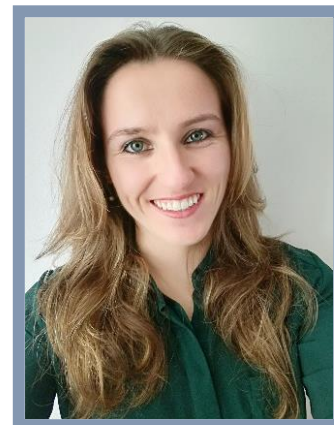




Europass Curriculum Vitae

Personal information

First name(s) / Surname(s) **Nunes, Sara Carina Costa**
 Address(es) Brussels, Belgium
 Telephone(s) (+32) 495707750
 E-mail saraccnunes@gmail.com
 Nationality Portuguese
 Date of birth 18-01-1990
 Gender Female



Desired employment / Occupational field

DENTAL HYGIENIST / ACADEMIC CLINICAL LECTURER

Work experience

Dates	April 2019 - Present
Occupation or position held	Dental Hygienist
Main activities and responsibilities	Oral health appointments
Name and address of employer	Dental Treatment Center (Dr. Antonio Mendoza, Rue de la loi 235, 1040 Brussels, Belgium)
Type of business or sector	Private Practice
Dates	September 2019 - Present
Occupation or position held	Responsible/lecturer for Bachelor's Degree in Oral Hygiene
Main activities and responsibilities	<ul style="list-style-type: none"> ▯ Assistance in creating programs and course content for theoretical and practical lessons in the field of oral hygiene. ▯ Responsible teacher for the Practical Preclinical I and II courses, the Oral Care for Adolescents course, and the Oral Care for Individuals with Special Needs course, including seminars and others. ▯ Currently, responsible for Preclinical Practice II, practical training supervisor, and internship supervisor.
Name and address of employer	Haute école Libre de Bruxelles – Ilya Prigogine
Type of business or sector	808, Lennik Road, Building P, 1070 Brussels Public educational institution
Dates	December 2019 – Present
Occupation or position held	GBT Trainer
Main activities and responsibilities	Demonstrations of the protocol in private clinics, educational institutions, and public events (fairs, etc) – 10 demos per year maximum.
Name and address of employer	EMS Electro Medical Systems (32 Pontarlier Road, Foncine le Haut, France)
Type of business or sector	Private
Dates	November 2023 – December 2024
Occupation or position held	Dental Hygienist
Main activities and responsibilities	Oral health appointments
Name and address of employer	Studio 455 (Dr. Brice Redor, Avenue Louise 445, 1000 Brussels, Belgium)

Type of business or sector	Private Practice
	In Portugal:
Dates	June 2015 – February 2019
Occupation or position held	Dental Hygienist
Main activities and responsibilities	Oral health appointments
Name and address of employer	BeClinique (Dr Darcio Luis Fonseca, Mafra, Portugal)
Type of business or sector	Private Practice
Dates	March 2014 – February 2019
Occupation or position held	Dental Hygienist
Main activities and responsibilities	Oral health appointments
Name and address of employer	Implanto Sorriso Clinic (Dr. Pedro A. Rodrigues. Mem Martins, Sintra, Lisbon, Portugal.
Type of business or sector	Private Practice
Dates	September 2017 – February 2019
Occupation or position held	Osteopath
Main activities and responsibilities	Appointments
Name and address of employer	Saude9 and Mandala Clinics (Mem Martins, Portugal)
Type of business or sector	Private Practices
Dates	September 2015 – November 2017
Occupation or position held	Dental Hygienist
Main activities and responsibilities	Oral health appointments
Name and address of employer	CEMED CLINIQUE (dr. Inês Jorge, Malveira, Portugal)
Type of business or sector	Private Practice
Dates	July 2012 - July 2013
Occupation or position held	Dental Hygienist
Main activities and responsibilities	Oral health appointments
Name and address of employer	White Clinic (Dr. Miguel Stanley, Algés, Portugal)
Type of business or sector	Private Practice
Dates	February 2012 – September 2015
Occupation or position held	Dental Hygienist (Volunteer)
Main activities and responsibilities	Participation in activities/projects
Name and address of employer	Mundo a Sorrir Organization. (Porto, Portugal)
Type of business or sector	NGO
Dates	September 2011 – September 2015
Occupation or position held	Dental Hygienist (Volunteer)
Main activities and responsibilities	Oral health appointments to patients with HIV/AIDS.
Name and address of employer	Abraço Association. 4, José Luís Champalimau Square, 1600-110 Lisbon, Portugal.
Type of business or sector	IPSS e NGO

