Participation" (CYMECOP).
- It was a 7-day intensive mobility for youth workers, where 24 young leaders from 4 different countries (Portugal, Ukraine, Armenia and Moldova) visited municipal town halls, youth centers and civil society organizations in different parts of the country, met inspiring young leaders and policymakers, and exchanged their own experience of the community leadership;
- The program is co-funded by the Erasmus+ programme of the European Union and implemented by the organizations: Young Agents of Change from Ukraine, Federation of Youth Clubs of Armenia (FYCA) from Armenia, MilleniuM Training and Development Institute from Moldova and Associação Educativa Nacional de Inclusão e Inovação nas Escolas-AENIE from Portugal;
- Location: Chisinau, Bălți, Cahul and Cimișlia (25 km from Ukraine).

### NASA'S APPLIED REMOTE SENSING TRAINING (ARSET) PROGRAM

Oct 19, 20, 27, 2022

#### DISASTER ASSESSMENT USING SYNTHETIC APERTURE RADAR

*Remote*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

- How to map flood extent and assess the increase/recession of flood waters using Sentinel-1 data on Google Earth Engine;
- Mapping the motion of the Portuguese Bend Landslide on the Palos Verdes peninsula in California through InSAR using Sentinel-1 geocoded unwrapped (GUNW) products with ARIA-tools and MintPy using Jupyter Notebooks;
- How to detect marine surface oil slicks using satellite images (primarily SAR) and how this can aid clean-up efforts with SNAP.

Sep 14, 21, 2022

#### MONITORING AND MODELING FLOODS USING EARTH OBSERVATIONS

*Remote*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

- Identify and use observation-based flood monitoring and mapping tools;
- Understand and plan for using hydrologic and flood routing modeling
- techniques;
- Overview of the Hydrologic Remote Sensing Analysis for Floods (or
- HYDRAFloods).

## EDUCATION AND TRAINNING

Aug 2, 4, 9, 11, 2022

### SATELLITE REMOTE SENSING FOR MEASURING URBAN HEAT ISLANDS AND CONSTRUCTING HEAT VULNERABILITY INDICES

*Remote*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

- Map land surface temperature from Landsat 4, 5, 7, 8, & 9 and source complementary urban heat measurements;
- Use Landsat LST and Aqua MODIS for measuring SUHI;
- Construct HVI;
- Tools: Google Earth Engine, Java Script and QGIS.

Jul 12, 14, 19, 2022

### MONITORING AQUATIC VEGETATION WITH REMOTE SENSING

*Remote*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

- Overview of primary satellites/sensors used to study aquatic vegetation remotely;
- Spectral signatures of plants and algae;
- Remote sensing and in situ measurements of seagrass meadows, kelp forests and Caribbean/Atlantic Sargassum patches;
- Overview of the Sargassum Watch System (SaWS).

### MARINE AND COASTAL SYSTEMS INTERNATIONAL MASTER OF SCIENCE

Set 2016 - Set 2020

*University of Algarve (Portugal)*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

4th Semester:

- MSc Thesis Dissertation on Impact of Polyamide Microfibers in Marine Organisms using Mytilus galloprovincialis as a model organism with the orientation of Pedro Guerreiro (CCMAR) and coorientation of Margarida Castro (CCMAR and UAlg).

3rd Semester:

- Thesis Dissertation Plan – Seminar;
- Stratigraphy and Basin Analysis, Records and Measurements of Environmental Changes, Coastal and Marine Hazards, Isotopic Tracers of Marine Processes, Eutrophication and Harmful Algal Blooms.

## EDUCATION AND TRAINNING

Aug 2, 4, 9, 11, 2022

### SATELLITE REMOTE SENSING FOR MEASURING URBAN HEAT ISLANDS AND CONSTRUCTING HEAT VULNERABILITY INDICES

*Remote*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

- Map land surface temperature from Landsat 4, 5, 7, 8, & 9 and source complementary urban heat measurements;
- Use Landsat LST and Aqua MODIS for measuring SUHI;
- Construct HVI;
- Tools: Google Earth Engine, Java Script and QGIS.

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Summary/Main Subjects/Acquired Skills:

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- Spectral signatures of plants and algae;
- Remote sensing and in situ measurements of seagrass meadows, kelp forests and Caribbean/Atlantic Sargassum patches;
- Overview of the Sargassum Watch System (SaWS).

