



ALEXANDRA SOFIA MOURATO AVÔ

MASTER'S IN BIOMEDICAL ENGINEERING AND BIOPHYSICS

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Location: Lisbon, Portugal

I am a first-year student of the **Master's in Biomedical Engineering and Biophysics** at the Faculty of Sciences of the University of Lisbon. I am **proactive, organised** and a **critical thinker**. I possess skills in **adaptability, problem-solving** and **teamwork**. I am looking to join new projects that promote my professional and personal development.

EDUCATION AND TRAINING

Master's in Biomedical Engineering and Biophysics (09/2025 – Present) – Faculty of Sciences (FCUL), University of Lisbon (UL).

Bachelor's in Biomedical Engineering (09/2022 – 07/2025) – Lisbon School of Engineering (ISEL), Polytechnic Institute of Lisbon (IPL). **Final grade: 14/20.**

PROFESSIONAL EXPERIENCE

Joaquim Chaves Saúde Clinic in Miraflores (03 – 05/2025) – **Curricular Internship in Cardiac Computed Tomography**

- Assisted the clinical team with patient preparation and observed strict protocols for cardiac image acquisition and processing.

Portuguese Armed Forces (2022) – Soldier of the Portuguese Army

- Developed **discipline, resilience, leadership** and **teamwork** skills in the rigorous execution of tasks and in the fulfilment of orders.

PeopleEvents (2021 – Present) – Customer Service, Commis Chef, Waiter

- Managed multiple tasks simultaneously in demanding environments, where I improved my **communication** and **troubleshooting skills**.

TECHNICAL AND LINGUISTIC SKILLS

Software and Programming: *Python, RStudio, MySQL, SolidWorks, MATLAB.*

Digital Tools: Advanced proficiency of *Microsoft Office (Excel, Word, PowerPoint, Outlook).*

Laboratory: Experience in laboratory activities and preparation of scientific reports.

Languages: Portuguese (Native), English (C1 – Advanced), Spanish (B1 – Intermediate).

EXTRACURRICULAR ACTIVITIES

Erasmus+ Youth Exchanges:

Glow Up (04/2026, Bartninkai, Lithuania)

- Functioned as **Group Leader**, being responsible for **coordinating the national team** and for **intercultural mediation**.
- Developed skills in **emotional intelligence**, **adaptability** and **teamwork** in an international environment.

Voice Up (07/2026, Erfurt, Germany)

- Learned about how to make podcasts and developed my communication skills.

Y-Cycle (09/2029, Elafonisis, Greece)

- Learned about how to use AI to my **advantage**.

ISEL Chemical, Biological and Biomedical Engineering Forum (iFEQB²) (2025)

- Joined the **Scientific Area Department**, where I collaborated directly in **organising** the event and **coordinating** roundtables and technical sessions.

Women in Engineering ISEL (2025)

- Member of the Recreational Department, where I focused on **event logistics** and **promoting** the visibility of women in engineering.

IEEE Engineering in Medicine and Biology Society ISEL (2023)

- Actively collaborated in **organising** student association initiatives focused on the field of Biomedical Engineering.

National Meeting of Biomedical Engineering Students (2025 and 2026)

- Participated in lectures and workshops focused on **scientific innovation** and new technologies in health.
- Engaged in networking activities and skill-development dynamics for labour market integration.

VOLUNTEERING

Web Summit – Technology Congress (2025)

- Provided **support in the organisation and logistics of the event**, including welcoming and guiding participants at Parque das Nações, Lisbon.

Futurália - Education Fair (2025)

- Acted as an ISEL **ambassador**, where **I promoted** the institution to future students.

TRAINING

Training (40 hours) at the UBUNTU Leaders Academy (02/2023)

- Completed an intensive training where I developed practical skills in **servant leadership** and **emotional intelligence**.
- Worked on the five fundamental pillars of the methodology: **self-awareness, self-regulation, self-motivation, empathy** and **social skills**.

Training in the ISEL Mentorship program (09/2023)

- **Guided** and **supported** first year students during their academic journey.