Education and training

Dates	September 2015 – July 2017																														
Title of qualification awarded	Osteopath																														
Principal subjects/occupational skills covered	Appointments																														
Name and type of organisation providing education and training	Technical Institute of Health (ITS)																														
Type of business or sector	Institute of Private Education																														
Dates	November 2014 - February 2015																														
Title of qualification awarded	Certified trainer																														
Principal subjects/occupational skills covered	pedagogical, technical, and interpersonal skills to plan, deliver, and evaluate effective training sessions, adapting methodologies and promoting continuous learning.																														
Name and type of organisation providing education and training	FORMARaízes, Lisbon, Portugal																														
Type of business or sector	NGO																														
Dates	2008/2009 to 2010/2011 – Faculty of Dental Medicine, University of Lisbon (3 years degree)																														
Title of qualification awarded	Oral Hygiene Degree																														
Principal subjects/occupational skills covered	- Final project: “Relationship between Body Mass Index, Abdominal Circumference, and Diet with Dental Caries, in Children”. Final mark: 16 points. - Disciplines: Oral Hygiene I-V, School and Community OH I-IV, OH for the Handicapped, Periodontology, Immunology, Physiology, Oral Biology I-II, Cellular and Molecular Biology, Developmental Biology, General Anatomy, Anatomy of the Head and Neck, Nutrition and Oral Health , Specialty of Dental Medicine, Biochemistry, Dental Morphology, General Microbiology, Human Molecular Genetics, Pharmacology, Imaging Oro-Maxillo-Facial, Mechanisms of Disease, Epidemiology and Biostatistics, Biomaterials, Bioethics, Psychology, Dental Informatics and Deontology. - Oral Health Appointments: provide preventive oral health care diagnose abnormalities of the oral health, scaling, root planning, polishing crows, topical fluoride application, x-ray intra-oral, sealants, and others.																														
Name and type of organisation providing education and training	Faculty of Dental Medicine, University of Lisbon																														
Dates	2005/2006 to 2007/2008																														
Title of qualification awarded	Subjects included in the curriculum of the Course of Science and Technology (Diploma: Framework of Excellence 2006/2007)																														
Principal subjects/occupational skills covered	Mem-Martins School																														
Personal skills and competences	Portuguese (native)																														
Mother tongue(s)	French (C1)																														
Other language(s)	English																														
Self-assessment	<table><tr><th colspan="4">Understanding</th><th colspan="4">Speaking</th><th colspan="2">Writing</th></tr><tr><th colspan="2">Listening</th><th colspan="2">Reading</th><th colspan="2">Spoken interaction</th><th colspan="2">Spoken production</th><th colspan="2"></th></tr><tr><td>C1</td><td>Advanced</td><td>C1</td><td>Advanced</td><td>C1</td><td>Advanced</td><td>C1</td><td>Advanced</td><td>C1</td><td>Advanced</td></tr></table>	Understanding				Speaking				Writing		Listening		Reading		Spoken interaction		Spoken production				C1	Advanced	C1	Advanced	C1	Advanced	C1	Advanced	C1	Advanced
Understanding				Speaking				Writing																							
Listening		Reading		Spoken interaction		Spoken production																									
C1	Advanced	C1	Advanced	C1	Advanced	C1	Advanced	C1	Advanced																						
European level (*)	(*) Common European Framework of Reference for Languages																														
Social skills and competences	Great team spirit. Ability to motivate. Good oral communication skills.																														
Organisational skills and competences	Accuracy and organizational ability. Dynamic and committed. Good management of projects and ideas.																														
Technical skills and competences	Presentations in the auditorium and projections using new technologies and audiovisual content.																														

(*) Common European Framework of Reference for Languages

Computer skills and competences	Good knowledge of computer user's perspective (Word, Excel, PowerPoint, SPSS)
Driving licence	Driving license for Light Vehicles and Motorcycles
Additional information	<p>2024 – Practical Local Anaesthesia & Pain management Course for Dental Hygienists (5h) – Colchester, UK</p> <ul style="list-style-type: none"> • 2024 – Conference: "End of Mouth Breathing" (4 hours), Brussels, CREA/HELB-IP • 2020 – Online course in clinical periodontology for dental hygienists (40 hours) – APHO, Lisbon. • Since 2019 – Mandatory continuing education on the GBT trainer platform (Swiss Dental Academy) <p>In Portugal:</p> <ul style="list-style-type: none"> • 2018 – "Symposium: How to Prevent Dental Caries and Periodontal Diseases" – APHO / SPPI / Colgate, Cascais • 2018 – Intervention strategies in peri-implant diseases: from diagnosis to prognosis. Malo Clinic / KIN, Lisbon • 2018 – "iTOP - Individualized Oral Prophylaxis," Dr. Mario Rui Araujo – Curaden, Tomar • 2017 – Temporomandibular Joint. Diagnosis and Treatment – Prof. Tomás Bonino • 2016 – Second Congress of the Portuguese Society of Temporomandibular Pain and Orofacial Syndrome • 2014 – Participation in a continuing education course for a dental hygienist – APHO Headquarters (Lisbon) • 2013 – Intensive theoretical and practical dental photography training by photographer Nuno Branco, Full Audiovisual Services Image • 2013 – Author of the poster "The Relationship Between Body Mass Index, Abdominal Circumference, and Diet with Dental Caries in Children," presented at the Viseu Children-Youth Congress. <p>Official publication in the Spanish Society of Family and Community Medicine: Primary Care Attention, May 2013, Vol 45, Special Congress I. ISSN: 0212-6567, p.159</p> <ul style="list-style-type: none"> • Blood and bone marrow donor • Hobbies: Paddle, chess, volleyball, board games, jogging, reading