

portfolio.



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TEACHER | COORDINATOR | ARTIST



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"As an economics graduate with a diverse professional background in business and teaching, I have consistently pursued my passions for the Arts, SDGs, DEI (Diversity, Equity, and Inclusion), and AI (Artificial Intelligence). My journey has been driven by a commitment to fostering inclusive environments, exploring the intersection of technology and creativity, and advancing sustainable development through innovative projects."

EDUCATION

LATEST KEY ACHIEVEMENTS

I guided a student-led project focused on using AI to address biases in family education, sparking important discussions about diversity and equity at home. Somemore significant projects involved collaborating with students on entrepreneurial-focused business models that explored economic and social issues through interactive media. These experiences reinforced my belief in the social sciences, the arts and technology as catalysts for positive social impact."

SKILLS

PROFESSIONAL
Cultural Competence

Time management

Leadership

Problem solving

Team Collaboration

Creativity

Quick learner

Adaptability and Flexibility

Critical Thinking

Communication

PROFESSIONAL BACKGROUND

"My professional journey began in the fields of business and education, where I cultivated strong skills in project management, strategic planning, and leadership. These experiences have given me a deep understanding of how to effectively manage complex, interdisciplinary initiatives, preparing me to lead projects that integrate diverse fields such as the arts, SDG, DEI, and AI and the showing me the importance of leadership in driving successful initiatives."

PASSION FOR ARTS, DEI & ESG/SDG

"Throughout my career, I have never let my passion for the arts, DEI, and sustainable development wane. I founded and managed arts-related associations, where I took on the primary managerial role, overseeing all aspects from project conception to execution. In my teaching roles, I led student-centered projects that explored SDG & DEI themes and the applications of AI in creative fields. These initiatives were designed to empower students to think critically about the ethical implications of AI, the importance of inclusivity, and the role of art in driving social and environmental change. These experiences, though self-taught, have equipped me with a deep understanding of how art can be a powerful tool for social change and environmental awareness."





FUTURE VISION

"As I look to the future, I am eager to develop new projects that blend art with DEI, AI, and ESG/SDGs principles. I envision initiatives that inspire, educate, and drive real change in our communities. My background in Economics and hands-on experience in Teaching, Project, Management, and the Arts positions me uniquely to lead these interdisciplinary efforts that aim to build a more inclusive, equitable, and sustainable world."

CALL TO ACTION

"I am excited to collaborate with like-minded partners and sponsors who share my passion for the Arts, Technology, and Social Impact. Together, we can create innovative projects that empower the Next Generation and contribute to a more inclusive and sustainable future."





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INTERNATIONAL
PROJECTS

*Organized by me at Magestil
Vocational School.*

selected
works

2000 - 2024



Projects

Neste filme estão os vários trabalhos desenvolvidos ao longo do 3 ciclos de formação do Curso (de 2019 a 2023), com os alunos dos três anos que compõe...

VM_EDUCATION+ARTS

1

WOMEN AND GIRLS IN STEM FORUM '24

European Competition representing Portugal with the BIAS BUSTER HOME EDITION Project - 'AI Challenge for Secondary School Girls' launched by the Girls Go Circular project as part of the WGSTEM Forum - the project's annual event.

2

EYE '23

EYE (European Youth Encounter) at the European Parliament in Strasbourg.

3

CEDEFOP AWARDS - The initiative allows young VET learners and adults in continuing education from the EU, Iceland, and Norway to exhibit their video creation skills. Participants were invited to showcase a skill they had acquired, and the winner received a trip to Thessaloniki for the International Documentary Festival

4

WOMEN AND GIRLS IN STEM FORUM '22

European competition to represent Portugal with the D-Cipher Project - 'App Idea Challenge for Secondary School Girls' launched by the Girls Go Circular project as part of the WGSTEM Forum - the project's annual event.

5

YOUR EUROPE, YOUR SAY! 2022

The Truth about lies. Youth Challenging Disinformation

Organised by the European Economic and Social Committee in Brussels. This event is designed and intended to be a tool to promote an open and potentially long-lasting dialogue on European policies with young people in the EU. It also aims to promote a network of secondary school teachers to raise awareness of the importance of the EU's impact on everyday life and to contribute to the empowerment of young people as a pillar of EU policy-making.

6

ECB - Generation Euro

In this competition, participants have to propose the monetary policy decisions that the Governing Council of the European Central Bank (ECB) should take, depending on the state of the euro area economy and the level of inflation. It is based on different instruments to ensure stability, namely interest rates and purchases of financial assets.

VERA MENDES



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National Projects

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selected
works

2000 - 2024

1

+digiaula accenture 2023.2024

Accenture Portugal offers the +digiaula platform - online training that brings students closer to the world of work and employment. It provides a wide choice of training programmes designed to improve digital and technical knowledge, as well as personal skills.

2

G-Talks 360°

"You will progress only as fast as you are willing to listen, observe, learn and adapt."

"Só pode progredir tão rapidamente quanto estiver disposto a ouvir, observar, aprender e adaptar-se!!!"

3

G-Talks 360° - 2023

Lecture '**The Secrets of the Best Professionals**', based on the speakers' book and interviews with women who become leaders.

The speakers: **Isabel Canha** and **Maria Serina**, journalists and founders of the website **Executiva.pt**. They talked about gender equality in the world of work, always linking it to Executiva's mission (providing inspiring role models to help the next generation of professionals).

4

G-Talks 360° - 2024

Lecture '**Diversity, Inclusion and Gender Equality**', with speaker **Cristina Almeida** - Life Coach and Founder of **DivHersity House**

This is a topic that is becoming increasingly structural in the future sustainability of societies, the economy and socio-political stability, and it is therefore essential to integrate it into the training of the younger generations so that they can be ambassadors for fair, inclusive policies with equal access to opportunities for development and promotion.

5

Management Days

2021 Theme: 'The Impact of Digital Transformation on Companies'

2022 Theme: 'Reimagining the EX (Employee Experience) - the challenge of the new era.'

2023 Theme: 'People+Data: change and innovation in a continuum of Metaverse experiences'

2024 Theme: 'Business Resilience in Uncertain Times'

6

Amar é Agasalhar (To love is to shelter)

This is an annual solidarity project that aims to engage students from all academic disciplines and contribute to the creation of value for the surrounding community.

It also encourages young people to become active citizens who demonstrate solidarity, engagement, and humanism, thereby enriching their professional and personal careers.

**Projects**

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