




Nuno Dias


Date of birth: 27/03/1978

Nationality: Portuguese


Gender: Male

CONTACT

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ABOUT ME

I have a vast experience in marketing, communication and project dissemination. My areas of expertise are Dual Career, Sustainability and Health and Population. I hold a bachelor's degree in Communication Sciences and I'm currently attending a master's degree in Sport, Education and Physical Literacy. I'm the President of the Portuguese Karate Federation, which is one of the biggest sport federations in the country. I'm also a member of the Pedagogical Council of the Faculty of Physical Education and Sport (2021-2023), and a professional journalist. I was a high-performance karate player having recently been assigned as an EcoAthlete, being an ambassador for the awareness of climate change and environmental problems. Through the years I acquired a worldwide network of sport stakeholders.

WORK EXPERIENCE

07/11/2021 – CURRENT – Lisbon, Portugal

President of the Portuguese Karate Federation

Portuguese Karate Federation

Ensure its regular functioning and promote collaboration between its bodies. To represent the federation before the Public Administration. To represent the federation before similar national, foreign or international organizations. Ensuring the organization and smooth running of services

01/01/2021 – CURRENT – Lisbon, Portugal

Member of the Pedagogical Council of the Faculty of Physical Education and Sport (2021-2023)

<https://www.ulusofona.pt/fefd>

01/11/2020 – CURRENT – Lisbon, Portugal

Project Manager

<https://sportevoalliance.com/>

Co-design and implementation of European Projects

2021-2022. Execution of the "United through Urban Movement" project through Sport Evolution Alliance. Project financed by the European Commission through the Erasmus + Program for the field of sport (Small Collaborative Partnerships) with the reference number 622843-EPP-1-2020-1-HU-SPO-SSCP.

01/05/2018 – CURRENT – Lisbon, Portugal

Journalist

<https://www.cais.pt/revista-cais/>

Research, collection, selection and processing of facts, news or opinions, through text, image or sound, for information purposes

01/11/1998 – CURRENT – Lisbon, Portugal

Sports coach

Nuno Dias Martial Arts Team

I started out as a karate coach and have trained athletes who are national and international champions. Currently I teach Karate, Judo and Jiu-Jitsu in public and private schools and clubs. I am also involved in social inclusion projects through sports practice.

01/01/2018 – 30/12/2018 – Lisbon, Portugal

Sports journalist

Running Magazine

Research, collection, selection and processing of facts, news or opinions, through text, image or sound, for information purposes.

01/01/2008 – 29/04/2014 – Lisbon, Portugal

Journalist

<https://www.impala.pt/>

Research, collection, selection and processing of facts, news or opinions, through text, image or sound, for information purposes

01/05/1997 – 30/11/2014 – Lisbon, Portugal

High Performance Athlete

Portuguese Karate Federation

Sports merit medal awarded by Cascais City Hall. Medal of Sports Merit awarded by the Parish Council of Parede 2006. Athlete of the Year in Cascais - Prize awarded by the Journalists. Athlete of the Year in 2019 - CNID. 12 X Shukokai Karate World Champion. Personality of the Year" Prize 2005 awarded by the Portuguese Sports Confederation Portugal. 16 x National Karate Champion.

EDUCATION AND TRAINING

01/01/2021 – CURRENT – Lisbon, Portugal

Master Student

Faculty of Physical Education and Sport, Lusofona

<https://www.ulusofona.pt/feffd>

01/09/2004 – 01/01/2008 – Lisbon, Portugal

Bachelor

NOVA University of Lisbon – School of Social Sciences and Humanities

<https://www.fcsh.unl.pt/en/>

LANGUAGE SKILLS

MOTHER TONGUE(S): Portuguese

OTHER LANGUAGE(S):

English

Listening C2	Reading C2	Spoken production C2	Spoken interaction C2	Writing C1
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French

Listening B1	Reading B1	Spoken production B1	Spoken interaction B1	Writing A2
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DIGITAL SKILLS

Microsoft Word / Microsoft Powerpoint / Zoom / Social Media / Skype
/ Google Docs / Instagram / LinkedIn / Facebook / Twitter / Google
Drive / Internet user / Organizational and planning skills / Written and
Verbal skills / Good listener and communicator / Motivated / Team-
work oriented / Decision-making / Outlook