### MARINE AND COASTAL SYSTEMS INTERNATIONAL MASTER OF SCIENCE

Set 2016 - Set 2020

*University of Algarve (Portugal)*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

4th Semester:

- MSc Thesis Dissertation on Impact of Polyamide Microfibers in Marine Organisms using Mytilus galloprovincialis as a model organism with the orientation of Pedro Guerreiro (CCMAR) and coorientation of Margarida Castro (CCMAR and UAlg).

3rd Semester:

- Thesis Dissertation Plan – Seminar;
- Stratigraphy and Basin Analysis, Records and Measurements of Environmental Changes, Coastal and Marine Hazards, Isotopic Tracers of Marine Processes, Eutrophication and Harmful Algal Blooms.

## EDUCATION AND TRAINNING

Summary/Main Subjects/Acquired Skills:
2nd Semester:

- Oceanographic Cruise Research Campaign and Scientific poster presented at the IX Symposium MIA2018 (Teixeira, R., Araujo, R., Cravo, A., and Jacob, J. presented a case study titled "Marine and Coastal Systems Master of Science Oceanographic Cruise - UALG). It can be read in the page 63 of "Cunha, P. P., Dias, J., Veríssimo, H., Duarte, L. V., Dinis, P., & Lopes, F. C. IX Simpósio sobre a Margem Ibérica Atlântica IX Simposio sobre el Margen Ibérico Atlántico IX Symposium on the Iberian Atlantic Margin";
- Oceanographic Data Analysis, Modelling of Marine Systems, Remote Sensing and Submarine Cartography, Coastal Oceanography, Scientific Diving;
- Volunteer research and participation in the Pioneer Scientific Research Project on Marine Fungi Plastic Decomposers together with two MSc colleagues and oriented by Helena Galvão (CCMAR - UAlg);

1st Semester:

- Geology and Geophysics of Ocean Margins, Marine Trophic Dynamics; Marine Morphodynamics; Anthropic Disturbances of Marine Systems; Large Scale Oceanographic Processes; Marine Toxicology; and Participation in a Pioneer Scientific Research Project on Marine Fungi as Plastic Decomposers together with two MSc colleagues and oriented by Helena Galvão (CCMAR - UAlg).

### STUDY OF THE U.S. INSTITUTES (SUSI) FOR STUDENT LEADERS FROM EUROPE ON ENVIRONMENTAL ISSUES

Jun 18 - July 24 2016

*University of Oregon, University of Colorado and Washington DC*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:
3rd Year:

- The Environmental Issues Program from the U.S. Department of State that has the title Study of the U.S. Institutes (SUSI) for Student Leaders from Europe has the collaboration of the Fulbright Portugal;
- The SUSI is a brief yet intensive academic program that aims for equipping groups of undergraduate student leaders with enhanced leadership skills and a deeper understanding of the United States. The Institutes span a duration of four weeks, during which participants engage in a diverse range of activities such as seminar discussions, readings, group presentations, and lectures, all within a well-balanced academic residency.
- In addition to academic sessions, participants also get to partake in leadership development, cultural activities, and community service, all of which complement their coursework.
- In total, 22 students from 17 different countries of Europe participated in 2016 and Rafaela Paulo Teixeira represented Portugal.
- Some the competences acquired were: Leadership Skills, Sustainable Chemistry, Sustainable Aquaculture; Wild Fires and Forest Management; Eutrophication; Fisheries; Project Building Skills;
- From the Program, the Fish4Me Project was developed as the Capstone Project winner and awarded with initial development funds by FHI360;
- The Fish4Me was a project already envisioned since Rafaela was 6 to 7 years old.

