



Europass Curriculum Vitae

Personal information

First name(s) / Surname(s) **[MENDES, DIANA RAQUEL PEREIRA]**
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E-mail dianamendes@portugalmail.pt
Nationality Portuguesa
Date of birth [10, 02, 1985]

Work experience

Dates From November 2009 to April 2013
Occupation or position held *Health and Environmental Advisor*
Main activities and responsibilities Occupational Health, Industrial Hygiene, Environmental Management Safety, ISO 17025, responsible for some laboratory tests.
Name and address of employer Instituto Nacional de Saúde Doutor Ricardo Jorge, I.P. (Porto) – www.insa.pt
Principal subjects/occupational skills covered Department of Indoor Air Quality
Dates From September 2013 to presente
Occupation or position held Health and Safety Advisor
Main activities and responsibilities *Occupational Health, Industrial Hygiene, Environmental Management Safety and laboratory work.*
Name and address of employer CATIM – Technological Center for the Metal Working Industry – www.catim.pt
Principal subjects/occupational skills covered Department of Environmental, Hygiene and Safety

Education

Dates *From September 2005 to October 2009*
Title of qualification awarded Degree “Licenciatura”(Level 5) in Environmental Health (180 ECTS)
Principal subjects/occupational skills covered

- Biomathematics, Biostatistics and Bioinformatics;
- Environmental Health,
- Social and Human Sciences;
- Management and Administration in Health.

Name and type of organisation providing education and training School of Allied Health Sciences of Public Higher Education Institution (www.estsp.ipp.pt)
Level in national or international classification 14 values

Personal skills and competences

Mother tongue(s) Portuguese

Other language(s)

Self-assessment

European level (*)

English

French

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
C2	Mastery	C2	Mastery	C1	Effective Operational Proficiency	C1	Effective Operational Proficiency	C1	Effective Operational Proficiency
A2	Waystage	B1	Threshold	A1	Breakthrough	A2	Waystage	A2	Waystage

(*) Common European Framework of Reference for Languages

Social skills and competences

- Member of a young people group "Manus Christi" - Major skills acquired: critical thinking, ethical commitment.

Organisational skills and competences

- ORGANIZATION (SOCIO-CULTURAL ACTIVITIES) WITH YOUNG AND OLD PEOPLE ;
- PRACTICE OF SWIMMING [3 YEARS];

Technical skills and competences

Computer skills and competences

CONTINUING EDUCATION IN THE FIELD OF ICT'S (WINDOWS, EXCEL, INTERNET)

Other skills and competences

PARTICIPATION IN SEVERAL SEMINARS, including Among them:

- International Seminar "Prevenção de Doenças Profissionais, Instituto Nacional de Saúde Dr. Ricardo Jorge, I.P" – Porto, 30 e 31 Outubro de 2007;
- Participation on "Workshops sobre Lesões Músculo-esqueléticas" – Universidade do Minho – Guimarães, Outubro de 2007;
- Curso Prático de "Avaliação do Ambiente Térmico em Contexto Laboral"– 11 de Novembro de 2010 (6h);
- Vocational training on 'Iluminância de postos de trabalho no interior de edifícios', com duração de 7 horas – Lisboa, 27.04.2011;
- Vocational training on 'NP ISO/IEC 17025:2005' – Lisboa, 15 e 16.06.2011;
- Vocational training on 'Amianto nos Edifícios – localização, aplicação, risco e avaliação da exposição', Lisboa, 17.06.2011;
- Participation on Internacional Congress 'ICOEH' – Porto, 17 a 19.10.2011;
- Vocational training on 'Avaliação de Incertezas dos Parâmetros PMV e PPD (ISO 7730:2005) usando o Método de Monte Carlo' – Instituto Nacional de Saúde Dr. Ricardo Jorge, I.P – Porto, 22 e 23.10.2012 (14h);
- Vocational training on 'Avaliação e Controlo de Riscos em Laboratório' – Instituto Nacional de Saúde Dr. Ricardo Jorge, I.P – Porto, 24 e 25.10.2012 (14h) – a aguardar certificado de participação;
- Participation on International Symposium on Occupational Safety and Hygiene (SHO) – Guimarães, 14 e 15.02.2013;
- Participation on "VI Cycle of Debates on Occupational Safety and Health Research in Portugal: Now and in the next Future" – Porto, 07.06.2013.

Driving licence

Full driving licence - Category B

Additional information

Participation and collaboration in national community activities since 2001.

Annexes