Virginia da Graça da Cruz

SUMMARY

Enthusiastic and inspiring, always eager to learn new things and share with others. Unique experiences and interpersonal skills, combined with outstanding facilitation and coaching capabilities, ensuring effective work with diverse groups for productive results. Active and energetic, with a passion for women, youth and sports, especially in gathering all people with different ages, genders, characters and abilities, and empowering them to use sports and education to express their opinion and become independent, healthy and happy.

PROFESSIONAL EXPERIENCE

SportImpact, Director for Sport for Life and Youth for Life, 2015-present

- Master Facilitator in Sport/Youth for Life Courses and Youth Leadership Camp/Train-the-Trainers
- Develop teams and coach new facilitators to develop their skills and techniques
- Develop training modules, organize courses, Train-the-Trainers and sport events
- Prepare proposals and negotiate productive partnerships
- Design programs, prepare work plans and budgets and write activity & finance reports for partners
- Impact Assessment/Monitoring & Evaluation

Diverse facilitation experiences, 2016-present

- Facilitated **APTC**'s three-day *Strategic and Action Plan* session for Diversity and Inclusion, for people with disabilities, March 2025
- Facilitated **DFAT/APTC**'s three-day Consultation training on *Shaping the Future of Age Care Workforce*, February 2025
- Facilitated **APTC** and **DNFP SEFOPE**'s five-day *Strategic Planning & Business Plan Workshops* with Directors of Training Centres around Timor-Leste, 2023
- Facilitated **The Asia Foundation**'s five-day *Gender Leadership Tourism Workshops* with NGOs and women groups in Aileu and Maubisse, 2023
- Facilitated **Peace Corps**' six-month *Community Economic Development Training* with United States volunteers, 2022-2023 (co-developed and facilitated curriculum for pre-service training on Timor-Leste economic development, entrepreneurship, youth employability, etc.)
- Facilitated **Oxfam in Timor-Leste**'s three-day *Retreat/Staff Reflection*, 2022
- Coordinated and Master Facilitated in **GIZ**'s *Youth for Change* project, 2021-2022
- Facilitated **GIZ'**s Youth for Change project's two-day *Strategic Planning Workshops* with Youth Centers in four municipalities, 2022
- Facilitated **GIZ Timor-Leste**'s workshop for teachers on *Sport for Development*, October 2020
- Facilitated **Youth Off The Streets**' program on *Sport for Development*, January 2020
- Facilitated **Peace Corps**' retreat on *Team Building*, 2018
- Facilitated **US Embassy**'s *Strategic Plan* training for project 3R (Reduce, Reuse and Recycle), 2017
- Facilitated **Maries Stopes Timor-Leste**'s three-day *Annual Retreat on "Doing More with Less"*, 2017
- Facilitated **UNDP**'s two-day *Youth Entrepreneurship Training*, 2016
- Facilitated **TLFYP**'s one-day training on *Empower Women trough Sports*, 2016
- Facilitated **Rotary Club**'s one-day training on *Adapted Sports to Rural Community*, 2016
- Facilitated **GIZ Ambero**'s three-week *Coaching Map* in Aileu, Ermera and Manatuto, in 2016

Project Manager for Sport Díli e Benfica, 2015

- Prepared work plans and budget for all activities in a year
- Organized Copa Benfica for women in Futsal
- Controlled sport facilities and staff

Translator (English-Tetum) for regional and international projects, 2019-present

- Interpreter/Translator for UNICEF Timor-Leste
- Interpreter in The Asia Foundation's Play Therapy/Inner Childhood Trauma Therapy seminar, sessions and role plays (building the confidence of abused parents and kids), 2019-2020
- Tag-Rugby training for Timorese coaches in Dili, and Tag Rugby Competition in Laos, February 2019

Trainer for English and Portuguese Elementary Level at *Grace for Development Centre*, 2014-2015

- Developed Manual for English Elementary and trained students
- Developed Manual for Portuguese Elementary and trained students

Trainer of Public Management and Computer Course at *ACF Training Center*, 2014

EDUCATION

- João Saldanha Institute, **BSc. in the School of Economics and Business**, 2019-2024
- Kirsty Sword Gusmão Senior High School, Laleia, Manatuto, 2012-2013

Conferences & Training Programs

- *Sport for Development Symposium* at **University of Loughborough** in London, May 2019
- Nominated by US Embassy in Timor-Leste as *Woman Sports Leader* and participated in the **US State Department**'s *Global Sport Mentoring Program*, for two months in the United States in 2018
- **Singapore Summit's** *Young Societal Leaders* seminar in Singapore, July 2018
- Certified as *Manager for 3x3 Basketball Mix Gender* in Singapore, August 2018
- Two-week training on *Youth Wellbeing and Conflict Resolution* at the **Asia Pacific Youth Conference** in Lembang, Bandung, by international movement Initiative of Change, August 2016
- Two-day *Project Manager Training* at **UNESCO** Jakarta Office, September 2016
- *One Young World Summit* in Ottawa, Canada, 2016
- *English Course Advanced* level at **LELI**, 2016
- In 2015 attended the training of peer facilitators on *Sustainable Development Goals* at **UNESCO** headquarters in Paris; facilitated the session of Diversity and Identity for three days for six countries/regions (Africa, Germany, USA, Malaysia, Laos, Indonesia); selected by UNESCO as Asia representative to present the final youth recommendation to the *UNESCO General Conference*
- Six-month *Public Management* training facilitated by **ACF Training Centre**, 2014
- Three-month *Portuguese Course*, Basic Level and Elementary provided by **Leigos**, 2012
- *English Course*, Basic Level until Pre-Intermediate facilitated by **Women Love Family Training Centre**, 2008-2009

OTHER SKILLS & INTERESTS

Languages

- Tetum – Mother tongue
- English – Very good
- Portuguese – Very good
- Bahasa Indonesia – Advanced

Computer skills: AI, Microsoft Office, Google Docs/Sheets

Interests: New challenges, curious, willing to know other cultures, travel, youth and women issues, nature, political issues, sports and exercise