## EDUCATION AND TRAINNING

### MARINE BIOLOGY BACHELORS OF SCIENCE

Sep 2013 - July 2016

*University of Algarve (Portugal)*

*Certificate of Completion: Received*

Summary/Main Subjects/Acquired Skills:

3rd Year:

- BSc Project (Graduation Thesis) on Assessment of Bivalve Abundance, Biodiversity and Recruitment in Intertidal Areas of the Ria Formosa Lagoon: an Ecosystem Services Approach with the orientation of Rui Santos (CCMAR and UAlg) and co-orientation of Carmen de Los Santos (CCMAR) and João Silva (CCMAR).
- Bioinformatics; Paleoceanography and Global Changes, Evolution, Plankton: Organisms and Processes, Benthonic and Nektonic Processes, Marine Toxicology, Marine Ecosystems, Aquaculture and Fisheries, Stratigraphy and Basin Analysis, Records and Measurements of Environmental Changes, Coastal and Marine Hazards, Isotopic Tracers of Marine Processes, Eutrophication and Harmful Algal Blooms.

2nd Year:

- General Biochemistry, Statistics, Animal Physiology, Marine Microbiology, Physical Oceanography, Marine Botany, Dynamic of Populations, Molecular Genetics, Chemical Oceanography, Marine Biological Resources.

1st Year:

- Cell Biology, Invertebrates Biology, Mathematics, General Chemistry, Topics in Marine Biology, Vertebrates Biology, General Ecology, Physics, Marine Geology, Organic Chemistry.

## LANGUAGE SKILLS

### NATIVE LANGUAGE:

- Portuguese.

### OTHER LANGUAGES:

- English;
- German;
- French;
- Spanish;
- Mandarin.

| | WRITING | SPEAKING | | OTHER | |
|---|---|---|---|---|---|
| **LANGUAGE** | Writing | Spoken Interaction | Spoken Production | Listening | Reading |
| **Portuguese** | C2 | C2 | C2 | C2 | C2 |
| **English** | C1 | C1 | C1 | C1 | C1 |
| **Spanish** | B1 | B1 | B1 | B2 | B2 |
| **French** | A1 | A2 | A1 | A1 | B1 |
| **German** | A1 | A1 | A1 | A1 | A2 |
| **Mandarin** | A1 | A1 | A1 | A1 | A1 |

Levels: A1/A2: basic user - B1/B2: independent user - C1/C2: advanced user
Common European Framework of Reference for Languages

*Certificate of Completion: Received*

## DIGITAL COMPETENCES

### LANGUAGES:

- R;
- Python;
- Java;
- Matlab.

| INFORMATION PROCESSING | COMMUNICATION | CONTENT CREATION | SAFETY | PROBLEM SOLVING |
|---|---|---|---|---|
| Independent User | Proficient User | Independent User | Proficient User | Independent User |

Levels: Basic user - Average user - Independent user - Proficient user

Description:

- **Independent domain of R, SPSS and SAS for solving statistical problems acquired in Statistics academic classes and scientific projects;**
- **Independent user of the World Ocean Database & World Ocean Atlas 2013, Coriolis, Ocean Colour Web – NASA, Giovanni – NASA, Ocean Colour CCI web GIS portal, COPERNICUS Marine Environment Monitoring Service (CMEMS), OBIS (Ocean Biogeographic Information System), Sea Life Base and Fish Base (operational oceanography). These competences were acquired in the practical academic classes of Marine Ecosystems;**
- **Independent user in remote sensing tecniques;**
- **Independent user o Jupyter Notebook, Elastic Kibana, among others;**
- **Independent user of Java, Python, R and Matlab languages;**
- Average to independent user of MIRONE, MATLAB and MOHID (per instance for tsunami modelling, tidal modelling and water discharges modelling purposes, respectively);
- Average to independent user of QGIS acquired in Topics of Marine Biology and Geology and Geophysics of Ocean Margins academic classes;
- Average domain of Annotathon acquired in Bioinformatics academic classes, as well as the necessary programs for the realization of it, such as FASTA, BLAST and it's variations (BLASTX, BLASTN, BLASTP, TBLASTN e TBLASTX), GenBank (NCBI, USA), UniProtKB/Swiss-Prot, InterProScan sequence search and ScanProsite tool,
- ImageJ, Photoshop and Krita;
- Basic user of Carbon 14 age calibration to facilitate the processing and interpretation of micropaleontological data in the Calib program. These competences were acquired in the theoretical-practical academic classes of Paleoceanography and Global Changes;
- Basic user of acquisition of sedimentary data available in the database of the GEOTOP Research Center acquired in the theoretical-practical academic classes of Paleoceanography and Global Changes;
- Basic user of IRI Data Library and the Map room from the International Research Institute (IRI) for Climate and Society data base to get access to geographic information about clime acquired in the theoretical-practical academic classes of Paleoceanography and Global Changes;
- Good command of photography editing programs acquired due to the fact that I am amateur photographer;
- Mastering office suites and data processing programs (word processor, spreadsheet and presentation);
- Independent domain in blog and website editions;
- Basic Domain in construction of animator videos and representative of themes.

