



# Maria Romana

History Student | Youth Volunteer

✉ mrrccromana791@gmail.com

📍 Sintra & Lisbon, Portugal

👤 19 years old

## Profile

History undergraduate at NOVA FCSH with hands-on experience in teaching, customer service and youth volunteering. I've taken part in two Erasmus+ projects and have more than 5 years of musical training as a pianist and choral singer. I'm organised, calm under pressure, and at my best working with people of all ages and backgrounds.

## Education

**Bachelor's in History** (*in progress*) 2025 – 2028

NOVA FCSH – Faculdade de Ciências Sociais e Humanas · Lisbon

- Coursework in Pre-History, Medieval History, Historiography, among others
- Active in student life as a board member of N.HIST

**Secondary Education – Languages and Humanities** 2022 – 2025

Escola Secundária de Santa Maria · Sintra

Final grade 19.1 / 20

**Calouste Gulbenkian Foundation Scholarship Holder** 2025 – Present

Calouste Gulbenkian Foundation · Lisbon

- Selected for a competitive merit scholarship that supports university students throughout their degree
- Part of a community of scholars with access to mentoring, training and networking activities

## Work Experience

**Restaurant Staff** (*Seasonal*) Summer 2026

Gingão · Sintra

- Served customers during the high tourist season in a fast-paced environment
- Communicated with Portuguese and international customers

**Private Tutor – Primary School Students** Sep 2025 – May 2026

Self-employed · Sintra

- Tutored 2 primary school students across Mathematics, Portuguese, History and English, with visible improvement in their grades and confidence
- Designed personalised lesson plans and adapted materials to each child's level and learning style
- Assessed progress regularly and kept parents informed

**Restaurant & Customer Service Assistant** Aug 2024 – Aug 2025

AHSA – Associação em Honra de Santo Amador · Santo Amador, Moura, Beja

- Served customers in a busy restaurant, including during peak service and events
- Worked as cashier, handling large cash volumes accurately and closing out the register
- Helped plan and run the association's events

**Piano Teacher** 2024 – Present

Escola Básica e Secundária Mestre Domingos Saraiva · Sintra

- Taught piano to 6 students in the 6th and 7th grades, covering technique, music reading and repertoire
- Adapted lessons to each student's pace and goals, keeping them motivated through regular practice targets

## Languages

|            |        |
|------------|--------|
| Portuguese | Native |
| English    | C1     |
| Spanish    | B2     |
| French     | B1     |
| German     | A2     |
| Italian    | A1     |

CEFR levels

## Music

**Soprano** Mar 2026 – Present

**Real Tuna Académica NeOlisipo**

Traditional Portuguese academic music at events and performances

**Mezzo-soprano** Sep 2025 – Mar 2026

**Coro da Universidade de Lisboa**

Classical choral repertoire in concerts

**Alto** 2023 – 2025

**Coro Juvenil do Conservatório de Música e Teatro Sons e Compassos**

First choral experience

**Pianist** 2020 – Present

**Orquestra Juvenil Mestre Domingos Saraiva**

Piano in a youth orchestra, developing ensemble skills and discipline

## Skills

### TEACHING

Lesson planning, curriculum adaptation, assessment, one-to-one coaching

### PEOPLE

Customer service, leadership, team coordination, intercultural communication

### ORGANISATION

Event planning, cash handling, working under pressure

### CREATIVE & DIGITAL

Podcast and newsletter production, piano, voice

### ACADEMIC

## Volunteering

### Conference Support Volunteer

Jun & Sep 2026

NOVA FCSH · Lisbon

- ▶ 9th Conference of the Society for the Medieval Mediterranean · 22 – 25 June 2026
- ▶ Congresso Internacional da Sociedade de Filosofia da Educação de Língua Portuguesa · 9 September 2026
- Helped organise academic conferences and events, including preparing materials, setting up the venue and running registration
- Welcomed and guided speakers, researchers and attendees, and answered their questions throughout the event
- Supported the organising team with logistics, timekeeping and last-minute problems, keeping sessions running smoothly

### Summer Volunteer → Group Coordinator

Summers 2023 – 2025

Câmara Municipal de Sintra · Programa Sintra Jovens · Sintra

- Took part in beach cleaning and environmental awareness actions
- Gave directions and information to national and international tourists
- In 2025, coordinated a team of 5 volunteers aged 18–20: organising tasks, schedules and communication with the city hall

### Missionary Volunteer

2026 · 1 week

Missão País · Montemor-o-Novo

- Lived and worked in a local community for a week, supporting residents, schools and local institutions through volunteer and faith-based activities

### Volunteer

2025 – Present

EuPorTi · Sintra

- Supported activities with children
- Helped organise and run sports events

## Other Projects & Leadership

### Board Member (Vogal) & Production Team

Present

N.HIST – Núcleo de Estudantes de História · NOVA FCSH

- Help lead the History Students' Group and plan academic and cultural activities
- Produce the group's monthly cultural newsletter and its podcast: content planning, writing and editing

### Student Council Member

2024 – 2025

Escola Secundária de Santa Maria · Sintra

- Represented students' interests and concerns in meetings with the school board and teachers
- Helped plan and organise school events, activities and initiatives, such as cultural weeks, fundraisers and school parties
- Worked with other council members to propose improvements to school life and communicate decisions to students

### Member – Cultural Association AHSA

2025 – 2026

- Involved in planning and running cultural and community events

### Participant – Ubuntu Leader Academy

2023

- Leadership programme based on the Ubuntu philosophy (“I am because you are”), focused on interpersonal skills, empathy and service leadership

Research, critical analysis, academic writing, source interpretation

### INTERNATIONAL

Working in multicultural teams, media literacy, digital and AI awareness

## International Projects

### Erasmus+ Youth Exchange Participant (2 projects)

#### “Voice-Up” – Media consumption and awareness

Germany · 2026

- Explored healthy media habits, misinformation, podcast production and critical thinking with young people from 4 countries

#### “Y-Cycle” – AI training workshops

Greece · 2026

- Took part in workshops on artificial intelligence and how it is used, in mixed international teams from 4 countries