




Mara Sofia Freitas Cabilhas


Date of birth: 05/12/1996

Nationality: Portuguese

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europass

WORK EXPERIENCE

01/01/2023 – CURRENT Cantanhede, Portugal

Family Medicine Doctor Residency National Healthcare System (USF Terras de Cantanhede)

Learning to "care for individuals in the context of their family, their community, their culture and integrated health of the planet". WONCA 2025

01/01/2022 – 31/12/2022 Santa Maria da Feira, Portugal

General Practitioner Residency National Healthcare System (Centro Hospitalar Entre-o-Douro e Vouga)

EDUCATION AND TRAINING

14/09/2014 – 31/07/2021 Porto, Portugal

Integrated Master in Medicine Faculty of Medicine - University of Porto

Website <https://sigarra.up.pt/fmup/> | Level in EQF EQF level 7

01/09/2019 – 31/01/2020 Madrid, Spain

Erasmus + Mobility Program (University) Hospital Clínico San Carlos (Complutense University of Madrid)

Website <https://www.ucm.es/english/medicine>

14/09/2016 – 31/07/2021 Porto, Portugal

Accounting and Administration Porto Accounting and Business School

Website <https://www.iscap.ipp.pt/internacional> | Level in EQF EQF level 5

04/07/2018 – 31/07/2018 Cascais, Portugal

International Startup & Innovation Bootcamp European Innovation Academy

Website <https://www.inacademy.eu/>

14/09/2017 – 31/07/2018 Portugal

Certificate in Advanced English Bristol School of Gaia

Website <https://bristolschool.pt/>

19/06/2017 – 30/06/2017 Zaragoza, Spain

Spanish Course Universidad San Jorge

Website <https://www.usj.es/>

2010 – 2015

Youth exchanges Erasmus + European Solidarity Corps and Erasmus+

Throughout my high school and early university years, I was fortunate to attend many youth exchanges. These projects allow groups of young people from different countries to meet, live together, and work on shared projects for short periods. I had the opportunity to participate in more than 10 projects across Europe and meet extraordinary people.

LANGUAGE SKILLS

MOTHER TONGUE(S): Português

Other language(s):

Inglês

Listening C1

Spoken production C1

Reading C1

Spoken interaction C1

Writing C1

Espanhol

Listening B2

Spoken production B1

Reading B2

Spoken interaction B1

Writing B1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user