Note: acquired competences during classes were applied to extracurricular scientific projects.

## PERSONAL SKILLS

### LEADERSHIP

- High leadership skills which was manifested during the program of the United States Department of State (Study of the U.S. Institutes for Student Leaders From Europe) where had to lead workgroups to a future project, which also put in practice a good level of organization of ideas and what steps to make a promising project;
- Create goals that respect the "SMART Goal" formula – S: specific, significant, stretching; M: measurable, meaningful, motivational; A: agreed upon, attainable, achievable, acceptable, action-oriented; R: realistic, relevant, reasonable, rewarding, results-oriented; and finally T: time-based, timebound, timely, tangible, trackable.

### COMMUNICATION

- Good communication skills acquired through the academic experience of seminars and oral presentations;
- High argumentation skills acquired through academic debates;
- Clear transmission of ideas during presentations, lectures or seminars. Opportunity to train such skills when had to present topics such as fisheries, aquaculture and dynamic of populations in a program of the U.S. Department of State (Study of the U.S. Institutes for Student Leaders from Europe).

### ORGANIZATION AND MANAGEMENT

- Quick solving problems, organizing herself correctly to know how could combat them, either by mitigating them or by transferring them. However, the most important thing is to avoid them. These skills were trained in a class taken by Kaimana Chee (a celebrity and business analyst at the American organization FHI360) in Eugene, Oregon State (United States).

### OTHER

- Great determination. Development of an environmental educational and awareness project related to illegal fishing which purpose is to create an easy and quick way to provide information about fish origin, species of fish and fish sustainability to consumers.
- High skills in designing scientific projects and performing field sampling campaigns, sampling methods of infauna, determination of biological metrics of seagrass meadows (plant morphology, shoot density, etc.), oceanographic data analysis, including phytoplankton data analysis and statistical analysis (examples: R, SPSS, SAS, MATLAB);
- High skills in literature searching and synthesis, interpretation and reporting of scientific results through the graduation research project; and scientific communication and presentation in events.

### VOLUNTEERING AND ACTIONS

- Food for Lane County - Oregon. United States of America (2016);
- Volunteer work with new university students as the students' representative of Marine Biology class from 2017/2018;
- Donations for Happy Paw - Kiev, Ukraine (2023).

### AKNOWLEDGMENTS


- enwar_mental (2022);
- Cerqueira, P. R. G. (2020). Microalgae for the tertiary treatment of urban effluents in a pilot-scale system (MSc Thesis, Universidade do Algarve).


### DRIVER'S LICENSE

| DRIVER'S LICENSE CATEGORY |
| --- |
| B |

## ADDITIONAL INFORMATION

### AUTHORSHIPS AND PARTICIPATIONS

- Author of the document delievered to the Members of the European Parliament (MEPs): Marques, H., Cerqueira, R., and Teixeira, R. (2023). European Directives Proposal (European Youth Event - EYE2023).
- Participation as the Founder/CEO of the Fish4Me with a declaration on the document: Surfrider Foundation (2023). Report on the European Citizen Consultation - BlueUp2024.
- Team leader and translation to Portuguese of the CYMECOP Handbook: Young Agents of Change (2022). You(th) Voice Matters (Ukraine).
- Author of the Master Thesis Dissertation: Teixeira, R. P. (2020). Impact of Polyamide Microfibers on Marine Organisms Using Mytilus Galloprovincialis as a Model (Master Thesis dissertation, Universidade do Algarve - Portugal).
- Author of the Oceanographic Cruise Research Campaign and Scientific poster presented at the IX Symposium MIA2018 (Teixeira, R., Araujo, R., Cravo, A., and Jacob, J. presented a case study titled "Marine and Coastal Systems Master of Science Oceanographic Cruise - UALG). that can be read in the page 63 of: "Cunha, P. P., Dias, J., Veríssimo, H., Duarte, L. V., Dinis, P., & Lopes, F. C. IX Simpósio sobre a Margem Ibérica Atlântica IX Simposio sobre el Margen Ibérico Atlántico IX Symposium on the Iberian Atlantic Margin".

