

## CURRICULUM VITAE

Leonor Veiga



I have a degree in Communication Sciences - journalism from Universidade Autónoma de Lisboa. I'm versatile and able to explore other categories of wide area communication. I have experience in different jobs , with a variety of tasks and responsibilities, viewing them as new challenges and experiences that value and enrich my professional route.

### Education and Training:

2007 - 2010

Universidade Autónoma de Lisboa (UAL)

Degree in Communication Sciences – Journalism

Workshop	Entity	Content	Hours
Creative Thinking Former: Diego Parra Duque (under the program 'Jovens Activos')	Youth Division and Knowledge of Municipality of Cascais	Ability to develop and look for creative ideas	14 hours
Communication and Team work Former: Jo Claeys (under the program 'Jovens Activos')	Youth Division and Knowledge of Municipality of Cascais	How to work as a team and get results	14 hours
Entrepreneurship and Own creation Employment (under the program 'Jovens Activos')	Youth Division and Knowledge of Municipality of Cascais	Encouraging the creation of a business; simulation of setting up a business	21 hours
Personal brand Formers: Cláudia Leão and Frederico Costa (under the program 'Jovens Activos')	Youth Division and Knowledge of Municipality of Cascais	How to value our capabilities and reach out to employers	14 hours
Personnel Management Former: Anita Silva - Team Mais	Youth Division and Knowledge of Municipality of Cascais	How to organize our time and our work in the best way	14 hours

(under the program 'Jovens Activos')			
<p>Emotional Intelligence and Conflict Management</p> <p>Former: Maria João Martins</p> <p>(under the program 'Jovens Activos')</p>	<p>Youth Division and Knowledge of Municipality of Cascais</p>	<p>Dealing with conflicts between people/ work teams</p>	<p>21 hours</p>
<p>Development of Skills for Insertion in the labor market</p> <p>Former: Vanda Figueiredo</p>	<p>Youth Division and Knowledge of Municipality of Cascais</p>	<p>Know how to build a good resume and how to search or create jobs, for faster integration into the labor market</p>	<p>30 hours</p>
<p>History of Cinema Course</p> <p>Formers: António-Pedro Vasconcelos and Miguel Simal</p>	<p>Âmbito Cultural El Corte Inglés</p>	<p>A general view of history of the seventh art in the World</p>	<p>20 hours</p>
<p>Workshop Management of Online Communities</p> <p>Former: Rui Guerreiro</p>	<p>Cenjor (Lisbon)</p>	<p>Know about online communities as a means of dissemination of a business, realizing how we should manage these platforms</p>	<p>12 hours</p>

**Work Experience:**

**2015 - present**

Management of Social Networks at EUTIMIA – European Alliance Against Depression in Portugal

### **2013 – 2015**

Real estate consultant at RE/MAX

### **2011 – 2015**

I created the radio program " Lisboa Low Cost" - cultural agenda cheaply in Lisbon  
- I write , produce and edit the program for Rádio Autónoma and for the blog podcast -  
lisboalowcost.radioautonoma.com

Facebook page at <https://www.facebook.com/lisboalowcostagendacultural>

### **2009 – presente**

I am responsible for editing and writing the articles of the scouts group 601 Vilar, to the scout newspaper 'Oeste Escutista' (Scout West), available online at [oestescutista.wordpress.com](http://oestescutista.wordpress.com)

### **2012 – 2013**

I created 'Cine +' for radio 'Mais Oeste', a radio program about cinema, where I was responsible for writing and producing

### **2012 – 2013**

Communication Office of the theater company 'Companhia de Actores', at 'Teatro Municipal Amélia Rey Colaço', in Algés

### **2011-2012**

Journalist - MyGuide Portal ([www.myguide.pt](http://www.myguide.pt))

### **2010-2011**

Trainee journalist , newspaper 'Expresso' - multimedia section (6 months)

### **2010**

Trainee journalist at the Communication Office of MITO - Mostra Internacional de Teatro de Oeiras (International Exhibition of Theatre in Oeiras) (1 month)

### **2010**

Television pivot (presenter of television news) and radio animator and journalist in an initiative of Universidade Autónoma de Lisboa for 'Autónoma TV' and 'Rádio Autónoma', channels with an Internet connection (3 days)

### **2010**

I participated in drafting the newsletter of Casa Pia in April 2010, under a university work

### **2009**

I participated in the initiative 'Banco Alimentar' (Food Banl) through the university radio - Rádio Autónoma, which has a stand at the headquarters of Alcantara in the days of the campaign, to cheer up the volunteers

**2004 – 2009**

Sporadic work as a babysitter

**2001**

One of the voices of the junior website of 'Texto Editora'

**Personal Skills****Competencies in foreign languages**

<b>Languages</b>	<b>Listening</b>	<b>Reading</b>	<b>Writing</b>
<b>English</b>	Very Good	Very Good	Very Good
<b>French</b>	Moderate	Moderate	Moderate
<b>Spanish</b>	Moderate	Moderate	Moderate

**Social and organization skills**

Good communication skills , good ability to adapt to different environments, management capacity and orientation in work and team projects, sense of organization and responsibility, result of ten years experience as a scout and social solidarity actions such as the Banco Alimentar (Food Bank), which I participate every year.

**Computer skills**

Office software , Adobe, Wordpress, video editing softwares EDIUS and Adobe Premiere and sound editing program Adobe Audition

**Artistic skills**

Ballet classes at Studio Margarida de Abreu, during 13 years

Classical Guitar Lessons and Musical Training at Centro Desportivo e Musical Vilarense, during 4 years

**Additional information**

Driving license (Type B) with own car

I am part of a group of scouts, which I integrate the team responsible for a group of children from 6 to 10 years