



PERSONAL DETAILS

Name

Mariana Fonseca

Date of birth

15/05/1997

Address

Massamá, Sintra

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LANGUAGES

English



Spanish



MARIANA FONSECA

EXPERIENCE

ERASMUS+ PROJECT TRAINER

2026 - present

Training, facilitation and organisation of international Erasmus+ projects

SEXUALITY EDUCATOR

2020 - present

Own brand - Soulful Cycles

Organising and facilitating workshops, events, trips and hen parties

Sessions in schools and universities

Creating digital content on the topic

EXTRACURRICULAR INSTRUCTOR - SCIENCE & CITIZENSHIP AND IDEAS LAB

2026 - present

São Bruno School Cluster, Caxias (Years 1–4)

Facilitating learning on social topics such as sustainability, politics, sexuality, etc.

BABYSITTER

2022 - present

Company: Petiz em Linha; Self-employed

Babysitting children aged 2 and over

PRIVATE TUTOR

2015 - present

Self-employed; Study centres: Corafit, Spot Study

Tutoring for primary and secondary school students

EXTRACURRICULAR ENGLISH INSTRUCTOR

2022 - 2023

EB1/JI da Xutaria, Belas (Years 1 and 2)

Facilitating English language learning



INTERNATIONAL EXPERIENCE

Erasmus+ Projects

2022 - 2026

Various European countries
Topics: Entrepreneurship, Outdoor Education, Sexuality Education, Peaceful Activism, Gender Equality, among others

Project in Egypt

2025

Sexuality Education project, facilitated by Iris Egypt

Erasmus in Padua, Italy

2019

Faculty of Psychology, University of Padua

English Course in Oxford

2015

Language Study Abroad programme by Education First

MARIANA FONSECA

EDUCATION & TRAINING

INITIAL PEDAGOGICAL TRAINING FOR TRAINERS

2026

Joviform Consultoria Empresarial

TRAINING IN CHILD DEVELOPMENT, EMOTIONS, BEHAVIOUR AND STRATEGIES IN EDUCATIONAL SETTINGS

2023

Dr. Filipa Malo Franco and Dr. Márcia Arnaud

LGBTQIA+ HEALTH COURSE

2023

ASA Saúde Educacional

SEXUAL HEALTH COUNSELLING COURSE

2022 - 2023

Associação para o Planeamento da Família

MENSTRUAL EDUCATION COURSE

2021 - 2022

Herself Educacional

FERTILITY AWARENESS INSTRUCTOR COURSE

2021

Fertility Education and Medical Management

BACHELOR'S AND MASTER'S DEGREE IN COMMUNITY PSYCHOLOGY

2016 - 2021

ISPA - Instituto Universitário de Ciências Psicológicas, Sociais e da Vida

FIRST AID COURSE

2016

AHEAD - Associação Humanitária para a Educação e Apoio ao Desenvolvimento