### AWARDS AND DISTINCTIONS

- Honored by the Santo Tirso townhall as a “Jovem Tirsense com Futuro de Santo Tirso” (https://issuu.com/santotirso/docs/cmst_rm_07_web - Page 96 and 97);
- Honor and celebration of the U.S. Government Exchange Programs at the Ambassador’s residence in Lisbon on March 28th , 2019;
- Honored at the SUSI Alumni Conference 2019 as a success alumni from the SUSI program by the fhi360 with an audio and recorded interview that will come soon;
- Awarded by the Bureau of Educational and Cultural Affairs, U.S. Department of State and full funded to participate in the SUSI Alumni Conference 2019 –Budapest, Hungary.

### CERTIFICATIONS

- Certificate of the program of the Bureau of Educational and Cultural Affairs, U.S. Department of State: Study of the U.S. Institutes (SUSI) for Student Leaders from Europe;
- NASA Arset Certificates in “Monitoring Aquatic Vegetation with Remote Sensing” and “Satellite Remote Sensing for Measuring Urban Heat Islands and Constructing Heat Vulnerability Indices”;
- Certificate of the World Record Award with the recognition of the United Nations Development Programme;
- Certificate of the 21st International Symposium on Microencapsulation;
- Certificate of the training program “Escola de Voluntariado” (Pista Mágica);
- Certificate of the program of the Bureau of Educational and Cultural Affairs, U.S. Department of State: Study of the U.S. Institutes (SUSI) for Student Leaders from Europe;
- NASA Arset Certificates in “Monitoring Aquatic Vegetation with Remote Sensing” and “Satellite Remote Sensing for Measuring Urban Heat Islands and Constructing Heat Vulnerability Indices”;
- Certificate of the World Record Award with the recognition of the United Nations Development Programme;

## ADDITIONAL INFORMATION

### CERTIFICATIONS

- Certificate of the 21st International Symposium on Microencapsulation;
- Certificate of the training program “Escola de Voluntariado” (Pista Mágica);
- Certificate of the Personal Marketing Course by the University of Algarve;
- Certificate of the de First Level Speleology by the Portuguese Speleology Federation;
- Certificate of the 1st Youth Congress in the 15th International Congress of Educating Cities;
- Cambridge Certificate of Level A2 of English (when younger);
- Certificate of Participation in the National Final of Biological Culture by ANEBIO with the participation of the Order of Biologists;
- Certificates of the Nucleus of Underwater Activities (NAS) of Participation in the lectures "Sea Horses in the Ria Formosa", "The Black Fish" and Flying Sharks ";
- Certificates of the Students of Biology Core of the University of Algarve (NEBUA) in the lectures “Scientific Illustration”, “Cetaceans along the Portuguese Continental Coast: species, threats and the importance of local stranding networks”; “Exotic Animals as a Pet? Why Not?”, “Genetics of the Conservation of Guinea-Bissau Primates”, “Exploration Session on Oil Exploration in the Algarve”; “Flying Sharks”, “Sea Horses in the Ria Formosa: from abundance to disappearance?”, “How to Create a Dinosaur”, “ONGA and the University: as a fish in the water - the League for the Protection of Nature”, “Sea turtles in mainland Portugal: species and what they do in Portuguese waters”, “It is necessary to have cold blood!”, “Penguins Black and White: why and how to do polar science in Portugal” e “Sea Cucumbers”;
- Secondary Education Diploma by the Ministry of Education and Science of Portugal.

### CONFERENCES

- Videoconference with scientists in Bremen who were opening and describing corer collected in the summer of 2016, on an IODP mission, to study the impact crater that gave rise to the disappearance of the dinosaurs: Chicxulub Crater on 2016;
- "The United States and Portugal: A Partnership for Prosperity-Energy Security, Entrepreneurship, and Economic Engagement" Conference with the presence of Mae Jemison (the first African-American female astronaut who was aboard the Space Shuttle Endeavor in September 1992), the President of the Portuguese Republic Marcelo Rebelo de Sousa), and other entities on 2017 (occurred in Lisbon and the invitation was from the Fulbright - Portugal).;
- 1st Youth Congress in the 15th International Congress of Educating Cities on 2018 (occurred in Cascais);
- SUSI Alumni Conference 2019 fully funded by the American organization FHI360 (occurred in Budapest);
- Microsoft on Tour 2022 Conference on October 26th , 2022 (Braga, Portugal).

## ADDITIONAL INFORMATION

### COURSES

- Personal Marketing Course;
- First Level Speleology Course;
- Scientific Snorkelling Course.

### DISTINCT EVENTS

- Speed Network at the U.S. Embassy in Lisbon (Portugal);
- European Youth Event (EYE2023) at the European Parliament of Strasbourg (France) - June 9th and 10th, 2023. Co-author of the EU Directives Proposal Document shared with Members of the European Parliament (MEPs) for the 2024 European Elections.

### INTERVIEWS

- Interview for the Santo Tirso TV about the Fish4Me Project as a honour in the International Women's Day ;
- Interview for the American Organization fhi360 as a honour in the International Day of Women and Girls in Science;
- Audio Interview for the U.S. Department of State during the SUSI Alumni Conference 2019: 22.33 Podcast Interview (Interviewer: Katherine Wise) – Coming soon;
- Video Interview for the SUSI Alumni Conference 2019 (Interviewer: Katherine Wise) – Coming soon.
- Radio RBS "Voz Portugal" from Strasbourg Interview on June 11th, 2023.

### MEMBERSHIPS

- National and International Alumni Community from the U.S. Department of State Programs;
- Women of Impact from the National Geographic Facebook Community; > General Secretary of the Students of Biology Core of the University of Algarve (NEBUA) in the academic year 2015/2016;
- Vice representative of the second academic year of the Marine Biology graduation.

### PARTICIPATIONS

- Participation in a fieldwork of collecting and identifying algae species in the laboratory of the University of Cadiz in order to make an algarium for the subject Marine Botany of the marine biology graduation of the University of Algarve;
- Participation in a pioneer scientific research about Plastic Biodegradable Marine Fungi with the Professor Helena Galvão (CCMAR-UAlg) and three more colleagues from the MSc.

## ADDITIONAL INFORMATION

### PRESENTATIONS

- Presentation about fisheries, aquaculture and dynamic of populations, applied to preservation and conservation issues at the University of Oregon (United States) on 2016;
- Fish4Me presentation in Washington DC to the U.S. Department of State staff, University of Oregon, University of Tennessee Chattanooga and University of South Carolina Staff and to the American Organization fhi360 members at the Hilton Hotel as a result of the SUSI Award on 2016;
- Presentation to my graduation class at a request of my aquaculture and fisheries teacher (Rui Cabral e Silva – CCMAR) about the Fish4Me project, in order to create awareness about the Illegal, Unreported and Unregulated (IUU) fisheries and providing information about how people can buy fish in a sustainable way on 2017.
- Fish4Me presentation to some SUSI Alumni in the presence of the Ambassadors of the United States to Portugal George E. Glass on 2018; > Fish4Me presentations at both Escola Secundária de Tomaz Pelayo – Santo Tirso and Escola Secundária de Penafiel – Penafiel on 2018;
- Fish4Me Presentation at the VI Semana do NEBUA on 2019;
- Fish4Me presentation in Washington DC to the U.S. Department of State staff, University of Oregon, University of Tennessee Chattanooga and University of South Carolina Staff and to the American Organization fhi360 members at the Hilton Hotel as a result of the SUSI Award in the SUSI Alumni Conference 2019.

### PROJECTS

- Fish4Me (www.fish4me.pt; www.fish4me.eu) – A project responsible for raising awareness of illegal fisheries It consists in a fast and effective way of providing information to the final consumer aboutthe origin and sustainability of the fish. For this the mobile application (https://app.fish4me.pt/), which name is Fish4Me, aims to provide such information about the most commonly fish in your country (such as the minimum catch size, the stock in the ocean and the picture of the respective organism) to minimize the effect of Illegal, Unreported and Unregulated fisheries (IUU). There are four collaborators for this project: Margarida Castro (CCMar-UAlg), Amantha Muhandiramlage (University of Naples Federico II, Italy), Pablo Lo pez (Universitat Rovira I Virgili, Spain) and Robin Andersson (Uppsala University, Sweden);
- Graduation research project “Role of seagrass meadows on the recruitment of bivalves in Ria Formosa lagoon” with the supervisors Rui Santos, Luí s Chí charo, Joa o Silva, Carmen B de los Santos of the Centre of Marine Sciences (CCMar). The goal is to investigate the role of seagrass meadows as nursery habitat for commercial bivalves, with special focus on the first life stages of clams. The specific objectives are: identification of commercial important species inhabiting seagrass meadows and unvegetated intertidal areas in the Ria Formosa lagoon and quantification of the seasonal variation of clam recruitment and individual density along their life stages (juveniles and adults);
- Collaborator as graphical designer and manager of the Centro de Riscos Urbanos (CERU) Project called Riscos Urbanos in Odivelas (https://riscosurbanos.pt/).

## ADDITIONAL INFORMATION

### SEMINARS

- Speaker on Fish4Me presentations on High School of Tomaz Pelayo (Santo Tirso, Portugal) that was financed by the Santo Tirso Municipality Mayor, (28th of April, 2017); on Penafiel High School (Penafiel, Portugal) (9th of June, 2017) with the presence of Penafiel Municipality Mayor; on SUSI ALumni Conference (Budapest, Hungary) (2019); on Escola Básica e Secundária do Vale do Âncora (Vale do Âncora, Portugal) (January 25th, 2023), among others.
- Speaker on the topic of Marine Sciences on a web seminar at the Bohdan Khmelnytsjyi National University of Cherkasy (Cherkasy, Ukraine).

### SUMMITS

- Gilman Summit Staff 2019 (an invitation by the staff from the U.S. Department of State);
- Global Oceans Summit 2019 (through invitation);
- United Nations Association of the United States of America Summit "2021 Engagement Summit – From Moments to Movements: Solidarity for Sustainability" (February 19th and 20th, 2021) with the presence of public figures such as Henrietta Fore, Ban Ki-Moon, António Guterres, Jonh F. Kerry, Angelina Jolie, Alexandra Cousteau, Monique Coleman, etc;
- Woman of Impact Summit (November 7th to 11th, 2022);
- COP27 Virtual Ocean Pavilion (November 9th and 14th, 2022).

### SYMPOSIUMS

- 21st International Symposium on Microencapsulation that happened between the days 27th to 29th of September, 2017 at the University of Algarve;
- Scientific data presented in a scientific poster exposed at the IX Symposium MIA2018 with the title "Oceanographic Cruise Campaign of MaCS Master - UALG - Case study of 2018" and authors Rafaela Teixeira (MaCS student), Rafael Araujo (MaCS student), José Jacob (CIMA-UAlg) and Alexandra Cravo (CIMA-UAlg).

### WEBINARS

- Webinar with Monika Wilcox (a member of the American organization FHI360);
- Moderator at the Fulbright Portugal webinar "Sustainability on Higher Education - Perspectives from the US and Portugal" with Tacy Lambiase (Department of Sustainability at American University in Washington DC)), Francisco Ferreira (ZERO - Sustainable Terrestial System Association and Penny Rechkemmer ( Public Affair Officer at the US Embassy in Lisbon) as speakers and Otília Macedo (Executive Director at the Fulbright Commission - Portugal) as a presenter.The webinar took place on November 20th, 2020.
- Air Center webinars: Biodiversity of Cape Verde (December 11st , 2020);
- UN Decade of Ocean Science (December 18th, 2020);
- War Landscapes: online photo exhibition webinar and networking session organized by the EU Neighbours East.

### WORKSHOPS

- National and International Alumni Workshop organized by the Department of State of the United States of America, USA Embassy and Fulbright Comission where the SUSI SLE 2016/Alumni experience was made to see the US Ambassador to Portugal Mr. George Edward Glass, Mrs. Mary Glass and other Alumni and do the training program "Escola de Voluntariado" provided by Sónia Fernandes (Pista Mágica). The event happened at the 14th February, 2018 in the Hotel Real Palácio, Lisbon (Portugal);
- Stress and Immune Responses in Relation to Adaptation in Antarctic Fish Workshop (2-3 May, 2019).